

Therapy Abroad Interprofessional Service Program-Belize

Program Type	International Interprofessional Service Program
Destinations	Belize C.A. -San Ignacio, Caye Caulker / Guatemala C.A. –Flores, Tikal
Program Audience	Speech-Language Pathologists; Occupational, Physical, Neurological, Art, and Music Therapists
International Partners	Help Age International, Hazel Hutchinson ADC, Octavia Waight Centre, National Resource Center for Inclusive Education (NaRCIE), BlueDot Partnerships, C.E.L.A Belize
Facilitators	Candace Beitman, EdD, OTR; Chad Allen, Co-Founder and Director Therapy Abroad
Duration	10-days
Dates	November 6 –November 16, 2019

Introduction to Chad and Therapy Abroad:

Chad Allen, Co-founder and Managing Director, serves as the managing director and is also a co-founder of Therapy Abroad. He has more than 15 years of experience working domestically and internationally in community-based program design and implementation, program management and volunteer management. He served as a Peace Corps volunteer in the Philippines where he developed his love for working with people, organizations and communities and a passion for international travel. Since then, he has lived and worked in Thailand, South Africa, and Australia as a project leader and country director for a student volunteer and travel organization. He continues to travel and explore the world whenever he can. Chad attended Florida State University where he received his undergraduate and master’s degrees in geography.

Therapy Abroad Mission: Therapy Abroad creates an interactive educational environment for students and professionals to learn and enhance core competencies in their field, as well as to enjoy the richness and challenges of service learning and traveling abroad. Working with partner organizations overseas, students and professionals are given the opportunity to work directly with clients, receive specialized training, and learn from experts in and outside their field while also contributing to a unique cultural exchange experience.

Program 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 with an added excursion to Tikal, Guatemala to visit the Unesco World heritage site and Mayan Archeological complex. 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, home health settings, and community-based 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, BlueDot Partnerships, and C.E.L.A Belize.

Program Activities (What): The trip will be balanced with professional exchange opportunities, screenings, assessments, and therapeutic interventions, as well as cultural awareness activities, excursions, group reflections, and teambuilding. Screenings, assessments, therapy, and caregiver and staff/teacher education and training 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 leaders Chad Allen and 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.

Daily Itinerary*

November 6 -16, 2019

Day	Activity	Notes
Wed, Nov 6		
11AM -1PM	Approximate Arrival Times Belize	*Please try to arrive to BZE between 11 AM & 1 PM.
Lunch		
5:00 PM	Guest House Check-In	Travel by private transport to San Ignacio (Approx. 3 hrs.)
Notes:	Accommodation : Martha's Guest House Evening Orientation:	Martha's Guest House Brief orientation to Therapy Abroad, our program/vision and Belize; health and safety.
Thurs, Nov 7		
9:00 AM	Orientation to Belize	History, Culture
10:30 AM	Introduction to Health Care in Belize	Local health professional
noon	Lunch	
1:30-4 PM	Visit to San Ignacio Hospital (opt) and Octavia Waight Centre: Tour facility; Meet with administrators; establish plan for service-delivery *More information about Octavia Waight Centre	Guided tour; meet local health providers *Home improvement team at OWC http://www.octaviawaightcentre.org/
6:00 PM	Group Dinner	
Notes:	Evening Discussion	Discussion about working in a different culture, specific issues in Belize when working in health care
Friday, Nov 8		
8:00 AM	*Introduction to the Community Health Workers program	
10:30 AM	Team 1: OWC resident and OP rehab; art therapy, home/facility improvement Team 2: Orientation to NaRCIE (school-based therapy) Team 3: Village Health Care	Visit to village for tour, meeting local health providers
noon	Lunch	
1:30-4 PM	OWC, NaRCIE, Village health care Cont...	

Notes:	*More information about Community health Workers Program in Belize *More information about NaRCIE	Community Health Workers Belize NaRCIE Cayo Belize
Sat, Nov 9		
6:00 AM	Breakfast	
7:00 AM	Depart for Isla de Flores, Guatemala	
8:00 AM	Border Crossing	
9:00 AM	Continue to Isla de Flores, Guatemala	Approximate Travel Time 1.5 Hours
10:30 AM	Check Into Hotel	Hotel Isla De Flores
12:00 PM	Lunch	
2:00 PM	Guided tour of Flores Old City	
6:00 PM	Sunset Dinner on Lake	
Notes:		
Sunday, Nov 10		
	Sunrise Viewing From Temple of the Lost World	
	Half Day tour of Tikal National Park	Tikal National Park
12:00 PM	Lunch	
1:00 PM	Return to Flores	
3:00 PM	Time to relax and explore	
Notes:		
Mon, Nov 11		
8:00 AM	Depart for San Ignacio, Belize	
12:00 PM	Arrive back to San Ignacio Lunch Check-In	Martha's Guest House
1:00 – 4 PM	Open Afternoon or service provision at OWC and/or NaRCIE	
Notes:	Dinner on own Team meetings/ Prep	Discussion about differences between cultures, impact on our future service-provision
Tues, Nov 12		
8:30 AM	Team 1: OWC resident and OP rehab; art therapy; home renovation Team 2: NaRCIE Team 3: Village Health Care	
noon	Lunch	

1:30 - 4 PM	NaRCIE, OWC, Village health care Cont...	
Wed, Nov 13		
8:30 AM	Team 1: OWC resident and OP rehab, art therapy, home renovation Team 2: NaRCIE	
1:00 PM	Lunch	
2:00-3:30 PM	Teams 1 and 2	*Debriefing sessions with caregivers, teachers
4:00 PM	Medicinal Garden and local healer	Talk by local healer, guided tour of gardens
Thurs, Nov 14		
8:00 AM	Departure to Belize City /Caye Caulker	Approx. Drive Time 2 Hours
11:00 AM	Ferry to Caye Caulker	
12:00 PM	Group Lunch on the Beach	
2:00 PM	Check Into Accommodation	La Isla Resort
Notes:	Free afternoon/evening	Caye Caulker has numerous activities including snorkeling, cultural excursions, jungle outings, touring the village via golf cart, and relaxing on the beach.
Friday, Nov 15		
9:00 AM	Visit/service provision at school	
1:00 PM	Free afternoon	
7:00 PM	Evening discussion/final debriefing,	Final debriefing/check out of hotel
Sat, Nov 16		
8:00 AM	Ferry Departure to Belize City	
9:00 AM	Arrive at Ferry Terminal Departure for Belize City (BZE) Airport	*Flight Departures Should be scheduled to depart BZE by 11:30 AM on Saturday, November 16

Note: this itinerary is a working itinerary; it will undoubtedly change depending on group composition, partner needs and desires, unforeseen additional opportunities, and circumstances beyond our control!

We estimate that Program fees (including all in-country transfers, accommodations, daily transportation, some meals, 24 hour emergency assistance, and coordination with our service partners) will be ~\$1700 pp plus airfare; 10% less if you've been with us before.