



Arizona Occupational Therapy Association

Fall 2019 ArizOTA Conference
September 20-21, 2019
16.25 Hours

Embassy by Hilton Phoenix Scottsdale
4415 E. Paradise Village Pkwy South
Phoenix, AZ 85032

Friday, September 20, 2019		
7:15 AM - 8:00 AM	Check-In, Exhibitions, & Breakfast	
	Track 1: Adult	Track 2: Pediatric
8:00 AM - 8:15 AM	Welcome from ArizOTA President Evelyn Andersson	
8:15 AM - 9:30 AM	General Session: National Legislative Issues Impacting OT Christina Metzler, AOTA Chief Public Affairs Officer	
9:30 AM - 10:30 AM	Showing our distinct value as we navigate to Value-based reimbursement Tamara Turner and Evelyn Andersson	Trauma-Informed Care Across Occupational Therapy Settings Sarah Anderson and Shefali Gandhi
10:30 AM - 10:45 AM	BREAK	
10:45 AM - 12:00 PM	Preparing for Disaster: An Occupational Therapy Role Mary Schmitz	The AOTA Transition Community of Practice Declarations and Resources Christopher Trujillo and Linda Q. Rudd
12:00 PM - 1:00 PM	Lunch on your own	
1:00 PM - 2:45 PM	Supporting the LGBTQ Population in Occupational Therapy Cherise Basques and Jessica Meyer	Writing Success: Innovative Technology and Strategies for All Students Bridgette Nicholson
2:45 PM - 3:00 PM	BREAK	
3:00 PM - 4:00 PM	Putting Psychiatric back in Occupational Therapy's "Basket" Denise Casson and Narcedallia Zegarra	Writing Success cont.
4:00 PM - 5:00 PM	OT Next Gen Gina Buban and Natasha Smet	
4:00 - 5:00 PM	Job Fair: Mock Interviews with Resume Review, New Practitioner Round Tables, and Networking with Job Fair Vendors	
5:00 PM - 6:00 PM	Reception with Poster Presentations	
6:00 - 7:00 PM	Job Fair: Mock Interviews with Resume Review, New Practitioner Round Tables, and Networking with Job Fair Vendors	

Saturday, September 21, 2019		
7:00 AM - 8:15 AM	Breakfast with a Scholar Wendy Hildebrand, AOTA President	
7:30 AM - 8:15 AM	Check-In, Exhibitions, & Breakfast with Posters on Display	
	Track 1: Adult	Track 2: Pediatric
8:15 AM - 9:15 AM	Choosing Wisely®: An Initiative of the ABIM Foundation Christine Merchant	Healthy Bodies & Healthy Minds Jenny Clark
9:15 AM - 10:15 AM	Meditation for Health, Healing, & Happiness Tanya Penny	
10:15 AM - 10:30 AM	BREAK	
10:30 AM - 11:30 AM	Meditation for Health, Healing, & Happiness cont.	Healthy Bodies & Healthy Minds cont.
11:30 AM - 1:30 PM	Awards Luncheon with AOTA Presidential Address from 12:30-1:30 PM	
1:30 PM - 2:45 PM	Occupational Therapy, Pain, and Private Practice: One Practitioner's Journey Amy Mayer	School-based Legal Updates Kimberly Davis
2:45 PM - 3:00 PM	BREAK	
3:00 PM - 4:00 PM	OT, Pain, and Private Practice cont.	Expanding the Scope of Your Pediatric Practice: Integrating Concepts from the Adverse Childhood Experiences Study Donna Seegers Abler
4:00 PM - 5:00 PM		Making the Connection: Integrating STEM teams with Assistive Technology Solutions Matthew Levac
5:00 PM-5:30 PM	Wrap-up & Course Evaluations	

We would like to thank Arizona Autism and Therapy Matters for being sponsors at our Fall 2019 ArizOTA Conference!



Additional Events:

Breakfast with a Scholar

Join **Wendy C. Hildenbrand, PhD, MPH, OTR/L, FAOTA** for an exclusive breakfast and conversation. Wendy is President of AOTA and is Clinical Assistant Professor in the Occupational Therapy Education Department at the University of Kansas Medical Center. Hildenbrand's practice experience includes work in mental health settings for more than a decade, school-based practice, and population and community health contexts. \$40 per person. Breakfast included.

