MIAMI-DADE COUNTY
FEDERAL APPROPRIATIONS REQUEST FORM (FY 2011)
SECOND HALF - 111th CONGRESS

1. **NAME OF DEPARTMENT**
   Miami-Dade County Park and Recreation Department

2. **DEPARTMENT CONTACT PERSONS, ADDRESS, TELEPHONE AND FAX NUMBER(S), & E-MAIL ADDRESS**
   Joyce Denny, Resource Development Section Manager
   275 N.W. 2nd Street, Suite 507
   Miami, Florida 33128
   305-755-7947
   305-755-5466-Fax
   wojas@miamidade.gov

3. **PROJECT NAME**
   Disability Sports and Counseling for Injured Veterans/Physical Disabilities

4. **BACKGROUND**

In addition to the existing population of persons with disabilities in Miami-Dade County, each month, disabled veterans return from Iraq and Afghanistan. This project provides for counseling, sports training and family activities for Veterans and Dade County citizens with physical disabilities. Veterans, who incur a physical disability during their tour, must make a variety of difficult mental health adjustments upon their return to civilian life. Dealing with post traumatic stress disorder, negative body image, physical pain, vocational challenges and an abrupt return to family life, can create an atmosphere of depression and despair in the mind of the soldier who is taught to "suck it up" and "keep a stiff upper lip". This project partners counseling services with recreation and family gatherings. Participants will receive the psychological support they need to become productive and engaged members of their families and their community. Soldiers are taught to remain fit, and gain mental strength and confidence with their physical abilities. Becoming fit by learning new athletic skills, despite a newly acquired disability, can build self esteem, confidence and physical and mental health. Participation in fitness and athletic activities

improves mood, reduces stress, provides an outlet for tension and improves a newly disabled person's ability to maneuver in the community independently by building physical strength and emotional confidence. Psychological counseling services allow these returning veterans the opportunity to work with a psychologist to develop coping skills that reduce the negative effects of PTSD, chronic pain, and low self esteem.

5. DESCRIPTION OF PROJECT

Miami-Dade Park and Recreation will partner with the University of Miami/Jackson Memorial Hospital (UM/JMH) Rehabilitation Center's Spinal Cord Injury Psychological Services to create a series of activities to restore mental and physical health to wounded soldiers and citizens who have spinal cord injury. Certified Therapeutic Recreation Specialists (CTRS) and Psychologists will work together to facilitate the program. Participants who will benefit from counseling will meet with Psychologists who specialize in spinal cord injury and physical disability on a weekly basis for appropriate lengths of time. The goal of counseling is to restore a sense of well being, self esteem, confidence, and reduce the effects of PTSD, chronic pain, and poor body image. CTRS will coordinate a schedule of wheelchair golf, tennis and basketball sessions in which participants will be introduced to wheelchair sports equipment and techniques. They will learn to maneuver a sports wheelchair, beginning techniques of the sport and how to use Miami-Dade County Parks to pursue these activities with their families and friends on their own, an important component of a healthy lifestyle. Advanced classes will then move on to provide a higher level of training marking a difference between the recreational players from the individual who wishes to become more competitive. Local competitions will be held and beginning athletes will be sponsored by the Leisure Access Foundation to play in entry level tournaments. Five single rider golf carts will make the five Miami-Dade County golf courses to the newly disabled veteran as well as others with disabilities. Throughout the sport sessions, Psychologists will provide psychological and emotional support to participants and address emotional issues that arise as a result of participation. Families will be routinely invited to participate in all aspects of the program to create a level of understanding of the new injury and how it affects the family.

1. Psychological Counseling Services (400 hours at $120/hour = $48,000)
2. Transport participants with disabilities from home to counseling sessions or sport venue ($400 round trip x 100 trips = $40,000)
3. 3 Single Rider Golf Carts (6,000 x = $18,000)
4. 10 adult basketball wheelchairs 3,000 x 10 = $30,000
5. 5 adult tennis wheelchairs 3,000 x 5 = $15,000
6. Facility Rental $200/hour x 4 hours x 50 weeks = $40,000
7. Wheelchair maintenance 30 wheelchairs x $30/chair = $900
8. 5 junior basketball wheelchairs 3,000 x 10 = $30,000
9. 5 junior tennis wheelchairs 3,000 x 5 = $15,000

TOTAL $236,900

6. **AMOUNT REQUESTED**
   $236,900

7. **APPROPRIATIONS SUBCOMMITTEE OF JURISDICTION (Please include federal agency of jurisdiction and account)**
   Not Applicable

8. **RATIONALE FOR FUNDING PROPOSAL (Including verification that County has signed necessary cost sharing agreements if applicable)**
   Veterans and civilians with physical disabilities can benefit from mental health counseling upon return to civilian life to deal with the many challenges and stresses a newly acquired disability creates. They are consistently underserved in the area of sports development and recreation due to the increased need for expensive equipment often too costly for families to purchase. Families of these individuals benefit from structured recreation activities that promote understanding of the acquired disability and how their family member can become a strong and functional member of society and of the family. This population deserves the opportunity to utilize the Park systems facilities and benefit from knowledge of Park Department employees in teaching sports development to persons with physical disabilities, while utilizing Psychological services from UM/JMH Psychologists specializing in Spinal Cord Injury and adjustment issues.

