

# ArizOTA 2016 Conference Schedule

## Track 1: Bal-A-Vis-X

**Friday, September 23, 2016\***

7:00-7:45	Check-In & Vendors
7:45- 8:00	Opening Address & Announcements
8:00-10:15	Introduction & Basic Principles
10:15- 10:30	<b>MORNING BREAK</b>
10:30- 12:00	Partner Bag Exercises
12:00- 12:30	LUNCH (box lunch provided)
12:30- 3:00	Individual & Partner Ball Exercises
3:00- 3:15	<b>AFTERNOON BREAK</b>
3:00-5:30	Individual & Partner Exercises continue

  9   possible contact hours for Saturday

## Track 1: Bal-A-Vis-X

**Saturday, September 24, 2016\***

7:00-7:30	Check-In & Vendors
7:30- 8:00	<b>Legislative &amp; AOTA Update</b> Scot Butler III, ArizOTA State Lobbyist Christine Merchant, Ph.D., OTR/L
8:00-8:10	<b>TRANSITION</b>
8:10-10:00	Advanced Bag Exercises
10:00- 10:15	<b>MORNING BREAK</b>
10:15-12:00	Advanced Group Exercise Bal-A-Vis-X & ADHD
12:00- 1:15	LUNCH, AWARDS, & RAFFLE
1:15- 2:00	Poster Session
2:00- 4:00	Advanced Individual & Ball Exercises Bal-A-Vis-X & Autism
4:00-4:15	<b>AFTERNOON BREAK</b>
4:15-6:00	Review & Final Group Exercises

 8.75  possible contact hours for Sunday

## Track 2

**Friday, September 23, 2016\***

7:00-7:45	Check-In & Vendors
7:45- 8:00	Opening Address & Announcements
8:00-9:45	<b>How to Search for &amp; Make Evidence-Based Practices a Reality</b> Heather Williamson, DrPH, OTR/L, Melissa Johnson, MSLS, Debbie Hines, MA, OTR/L
9:45-10:00	<b>MORNING BREAK</b>
10:00 11:45	<b>Best Practices in Intervention Evaluation</b> Patricia Crist, PhD, OTR/L, FAOTA
11:45- 1:00	Lunch (on your own)
1:00-2:45	<b>Promoting Community Mobility in Arizona for Those Unable to Drive</b> Bernadette Mineo, PhD, OTR/L
2:45-:3:00	<b>AFTERNOON BREAK</b>
3:00-4:45	<b>Breaking the Barrier to Recovery from Chronic Muscle Pain</b> Glenys Chartrand, OTR/L, NZOTR, Ad.Dip.OT

 7.25  possible contact hours for Saturday

## Track 2

**Saturday, September 24, 2016\***

7:00-7:30	Check-In & Vendors
7:30- 8:00	<b>Legislative &amp; AOTA Update</b> Scot Butler III, ArizOTA State Lobbyist Christine Merchant, Ph.D., OTR/L
8:00-9:45	<b>HIPAA Compliance for OTs: Strategies for Compliance in All Settings</b> Veda Collmer, Esq., OTR/L
9:45-10:00	<b>MORNING BREAK</b>
10:00- 11:45	<b>Documenting Compliantly &amp; Efficiently: Best Practices Techniques</b> Veda Collmer, Esq., OTR/L
11:45- 1:15	LUNCH, AWARDS, & RAFFLE
1:15- 2:00	Poster Session
2:00-2:15	<b>AFTERNOON BREAK</b>
2:15- 4:00	<b>A Global Journey: Using a Culturally Responsive Care</b> Pamela Talero Cabrejo, OTD, OTR/L, CPAM
4:00-4:15	Post-Conference Surveys

 6.5  possible contact hours for Sunday

\*Schedule subject to change—see ArizOTA website for the most updated schedule [arizota.org](http://arizota.org)

# Course Descriptions

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## Track 1

### Bal-A-Vis-X

**Katy Held** has been a licensed Brain Gym® Instructor since 2004, and a Bal-A-Vs-X Practitioner/Trainer since 2008. She earned a Bachelor's Degree in Business Administration from the University of Michigan Ann Arbor in 1983. She worked in sales training and support until she gave birth in 1997. Her son had a stroke before he was born, which led her to study Brain Gym, Bal-A-Vis-X, and primitive reflex integration techniques such as Masgutova Neurosensorimotor Reflex Integration (MNRI) and Blomberg Rhythmic Movement Training (BRMT). She has over 1300 hours of coursework in these and other movement-based learning modalities. Her son Oscar now assists her in Bal-A-Vis-X trainings.