Cocktail Reception with Poster Presentations

From 5:00-6:00 pm on Friday evening, we will be hosting a cocktail reception and poster session at the hotel. We would love for you to join us for an opportunity to speak with the poster authors and network with other practitioners over cocktails and hors d'oeuvres. Tickets are included with two-day and Friday registrations and can be purchased for \$25 if only registering for Saturday.

Job Fair

We will be hosting a job fair with two sessions (4:00-5:00 and 6:00-7:00) at the hotel for students and practitioners, which will include mock interviews with resume reviews, new practitioner round tables, and networking with job fair vendors. Tickets are included with any conference registration or can be purchased for \$49 if you would like to attend the job fair only. Entrance to the reception/poster session is also included with this purchase.

Two-day registrations costs are reflected first, followed by one-day costs.

Any Questions? Please contact office@arizota.org

Check One:	Registration Thru 8/31/19	After 8/31/19
<input type="checkbox"/> OTR-ArizOTA Member	\$350 / \$163	\$375 / \$188
<input type="checkbox"/> OTR- Non Member	\$415 / \$195	\$440 / \$220
<input type="checkbox"/> OTA-ArizOTA Member	\$325 / \$150	\$350 / \$175
<input type="checkbox"/> OTA- Non Member	\$380 / \$178	\$405 / \$203
<input type="checkbox"/> Student- ArizOTA Member	\$150 / \$63	\$175 / \$88
<input type="checkbox"/> Student- Non Member	\$175 / \$75	\$200 / \$100
<input type="checkbox"/> Not an OT Practitioner	\$375 / \$175	\$400 / \$200

Discount offers

- \$25 discount per person for groups of 3 or more *practitioners*.
- \$35 discount per person for businesses with 10+ employees.
- Non-members, your 19/20 rolling membership is included with your registration!

For group discounts, all you need to do is contact us at office@arizota.org and provide us with the names and emails of the attendees.

Posters and Presentations

Track I

Showing our distinct value as we navigate to Value-based reimbursement.

Abstract: Reimbursement is moving to emphasize the service value. Discuss how OT can show distinct value and the strategies needed for this shift.

Presenter(s): Tamara Turner, Ed.D, OTR/L is an Assistant Professor of Occupational Therapy at Midwestern University-Glendale. Dr. Turner's clinical experience includes inpatient rehabilitation and home health. **Evelyn Andersson, Ph.D., OTR/L, RYT** is an Associate Professor at Midwestern University where she teaches professional reasoning, neuroscience, pediatrics, and wellness/complementary therapies.

Preparing for Disaster: An Occupational Therapy Role

Abstract: Grass roots level disaster preparation of practitioners and their clients will be addressed through engagement in everyday life.

Presenter(s): Mary Schmitz, OTD, OT/L has been an Occupational Therapist for 33 yrs. and recently began volunteer training with her local emergency response team.

Supporting the LGBTQ Population in Occupational Therapy

Abstract: This presentation will look at the unique needs of LGBTQ population across the lifespan when receiving OT. It will share organizational policies and individual clinician practices that support LGBTQ health outcomes and positive therapeutic relationships.

Presenter(s): Jessica Meyer, MS, OTR/L is an OT and Director of Success Matters at Beatitudes, affirming community for LGBT older adults, and as a clinician and a lesbian, Jessica aims to increase awareness and advocacy related to wellness of LGBT older adults. **Cherise Basques, MS, OTR/L** is a pediatric occupational therapist at The Therapy Farm. She has worked with many clients who identify as LGBTQ. Additionally, she is the parent of a transgender child.

Putting Psychiatrics back in Occupational Therapy's "Basket"

Abstract: Presentation of behavioral health Integration in the Primary care/specialty clinics/ED and hospital setting. Developing and implementing programs and how OT can play a crucial part.

Presenter(s): Denise Casson, Director of Mental Health Integration for 25 years with Kingman Regional Medical center, where her main role has been service line development and service growth. **Narcedallia Zegarra, MD, is a** psychiatrist at Kingman Regional Medical Center.

