



WESTERN REGIONAL
2019 OT SPRING SYMPOSIUM



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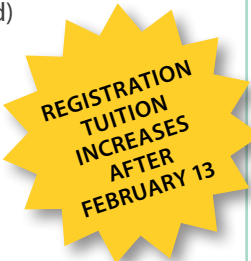
CONTINUING EDUCATION

March 16 & 17, 2019

Crowne Plaza San Diego
 Mission Valley
 2270 Hotel Circle North
 San Diego, CA 92108

Check out these Symposium Highlights!

- **More than 45 sessions.** Tracks include: Leadership/Management, Behavioral and Mental Health/Wellness, Pediatrics/School-based, Physical Disability/Rehab/Adults, Academic/Fieldwork and Technology
- Student Track/Discount (lunches and receptions not included)
- Saturday OTAC Town Hall Lunch (separate fee for students)
- Saturday Legislative Reception (separate fee for all)
- Saturday OTAC-PAC Pub Trivia Night (separate fee for all)
- Sunday Networking Lunch (separate fee for students)



Stay at the Symposium Hotel!

Sleeping room rate: Just \$143. Hotel reservations close February 18 for the OTAC sleeping room block and is based on availability in our block.

Stay at the Crowne Plaza over Symposium dates and be eligible for valuable prizes!

Crowne Plaza San Diego Mission Valley • 2270 Hotel Circle North, San Diego, CA 92108
 Reservations (888) 233-9527

Hotel dining outlets (three options; hours subject to change):

- The Islands Restaurant (6:00am-9:00pm)
- Islands Sushi Bar/Lounge (5:00pm-11:30pm)
- Kona Coffee Corner/Gift Shop (5:00am-varies)

Shuttle: Hotel service is on demand to Old Town, Fashion Valley Shopping Mall, and more than 30 restaurants within a 5-mile radius. It runs from 7:00am-9:00pm.

Parking: Self parking available for \$14 per day. No valet service. Overnight guests \$13 per day. (Rates subject to change.)

Great Value!

Special "2-for-1" Registration Rate – \$139 each. If a current member recruits a new member to join in conjunction with the Symposium, both can attend at this discount. If two nonmembers join at the same time/together, both can attend at the discount. All paperwork must be submitted together.

Regular Member Registration Rate – \$219 each. If you don't recruit a new member attendee, you can still attend at the great value of only \$219 for the two-day symposium.

Attention Students! Look inside for special student discount (Registration Form) and student track (Saturday – sessions 1, 5, 8, 10, 14, 20, 23, 27, 30, 33; Sunday – any session).

Online Registration. Online registration available on the OTAC website at www.otaconline.org.

Dates to Remember!

Cut-off time is 8:59pm PST unless otherwise noted.

- February 13** Early bird registration deadline (8:59pm PST). Fees increase.
- February 13** Deadline to request registration refund
- February 18** Hotel room reservation deadline (midnight PST) – \$143/night
- March 7** Deadline for "2-for-1" discount (8:59pm PST)
- March 7** Advance Symposium registration deadline (8:59pm PST); must register on-site after this date. Fees increase.

Symposium Sponsors



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Program Schedule

SATURDAY, MARCH 16

7:45am–8:30am

Mind-Body Activity: Easy Form Tai Chi A

Barbara Brewer, COTA/L

Tai Chi is a balance activity, which tones the body, increases breathing capacity, lowers stress level, improves organ function, and corrects poor posture. This is energizing for the body, mind, and spirit to start the day.

8:45am–10:15am

State Legislative and Regulatory Updates (1.5 PDUs) 1

Sabrena McCarley, MBA-SL, OTR/L, CLIPP; Lauren Lopez, MA, OTD, OTR/L

Join us for a critical briefing on the latest legislative and regulatory changes impacting the occupational therapy profession, including OTAC-sponsored legislative bills. Attendees will also learn about OTAC's newest grassroots advocacy initiative, GO-TO-OT.

8:45am–10:15am

Using Motivational Interviewing to Support Student Professionalism on Fieldwork (1.5 PDUs) 2

Jennifer Dulek, OTD, OTR/L

Motivational interviewing is explored as a brief, evidence-based approach to improve students' professional behaviors while on fieldwork. Attendees will develop concrete, student-centered strategies and skills to support and guide their own fieldwork students toward more positive and professional choices.

8:45am–10:15am

Get Your Groove Back: Occupational Engagement for Practitioners (1.5 PDUs) 3

Shannon Kelly, MS, OTR/L; Ellen Wleklinski Collins, MOT, OTD, OTR/L, CBIS

This hands-on presentation will renew your passion and energy for occupational therapy. Come join us for a dynamic conversation with an evidence-based practice backbone, so we can help you bring your best self to work every day!

8:45am–10:15am

Thinking and Acting "Outside the Box" (1.5 PDUs) 4

Erin Schwier, OTD, EdD, OTR/L; Jennie DiGrado, OTD, OTR/L;

Christine Childers, PT, BSc (Hons), PhD

Occupational therapy (OT) practitioners have a unique command on cognition and its implications. Through role-playing various cognitive levels and situations, OTs, as lead players, can teach other health professionals how best to communicate with their clients.

8:45am–10:15am

Addressing Falls in an Acute Inpatient Oncology Hospital (1.5 PDUs) 5

Carnie Lewis, MA, OTR/L; Stacey Morikawa, OTD, OTR/L;

Yasi Amanat, OTD, OTR/L

Occupational therapy can address falls within treatment sessions and outside of direct patient care by utilizing evidence-based practices and our profession's distinct lens to analyze factors that contribute to falls.

