



### Therapy Abroad Interprofessional Service Program-Belize

<b>Program Type</b>	International Interprofessional Service Program
<b>Destination</b>	Belize C.A. -San Ignacio, Belmopan, Hopkins
<b>Program Audience</b>	Speech-Language Pathologists; Occupational, Physical, Neurological, Art, and Music Therapists
<b>International Partners</b>	Help Age International, Hazel Hutchinson ADC, Octavia Waight Centre, National Resource Center for Inclusive Education (NaRCIE)
<b>Facilitators</b>	Candace Beitman, EdD, OTR / Wendy Campbell, DPT / Jessica Brow, MS., CCC-SLP, MTBC
<b>Duration</b>	10-days
<b>Dates</b>	July 21 –July 31, 2019

**Overview (Mission):** This program engages both international and local professionals in a robust exchange, outreach, and training program in the Central American country of Belize. Participants combine professional growth, shared knowledge, clinical skills, cultural sensitivity, core competencies, and life experiences to empower individuals and families and enhance quality of life. As an interprofessional team, we will learn and share collaboratively with others from a variety of practice disciplines who are eager to learn and better serve in their areas of expertise, such as teaching, nursing, rehabilitation, therapeutic arts, care of the elderly, special education, early intervention, being a first responder, or being a parent or adult care provider. Clinically, we will be serving a variety of individuals from birth through near death.

**Value Proposition (Why):** In addition to this cross-cultural collaboration, participants help meet a need for direct and indirect services by serving children and adults with a variety of medical, developmental, psychological/psychosocial, and learning diagnoses. We offer input to families and caregivers to assist with the care and development of their children and care receivers, help obtain beneficial adaptive devices, and provide instruction to educators and agency coordinators to better serve Belizean children and adults with special needs. We serve individuals and their caregivers in residential, outpatient, adult day center, and home health settings. There is an extensive focus on neurological assessments and rehabilitation in the older adult population, primarily for those who have experienced a CVA and those with Dementia. On a previous trip, the team provided education regarding stroke awareness and prevention, cognitive screens, dysphagia management, proper lifting and transfer techniques, therapeutic arts, maintenance of mobility and purposeful occupational participation for those noting decline with aging, and optimal positioning for all, including those nearing the end of life. We also repaired and adjusted wheelchairs and walkers for residents, and constructed splints and adaptive equipment to increase participation. Participants on this trip will help to continue to lay the groundwork for future development of programs and allied health services in local schools, adult residential and day care facilities, and communities in Belize.

**Why Belize:** Belize is also the only Central American country with English as its official language, which makes it the perfect place to take off into an overseas service program. Belize offers one a slower pace of life, the tranquility of a warmer climate, and breathtaking landscapes found in the tropics. Whether a one-time adventure or a lifetime commitment, service provision via this program or others will provide one with a life changing and awakening experience linking time, place, and people, thus enriching both our personal and professional lives in immeasurable ways.

**International Partners (Resources):** Help Age International, Belize Ministry of Education, National Resource Center for Inclusive Education, Hazel Hutchinson Center ADC, Octavia Waight Centre, Therapy Abroad, and BlueDot Partnerships.

**Program Activities (What):** Each day will be balanced with professional exchange opportunities, screenings, assessments, therapeutic interventions, cultural awareness activities, excursions, group reflections, and teambuilding. Screenings, assessments, and therapy will lay the foundation for future interventions, as well as provide direct observable “take homes” for caregivers, educators and local professionals and practitioners. Through all aspects of our service-provision, we tailor our input to aspects that are culturally relevant, feasible, and realistic for the people we are serving in their current places and life situations, and offer input that is user friendly in Belize. Group reflections, cultural excursions, and recreational opportunities will tie the whole experience together and ensure that the collective strength of the travel group is maximized.

**Social Impact Model (How):** The program methodology prioritizes best practices in international interprofessional collaboration such as listening first, leading with empathy, respecting cultural idiosyncrasies, defining mutual benefits and establishing appropriate and measurable goals to achieve realistic satisfactory outcomes. Program leader Dr. Beitman (Candy), who has led interprofessional service-learning and service-provision programs in Belize since 2010, will be with the group throughout the program, providing resources and guidance along the way.



