



Dallas Park & Recreation

Bachman Therapeutic Recreation Program Update

Park and Recreation Board

April 18, 2024

Overview

Purpose: To provide an overview of the Bachman Therapeutic Recreation Program.

- Community Impact Video
- Meet the Team
- Enrollment Process
- Program Overview
- Community Friends and Partners
- Participant Demographics
- Expanding Our Reach Training Efforts
- Program SWOT Analysis

Community Impact Video



Meet the Team

The Certified Therapeutic Recreation Specialist (CTRS) certification assures the public and employing agencies that an individual is qualified by training and experience to conduct and administer therapeutic recreation and/or activity services at a Therapeutic Recreation Specialist level

Full Time Staff

- Jodi Commers, Certified Therapeutic Recreation Specialist – Supervisor
- Raven Carrington, Certified Therapeutic Recreation Specialist – Senior Therapeutic Recreation Specialist
- Amanda Paige Dearman, Certified Therapeutic Recreation Specialist – Therapeutic Recreation Specialist
- Adrian Ybarra – Recreation Program Coordinator
- Kameron Fitzpatrick – Recreation Program Specialist
- Jomar Gregory – Building Caretaker

Part Time Staff

- Meleny Robles - Therapeutic Recreation Assistant
- Jeremiah Jarrell - Recreation Assistant
- Leonora Garcia - Recreation Assistant
- Sami Majed Al-Ghafry - Recreation Assistant
- Mia Ortiz - Recreation Assistants – Open Adult Program



Enrollment Process

Participants are enrolled in the Therapeutic Recreation Program through two methods: Self/Family Referral or Agency Referral.

Self/Family Referral

During the self-referral process, participants learn about the Bachman Recreation Center's programming through the local school district, Uplift Education, or word of mouth. Families will contact the CTRS staff at Bachman to find out more information about the programs offered. Once a match is determined, the participants will be placed on a waitlist until there is an opening in the program.

As space becomes available, staff will schedule a screening appointment with the applicant to conduct an assessment.

Agency Referral Process

The referring agency contacts Bachman Recreation Center to notify the CTRS staff members of a potential program participant. Staff outlines the program offering with the referring agency to see if there is a match between the participant and program offered at the facility. Once a match is determined, the participant will be placed on a waitlist until there is an opening in the program.

As space becomes available, staff will schedule a screening appointment with the applicant to conduct an assessment.

Program Overview

Mainstream Program: Programs are consistent with “traditional recreation” program experiences; in many cases, these programs are offered similarly across the system.

Therapeutic Recreation Program: Programs are designed to assist in improving or maintaining the health status and quality of life for persons with various disabilities. Often program participation requires an enrollment process which is inclusive of an assessment; allowing certified professionals to customize the program experience.

Key Focus Areas: *Socialization, Physical Activity, Skill Development and Emotional Support*

Mainstream Programs

- Video Gaming
- Out of School Time
- Senior Programs
- Halloween Carnival
- Toys for Tots
- Valentine Dance
- Egg Hunt
- Seasonal Camps
 - Winter Break
 - Spring Break

Therapeutic Recreation Programs

- Tennis Program
- Wheelchair Basketball
- Boy Scouts
- Club 2750
- Adult Day Program
- Aquatic Therapy
- Inclusive Art
- Special Events
- Seasonal Camps
 - Winter/Spring Break
 - Summer Camp

Community Programs

No Assessment Required

Tennis:

Bachman Tennis is designed to engage participants by challenging them to use fine and gross motor skills as well as improving coordination. **Key Focus Areas:** *socialization, physical activity, skill development. Daily Attendance 15*

Boy Scouts:

Consistent with the Boy Scouts of America (BSA), Bachman Boy Scouts (Troop #) provides focuses on the participants character development and value-based leadership training. **Key Focus Areas:** *socialization, physical activity, skill development and emotional support . Daily Attendance 15*

Bachman Aquatic Therapy:

Aquatic therapy is a progressive exercise program set in a warm therapeutic pool. Using water's buoyant and resistive devices, participants improve their range of motion, strength, muscle tone, endurance, balance, and coordination. **Key Focus Areas:** *physical activity, skill development. Daily Attendance 15*

Therapeutic Recreation Programs: Assessment Required

Club 2750:

Club 2750, name reflects the address for Bachman Recreation Center; is designed to engage participants in guided outings away from the recreation center and their families/caregivers allowing them an opportunity to experience new places and new social interactions. Club 2750

Key Focus Areas: socialization, skill development and emotional support. Daily Attendance 12

Adult Day Program:

The Adult Day program is designed to assist participants ages 22 and older with mental and/or physical disabilities. The program was created for adults who require moderate staff assistance and instruction with leisure activities and physical fitness. **Key Focus Areas: socialization, physical activity, skill development and emotional support. Daily Attendance 25**