8:45am–10:15am

Toilet Readiness 101: All You Ever Wanted to Know but Were Afraid to Ask (1.5 PDUs) 6

Judy Hopkins, OTD, OTR/L, CLC; Holly Charlton, MS, OTR/L

Attendees will learn about toilet teaching and how to create strategies to support this important transition. Key areas including readiness for toilet learning, toilet preparation and demonstration, and how to support families in toilet teaching will be reviewed.

SATURDAY & SUNDAY OVERVIEW

7:30am

Registration Desk Opens

8:45am–12:00noon

Education Sessions

12:00noon–1:15pm

Lunch Break

1:30pm–4:45pm

Education Sessions

5:00pm–6:00pm

Legislative Reception (Sat)

6:00pm–7:00pm

PAC Pub Trivia (Sat)

8:45am–10:15am

Multidisciplinary Team Approach and Therapeutic Intervention of Infants and Toddlers with Obstetrical Brachial Plexus Palsy (OBPP) (1.5 PDUs) 7

Vicky Vu, MA, MBA, OT/L, BCP; Lauren Bojorquez, PT, DPT

Understanding the intricacies of nerve regeneration with infants and children with OBPP plays an important role in a multidisciplinary team. This session will review guidelines in determining timing of possible nerve reconstruction or muscle transfers as well as the therapeutic interventions pre- and post-surgical intervention.

STUDENT TRACK (NO PDUs) 8

Section 1-8:45am-9:45am

Evidence-based Practice and Traumatic Brain Injury

Christopher Plague, OTS; Miranda Dichairo, OTS; Hillary Ramos, OTS;

Nicole Sialaris, OTS; Eileen Wang, MA, OTR/L

The American Occupational Therapy Association has published Occupational Therapy Practice Guidelines for Adults with Traumatic Brain Injury. Are occupational therapy practitioners following these guidelines? This presentation will discuss the results from a survey investigating the use of evidence-based practice with this population.

Section 2-9:50am–10:50am

Healthcare Navigation for Clients with Chronic Conditions

Elissa Lee, OTS; Tabitha Lin, OTS; Gabriele Granados, OTR/L

Clients with chronic conditions from lower socioeconomic backgrounds often have lower health literacy rates and patient activation that contribute to poor healthcare navigation skills and health outcomes. This presentation outlines the evidence supporting occupational therapy in healthcare navigation, program development, and Lifestyle Redesign® approach to intervention planning.

Section 3-11:00am-12:00pm

Training the Trainer: Mental Health Social Skills Training

Ingrid Leu, OTD, OTR/L; Marissa Carillo, OTS; Robert Gladstone, OTS;

Clarissa Malhiot, OTS; Alyza Grace Mijares, OTS

This session will explore a social skills training program for staff at a mental health residential treatment program through training modules with the goal of improving the residents' social skills within the setting.

10:30am-12:00pm

Protect Your License (1.5 PDUs) 10

Richard Bookwalter, MS, OTR/L; Sharon Pavlovich, MAM, COTA/L;

Heather Martin, CBOT Executive Officer

Come learn about the latest regulatory changes affecting occupational therapy licensees. Learn about important statutes and regulations, and hear about some of the most frequent violations and how you can avoid them. Protect your license and your career with this invaluable information.

HOTEL RESERVATION DEADLINE:

February 18, 2019

CROWNE PLAZA SAN DIEGO • (888) 233-9527

Program Schedule

EARN
PDUs

10:30am-12:00pm

Learning the 3D Printer for Occupational Therapy Education (1.5 PDUs) 11

Maureen Johnson, MS, OT/L, C/NDT, PhD(c); Raymond Nubla, OTS; Erica Sequeira, OTS; Moira Mills, MOT/L; Claire Uke, MOT/L

This presentation will describe how to design an item on a computer-aided design program and demonstrate how 3D printing can facilitate critical thinking and problem-solving in students in an assistive technology class.

10:30am-12:00pm

Celebrating Wellness in A Group Setting with OT and Expressive Arts (1.5 PDUs) 12

Taly Galor, OTR/L; Galit Shezifi

This session will demonstrate using the benefits of the group process to create positive changes in lifestyle choices for group participants. The presentation includes hands-on experience in a supportive non-judgmental environment that help clients work on making better choices in both healthy living and wellness.

10:30am-12:00pm

Occupational Therapy's Role in LA's Skid Row "Housing for Health" (1.5 PDUs) 13

Alexandra Zuck, MA, OTR/L; Phillip D.H. Lee, MA, OTR/L; Emma Juhlin, MA, OTR/L

An overview will be presented of how occupational therapy, through a university-based interprofessional student-led collaborative was incorporated into one 'healthcare for homeless' clinic and two community-based housing organizations in Skid Row of Downtown Los Angeles.

10:30am-12:00pm

Understanding and Treating Common Hand Injuries (1.5 PDUs) 14

Cynthia Cooper, MFA, MA, OTR/L, CHT

Common hand injuries are frequently overlooked and underappreciated. They may take months to heal, sometimes leaving residual cosmetic and functional limitations affecting quality of life. This presentation describes common hand injuries and their treatment.