Katy has led Professional Development trainings at schools, hospitals, and clinics for both Brain Gym and Bal-A-Vis-X. She has also spoken at conferences for schools, preschool and daycare workers, adult day care workers, and librarians. She also has a private practice, serving children with challenges and their parents, as well as seniors. She loves to spread the word about the joy of movement-based learning programs to children of all ages!

**MaryAnn Short** earned her Master of Arts degree in Elementary Administration from Central Michigan University in 1992 and her Bachelors of Science in Physical Education from Aquinas College in 1986. She has 28 years combined teaching experience in the classroom and in Physical Education. In 2007 MaryAnn received her Brain Gym Instructor license and in 2008 became a Practitioner/ Trainer of Bal-A-Vis-X. She is has been a Visiting & Adjunct Professor in the Movement Science Department at Grand Valley State University and recently retired from teaching PreK-5<sup>th</sup> grade Physical Education/Health for Saugatuck Public Schools.

MaryAnn has presented introductory Movement based Brain/Body integration in-services for elementary school teacher and spoken at Health, Physical Education & Math conferences. MaryAnn has also conducted Level 1, 2 and Adaptive trainings in Bal-A-Vis-X for public / private school teachers, occupational therapists, physical therapists, vision & speech therapists as well as parents. MaryAnn has also, been a consultant and mentor for teachers developing movement based integration programs.

Presently MaryAnn is the founder of MOBBI, which in addition to all of the above, works with individuals & groups from ages 3 – 100 to design personalized integrative movement routines to develop the brain/body system to improve balance, body awareness, memory, goal setting, eye tracking, eye/hand coordination and self-confidence.

**Course Description:** Bal-A-Vis-X is a series of some 300 exercises, most of which are done with sand-filled bags and/or racquetballs, often while standing on a Bal-A-Vis-X balance board. Requiring multiple thousands of mid-line crossings in three dimensions, these exercises are steadily rhythmic, with a pronounced auditory foundation, executed at a pace that naturally results from proper physical techniques. Bal-A-Vis-X enables the whole mind-body system to experience the symmetrical flow of a pendulum.

This carefully modulated system of exercises can become increasingly complex OR increasingly simplified/modified for those with various needs.

### **Course Objectives:**

The participants in the Bal-A-Vis-X training will learn the following:

1. What is Bal-A-Vis-X?
2. Who benefits from Bal-A-Vis-X?
3. General principles for use of various balance boards.
4. General principles of sand bag and ball exercises
5. Over 130 sand bag and ball exercises for individuals, partners and groups to facilitate rhythm, midline skills and visual tracking skills for learning.
6. Assessment for current visual motor functioning and dominance profile
7. How to begin a program with students or seniors.
8. How to proceed with a program and evaluate results
9. How to adapt the exercises for people with physical/cognitive/chronological challenges

**\*Attendance is limited to 60 spots for this course\***

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## Track 2

### **How to Search for and Make Evidence-Based Practices a Reality in Daily Clinical Practice**

**Heather Williamson**, DrPH, OTR/L, is an Assistant Professor at Northern Arizona University's Occupational Therapy Doctoral program at the Phoenix Biomedical Campus.

**Melissa Johnson**, MSLS, Health Sciences Librarian, supports Occupational Therapy, Physical Therapy, Athletic Training, and Physician Assistant graduate programs at Northern Arizona University's Phoenix Biomedical Campus.

**Debbie Hines**, MA, OTR/L is a pediatric occupational therapist, owner of KidzSPOT Pediatric Therapy and a Practice Scholar Mentor for the Northern Arizona University's Occupational Therapy Doctoral Program.

