

REIGNITE YOUR POTENTIAL

FRPA | 2021

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buttons and
links

THERAPEUTIC RECREATION INSTITUTE

FRPA
FLORIDA RECREATION
& PARK ASSOCIATION

SPONSORED BY: **strive**
RECREATIONAL THERAPY

AUGUST 28-30, 2021

The Florida Recreation and Park Association is pleased to offer the 2021 Therapeutic Recreation Institute in conjunction with our Annual Conference. The Institute offers low rates without requirements of membership, and provides crossover education for Monday's FRPA Annual Conference sessions.

HOTEL & HOUSING

CARIBE ROYALE ORLANDO

8101 World Center Drive | Orlando, FL 32821



CARIBE ROYALE
ORLANDO

of desirable hotel amenities all conveniently located near Orlando's most popular attractions.

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.

RESERVATIONS

All attendees are responsible for making their own reservations by calling Caribe Royal Reservations (1-800-823-8300 or 407-238-8000 - mention FRPA) or online at: <https://be.synxis.com/?adult=1&arrive=2021-08-27&chain=27883&child=0¤cy=USD&depart=2021-09-04&group=FRP21&hotel=34844&level=hotel&locale=en-US&rooms=1>

Please beware of housing scams. Only book your hotel through the number or website that have been provided. Third party providers do not have access to discounted or waived fees. The rates we've negotiated include all fees.

MAKE RESERVATIONS NOW!

ROOM RATES

(+ taxes) per night.
\$149 - single/double
room

The Resort fee is waived.
Rates are available
until **July 28, 2021**. Self
Parking is \$10 for those
not staying onsite. Valet
parking is \$20/night.

DATES TO REMEMBER

JULY 28*

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

JULY 31

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

AUG 10

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

VOLUNTEER WITH US!

EDUCATION SESSIONS

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

SATURDAY, AUGUST 28



1:00 PM - 2:00 PM | 0.1 CEUs

TAG TEAM

Dawn Lewellyn

Recreation Therapist, Bay Pines VA Healthcare System
Networks and connections are

more important than ever. We are going to Tag Team programs, connections, and networks to build a solid foundation and infrastructure for our communities. It does not matter where you come from or who you work for, as we come together to share our knowledge and help each other grow.

Learning Objectives

- Identify at minimum four professional resources.
- Identify at minimum four program ideas.
- Identify at minimum four network extensions.

2:15 PM - 4:15 PM | 0.2 CEUs

MEDICAL DOCUMENTATION - INDIVIDUALIZED TREATMENT GOALS

Dawn Lewellyn

Recreation Therapist, Bay Pines VA Healthcare System

Writing individual specific treatment goals needs 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.

4:30 PM - 6:30 PM | 0.2 CEUs

BACKHAB - THE WATER WAY TO MOBILITY AND PAIN-FREE LIVING

Ruth Sova

President, Aquatic Therapy & Rehab Institute

BackHab focuses on relearning functional movement patterns to improve ADLs. Progressions are included to further challenge qualities such as balance, coordination, endurance, trunk stability and gait. Alignment with neutral spine is re-evaluated with every change in exercise. Precautions and modifications are included. BackHab can be used in one-on-one rehab and personal training, in groups, and the client can use it independently for post-rehab conditioning.

Learning Objectives

- Review evidence-based benefits for using BackHab exercises.
- Consider the focus on alignment, flexibility and core strength.
- Discuss ways to apply BackHab to neuro, ortho and chronic conditions.

Join us as we discuss ideas on how to bring inclusion to the whole family! This not only fosters positive interactions but brings the whole community together!

Learning Objectives

- Discuss what inclusion looks like as a whole.
- Identify ways to incorporate family inclusion in your community (specifically events).
- Reflect on the impacts as a result of these inclusion efforts.

8:30 AM - 9:30 AM | 0.1 CEUs

QI GONG FOR HEALING

Dawn Lewellyn

Recreation Therapist, Bay Pines VA Healthcare System

Qi Gong used for health, spirituality, and martial arts training. Qi Gong coordinates body-posture, movement, breathing and meditation to heal the body. Learn how this form of healing can work for you, your clientele regardless of abilities. Class is active, so wear something you can move in.

Learning Objectives

- Identify health benefits and target populations to benefit from Qi Gong.
- Demonstrate 10 movements to promote healing.
- Identify resources in your area or virtually to aide in programming.