**Competencies (Outputs):** In addition to providing a direct service to several individuals, groups, communities and facilities, participants will gain valuable cross-cultural competencies and improved communication and analytical skills, as well as training strategies in resource dependent communities. Additionally, participants will gain practical knowledge, problem-solving, and creative practice skills, and learn how to convert their experience into applicable action that improves the practice of public health across the globe.

**Impact (Results):** Provision of direct services as well as education and training to partnering agencies and facilities listed above. This experience will set the groundwork for individuals and groups of therapists and other professionals who will be working long term to build capacity in the areas of speech-language pathology, occupational, physical, neurological, art, music therapy, and community safety and prosperity enhancement. Take-aways include valuable strategies, insights, and models that participants can apply to their own professional setting upon their return to home. Additional outcomes include opportunities to build lasting relationships with people across cultures and within one’s multidisciplinary travel group, and the ability to pioneer a form of interprofessional program development and delivery that is people-centered, goal oriented, locally designed, and globally minded.

**Example Program Itinerary**

	Essential Question(s)	Morning	Afternoonsm-	Evening
Day 1	<i>Do I have my passport and medications? ☺</i>	<b>Departure Day</b>	<p><b>Estimated Arrival : 11AM-1 PM:</b> Travel by private transport to San Ignacio (Approx. 3 hrs.).</p> <p>Stop at Cheers for lunch</p> <p>Stop at the Orange Gallery for iced coffee</p> <p>Check into guesthouse.</p> <p>Accommodation: <a href="#">Martha’s Guest House</a></p>	<p><b>Orientation: 5 PM?</b> Brief orientation to the program.</p> <p><b>Group Dinner: 6PM</b></p> <p>Ice cream anyone? Ice Cream Shop run</p>
Day 2	<i>How do my personal objectives align with these goals of this program?</i>	<p><b>Planning Session:</b> Getting to know the places you will be working and getting to know each other, skills of the group, and dividing into small teams</p> <p><b>Service Provisions: San Ignacio:</b> Octavia Waight Center, Hazel Hutchinson Center, NaRCIE</p> <p><b>Departure:</b> 10AM</p>	<p><b>Service provisions:</b> Octavia Waight Center, Hazel Hutchinson Center, NaRCIE</p> <p><b>Return:</b> 2:30PM</p> <p><b>Free Time:</b> 2:30-5:30PM</p> <p>(Opportunity to swim at Cahal Pech Resort?--Just up the hill from OWC--I think it’s \$5 pp)</p>	<p><b>Reflection:</b> Discuss the day’s activities, plan and prep for tomorrow.</p> <p><b>Dinner:</b> Individual or Group</p>



<p><b>Day 3</b></p>	<p><i>How do our perspectives on special needs and education shift in a global context?</i></p>	<p><b>Service Provisions: San Ignacio:</b> Octavia Waight Centre Hazel Hutchinson Center, NaRCIE</p> <p><b>Departure:</b> 8AM</p>	<p><b>Excursion I:</b> Xunantunich Mayan Archeological Site and shopping at the riverside booths in Succotz.</p> <p><b>Return:</b> 5PM</p>	<p><b>Reflection:</b> Discuss the day's activities, plan and prep for tomorrow.</p> <p><b>Dinner:</b> Individual or Group</p>
<p><b>Day 3</b></p>	<p><i>How do we prioritize and validate health services in the public-school setting?</i></p>	<p><b>Service Provisions: San Ignacio:</b> Octavia Waight Centre, Hazel Hutchinson Center, NaRCIE</p> <p><b>Departure:</b> 8AM</p>	<p><b>Exchange I:</b> Public School exchange and orientation to Belize education system</p> <p><b>Return:</b> 5PM</p>	<p><b>Reflection:</b> Discuss the day's activities, plan and prep for tomorrow.</p> <p><b>Dinner:</b> Individual or Group</p>
<p><b>Day 4</b></p>	<p><i>How do culture and viewpoints impact disabled people and their families in Belize.</i></p>	<p><b>Service Provisions: Belmopan:</b> Octavia Waight Centre, Hazel Hutchinson Center, NaRCIE</p> <p><b>Departure:</b> 8AM</p>	<p><b>Excursion II:</b> Blue Hole National Park</p> <p><b>Return:</b> 4PM</p>	<p><b>Exchange II:</b> Guest Speaker</p> <p><b>Dinner:</b> Group Dinner</p>
<p><b>Day 5</b></p>	<p><i>Developing take home strategies in resource dependent communities. What can we leave behind?</i></p>	<p><b>Service Provisions: San Ignacio:</b> Octavia Waight Centre, Hazel Hutchinson Center, NaRCIE</p> <p><b>Departure:</b> 8AM</p>	<p><b>Free Time:</b> 1PM -3:30 PM</p> <p><b>Exchange III:</b> Cooking School (at Martha's? You will absolutely love Martha and John!)</p>	<p><b>Reflection:</b> Discuss the day's activities, plan and prep for tomorrow.</p> <p><b>Dinner:</b> Individual or Group</p>
<p><b>Day 6</b></p>	<p><i>How many speed bumps are there in Belize? ☺</i></p>	<p><b>Excursion III: 8-10?</b> Visit San Ignacio Market</p> <p><b>Travel Day:</b> Private Transport to Hopkins via Hummingbird Hyw. with stops at the Art Box, Dairy Barn, and Garifuna Museum in Dangriga</p>	<p><b>Arrival &amp; Check-In to Accommodation.</b> 2PM</p> <p><b>Accommodation:</b> <a href="#">Coconut Row Beach Hotel</a></p>	<p><b>Planning for Activities:</b> Hopkins has numerous activities including snorkeling at the second largest barrier reef, cultural excursions, jungle outings, touring the village via golf cart, and relaxing on the beach.</p> <p><b>Dinner:</b> Individual or Group</p> <p>Ice cream at Kyra's (:</p>