**Course Description:** This session will provide a general overview of evidence-based practices (EBPs) and its importance to continually advance the field of occupational therapy. In particular, how practitioners themselves can both utilize EBPs but also inform research through their practice-defined evidence. Participants will review and discuss barriers and facilitators to actively searching for and implementing EBPs. Publicly available EBPs resources will be reviewed. Participants will learn key strategies to effectively and efficiently identify the best evidence available to inform their practice.

#### **Course Objectives:**

1. Understand how to search for and find evidence-based practices available from publicly available resources.
2. Describe the benefits and challenges of utilizing evidence-based practices.
3. Identify opportunities for continuing or expanding efforts to inform best practices through practice-defined evidence.

### **Best Practices in Intervention Evaluation: From Selecting Assessments to Interpreting the Results**

**Patricia Crist**, PhD, OTR/L, FAOTA, is currently Founding Chair and a tenured full professor in the Department of Occupational Therapy for Northern Arizona University on the Phoenix Biomedical Campus (Arizona). She has developed a professional Doctor of Occupational Therapy program (OTD) to prepare entry-level practitioners as transformative practice-scholars. Dr. Crist has a prolific background regarding the study and dissemination of research and continuing professional development information in occupational therapy education & practice.

**Course Description:** Excellence in evaluation consists of gathering an occupational profile and using quality assessments to analyze occupational performance. The evaluation process is focused on: identifying client preferences and performance abilities, past and present as well as identifying supports and barriers to health, well-being, and participation.

This presentation will outline a process for identifying assessment tools and confidently interpreting results using the best scientific evidence. Applying measurement benchmarks related to reliability and validity will be reviewed to assertively use assessment tools in practice. Ecologically-validity will be elevated as an essential, powerful consideration in occupational therapy evaluation.

#### **Course Objectives:**

1. Describe best practices in OT evaluation including gathering the occupational profile
2. Outline resources for assessment tool identification and selection
3. Review essential test and measurement in order to support confidence in your evaluation of interventions and program outcomes.

### **Promoting Community Mobility in Arizona for Those Unable to Drive**

**Bernadette Mineo**, PhD, OTR/L, is currently Professor and Director of Online Post-professional OT Programs at A.T. Still University. For the past several years, she has been involved in researching community mobility options in the greater Phoenix area.

**Course Description:** *Community mobility* is an IADL that allows you to participate in activities and to access the goods and services that support quality of life. Throughout most of Arizona, community mobility is best achieved when one can drive one's own car. But, what happens when driving is not an option due to impairments or as one ages and has to give up the keys? In this workshop, OTs will learn more about the transportation needs of the clients and populations they serve in Arizona and how they can help to promote access to alternative options for community mobility.

**Course Objectives:**

1. Demonstrate increased awareness and understanding of the role of OT in regards to community mobility, i.e. that a focus on driving rehabilitation is not enough.
2. Identify and discuss the community mobility needs and transportation challenges of the clients and populations they serve in AZ.
3. Better advocate for and promote access to viable transportation options that meet the needs of the clients and populations they serve.

**Breaking the Barrier to Recovery from Chronic Muscle Pain**

**Glenys Chartrand**, OTR/L, NZOTR, Ad.Dip.OT (NZ), BC-HIS, a New Zealand trained Registered Occupational Therapist with over 40 years experience in physical and psychiatric rehabilitation resides in Arizona with her husband Max S. Chartrand, Ph.D.

**Course Description:** The SIRCLE program, founded in NZ, reported 90% success rate in treatment of chronic muscle pain. People with chronic muscle pain, fibromyalgia, cumulative trauma injury and other musculoskeletal diagnoses are often moved into untreatable, managed only category, leaving them in a frustrating, lower economic state with no prospect of returning to their former employment of lifestyle. Too often, the patient is managed with addictive opioid and/or psychotropic medications that become ineffective over time.

**Course Objectives:**

1. To identify character traits, lifestyle and work history that lead to the onset of the self-sustaining pain cycle.
2. To train clients in the self-sustaining pain cycle.
3. To design the most effective treatment intractable, chronic muscle pain using the SIRCLE method.