SUNDAY, AUGUST 29



8:30 AM - 9:30 AM | 0.1 CEUs

INCLUSIVE PLAY FOR THE WHOLE FAMILY

Katelin Colon

Assistant Program Coordinator, Miami Parks and Recreation

Disabilities Division

Adine Sadin

Program Coordinator, Miami Parks and Recreation Disabilities Division

We want to challenge you to be more inclusive! But not just in your programs...

9:45 AM - 11:45 AM | 0.2 CEUs

CHOREOGRAPHED REHAB - ADDING FUN TO YOUR THERAPY SESSIONS

Ruth Sova

President, Aquatic Therapy & Rehab Institute

You'll see video of working in the pool combining some aerobics with rehab concepts. If you want some novel ideas to put a little zip into rehab or you're looking for a way to help group-clients with their special issues this session may help.

VERY IMPORTANT PARTNERS



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Promoting Wellness & Fighting Obesity One Community at a Time



We Make It Happen.



REP SERVICES, INC.
Experts at Play & Outdoor Spaces

These exercise sessions will discuss pain-free movement, balance and application of progressions and perturbations.

Learning Objectives

- Review evidence-based balance skills for the pool and how they're incorporated into the program.
- Consider pain issues and how to ameliorate them in the water.
- Discuss ways to increase outcomes using music, sound, intentional and willy nilly movement, brain and words.



9:45 AM - 11:45 AM | 0.2 CEUs

ENGAGING VETERANS REINTEGRATED INTO THE COMMUNITY: IT TAKES A PLATOON!

Jody Cox, CTRS, ADAC

Recreation Therapist II, Miami Dade Parks, Recreation and Opens Spaces

Part of the continuum of care is ensuring your clients are able to transition back into the community and maintain a healthy lifestyle, but where do you send them and how do you keep them involved? This session will explore the success Miami-Dade Parks has achieved in the last several years with veteran engagement and identify the possibilities that exist through networking and collaboration.

Learning Objectives

- Discuss the importance of the continuum of care from inpatient to outpatient as well as transition into the community.
- Recognize the importance of building community and trust among the veteran population.
- Identify potential collaborative partners for engaging veterans upon their discharge.

1:00 PM - 2:00 PM | 0.1 CEUs

TAI CHI: THE MOVING MEDITATION

Dawn Lewellyn

Recreation Therapist, Bay Pines VA Healthcare System

Tai Chi known as the moving meditation has healing effects for the body and mind. Learn how the slow-moving meditation allows participants to connect mind and body for healing. This program will include hands on learning from a standing and/or seated position.

Learning Objectives

- Identify health benefits and target populations to benefit from tai chi.
- Demonstrate eight postures in a 24-short form.
- Identify resources in your area or virtually to aide in programming.

1:00 PM - 2:00 PM | 0.1 CEUs

THERAPEUTIC RECREATION: BECOMING RELEVANT DURING TIMES OF UNCERTAINTY

Jody Cox, CTRS, ADAC

Recreation Therapist II, Miami Dade Parks, Recreation and Opens Spaces

Is there an increase or a decrease of Therapeutic Recreation personnel within your organization? What does your professional outlook look like? In this session we will address some of the threats to the profession as well as key skills necessary in order to secure the future of the field.

Learning Objectives

- Identify threats to the Therapeutic Recreation profession.
- Identify skills necessary in order to remain relevant and critical to your organization.
- Identify opportunities that Therapeutic Recreation professionals can seize to secure the future of the profession.

2:15 PM - 4:15 PM | 0.2 CEUs

AI CHI - A POPULAR TREND IN AQUATICS

Ruth Sovo

President, Aquatic Therapy & Rehab Institute

Ai Chi, the second-most popular aquatic therapy technique in the world, is ideal for improving outcomes. Get the basics and make this work for you. Benefits include: decreased pain, increased focus, improved ROM, better balance, and many systemic benefits (decreased BP, increased Oxygen Output, decreased HR, etc.). Ai Chi, created in Japan, is performed standing in shoulder depth water using deep breathing and slow, broad movements. Join us!

Learning Objectives

- Review evidence-based benefits for using Ai Chi.
- Consider the focus on stance, breath and slow movement.
- Discuss ways to apply Ai Chi (or just Ai Chi concepts) to neuro, ortho, pediatrics and chronic conditions.

4:30 PM - 5:30 PM | 0.1 CEUs

TOOT YOUR HORN, AND BE HEARD!

