

R156. Commerce, Occupational and Professional Licensing.

R156-40. Recreational Therapy Practice Act Rule.

R156-40-101. Title.

This rule is known as the "Recreational Therapy Practice Act Rule".

R156-40-102. Definitions.

In addition to the definitions in Title 58, Chapters 1 and 40, as used in Title 58, Chapters 1 and 40 or this rule:

(1) "Approved graduate degree", as used in Subsection 58-40-302(2)(a), means an earned graduate (Masters, Ed.D., or Ph.D.) degree in recreational therapy or a graduate degree with an approved emphasis in recreational therapy, which includes:

(a) a minimum of nine semester hours or 12 quarter hours of upper division or graduate level coursework in therapeutic recreation and/or recreational therapy;

(b) a minimum of 18 semester hours or 24 quarter hours of supportive coursework as outlined by the January 2017 NCTRC Certification Standards, Part I, which are incorporated by reference; and

(c) an approved practicum that:

(i) includes field placement experience in recreational therapy services that:

(A) uses the therapeutic recreation process as defined in the 2014 NCTRC Job Analysis, which is incorporated by reference; and

(B) is under the supervision of an onsite field placement supervisor who:

(I) is licensed in Utah as a TRS or MTRS; and

(II) is nationally certified by NCTRC as a CTRS; and

(ii) if the practicum is conducted outside Utah, is verified on an official university transcript.

(2) "Approved emphasis, option, or concentration in therapeutic recreation or recreational therapy", as used in Subsection 58-40-302(3)(a)(ii), means an emphasis, option or concentration posted on the transcript that meets the January 2017 NCTRC Certification Standards, Part I, which are incorporated by reference, including:

(a) a minimum of 18 semester or 24 quarter hours of therapeutic recreation and general recreation content coursework with no less than a minimum of 15 semester or 20 quarter hours in therapeutic recreation, consisting of a minimum of five three-credit hour courses;

(b) a total of 18 semester or 24 quarter hours of support coursework with a minimum of:

(i) three semester hours or four quarter hours coursework in the content area of anatomy and physiology;

(ii) three semester hours or four quarter hours coursework in the content area of abnormal psychology; and

(iii) three semester hours or four quarter hours coursework in the content area of human growth and development across the lifespan. The remaining semester hours or quarter hours of coursework must be fulfilled in the content area of "social sciences and humanities" as defined by the NCTRC; and

(c) field placement experience in therapeutic recreation services that:

(i) uses the therapeutic recreation process as defined in the January 2014 NCTRC Job Analysis, which is incorporated by reference;

(ii) is under the supervision of an academic supervisor and an onsite field placement supervisor, each of whom:

(A) is state licensed as a TRS or MTRS;

(B) is nationally certified by NCTRC as a CTRS; and

(C) meets the standards for field placement supervision; and

(iii) if the practicum is conducted outside Utah, is verified on an official university transcript.

(3) "Consultation", as used in Subsection 58-40-601(3)(a)(ii), is defined in Subsection R156-40-302f.

(4) "CTRS" means a person certified as a Certified Therapeutic Recreation Specialist by the NCTRC.

(5) "Diversional activity" means an activity that is unrelated to the goals, objectives, and expected outcomes outlined in the "recreational therapy treatment or intervention plan" described in Section 58-40-602.

(6) "Full-time and on-site", as used in Subsections 58-40-601(3)(a) and (b), means an individual who is employed on the premises with the hiring agency for a minimum of 30 hours per week.

(7) "Initial recreational therapy treatment", as used in Subsection R156-40-302f(3), means an order that directs the TRT to:

(a) collect data from chart reviews, interviews, and observations as part of an assessment as defined in Subsection 58-40-102(2)(a)(i);

(b) invite the patient to leisure diversionary programs and observe for recreation and leisure patterns;

(c) provide leisure materials to the patient and support the patient's independent leisure choices; and

(d) complete recreation therapy admission notes.

(8) "Maintain the ongoing documentation", as used in Subsection 58-40-601(3)(b), means:

(a) documenting the ongoing treatment or intervention provided to clients according to the treatment plan; and

(b) providing review of patient status according to federal, state, and agency regulations.