10:30am-12:00pm

Expanding Roles for OT in School-based Practice by Understanding the Legislative Process (1.5 PDUs) 15

Erin Dolin, EdD, OTR/L; Pat Nagaishi, PhD, MA, OTR/L; Sabrena McCarley, MBA-SL, OTR/L, CLIPP, RAC-CT

Occupational therapists (OT) and physical therapists are the only IDEA-related service professionals without a school credential. Become familiar with the history and current roles of OT in the schools. Understand the organizational structure of the educational system and the legislative process for continued advocacy and professional growth.

12:00pm-1:15pm

OTAC Town Hall Lunch B

Join OTAC President Heather J. Kitching, OTD, OTR/L, and other OTAC leaders for lunch and an informative presentation on OTAC's advocacy plans for the coming year. An update on the OTAC Strategic Plan will also be shared. Lunch is included in Saturday registration fee (students pay an additional fee). **Indicate your intent to attend the lunch by circling Activity B on the Program Selection Grid on the Registration Form.**

1:30pm-2:30pm

Be Prepared: Creating Personal Emergency Action Plans with Your Clients (1 PDU) 20

Mary Evert, MBA, OTR/L, FAOTA, ScD (Hon)

Occupational therapy (OT) practitioners have an obligation to prepare clients for fire, earthquake, flood, personal medical, or other disaster and emergency situations. They must create plans with clients and their families, which meet their needs during crisis environments under worse case scenarios. OTs' roles and practices within emergency/disaster management frameworks will be applied. Participants will create strategies to enhance interventions that will improve client safety, risk reduction, recovery, and quality of life.

1:30pm-2:30pm

Incorporating Assistive Technology to Enhance Sequencing and Occupational Performance (1 PDU) 21

Natalie Ang, OTR/L, HTC, PAM, CLIPP, CAS, CEAS, ATAC

Visual supports improve skill and compliance during treatment or as part of a home program. Learn to incorporate video modeling, pictorial schedules, and more for clients with difficulty understanding directions and sequencing multistep tasks.

1:30pm-2:30pm

Impact of Cognition on Discharge Disposition from Hospital (1 PDU) 22

Hanna Eickenbrock, OTR/L; Ashley Sinnappan, OTS

Research finds occupational therapy (OT) reduces hospital readmission rates. This session highlights the importance of addressing functional cognition in the acute care setting in order to recommend the most appropriate discharge disposition.

1:30pm-2:30pm

Is Sensory Integration an Effective Treatment for Autism? (1 PDU) 23

Mary Ellen Tan, OTR/L

This presentation will review case studies of clients with sensory processing issues suspected or diagnosed with autism before age three. Early Intervention treatments received after initial occupational therapy evaluation and comparison of progress in development will be discussed.

1:30pm-2:30pm

The Intersection of Pediatric Cancer, Medical Trauma, and Feeding Challenges: A Case Study (1 PDU) 24

Karen Park, OTD, OTR/L, BCP; Zorash Montano, PhD; Anet Piridzhanyan, MS, RDN

This presentation will describe a case study of a child with a neuroblastoma status post bone marrow transplant. Components of the case include significant feeding challenges; identifying the medical, psychosocial, and nutritional challenges; and unique stressors experienced by caregivers. The presenters will highlight the interdisciplinary collaboration between occupational therapy, psychology, and nutrition to reduce familial stress, support self-regulation, improve nutritional status, and promote positive mealtime experiences.

1:30pm-4:45pm

Guidelines for Supervision, Documentation, and Ethical Practice (3 PDUs) 25

Bryant Edwards, MPH, MA, OTD, OTR/L, BCP; Katie Jordan, OTD, OTR/L

This session will provide foundational knowledge to support occupational therapy practitioners in any setting. Presenters will focus on legislative updates, regulatory changes, and problem solving on issues of supervision, documentation, and ethical practice.

Program Schedule

EARN
PDU's

1:30pm-4:45pm

How to Pioneer Occupational Therapy in College Campuses (3 PDUs) 26

Rashelle Nagata, OTD, OTR/L; Grace Ho, OTD, OTR/L;
Karen McCarthy, OTD, OTR/L; Tracy Jalaba, OTD, OTR/L

Discover why occupational therapy practitioners should be employed on college campuses, what it would take to build a program or position, and how you can demonstrate your unique value as an occupational therapy practitioner.

STUDENT TRACK (NO PDUs) 27

Section 1-1:30pm – 2:30pm

Cultivating Connections: Facilitating Growth in Mental Health

Deborah Haratoonian, OTS; Will Leisek, OTS; Raymond Nubla, OTS;
Julia Rowe, OTS; Crystal Manlapas, OTS

Level II fieldwork students utilized hands-on leisure activities in a residential treatment program. They will discuss how engagement in gardening contributes to a sense of connection, community, personal growth, and well-being for people living with mental health disorders.

Section 2-2:40pm – 3:40pm

Lifestyle Management for Substance Abuse Disorders

Priya Parekh, MA, OTR/L; Danielle Lombardi, MA, OTR/L

Research in the area of substance abuse disorders demonstrates the effectiveness of occupational therapy practitioners providing lifestyle intervention for individuals with substance abuse disorder in order to reinstate occupational well-being and improve quality of life.

Section 3-3:50pm - 4:45pm

A Mentor Could Be the Secret to Your Success

The OTAC Annual Conference and Expo and the Spring Symposium are prime opportunities to network and connect with potential practitioner mentors. Join moderator, Lauren Heflin, MA, OTR/L, and a panel of practitioners for their personal experiences and best tips on finding and working with a mentor.

