

# Therapeutic Recreation Institute

In conjunction with the Florida Recreation and Park Association Annual Conference.

*Coast  
to  
Canopy*

*It's all about your journey!*  
FRPA • 2018

**August 25-27, 2018**

Caribe Royale  
Orlando | Florida

The Florida Recreation and Park Association is pleased to offer the 2018 Therapeutic Recreation Institute in conjunction with the FRPA Annual Conference. The Institute offers low rates without requirements of membership, and provides crossover education for Monday's FRPA Annual Conference sessions.

## Hotel & Housing Information

### Room Rate

**\$140 Standard Queen/King Suite**  
**\$160 Deluxe King Suite**  
**\$240 2 Bedroom Villa**

**Includes resort fee,  
parking and amenity fees.**

### Reservations

Attendees are responsible for making their own hotel arrangements. Please beware of housing scams. These rates have been reserved for FRPA only and include all fees. Only book your hotel through the number or website that have been provided.

**Call 800-823-8300 and mention FRPA to make your reservations over the phone.**

[CLICK HERE FOR ONLINE RESERVATIONS](#)



CARIBE ROYALE  
ORLANDO

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**8101 World Center Drive  
Orlando, Florida 32821**

Nestled on 53 lush, tropical acres, the Caribe Royale offers its guests spacious, well-appointed one-bedroom suites, luxurious two-bedroom lakeside villas and a wealth of desirable hotel amenities all conveniently located near Orlando's most popular attractions.

## Key Dates to Remember

**JULY 31** Early Registration  
Deadline and last  
day to request  
refund (minus \$50  
admin fee)

**AUG 3** Last day for  
FRPA room  
block rates at  
the host hotel

**AUGUST 5-12** Online Facebook  
Auction to benefit  
the FRPA  
Foundation

**AUG 10** Last day to mail  
in registration  
paperwork and last  
day to request refund  
(minus \$75 admin fee)

# Education Programs

**CEU POLICY: To earn Continuing Education Units (CEUs), delegates must attend the entire session. There is no exception for late arrivals. Plan your travel to arrive at the session at least 10 minutes prior to its beginning. FRPA maintains records for members who participate in FRPA CEU courses.**

## Saturday

**12:00 PM - 1:30 PM**  
**Registration**

**12:15 PM - 2:15 PM**  
**Keep on Moving Forward**  
0.2 CEUs

**Dawn Lewellyn CTRS**  
*Owner - Therapist, My World Therapeutic Recreation Services, LLC.*

When you hit the wall of red tape and push back, you have to keep moving forward. We will go through creative programming ideas and networking tricks to keep us moving in the right direction for our clients and ourselves as professionals.

### Learning Objectives

- Identify new and exciting programming opportunities for a wide range of clientele.
- Identify networking techniques and opportunities for professional growth.
- Identify where you are currently in your career and what your goals are moving forward.

**2:30 PM - 4:45 PM**  
**Measurement-Based Care in Behavioral Health**  
0.2 CEUs

**Annie Barreiro**  
*Recreation Therapist, Daytona Beach Multi-Specialty VA Clinic*

This is a session that will acquaint you with several measures to utilize in Behavioral Health and explain how this will help you professionally. This session will show you several measures used in behavioral health settings, explain why the measures are useful, and describe how to use the measures for assessing the outcomes of care. As Recreation Therapists, we know that we are helpful, and these measures can be a means to demonstrate outcomes of care and improvements by our clients.

### Learning Objectives

- Identify at least 2 measurement tools.
- Recall at least 2 measurement outcomes.
- Name at least 2 measure tools that can be useful at your facility.

**2:30 PM - 4:45 PM**  
**Mock Combat - Battle Sports**  
0.2 CEUs

**Matt Fahy**  
*Licensed Mental Health Counselor, Vargar Company, DieLast Archery*

Mock combat uses foam weapons for medieval martial arts. All ages can participate resulting in exercise for group and individual play. Team games increase social skills, critical thinking, activity level, and creativity.

### Learning Objectives

- Identify the therapeutic and fitness value of battle gaming, mock combat, and/or Live Action Role Play (LARP) in the community.
- Describe populations in the community that can benefit from the inclusive play of battle gaming, mock combat, and LARP.
- Recognize the inherent behavior management and de-escalation techniques of mock combat.

**5:00 PM - 6:15 PM**  
**Become an Internship Supervisor for Recreational Therapy Students**  
0.1 CEUs

**Tania Santiago Perez**  
*Recreation Therapy Instructor, Florida International University*

This session will explain the process and benefits of becoming an internship supervisor for FIU Recreational Therapy students. We will go over internship requirements and best practices for internships so you can be a successful internship supervisor.