**HIPAA Compliance for OTs: Strategies for Compliance in All Settings**

**Veda Collmer**, Esq., OTR/L, is the In House Counsel and Compliance Officer at WebPT. Veda has 20 years of experience as an occupational therapist. She has been practice law since 2008

**Course Description:** New HIPAA rules has heightened government enforcement, as well as fines for non-compliance. For the occupational therapist, practicing in a variety of settings, understanding how the rules affect you is important for protecting patient privacy. This course provides an overview of HIPAA's requirements, as well as strategies for complying in all types of settings.

**Course Objectives:**

1. Identify HIPAA's privacy, security, and breach notification requirements.
2. Understand how HIPAA's requirements govern occupational therapy practice.
3. Identify strategies for complying with HIPAA's rules.

**Documenting Compliantly & Efficiently: Best Practices Techniques**

**Veda Collmer**, Esq., OTR/L, is the In House Counsel and Compliance Officer at WebPT. Veda has 20 years of experience as an occupational therapist. She has been practice law since 2008.

**Course Description:** Documenting patient care is a critical component in occupational therapy practice. Effective documentation satisfies payer requirements, can withstand an audit, is reimbursable, and captures the services delivered. However, the pressures of productivity, navigating the electronic health record, meeting compliance requirements, and managing large caseloads can get in the way of effective patient care documentation. This course provides best practice techniques for effectively documentation occupational therapy service delivery and techniques for maximizing your documentation time.

**Course Objectives:**

1. Identify basic information required for documenting in the medical record.
2. Identify compliance pitfalls and other documentation errors that may trigger an audit.
3. Understand how charges support documentation.

## **A Global Journey: Using Culturally Responsive Care Educational Model to Understand Occupation in Context**

**Pamela Talero Cabrejo**, OTD, OTR/L, CPAM, has twelve years of experience in inpatient rehabilitation, research-based social projects with underserved populations across the lifespan, as well as teaching, both nationally and internationally.

**Course Description:** Culturally responsive care in occupational therapy refers to equitable, empathetic and contextualized care that is in sync with the shared experiences and meanings of diverse peoples, and aims to reduce health inequalities while enabling participation and social inclusion. Because therapists are working in increasingly different settings, with diverse clients in complex scenarios across borders, culturally responsive care is imperative to understanding people in their living context. This session presents a model for learning and understanding culture from an occupational perspective, in order to provide services that effectively address participation and social inclusion in different contexts and with diverse populations.

### **Course Objectives:**

1. Articulate the relationship between culture and human occupation, enablement, and justice, in providing culturally responsive care in occupational therapy
2. Analyze how different worldviews and practices regarding health, illness/disease, and disability shape occupation using a culturally responsive care educational model.
3. Describe the components of basic effective enabling practices to mediate agreement on a plan in a cross-cultural therapeutic scenario.

## **Conference Joint Sessions**

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*Joint sessions will be held Saturday, September 24<sup>th</sup> from 7:30-8:00 a.m.*

### **Legislative Update**

Presented by the ArizOTA Legislative Committee. Scot Butler III, ArizOTA State Lobbyist, will discuss legislative updates affecting occupational therapy in the state of Arizona, National issues, and Federal issues.

### **AOTA Representative Update**

Presented by the Arizona Representative to the AOTA's Representative Assembly. Christine Merchant, Ph.D, OTR/L, will discuss the actions of the AOTA's Representative Assembly from the Spring Meeting.

