



Therapeutic Recreation Institute

August 24-26, 2019

Omni Championsgate

1500 Masters Boulevard | Championsgate, FL 33896

The Florida Recreation and Park Association is pleased to offer the 2019 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



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) or online at: <https://www.omnihotels.com/hotels/orlando-championsgate/meetings/florida-recreation-and-park-association>

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

OMNI HOTELS & RESORTS[®] championsgate | orlando

Room Rates

\$139 - single/double | **\$309** - 2 BR villa

\$409 - 3 BR villa

Rates are available until **August 2, 2019**. Self Parking is complimentary for those staying at the Omni or \$18 for the day. Valet is \$32 per day.

Discounted Disney Tickets are available through the Good Neighbor Hotel program. <http://www.mydisneymeetings.com/omni>

Includes resort fee, parking and amenity fees.

**CLICK HERE FOR ONLINE
HOTEL RESERVATIONS**

Dates to Remember

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

JULY 31

Last day for FRPA
room block rates at
host hotel

AUG 2

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

AUG 10

Online Facebook
Auction to benefit
the FRPA
Foundation

AUG 12-27

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 - 1:00 PM

Building Bridges

0.1 CEUs

Dawn Lewellyn, CTRS

Every connection we make builds another bridge for our clients. We will travel together through resources, class ideas, and new program plans. Pack your business cards to build those bridges.

Learning Objectives:

- Identify six new resources to bridge services for your clients.
- Identify three new class ideas to increase quality of life.
- Project three new program plans for improvement.



1:00 PM - 2:00 PM

Veterans' Art Coalition

0.1 CEUs

Annie Barreiro

Recreation Therapist, VA Wellness and Recovery Program

Creating art relieves stress, encourages creative thinking, increases brain plasticity, and is a way to express unpleasant feelings. Artistic endeavors are very helpful, but sometimes the artists and people do not know how to get together to attain these benefits from art. This talk will explore how artists and Veterans have come together to form the first art coalition in the country that links a VA facility and the community resources. Park and recreation organizations can use this model to develop their own art coalitions and unite artists and program participants in their local areas and enhance the availability of art to their area citizens.

Learning Objectives:

- List two benefits of establishing an art coalition in your community.
- List two area resources that would be helpful to establish an art coalition.
- Identify one step in the process of starting an art coalition.

2:15 PM - 3:15 PM

Overview of School-Based Recreation Therapy Services

0.1 CEUs

Alicia Pola

Visiting Instructor, Florida International University

This session will introduce RT practitioners to school-based recreation therapy. Attendees will learn about policies and laws that support RT as a related service, assessment tools that can be utilized for this setting, IEP goals and interventions, and RTs as valuable members of the interdisciplinary team.

Learning Objectives:

- Identify policies and laws that support school-based recreational therapy.
- Recall assessment tools and interventions that can be utilized in school-based recreation therapy.
- Discuss the importance of advocating for a RT as a member of the interdisciplinary team.

3:30 PM - 4:30 PM

What is your Master Plan? Get One Now!

0.1 CEUs

Mary Palacios, CTRS

Manager of Disability Services, Miami Dade Parks, Recreation and Open Spaces

Participants will understand the importance and benefits of developing a master plan for their division/ department. The session will include an overview of the step by step process needed to develop a master plan which may include peer comparisons, trends, staffing and credentials, funding, and an action plan.

Learning Objectives:

- Describe the overall benefits of having a division/ department master plan.
- Describe 3 or more content areas needed for a successful master plan.
- Recognize the importance of having a master plan as it relates to best practices.

4:45 PM - 5:45 PM

Playful Play - Win/Win Games for All Populations

0.15 CEUs

Margot Escott

Psychiatric Social Worker

Drawing on the *New Games Win/Win* philosophy of play, no one is left out, eliminated or unable to play. In this fast-paced workshop participants will experience and learn to teach games with diverse populations. An important fundamental concept of playful games is that cooperation is more important than competition.

Learning Objectives:

- Identify the physical, emotional and spiritual benefits of play and laughter.
- Learn to teach *New Games* to diverse populations.
- Discuss how to use these games in your work setting.

Sunday

8:30 AM - 9:30 AM

How to Start a Successful Handcycling Program

0.1 CEUs

Arlene Bouza-Jou Recreation Specialist 1, Miami Dade Parks, Recreation and Open Spaces

Tania Santiago Perez

Recreational Therapy Instructor, Florida International University

Miami Dade Parks, Disability Services and the FIU Recreational Therapy program have partnered up to run a successful handcycling program. In this session, we will discuss the planning process including the basics of the sport, partnerships involved, funding, adaptive equipment needed, disabilities served, challenges, outcomes, and community integration.

