



2016 Therapeutic Recreation Institute

Celebrating 5 Years!

August 27-29, 2016

Caribe Royale | Orlando, Florida



REFLECT • RENEW • REVIVE

FRPA 2016

The Florida Recreation and Park Association is pleased to offer the 2016 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.

Location



8101 World Center Drive
Orlando, Florida 32821

Room Rates

\$140 Queen/King
\$160 Deluxe King
\$209 Villas

Reservations

Call 1-800-823-8300

Online <https://bookings.ihotelier.com/bookings.jsp?groupID=1487130&hotelID=5636>

Education Programs

Educational programs are listed by the day and time.

SATURDAY

Noon-1:30 p.m.

Registration

1:00 p.m. - 3:00 p.m.

Referring to Your Peers - Speed Round

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

Who do you know in the CTRS network in your community? Learn how each of us refer to other agencies and resources in the community. Bring plenty of business cards for this session.

Learning Objectives:

- Be able to identify 5 new CTRS community resources for referrals.
- Be able to identify 3 online network opportunities for community resources.
- Be able to identify 3 referral processes used by therapists.

CEUs: 0.2

3:15 p.m. - 5:15 p.m.

Therapeutic Recreation and Recovery: Empowering Your Clients

Annie Barreiro, Veterans Wellness & Recovery Program/PRRC

This presentation will introduce the participant to the concept of recovery and how it can be applied to the field of Therapeutic Recreation. The ten components of recovery theory will be discussed along with and some suggestions on how to incorporate recovery into your TR programming. Group activities will reinforce the exploration of the concept of recovery, encourage the use of mutual learning and self-determination in program planning, and facilitating interactions with volunteer groups and clients.

Learning Objectives:

- Define recovery related to the field of TR practice.
- Provide an example of how to use a component of recovery philosophy in TR service delivery.
- Name one evidence-based therapy modality that utilizes recovery philosophy.

CEUs: 0.2

SUNDAY

9:00 a.m. - 11:00 a.m.

Success in Partnerships with TR

Lynn Clarke, Recreation Supervisor, Naples Community Services

This session will explore the option of using other organizations that offer programs to enhance what you are offering. Doing this can help clients reach goals as well as provide programs you may not be able to offer.

Learning Objectives:

- Identify areas in which they have strengths and are able to offer programs.
- Identify areas in which they need help and identify organizations that can help them with that.
- Discuss the pros and cons of using outside resources to achieve client goals.

CEUs: 0.2

11:15 a.m. - 12:15 p.m.

Playing Hooky from PTSD

Greg Kucharewski, Coordinator, Monmouth County Veterans Services Advisory Council: Outdoor Events; and, Ruthie Kucharewski, Professor and Director of Recreation Therapy, University of Toledo

Attend this informative session that will provide an overview of the symptomology of Post-traumatic Stress Disorder (PTSD) and how it affects veterans and how to interact with veterans. Fishing is a lifetime leisure activity and this presentation will provide attendees with an overview of a fishing program in NJ with Vietnam Veterans with PTSD. Warfighters connect with warfighters and the "Playing Hooky from PTSD" program is implemented by Vietnam Veteran's for Veterans and their families. The fishing program can help relieve symptoms, provide a

supportive environment and teach an individual fishing skills.

Learning Objectives:

- Be able to define PTSD and Identify 5 symptoms of PTSD commonly associated with Vietnam Veterans.
- Identify three community or government resources available to implement a fishing program for veterans.
- Identify three benefits of using the "Play Hooky from PTSD" fishing program with veterans.

CEUs: 0.1

1:30 p.m. - 3:30 p.m.

Sensory Processing: Understand and Implement Into Daily Activities

Amy Perry, Pediatric Occupational Therapist, Foundations Therapy

Learn about the 3 areas of Sensory Processing. Understand why these areas are important for development. Learn how to identify red flags when frustrations arise, and strategies to use that can help the individual and group situation. Understand the "why" behind the behaviors so that everyone can win!

