

ALEXA NICHOLE A. GO, CTRS

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EDUCATION

B. A. RECREATION AND LEISURE STUDIES
THERAPEUTIC RECREATION TRACK
Virginia Wesleyan College
Norfolk, Virginia GRADUATED: AUGUST 2013

RELATED COURSEWORK:

Disabilities & Recreational Therapy, Recreational Therapy Management & Organization,
Recreational Therapy Analysis & Assessment, Recreational Therapy Process, Abnormal
Psychology, Lifespan Development and Behavior, Lifespan Developmental Psychology

CERTIFICATION

CERTIFIED THERAPEUTIC RECREATIONAL SPECIALIST (CTRS): 63069

-INITIAL CERTIFICATION: 10/07/2013

-RE-CERTIFICATION DATE: 12/31/2018

HEART SAVER CPR/AED: AMERICAN HEART ASSOCIATION

-INITIAL CERTIFICATION: 04/15/2015

-EXPIRATION: 04/2017

FIRST AID CERTIFIED: AMERICAN RED CROSS

-INITIAL CERTIFICATION: 09/04/2014

-EXPIRATION: 09/04/2016

MEDICATION MANAGEMENT: ADULT DAY CENTERS AND CHILDREN'S RESIDENTIAL FACILITIES

-DATE OF COMPLETION: 11/09/2014

LICENSE

COMMERCIAL DRIVER'S LICENSE

-STATE: VIRGINIA

-LICENSE NUMBER: A62-72-5001

-CLASS: C; ENDORSEMENT: P; RESTRICTIONS: E, L

EMPLOYMENT

THERAPEUTIC ACTIVITIES COORDINATOR
Loudoun County: Eastern Loudoun Adult Day Center MAY 2014-CURRENT
Ashburn, Virginia

- Developed therapeutic activities for seniors with physical and cognitive limitations
- Abided and maintained activities according to state licensing requirements
- Assisted in developing individual care plans and ensuring appropriate activities for each client
- Produced monthly newsletters, calendars, and other marketing materials
- Provided work supervision for program staff and volunteers
- Monitored and assisted with personal client needs

RECREATIONAL THERAPIST
Transitional Learning Center MAY 2013-FEBRUARY 2014
Lubbock, Texas

- Proficient knowledge and experience in brain injury clinical setting
- Provide evaluation and assessment of functional skills, talents, and abilities

- Facilitated development of skills to pursue activities at home and in community setting
- Assisted in identifying community resources while at TLC and in the discharge community
- Coordinated with the TLC therapy team in order to promote reinforcement of leisure objectives
- Provided discharge planning for leisure pursuits in discharge community
- Facilitated development of necessary skills to increase knowledge of physical health maintenance

SUMMER CAMP COUNSELOR
Virginia Beach Parks and Recreation: TR department

JUNE 2012-AUGUST 2012
Virginia Beach, Virginia

- Worked in a 1:1 environment assisting and aiding individuals with varying types of disabilities
- Assisted individuals in increasing social skills, exploring new leisure activities, develop a greater sense of independence
- Recorded progress notes and documentation on a daily basis to provide supervisors and parents updates information on the progress of each individual camper.

INTERNSHIP

RECREATIONAL THERAPY INTERN
Westminster-Canterbury on the Chesapeake Bay

JANUARY 2013-APRIL 2013
Virginia Beach, Virginia

- Conducted, analyzed, and recorded resident initial and significant change assessments.
- Developed various programs and interventions appropriate for resident skills and abilities.
- Implemented, led, and observed various interventions residents were involved in.
- Attended daily and weekly meetings to build interdivisional relationship.
- Experienced day to day functions of TR department abiding by all policies and procedures.
- Experience in long-term care and policies and procedures of MDS program.

RELATED LEARNING EXPERIENCES

STUDENT VOLUNTEER
Equi-Kids Therapeutic Riding Center

SEPTEMBER 2012-NOVEMBER 2012
Virginia Beach, Virginia

- Trained side-walker to walk along side horses and participant
- Assessed and evaluated participant goals and outcomes

STUDENT VOLUNTEER
City of Virginia Beach Parks and Recreation

SEPTEMBER 2011-DECEMBER 2011
Virginia Beach, Virginia

- Utilized various gymnastic equipment to increase an individual's range of motion
- Assisted supervisors in planning and implementation of programs for children with disabilities
- Swim, Stretch, and Tone program
- Assisted supervisors in the implementation of aquatic activities for adults with disabilities
- Utilized various pool equipment to increase an individual's range of motion and physical ability

SUMMER CAMP COUNSELOR
Muscular Dystrophy Association

JUNE 2011
Leonardstown, Maryland

- Worked one on one with a child with a severe form on Muscular Dystrophy doing various physical, social, and emotional activities
- Lifted up to 150+ pounds on a daily basis and assisted with all activities of daily living
- Experienced working with various adaptive equipment in a camp setting

PROFESSIONAL DEVELOPMENT

- Southeastern Therapeutic Recreation Symposium, Committee Member, Spring 2012

PROFESSIONAL ACHIEVEMENTS

- EMPACT Award Winner, December 2015