OT Next Gen

Abstract: To support fieldwork experiences and relationships in the workplace, this presentation will explore the generational traits of the next generation of occupational therapy practitioners.

Presenter(s): Gina Buban, OTD, OTR/L is an Assistant Clinical Professor and Academic Fieldwork Coordinator at the Northern Arizona University- Phoenix Biomedical Campus. **Natasha Smet, OTD, OTR/L** is an Assistant Clinical Professor and Academic Fieldwork Coordinator at A.T. Still University- Arizona School of Health Sciences

Choosing Wisely®: An Initiative of the ABIM Foundation

Abstract: Choosing Wisely® aims to engage providers and patients in dialog to help choose effective care. AOTA has offered five recommendations to "think twice about".

Presenter(s): Christine Merchant, PhD, OTR/L, is an associate professor in occupational therapy education. She has worked as a clinician and administrator in a variety of settings.

Meditation for Health, Healing, & Happiness

Abstract: Therapeutic Meditation Process™ (T.M.P.). Learn easy to use tools that will support you and your patients to release stress, decrease negative symptoms, feel happier.

Presenter(s): Tanya Penny, OTR, Health & Life Coach, is owner of Yoga for Healing PLLC., Creator of the Therapeutic Meditation Process™, Author of Connecting with The Divine You.

Occupational Therapy, Pain, and Private Practice: One Practitioner's Journey

Abstract: Pain affects meaningful engagement in occupations. This presentation focuses on the application of the occupational therapy process to pain management.

Presenter(s): Amy Mayer OTD, OTR/L, RYT is the owner of Mayer Wellness & Myofascial Release, LLC. Amy has been using myofascial release, ergonomics, yoga, and stress management techniques to help people with pain for 26 years.

Track 2

Trauma-Informed Care Across Occupational Therapy Settings

Abstract: This presentation will address the topic of trauma-informed care, and how to incorporate trauma-responsive strategies across occupational therapy settings.

Presenter(s): Sarah Anderson, OTD, OTR/L is a faculty member at Midwestern University in the Occupational Therapy department. Additionally, she works as an OT at an advocacy center here in the valley for children who have experienced childhood trauma. Dr. Shefali Gandhi, Psy.D. has been a practicing psychologist for over ten years. She is currently the clinical director at Childhelp, an advocacy center for children who have experienced childhood trauma.

The AOTA Transition Community of Practice Declarations and Resources

Abstract: AOTA Transition Community of Practice: 10 declarations to empower OTs to work with children who are transitioning to the postsecondary setting.

Presenter(s): Christopher Trujillo, OTD, OTR/L, GCG, ATP is an Assistant Clinical Professor at Midwestern University. Linda Q. Rudd, M.Ed., OTR/L, BCB-PMD is the Transition Coordinator for Peoria Unified School District.

Writing Success: Innovative Technology and Strategies for All Students

Abstract: This session deals with effective technology tools, strategies and data-driven decision making for all methods of writing for all students.

Presenter(s): Bridgette Nicholson is an occupational therapist and assistive technology consultant, and author of online information and training resources for students and educators.

Healthy Bodies & Healthy Minds: Therapeutic Strategies for Promoting Wellness in Children

Abstract: Therapists will learn innovative ideas to integrate wellness strategies into the daily lives of children who struggle with childhood disorders.

Presenter(s): Jenny L. Clark, OTR/L is known for her dynamic personality, sprinkled with humor that engages people to 'think outside the box' inspiring unlimited creative ideas.

School-based Legal Updates

Abstract: This session will review the legislative and legal updates from the past year regarding students with disabilities that impact the work you do and the way you do it.

Presenter(s): Kimberly Davis, Esq. joined Udall Shumway PLC in 2013 and is a member of the School Law section, representing the firm's education law clients throughout the State.

Expanding the Scope of Your Pediatric Practice: Integrating Concepts from the Adverse Childhood Experiences Study

Abstract: Explore the role of OT in trauma informed care. Learn what the Adverse Childhood Experiences Study indicates about the prevalence of childhood toxic stress and trauma.

Presenter(s): Donna Seegers Abler, OTR/L has practiced OT since 1985. She has practiced in schools, early intervention, hospitals, NICUs and private practice. She currently practices at Therapy Group of Tucson. She earned her certification from APPPAH's Pre and Perinatal Psychology Program in 2019.