2:45pm-4:45pm

Hoarding and Harm Reduction: A Trauma-informed Approach (2 PDUs) 30

Erin McIntyre, OTD, OTR/L; Ryan Kohl, OTS; Justin Faling, MSW

This session will introduce a trauma-informed, harm-reduction approach to navigate mandatory clear-outs for people experiencing hoarding disorder. A collaborative case example from a Level II fieldwork student and case manager will be discussed.

2:45pm-4:45pm

East Meets West: Alternative/Complimentary Treatments and Exercises (2 PDUs) 31

Barbara Brewer, COTA/L

This is a hands-on and interactive learning experience for seated yoga, Tai Chi, Qigong, and Longevity stick exercises. Practitioners will be able to explore mind-body treatments to promote healing and improve outcomes for most patient populations.

2:45pm-4:45pm

Occupational and Lifestyle Interventions to Address Chronic Conditions (2 PDUs) 32

Grace Cho, MA, OTR/L

This presentation will cover occupational and lifestyle related interventions that occupational therapy practitioners can provide in any setting (e.g., healthy eating, physical activity, sleep, stress/depression/anxiety/pain management, and engagement in meaningful activities).

2:45pm-4:45pm

Occupational Therapy Pilot Collaboration within Parent-Child Interaction Therapy (2 PDUs) 33

Caroline Hardin, MA, OTR/L; Genevieve Lam, Psy.D. Post-Doctoral Psychology Fellow

Using a case study, an occupational therapy practitioner and psychology provider team demonstrate how practitioners can better support children with sensory needs to participate in parent-child interaction therapy, an evidence-based behavioral intervention for children and their caregivers.

2:45pm - 4:45pm

Promoting Balance: Technology and Teenagers (2 PDUs) 34

Stephanie Foster, PhD, OTR/L; Nicole Foster

Technology makes our lives easier, faster, and helps us accomplish more. It also affects relationships, attention spans, and social skills. This workshop will examine the teenager perspective regarding the importance and use of technology, along with concrete methods to promote balanced use.

5:00pm-6:00pm

OTAC Legislative Reception C

Join OTAC Region 1 Director Susan MacDermott, OTD, OTR/L; OTAC Board of Directors; and the OTAC Advocacy and Government Affairs Committee to celebrate our impactful efforts this past year and to support the launch of our 2019 advocacy efforts. Come mix and mingle after a day of intense learning. **Together, We Can!** be effective advocates for our profession. Additional fee required. Refer to the Registration Form.

6:00pm-7:00pm

OTAC-PAC Pub Trivia Night D

Join OTAC for an evening of fun — OTAC and political trivia, OT camaraderie, and pub nosh. Additional fee required. Refer to the Registration Form. Pub Night attendees receive additional tickets for the Sunday OTAC-PAC prize drawings at the Sunday Networking Lunch.

SUNDAY, MARCH 17

7:45am-8:30am

Mind-Body Activity: Easy Form Tai Chi E

Barbara Brewer, COTA/L

Tai Chi is a balance activity, which tones the body, increases breathing capacity, lowers stress level, improves organ function, and corrects poor posture. This is energizing for the body, mind, and spirit to start the day.

8:45am-9:45am

Elevating Your Professional Growth Through Volunteerism (1 PDU) 40

Heather J. Kitching, OTD, OTR/L

Whether you are a first year occupational therapy practitioner or a seasoned professional, volunteerism can elevate your professional growth and provide you with greater life satisfaction. Come dialogue with the OTAC president about volunteer opportunities that are designed to fit your interests and available time. This is also an opportunity to share your thoughts on the future path of the Association and the profession.

Program Schedule

EARN
PDUs

8:45am-9:45am

Facilitating Professional Outreach Through Undergraduate Education (1 PDU) 41

Kristy Payne, OTD, OTR/L; Catherine Crowley, OTD, OTR/L

Supporting diversity in the occupational therapy profession begins with examining how students come to learn about the field. Attendees will explore the impact of undergraduate education in disseminating knowledge of the occupational therapy profession.

8:45am-9:45am

Occupational Therapy Approaches in Early Addiction Recovery (1 PDU) 42

Susan MacDermott, OTD, OTR/L

This presentation will provide valuable approaches to delivering occupational therapy within an addiction center during the initial stages of recovery. It will analyze the role of occupation and propose models for addressing addiction.

8:45am-9:45am

A Step Ahead: Occupational Therapy's Role in Pre-Habilitative Services (1 PDU) 43

Allie Schmiesing, MA, OTR/L

As healthcare adopts value-based reimbursement, stakeholders seek higher quality care for less money. One promising avenue is pre-habilitation. Occupational therapy practitioners have a unique role to play and participants will examine best practices, challenges, and opportunities.

8:45am-9:45am

Snapshot Survey of Mindfulness Techniques for Chronic Pain (1 PDU) 44

Cristina Scionti, MS, OT/L, RYT-500; Katherine Chen, OTS

Chronic pain is a debilitating condition that impacts an individual's occupational function. This presentation will explore the current use of mindfulness-based techniques in the treatment of chronic pain by occupational therapy practitioners from a university survey.

8:45am-9:45am

Voices of Urban Youth: Current and Future Occupations (1 PDU) 45

Sheryl Ryan, PhD, OTR/L

This session will consider roles for occupational therapy in community occupation-based programs and conceptions of childhood occupations in light of findings of a qualitative study that included interviews with middle school youth in a college-going culture program.

