



# THERAPEUTIC RECREATION INSTITUTE

**FRPA** August 27-29, 2022  
FLORIDA RECREATION & PARK ASSOCIATION

The Florida Recreation and Park Association is pleased to offer the 2022 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.

## Caribe Royale Orlando

8101 World Center Drive | Orlando, FL 32821

## HOTEL & HOUSING



CARIBE ROYALE  
ORLANDO

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.

### DATES TO REMEMBER

#### July 27\*

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)



### Room Rates

(+ taxes) per night.  
\$149 - single/double room  
| The Resort fee is waived.  
Rates are available until  
**July 27, 2022**. Self Parking  
is \$14 per exit (payable  
by card only) for those  
not staying onsite. Valet  
parking is \$20/night.

### 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://book.passkey.com/e/50301960>. 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.

**RESERVATIONS LINK**

**REGISTRATION OPENS MAY 1, 2022**

**VOLUNTEER!**

# 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.

## August 27, 2022



1:00 PM – 2:00 PM | 0.1 CEUs

### AROUND THE HORN

**Dawn Lewellyn, CTRS**

*Recreation Therapist*

A year of growth and exploration of new

professional opportunities and program implementation. We are going around the horn with you on the virtual, in person, house calls and anywhere in between treatment implementation. We will also identify three professional goals for the coming year.

#### Learning Objectives

- Identify three new program opportunities.
- Identify three new TR professional contacts.
- Set three professional goals for the coming year.



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

### BE A TRAIL BLAZER USING EVIDENCE BASED PRACTICE

**Mary Palacios**

*Manager of Special Populations, Broward County Parks and Recreation*

**Tania Santiago-Perez, MS, CTRS**

*Associate Teaching Professor, Florida International University*

Evidence-based practice is a conscientious, problem-solving approach to incorporating service delivery using evidence from research studies. This session will review research for the following populations, and learn how to apply EBP in various settings: Developmental Disabilities, Anxiety and Depression, Obesity, and Physical Disabilities.

#### Learning Objectives

- Define what Evidence Based Practice is, and how to find EBP resources.
- Identify 2 programs or interventions that are evidence based.
- Identify how to incorporate evidence based practice in your current work setting.



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

### THE USE OF HORTICULTURE THERAPY IN TR PRACTICE

**Jody Cox, CTRS, ADAC**

*ADA Project Administrator, Miami Dade County*

**Christina Perez, CTRS**

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

#### Spaces

Horticultural therapy is widely-accepted as a beneficial and effective therapeutic approach. Whether used as a treatment modality or as a leisure skill, using horticulture can provide physical, social, cognitive, emotional, and vocational benefits. This session will discuss how Recreational Therapists can practically incorporate horticulture therapy into practice.

#### Learning Objectives

- Identify the benefits of incorporating horticulture into programming.
- Identify different types of therapeutic gardens.
- Identify special considerations necessary when working with certain population groups.

## August 28, 2022

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

### AROMATHERAPY 101: GET THE "ESSENTIALS" ON USING ESSENTIAL OILS

**Jody Cox, CTRS, ADAC**

*ADA Project Administrator, Miami Dade County*

The use of essential oils in everyday life is growing in popularity. While research on the use of aromatherapy is limited, there is some evidence on the efficacy of the use essential oils to improve mood and reduce anxiety. Participants will learn some of the more common applications of use, contraindications, and will learn how to create their own personal blend of essential oils. \*\*Please note that individuals with sensitivity to certain smells or skin sensitivities may want to avoid this session.

#### Learning Objectives

- Identify the correct application and use of common essential oils in aromatherapy.
- Identify some of the precautions with using certain types of essential oils.
- Identify ways aromatherapy can be incorporated into therapeutic recreation programming.



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

### ASSESS FOR SUCCESS: UTILIZING STANDARDIZED ASSESSMENTS

**Garland Jones**

*Visiting Assistant Teaching Professor, Florida International University*

**Tania Santiago-Perez, MS, CTRS**

*Associate Teaching Professor, Florida International University*

## VERY IMPORTANT PARTNERS





*International University*  
**Amelia Saul, PhD, LRT/CTRS**  
*Visiting Assistant Teaching Professor, Florida International University*

Assessing clients is imperative to providing quality services to our clients. In this session, we will review standardized assessments for various populations and assist participants in developing proper planning tools for implementing assessments in their practice.

