

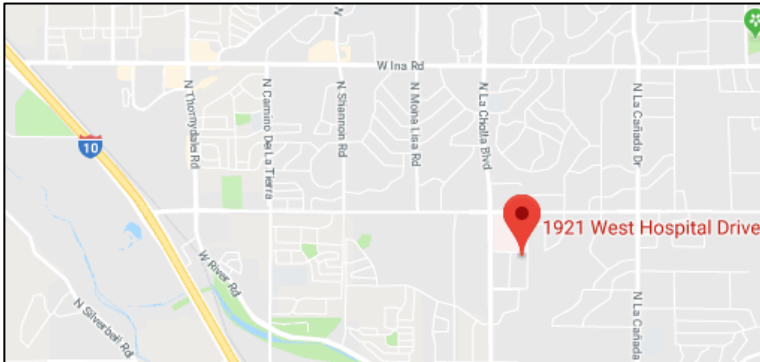


# 2018 ArizOTA Spring Conference

## Saturday, March 24

### Tucson, AZ

Join the Arizona Occupational Therapy Association for our Spring Conference on Saturday, March 24, at HealthSouth Rehabilitation Hospital of Southern Arizona in the beautiful city of Tucson. Choose between the pediatric and adult tracks, each providing a total of 6.75 contact hours. To find additional information for the conference or to register online, please visit [www.arizota.org](http://www.arizota.org).



Location: 1921 W Hospital Dr., Tucson, AZ 85704  
 Northwest Tucson, east of the I-10 near Orange Grove Rd.  
 and La Cholla Blvd.

## Both Tracks Offer 6.75 Contact Hours

<b>Adult Track</b>	
7:00 – 7:45	Registration & Continental Breakfast
7:45- 8:00	Opening Address
8:00 – 9:30	<b>Legislative Update</b> National: Lara Taggart, OTR/L State: Debbie Hines & Donna Gilbert, OTR/Ls
9:30 – 9:45	Break
9:45 – 12:00	<b>OTs Doing It Differently: Exploring Non-Traditional OT Roles</b> Kathy Khalsa, CPC, OTR/L
12:00 – 1:30	Lunch & ArizOTA Business Meeting*
1:30 – 3:30	<b>Basic Concepts of Low Vision OT</b> Vanessa McCarthy, OTD
3:30 – 3:40	Break
3:40 – 4:40	<b>Ethics &amp; Social Media: Webinar</b> Christine Urish, PhD, OTR/L, BCMH, FAOTA
4:40 – 5:00	Conference Surveys

<b>Pediatric Track</b>	
7:00 – 7:45	Registration & Continental Breakfast
7:45- 8:00	Opening Address
8:00 – 9:30	<b>Legislative Update</b> National: Lara Taggart, OTR/L State: Debbie Hines & Donna Gilbert, OTR/Ls
9:30 – 9:45	Break
9:45 – 12:00	<b>Building Healthy Brains</b> Cara Koscinski, OTR/L
12:00 – 1:30	Lunch & ArizOTA Business Meeting*
1:30 – 4:30	<b>Building Healthy Brains</b> Cara Koscinski, OTR/L
4:30 – 5:00	Conference Surveys

\*ArizOTA business meeting is optional and held from 1:00-1:30

# Thank you to our sponsors!



Milestone Pediatrics provides quality Speech Therapy, Occupational Therapy, and Respite & Habilitation services to children with developmental disabilities to enable them to reach the fullness of their potential. Milestone Pediatrics is located in Chandler and also has a **brand new clinic** in Northwest Tucson. Visit [www.MilestoneAZ.com](http://www.MilestoneAZ.com) to learn more!



HealthSouth Rehabilitation Hospital of Southern Arizona is a 60-bed inpatient rehabilitation hospital in Tucson, AZ that offers comprehensive inpatient rehabilitation services designed to return patients to leading active and independent lives. Visit [www.healthsouthsouthernarizona.com](http://www.healthsouthsouthernarizona.com) to learn more!



Summit Healthcare Regional Medical Center is an 89-bed facility that responds to the health care needs of more than 90,000 residents living in the White Mountains of Northeastern Arizona. Their rehab department provides OT, PT, and SLP services to patients. Visit [www.summithealthcare.net](http://www.summithealthcare.net) to learn more!

## Course Descriptions

### Adult Track

#### **OTs Doing It Differently: Exploring Non-Traditional OT Roles**

**Kathy Khalsa, CPC, OTR/L** is currently the Supervisor of the Senior Behavioral Health Unit of Oro Valley Hospital in NW Tucson. Since 1983, she has worked mostly in the behavioral health field in the inpatient setting. Kathy has published several professional books in the mental health field, the most recent titled: Optimal Well-Being for Senior Adults II by Whole Person Associates, Inc.

**Course Description:** In today's rapidly changing job market, OT practitioners have more and more choices about their practice settings. In this workshop, gain insights into the profiles of occupational therapists who will likely succeed in non-traditional roles. Participants will learn about the wide variety of non-traditional settings and perceived and actual barriers to these roles. Explore concrete, effective strategies to plan for engagement in these roles and how to support fellow OTs/OTAs in this pursuit as well.