## **Poster Session**

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*Poster session will be held Saturday, September 24<sup>th</sup>, from 1:15-2:00 p.m.*

### **Achieving Eligibility for ADA Dial-a-Ride Services in Phoenix, Arizona**

Brandi Buchanan, OTD, OTR/L, Bernadette Mineo, PhD, OTR/L and Cornelius Cox, OTS

### **Evidenced-Based Practice in Action: OT's Role in Implementing Performance-Based Cognitive Assessments in the Acute Care Setting**

Amanda Blattman, OTD, OTR/L, Sara Stephenson, OTD, OTR/L, BCPR, Jennifer Crandall, OTD, OTR/L, CBIS, and Abbey Glen, MS, OTR/L, CBIS

### **Forming Global Partnerships**

Gina Buban, M.S., OTR/L, Debbie Hines, M.A., OTR/L, Lori Lambert, COTA/L, Lara Taggart, M.S., OTR/L, Melissa Clark DHSc, OTR/L, CHT, and Meagan Orban, M.S., OTR/L

### **Good Googling: Evidenced Based Parent Training**

Amy Armstrong-Heimsoth, OTD, OTR/L, Meredith Carpenter, OTS, Caitlin Covert, OTS, and Tincey Thomas, OTS

### **Perceptions of Compressed Occupational Therapy Courses among Students and Faculty: A Pilot Study**

Mary Voytek, OTD, MC, OTR/L

**Prospecting for Practice-Scholar Gems: Professional Development Reconsidered**

Patricia Crist, PhD, OTR/L, FAOTA, Cynthia Ivy, OTD, M.Ed., CHT, Oaklee Rogers, OTD, OTR/L, Heather William, DrPH, MBA, OTR/L, CPH and Sara Stephenson, OTD, OTR/L

**Quality of Life of Those Receiving Dialysis: Implications for Occupational Therapy**

Mary Voytek, OTD, MC, OTR/L and Emily Schulz, Ph.D., OTR/L, CFLE

**The Effectiveness of an Occupational Therapy Community-Based Self-Management Program on Perceived Self-Efficacy among Adults with Arthritis**

Melissa Clark DHSc, OTR/L, CHT, Amy Kennedy OTD, OTR/L, Alyssa Clark OTS, Jacob Diamante OTS, Kelly Irion OTS, Lindsey Ivey OTS, Kate Vann OTS, Rhysa Sisco OTS, Cindy Wong OTS

**The Entry Level OTD 16 Week Doctoral Experiential Component (DEC): Collaborating with Students to Elevate Practice and Create a Mutually Beneficial DECs**

Sara Stephenson, OTD, OTR/L, BCPR

**The Relationships between Visual-Perceptual-Motor Skills, Sensory Processing Behaviors, and Handwriting in School-Age Children with Autism**

Rachel Diamant, PhD, OTR/L, BCP and Brynn Nealon, MS, OTR/L

**Understanding the Relationship with Nature for Older Adults Residing in Assisted Living Facilities**

Lori Reynolds, PhD, OTR/L

**Good Googling: Evidenced Based Parent Training**

Amy Armstrong-Heimsoth, OTD, OTR/L, Meredith Carpenter, OTS, Caitlin Covert, OTS, and Tincey Thomas, OTS

**Prospecting for Practice-Scholar Gems: Professional Development Reconsidered**

Patricia Crist, PhD, OTR/L, FAOTA, Cynthia Ivy, OTD, M.Ed., CHT, Oaklee Rogers, OTD, OTR/L, Heather William, DrPH, MBA, OTR/L, CPH and Sara Stephenson, OTD, OTR/L

**Chronic disease management of DMII in the acute care setting**

Bethany Helton, MOT, OTR/L

**ArizOTA** welcomes all therapists, students & other individuals interested in or active in the field of Occupational Therapy to the **2016 ANNUAL STATE CONFERENCE**. We are excited to offer two full days of excellent speakers and presentations, posters, various healthcare-related exhibitors, networking opportunities and continuing education credits.

**RAFFLE**

We will be raffling away some great prizes this year. Prizes include: iPad, gift certificates, gifts baskets and more!

**AWARDS PRESENTATIONS**

Join us in honoring ArizOTA award nominees on Saturday, **September 24<sup>h</sup>** during the Awards Luncheon.

**GROUP REGISTRATION**

A discounted group registration rate for conference is available for 3 or more individuals when signing up online.