Mary Palacios, CTRS

Special Populations Manager, Broward Co 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 and agencies in the community.
- Recognize the benefits of establishing on-going community partnerships as

a way to increase the visibility of your programs/services.

- Understand the importance of continually educating your own agency about your programs/ services

MONDAY, AUGUST 30

8:00 AM - 9:00 AM | 0.1 CEUs

AUGMENTED REALITY: REDEFINING PLAY, WORLDWIDE

Erica Koffin

Special Populations Coordinator, Coral Gables Community Recreation

Come to this session ready to run. Discover a world where playgrounds are invisible, unicorns exist, and dolphins swim on land. Explore leisure and learning using different types of augmented reality technology. Traverse time and space. Transcend physical constraints. Count without fingers. Race without legs. Play together while physically apart.

Learning Objectives

- Define Augmented Reality and how it can enhance play among and between populations with and without disabilities.
- Play active, outdoor, games that incorporate augmented reality.
- List strategies for marketing and promoting invisible play spaces.

8:00 AM - 9:00 AM | 0.1 CEUs

OUR MENTAL HEALTH - STRESS REDUCTION TECHNIQUES

Dawn Lewellyn

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. We are passionate or maybe we just cannot say "No", we take on the stresses physically, mentally, and emotionally. We will review the 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.

9:15 AM - 10:15 AM | 0.1 CEUs

TECHNIQUES IN TRAINING STAFF - HIGH EXPECTATIONS

Lynn Clarke, CTRS, CPRP

Recreation Supervisor, Naples Community Services

This session will provide an inside look into a training program that has seen years

of success. Many people have a FT staff of 1 and need to train folks that may not have experience on how to be a great TR assistant. Bring at least one of your training tips to the session and the speaker will compile a "tips" list and send it out after conference.

Learning Objectives

- Set expectations for themselves on how to be a better trainer.
- Give at least one example of something they do well when training staff.
- Name at least one tip they can use for their next staff training.



10:30 AM - 12:00 PM | 0.1 CEUs

OPENING GENERAL SESSION RUBBER BAND RESILIENCE: HOW TO STRETCH WITHOUT SNAPPING

Kathy Parry

Owner, Corporate Energy, LLC

You are disrupted. Your teams are stretched. Not only has the COVID19 crisis transformed the way you work, but changes from technology, regulations, and staffing/retention, are all affecting FPRA professionals. The ability to apply a disruption-friendly mindset to transitional shifts will be necessary to serve residents, retain personnel and meet budgets. Equipping conference participants with the skill set to move through transitions while continuing to stay productive and engaged is imperative to successful organizations.

Learning Objectives

- Understand the different reactions to adversity and how to use them to develop a positive outcome.
- Discover the five best methods to reframe disruptions to move towards new best practices.
- Learn to escalate both personal and organizational energy levels to decrease absenteeism and increase retention and productivity.



1:30 PM - 2:30 PM | 0.1 CEUs
ALL AGES, ALL ABILITIES, ALL THE TIME

Jill Moore White

*Inclusive Play Specialist,
Landscape Structures*

Parks today face the challenge of providing environments where all visitors can feel safe, secure and fully engaged. Universal design increases usability, safety, health and social participation. In this presentation, participants will discover how applying the principles of universal design ultimately contribute to social equity and social sustainability in parks.

Learning Objectives

- Understand current definitions of disability as defined by environmental conditions, and how the concepts of social equity contribute to social sustainability and can be supported by

universal design.

- Illustrate each principle of universal design and how they contribute to a park design that goes beyond accessibility and encourages inclusion.
- Explain why incorporating the concepts of social equity and social sustainability is important to the long term success of parks and recreation environments.

1:30 PM - 3:30 PM | 0.2 CEUs

UNDERSTANDING TITLE II OF THE AMERICANS WITH DISABILITIES ACT AND WHAT IT MEANS FOR PARKS & RECREATION

Jody Cox, CTRS, ADAC

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

Over 30 years have passed since the signing of the ADA yet many parks and recreation departments still struggle with compliance. This session will address common issues of non-compliance still occurring and how professionals can support equity for those with disabilities through the thoughtful planning of programs and facilities.

Learning Objectives

- Demonstrate a basic understanding of The Americans with Disabilities Act and how Title II impacts parks and recreation programming and services.
- Identify three areas that parks and recreation professionals need to consider providing accommodations for.
- Give examples of common situations in parks and recreation where there may be non-compliance with the ADA and develop progressive solutions to address non-compliance.



