

Health Career Observer



The Official Newsletter of the WNY R-AHEC
March, 2025

Recreational Therapist

Recreational therapists plan, direct, and coordinate recreation-based medical treatment programs to help maintain or improve patients' physical, social, and emotional well-being. Activities could include arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings. Recreational therapists treat and help maintain the physical, mental, and emotional well-being of their clients by seeking to reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively. Recreational therapists work in a variety of settings, including hospitals, nursing homes, schools, government parks, and recreation departments.

Average Annual Pay: \$57,120 per year



"The most rewarding part of the job is being able to make a resident smile"
-The Cloister's Team

How Do I Become a Recreational Therapist?

**PROJECTED JOB
GROWTH RATE IS
4% BY 2033**

To become a recreational therapist, you typically need to earn a bachelor's degree in therapeutic recreation or recreation and fitness from an accredited program and gain relevant experience. Employers, and some states may require or prefer therapists to be certified. The National Council for Therapeutic Recreation Certification (NCTRC) offers the Certified Therapeutic Recreation Specialist (CTRS) credential.

What Does a Recreational Therapist Do?



Assess patients' needs through observation, medical records, tests, and discussions with other healthcare workers and patients and their families.



Develop and implement treatment plans that meet patients' goals and interests.



Engage patients in therapeutic activities, such as exercise, games, and community outings.



Help patients learn social skills needed to become or remain independent.



Help patients to reduce and cope with stress, anxiety, or depression.



Document and analyze a patient's progress to ensure that their goals are met and to modify treatment as needed.



WNY R-AHEC, 20 Duncan St, Warsaw, NY 14569

585-786-6275 info@r-ahec.org

<https://www.r-ahec.org/>

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This organization is an Equal Opportunity Provider and Employer

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A Professional Account

Staff at The Cloisters, assisted living facility in Warsaw, NY share their insight on recreation therapy.

What is the most rewarding part of your job?

"The most rewarding part of the job is being able to make a resident smile"

What is the most challenging?

"The most challenging part can also be residents at times. You want to please them but can't always do that."

What do you wish you knew back in school that you know now?

"The thing that they wished they knew back in high school was how to better be prepared for living on their own."

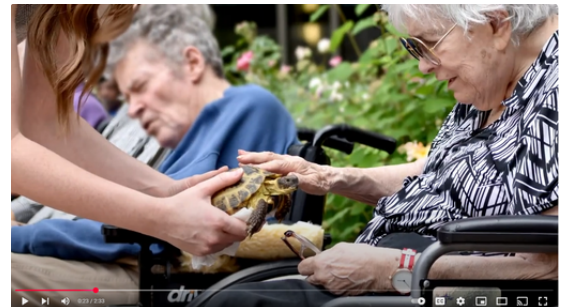
Anything else you want to share?

"Being around the older population is so gratifying and rewarding. Most are so thankful for the time that you put in and the older population loves to share their past experiences with the younger generation. We share a lot of laughs at times."



Click on the image for information on a career in
Recreational Therapy

https://www.youtube.com/watch?v=UhgnfQG_IP4



Click on the image for a day in the life of a
Recreational Therapist

<https://www.youtube.com/watch?v=t9I9ay-J2kE>



For more information visit the U.S. Bureau of Labor Statistics & National Council for
Therapeutic Recreation Certification

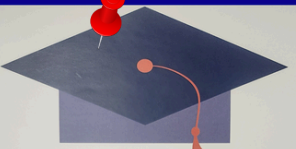
<https://www.bls.gov/ooh/healthcare/recreational-therapists.htm>

<https://www.nctrc.org/>

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Apply Today
TO BE CONSIDERED FOR UP TO
\$6,000 for college

Requirements:

- Permanent resident of Western New York
- Minimum 2.0 GPA or "C" average
- Accepted to any nonprofit college/university in the United States, full-time
- Preference is given to Pell eligible students attending school in Western New York

Deadline:
MAY 1, 2025
visit cfgbbscholarships.org

Sign up for text alerts
Text "SCHOLARSHIP" to 855-628-3360

Community Foundation
for Greater Buffalo

Visit
cfgbbscholarships.org
for more information



Health Careers Opportunity Program (HCOP)
July 8-August 14, 2025

Eligible Students Paid \$10 an Hour to Attend!
Health Career Exploration Summer Camp for Rising
Sophomores, Juniors and Seniors in Western NY



- Hands-on learning, exposure to health profession careers, and skill building
- Become First Aid & CPR Certified, learn Stop the Bleed, Teen Mental Health First Aid, Simulation Education Training, Social Determinants of Health Course & much more
- Opportunities to tour, shadow, and volunteer in the community (local healthcare facilities, non-profits, businesses, etc.)
- Overnight opportunity at DYU campus, college experience and additional health profession exposure and experiences
- Health career pathways and college enrollment education

Camp Location: WNY R-AHEC, Warsaw, NY & DYU, Buffalo, NY
Tuesdays, Wednesdays, and Thursdays, 9am-5pm

STUDENTS APPLY TODAY!
Application Deadline: March 31
<https://www.surveymonkey.com/r/HCOP25>

HRSA
HEALTH RESOURCES & SERVICES ADMINISTRATION
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

WNY R-AHEC Contact: info@r-ahec.org | 585-786-6275 | 24 Duncan St. Warsaw, NY

2025
BEA SUMMER CAREER EXPLORATION CAMPS
REGISTRATION OPENS MARCH 25 AT 9 AM



Medical Camp
July 21 - July 23
8:30 AM - 4:00 PM
Various Locations
\$75/Camper**

https://www.beagenesee.com/2025-camp-registration

**Scholarships Available. Contact the BEA for more information.
For students entering Grades 6-9 in Fall 2025.



EMS CAMP
Emergency Medical Services
2025

Experience the Thrill of Saving Lives!
Hands-on training, real-life emergency simulations, and expert guidance from certified EMS professionals. Learn about different EMS healthcare careers and the requirements, skills, and job duties. Step into the shoes of a first responder!

No Cost for Students entering Grades 9-12th
Spots are limited!

JULY 28, 2025
9 AM - 3 PM
WYOMING COUNTY
TRAINING GROUNDS
3651 WETHERSFIELD ROAD
WARSAW, NY 14569

Questions?
(585) 786-6275
info@r-ahec.org

APPLY NOW
Apply by May 30th



Wyoming County
Bea
Genesee County
Business/Education
Alliance