

Natalie Kim

Activity Therapist

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Summary

Activity therapist and CTRS with 5 years on inpatient psychiatric, geriatric and substance use units. Completes activity assessments within 48 hours of admission, runs 20 groups a week in art, movement and leisure education, and builds creative programming that keeps group attendance near 80%.

Experience

Activity Therapist

05/2023 - Present

Lakeshore Behavioral Hospital

Chicago, IL

146-bed psychiatric hospital with adult, geriatric and substance use units.

- Complete activity assessments for 10 to 12 new patients a week within 48 hours of admission.
- Facilitate 20 groups a week in art, movement, leisure education and relapse prevention skills.
- Increase adult unit group attendance from 55% to 78% after rebuilding the schedule around patient choice.
- Write treatment plans and progress notes in Epic and review goals in daily treatment team meetings.

Recreation Therapist

07/2021 - 04/2023

Ridge Avenue Medical Center

Evanston, IL

Community hospital with a 24-bed geriatric psychiatry unit.

- Led daily reminiscence, sensory and exercise groups for older adults with depression, dementia and psychosis.
- Assessed 20 patients a month and set leisure goals with families before discharge.
- Built a discharge leisure guide listing 35 senior centers and programs across Cook County.
- Coached 3 mental health technicians to run evening groups, adding 6 groups a week to the unit schedule.

Recreation Therapy Intern

01/2021 - 05/2021

Northside Psychiatric Institute

Chicago, IL

560-hour clinical internship for CTRS eligibility.

- Ran 60 group sessions on adolescent and adult units, using crisis intervention skills during 4 escalations.
- Wrote weekly progress notes for 15 patients, reviewed and signed by a CTRS supervisor.

Education

Bachelor of Science

05/2021

Illinois State University

Normal, IL

Recreation Therapy

Skills

- Activity Assessments
- Group Facilitation
- Leisure Education
- Relapse Prevention
- Treatment Plans
- Progress Notes
- Epic
- Crisis Intervention
- Communication Skills
- Creative

Certificates

Certified Therapeutic Recreation Specialist (CTRS)

08/2021

National Council for Therapeutic Recreation Certification

Nonviolent Crisis Intervention

03/2025

Crisis Prevention Institute