

Therapeutic Recreation Institute

AUGUST 29-31, 2020

The Florida Recreation and Park Association is pleased to offer the 2020 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.

OMNI CHAMPIONSGATE

1500 MASTERS BOULEVARD | CHAMPIONSGATE, FL 33896

VISION POSSIBLE

FRPA 2020

HOTEL & HOUSING INFORMATION



**CLICK HERE FOR
ONLINE
HOTEL RESERVATIONS**

OMNI  HOTELS & RESORTS[®]
championsgate | orlando

ROOM RATES

\$139 - single/double |

\$309 - 2 BR villa **\$409** - 3 BR villa

(Villas are limited in supply)

Rates are available until **August 7, 2020**. Self

Parking is complimentary for those staying at the

Omni or \$18 for the day. Valet is \$32 per day.

INCLUDES RESORT FEE, PARKING AND AMENITY FEES.

RESERVATIONS

All attendees will be responsible for making their own reservations by calling the Omni Resorts Reservations Team at 1-800-THE-OMNI (1-800-843-6664 code: 17200706816) or online at: <http://www.omnihotels.com/hotels/orlando-championsgate/meetings/florida-recreation-and-park-association-foundation-2020>

Please beware of housing scams. Only book your hotel through the number or website that have been provided. These rates include all fees.

VOLUNTEER WITH US!

Dates to Remember

JUNE 30

Early Registration
Deadline
Last day to request
refund (minus \$50
admin fee)

AUG 7*

Last day for FRPA
room block rates at
host hotel
*or until block is full

AUG 10

Last day to mail in
registration paperwork
Final day to request
refund (minus \$75
admin fee)

AUG 18-SEP 1

Online Facebook
Auction to benefit
the FRPA
Foundation

Education Sessions

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 - 1:00 PM

Our Mental Health – Stress Reduction Techniques

0.1 CEUs

Dawn Lewellyn, CTRS

Recreation Therapist

Bay Pines VA Healthcare System

Therapeutic recreation is a field in which we are taking care of and aiding others with a variety of challenges. When we are passionate or maybe just can not say 'No', we take on the stresses both physically, mentally, and emotionally. We will review stress reduction techniques that will allow us to be the best therapists possible for our clientele.

Learning Objectives:

- Identify physical, psychological, and emotional symptoms of stress.
- Identify and reproduce six stress reduction techniques for one's mental health.
- Identify minimum of three breathing techniques for stress reduction.

1:00 PM - 2:00 PM

Toot Your Horn- and Be Heard!

0.1 CEUs

Mary Palacios, CTRS, CPRP

Special Populations Manager

Broward County Parks and Recreation

Does your community and agency know WHO you are, WHY you make a difference, and WHAT you and your team has to offer? If not, then "Toot Your Horn, and Be Heard" using creative marketing techniques that promote the value of your programs, expertise of your staff,

and best practices!

Learning Objectives:

- Identify 3 ways to creatively market and promote your TR and related programs to individuals in your community.
- Recognize the value of the TR and related programs/ services that you offer at your facility.
- Understand the importance of having your own agency understand your educational skills and training.



2:15 PM - 3:15 PM

How To Transform Wiggles To Giggles

0.1 CEUs

Karen Haseley, CTRS

Ageless Grace® Educator & Trainer

Ageless Grace® LLC



Marghi McClearn, B.A.....

Ageless Grace® Educator & Trainer

Ageless Grace® LLC

Kids need to move more than just shake their wiggles out! After all, movement creates

the foundation of our neurological system. Experience an adaptable program that develops both physical and cognitive skills in spontaneous and fun ways. It boosts confidence, self-esteem and is like a reset button for the brain and body.

Learning Objectives:

- Recognize how neuroplasticity is used to develop, retain and enhance children's physical and cognitive function.
- Explain how Ageless Grace® can be thematically used in recreation programs.
- Define and explain the three Rs of Ageless Grace®.

3:30 PM - 4:30 PM

Healing our Organs with Sound and Qigong

0.1 CEUs

Jezabelle E Kenealy

Licensed Acupuncturist

This session will teach the participants what emotions are related to our organs and what sounds and movements can enhance an emotional release in those organs. The organs that we will be discussing are the lungs, heart, spleen, liver, and kidney. Other information shall also be shared about these organs in conjunction with Traditional Chinese Medicine.

