Brianna Cole

Recreational Therapy Assistant

Recreational therapy assistant with 2 years on adult psychiatric units, running leisure and coping skills groups under a CTRS, with current training in crisis intervention and CPR. Leads 15 groups a week, records participation for 40 patients, and is finishing a bachelor's in recreational therapy at Eastern Kentucky University.

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Experience

Recreational Therapy Assistant

Bluegrass Regional Psychiatric Hospital • Lexington, KY

09/2024 - Present

State-operated 150-bed adult psychiatric hospital.

- Lead **15** groups a week in fitness, art, games and coping skills for units of 20 to 25 patients.
- Record attendance, participation and behavior observation notes for 40 patients in the EHR each shift.
- Run evening and weekend activity programming 2 weekends a month, adding 3 scheduled hours a day for patients.
- Report changes in mood or behavior to nursing and the CTRS, flagging about 5 concerns a month for team review.

Recreation Leader

Bluegrass Community Center • Lexington, KY

05/2022 - 08/2024

City community center with after-school and summer camp programs.

- Ran after-school sports and crafts for **40** children ages 6 to 12, 4 afternoons a week.
- Planned 8-week summer camp themes and daily schedules for 120 campers and 10 counselors.
- Adapted games for 5 campers with autism or ADHD, working with parents and an inclusion aide.
- Completed incident reports and parent sign-outs with zero safety findings in 2 city audits.

Skills

Group Facilitation

Coping Skills

Activity Programming

Behavior Observation

Crisis Intervention , EHR

Adapted Games , CPR

Communication , Teamwork

Education

Bachelor of Science (in progress)

Eastern Kentucky University

Richmond, KY

05/2027

Recreational Therapy

Certificates

Nonviolent Crisis Intervention

Crisis Prevention Institute

10/2024

Adult and Pediatric First Aid/CPR/AED

American Red Cross

04/2025