#### **Basic Concepts of Low Vision Occupational Therapy**

**Vanessa McCarthy, OTD**, is an occupational therapist specializing in the care of patients with low vision. She has partnered with Barnet Dulaney Perkins Eye Center to provide low vision occupational therapy in the Phoenix metro area. She has experience in many different practice settings and with patients whose vision is compromised and not correctable with glasses or contact lenses due to AMD, glaucoma, diabetic eye disease, cataracts, and other conditions. She is currently pursuing her SCLT through AOTA.

**Course Description:** This presentation will provide basic skills for low vision occupational therapy. A review of low vision diagnoses will be presented. The presenter will provide commonly used evaluation tools for low vision. Treatment options and case studies will also be presented.

#### **Webinar: What Do You Mean We Can't Be Facebook Friends? Current Ethical Challenges in Clinical Practice Related to Social Media**

**Christine Urish, PhD, OTR/L, BCMH, FAOTA** has been a Professor of Occupational Therapy at St. Ambrose University in Iowa since 1994. She completed a PhD in Rehabilitation Counseling from the University of Iowa and is a Fellow of the American Occupational Therapy Association. She possesses a board certification in occupational therapy in mental health from AOTA. Her research interests include professionalism, professional identity, and mindfulness.

**Course Description:** How do you motivate your clients/patients/consumers yet keep yourself ethically safe relative to social media? Further, how do you effectively and ethically use social media to engage individuals outside of your facility/agency? Participants will identify challenges related to social media from an occupational therapy perspective; learn an effective ethical decision making process relative to the personal and professional use of social media; and develop strategies to cope with social media and use it effectively and ethically as an occupational therapy practitioner.

### Pediatric Track

#### Building Better Brains

**Cara Nicole Koscinski, MOT, OTR/L**, known as *The Pocket OT*, is a pediatric Occupational Therapist and mom of special needs children. She has extensive training in sensory processing disorder, pediatric feeding techniques, core muscle considerations, autism, gastrointestinal disorders, upper extremity treatment, handwriting, Therapeutic Listening, caregiver stressors and support, visual perception, and business/private practice topics. Cara has also recently become a certified IRLLEN Screener. She educates fellow parents, caregivers, and therapists via her popular blog and social media profiles, as well as through her published books and articles. Cara was the recipient of the Duquesne University's Innovative Practice Entrepreneur Award and has served as an adjunct clinical instructor for the Duquesne University Occupational Therapy program.

**Course Description:** Optimal function of our bodies occurs when our sensory and motor systems are strong and able to adapt to the demands of the environment. Today's children often struggle with fidgeting, decreased attention, and immature motor patterns, which manifest themselves through frustration and behavior issues. When our body's systems are not integrated to form a strong foundation, difficulties in many areas occur. Looking at all sensory systems including interoception and vision as it relates to posture and vestibular systems is critical. This session provides education about using movement to improve overall function. Instruction and hands-on movement activities are provided.

# REGISTRATION FORM

**YES, I am attending the conference!**

**Check one:**

	<b>Postmarked:</b>	<b>By end of 3/1/18</b>	<b>After 3/1/18</b>
<input type="checkbox"/> OTR – ArizOTA Member		\$150	\$175
<input type="checkbox"/> OTR – Non Member		\$175	\$200
<input type="checkbox"/> OTA – ArizOTA Member		\$125	\$150
<input type="checkbox"/> OTA – Non Member		\$160	\$185
<input type="checkbox"/> OTR Group Rate		See note below for rate	
<input type="checkbox"/> OTA Group Rate		See note below for rate	
<input type="checkbox"/> STUDENT – ArizOTA Member		\$65	\$65
<input type="checkbox"/> STUDENT – Non ArizOTA Member		\$85	\$85
<input type="checkbox"/> Non – OT Practitioner		\$200	\$225

- **Registration** includes the 1-day education program, breakfast, and snacks. Lunch will be at each attendee's discretion. For those not familiar with Tucson, the conference committee will provide a list of nearby lunch options.
- **Group Registration:** If you would like to register as a group of 3 or more, a \$20 discount will be applied to the registration fee for each registrant. Please email us at [office@arizota.org](mailto:office@arizota.org) with the contact names and email addresses of each member of your group and we will then send you a coupon code for \$20 to use toward each of your registrations. Practitioners only, please.
- **Early registration** deadline is March 1, 2018. Registration must be postmarked (or submitted online) by midnight of this date in order to be eligible for early registration fee.
- **Cancellations** must be made in writing and received on or before March 15, 2018. A \$30 processing fee will be deducted from your refund.
- **Questions concerning registration? Contact Emily Smith at 623-937-0920 or [office@arizota.org](mailto:office@arizota.org)**

Name/Credentials (e.g. MS, OTR/L, COTA/L) \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Employer/School \_\_\_\_\_

Please indicate any special needs or accommodations \_\_\_\_\_

Track:  Adult  Pediatric

**TOTAL \$** \_\_\_\_\_

**PAYMENT TYPE**

MasterCard  Visa  Check enclosed

Make check payable to: **ArizOTA**  
Return this form & payment to:  
**ArizOTA**  
**P.O. Box 11803**  
**Glendale, AZ**  
**85318**

**Credit Card Info:** Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_ CVV: \_\_\_\_\_

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Zip: \_\_\_\_\_