Learning Objectives:

- Recall the sounds that are associated with healing each organ stated.
- Describe what emotions are associated with each organ.
- Discuss other traditional Chinese medicine information associated with each stated organ.

4:45 PM - 5:45 PM

Creative Movement (Play) Can Change Your Brain Health!

0.1 CEUs

Karen Haseley, CTRS

Ageless Grace® Educator & Trainer

Ageless Grace® LLC

Marghi McClearn, B.A..

Ageless Grace® Educator & Trainer

Ageless Grace® LLC

Experience playful, creative, physical movements to change your brain! Based on the concept of neuroplasticity, Ageless Grace®, exercises all five functions of your brain and all 21 physical skills needed for optimal fitness. It is developmental, preventative and restorative for all ages and abilities. And it's FUN!

Learning Objectives:

- Define Neuroplasticity.
- List and describe the five functions of the brain.
- List at least 5 of the 21 Ageless Grace® tools and describe their primary purpose.

SUNDAY

8:30 AM - 9:30 AM

Special Events – Rehab Style

0.1 CEUs

Dawn Lewellyn, CTRS

Recreation Therapist

Bay Pines VA Healthcare System

Special events in rehabilitation should have a rehabilitative quality and goal. We will journey through two special events in long term care, identifying the rehabilitative purpose for each activity within the special event. Process, implementation, and selection of activities may be easily modified for your work environment.

Learning Objectives:

- Recall two special events with therapeutic, goal-oriented benefits.
- Identify rehabilitative purpose for a minimum of six activities for long term care.
- Write a qualitative and quantitative goal for special events to meet needs of population.

9:45 AM - 11:45 AM

Engaging Clients With Mental Health Struggles

0.2 CEUs

Annie Barreiro

Recreation Therapist

Orlando VA System

This will be an interactive session which will describe healthy ways to engage clients with a serious mental illness, will describe ways to improve interactions with those clients, and will detail some new programming ideas.

Learning Objectives:

- Identify one way to engage clients with a serious mental illness.
- Recall one way to personalize a client's treatment.
- Identify the benefits of one of the programming ideas from the session.

1:15 PM - 3:15 PM

Connecting Through Life-Size Games

0.2 CEUs

Dawn Lewellyn, CTRS

Recreation Therapist

Bay Pines VA Healthcare System

Life-size games open the opportunity for physical, cognitive and social improvement for all ages. The connection through life-size games will bring professionals and the populations that we serve together for the common goal of Quality of Life.

Learning Objectives:

- Identify a minimum of six life-size games with rules and adaptations for clientele.
- Be able to reproduce six life-size games with items from around current work environment.
- Identify a minimum of three new professional contacts for life-size game tournaments.



3:30 PM - 5:30 PM

Maximizing Digital Accessibility in TR Practice

0.2 CEUs

Marsha Schwanke

Web Specialist

Southeast ADA Center

Ensuring access to TR programs, research, and media (online and print), is integral for service delivery and effective communication. But, “missing pieces” prevent equality for people with disabilities. Discover practical solutions to maximize access in APIED (Assessment, Planning, Intervention, Evaluation, Documentation) and provide accessible TR materials to a diverse audience.

Learning Objectives:

- Identify at least three basic concepts to integrate access in the APIED process.
- Outline two examples of best practices to promote digital access for TR practice and service delivery.
- Describe two tools to evaluate digital access of materials in TR practice and service delivery.

MONDAY

8:00 AM - 10:00 AM

Tie Dye-The Endless Creative Outcomes

0.2 CEUs

Diana Calafell

Disability Program Specialist

Ashley Herrera

Recreation Specialist

Thera Johnson

Recreational Therapist 2

Miami Dade Parks Recreation & Open Spaces

The session will discuss the endless uses of tie-dye for therapeutic use, fundraising, job training skills, etc. We will provide a hands on demo for many ways to create tie-dye items and how they can be utilized for various giveaways.

Learning Objectives:

- Identify skills associated with these projects.
- Make your own tie-dye project.
- Learn fundraising and program planning ideas for tie-dye projects.

