

Project Tracking #: \_\_\_\_\_

### 2010 Community Budget Issue Request

1. Project Title: Disability Sports Date: July 27, 2009

2. Member Sponsor(s) Name: Miami-Dade County State Legislative Delegation District No.(s): Countywide

3. What statewide interest does this project address as it relates to Chapter 216.052(1)? In addition to the existing population of persons with disabilities in Miami-Dade County, each month, disabled veterans return from Iraq. This project provides for sports equipment and transportation to enable wounded veterans other adults with disabilities as well as children with disabilities to learn how to play adapted tennis, basketball, golf and other sports using a wheelchair. 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 the community independently by building physical strength and emotional confidence

4. Requester:

Name: Jack Kardys, Director Organization : Miami-Dade Park and Recreation

5. Recipient:

Name: Miami-Dade Park and Recreation Street: 275 NW 2<sup>nd</sup> Street, 5<sup>th</sup> Floor

City: Miami Zip Code: 33128

Counties: \_\_\_\_\_ Gov't Entity  or Private Organization (Profit/Not for Profit)

6. Contact:

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

7. Project Description: (Include services to be provided) Miami-Dade Parks and Recreation Therapy staff will work with golf pros, tennis pros and a local basketball coach to teach children, adults and wounded veterans how to play golf, tennis and basketball using adaptive equipment, maneuver a sports wheelchair, learn the beginning techniques of the sport and learn 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. . 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.

8. Is this project related to a federal or state declared disaster? Yes  No

8a. If yes, which declared disaster? \_\_\_\_\_

8b. If yes, what year?: \_\_\_\_\_

9. Measurable Outcome Anticipated : As a result of this additional equipment over 100 individuals with severe disabilities will improve their health/fitness status. They will learn healthy ways to reduce stress in their lives, as well as a new activity that they can participate in with their family members and friends. Wheelchair basketball, tennis and golf participants will 1. Learn sports related skills that improve strength and endurance 2. Learn social skills that improve social 3. Demonstrate higher levels of community independence 4. Reduce stress levels associated with disability

10. Amount you are requesting from the State for this project this year? Amount Requested: \$ 236,900

Project Tracking #: \_\_\_\_\_

## 2010 Community Budget Issue Request

11. Total cost of project this year:

12. Is this request being made to fund (check all that apply): Operations  Construction

13. What type of match exists for this request? Local  Private  Federal  None

13a. Enter all amounts that apply: Total Cash Amount  Total In Kind Amount

14. Was this project previously funded by the State? Yes  No

14a. If yes, most recent Fiscal Year \_\_\_\_\_ (eg. 2002-2003) Amount:

15. Is future-year funding likely to be requested? Yes  No

15a. If yes, how much?

15b. Purpose for future year funding: Recurring Operations  Non-Recurring Construction  Other \_\_\_\_\_

16. Will this be an annual request? Yes  No

17. Was this project included in an Agency Budget Request? Yes  No

17a. If yes, name the Agency: \_\_\_\_\_

18. Was this project included in the Governor's Recommended Budget? Yes  No  Unknown

19. Is there documented need for this project? Yes  No

19a. If yes, what is the documentation? (eg: LRPP, Agency Needs Assessment, etc.) \_\_\_\_\_

20. Was this project request heard before a publicly-noticed meeting of a body of elected officials (municipal, county, or state)? Yes  No

20a. If yes, name the Body: \_\_\_\_\_

21. Is this a water project under s. 403.885, F.S.? Yes  No

(See [http://www.dep.state.fl.us/water/blueprojectfunding/2007/wpf\\_2007\\_main.htm](http://www.dep.state.fl.us/water/blueprojectfunding/2007/wpf_2007_main.htm) for more information including historical funding)

If Yes, please complete Page 2

**IMPORTANT: ATTACH APPROPRIATE SUPPORTING DOCUMENTATION FOR THIS CBIRS REQUEST**

**21a.** Is the project eligible under section 403.885(2), F. S., to protect public health or the environment; and implement plans developed pursuant to the Surface Water Improvement and Management Act created in part IV of Chapter 373, F.S., other water restoration plans required by law, management plans prepared pursuant to s. 403.067, F.S., or other plans adopted by local government for water quality improvement and water restoration? Yes  No

**22.** Is your project addressed in a state, regional or local plan (such as a SWIM Plan, Comprehensive Plan, Local Master Plan, etc.)?