Making the Connection: Integrating STEM teams with Assistive Technology Solutions

Abstract: There is a growing movement to connect those in the STEM community with those that support students with Assistive Technology needs. This collaboration is known as the AT MAKER movement.

Presenter(s): Matthew Levac, OTR/L, has been an OTR for the past 5 years, graduating from AT Still University in 2014. He currently serves as the Therapy Coordinator at a Private Day School in Phoenix, AZ.

Posters

Barriers and Facilitators to Cross-Cultural Therapy Practice on the Navajo Nation

Abstract: This qualitative study summarizes the common challenges and successes faced by practitioners working on the Navajo Nation.

Presenter(s): Myriah Milhone, OTD, OTR/L is a recent graduate of Northern Arizona University's OTD program, with an interest in pediatrics and rural practice.

Community Engaged Research to Improve Cancer Screening for Native American Women with Developmental Disabilities

Abstract: Identify lessons learned from community-engaged research addressing health disparities of Native American women with intellectual and/or developmental disabilities.

Presenter(s): Ellen Cherup and Bonny Nasimi are occupational therapy doctoral students at Northern Arizona University. **Heather Williamson, DrPH, OTR/L** is an Assistant Professor at Northern Arizona University's Department of Occupational Therapy and Center for Health Equity Research. **Julie Armin, PhD** is an Assistant Professor in Family and Community Medicine and Health Promotion Sciences at the University of Arizona.

Moving Medication: Tai Chi's Impact on Balance Self-Efficacy in Occupational Performance

Abstract: Evaluating Tai Chi's impact on balance self-efficacy in occupational performance— specifically in regards to individuals with Mild Cognitive Impairment (MCI)

Presenter(s): Christopher Taylor, OTD, OTR/L, is a recent graduate from Northern Arizona University's OTD program and is currently working in the Mesa Public Schools district through STARS Student Therapy Services.

Creating Community Spaces Beyond A.D.A

Abstract: Diversity, accessibility and inclusion are at the forefront of advocacy efforts across the nation. Occupational therapists are one of the few professions that are skilled in assessing and developing functional plans to promote inclusion and universal design concepts to optimize community space utilization.

Presenter(s): Emily Reilly, DHS, MOTR/L, has been practicing for nearly 10 years. She is the owner of Purposefully Home where she hopes to build a practice focused on giving clients and their families the confidence and access they need to "Live Your Life with Purpose".

Incorporating digital nature to reduce stress and improve mood in a residential substance use disorder treatment facility: Results of a research study

Abstract: Demonstrating the effectiveness of incorporating digital nature as a mindfulness activity for individuals in a residential substance use disorder facility.

Presenter(s): Tiffany Holstege, Andrew Benford, Cheyenne Alvarado, Bethany Vu, and Ammie Ingwaldson are third year OTD students at NAU, each with unique research and professional interests that range from trauma informed care to addressing the needs of underserved minority populations and rural communities. **Dr. Oaklee Rogers, OTD, OTR/L** is the Chair of the OT Program at NAU, with research interests that include promoting meaningful occupation for those with a mental health disorder and interprofessional education and practice. **Dr. Lori Reynolds, PhD, OTR/L** is an Assistant Professor in the Department of Occupational Therapy at Northern Arizona University with a PhD in Gerontology. Her research focus is on living environments that promote well-being.

The Role of Occupational Therapy in a Residential Substance Use Disorder Facility: Emphasis on Complementary Therapy Using a Healing Garden

Abstract: The Role of Occupational Therapy in a Residential Substance Use Disorder Facility Utilizing Complementary Therapy Using a Healing Garden to Support the Treatment Process and Prevent Relapse.

Presenter(s): Dr. Oaklee Rogers is an OT practitioner and Chair of Northern Arizona University Occupational Therapy Department. She has over five years devoted to improving the lives of persons having substance use disorder in southern Arizona treatment facilities. **Anna Kirshner, Holly Mulvaney, and Jamie Wahl** are OT students at NAU pursuing their doctorates. They have collaborated in developing and implementing a sensory garden space with a meditation program to support self-regulation during recovery of Substance Use Disorder.