

2019 OT Nevada State Conference

Looking Through the Lens of Mental Health

June 1, 2019 -- Schedule of Events

7:30 – 8:00am	Guest Sign-In, Registration & Breakfast	
8:00 – 8:50am	Keynote: Thinking Wisely with Sensory-Based Interventions for Adults , <i>Catana Brown, PhD, OTR/L, FAOTA</i>	
9:00am - Break Out Sessions		
9:00am to 10:00am	The Psychology of Pain Catastrophizing: Occupational Therapy's Role in Prevention <i>Johnny Rider, MS, OTR/L, CEAS</i>	9:00am to 10:00am Providing Care for Transgender & Non-Conforming People <i>Michelle Finet, PhD, OTR/L</i>
10:10am to 10:55am	The Therapeutic Use of Self in the Outpatient Setting <i>Alyse Lysgaard, MS, OTR/L</i>	10:10am to 10:55am The Role of Functional Cognition in Discharge Planning for Adult Inpatient Behavioral Health Consumers <i>Leslie Hains, MS, OTR/L</i>
11:05am to 11:50am	Why Occupational Participation Matters Most During End of Life <i>Karmella Bognot, MS, OTR/L</i>	11:05am to 11:50am Transitioning Mindfully with Transgender Individuals using Mindfulness & Coping Strategies <i>Iris Kwan, OTD-S</i> <i>William Wrightsman, ScD, OTR/L</i>
11:50am – 12:50pm Lunch & Poster Sessions – NBCOT Representative for Students		
12:50pm – 2:10pm	NBCOT Navigator®: The Next Era in Continuing Competency <i>Barbara Williams, DrOT, MS, OTR</i>	
2:15pm – 3:40pm	Nutrition and Exercise for Weight Loss and Recovery: A Manualized Intervention <i>Catana Brown, PhD, OTR/L, FAOTA</i>	
3:45pm – 4:30pm	Clothed in Health: How What You Wear Affects Your Mental Health <i>Paula Cook, OTD, OTR/L</i> <i>Linda Frasier, OTD, OTR/L</i>	
4:30pm – 4:45pm	Legislative Updates	
4:45pm – 5:00pm	Awards & Closing from the President	



Speaker Presentations

Catana Brown PhD, OTR/L, FAOTA, is a professor at Midwestern University - Glendale. She is the author of two textbooks, *The Evidence Based Practitioner and Occupational Therapy in Mental Health*, 2nd Edition (with Jaime Munoz and Ginny Stoffel). Her practice and research focuses on promoting satisfying community living for individuals with serious mental illness. She is the primary developer of the Nutrition Exercise and Weight Loss for Recovery (NEW-R) program and the Adolescent/Adult Sensory Profile.

The Psychology of Pain Catastrophizing: Occupational Therapy's Role in Prevention

Johnny Rider, MS, OTR/L, CEAS

Description: Pain catastrophizing is a negative emotional response to pain. It is becoming more prevalent in our society and has been shown to correlate with poorer rehabilitation outcomes and decreased quality of life. Occupational therapists have a holistic understanding of pain and the interplay between the body and mind making us ideal for addressing this phenomenon. This workshop will describe the psychological constructs of pain catastrophizing, so participants can better address it across all practice settings.

Objectives:

1. Participants will be able to define pain catastrophizing
2. Participants will understand the Pain Catastrophizing Scale and how to use it in practice
3. Participants will identify three ways to prevent or mitigate pain catastrophizing

Providing Care for Transgender & Gender Non-Conforming People

Michelle Finet, PhD, OTR/L

Description: This course is designed to help occupational therapists in providing care for transgender and gender non-conforming (TGNC) people. Information will be provided to assist therapist in understanding the contextual and psychosocial factors which impact TGNC people and must be considered when providing care. Therapists will learn specific strategies which they can incorporate into practice to deliver affirmative care. Lastly, emerging areas of practice related to providing care to TGNC people will be discussed.

Objectives:

1. Participants will be able to describe the health disparities, discrimination and barriers to healthcare that exist for TGNC people
2. Participants will be able to implement behaviors into their practice which are friendly and supportive to the TGNC community
3. Participants will be able to identify areas where OT can contribute to the medical care of TGNC people

The Therapeutic Use of Self in the Outpatient Setting

Alyse Lysgaard, MS, OTR/L

Description: The participant will learn about how to use therapeutic use of self in the outpatient clinic in order to improve therapy interventions, orthosis wearing schedules, and increase compliance with home exercise programs and precautions. This lecture will be a mixture of evidence-based, practice-based, and narrative format in order to better

understand the dynamic of using therapeutic use of self in an outpatient clinic that sees mostly upper extremity dysfunction.

Objectives:

1. Participants will better understand how occupational therapy practitioners use therapeutic use of self in order to motivate clients in the clinic and increase compliance with precautions, orthosis wear, and home exercise programs
2. Participants will be able to describe intervention(s) and its application to patient care in order to manage patients in an outpatient setting more effectively

The Role of Functional Cognition in Discharge Planning for Adult Inpatient Behavioral Health Consumers

Leslie Hains, MS, OTR/L

Description: Occupational therapy's ability to examine functional cognition provides evidence-based, concrete resources to inform the interdisciplinary team of an appropriate and safe discharge plan for adult inpatient behavioral health consumers. Occupational therapy's emphasis on performance-based testing effectively communicated to behavioral health care providers what level of independence a client operates so that the client may experience a safe and successful post-discharge environment.