Yes  No

**22a.** If yes, name the plan and cite the pages on which the project is described \_\_\_\_\_

**23.** Are you requesting funding for a stormwater, surface water restoration, or other water management project? Yes  No

If yes, answer the following:

**23a.** In which Water Management Districts area is your project located? \_\_\_\_\_

**23b.** Have you provided at least a 50% match (that is, one-half the total project cost identified in this request)? Yes  No

**23c.** If yes, identify the amount and source of any match being provided: Amount \$ \_\_\_\_\_ Source: \_\_\_\_\_

**23d.** Will this project reduce pollutant loadings to a water management district designated "priority" surface water body? Yes  No

(See [www.dep.state.fl.us/water/waterprojectfunding/WMDprioritywaters.htm](http://www.dep.state.fl.us/water/waterprojectfunding/WMDprioritywaters.htm) for list of priority water bodies.)

**23e.** If yes, name the water body: \_\_\_\_\_

**23f.** If yes, describe, specifically, how it will reduce loadings, identify anticipated load reductions for total suspended solids, total nitrogen, total phosphorus, and other contaminants, and specify the practices that will be used to reduce loadings: \_\_\_\_\_

**23g.** Is the project under construction? Yes  No

**24.** Are you requesting funding for a wastewater project? Yes  No

If yes, answer the following:

**24a.** Does your project qualify for funding from DEP's "Small Community Wastewater Treatment Grant Program" under section 403.1838, F.S.?

Yes  No  (See [www.dep.state.fl.us/water/wff/cwsrf/smalcwgp.htm](http://www.dep.state.fl.us/water/wff/cwsrf/smalcwgp.htm) for information)

**24b.** If yes, have you received or applied for funding? Yes  No

**24c.** If yes, provide the DEP Disadvantaged Small Community Grant project number \_\_\_\_\_

**24d.** Have you received or applied for funding for this project from DEP's State Revolving Fund (SRF) program under section 403.1835, F.S.?

Yes  No  (See [www.dep.state.fl.us/water/wff/cwsrf/index.htm](http://www.dep.state.fl.us/water/wff/cwsrf/index.htm) for information)

**24e.** If yes, provide the DEP SRF project number \_\_\_\_\_

**24f.** Is the project under construction? Yes  No

**24g.** Have you provided at least a 25% match (that is, one-quarter the total project cost identified in this request)? Yes  No

**24h.** If yes, identify the amount and source of the match: Amount \$ 50,000 Source: Miami-Dade Parks Personnel

**25.** Are you requesting funding for a drinking water project? Yes  No

If yes, answer the following:

**25a.** Have you received or applied for funding for this project from DEP's State Revolving Fund (SRF) program under section 403.8532, F.S.?

Yes  No  (See [www.dep.state.fl.us/water/wff/dwsrf/index.htm](http://www.dep.state.fl.us/water/wff/dwsrf/index.htm) for information)

**25b.** If yes, provide the DEP SRF project number \_\_\_\_\_

**25c.** Is the project under construction? Yes  No

**25d.** Have you provided a match? Yes  No

**25e.** If yes, identify the amount and source of the match: Amount \$ \_\_\_\_\_ Source: \_\_\_\_\_



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:

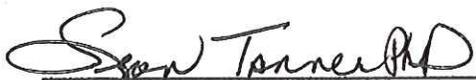
We are very excited about your proposed Disability Sports and Counseling program. Unlike other available programs, it provides several necessary components to assist disabled individuals to be as healthy, active, and independent as possible. The physical benefits of active living promote health/wellness, 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