### Learning Objectives

- Identify the requirements to become an internship supervisor of Recreational Therapy students.
- List the roles and responsibilities of student interns, university/academic supervisors, and site supervisors for quality internships.
- Identify best internship practices for quality internships.
- Recognize NCTRC internship standards/guidelines.

## Sunday

**8:30 AM - 9:45 AM**

### **EBP: Excellent Brilliant Planning = Evidence-Based Practice**

0.1 CEUs

**Mary Palacios CTRS**

*Disability Services Manager, Miami-Dade Parks, Recreation and Open Spaces*

**Tania Santiago Perez**

*Recreation Therapy Instructor, Florida International University*

This session will introduce participants to Evidence-Based Practice (EBP). They will learn the importance of EBP, and how to apply evidence/research to TR practice in community settings. During the session, participants will identify resources to access information on EBP, and they will plan one EBP program for their respective settings.

#### **Learning Objectives**

- Define Evidence-Based Practice.
- Identify at least 5 RT Evidence-Based Programs in community settings.
- Identify at least 4 resources to access information on EBP.
- Identify at least one new EBP that participants can implement into their respective settings.

**10:00 AM - Noon**

### **Universal Program and Equipment Adaptation for Inclusive Recreation Settings**

0.2 CEUs

**Courtney De Stefano**

*CTRS, Recreation Specialist 1, Miami-Dade Parks, Recreation and Open Spaces*

**Thera Johnson**

*Recreation Therapist 2, Miami-Dade Parks, Recreation and Open Spaces*

Learn techniques to assist with adapting your daily programs to be inclusive for all participants.

#### **Learning Objectives**

- Learn how to adapt programs/equipment based on various disabilities.
- Identify the importance of designing universal programming for your facility.
- Create a plan of action to address inclusive needs at your facility.

**1:00 PM - 2:15 PM**

### **Cardio Circuit Evidenced- Based Fitness Program**

0.1 CEUs

**Arlene Bouza-Jou**

*Recreation Specialist 1, Miami-Dade Parks, Recreation and Open Spaces*

**Thera Johnson**

*Recreation Therapist 2, Miami-Dade Parks, Recreation and Open Spaces*

Cardio program for adolescents with disabilities to improve their overall health and well-being.

#### **Learning Objectives**

- Be able to create an evidenced based fitness program for participants with varying disabilities.
- Identify the measurable outcomes of a fitness-based cardio program.
- Learn how to use a fitness tracker and PACER testing to create data based results of the program.

**2:30 PM - 5:45 PM**

### **Therapeutic Roleplay Gaming**

0.3 CEUs

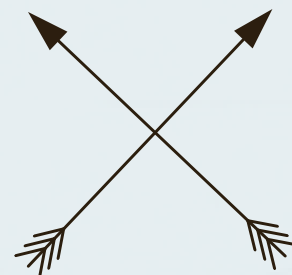
**Matt Fahy LMHC, MA Counseling**

*Holistic Mental Health Clinic*

Therapeutic Roleplay Gaming is gamified therapy using roleplaying games to make mental health therapy fun and engaging. The fantasy world creates a backdrop for players to learn real world skills and improve their mental health. Roleplaying is a group activity to practice social skills and team building.

#### **Learning Objectives**

- Learn to introduce coping skills through play therapy.
- Identify key roleplay components and understand how they can be targeted for therapy.
- Reproduce therapeutic gaming scenarios to use with clients.



*Monday*

## *Opening Session, Monday, August 27 @ 8:30am*

### **Building, Re-energizing, and Revitalizing Your Community (0.2 CEUs)**



**Majora Carter**

**Majora Carter Group**

Crime, poverty, joblessness, loss of creative workforce...all can be linked to the degradation of our community environment. Our speaker will share her experience as a community activist and advocate. Majora will demonstrate that through passionate commitment, we can seed growth in our communities and re-energize our citizens, the result of which is a revitalized community dedicated to future growth.

Parks and recreation professionals have the opportunity to turn those trends around and revitalize our community as we re-energize our citizen's commitment. This folds directly into the FRPA strategic initiatives on Community Building. Attend this session, hear the story, and understand the role you play in building your community.

#### **Learning Objectives**

- Identify how economic degradation can result in social degradation.
- Learn how race and class can be a reliable indicator of where quality of life is best reflected.
- Understand how as parks and recreation professionals, we can build, re-energize and revitalize our communities.

**11:00 AM - Noon**

#### **Behavior Management Part I: Understanding the ABCs of Challenging Behaviors and Simple Strategies to Prevent Undesired Behaviors from Occurring**

0.1 CEUs

**Diana Bonet CTRS**

*Recreation Specialist I, Miami Dade Parks, Recreation and Open Spaces*

**Jody Cox CTRS**

*Recreation Therapist II, Miami Dade Parks, Recreation and Open Spaces*

One of the challenges park staff often face is dealing with behaviors that disrupt programs or interfere with normal program operation. This session will take a look into why behaviors occur and give some strategies to prevent behaviors from occurring in the first place.

