



BRADFORD WOODS

Recreation Therapy Internship Program



BRADFORD WOODS

A little bit about the woods...



About us...

For over 50 years Bradford Woods has been providing recreational, educational, and leadership development opportunities to youth and adults locally, nationally, and globally. Today Bradford Woods services over 25,000 people annually representing many walks of life and many places of the world.

We are what we are because of the entrepreneurial skills and abilities of Bradford Woods' staff over the past 50 years. We are what we are because of the commitment of Indiana University and the Riley Children's Foundation's support for our mission. We are what we are because of the thousands of people who have entered our grounds to partake in the Bradford Experience. We are what we are because we remain true to our Mission, Vision, and Values.

Our Mission

Bradford Woods, Indiana University's Outdoor Center, improves the quality of life for people of all abilities by using its unique outdoor setting to provide education, therapy, and recreation, while providing students and faculty with a world-class research and learning experience.

Our Vision

To be global leaders in the delivery of inclusive and experiential outdoor programming.

Our Values

- Adventure Education
- Recreation Therapy
- Environmental Education
- Outdoor Recreation and Retreats
- Equine-Assisted Therapy and Activities
- Research-Driven Programming
- Universal Design in the Outdoor Setting
- Stewardship of our Natural and Cultural Resources
- Public Health Improvements Through Outdoor Experiences

Recreation Therapy

Throughout all of our programs we focus on the APIE Process which is an acronym for Assess, Plan, Implementation, and Evaluation. We focus on reviewing our clients' history as well as develop goals with them if goals have not been established prior to our meeting. We regularly plan and implement all of our own activity sessions based on our clients' goals and needs. We both formally and informally evaluate our programs by asking our clients to fill out evaluation forms as well as in the summer and during Project Wolf and summer camps we write discharge notes for each participant. Also as staff we discuss how to improve each program after each session in both structured and unstructured meetings.

The Recreation Therapy area at Bradford Woods directs summer camping programs for children and adults with disability or chronic illness as well as conducting therapeutic programming for at-risk youth, families, and adults with disabling conditions. This department is also responsible for collaborating on clinical research projects related to the social sciences and

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disability, instructing university classes in recreational therapy, and hosting practicum/internship students in the fields of therapeutic outdoor programming and recreational therapy.

Bradford Woods is a national and international leader in the application of universal design principles on our property. Our facilities are designed for all participants despite their ability level. "Universal Design is the design of products and environments to be usable by all people, to the greatest extent possible, without adaptation or specialized design (NCA). Many examples of Universal Design can be found on the grounds of Bradford Woods. These include but are not limited to our nationally known amphitheater, switchback trail, universal high ropes course, climbing tower, zip line, and Olympic sized pool.

We have staff who are trained in recreation therapy practices with advanced degrees and are certified therapeutic recreation specialist through NCTRC. Support staff are typically students in a medical field such as 1st year med students, recreation therapy, occupational therapy, physical therapy, child life, art therapy, social work, pre-med, music therapy, and nursing.

Bradford Woods hosts a variety of camps during the summer and is regarded as the best residential camping facility in the Midwest for youth and adults with disabilities and specific medical needs. Camps such as Camp About Face, Camp Kan-Du, and Camp Riley are examples of the unique programming that is rarely found anywhere else in the country.

We offer both single-day and overnight programs and events for children with specific health care needs and their families. Our overnight programs have been fulfilling the recreational and therapeutic requirements of both children and adults with disabilities and chronic illnesses for over forty years.

All of our programs and services focus on meeting the individual needs of participants. Our low staff-to-participant ratios promote engagement, empowerment and, of course, FUN! Staff are well trained in person-first language, disability awareness, and medical/personal care while being supported by various medical professionals such as nurses, doctors, and recreational therapists.

During our Summer season we partner with state organizations such as Riley Hospital for Children, Little Red Door Cancer Agency, and the Muscular Dystrophy Association.