**CONFERENCE LOCATION**

Northern Arizona University – Phoenix Biomedical Campus:  
435 N. 5<sup>th</sup> Street  
Phoenix, AZ 85004

This venue provides a professional environment with an effective mix of technical capability, great customer service, and a comfortable atmosphere. <https://nau.edu/chhs/phoenix-biomedical-campus/>

**Map to NAU Phoenix Biomedical Campus:**  
<http://www.arizota.org/nau-phx-map>

**ACCOMMODATIONS**

The following hotels are close to the conference:  
*Hampton Inn Phoenix – Midtown*  
602-200-0990  
*SpringHill Suites by Marriott Downtown Phoenix*  
602-307-9929

**CONTACT HOURS**

Participants may earn up to:  
**Track 1 = 17.75**  
**Track 2 = 13.75**

All participants will receive an electronic certificate of attendance for the track that they attend.

**REGISTRATION**

**Online:** Beginning July 15, 2016 register online at: [arizota.org](http://arizota.org)

**By Mail:** Fill out and return the Conference Registration Form as early as possible. Registration includes the education programs and meals. Please indicate the day or days you wish to attend and the fee that corresponds to your title.

**Early Registration** deadline is **September 3, 2016**. Registration is accepted up to the dates of the conference and at the door; however individuals who register after **September 16, 2016** will not be guaranteed meals. Conference registration receipts will be issued at the time of check-in, otherwise please include a stamped, self-addressed return envelope with your registration if you wish to have a receipt mailed to you.

**At the door registration: CASH OR CREDIT CARD. NO CHECKS ACCEPTED**

**Cancellations:** Cancellations must be made in writing & received on or before **September 16, 2016**. A \$30 processing fee will be deducted from your refund. Sorry, no refunds will be made after **September 16, 2016**.

**REGISTRATION FORM**

**Track 1: Bal-A-Vis-X  
2 DAYS ONLY**

	Before 9/03/16	After 9/03/16
• OTR – ArizOTA Member	\$275	\$300
• OTR – Non Member	\$335	\$360
• OTA – ArizOTA Member	\$250	\$275
• OTA – Non Member	\$305	\$330
• STUDENT ArizOTA Member	\$225	\$225
• STUDENT Non Member	\$250	\$250
• Group Rate – OTR Member	\$250	\$275
• Group Rate – OTA Member	\$225	\$250
• Non OT Practitioner	\$300	\$325

**Track 2: General Sessions**

Check one:	1 DAY		2 Days	
	Before 9/03/16	After 9/03/16	Before 9/03/16	After 9/03/16
<input type="checkbox"/> OTR – ArizOTA Member	\$115	\$140	\$230	\$255
<input type="checkbox"/> OTR – Non Member	\$175	\$200	\$300	\$325
<input type="checkbox"/> OTA – ArizOTA Member	\$100	\$125	\$200	\$225
<input type="checkbox"/> OTA – Non Member	\$155	\$180	\$255	\$280
<input type="checkbox"/> STUDENT ArizOTA Member	\$50	\$50	\$100	\$100
<input type="checkbox"/> STUDENT Non Member	\$75	\$75	\$125	\$125
<input type="checkbox"/> Group Rate – OTR Member	\$100	\$125	\$200	\$225
<input type="checkbox"/> Group Rate – OTA Member	\$75	\$100	\$150	\$175
<input type="checkbox"/> Non OT Practitioner	\$150	\$175	\$300	\$325

Non-member therapist fees include a 2016/2017 ArizOTA membership. An application must be completed at or prior to conference for membership to apply. Applications can be found at <http://www.arizota.org>

- Cancellations must be made in writing prior to the conference.
- A \$30 fee will be charged for all returned checks.
- No refunds will be made after **September 16, 2016**.

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

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

**The 2016 ArizOTA State Conference is now full and registration has been closed.**  
**Thank you for your interest in our annual conference. Please visit ArizOTA.org again for other continuing education opportunities.**

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

P.O. Box 5214  
Peoria, AZ 85385

**PAYMENT** (Questions concerning registration? Contact Stacey at (623-937-0920 or [office@arizota.org](mailto:office@arizota.org))

Charge:  MasterCard  VISA **OR...**  Check Enclosed (No checks accepted at door registration)

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

Name as it appears on the card \_\_\_\_\_

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