#### **Learning Objectives**

- Understand why certain behaviors occur.
- Distinguish the antecedents and consequences of behavior.
- Identify at least three different strategies to prevent undesired behaviors from occurring.

**1:30 PM - 3:30 PM**

#### **Boccia: It's Time to Get Your Game On!**

0.2 CEUs

**Jody Cox**

*CTRS, Recreation Therapist II, Miami Dade Parks, Recreation and Open Spaces*

**Courtney De Stefano, CTRS**

*Recreation Specialist I, Miami Dade Parks, Recreation and Open Spaces*

Boccia is an adapted sport that is gaining popularity across the nation. Traditionally a Paralympic Sport played by individuals with Cerebral Palsy, Boccia is now being played in parks, senior centers, nursing homes and rehabilitation centers. Come learn how to play this sport that spans all ages and abilities.

#### **Learning Objectives**

- Understand the basic rules of Boccia.
- Identify three benefits of playing Boccia.
- Identify three populations who can play Boccia.

# Registration Form

Register at the FRPA website with your credit card. Be sure to select which sessions to attend!

REGISTER NOW

ONLINE

Mail complete payment and forms: **411 Office Plaza Drive Tallahassee, FL 32301**  
Registrations will not be processed without full payment. Purchase orders and cash are not accepted.

MAIL

Fax complete forms: **(850)942-0712**  
Credit Card information must accompany the faxed form.

FAX

## Your Information (print legibly)

LAST NAME FIRST NAME

FIRST NAME FOR CONFERENCE BADGE

AGENCY/EMPLOYER

JOB TITLE

MAILING ADDRESS

CITY STATE ZIP

COUNTY

OFFICE PHONE FAX CELL PHONE

EMAIL

IS THIS YOUR FIRST TIME ATTENDING?

IF YOU ARE DOING DAILY REGISTRATION, WHICH DAY(S) WILL YOU BE ATTENDING?

SATURDAY  SUNDAY  MONDAY

## Method of Payment MAKE CHECKS PAYABLE TO FRPA

MASTERCARD  VISA  DISCOVER  PERSONAL CHECK  AGENCY CHECK

CREDIT CARD NUMBER

SECURITY NUMBER (3 OR 4 DIGITS) EXPIRATION DATE

PRINTED NAME ON CARD

SIGNATURE OF CARDHOLDER

FULL BILLING ADDRESS

*By registering for this event/activity/workshop, I give permission and consent to allow photographs and video to be taken during activities sponsored by the Florida Recreation and Park Association (FRPA). I further give permission and consent that any such media may be published and used by FRPA and its agents, to illustrate and promote the association and its programs. I understand that it is my responsibility to communicate with FRPA if I do not wish to be photographed or videoed.*

## CHECK YOUR REGISTRATION TYPE

### FULL REGISTRATION

\_\_\_\_\_ \$175 (ON OR BEFORE JULY 31)

\_\_\_\_\_ \$225 (ON OR AFTER AUG 1)

### FULL REGISTRATION + FRPA CONFERENCE

\_\_\_\_\_ \$400 (ON OR BEFORE JULY 31)

\_\_\_\_\_ \$450 (ON OR AFTER AUG 1)

### DAILY REGISTRATION

\_\_\_\_\_ \$90 (ON OR BEFORE JULY 31)

\_\_\_\_\_ \$110 (ON OR AFTER AUG 1)

### STUDENT REGISTRATION (MUST BE FULL TIME)

\_\_\_\_\_ \$100 (ON OR BEFORE JULY 31)

\_\_\_\_\_ \$115 (ON OR AFTER AUG 1)

No Registrations will be accepted via fax or mail after August 10, 2018.

**Registration Policy-** A Registration form must be completed for each individual registrant. A Meeting Receipt will be emailed to each individual registrant. Please print the receipt for your records and return to your finance department if required to do so. FRPA Members can log onto [www.frpa.org](http://www.frpa.org) and generate receipts under their profile. We are unable to generate receipts after the meeting has occurred.

**Cancellation Policy-** All requests for refunds must be submitted in writing to the FRPA Executive Office and must be received no later than July 31, 2018 in order to receive a refund less a \$50 administrative fee. All refund requests received between August 1 and August 10 will be assessed a \$75 administrative fee. No refunds will be made after August 11, 2018. Refunds will not be granted due to traffic delays. No refunds will be available for any portion of the conference fees when an event is canceled due to weather or an occurrence of natural disasters.

**CEU Transcripts-** CEU Transcripts will be available by October 1, 2018.

**FRPA: TR INSTITUTE**

**411 Office Plaza Drive | Tallahassee, FL 32301**

**(850)942-0712 fax**