We also partner with Agape Therapeutic Riding Center, a Professional Association of Therapeutic Horsemanship (PATH) Premier Accredited Center offering equine assisted activities and therapies to the Bradford Woods community. Programs provided by Agape support personal growth by strengthening the mind, body and spirit through experiences that utilize the horse as a collaborative partner. This may include mounted and unmounted activities designed to meet each client's specific needs whether they are physical, social, emotional, or cognitive objectives. To learn more about Agape and equine assisted activities please visit their website at www.agaperiding.org.



Summer-Fall Internship Program (May-September) 17 weeks

Why Bradford Woods?

If you Intern at Bradford Woods, you will be part of an experience that will change the lives of your campers and yourself forever. At Indiana University's Outdoor Center, you are assured an experience that includes:

- ❖ Employment at one of the best residential camping facilities in the Midwest for youth and adults with disabilities and special medical needs
- ❖ Rigorous training on disability awareness, medical care, Universal Design principles, and leadership development
- ❖ Rewarding opportunities to work with individuals with a wide variety of disabilities including cancer, sickle cell anemia, cerebral palsy, cranial facial anomalies, various physical disabilities, rare genetic disorders, and Down syndrome
- ❖ Internationally recognized outdoor facility for Universal Design
- ❖ Networking with one of the top children's Hospitals in the nation (Riley Children's Hospital), Muscular Dystrophy Association, Champ Camp, Hear Indiana, Easter Seals Crossroads, and Little Red Door Cancer Agency

Summer-Fall Internship Responsibilities

The internship program is set up around summer camps for children that have disabilities. The interns would focus on a variety of duties including the following:

- ❖ Assess and initiate care plans for each camper
- ❖ Implement the APIE process throughout the camp setting
- ❖ Document camper progress and compose discharge notes
- ❖ Facilitate leisure counseling groups, multi-sensory integration programs, and act as a rotating program instructor in the areas of adaptive recreation, nature, outdoor living skills, creative arts, and evening programs
- ❖ Assist in all summer program areas as needed
- ❖ Plan and facilitate 1-2 therapeutic leadership academies (3 day programs prior to camp for older campers). This would include adolescents that have craniofacial anomalies and cancer.
- ❖ Planning and Leading special events, i.e., Adaptive Sports Clinics (water skiing/scuba diving), 4xkids day (30 jeeps and 50 volunteers), Indiana All Star Football Players, live music events, etc.
- ❖ Learn and implement medical and personal care procedures
- ❖ Assist with programming for the Family Battle Buddies program which is in conjunction with the Indiana National Guard Family Programs department.
- ❖ Assist with establishing, developing, and facilitating Bradford Woods' own Recreation Therapy group and individual session program on a weekly-monthly basis.
- ❖ Facilitate programming for Project Wolf, a court mandated, at-risk youth program supporting Morgan County families (this program lasts a duration of 12 sessions)
- ❖ Assist with planning and facilitate all weekend programming for adults and youth with intellectual and physical disabilities (one program potentially September)
- ❖ The opportunity to work with youth with disabilities during their Equine Assisted Riding sessions
- ❖ Learn about and assist with the process of recruiting Summer Staff for the following year
- ❖ Facilitate and run Adventure Challenge High Ropes Courses (Zip Line, Alpine Tower, Climbing Tower)
- ❖ Learn the behind scenes of working as a Recreation Therapist

Visit our Web site to download job applications

For more information, please contact Lisa Elder, CTRS—Assistant Director of Recreation Therapy

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Project Wolf

The Morgan County Probation Department and Bradford Woods, Indiana University's Outdoor Center are partnering to provide Project Wolf, a program designed to meet the needs of youth and support building competencies within the family structure that will help them develop into responsible adults.