Learning Objectives:

- Understand and implement sensory strategies into everyday activities.
- Recognize a sensory processing concern and how to accommodate the situation in order to have a successful outcome for all participants.
- Understand the importance of one's sensory system and identify your own sensory needs in order to perform to an optimal level.

CEUs: 0.2

3:45 p.m. - 5:45 p.m.

Creating Our Own Path

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

Creating your own path doesn't have to be just a dream! Let's walk through the success and pitfalls of working for yourself as a CTRS. What is your niche and how can you utilize it for good? Learn how one vision has exploded into countless opportunities for a CTRS and how you can do the same.

Learning Objectives:

- Discuss the agencies/locations in your surrounding communities that may develop therapeutic recreation opportunities as a contractor.
- Be able to outline a plan that works for their scope of practice for implementation as contractor.
- Discuss the benefits of utilizing a contractor opportunity as a Therapist.

CEUs: 0.2

MONDAY

8:00 a.m. - 9:15 a.m.

Innovate to Rehabilitate: Blending Recreation Programs & Technology Based Training

Tonia Zybur, Internship Coordinator, Warrior Institute

This session will introduce technology based training interventions and other stress management techniques that can be facilitated during existing recreation programs. Available tools and resources will be reviewed, including an introduction to biofeedback training, and methods of measuring therapeutic recreation program outcomes.

Learning Objectives:

- Recognize the physiological effects that stress has on the autonomic nervous system.
- Access available stress management resources that can be integrated into existing RT/TR programs.
- Identify methods to measure outcomes of technology-based services.

CEUs: 0.1

9:30 a.m. - 11:00 a.m.

Therapeutic Recreation Programming - One Up

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

Bring your A game for this session. You will have 2 minutes to "one up" the previous participants with your program and/or activity. The goal is to share activities, programs and ideas in this speed round.

Learning Objectives:

- Identify a minimum of 3 new program opportunities.
- Identify and list 3 CTRS in your area to collaborate with.
- Recall activity ideas for replication in your setting.

CEUs: 0.15



REGISTRATION

PLEASE 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

☐ CHECK THIS BOX IF YOU
WOULD LIKE TO RECEIVE TEXT
UPDATES DURING CONFER-
ENCE (YOUR CURRENT TEXT
MESSAGING RATES APPLY)

IS THIS YOUR FIRST TIME ATTENDING THE TR INSTITUTE? _____

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

SATURDAY

SUNDAY

MONDAY

Method of Payment (check one)

☐ MasterCard ☐ VISA ☐ Discover ☐ Personal Check ☐ Agency Check

CREDIT CARD NUMBER

CARD SECURITY CODE (3 OR 4 DIGITS) EXPIRATION DATE

PRINTED NAME ON CARD

SIGNATURE ON CARD

CREDIT CARD FULL BILLING ADDRESS (STREET, CITY, STATE, ZIP)

CHECK YOUR REGISTRATION TYPE

FULL REGISTRATION

_____ \$150 (on or before August 1)
_____ \$200 (on or after August 2)

FULL REGISTRATION + FRPA CONFERENCE

_____ \$375 (on or before August 1)
_____ \$475 (on or after August 2)

DAILY REGISTRATION

_____ \$75 (on or before August 1)
_____ \$100 (on or after August 2)

STUDENT REGISTRATION (FULL TIME)

_____ \$75 (on or before August 1)
_____ \$95 (on or after August 2)

No Registrations will be accepted via fax or mail after August 20, 2016.

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 refund requests must be made in writing. Full refunds will be made for requests received prior to August 1, 2016. Requests received between August 2-16, 2016 will be eligible for a 50% refund. No refunds will be available for requests made on or after August 17, 2016. Refunds will not be available for weather related cancellation.

CEU Transcripts- CEU transcripts will be available by October 1, 2016.

MAKE CHECKS PAYABLE TO FRPA

and mail to

FRPA TR Institute Registration
411 Office Plaza Drive
Tallahassee, FL 32301-2756