Objectives:

1. Participants will recognize the interaction between functional cognition and the performance of activities of daily living
2. Participants will identify performance-based tests that assess functional cognition
3. Participants will be able to implement recommendations for a safe, least restrictive, and effective discharge placement

Why Occupational Participations Matters Most During End of Life

Karmella Bognot, MS, OTR/L

Description: Death, dying, and hospice are concepts that hold a stigma in general society. Hospice patients are regularly reminded of declining functional abilities in ADLs/IADLs. Occupational participation ceases, consequently increasing the burden of care for the caregivers and diminishing the quality of life for all parties involved. OTs unique approach in favoring occupational engagement despite any limitations/barriers hold tremendous potential in shifting general attitudes about dying, supporting a life well lived, and further defining our profession.

Objectives:

1. Participants will understand the value of occupational therapy's role in supporting occupational participation during the end of life stage
2. Participants will understand current OT presence in hospice and identify opportunities and barriers within this setting
3. Participants will reflect on their own personal experiences related to the dying stage and establish a meaningful connection to general OT philosophy, principles, and scope of practice

Transitioning Mindfully with Transgender Individuals using Mindfulness and Coping Strategies

Iris Kwan, OTD-S & William Wrightsman, ScD, OTR/L

Description: The purpose of this program is to assess if mindfulness and coping skills based intervention can help transgender individuals manage stress, anxiety, and sadness. A structured six week program will teach the transgender population how to use various coping strategies and techniques to enhance their perceived ability to cope with depression or periods of sadness, advance their coping skills in everyday life to address stress, and expand their ability to handle periods of anxiety.

Objectives:

1. Participants will be able to explain one reason for the transgender population to be at risk for mental health issues
2. Participants will be able to identify one strategy to teach transgender individuals how to handle periods of anxiety
3. Participants will be able to choose one facilitation technique to use with their transgender client to enhance the therapeutic relationship

NBCOT Navigator®: The Next Era in Continuing Competency

Barbara Williams, DrOT, MS, OTR

Description: NBCOT has created a virtual platform the Navigator®, for OTR® and COTA® certificants to engage in continuing competency assessment throughout their professional careers. Based upon a national practice analysis study, as well as current evidence, this innovative and dynamic virtual technology platform is designed to support OT certificants by providing feedback on current practice skills and introducing evidence-based resources. Nationally recognized and award winning, the Navigator® tools are ground breaking within the OT profession as well as the national certification industry.

Objectives:

1. Participants will increase awareness about the range of competency assessment tools available on the NBCOT Navigator®
2. Participants will understand how the NBCOT Navigator® online competency assessment tools can be used to identify practice areas for continuing competency needs
3. Participants will learn about evidence-based resources for continuing competency needs

Nutrition & Exercise for Weight Loss Recovery: A Manualized Intervention

Catana Brown, PhD, OTR/L, FAOTA

Description: Manualized interventions are easier to disseminate and research. This presentation describes the process and outcomes associated with a manualized intervention – Nutrition and Exercise for Weight Loss and Recovery (NEW-R). This weight loss intervention developed by an occupational therapist, dietician, and person in recovery targets individuals with serious mental illness. NEW-R is used at over 40 mental health centers. Participants will learn how to implement NEW-R and acquire information about the importance of manualizing our approaches.

Objectives:

1. Participants will be able to implement NEW-R in their practice setting
2. Participants will be able to describe the benefits of manualized interventions

3. Participants will begin the process of manualizing an occupational therapy intervention

Clothed in Health: How What You Wear Affects Your Mental Health

Paula Cook, OTD, OTR/L; Linda Frasier, OTD, OTR/L

Description: What we wear influences how we participate in life. Learn how functional fashion influences self-esteem, cognition, and mental health.

Objectives:

1. Participants will summarize how clothing choices influence mood, cognition, and self-esteem
2. Participants will be able to list resources for finding clothing for specific clients with specific functional needs
3. Explain why wearing clothing that looks and feels like clothing is beneficial for mental health

Poster/Exhibit Hall Presentations

Incorporating Self-Management Strategies into a Community-Based Program for Adolescents and Young Adults with Cancer

Ashley Asuncion, OTD-S & Shannon Martin, OTD, OTR/L

Do Vocational Training and Supported Employment Interventions for Adolescents with Autism Spectrum Disorder Support Gainful Employment and Quality of Life?

Rachel Rosenthal, OTD-S

The Efficacy of Telerehabilitation in Comparison to Conventional Rehabilitation

Samantha Hilbish, OTD-S & Kevin Hohn, MSOT-S

The Effectiveness of Dance Therapy in Improving Occupational Performance in Older Adults with Parkinson's Disease

Erica Pereszlenyi, MSOT-S

Does Peer Support Improve Self-Efficacy and Well-Being in LGBTQ Adolescents in High School?

Erin Boyce, MSOT-S & Sabrina Gowette, OTD-S

The Utilization of Meaningful Occupations as an Intervention for Mental Health Diagnoses

Erin Boyce, MSOT-S, Sabrina Gowette, OTD-S, & Alex Chevez, MSOT-S

Identifying & Managing Stress in Post-Secondary Learners

Ashley Fecht, OTD, OTR/L

Advocating for Occupational Therapy in Chronic Disease Management

Johnny Rider, MS, OTR/L, CEAS, Alex Chevez, MSOT-S, Anai Guardado, MSOT-S

Homeless in America: Taking a Closer Look at What Occupational Therapy Can Contribute

Johnny Rider, MS, OTR/L, CEAS; Alex Chevez, MSOT-S; Anai Guardado, MSOT-S; Teale Jones, MSOT-S; Jordan Sambrano, MSOT-S; Tara Owens, MSOT-S; Erin Boyce, MSOT-S; Brittany Dluzneiski, MSOT-S, and Ryan Elder, MSOT-S