Learning Objectives:

- Identify the basics about handcycling as an adaptive sport, including target disability populations.
- Identify strategies on how to create a successful program involving partnerships, funding, and equipment needed.
- Discuss challenges of the program, outcomes, and opportunities for community integration.



8:30 AM - 9:30 AM

Compassion Fatigue

0.1 CEUs

*Nadia Arguelles-Goicoechea CPRP, Ed.S.
Program Coordinator, Miami Parks and Recreation, Disabilities Division*

Katelin Colon, CTRS

Therapeutic Recreation Specialist, Miami Parks and Recreation, Disabilities Division

Have you ever felt overwhelmed after working with individuals who are going through a traumatic life

experience? Have you experienced lack of motivation to interact with others because you are physically and mentally tired? Are relationships between coworkers constantly changing? Perhaps you and/or your organization have developed compassion fatigue. In this session we will discuss what this looks like in an individual, in an organization as a whole, and how it can be managed.

Learning Objectives:

- Define compassion fatigue.
- Recognize the individual and organizational symptoms associated with compassion fatigue.
- Identify ways to reduce compassion fatigue.

9:45 AM - 11:45 AM

Research 101: How to Consume and Produce Research

0.2 CEUs

Alicia Pola Visiting Instructor, Florida International University

Tania Santiago Perez

Recreational Therapy Instructor, Florida International University

This session will introduce RT practitioners to research. Attendees will learn research terminology, discuss types of research designs, identify parts of research articles, and explore research databases and journals. Strategies to increase the consumption and production of research among CTRSs will be discussed, as well as strategies for evidence-based practice and practice-based evidence.

Learning Objectives:

- Define research and recognize the different types of research designs.
- Identify databases and journals that can be accessed for research, and the parts of a research article.
- Discuss strategies to consume and produce research including evidence-based practice and practice-based evidence.

9:45 AM - 11:45 AM

HEALTHCAREUCANDO! Practical Mind/Body Practices and Why?

0.2 CEUs

Kevin Merrigan

Teacher, HEALTHCAREUCANDO! Therapeutic Tai Chi & Qigong

This workshop will demonstrate the simple ways you can access the four essential qi enhancement practices, gentle energetic exercise, qigong and tai chi; breath practices, massage – internal and external, and mindfulness, visualization, and meditation. This is an interactive class which can be done standing or sitting. We will look at why and how these practices are connected to longevity, wellness, preventive medicine and how they can be used as therapeutic movement. Handouts will include details about what was taught, benefits, evidence-based citation and summary, and websites for follow up material and

information.

Learning Objectives:

- Identify the essential four qi enhancement practices: gentle energetic movement, qigong and tai chi; breath practices; massage; mindfulness, visualization, and meditation.
- Understand why you are important for wellness, prevention and medical intervention.
- Learn the basic idea relating to Traditional Chinese Medicine, TCM, and view evidence-based research.

1:15 PM - 2:15 PM

The Fabulous Five! Behavior Strategies to Increase Engagement

0.1 CEUs

Carolyn O'Connell MS, BCBA

Owner/Director, O'Connell Behavioral Services

Get ready to fill your tool kit with 5 easy, low cost, and highly effective behavior strategies. These strategies will make beginners and experts successful when faced with behavior challenges. Learn how to reduce common challenging behaviors to help increase participation in actives and reduce the likelihood of crisis behaviors. Participants will be given strategies, coached through various scenarios, and given the opportunity to engage with each other to fill their behavior toolkit.

Learning Objectives:

- Increase your "tool box" to decrease problematic behaviors in a variety of settings.
- Engage with others to motivate positive environments.
- Identify ways to predict problematic behaviors and plan accordingly to reduce the likelihood of crisis situations.



2:30 PM - 3:30 PM

Improv Comedy for ASD, SPD and ADD

0.1 CEUs

Margot Escott

PRICE *Psychiatric Social Worker*

Craig Price

Director of Education, The Naples Players

Improv Comedy for ASD, SPD, and ADD provides a variety of applied games and theatre skills to help address the social challenges and rigid thinking of those who are affected by Autism and other neurocognitive issues. This program helps children and adults improve their communication, socialization and interpersonal skills and gain self-confidence.

Learning Objectives:

- Identify three benefits of improv for children/adults with ASD/SPD/ADHD.
- Learn how to set-up and promote improv classes.
- Learn and practice three activities that directly benefit these populations and which can be used in classes.