<b>Day 7 -9</b>	<i>What is Garifuna Cultural and what makes it unique from anything else we have seen in Belize?</i>	<b>Free Time:</b> <a href="#">List of top activities in Hopkins</a>	<b>Free Time:</b> <a href="#">List of top activities in Hopkins</a>	<b>Day 9: Final Debrief:</b> Time to get together as a group and reflect on the past weeks activities.  <b>Dinner:</b> Group Beach Bar-B-Q!
<b>Day 10</b>	<i>Travel Day</i>	Departure: 7AM	<b>Depart Belize International Airport for home</b>	

**Note:** Schedule may change but is illustrative of planned itinerary. Please contact [admission@therapyabroad.org](mailto:admission@therapyabroad.org) for more information.

**A Note on Safety:**

Safety is part of a systematic and comprehensive process and we understand that safety concerns are very real when planning for any overseas travel. As such, we have made safety our highest priority. Each and every program and country of placement is rigorously and personally evaluated for safety by the directors of Therapy Abroad & BlueDotOrg. We don't work in countries that are considered unsafe and we organize your program from beginning to end so that we can account for all of the details. From the time that you depart for one of our programs until you arrive back home, our goal is to provide you with a smooth and worry-free professional development and service learning program.

As a professional on one of our programs you will be part of a group and you will always have an experienced group facilitator. We do not outsource our programing or staffing, which means that we personally select our program sites, partner organizations, accommodation, ground transport and hire and train our own leaders. We make it a priority and ensure that all of our participants have easy access to medical care, clean food and water and communications at all times on our programs.

Our dedicated team will make sure that every step of this program is organized, safe and professional. If you choose one of our programs, you will receive 24/7 support from our staff and experienced leaders. We don't outsource, and we don't cut corners. We take a hands-on proactive approach to making sure that this experience meets the goals of our mission statement and those of our partner organizations.



**Program Pricing**

<b>Therapy Abroad</b>	
<i>Our goal is to provide you with a unique, relevant, culturally appropriate experience that our program directors, and consultants have designed with care. However, all program components and activities are customizable to fit the needs of our partners and we will take the same care and attention to detail in making any and all adjustments as needed.</i>	
<b>Program Pricing Includes</b>	
Pre-Departure Support	
Flight Planning Booking (If Needed)	
24-Hour Emergency Phone	
Airport Pick-Up / Drop-Off	
All Ground Transport	
All Program Logistics	
Accommodation (6 Nights Mountain /4 Nights Beach)	
Some Meals (All Breakfast, Several Group dinners, Farewell Beach Bar-B-Q)	
Local & International Program Facilitator	
Materials	
24-Hour In-Country Support	

<b>Pricing</b>
<b>Total Cost (Flight Not Included)</b>
<b>\$1,500</b>
<b>Single Supplement Upgrade for Accommodation</b>
<b>\$460</b>