

# UAB MEDICINE THERAPEUTIC RECREATION INTERNSHIP INFORMATION

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UAB Spain Rehabilitation Center (Spain Rehab, or SRC) is one of the Southeast's leading providers of physical medicine and rehabilitation services. We provide state-of-the-art inpatient and outpatient care and conduct important research to help improve the long-term function and quality of life for patients with an injury or disability. Spain Rehab is the hub for UAB Medicine's Traumatic Brain Injury Model Systems, Spinal Cord Injury Model Systems, and the National Spinal Cord Injury Statistical Data Center.

Spain Rehab is currently a 49-bed facility that spans 6 floors – 3 of which are patient rooms and one floor is designated entirely to Inpatient Rehab Therapy. In May 2022, UAB Medicine broke ground on a replacement inpatient rehabilitation facility. The 106-bed, 11-story facility is expected to open in 2025. It will feature the most advanced design and the latest technology, and each floor will be dedicated to caring for specific types of patients, including those being treated for stroke, traumatic brain injury, spinal cord injury, and epilepsy. Each room will have an overhead lift, and patients will have access to a therapy gym, private therapy suites, and speech therapy suites. The new facility also will include a putting green, basketball court, and many other areas and features designed to enhance the rehabilitation experience and provide proper support for physical, mental, and emotional recovery. Our team of specialists provides the highest levels of service across the care continuum, which is the hallmark of a quality rehabilitation program. These services include Physician Services, Neuropsychology and Rehabilitation Psychology, Physical Therapy (PT), Occupational Therapy (OT), Speech-Language Pathology (SLP), Music Therapy (MT), Therapeutic Recreation/Recreational Therapy (TR), Rehabilitation Case Management, Orthotists and Prosthetists, and Outpatient Rehabilitation Therapy Services.

## RECREATIONAL THERAPY AT SPAIN REHABILITATION CENTER

Recreational Therapy services are offered Monday-Friday, and occasional weekends. Upon admission, patients are eligible to participate in TR services as desired by the patient. Patients on the caseloads of Drs. Brunner (TBI), Renfro/Twist (SCI), and Zhou (CVA) are automatically scheduled for an evaluation with a recreational therapist. Patients on Dr. Teranishi's (general) caseload are scheduled for an evaluation on a referral basis but are still eligible for groups.

During the Recreational Therapy evaluation, patients are provided with an explanation of field of TR and its benefits, as well as an explanation of the programs/services offered by the Recreational Therapy department. Patients and the CTRS discuss the patient's leisure and recreational lifestyle to identify potential barriers and goals.

The SRC Recreational Therapy department offers a variety of goal-oriented groups and individual sessions that promote independence and enhance or develop skills for daily living and community reintegration. Recreational therapists at Spain Rehab strive to reduce and/or eliminate barriers that may deter our patients from participating in recreational and leisure activities upon discharge.

## **INTERNSHIP JOB DESCRIPTION**

### **I. Summary:**

By completing this Therapeutic Recreation Internship, the student will acquire knowledge and experience in developing, planning, organizing, implementing, facilitating, and evaluating Recreational Therapy programs and interventions. Such activities should target the cognitive, emotional, physical, and social needs of patients by utilizing patient interests, hobbies, and other recreation and leisure activities. The student will be under direct supervision of a certified therapeutic recreation specialist (CTRS) for the duration of the internship.

### **II. Responsibilities and Expectations**

*\*\*These tasks will be done throughout the internship and completed by the final day of the internship\*\**

1. Complete all other courses prior to start of the internship
2. Complete school work and internship project in a timely manner
3. Maintain personal caseload by completing all necessary treatment, referrals, documentation, and scheduling for assigned patients
4. Have your supervisor approve/sign off on all documentation before it is submitted
5. Have your supervisor approve/sign off on all content before it is sent out internally or externally
6. Organize and facilitate a community outing
7. Plan and facilitate group sessions
8. Plan and create a monthly calendar
9. Debrief/evaluate groups and individual sessions with supervisor
10. Keep supervisor informed of all issues and concerns
11. Attend relevant in-services
12. Attend all scheduled meetings with supervisor
13. Attend TR staff meetings when applicable
14. Stay up to date on relevant education and trends regarding TR in inpatient rehab
15. Adhere to UAB Medicine and Spain Rehab policies and procedures
16. Keep professional communication with staff and patients
17. Assure confidentiality of patients
18. Complete internship evaluation

## INTERNSHIP ELIGIBILITY REQUIREMENTS

To be considered for this internship, a student must be:

- Enrolled at an accredited college/university in recreation therapy/therapeutic recreation
- Minimum of a 3.0 GPA in core TR classes
- Already completed all required core courses prior to start of internship
- Willing and able to commit to 15 weeks and 600 hours on-site

It is encouraged that students prepare to sit for the NCTRC exam during or soon after the completion of the internship.

## INTERNSHIP APPLICATION PROCESS

Please complete and submit the following documents. All documents must be submitted together (with the exception of the official transcript which will need to come from your college/university).

1. Internship application
2. Cover letter
3. Resume
4. Official copy of transcript(s)
5. Letter of recommendation and references
  - a. One letter, 3 references
    - i. Letter can be from a reference
  - b. Letter, preferably from a professor and/or CTRS

Once completed, please email documents to:

Emily Rider, CTRS

srcrecreationaltherapy@uabmc.edu

<b>SESSION:</b>	<b>INTERNSHIP START DATE:</b>	<b>APPLICATION DEADLINE:</b>
Fall	Tuesday after Labor Day	April 15
Spring	1st Monday in January	September 15

## INTERVIEW PROCESS

All applications will be held until the application deadline. Interviews will not be scheduled until after the deadline has passed, in order to give all applicants adequate time to prepare their applications.

Upon review of applications, selected candidates will be contacted by a recreational therapist to schedule an interview. Interviews will be done in person or via Zoom, depending on the location of the applicant.

Once all potential candidates have completed an interview, a decision will be made by the staff and the recreational therapist will reach out to the selected candidate with an internship offer. If a second round of interviews is needed to make a decision, the recreational therapist will reach out with additional information.

After the student has accepted the internship offer, UAB Spain Rehab's education coordinator, Denise Graham, will contact the student to assist in completing and receiving all required paperwork prior to the start of the internship.

## **REQUIRED PAPERWORK**

All required paperwork must be completed and submitted prior to the first day of the internship.

Required paperwork includes:

- Internship Agreement
- Proof of health insurance
- CPR card- it is preferred that the intern complete an American Heart Association certification instead of Red Cross
- Verification of TB test (updated within 3 month of starting clinical experience)
- Hep B vaccine or recent titer
- Tdap
- MMR
- Varicella
- COVID 19 vaccination
- Flu shot required for interns in the clinic during flu season, October-March
- Proof of HIPAA: If unable to provide a training certificate, our education coordinator will send the intern's contact information to UAB Compliance. They will send out a study packet and test for completion prior to the intern's arrival.
- Proof of liability insurance from the university