3:45 PM - 4:45 PM

Improv for Parkinson's, ALS, MS & Care Partners

0.1 CEUs

Margot Escott

Psychiatric Social Worker

Improvisational Theatre Games for people with Parkinson's Disease, MS, ALS and their care partners is not just fun but therapeutic. In these lively classes, participants get a chance to express themselves non-verbally through movement and music activities. These games aid in cognition, motor and memory skills.

Learning Objectives:

- Describe common symptoms of PD, ALS, MS and Care Partners.
- Participate in improv exercises for this population.
- Develop a plan to implement in the work environment

3:45 PM - 4:45 PM

Empowered Wellness: A Brain-Powered Weight Loss Camp Program

0.1 CEUs

Nikki Downey CTRS

Camp Director, Empowered Wellness

The presentation examines the effectiveness of Empowered Wellness, a summer camp program, in providing opportunities for teens and young adults (12-24) to create a healthier lifestyle through CBT, mindfulness, traditional camp programming, using 'Dealing Skills' and a parent's perception of the reception of skills.

Learning Objectives:

- Recognize the effectiveness of understanding how external factors, biological factors, and retraining the brain affect weight management.
- Recognize that the Empowered Wellness program helps turn new life skills and habits into natural responses to live a healthier lifestyle.
- Recognize that the Empowered Wellness program is based on the science of weight management, not fads or gimmicks.

5:00 PM - 6:00 PM

What is APIED? Utilize it in Community Settings!

0.1 CEUs

Tania Santiago Perez

Recreational Therapy Instructor, Florida International University

Mary Wilson Palacios, CTRS, CPRP

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

The APIED process is the therapeutic process that should be followed by CTRSs in every practice setting. This session will provide information and resources to

apply the APIED process in community settings. We will discuss key features of every step of the process: Assessment, Planning, Implementation, Evaluation, and Documentation.

Learning Objectives:

- Define the five steps of the APIED process.
- Recognize the best practices related to each step of the APIED process.
- Identify at least 3 examples of programs that use the APIED process in community settings.
- Describe how they will apply the APIED process in their respective settings and with different populations.

Monday

9:00 AM - 10:00 AM

FRPA CONFERENCE OPENING GENERAL SESSION

Performance Beyond Gold - How to Better Your Best and Top Yourself Consistently

0.1 CEUs

Delatorro McNeal MS, CSP

In this powerful interactive Pe4k Per4mance experience, Delatorro teaches the psychology and the methodology that top producers use to “Better their Best” on a consistent basis.

11:00 AM - 12:00 PM

Creative Movement (Play) Can Change Your Brain Health!

0.1 CEUs

Marghi McClearn B.A.

Certified Educator and Trainer, Ageless Grace® LLC

Karen Haseley, CTRS

Certified Educator and 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.

11:00 AM - 12:00 PM

Being Apart Isn't Smart, Include Me!

0.1 CEUs

Nadia Arguelles-Goicoechea CPRP, Ed.S. Program

Coordinator, Miami Parks and Recreation, Disabilities Division

Virginia Bentley

Services Coordinator, Miami Parks and Recreation

What is inclusion? Inclusion is the act of including

individuals with special needs and various abilities to be a valued part of the community. How does this work in a general parks and recreation setting? Join us in this session to explore inclusionary methods and components that aid in ensuring individuals with and without disabilities are successful.

Learning Objectives:

- Define inclusion in a park and recreation setting.
- Outline an inclusionary process followed by a local municipality .
- Discuss ideal components to create an inclusive environment.



FORDE

Lynn Clarke, CTRS

Recreation Supervisor, Naples Community Services

The research presented will examine the effectiveness of SWIM Central, an intensive drowning prevention program, in increasing swim and safety skills for children with disabilities versus children without disabilities, ages 3-14, and the parent's perception of the retention of skills for children who previously participated in the program.

Learning Objectives:

- Understand the effectiveness of an intensive drowning prevention program children with and without disabilities, ages 3-14.
- Learn how an intensive drowning prevention program format shows promise for the retention of swim skills for children.
- List causes of drowning and the layers of protection that can protect a child from drowning.

1:15 PM - 3:15 PM

De-Puzzling TR and Web Access

0.2 CEUs

Marsha Schwanke CTRS

Web Specialist, Southeast ADA Center

Access to the Web is vital but barriers limit equal access for people with disabilities. Discover cornerstone basics, user experience “edges” and tools to integrate when building content. Come engage in a practical puzzle framework to provide more accessible materials to a diverse audience, the community, and the TR profession.

Learning Objectives:

- Identify at least two rationale for web access in TR practice and service delivery.
- Describe three common barriers to web access for people with disabilities.
- Summarize three methods to evaluate web access in TR practice and service delivery.

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, 2019.

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, 2019 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, 2019. 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, 2019.

FRPA: TR INSTITUTE

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