9. **ARE GRANT, FORMULA, OR ENTITLEMENT FUNDS AVAILABLE FOR THE PROPOSED PROJECT, INITIATIVE, OR ACTIVITY? (If so, please indicate and explain rationale for requesting a separate appropriation earmark, as opposed to accessing other federal funds)**
   Existing grants are typically limited to $10,000 which leaves a severe funding gap.

10. **INTENDED RECIPIENT(S) OF FUNDING**
    University of Maimi/Jackson Memorial Hospital Rehabilitation Center and Miami-Dade County Park and Recreation Department

11. **MATCHING FUNDS (List amount and source. Are Local and State matching funds required for this funding source? If so, please indicate the**

state or local match, as well as % of federal match required by the Federal Government)

Miami-Dade Parks will fund personnel for the project $100,000 and the Leisure Access Foundation will assist with travel, uniforms and other equipment, $20,000.

12. HISTORY OF FEDERAL FUNDING (List agency funding and amount funded per year over the last 5 years)

There has been no Federal funding for this project.

13. HISTORY OF COUNTY FUNDING (List each fiscal year and amount funded)

This project expands an existing program. The counseling component is a new and significant component to the overall program. The Park Department has funded the existing program with personnel ($50,000) and the Leisure Access Foundation has provided approximately $20,000 for travel, uniforms and equipment the last three years. The United States Paralympic Sports has granted several small grants totaling less than $10,000 to the Department over the last several years for this type of programming.

14. AMOUNT RECOMMENDED IN THIS YEAR'S FEDERAL BUDGET (include agency funding this item)

$236,900

15. IS THERE A DOCUMENTED NEED FOR THE PROJECT: INCLUDING DEPARTMENT REPORTS OR BCC ACTION? (If so, please provide documentation)

No

16. WAS THIS PROJECT HEARD BEFORE A PUBLICLY NOTICED MEETING OR BODY OF ELECTED OFFICIALS (MUNICIPAL, COUNTY OR STATE)? (List hearing body or meeting date)

No

17. PRIORITIZE YOUR REQUESTS NUMERICALLY

Jackson MEMORIAL HOSPITAL
Jackson Health System

August 25, 2009

Lucy Binhack, CTRS, MPA
Disability Services Manager
M-D Parks Leisure Access Services

Jessie Williams
Intragovernmental Affairs Coordinator

Dear Ms. Binhack and Williams:

We are very excited about your proposed Disability Sports and Counseling program. Unlike other available programs, it provides several necessary components to assist disabled individuals to be as healthy, active, and independent as possible. The physical benefits of active living promote health/wellness, reduce stress, and also add balance to a life with disability. By providing access and training to enjoy popular sports, your program is opening up a new world to a disabled individual who often has a ready excuse to stay indoors and be inactive. The massive changes in lifestyle following a spinal cord injury can lead to depression, anger, anxiety, and unhealthy behaviors (e.g. alcoholism/drug use) that often impede community involvement. By including a significant psychology component in your program, you are ensuring that the participants will make adequate adjustments and lifestyle changes that will help them to be productive and engaged members of their families and communities.

Your proposed Disability Sports and Counseling program is an ingenious combination of providing athletic access to disabled individuals while also helping them to address the psychological barriers that could affect their adjustment to disability. By pairing these components together, the participants will be more likely to navigate the difficult stages of psychological adjustment.

Jackson Memorial Hospital is dedicated to provide treatment for the spinal cord injured individual from their initial encounter in our Ryder Trauma Center/Intensive Care Units, through their comprehensive rehabilitation program, and into our Outpatient Spine Program that provides Physical, Occupational, Psychological, and Recreation therapies. We are fully accredited by JCAHO, CARF, and BSCIP.

Helping individuals successfully reintegrate into the community is a cornerstone of JMH's philosophy and a primary goal of our comprehensive rehabilitation program. As such, we understand the uniqueness of your program. Therefore, we enthusiastically support your effort to provide this important program to a population that will benefit greatly from it.

Sincerely,

Suzan L. Tanner, Ph.D.
Director, Pediatric Rehabilitation
Psychology Program/
Adult SCI Outpatient Program

Mario Olavarria, Psy.D.
Rehabilitation Psychology