Program Overview

Over the course of 12 total sessions, youth and their legal guardians will meet weekly for three hour sessions centered on variety of pro-social topics focused on improving individually as well as in the family unit. Two residential (overnight) programs at Bradford Woods complement *Project Wolf*. One program consists of a Family Weekend in which parents/guardians spend a weekend with their child working on interpersonal relationship skills, enhancing communication, and strengthening trust. The second program, an intensive youth outdoor experience, will then focus on the youth's intrapersonal issues, self-esteem, ability to cope in a group environment, and new behavior patterns. Project Wolf participants will also have 1 follow up meeting 3 months post program conclusion to review progress individually as well as in the family dynamic.

Intern Responsibilities

While assisting in Project Wolf, interns will have a wide variety of responsibilities. Please see below for the general break down:

- Sitting in on the pre-assessment meeting with the lead Probation Officer of Project Wolf
- Assessing each adolescent and family unit during their first session with guidance of your supervisor
- Creating goals for each family unit with guidance of your supervisor
- Preparing a positive coping mechanism for the family units each week
- Documenting each session for each adolescent
- Creating an agenda for the adolescent and family overnight with the guidance of your supervisor
- Facilitating programs throughout each week
- Creating a slideshow at the end of the cycle
- Discussing the progress of each family unit
- Creating original and engaging programs that meet the needs of each family for goal attainment

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❖ **Camp Goal:** (Identify one goal the camper would like to accomplish at camp)

Please *circle* the description that best represents the camper and write in additional comments

Does your camper have sensory stimulation needs?

Low Sensory Need

1

2

Yes

Moderate Sensory Need

3

No

4

High Sensory Need

5

Areas for improvement: _____

Healthy Leisure Lifestyle (how active is the camper in recreation activities and hobbies)

Low Participation

1

2

Moderate Participation

3

4

High Participation

5

Areas for improvement: _____

Independence (in home setting)

Displays Low Independence

1

2

Displays Moderate Independence

3

4

Displays High Independence

5

Areas for improvement: _____

Social Skills (outside of camp)

Avoids Social Interactions

1

2

Tolerates Social Settings

3

4

Actively Engages in Social Interactions

5

Areas for improvement: _____

Friendships (outside of camp)

Has few or no friendships

1

2

Has some friendships

3

4

Has many friendships

5

Areas for improvement: _____

Social Acceptance (outside of camp)

Doesn't feel accepted by peers

1

2

Feels somewhat accepted by peers

3

4

Feels accepted by peers

5

Areas for improvement: _____

Physical Activity Level (outside of camp)

Low Participation

1

2

Moderate Participation

3

4

High Participation

5

Areas for improvement: _____

Opportunity to be with other youth that have the same diagnosis (outside of camp)

Never

1

2

Sometimes

3

4

Often

5

Areas for improvement: _____

Frustration Tolerance

Low Frustration Tolerance

1

2

Moderate Frustration Tolerance

3

4

High Frustration Tolerance

5

Areas for improvement: _____

Camper Care Plan

Camp Session:

Name:

Cabin:

Sensory Stimulation Considerations

Camper care plan topics were created based on research findings on the therapeutic value of the camp experience. Goals are created based on assessed needs.

Camper Name:

Camper Session:

Diagnosis:

Contraindications:

Discharge Plan

Accomplishments:

Areas for Improvement & Follow-on Programming Needs

Areas for improvement:

FOLLOW-ON PROGRAMMING RECOMMENDATIONS

Follow-on programming is essential to maintaining the social impact that camp has on supporting campers. Research studies completed at Bradford Woods indicate that the impact of camp provides highly effective psycho-social support initially but follow-on programming is needed in the months after camp to maintain these gains. Please consider getting campers involved in adapted recreation activities, social events, and other programming that allows for contact with youth that have a similar diagnosis in a supportive and accepting community. Female campers and those with a high stigma associated with their disability are the most at risk of losing the impact of the social support treatment found in the camp setting. Male campers benefit from feeling connected to a group post camp. If you should have any questions or need resources, don't hesitate to reach out the recreation therapy team at Bradford Woods. Inclusive recreation settings are also highly encouraged.

Signature / Date

Recreation Therapy Intern

Signature / Date

Recreational Therapist - CTRS