10:30 AM - 12:00 PM

Opening General Session

1:15 PM - 3:15 PM

Medical Documentation-Individualized Treatment Goals

0.2 CEUs

Dawn Lewellyn, CTRS

Recreation Therapist

Bay Pines VA Healthcare System

Writing individual specific treatment goals need to be measurable, observable, and obtainable. We will identify the problem, determine short-term and long-term goals, and intervention. Regardless of where you work, we all can improve on our treatment goal writing. Benefits of writing measurable treatment goals result in effective treatment.

Learning Objectives:

- Identify the problem, determine short-term and long-term goals, and intervention.
- Write individual specific treatment goals to be measurable, observable, and obtainable.
- Develop goals in leisure, physical, emotional, cognitive, and social areas.

Registration Form

PAGE 1 OF 2

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

THERAPEUTIC RECREATION INSTITUTE

Your Information (print legibly)

_____ LAST NAME			_____ FIRST NAME			_____ FIRST NAME FOR CONFERENCE BADGE			
_____ JOB TITLE			_____ AGENCY/EMPLOYER						
_____ MAILING ADDRESS									
_____ CITY			_____ STATE			_____ ZIP		_____ COUNTY	
_____ OFFICE PHONE			_____ FAX			_____ CELL PHONE			
_____ EMAIL									
IS THIS YOUR FIRST TIME ATTENDING? <input type="radio"/> YES <input type="radio"/> NO									

No Registrations will be accepted via fax or mail after August 10, 2020.

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 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, 2020 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, 2020. No exceptions include but not limited to: no shows, traffic delays, weather, other natural disasters, last minute changes in agency travel policies, and budget restrictions resulting in limitations on travel.

CEU Transcripts: CEU Transcripts will be available by October 1, 2020.

Photographs: 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.

(Continued on next page)

Registration Form

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THERAPEUTIC RECREATION INSTITUTE

CHECK YOUR REGISTRATION TYPE

FULL REGISTRATION

_____ \$200 (ON OR BEFORE JUNE 30)

_____ \$250 (ON OR AFTER JULY 1)

DAILY REGISTRATION

_____ \$90 (ON OR BEFORE JUNE 30)

_____ \$115 (ON OR AFTER JULY 1)

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

SATURDAY SUNDAY MONDAY

STUDENT REGISTRATION (MUST BE FULL TIME)

_____ \$100 (ON OR BEFORE JUNE 30)

_____ \$125 (ON OR AFTER JULY 1)

FULL REGISTRATION + FRPA CONFERENCE

FRPA Member

_____ \$450 (ON OR BEFORE JUNE 30)

_____ \$500 (ON OR AFTER JULY 1)

Non-Member

_____ \$500 (ON OR BEFORE JUNE 30)

_____ \$550 (ON OR AFTER JULY 1)

Method of Payment

MAKE CHECKS PAYABLE TO FRPA

MASTERCARD VISA DISCOVER AMEX CHECK

CREDIT CARD NUMBER

SECURITY NUMBER (3 OR 4 DIGITS)

EXPIRATION DATE

PRINTED NAME ON CARD

SIGNATURE OF CARDHOLDER

FULL BILLING ADDRESS

EMERGENCY CONTACT NAME

EMERGENCY CONTACT NUMBER

The Florida Recreation and Park Association recognizes the diversity that exists within our profession, our membership, and those attending FRPA events. As a participant, we want you to enjoy your time at this event. We ask that you join us in encouraging and maintaining the highest professional standards possible at all functions within this event. Attendees, presenters, vendors, and staff at FRPA events are expected to conduct themselves at all times in a courteous, professional, and respectful manner. Attendees are required to abstain from behavior that reflects poorly on their agency, the Florida Recreation and Park Association, and the membership. Such conduct includes, but is not limited to, actions disrupting the businesslike atmosphere, harassment, discrimination, inappropriate language, failing to comply with all local, state, and federal laws, and activities that endanger self and others. While we do not anticipate these challenges, we do want to be transparent regarding our commitment to assuring a safe and enjoyable environment for all event participants and let you know that misconduct will be addressed with you individually and/or with your employer. Attendees, presenters, vendors, and staff who do not comply with this code of conduct at any event may be removed from said event and barred from attending all future FRPA sponsored or co-sponsored events.

I have read and agree to the policies regarding the 2020 FRPA Annual Conference and Institutes.

SIGNATURE

DATE