(9) "MTRS" means a person licensed as a master therapeutic recreation specialist.

(10) "NCTRC" means the National Council for Therapeutic Recreation Certification.

(11) "Supervision", as used in Section 58-40-601, means that a person who is employed full-time and on-site as a TRS or MTRS by a recreational therapy services provider is responsible to ensure that the supervised TRT implements the treatment plan as established by the supervisor.

(12) "Supervision of a temporary TRS", as used in Subsection R156-40-302g(1)(d), means that the TRS or MTRS supervisor:

(a) is responsible for the recreational therapy interventions performed by the temporary TRS; and

(b) will be required to review and approve the treatment plans as well as any modifications to the treatment plans as evidenced by the signature of the TRS or MTRS in the treatment plan.

(13) "TRS" means a person licensed as a therapeutic recreation specialist.

(14) "TRT" means a person licensed as a therapeutic recreation technician.

(15) "Written plan of operation", as used in Subsection 58-40-102(6)(b)(viii), means a comprehensive management plan that outlines recreational therapy services that, at a minimum, includes:

- (a) vision and mission statement;
- (b) policy and procedures;
- (c) assessment protocol;
- (d) treatment and/or intervention plan;
- (e) scope of care; and
- (f) personnel management.

(16) "Unprofessional conduct" is defined in Title 58, Chapters 1 and 40.

R156-40-103. Authority - Purpose.

This rule is adopted by the division under the authority of Subsection 58-1-106(1)(a) to enable the division to administer Title 58, Chapter 40.

R156-40-104. Organization - Relationship to Rule R156-1.

The organization of this rule and its relationship to Rule R156-1 is as described in Section R156-1-107.

R156-40-302a. Qualifications for Licensure - Education Requirements.

In accordance with Section 58-40-302, the educational requirements for licensure include:

- (1) An MTRS applicant shall:
 - (a) complete an approved graduate degree as defined in R156-40-102(1);
 - (b) have a current NCTRC certification as a CTRS or a current license as a TRS; and
 - (c) document completion of the education and 4000 hours of paid experience while nationally certified as a CTRS or licensed as a TRS.
- (2) A TRS applicant shall:
 - (a) have a current NCTRC certification as a CTRS; and
 - (b) document completion of the education and practicum requirements for licensure as a TRS on an official university transcript.
- (3) A TRT applicant shall:
 - (a) have an approved educational course in therapeutic recreation taught by an MTRS, as required by Subsection 58-40-302(4)(b)(i), which shall consist of 90 hours of structured education under the instruction and direction of a licensed MTRS, or if completed out of state, under the direction of a nationally certified CTRS, which includes:
 - (i) theories and concepts of recreational therapy;
 - (ii) the therapeutic recreation process;
 - (iii) characteristics of illness and disability and their effects on leisure;
 - (iv) medical and psychiatric terminology including psychiatric, pharmacology, gerontology, and abbreviations;
 - (v) ethics;
 - (vi) role and function of other health and human service

professionals, including: agencies, medical specialists and allied health professionals; and

(vii) health and safety; and

(b) complete a two-hour pre-licensure course, as required by Subsection 58-40-302(4)(e), which shall meet the requirements of this Subsection.

(i) The course provider shall be one of the following:

(A) a recognized accredited college or university;

(B) a county, state, or federal agency; or

(C) a professional association, society or organization representing a licensed profession.

(ii) The content of the course shall be relevant to recreational therapy and include one or more of the following subject areas:

(A) suicide concepts and facts;

(B) suicide risk assessment, crisis intervention, and first aid;

(C) evidence-based intervention for suicide risk;

(D) continuity of care and follow-up services for suicide risk;

or

(E) therapeutic alliances for intervention in suicide risk.

(iii) Each hour of education shall consist of 50 minutes of education in the form of classroom lectures and discussion, workshops, webinars, online self-paced modules, case study review, or simulations.

(iv) A course provider shall document and verify attendance and completion.

