INCLUSION SERVICES

The department recognizes that some people with disabilities may choose to participate in recreation programs and/or camps with persons without disabilities. The TR staff helps to support inclusion by assisting other Somerset County Park Commission departments and municipal recreation departments with program adaptation or modification, behavior management support, and staff training. The staff will assess a person’s abilities and develop a written accommodation plan that includes supports and strategies necessary in order for the person to be successfully included in a recreation program. Remember, inclusion benefits everyone!

T.R.A.I.L.S.

The TR department and Lord Stirling Stable offer this ten-week adapted horseback riding instructional program for children and adults with developmental disabilities. Children must be a minimum of 9 years of age. Lessons are scheduled in the fall and spring. Riders must bring one volunteer each week.

CAMP OKEE SUNOKEE

Is a six week day camp for children, ages 6-17, with learning disabilities, Asperger Syndrome, high functioning autism or a mild intellectual disability that encourages the development of recreation and social skills through participation in a variety of activities including arts & crafts, sports & games, music, cooking, special visitors, swimming, and trips. Self-confidence and educational growth are enhanced through participation in the many activities offered.

MEET THE STAFF

**Department Manager:** Dina Trunzo is a Certified Therapeutic Recreation Specialist (CTRS) and is responsible for the overall administration of the department. She conducts all evaluations of new participants who want to access TR services. Additionally, she assists other Somerset County Park Commission departments and municipal recreation departments with inclusion of people with disabilities in programs. Dina has been with the Park Commission for 30 years.

**Program Coordinator:** Gwen Leubner is responsible for implementing a variety of programs. With a background in art, Gwen conducts a variety of art programs as well as cooking classes. She also serves as the Director of Camp Okee Sunokee. Gwen has been with the Park Commission for over 20 years.

**Program Coordinator:** Lisa Kazman is the newest member of the TR Department, joining the department in January 2018. Lisa has a diverse background in recreation including planning and implementing programs for people with disabilities, aquatics and summer camps, to name a few. Lisa is responsible for planning a variety of programs such as fitness, social programs, and oversees the TR Travelers summer program.

**Inclusion Services**

If you have any questions or to verify eligibility, please call the TR office at: 908 526-5650. Individuals with hearing/speech impairments, please use the Relay Service @ 711.

TR municipalities have included: Bedminster, Bernardsville, Bernards Township, Bound Brook, Branchburg, Bridgewater, Green Brook, Hillsborough, Manville, Montgomery, North Plainfield, Raritan, Somerville, South Bound Brook, Warren, and Watchung.

Visit us on the web at www.somersetcountyparks.org

The Somerset County Park Commission is committed to excellence in promoting stewardship of land and resources, providing outstanding recreation opportunities and leisure services, and fostering an environment which is service-oriented and responsive to public needs.
The Somerset County Park Commission Therapeutic Recreation (TR) department provides year-round recreation and leisure opportunities that encourage an active and healthy lifestyle for children and adults with developmental disabilities.

The goal of the Therapeutic Recreation department is to promote a leisure lifestyle that improves social, physical, cognitive, and emotional functioning and enhances participants’ abilities.

The TR department is a cooperative effort between the Somerset County Park Commission and various municipalities within the county. The department employs highly qualified staff who are trained in recreation for people with disabilities and are skilled at meeting the needs and adapting activities for participants.

Any child or adult residing in a contracting municipality needing specially designed programs may register for programs seasonally. Programs are conducted at North Branch Park in the TR activity center or in the community. Transportation may be provided to many activities from convenient pick up points.

What are the benefits?
• Enhance or improve social skills
• Learn lifetime leisure skills
• Improve overall health and well-being
• Make new friends
• Eliminate boredom leading to the reduction of stress and anxiety
• Participation in the community
• Develop or enhance self-esteem and self-confidence
• Enhance communication skills
• Decrease social isolation
• Improve physical ability
• Promote independence
• Enhance skill development

PROGRAMS AND ACTIVITIES
There are many fun-filled ways for children, teens, and adults to recreate. By providing a variety of social, cultural, artistic, culinary, sports, fitness, community outings, horticulture, and special events throughout the year, participants can recreate in the day, evening or weekend and discover the benefits. Seasonal brochures and flyers describe these fun and exciting activities.

Various programs are offered which provide social and learning experiences and community integration through planned activities. The programs help individuals develop the skills needed to enhance functional independence in the community and promote an improved quality of life.

Social Club allows young adults to gather on Friday nights to participate in a variety of activities and hang out with friends. Overnight trips for adults (age 18+) are offered each year. These trips are planned and conducted by TR staff to meet the needs of adults and give participants the opportunity to travel with friends. From Boston to Florida, to Nashville and the Western Caribbean, come travel with us! Special registration and prerequisite skills are necessary for these trips.