8:45am-12:00pm

Sensory Processing Treatment of Birth Difficulties and Developmental Delays (3 PDUs) 46

Peg Bledsoe, MA, OTR/L, FAOTA, BCP; Stephanie Foster, PhD, OTR/L

Development before birth globally impacts physical and social-emotional development throughout one's life. These events affect the tactile, vestibular, and visual processing, which affect learning and sensory processing. This workshop will identify specific behaviors related to birth difficulties and present evidence-based treatment strategies.

8:45am-12:00pm

Beyond Motivational Interviewing: Working with Occupational Disengagement in Psychosis (3 PDUs) 47

Erin McIntyre, OTD, OTR/L; Deborah Pitts, PhD, OTR/L, BCMH, CPRP

This session will consider perspectives on motivational states drawn from occupational therapy traditions and recent approaches that challenge the heavy reliance on motivational interviewing and its theoretical partner, the Transtheoretical Model of Change, as central tools in occupational therapy mental health practice.

10:00am-12:00pm

Preparing for a Short-term Volunteer Experience (2 PDUs) 50

Beth Sullivan, OTD, OTR/L

This two-hour presentation using PowerPoint and small group discussion will describe the process of providing culturally competent short-term occupational therapy interventions in third-world countries.

10:00am-12:00pm

Being an Academic Fieldwork Coordinator: Roles and Responsibilities (2 PDUs) 51

Jayne Taguchi Meyer, OTD, OTR/L;

Donna Breger Stanton, OTD, OTR/L, FAOTA

Academic fieldwork coordinators (AFWCs) have critical roles in academic occupational therapy programs and complex job responsibilities. Attendees will learn and understand the breadth and depth of this job and self-assess strengths and growth areas relative to being an AFWC.

10:00am-12:00pm

Occupational Therapy's Role with Survivors of Human Trafficking (2 PDUs) 52

Emily Ecklund, MOT, OTR/L; Kathleen Gorman, OTD, OTR/L

Limited literature exists regarding occupational therapy's role in human trafficking. This presentation aims to educate and advocate the role of occupational therapy practitioners in 1) providing intervention for survivors in continuum of care and 2) combating human trafficking.

10:00am-12:00pm

Identifying Depression and Activities to Support Recovery (2 PDUs) 53

Guy McCormack, PhD, OTR/L, FAOTA

Depression affects more than 40 million adults and only 54 percent show substantial clinical improvements when they take antidepressant medicines without lifestyle changes. This session will present evidence-based lifestyle changes to make in combination with medications that can improve outcomes.

10:00am-12:00pm

Addressing Functional Cognition in Stroke Rehabilitation: Assessments and Interventions (2 PDUs) 54

Lucy Hosoda, OTD, OTR/L

Cognition has an impact on an individual's recovery after stroke in various ways including quality of life, level of independence, discharge destination, and participation and carryover in therapies. Cognitive rehabilitation, including both remediation and compensatory techniques, have been deemed to be effective for stroke rehabilitation across the continuum of care. This session will highlight occupational therapy's vital role in addressing functional cognition with this population and address best practices for assessments and interventions.

10:00am-12:00pm

Educational Occupational Therapy Manual: A Districtwide Resource (2 PDUs) 55

Danielle Delorenzo, MSOT, OTR/L; My Bui, OTR/L; Rivka Rahmani, OTS

An educational occupational therapy manual will provide district staff and teachers with guidelines for occupational therapy referrals as well as occupational therapy related classroom strategies and resources to support students at all levels of academic need.

Program Schedule

EARN
PDU's

12:00pm-1:15pm

OTAC Networking Lunch F

Enjoy this opportunity to informally network and share practice concerns and tips at practice area topic tables. Each table will have a conversation facilitator. Prizes for the OTAC-PAC will be drawn. Lunch included in registration for practitioners if registered for Sunday or Saturday/Sunday. **Please indicate your intent to attend the lunch by circling Activity F on the Program Selection Grid on the Registration Form.** Students: Purchase lunch in advance using the Registration Form.

1:30pm-2:30pm

The Two Percent: Advocating for Occupational Therapy's Role in Mental Health Practice (1 PDU) 60

Jessica Richman, OTD, OTR/L; Ingrid Leu, OTD, OTR/L

The dwindling number of occupational therapy practitioners working in mental health raises concerns about our ability to remain in the practice area. This presentation aims to explore the possibilities of occupational therapy practitioners' role in mental health advocacy.

1:30pm-2:30pm

Help Your Sensitive and Sensory Kids Thrive (1 PDU) 61

Jill Loftus, MA, OTR/L; Melissa Schwartz, BA

One in five children displays characteristics of sensory processing sensitivity (SPS) and/or sensory processing disorder (SPD). This session will break down the revolutionary new term SPSPD, which explains the confusing intersection of SPS and SPD.

1:30pm-2:30pm

Sanism and Mad Pride: Critical Perspectives on Mental Health (1 PDU) 62

Karen McCarthy, OTD, OTR/L; Bianca Doherty, OTD, OTR/L

The issue of stigma surrounding mental health has received increasing attention within occupational therapy, however, the focus has been primarily limited to the individual(s) being stigmatized, rather than on the underlying processes that create and maintain stigma. This presentation will explore the concept of 'sanism' as a system of thought that provides a foundation upon which stigma is maintained against persons labelled with a mental health diagnosis. The Mad Pride movement will also be discussed as an alternative perspective of mental health and a way to combat the sanism and the negative impacts of stigma.