(v) An applicant for licensure is responsible for submitting evidence of course completion to the Division as a prerequisite for licensure.

R156-40-302b. Qualifications for Licensure - Experience Requirements.

In accordance with Section 58-40-302, the experience requirements for licensure include:

(1) An MTRS is required to complete 4000 hours of paid experience, as required by Subsection 58-40-302(2)(b), which means an individual must either work as a TRS in Utah in a paid position practicing recreational therapy or work outside of Utah as a CTRS in a paid position practicing recreational therapy.

(2) A TRS is required to complete an approved practicum, as required by Subsection 58-40-302(3)(b), which means a practicum verified on the degree transcript.

(3) A TRT is required to complete an approved practicum, as required by Subsection 58-40-302(4)(c), which means 125 hours of field work experience to be completed over a duration of not more than nine months under the direction of a licensed TRS or MTRS supervisor or consultant, that includes:

(a) a minimum of 20 hours of direct face to face supervision of programming, documentation and treatment intervention by the TRS or MTRS supervisor or consultant;

(b) training in recreational therapy or therapeutic recreation process as defined in Subsection 58-40-102(5) and (6);

(c) interdisciplinary contact;

(d) administration contact; and

(e) community relations.

R156-40-302c. Qualifications for Licensure - Examination Requirements.

In accordance with Subsections 58-40-302(2)(c), (3)(c) and (4)(d), applicants for licensure shall pass the following examinations:

(1) Applicants for licensure as a TRS or MTRS shall pass the NCTRC certification examination as evidenced by a current NCTRC certification as an CTRS.

(2) Applicants for licensure as a TRT shall pass the Therapeutic Recreation Technician Theory Examination with a minimum score of 70%.

(3) Applicants for licensure as a TRT who fail the Therapeutic Recreation Technician Theory Examination three consecutive times must repeat the educational coursework.

R156-40-302d. Time Limitation for TRT applicants.

(1) In accordance with Subsection 58-40-302(4) and Sections R156-40-302a, R156-40-302b and R156-40-302c, a TRT applicant shall pass the examinations and apply for licensure after completion of the 125 practicum hours required under Subsection R156-40-302b(3) and must do so within the same nine month period referred to in that Subsection.

(2) A TRT applicant who does not complete the education, practicum and examinations within nine months is not eligible to be employed as a TRT in a therapeutic recreation department.

(3) A TRT student who does not seek licensure within two years after completion of the education course shall retake the education, practicum and pass the examination prior to applying for licensure.

R156-40-302e. Qualifications for Supervision.

"Supervision of a therapeutic recreation technician", as used in Subsection 58-40-601(3)(a)(i), means that the TRS or MTRS supervisor is employed full-time and onsite in the same hospital, clinic, or facility as the person being supervised and is responsible for:

(1) providing "general supervision" as defined by Subsection R156-1-102(4)(c);

(2) ensuring that recreation therapy services are provided according to the Recreational Therapy Practice Act, standards of the profession, administrative and governing regulations;

(3) providing training, clinical guidance and evaluation; and

(4) demonstrating, as evidenced by the signature of the TRS or MTRS in the patient chart, review and evaluation of ongoing documentation.

R156-40-302f. Qualifications for Consultation.

"In consultation with a master therapeutic recreation technician", as used in Subsection 58-40-601(3)(a)(ii), means that the MTRS consultant contracted by the agency is responsible for:

(1) providing "general supervision" as defined in Subsection R156-1-102a(4)(c);

(2) performing the assessment as described in Subsection 58-40-102(2)(a)(ii);

(3) prescribing "initial recreational therapy treatment" as defined in Subsection R156-40-102(7), outlining the recreation therapy services to be performed by the TRT upon client admission, and to be superceded by the recreation therapy treatment or intervention plan;

(4) prescribing, creating or modifying the treatment or intervention plans to be performed by the TRT as determined by the assessment;

(5) observing, evaluating, and documenting that the recreation therapy services are being conducted according to administrative and governing regulations;

(6) observing, evaluating, and documenting adherence to the standards of practice of the recreational therapy profession; and

(7) demonstrating adherence, as evidenced by the signature of the MTRS in the patient chart, reviews, and evaluation of ongoing regulatory documentation.