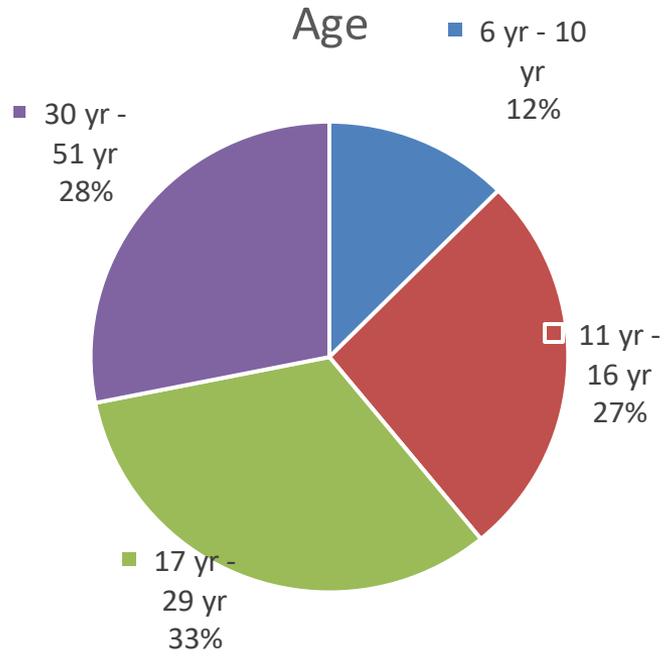
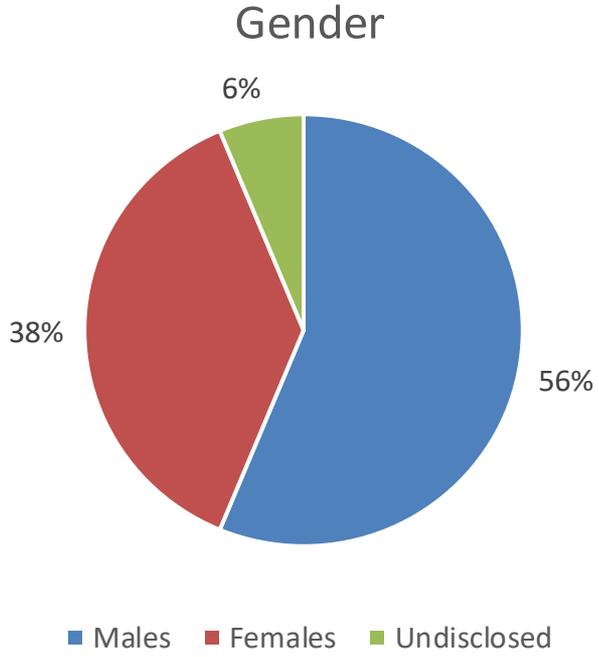
Community Friends and Partners

- Central Market
- Dallas Aquatics
- Dallas Dog Care
- Dallas Museum of Art
- Dallas Police Department
- Dallas Public Library
- Dallas Tennis Association
- Friends of Bachman Lake
- JCP Law Firm
- Pivotal Occupational Therapy
- Raising Cane
- St. Vincent De Paul
- The American Legion Post 453



Participant Demographics

Our TR program participants embrace a vibrant diversity of participants, representing various genders, backgrounds, abilities, and experiences.



Expanding Our Reach Through Training

In our endeavor to extend the reach of our therapeutic program beyond Bachman Recreation Center's confines, we've provided tailored training sessions for our recreation center personnel.

I. Disability Awareness – General Traits/Characteristics & Tips

- a. Autism Spectrum Disorder
- b. Sensory Processing Disorder
- c. Down Syndrome
- d. Learning Disabilities
- e. Cerebral Palsy
- f. ADHD
- g. Psychiatric Disorders
- h. Seizures Disorders and Response

II. Disability Etiquette

- a. Person First Language
- b. Least Restrictive Environment
- c. Respecting/Promoting Independence

III. Communicating with Families

- a. Establishing Relationships
 - b. Getting the Information You Need
 - c. Relaying Sensitive Information
-

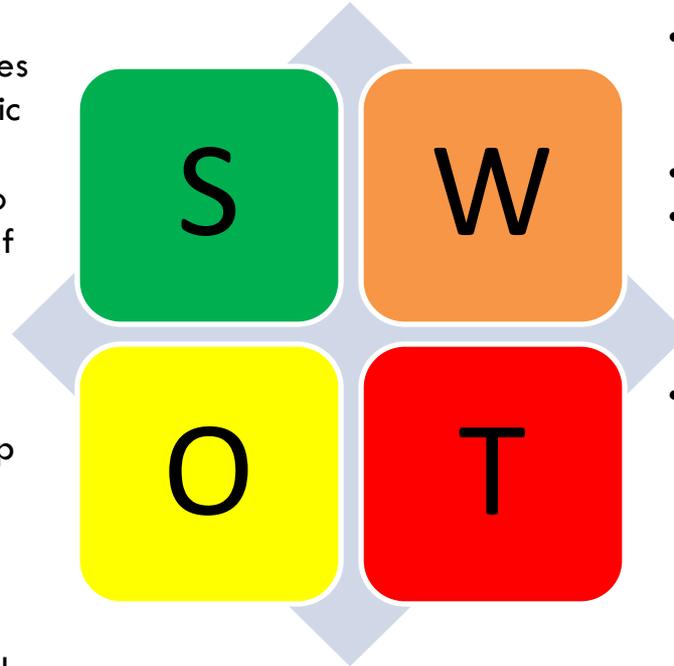
Program SWOT Analysis

Strengths

- Strong community support
- Loyal participants and families
- Bachman Recreation / Aquatic Center amenities
- Committed staff who strive to make an impact in the lives of the participants

Opportunities

- Reestablish the CTRS internship program
- Partner with local vendors to enhance Therapeutic Recreation options
- Increase contract instructor led programs
- Partner with the City-Wide Youth Sports to establish an adaptive youth sports program



Weakness

- Attracting certified staff members to better serve the community
- Capacity vs. Community Need
- Bridging the financial gap so that more families can participate in programs offered
- Attracting certified staff members that are bilingual

Threats

- Retaining certified staff members.
- Nonprofits who can offer more opportunities for participants.
- CTRS staff members are also called upon to work outside the TR capacity

Conclusion

Dallas Park and Recreation Department is committed to inclusivity, innovation, and the transformative impact of Therapeutic Recreation. We will continue to identify ways to expand our reach; realizing there is a larger community who can benefit from our services.



Dallas
Park & Recreation