**Learning Objectives**

- Recall at least one standardized assessment for the following populations: intellectual, developmental and physical disabilities; anxiety, depression and obesity.
- Identify one standardized assessment from the Rehabilitation Measure database that you can utilize in your practice.
- Develop a plan for utilizing standardized assessment through implementing the APIE-D process within your practice.



1:00 PM - 2:00 PM | 0.1 CEUs  
**COME SAIL AWAY**  
**Philip Markoff**  
*Senior Sailing Instructor, Collier County Parks and Recreation*

**Patricia Rosen**

*Senior Program Leader, Collier County Parks and Recreation* This session will give you all the tools needed to start and sustain an Adaptive Sailing Program in your department. It will give you a step-by-step explanation of equipment needed, facilities required, costs involved, staffing and volunteer requirements. In addition, it will review how to gain potential partners like Special Olympics, Salvation Army, Easter Seals, and other Private Non-Profit entities. If you like innovation, you don't want to miss this session!

**Learning Objectives**

- Understand what it takes to offer a successful adaptive sailing program.
- Learn about risk management concerns and safety protocols.
- Learn what facilities and equipment are needed to operate from start up to repairs, staffing, etc.



2:15 PM - 3:15 PM | 0.1 CEUs  
**THERAPEUTIC BENEFITS OF BOTANICAL GARDENS**  
**Allan Anter**  
*Recreational Therapist, Lawnwood Pavilion, Behavioral Health Unit*

Participants will learn therapeutic

aspects of visiting botanical gardens and identify ways to enhance treatment for depression and anxiety. Emphasis will be on utilizing relaxation techniques.

**Learning Objectives**

- Identify 3 ways that botanical garden experiences can enhance relaxation or mindfulness.
- Identify 2 relaxation activities that can be performed in a botanical garden.
- Discern the difference between meditation and contemplation and learn to explain how various aspects of a garden can be metaphors for life experiences.

3:30 PM - 4:30 PM | 0.1 CEUs

**NCTRC INTERNSHIP STANDARDS**

**Robin McNeal**

*Director of Credentialing, NCTRC* This session provides an in-depth coverage of the NCTRC Internship Standards. The information is geared to internship supervisors and will discuss how to successfully develop an internship experience. It will include the requirements necessary to complete an internship experience and requirements to maintain certification.

**Learning Objectives**

- Describe the NCTRC Internship Standards.
- Apply the NCTRC Job Tasks to the development of the internship expertise.
- Name the three major requirements of the intership that are reviewed when applying for NCTRC Professional Eligibility.

4:45 PM - 5:45 PM | 0.1 CEUs

**YOGA FOR CHRONIC PAIN**

**Dawn Lewellyn, CTRS**

*Recreation Therapist* Yoga creates a healing environment for pain through the spine. Explore yoga as treatment for patients with pain, while understanding the anatomy of the body and pain itself. This class will be hands on recommend wearing something comfortable.

**Learning Objectives**

- Identify the anatomy of pain and the human body movement.
- Reproduce yoga postures that facilitate pain relief.
- Identify education resources for yoga certification to meet your participant needs.

**August 29, 2022**



8:00 AM - 9:00 AM | 0.1 CEUs  
**ALL ABILITY PROGRAMMING**  
**Vanessa Spero**  
*Regional Specialized 4-H Extension Agent, UF/IFAS*

*Extension 4-H* Persons with disabilities benefit from the experiences, opportunities, and engagement that tailored programmatic efforts offer. By learning more about the culture of the disability community, this session will assist sites in developing programming to meet the needs in their communities.

**Learning Objectives**

- Gain a greater awareness and understanding of the culture of the disability community.
- Identify how to recognize the needs of the disability community and find available resources to assist your organization.
- Learn how to plan programs that can assist persons with disabilities.



8:00 AM - 10:00 AM | 0.2 CEUs  
**OPPORTUNITIES FOR ADAPTIVE SPORTS IN YOUR COMMUNITY**  
**Mary Cales, CTRS, MA**  
*Supervisor of Adaptive*

*Sports, Hillsborough County Parks and Recreation*

**Saige Garber, CTRS**

*Recreation Program Assistant Supervisor, Hillsborough County Parks and Recreation*

**Sheila Hill**

*Adaptive Recreation Specialist, Hillsborough County Parks and Recreation*

The world of Adaptive Sports is growing, and the need is becoming more recognized, but where do athletes get started in adaptive sports? It is more relevant now than ever to provide adaptive sports programming to athletes of all ability levels. This session will identify the need of adaptive sports in your community and how to start a program. Be prepared for a hands-on experience with the Hillsborough County Adaptive Sports team, as we highlight some of our favorite sports!