1:30pm-4:45pm

A Holistic Framework to Address Healthcare Burnout (3 PDUs) 63

Erika del Pozo, MOT, OTR/L

This course will provide occupational therapy practitioners with the astounding research around the negative health and work outcomes resulting from burnout and evidence-based interventions for the individual and the healthcare team.

1:30pm-4:45pm

Navigating Fieldwork: A Road Map for Fieldwork Educators (3 PDUs) 64

Joyce Fries, MS, OTR/L; Jaynee Taguchi Meyer, OTD, OTR/L;

Stephanie Kokesh, OTD, OTR/L

This session will provide guidance and resources to enhance a fieldwork educator's ability to manage the trajectory of a fieldwork placement: adequate preparation, effective teaching and learning methods, and remediation of challenging situations.

1:30pm-4:45pm

Reinvigorating Rehab with the OT Whole Person Perspective (3 PDUs) 65

Lorelei Woerner, OTR/L, C-IAYT, E-RYT 500; Laryssa Green, OTD, OTR/L

Let's refresh our holistic, biopsychosocialspiritual foundations as occupational therapy practitioners and re-invigorate our "phys dys" practice with this view. Attendees will explore mind-body concepts, far-reaching effects of breath, gut-brain, habit formation, and the driver: meaning and purpose.

1:30pm-4:45pm

A Journey Implementing Cardiac OT in Acute Care (3 PDUs) 66

Sarah Innocenti, MA, OTR/L; Sonia Marchana, BS, OTR/L

Attendees will learn how to justify the value of occupational therapy services in acute care for patients with cardiac conditions. Also included will be learning about the most current and innovative cardiac surgeries in order to gain the knowledge necessary to build an occupational therapy program.

1:30pm-4:45pm

Understanding Patient-driven Payment Model (3 PDUs) ... 67

Sabrena McCarley, MBA-SL, OTR/L, CLIPP, RAC-CT

As skilled nursing facilities prepare for the October 1, 2019 transition from the current Prospective Payment System (PPS) to the new Patient-Driven Payment Model (PDPM), it is important that practitioners understand the differences between the two payment models and how the interdisciplinary team needs to work together towards patient-centered care. This session will provide an in-depth review of PDPM as well as best practices to prepare for the transition.

2:45pm-4:45pm

Addressing Anxiety Disorders with Lifestyle Management Approaches (2 PDUs) 68

Danielle Lombardi, MA, OTR/L; Samantha Valasek, OTD, OTR/L;

Marissa Marchioni, OTD, OTR/L

This session will address anxiety disorders utilizing lifestyle management approaches. Attendees will improve their comfort and knowledge in this area with examination of the application of practice models, learning about symptoms that impact engagement, and exploring intervention strategies via case studies.

CONFERENCE ATTENDEE DISCLAIMER/AGREEMENTS

By registering for or attending any event or activity associated with OTAC's 2019 Spring Symposium, I agree to its disclaimer and agreements which can be located on the OTAC website at www.otaconline.org.

ONLINE SESSION HANDOUTS

Most presenters now provide session handout materials in advance and do not distribute copies at the Symposium. You will be notified via email on approximately March 8 which handouts are available on the OTAC website for you to download and bring to the Symposium.

Program Schedule

EARN
PDUs

2:45pm-4:45pm
Implications of Excessive Use of Digital Media in Children
(2 PDUs) 69

Guy McCormack, PhD, OTR/L, FAOTA

There is concern that exposure to digital screens and video games can affect short-term memory pathways in the hippocampus and may impair learning and psychosocial development in children. Attendees will learn about what evidence-based interventions occupational therapy practitioners can provide.

2:45pm-4:45pm
Critical Perspectives on Psychiatric Locked Units
(2 PDUs) 70

Karen McCarthy, OTD, OTR/L; April Perez, OTS

An occupational therapy student will share her perspective on being admitted to emergency psychiatric services for a 72-hour involuntary hold. Participants will engage in reflection and critique from an occupational rights perspective.

Practice Area Tracks

EARN
PDUs

PRACTICE AREA TRACKS					
1 Leadership/ Management/ General	2 Academic/ Fieldwork	3 Behavioral and Mental Health/ Wellness	4 Pediatrics/ School-based	5 Physical Disability/ Rehab/Adults	6 Technology
Session 1 Session 10 Session 25 Session 40 Session 50 Session 63 Session 67	Session 2 Session 11 Session 26 Session 41 Session 51 Session 64	Session 3 Session 12 Session 13 Session 20 Session 23 Session 30 Session 34 Session 42 Session 46 Session 47 Session 52 Session 53 Session 60 Session 61 Session 62 Session 68 Session 69 Session 70	Session 6 Session 7 Session 15 Session 23 Session 24 Session 33 Session 34 Session 45 Session 46 Session 55 Session 61 Session 69	Session 4 Session 5 Session 13 Session 14 Session 21 Session 22 Session 31 Session 32 Session 43 Session 44 Session 53 Session 54 Session 65 Session 66	Session 11 Session 21 Session 34 Session 69

STUDENT TRACK

Session 1 Session 5 Session 8 Session 10 Session 14 Session 20 Session 23 Session 27 Session 30 Session 33	Students may pay the practitioner rate on Saturday to attend <u>any</u> session. Student Sunday rate is for <u>any</u> session.
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OTAC COMMITTEE MEETINGS

<p>■ Advocacy and Government Affairs Committee Saturday, March 16 • 7:30am–8:30am RSVP: staff@otaonline.org All Welcome</p> <p>■ New Practitioner Discussion Group Have you been a practitioner for 3 years or less? Please join us to dialogue about your unique challenges. Sunday, March 17 • 12:00pm to 1:15pm This will be a discussion table at the Sunday Networking lunch.</p>
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OTAC
PO Box 276567
Sacramento, CA 95827-6567

Change service requested

**TWO
FOR
ONE**

Look inside for details
and how to get all of
this for only **\$139!**



Look for OTAC's
free mobile
Symposium app

Coming by February 11

Why you should attend!

