



St. Mary's County was awarded \$75,000 grant through the Maryland Boundless Playgrounds Initiative Challenge Grant Program to build a playground where all children can play and learn together. St. Mary's County was one of eleven communities in the state to receive a grant. The playground significantly exceeds the ADA minimum standards, being over 70% accessible. The new playground is located at the new John G. Lancaster Park at Willows Road and opened September 29, 2001. Through the knowledge gained during this project the Department has built 7 new playgrounds that provide an inclusive environment that is stimulating and fun for children of all ability levels.



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301-475-4108 - Fax



Amusement Park Ticket Line
301-475-4200 x 1842
Program Cancellation Line
301-475-4200 x 1840

www.stmarys.md.com/recreate

THERAPEUTIC RECREATION

*Heighten Self-Awareness • Sharpen Cognitive Skills • Develop Trust
Reduce Heart and Lung Risk • Enhance Communication Skills
Build Self-Esteem • Increase Short and Long Term Memory
DECREASE CONFUSION • Elevate Emotional Well-Being
Promote Adjustment to Disability • REDUCE ANXIETY
Improve Ways of Coping • Enhance Self-Control • Maintain Productivity
MINIMIZE HEALTH CARE COSTS • Increase Self-Reliance
Reach Developmental Goals • Expand Interpersonal Relationships
PROMOTE COMMUNITY INTEGRATION • Build Family Unity
Increase Life and Leisure Satisfaction • Learn Acceptable Behaviors
REDUCE DEPRESSION • Expand Range of Motion
Prevent Secondary Health Problems • Contribute to Overall Health
Reduce Decline in Health Status • Reduce Stress
Enhance Quality of Life • Improve Cardiovascular Functioning
STRENGTHEN PSYCHOLOGICAL WELL-BEING
Reduce Long-Term Hospital Stays • Enhance Decision Making
Avoid Unnecessary Medical Care • Manage Chronic Illness
Decrease Social Isolation • Expand Support Network
ENHANCE INDEPENDENT LIVING SKILLS
Teach Real Life Skills • Enhance Body Image
Address Psychosocial Needs • Increase Physical Conditioning
Improve Coordination • Acquire Knowledge and Skills
INCREASE STRENGTH AND ENDURANCE*

THE BENEFITS ARE ENDLESS...®

**Board of County Commissioners
for St. Mary's County:**
Francis Jack Russell, President,
Lawrence D. Jarboe, Cynthia L. Jones,
Todd B. Morgan, Daniel L. Morris

THERAPEUTIC RECREATION SERVICES



MISSION

To increase independence, personal satisfaction, self-determination and recreation skills through participation in quality inclusive recreation and leisure programs.



PHILOSOPHY

The Department of Recreation and Parks is a strong advocate for people of all ability levels. The Department promotes and protects the rights and choices of individuals of all abilities. Recreation and Parks believes that every individual, regardless of ability level, deserve satisfying recreational and leisure activities. With the combination of competent, qualified, professional staff and innovative programs, Recreation and Parks fosters independence and fulfillment by allowing for self-determination and personal choice.

GOALS

- Recreation and Parks will assess the needs, desires and interests of the community through interviews, observations and surveys.
- Recreation and Parks will develop strategies and techniques to help individuals and their families make the transition to inclusive activities.
- Recreation and Parks will expand resources, which facilitated inclusive recreation and leisure activities.
- Recreation and Parks will make reasonable accommodations based on individual needs and requests.
- Recreation and Parks makes every effort to ensure that programs and services are accessible for all individuals.
- Recreation and Parks will devise and maintain concrete program and service evaluation criteria and will review programs as determined necessary.

INCLUSION SERVICES

1. REFERRED TO TR SECTION BY PARTICIPANT REGISTRATION OR OTHER

2. ASSESSMENT

3. PLACEMENT

*Adaptive Skill Programs
Inclusion Specialist
Program Modifications or
Accommodations
Complete Inclusion*

4. FOLLOW UP

Many types of training are available through the Therapeutic Section. Please call for more information.