

Luca Heslip

Recreational Therapist

Profile

I am a certified Recreational Therapist with over 1 year of experience working in long-term care facilities. I have a passion for working with the elderly population and providing them with activities that improve their quality of life. I have developed creative programs that promote socialization, cognitive stimulation, and physical activity among residents. I am patient, compassionate, and dedicated to my work.

Employment History

Recreational Therapist at National Institute of Mental Health, MD

May 2022 - Present

- Led a team of 4 recreational therapists in designing and implementing individualized treatment plans for 20 patients with diverse diagnoses.
- Successfully created an outdoor recreation program for children with special needs that increased gross motor skills by 30% on average.
- Coordinated weekly music therapy groups for cancer patients which resulted in decreased anxiety levels by 50%.
- Implemented a pet therapy program at the local nursing home that brightened the days of 80 residents living there.
- Planned and executed a monthly social outing for adults with intellectual disabilities, resulting in improved communication skills and relationships within the community.
- Created an art club for veterans suffering from PTSD which met once a week and saw 100% attendance each time.

Recreational Therapist Assistant at American Psychiatric Association, MD

Aug 2021 - Mar 2022

- I increased patient participation in recreational therapy activities by 20% through the use of adaptive equipment and one-on-one engagement.
- I developed and implemented a new recreation program for patients with dementia which resulted in a decrease in agitated behaviors by 15%.
- I created an individualized exercise program for a patient post stroke which improved their functional mobility by 30%.
- Led weekly art groups that had 10 or more participants per session.
- Assisted the head therapist in developing, implementing, and leading monthly support groups for caregivers of individuals with Alzheimer's disease; saw an increase from 3 to 12 attendees within 4 months.
- Successfully completed all continuing education units (CEUs) required to maintain certification.

Education

Bachelor of Science in Recreational Therapy at University of Maryland, College Park

Sep 2016 - May 2021

Patience, problem solving, critical thinking, and people skills.

Details

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Links

[linkedin.com/in/lucaheslip](https://www.linkedin.com/in/lucaheslip)

Skills

Recreational therapy

Psychosocial rehabilitation

Therapeutic recreation

Leisure counseling

Activity-based intervention

Community integration

7. Life skills training

Languages

English

Urdu

Hobbies

Biking

Kayaking

Skiing