

METHODIST CHILDREN'S HOME



METHODIST CHILDREN'S HOME RECREATION INTERNSHIP

Methodist Children's Home serves more than 1,000 children daily through residential care, foster care, after-school programs, and outreach offices. Our home offices and home units in Waco are located on 130 acres. We serve children and youth from 7-19 years of age. The average length of stay is 18 months.

The recreation internship program is designed to help place interns on our Boy's Ranch campus (600 acres). This campus serves 50 boys ages 12-19. Interns will aid the Director of Program Services and Recreation Coordinator in the delivery of recreation services.

Our recreation facilities include:

- Gym
- Weight Room
- Two Pools
- Low Ropes Course
- Alpine Tower
- Tennis Courts
- Three Ponds
- Canoes
- Horses
- Camping Equipment

Interns will be trained for the following purposes: lifeguard, low and high rope course facilitator, and in other areas as needed for recreation. Interns will have the opportunity to learn all areas of recreation offered by the Methodist Children's Home.

We are accepting up to 4 interns for Summer 2009. Interns will receive free room and board will be available to interns with the possibility of a stipend. For more information, please contact Karen Melton.

Karen Melton, CTRS
Director Of Program Services
(254) 867-6102
1439 Ranch Road
Waco, Texas 76705
kmelton@mchwaco.org

Methodist Children's Home



Recreation Internship

Karen Melton

kmelton@mchwaco.org

(254)867-6102

Residential/ Adolescent Foster Care Center
Department: Recreation Services

Goal: To Complete Fulltime Recreation Internship

12-16 week; 480 hr. minimum

Objectives include:

- Completing/Passing 3 week extensive training, for internship to commence. Intern also responsible for other trainings throughout semester, assigned by supervisor.
- Assess, Plan, Implement, and Evaluate program/activity protocols
- Facilitate 6 activities min/week with youth at risk, between ages of 12 and 19, by termination of internship.
- Coordinate with home units weekly schedules for active recreation participation.
- Implement minimum of one 1:1 case study, including weekly progress notes.
- Attending and preparing reports for periodic team meetings.
- Complete ALL assignments of both University and Methodist Children's Home, specifically a semester special project.
- Attend and actively participate in weekly recreation department meetings.
- Assist in preparing, leading and chaperoning special events/trips that occur during the approved semester.

Summer Internship:

Each summer the recreation department hopes to acquire up to ten interns. These interns help facilitate recreation activities evenly to all students. Each intern is in charge of two to three home units' recreation activities each summer, servicing the twenty-two home units at MCH.

Spring and Fall Internship:

During the Spring and Fall, recreation does not provide as many activities due to youth being in school. Therefore, recreation hopes to acquire up to six interns. Each intern serves three to four home units.

All Internships:

All interns go through three weeks of training. This training includes (but is not limited to):

- Orientation to Internship
- MCH Employee Training
- Ropes Course Training
- Lifeguard Training (depending on season)
- Introduction to Home Units, Case Workers, Home Parents, etc.
- Planning Home Unit Recreation
- Familiarization to MCH System
- Reading the book: Reclaiming Youth at Risk

After training, intern's day-to-day duties would include:

- Planning trips for home units
- Planning Programs (that enhance youth development)
- Providing Pool Time (depending on season)
- Facilitating Ropes Course
- Coordinating time with horses

- Meeting regularly with Recreation Coordinator and Home Unit Staff
- Preparing for any certification exams

Role of Interns:

1. To be a liaison between the recreation coordinator and the home unit.
 - a. Building relationship with students
 - b. Meeting with home unit staff
 - c. Meeting with recreation coordinator
2. To assess recreational events for the home units
 - a. Understand the recreational needs and desires of individuals living in the home units.
3. To plan recreational events for the home unit.
 - a. Create recreation opportunities that meet the needs of home units.
 - b. Coordinate event with home unit staff
 - c. Coordinate event with recreation coordinator
4. To implement recreational events for the home units
 - a. Gather the resources needed to provide event
 - b. Supervise the recreation event
5. To evaluate recreation events for the home units
 - a. Gather information on the success of the program
6. To program one special event for all MCH students (dependent on season)
 - a. Spring: Valentines Dance
 - b. Summer: Fourth of July
 - c. Fall: Fall Festival
7. To implement campus wide programs designed by the recreation coordinator
8. To complete a special project that results in the betterment of MCH recreation.

Role of Recreation Coordinator with Interns:

1. To meet regularly with interns (minimum once a week)
 - a. Give feedback on interns' ideas
 - b. Give feedback on interns' behaviors
 - c. Be a sounding board for interns
2. To aid interns in implementing programs
 - a. Provide resources needed for programs
 - b. Provide support needed for programs
 - c. Provide supervision needed for programs
3. To create campus-wide programs
4. To act as a liaison between administrators and interns
 - a. Inform administrators of activities taking place in the home unit
 - b. Inform administrators of needed resources
 - c. Inform administrators of needed support
5. To give interns the opportunity to meet all internship requirements