R156-40-302g. Qualifications for Temporary License as a TRS - Supervision Required.

(1) In accordance with Section 58-1-303, an applicant for temporary licensure as a TRS shall:

(a) submit an application for temporary license in the form prescribed by the Division, which includes a verification that the applicant has registered and been approved to take the next available NCTRC examination;

(b) pay a fee determined by the department under Section 63J-1-504;

(c) meet all the requirements for licensure, except passing the NCTRC examination; and

(d) practice recreational therapy under the supervision of a Utah licensed TRS or MTRS, as defined in Subsection R156-40-102(12).

(2) The temporary license shall be issued for a period not to exceed 120 days, to allow the applicant to pass the NCTRC examination.

(3) The temporary license shall not be renewed or extended for any purpose.

R156-40-303. Renewal Cycle - Procedures.

(1) In accordance with Subsection 58-1-308(1), the renewal date for the two-year renewal cycle applicable to licenses under Title 58, Chapter 40 is established by rule in Section R156-1-308a(1).

(2) Renewal procedures shall be in accordance with Section R156-1-308c.

R156-40-304. Continuing Education.

In accordance with Section 58-40-304, qualified continuing education requirements are established as follows:

(1) All MTRS, TRS, and TRT licensees shall complete 20 hours of qualified continuing education including two hours of suicide prevention training, that meets the requirements of this section.

(2) Qualified continuing education hours for licensees who have not been licensed for the entire two-year period shall be prorated from the date of licensure.

(3) Continuing education under this section shall:

(a) be relevant to the licensee's professional practice;

(b) be prepared and presented by individuals who are qualified by education, training, and experience to provide recreational therapy continuing education; and

(c) have a method of verification of attendance and completion.

(4) The suicide prevention training shall include one or more of the following subject areas:

(a) suicide concepts and facts;

(b) suicide risk assessment, crisis intervention, and first aid;

(c) evidence-based intervention for suicide risk;

(d) continuity of care and follow-up services for suicide risk;

or

(e) therapeutic alliances for intervention in suicide risk.

(5) Credit for continuing education shall be recognized in accordance with the following:

(a) unlimited hours for continuing education completed in blocks of time of not less than 50 minutes in formally established classroom courses, seminars, lectures, conferences, or training sessions which meet the criteria listed in Subsection (3) above, and which are approved by, conducted by, or under the sponsorship of:

(i) the Division of Occupational and Professional Licensing;

(ii) recognized universities and colleges; or

(iii) professional associations, societies and organizations representing a licensed profession whose program objectives relate to the practice of recreational therapy;

(b) a maximum of ten hours per two-year period may be recognized for teaching continuing education courses relevant to recreational therapy;

(c) a maximum of 12 hours per two-year period may be recognized for continuing education courses completed via the internet or webinar which provide a certificate of completion;

(d) a maximum of four hours per two-year period may be recognized for CPR and first aid certification through a live course, not online; and

(e) a maximum of six hours per two-year period may be recognized for publications in an article, journal, newsletter, or other professional publication.

(6) A licensee subject to circumstances that prevent the licensee from meeting one or more of these continuing education requirements may request a waiver or extension of time for a period of up to three years, in accordance with the provisions of Section R156-1-308d.

(7) A licensee shall maintain competent records of completed qualified continuing education for a period of six years, and if requested by the Division, shall demonstrate that the licensee meets the requirements of this section.

R156-40-502. Unprofessional Conduct.

Unprofessional conduct includes:

(1) failing to establish and maintain professional boundaries with a patient or former patient;

(2) exploiting a current patient or former patient for personal gain;

(3) failing as a TRS/MTRS to ensure the student TRT completes

the minimum required education and experience prior to working with patients;

(4) failing as a TRS/MTRS to ensure the student TRT is competent to provide recreational therapy services when signing the education and experience verification; and

(5) failing to abide by the provisions of the American Therapeutic Recreation Association (ATRA) Code of Ethics, November 2009, which is incorporated by reference.

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