2:45 PM - 3:45 PM | 0.1 CEUs
PARTNERSHIPS BRIDGE THE GAP ON INCLUSION AND EQUITY PROGRAMMING

Lynn Clarke, CTRS, CPRP

Recreation Supervisor, Naples Community Services

Ashley Shipman

Recreation Supervisor, Palm Beach Gardens Recreation

Each community includes a wonderfully diverse group of members, all with varying abilities. Focusing on inclusion and equity within programming can be challenging. Through community partnerships with local and neighboring organizations, recreation facilities looking to start or expand their inclusion and equitable programs, can more efficiently provide meaningful opportunities for those with varying abilities.

Learning Objectives

- Discuss ways to engage outside organizations to create partnerships.
- Be provided examples of partnership opportunities.
- Identify possible roadblocks in partnerships and one way to overcome those roadblocks.

CONNECT WITH FRPA



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**REIGNITE
YOUR
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FRPA | 2021

REGISTRATION FORMS

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 are not accepted.
DO NOT SEND CASH!

MAIL

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

FAX

TR 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	
PARTICIPANT'S EMAIL		ADDITIONAL EMAIL TO RECIEVE RECEIPT (OPTIONAL)	
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, 2021.

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: 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, 2021 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, 2021. 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, 2021.

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)

CHECK WHICH SESSIONS YOU WILL ATTEND BELOW

SATURDAY

- ☐ 1:00 PM - 2:00 PM | Tag Team
- ☐ 2:15 PM - 4:15 PM | Medical Documentation – Individualized Treatment Goals
- ☐ 4:30 PM - 6:30 PM | BackHab – The Water Way to Mobility and Pain-Free Living

SUNDAY

- ☐ 8:30 AM - 9:30 AM | Inclusive Play for the Whole Family
- ☐ 8:30 AM - 9:30 AM | Qi Gong for Healing
- ☐ 9:45 AM - 11:45 AM | Choreographed Rehab – Adding Fun to Your Therapy Sessions
- ☐ 9:45 AM - 11:45 AM | Engaging Veterans Reintegrated into the Community: It Takes a Platoon!
- ☐ 1:00 PM - 2:00 PM | Tai Chi the Moving Meditation
- ☐ 2:15 PM - 4:15 PM | Ai Chi – A Popular Trend in Aquatics
- ☐ 4:30 PM - 5:30 PM | Toot Your Horn, and Be Heard!

MONDAY

- ☐ 8:00 AM - 9:00 AM | Augmented Reality: Redefining PLAY, Worldwide
- ☐ 8:00 AM - 9:00 AM | Our Mental Health – Stress Reduction Techniques
- ☐ 9:15 AM - 10:15 AM | Techniques in Training Staff – High Expectations
- ☐ 10:30 AM - 12:00 PM | Rubber Band Resilience: How to Stretch without Snapping
- ☐ 1:30 PM - 2:30 PM | All Ages, All Abilities, All the Time
- ☐ 1:30 PM - 3:30 PM | Understanding Title II of the Americans with Disabilities Act and what it means for Parks & Recreation
- ☐ 2:45 PM - 3:45 PM | Partnerships Bridge the Gap on Inclusion and Equity Programming

CHECK YOUR REGISTRATION TYPE

FULL REGISTRATION

_____ \$200 (ON OR BEFORE JULY 31)

_____ \$250 (ON OR AFTER AUG 1)

DAILY REGISTRATION

_____ \$90 (ON OR BEFORE JULY 31)

_____ \$115 (ON OR AFTER AUG 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 JULY 31)

_____ \$125 (ON OR AFTER AUG 1)

FULL REGISTRATION + FRPA CONFERENCE

FRPA Member

_____ \$450 (ON OR BEFORE JULY 31)

_____ \$500 (ON OR AFTER AUG 1)

Non-Member

_____ \$500 (ON OR BEFORE JULY 31)

_____ \$550 (ON OR AFTER AUG 1)

[If you will be staying onsite on Monday evening and would like to attend the Exhibit Hall Grand Opening, please contact the FRPA office at 850-878-3221.]

METHOD OF PAYMENT

MAKE CHECKS PAYABLE TO FRPA

☐ MASTERCARD ☐ VISA ☐ DISCOVER ☐ AMEX ☐ CHECK

PARTICIPANT NAME

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 2021 FRPA Annual Conference and Institutes.

SIGNATURE

DATE