**Learning Objectives**

- Recognize the need of an adaptive sports program in your community.
- Identify grant and funding opportunities available to start an adaptive sports program.
- List a variety of adaptive sports opportunities that meet your community's needs and highlight some key steps in programming

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

## EMOTIONAL INTELLIGENCE AS AN INDICATOR OF LEADERSHIP CAPABILITY

**Jody Cox, CTRS, ADAC**

*ADA Project Administrator, Miami Dade County*

**Thera Johnson, CTRS**

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

Higher levels of emotional intelligence are positively correlated with effective leadership. This session will help you understand how emotions drive your own as well as other's behavior. Learning how to develop others' emotional intelligence will also yield improved social cohesiveness and satisfaction among employees or clients served.

### Learning Objectives

- Discuss how emotional intelligence affects an individual's ability to effectively lead others.
- Identify ways to improve emotional intelligence in yourself and others.



9:15 AM - 10:15 AM | CEUs

## NCTRC RECERTIFICATION & SPECIALIZATION AREA DESIGNATION: CONTINUING PROFESSIONAL COMPETENCE

**Robin McNeal, CTRS, FDRT, ICE-CCP**

*Director of Credentialing, NCTRC*

This session provides an in-depth coverage of recertification standards and requirements for the specialization area designation. Continuing education, professional experience, and re-examination will be described in detail.

### Learning Objectives

- Describe the NCTRC recertification standards including the two components and interpretive guidelines.
- Describe the NCTRC specialization area designation standards and application process.
- State the two methods of the NCTRC recertification review process.

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

## POSITIVE YOUTH DEVELOPMENT (PYD) FOR ALL ABILITIES

**Vanessa Spero**

*Regional Specialized 4-H Extension Agent, UF/IFAS Extension 4-H*

This session uses PYD as the pathway to promote inclusion. PYD programs encourage belonging, mastery, knowledge, and independence to support autonomy and life skill development for youth. PYD programs inspire the culture and climate of social interaction to teach about inclusion and the value that people of all abilities have.

### Learning Objectives

- Learn what Positive Youth Development is and how it applies to the disability community.
- Learn how to incorporate opportunities for PYD to assist site programming.
- Learn how to plan programs that support inclusive practices.



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

## WHOLLY SHIFT: COMPLETELY CHANGING THE CONVERSATION ON BIAS, DIVERSITY, PRIVILEGE AND INCLUSION USING BRAIN SCIENCE

**Eric M. Bailey**

*Bailey Strategic Innovation Group*

This is going to feel different. After the murder of George Floyd in the summer of 2020, millions of people around the world began entering into a dialogue about race and racism in America. FRPA understands the importance of this dialogue, but also understands that many folks may not know where and how to enter into the conversation. Leveraging Harvard Business School research entitled, "Why Diversity Training Doesn't Work," we will explore the practical brain science and psychology to navigate this critical conversation. We will create a space where we can safely share our questions, opinions, and experiences authentically, listen and learn from one another, and continue the process of productive dialogue in our organizations.

### Learning Objectives

- Understand why diversity training does not work.
- Explore the practical brain science and psychology to navigate the critical conversation about race and racism.
- Learn from others on how to have productive dialogue within and outside of our agencies.



1:30 PM - 2:30 PM | 0.1 CEUs

## SERVICE ANIMALS: IT'S MORE THAN THE LAW

**Laura Lee Putzback**

*ADAC, Service Dog Alliance of Florida*

Suffering from service animal fatigue? Learn where a service animal can go; the difference between a service and emotional support animal; how to interact with the team; and how to manage conflicting needs of customers and employees. Better understand federal and state laws and the rights and responsibilities of both handlers and organizations.

### Learning Objectives

- Recognize types of places of public accommodation and the applicable section(s) of the Americans with Disabilities Act.

- Distinguish the difference between a service, therapy, and emotional support animal.
- Know when to ask about a service animal; what may be asked about a person with a disability or a service animal.