- Earn up to 12 PDUs
- Connect, connect, connect
- Attend the Town Hall Lunch (Saturday) and the Networking Lunch (Sunday)
- Mingle at two Saturday receptions: Legislative Reception and OTAC-PAC Pub Trivia Night (receptions-separate fee)
- 2-for-1 offers: \$80 discount for OT/OTA (see criteria on the Registration Form)



WESTERN REGIONAL
2019 OT SPRING SYMPOSIUM



FOLLOW US ON TWITTER
#OTSS2019



FOLLOW US ON FACEBOOK
<https://www.facebook.com/OTACnews/>

CONTINUING EDUCATION

March 16 & 17, 2019

**Earn 12 PDUs towards
CBOT re-licensure requirements.**
Must earn 24 PDUs every two years.

Crowne Plaza San Diego
Mission Valley
2270 Hotel Circle North
San Diego, CA 92108

ATTENTION STUDENTS
Look for your special track and tuition fees.

The Sponsorship Prospectus is available on the OTAC website at www.otaconline.org under the Spring Symposium button.

Get the Discount! Special "2-for-1" Two-Day Registration Rate - \$139 each person (Students: \$69* each)

Members...You all know a colleague who is not a member.

Nonmembers...You all know a colleague who is a member, or two nonmembers can join together and take advantage of the "2-for-1" registration rate. So, members and nonmembers, get together and take advantage of this "2-for-1" offer.

*Student rate includes only STUDENT TRACK on Saturday and any session on Sunday; no other activities.

Special "2-for-1" Two-Day Registration Rate—How It Works.

Registration forms and completed membership application form(s) for both individuals must be faxed, emailed or mailed **together** to the OTAC office and reach the office no later than March 7, 2019. "New Member" means an individual who has not been a member since February 2017. Two nonmembers may join and attend together and each receives this discount. This discount is in lieu of any other incentives/rewards offered by OTAC. Students can partner with another student to qualify. OT/OTAs **cannot** partner with a student for the discount.

TWO FOR ONE

SAVE \$80!



REGISTRATION FORM

Deadline for early bird rate is February 13, 2019 (8:59pm PST). After March 7, you must register on-site, and fees will increase.

Seating is limited. Register today.

KEEP A COPY FOR YOUR RECORDS

REGISTRANT (Please print or type.)

NAME (Last/First) _____ DESIGNATIONS _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE (_____) _____ WORK PHONE (_____) _____

CELL PHONE (_____) _____ EMAIL _____

EMERGENCY CONTACT NAME _____ PHONE (_____) _____

PROGRAM SELECTION GRID (Circle those sessions and activities you will attend. You may not register for overlapping sessions.)

SATURDAY, MARCH 16								SUNDAY, MARCH 17									
AM	1 1.5 hrs.	2 1.5 hrs.	3 1.5 hrs.	4 1.5 hrs.	5 1.5 hrs.	6 1.5 hrs.	7 1.5 hrs.	8 3.0 hrs.	AM	40 1 hr.	41 1 hr.	42 1 hr.	43 1 hr.	44 1 hr.	45 1 hr.	46 3 hrs.	47 3 hrs.
PM	20 1 hr.	21 1 hr.	22 1 hr.	23 1 hr.	24 1 hr.	25 3 hrs.	26 3 hrs.	27 3 hrs.	PM	60 1 hr.	61 1 hr.	62 1 hr.	63 3 hrs.	64 3 hrs.	65 3 hrs.	66 3 hrs.	67 3 hrs.
ACTIVITIES A—Tai Chi B—Lunch (additional fee for students) C—Legislative Reception (add'l. fee for all) D—PAC Pub Night (add'l. fee for all)								ACTIVITIES E—Tai Chi F—Lunch (additional fee for students)									

SPECIAL NEEDS

Check here if you have an ADA disability, including dietary restrictions, and attach a detailed description. Must register by March 7 for accommodations.

HOW TO REGISTER

FAX if paying by credit card (916) 294-0415

EMAIL staff@otaonline.org

MAIL to OTAC, P.O. Box 276567, Sacramento, CA 95827-6567

CANCELLATIONS

\$50 retained to cover processing costs. Written notice must be received in OTAC office by **March 7, 2019** to be eligible for refunds. **No refunds after this date.**

Disclaimer: OTAC reserves the right to make changes to the program.

No refunds will be made based on these changes.

QUESTIONS?

Call staff at (888) 686-3225 or (916) 567-7000, or email staff@otaonline.org.

TUITION SCHEDULE (You must fill in and check all boxes that apply or the Registration Form is not considered complete and subject to the add on fee.)		Regular	OTS Students
<input type="checkbox"/>	SATURDAY & SUNDAY—REGULAR (*Student rate includes only STUDENT TRACK on Saturday, any session on Sunday, no lunches/receptions.)	\$219	\$99*
<input type="checkbox"/>	SATURDAY & SUNDAY "2-FOR-1" RATE (*Student rate includes only STUDENT TRACK on Saturday, any session on Sunday, no lunches/receptions.)	\$139	\$69*
<input type="checkbox"/>	SATURDAY ONLY (*Student rate includes only STUDENT TRACK on Saturday and no lunches/receptions.)	\$139	\$59*
<input type="checkbox"/>	SATURDAY TOWN HALL LUNCH—ACTIVITY B (*Included with Saturday or Sat/Sun registration fees, except for students.)	INC.*	\$25*
<input type="checkbox"/>	SATURDAY LEGISLATIVE RECEPTION—ACTIVITY C	\$25	\$10
<input type="checkbox"/>	SATURDAY PAC PUB TRIVIA NIGHT—ACTIVITY D	\$20	\$10
<input type="checkbox"/>	SUNDAY ONLY (*Lunch <u>NOT</u> included for students.)	\$139	\$69*
<input type="checkbox"/>	SUNDAY NETWORKING LUNCH—ACTIVITY F (*Not included in any other registration fees for students.)	INC.	\$22*
<input type="checkbox"/>	NON-OTAC MEMBER FEE/NEW MEMBER DUES (Must not have been a member since February 2017.)	\$135/OT \$110/OTA	\$50
<input type="checkbox"/>	ADD ON—AFTER FEBRUARY 13, 2019 (8:59PM PST)	\$69	\$49

TOTAL AMOUNT DUE \$ _____

VISA MASTERCARD AMERICAN EXPRESS DISCOVER

CARD # _____ EXP. DATE _____

CARDHOLDER'S NAME _____ VCODE* _____

CARD BILLING ADDRESS _____

CITY _____ STATE _____ ZIP _____

SIGNATURE _____

CONFERENCE ATTENDEE DISCLAIMER/AGREEMENTS

By registering for or attending any event or activity associated with OTAC's 2019 Spring Symposium, I agree to its disclaimer and agreements which can be located on the OTAC website at www.otaonline.org/education/spring-symposium

WESTERN REGIONAL
2019 **SPRING**
SYMPOSIUM



CONTINUING EDUCATION CONFERENCE

MEMBERSHIP APPLICATION/SPECIAL - Put OTAC to work for you!

INDIVIDUAL MEMBER ONLY *Please Print or Type*

FIRST _____ MIDDLE INITIAL _____

LAST _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE (_____) _____

CELL PHONE (_____) _____

PRIMARY EMAIL _____

LICENSE # _____

YEARS IN PRACTICE _____

NAME OF PERSON WHO REFERRED YOU _____

BIRTH YEAR (Optional) _____

STUDENTS ONLY

SCHOOL CURRENTLY ENROLLED _____

ANTICIPATED EXAM/GRAD DATE _____

EMPLOYER INFORMATION OF INDIVIDUAL MEMBER

COMPANY _____

DEPARTMENT/DIVISION _____

YOUR TITLE _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE (_____) _____ EXT. _____

DIRECT LINE (_____) _____

FAX (_____) _____

MEMBERSHIP CATEGORY – SYMPOSIUM SPECIAL*

- OT/L, OTR/L, OT (Full-time/Part-time) [\$135]*
- OTA, OTA/L, COTA, COTA/L (Full-time/Part-time) [\$110]*
- OT/OTA STUDENT (Full-time/Part-time) [\$50]
- ASSOCIATE (Non-OT only) [\$125]*

ANNUAL DUES

PAY ON
SYMPOSIUM
REGISTRATION
FORM

CIRCLE YOUR PRIMARY ARE OF PRACTICE

- A. Academia
- B. Mental Health
- C. Pediatrics
- D. Physical Disabilities
- E. Wellness
- F. Other

ARE YOU INTERESTED IN VOLUNTEER OPPORTUNITIES?

YES NO

IMPORTANT NOTES ABOUT THIS OFFER!

- This membership special is for **nonmembers only**, and is valid for 12 months upon receipt of 2019 Spring Symposium Registration and this form.
- **This membership special is only for nonmembers who have not been a member since February 2017.**
- The Membership Application special ends April 30, 2019.
- The “2-for-1” Discount ends March 7, 2019. This means that after March 7, 2019 you will no longer be able to take advantage of the “2-for-1” Discount (but you have until April 30, 2019 to take advantage of the Membership Application Special).
- If you are taking advantage of the “2-for-1” Discount, all participating individuals must submit all applicable forms together.
 - o If paying by credit cards, you may fax all forms to the OTAC office at (916) 294-0415.
 - o If paying by check, mail your forms to:
OTAC • P.O. Box 276567, Sacramento, CA 95827-6567
- **QUESTIONS?**
Call staff at (888) 686-3225, or email staff@otaonline.org

ABOUT YOUR DUES

Contributions or gifts to the Occupational Therapy Association of California (OTAC) are not tax deductible as charitable contributions for income tax purposes. However, they may be tax deductible as ordinary and necessary business expenses except that portion which is allocated to association lobbying activities. OTAC estimates that the non-deductible portion of your OTAC dues — the portion which is allocable to lobbying — is 5%. Five dollars of your dues (except Corporate) is a voluntary contribution to OTAC's Political Action Committee and may be deducted from the amount due.