1:45 PM - 3:45 PM | 0.2 CEUs

## ADAPTED AQUATICS: BRIDGING THE GAP

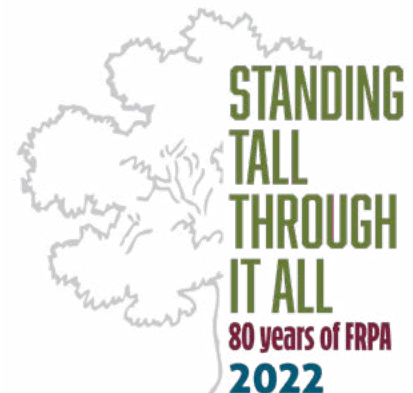
**Dawn Lewellyn, CTRS**

*Recreation Therapist*

Drowning is the leading cause of death among persons with autism. Learn how we can prepare ourselves, our instructors, and have a positive impact on individuals with autism in the aquatic environment. That one swim lesson could save a life or create the next Olympic swimmer.

### Learning Objectives

- Identify the characteristics of autism and the learning environment for success.
- Identify and reproduce teaching strategies to incorporate persons with autism into swim lessons.
- Identify teaching resources for children with autism in aquatics.



# 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)

#### Service Modifications

If you request modification to any policies, practices, or procedures outlined in this packet, please let us know as soon as possible to allow for planning by sending an email with requests to [eleanor@frpa.org](mailto:eleanor@frpa.org) by August 1, 2022.

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 RECEIVE RECEIPT (OPTIONAL)	
PREFERRED PRONOUNS (CIRCLE ONE)				
		SHE/HER/HERS	HE/HIM/HIS	THEY/THEM/THEIR
IS THIS YOUR FIRST TIME ATTENDING?				
		<input type="radio"/> YES	<input type="radio"/> NO	

### CHECK WHICH SESSIONS YOU WILL ATTEND BELOW

#### SATURDAY

- 1:00 PM – 2:00 PM **AROUND THE HORN**  
 2:15 PM - 4:15 PM **BE A TRAIL BLAZER USING EVIDENCE BASED PRACTICE**  
 4:30 PM - 5:30 PM **THE USE OF HORTICULTURE THERAPY IN TR PRACTICE**

#### SUNDAY

- 8:30 AM - 9:30 AM **AROMATHERAPY 101: GET THE "ESSENTIALS" ON USING ESSENTIAL OILS**  
 9:45 AM - 11:45 AM **ASSESS FOR SUCCESS: UTILIZING STANDARDIZED ASSESSMENTS**  
 1:00 PM - 2:00 PM **COME SAIL AWAY**  
 2:15 PM - 3:15 PM **THERAPEUTIC BENEFITS OF BOTANICAL GARDENS**  
 3:30 PM - 4:30 PM **NCTRC INTERNSHIP STANDARDS**  
 4:45 PM - 5:45 PM **YOGA FOR CHRONIC PAIN**

#### MONDAY

- 8:00 AM - 10:00 AM **OPPORTUNITIES FOR ADAPTIVE**  
 8:00 AM - 9:00 AM **ALL ABILITY PROGRAMMING SPORTS IN YOUR COMMUNITY**  
 9:15 AM - 10:15 AM **EMOTIONAL INTELLIGENCE AS AN INDICATOR OF LEADERSHIP CAPABILITY**  
 9:15 AM - 10:15 AM **NCTRC RECERTIFICATION & SPECIALIZATION AREA DESIGNATION**  
 9:15 AM - 10:15 AM **POSITIVE YOUTH DEVELOPMENT (PYD) FOR ALL ABILITIES**  
 10:30 AM - 12:00 PM **WHOLLY SHIFT: COMPLETELY CHANGING THE CONVERSATION**  
 1:30 PM - 2:30 PM **SERVICE ANIMALS: IT'S MORE THAN THE LAW**  
 1:45 PM - 3:45 PM **ADAPTED AQUATICS: BRIDGING THE GAP**

### No Registrations will be accepted via fax or mail after August 10, 2022.

**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, 2022 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, 2022. 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, 2022.

**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 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**

(ANY FULL TIME STUDENT - 12 HOURS OR MORE PER SEMESTER. INDIVIDUAL CANNOT BE WORKING - IN ANY CAPACITY - IN THE FIELD OF PARKS AND RECREATION.)

\_\_\_\_\_ \$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 2022 FRPA Annual Conference and Institutes.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE