



The Viewpoint

Occupational Therapy Association of Oregon Quarterly Newsletter • Fall 2014

Greetings from OTA!

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New president, new board – we had our Annual Board Retreat in May, many of us started our new roles July 1, and we have had one Board meeting so far (in Bend, which just happened to coincide with the weekend of the Brewfest – we are diligently balancing work and play).

There is so much is going on behind the scenes of OTA! I truly believe that this year's annual conference is going to be even better than the last 3 that I have been involved in. The foundation with the venue and speakers is in place, but every time I go to a conference meeting, something more is being added, some new idea is getting kicked around. OT Pub Nights – oh, yah, three of them so far. Go to our newly launched (in May) website to find out dates and locations for future events. Special interest groups... OTA connections... Retirees... So much is happening here, too. Continuing ed, not just annual conference any more – we are partnering with Pacific University to do more. Could go on and on, but I don't want to be stealing any thunder.

I have been doing a great deal of thinking about OTA – why we join, why we volunteer, and what is OTA's function, or role, in the OT practitioner's life. Why pay that \$70, that \$50, or that \$30/year to be a member? To me, **we have to create value**. And that value (for me) comes down to that head/heart buzz that you get when you are among fellow OT's. If this doesn't make sense, just be at conference or any gathering of OTs. Feel the, hear the, absorb that energy, that excitement, that enthusiasm, passion, laughter, connecting or re-connecting, learning, or sharing. And, get that support!

At our Board Retreat, our theme was "Proximal stability for distal mobility". Unless we have a firm foundation, we are not going to be able to reach for the sky, grab that golden ring, or stay ahead of the changes in our profession. We need to have a shared vision, a shared focus. So, with this said, our most amazing Board has already proposed a change to our OTA Mission Statement (to be voted on at our Annual Meeting at Conference). We believe, with all our hearts:

The mission of OTA is to support our members and strengthen the occupational therapy profession through advocacy, education, and networking.



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Greetings from OTA0!

■ From page 1

I am truly floored by how much we have come together, how much has been accomplished so far, what I hear that we want to do, where we want to go. As President, I believe that my role is make sure that we consistently share our vision, that we are totally transparent (not only within the Board, so that we can support and assist each other, but with our members). I want open communication. I have always felt that feedback is an act of kindness. It is always easy to talk when all is well with the world. But, without good communication/feedback, how can we be responsive to needs of the OT practitioners of Oregon? So, in closing, I want to hear from you. I want to know how we are doing. I want to know what we should be doing. And, if it works in your life for right now, I want to know if you are able to volunteer in any capacity to help us carryout our Mission.

Respectfully submitted by: Jan Cuciti, OTR/L, MBA, OTA0 President
janhc@easystreet.net

Conference Update: Vendors

By KIMBERLY LARSEN, OTR/L, OTA0 Vice President

Our new website this year has allowed the vendors to conveniently register online for the conference. We already have more vendors who have signed up and paid than in years past at this date! We have also created new ways for vendors to be involved including affordable catalog displays and coffee break sponsorships in order to attract new non-profit and for-profit

organizations.

If you know of any organizations that would be of interest to occupational therapy practitioners and the patients we serve, please contact

Kimberly Larsen at otaoconference@gmail.com
or direct them to our website at:

<http://otao.site-ym.com/?page=VendorInfo>.

**SAVE THE
DATE!**



OTA0 2014 Conference
Keynote Speaker: Christina Metzler,
Chief Public Affairs Officer of AOTA

October 17-18, 2014
Holiday Inn, Wilsonville

****Help out by donating items for the live and
silent auctions!****
Proceeds benefit OTA0 student scholarships.

Mental Health SIS Update

By HALLEY READ, OTR/L, QMHP

Hello! My name is Halley Read and I wanted to introduce myself. I am the new Mental Health SIS Liaison for OTA0, and I am so very excited to be in this position. I have such passion for occupational therapy and its role in mental health and mental illness treatment. This is such an exciting time for occupational therapy in mental health as there are legislative happenings going on. My goal with this little article is to give you an update and inspire all OTs to advocate for our place in mental health treatment, regardless of our practice setting.

Two things to address are the Strengthening Mental Health in Our Communities Act and Occupational Therapy in Mental Health Act. At this year's AOTA conference it was announced that AOTA supports both of these acts so it is worth dispelling to our state's organization.

The first of the aforementioned acts contains provisions to improve on current mental health services through expansion, better coordination of federal mental health programs, and developing the behavioral health work force. This bill was introduced by Rep. Tim Murphy. According to an AOTA blog, this bill has been controversial, but does start the conversation from a legislation standpoint for the first time in a long time. The Occupational Therapy in Mental Health Act, a bill introduced by Rep. Ron Barber, would amend the National Health Service Corp to include occupational therapists under the definition of "behavioral and mental health professional." A change in this definition would increase the likelihood of OTs being hired to practice in mental health clinics, private or public, and set up those in this field with the opportunity for loan forgiveness. It would also expand the number of OTs practicing in mental health in two ways:

- By encouraging more new therapists to enter the field and to practice in shortage areas through loan forgiveness; and
- Approximately 50% of the states allow OTs to be reimbursed for mental health services under Medicare, but not Medicaid or other state programs. This is an issue of reimbursement more than "scope of practice" as an occupational therapist in many states is not a "qualified mental health professional," and this bill would allow for OTs in all states to bill for their services as QMHP. *Oregon does allow for OTs to bill as QMHP*

Although specific to mental health, I am hoping that all members of OTA0 will write a letter, or send the letter found at AOTA.org to our representatives to increase the voice and power behind these movements. The healthcare reform calls for more awareness and treatment of mental health concerns, and there is an opportunity for huge growth of occupational therapy in mental health. By taking the time to voice our power behind these bills, we make space for OTs in all areas of practice to bill for our specialized training. No change in life comes without mental health concerns.

If you have further questions please feel free to contact me via the OTA0 website.

And remember, please visit <http://capwiz.com/aota/issues/alert/?alertid=62482651> to send a letter to our representatives!

New Oregon Representative for AOTA's Representative Assembly

By ERICA BARTLESON, MOT, OTR/L, AOTA Oregon Representative

Greetings,

I'd like to introduce myself as the new Oregon Representative for AOTA's Representative Assembly. I moved from Idaho to Portland in 1995, where I still reside with my husband and our two kids, ages 14 and 7. I graduated from Portland State University with a B.S. in Psychology in 2001. I then went on to work in community mental health for the next ten years. While I was working in mental health, I learned about occupational therapy and found a new, broader passion. I earned my Masters in Occupational Therapy from Pacific University in 2011. Currently I am a school therapist, working in SE Portland. In my spare time, I work on-call in skilled nursing. I love the diversity of our profession and being able to work with individuals and families across the life span. Thanks and I look forward to serving our OT community!

~Erica Bartleson, MOT, OTR/L

OTA Corner

By MASHELLE K. PAINTER, MEd, COTA/L, Linn-Benton Community College Guest Contributor

Although the "official" first day of autumn is September 23rd, the lazy days of summer come to an abrupt end on that first Tuesday after Labor Day for many of us who work (or have worked) in K-12 school settings. There is a lot of hustle and bustle at the beginning of the year, as school OTs and OTAs work to locate all the students on their caseloads, sift through the pile of incoming referrals, and try to prioritize all of the many IEP meetings that often occur in that first month.

In the past several years, there has been an ongoing concern within the community of school OTs and OTAs in Oregon about the ever-increasing caseload sizes due to budget cuts. Large caseloads have become increasingly difficult for many OT practitioners to manage, often resulting in the reduction of services to "consultation only" for many of the students they serve. Another unintended consequence of this recent budget crisis has been the elimination of many OTA positions in the schools. Administrators, who are only looking at the bottom line and lack a thorough

understanding of the role of the OTA in the schools, see it fiscally preferable to instead hire more OTs and direct them work with unlicensed classrooms aides to provide interventions and monitor outcomes. These aides have no background in Activity Analysis, have limited (or no) insight into grading and adapting tasks, and cannot provide the same skilled service that an OTA can provide.

To begin to address some of these concerns plaguing our school practitioners, a small working group has been formed, comprised of individuals from the OT Licensing Board, the OTA membership, Pacific University and Linn-Benton Community College. This group will be meeting later in September with the Chief Education Officer from the Oregon Department of Education to present data it has gathered and have a discussion about issues surrounding caseloads, workload, service delivery, etc. It is the first step in what hopes to be a positive change for OTs and OTAs working in Oregon schools.

Summary of the Representative Assembly Summer 2014 Online Meeting

By ERICA BARTLESON, MOT, OTR/L, AOTA Oregon Representative

The Representative Assembly (RA) recently held a special online meeting from June 13 to June 25. The primary purpose was to hold an election for two RA leadership positions: Agenda Chair and Recorder. Ingrid M. Provident, EdD, OTR/L, was elected Agenda Chair and Emily Pugh, MA, OTR/L, LHRM, won the election for Recorder. They will be members of the RA Leadership Committee (RALC) and started a 3-year term on July 1.

In addition, the COE Standard Operating Procedures with attachments outlining responsibilities of the Academic Leadership Councils for OT and OTA Programs respectively were passed with a substitute motion to reinstate the voting rights of the student representative on COE.

The fall RA meeting is approaching and ideas for motions can be submitted now at motions@aota.org. If you have an idea that meets at least one of the following criteria, you can take that notion and make it a motion!

- Relevant to contemporary practice of occupational therapy
- Are of national importance and relevance
- Relate to a broad range of AOTA members
- Are appropriate for consideration by a national professional organization
- Move the profession forward in a meaningful way

Instructions on how to write a motion can be found at <http://www.aota.org/-/media/Corporate/Files/AboutAOTA/Governance/RA/Motions/HowtoWriteaMotionforstaff.pdf>.

If there are questions or concerns about AOTA's Representative Assembly, please email Erica Bartleson at Erica.bartleson@gmail.com.

Continuing Education Opportunities

By NICOLE' WANDELL, OTR/L, Continuing Ed Co-Chair

Pacific University and the Occupational Therapy Association of Oregon are in collaborations to create a cost effective opportunity for continuing education (CE) units. In working together, the goal is to provide occupational therapists, occupational therapy assistants, occupational therapy students, and occupational therapy assistant students with opportunities to expand their clinical and educational knowledge through a continuing education series. OTAO's vision for this year includes focusing on networking, education, and advocacy. We are hoping for some assistance to guide our development of this CE series. Please go to www.otao.com to fill out the survey questions so we can better guide the program to serve you and your colleagues across the state. The survey will be available on the website until the end of September. The first CE event is anticipated to take place at the beginning of 2015.

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Continuing Education Opportunities

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In addition, OTAOC is adding local CE classes to our website to increase awareness of other classes happening in the area. Three new CE listings have been added to our Community Calendar by Motivations Inc.

All three will be held in Portland, OR, at Providence Health and Services (St. Vincent's)

#206-Functional Strategies for Treating Patients with Neurological Deficits -10/18/2014

#344-A Fresh Approach in the Treatment of Torticollis - 10/24/2014

#114-Donatelli's Pathophysiology and Mechanics of the Shoulder with Lab - 12/6-12/7/2014

Go to the website (www.otao.com) and click on Conference/Events and choose Community Calendar, or just click this link: http://www.otao.com/events/event_list.asp

If you have any questions about these classes please contact Jane Boston at 803-714-6533

Note: these are paid CE Listings and are not sponsored by OTAOC.

OTAOC Conference: Powerful Proactivity

By CHRISTINE BEARD, OTR/L, OTAOC Conference Committee Co-Chair

Powerful Proactivity! It's the key to success for your clients and the energy that's driving the excitement about this year's OTAOC conference October 17-18. We love this year's venue, the Holiday Inn off I-5 in Wilsonville, and think you'll love it too. Larger, dedicated spaces, delicious food, early morning yoga and well-rounded slate of speakers and poster presenters await.

We're especially excited about our Keynote address by Christina Metzler, Chief Public Affairs Officer for AOTA on Occupational Therapy, Past, Present and Future Opportunities. In her current position, Ms. Metzler is the chief lobbyist for AOTA and also runs the other government and external activities. She directs the grassroots program which supports advocacy on the part of occupational therapy practitioners and also serves as the editor of the Health Policy Perspectives column in the American Journal of Occupational

Therapy. She also oversees AOTPAAC, the political arm of the profession, raising funds and disbursing them to candidates for the House and the Senate who support occupational therapy.

We'll also learn more about who's benefiting from ObamaCare and how it impacts our profession during the Friday morning "Welcome" from the President & CEO of the Urban League of Portland and OTAOC's lobbyists who advocate on our behalf among legislators at the state capitol.

14 CEUs are available for attendees, with tracks designed to meet the needs of therapists working in rehab, mental health, with pediatrics, students, older adults and everyone in between. We're working to make this year's conference relaxing, educational and fun and we hope you'll join us. Check out our full brochure and register online at our newly redesigned website at www.otao.com.

New Online Opportunities to Stay Connected

By KIMBERLY LARSEN, OTR/L, OTA/O Vice President

Let's get the conversation started! Our new and improved website is the perfect place to come together with your fellow occupational therapists and discuss what's on your mind. Just join the groups that peak your interest and get chatting! Follow these steps to join a group for the first time:

Go to www.otao.com and sign in using the link in the top right corner.

Click on "Groups" from the green banner at the top.

Select a group from the drop down menu.

Under the title heading, click "Join group."

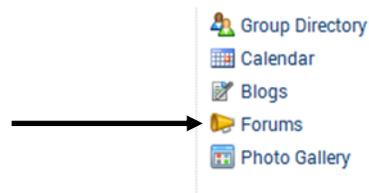
Simple as that!

If you want to see all the groups that you have joined, go to "My Profile" to the far right of the screen once you have signed in.

Click on "Groups."



Then click on the title of the group you would like to see. This will bring you to the group newsfeed. Here you can post articles, links to websites, or anything else on your mind! If you want to post a discussion that allows for responses from fellow members, click on "Forums" to the right of the news feed.



Then click "General Discussion" (Your SIS Moderator may add more categories later!)

Finally, click "New topic" and start a new conversation. Some possible ideas might include interventions ideas, evidence based practice, therapeutic tools you want to sell/give away, and much more!



The best way to learn is to just play around and stay active on the website! Have fun!

Visit the website at www.otao.com

Portland Pub Night at Salvador Molly's September 25, 2014 6:30-8pm

1523 SW Sunset Blvd
Portland, OR 97239

**Please RSVP at http://www.otao.com/events/event_details.asp?id=495416
so we can give the restaurant a head count**

Reflections on Transitions

By SARA PICKETT, OTR/L, Historian, Past-President of OTAO

Greetings! For the past four years you have seen my by-line gracing the front page of the Viewpoint, giving you information and thoughts as President of OTAO. An honor that now goes to Jan Cuciti! So now you get to hear about my life post-President. The first thing I noticed was how much more “time” my mind had, not actual time, but I didn’t need to think about OTAO 24/7 anymore. With any transition like that there is joy and sorrow, a sense of emptiness and need to fill that up with “stuff” and or to practice being in the moment and the tranquility that comes from not having to do three things at once.

I chose to practice tranquility, enjoy time with family and friends, successfully grow my first tomatoes, get out the ancient slides of family trips and events-I didn’t realize how 1970’s we looked-, and just “be” for a while. Looking at all the slides my father took of us on our different family excursions I was reminded of how much the importance of history played in my upbringing and view of life.

Recently I read a book on Oregon State Hospital, entitled Inside Oregon State Hospital, by Diane L. Gores-Gardner, a fascinating book on the history of mental health in the territory and state of Oregon and how although there have been many changes and developments, many of the issues regarding money and community support remain the same. The concepts of occupying oneself in meaningful and productive activities, including work, leisure and community integration were encouraged long before those terms were created or the profession of Occupational Therapy was developed. Occupational Therapy gets mentioned in the book several times and the importance Occupational Therapists played in the recovery process of the clients. Interestingly, no other therapy is mentioned, although the hospital has Recreational Therapists, Music Therapists and Art Therapists. On page 189, Occupational Therapy is stated to have started at Oregon State Hospital in February of 1950, consisting of one therapist, one room and one basket. By 1958 the department had grown to 3 therapists and two large rooms in the basement of the building that became the children’s program.

As you may or may not know, OTAO also has a book written about it, called Reflections: The History of The Occupational Therapy Association and in that book Flora Fisher Barrows is stated to have started the Occupational Therapy Department at Oregon State Hospital. Wouldn’t it be wonderful to hear her stories! “Time is an important factor in change. Those who have gone before us have completed the preliminary work so that we can become agents of change—just as we are doing for those who come after us.

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Reflection on Transitions

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This continuity has given all of us a sense of identity – of belonging to an established purpose”. Introduction of *Reflections: The History of The Occupational Therapy Association of Oregon*, 1981.

Unfortunately, *Reflections* stops at 1980. I am sure things have happened to OTAO, Occupational Therapy and the state of Oregon since that time, if nothing else, the development of the Occupational Therapy Program at Pacific University and OTAO’s role in that process in 1984. Wouldn’t it be wonderful to get that story recorded and other events that OTAO has helped develop. I think that may be my next project, to try and piece together OTAO from 1980 to now, and then maybe it will be automatic, to record pertinent events and people in OTAO as the profession of Occupational Therapy marches on.

Of course, a project like this will need many people to complete. People like YOU, who were there and experienced what occurred. So I am asking for your help with this, for Oregon, for Occupational Therapy and for OTAO. Let’s keep our history alive!

Please contact me at sarapickett7@gmail.com if you are willing to help get information or have information about OTAO from 1980-2014, and be forewarned, I may be contacting you as I learn more information. This is exciting!

“Time is an important factor in change. Those who have gone before us have completed the preliminary work so that we can become agents of change—just as we are doing for those who come after us. This continuity has given all of us a sense of identity – of belonging to an established purpose.” Introduction of *Reflections: The History of The Occupational Therapy Association of Oregon*, 1981.

Looking for a great opportunity to share your professional knowledge with Oregon’s OT community? Present a poster at the 2014 OTAO Conference!!

Presenting a poster at OTAO provides you with the opportunity to share your ideas, connect and discuss, and enhance the learning community for OTs from all over Oregon. For presenting at OTAO, you will receive CEUs and a stipend of \$20 in appreciation for your time and effort. Poster presentations occur on Friday, October 17, 2014 from 2-3 pm, at the Holiday Inn in Wilsonville.

Fill out the OTAO poster proposal at :

<http://www.otao.com/?page=ConfSpeakers&hhSearchTerms=%22poster%22&#rescol 2091286>

Feel free to contact us with any questions: OTAOConference@gmail.com

On behalf of OTAO and Oregon’s OT community, THANK YOU!

Spotlight on Programming: AntFarm

By TWO FOXES SINGING, OTR/L

AOTA's Centennial Vision challenges pediatric occupational therapy practitioners to provide excellence in service to infants, toddlers, children, and youth and their families in a variety of settings including schools, clinics, and homes (<http://www.aota.org/Practice/Children-Youth.aspx#sthash.KW3y6Gki.dpuf>). Yet, adolescents and young adults (youth) remain a particularly underserved population in many communities, including here in Oregon. Youth who are at-risk or homeless are more likely than other youth to be exposed to crime, violence, physical abuse, sexual exploitation, substance abuse, gang involvement, and mental illness (US Department of Health and Human Services, 2009). Kids Count estimates that 21.7% of Oregon's children live below the federal poverty level (22,811 for a family of four in 2011), many of them in rural areas including NE Clackamas county. One unique and community based occupational therapy program is filling a need to provide a safe and healthy community space for youth.

AntFarm, located in Sandy, OR, is an innovative program developed in 2010 that is dedicated to engaging and empowering youth in healthy and productive, work, recreation, and social activities (AntFarm, 2012). This setting offers rich and diverse experiences to youth to support spiritual, emotional, cognitive, and physical development. Youth of all ages and backgrounds come together for AntFarm activities. Inclusion of all is important to AntFarm as vulnerable youth experiencing mental health and addiction issues are side by side other young people without these symptoms. All, working together, meet goals to improve daily function and the learn skills required for healthy and productive adult living.

The vision of AntFarm is to support young people, families, adults, and communities to develop health and happiness through the discovery of hope. Therefore all programming happens in the community in AntFarm defined "indoor and outdoor classrooms". The outdoor programs include YouthCore (building trails, restoration), Outdoor Adventure (hiking, camping), Community Garden (provides food for café and a food bank), and CommunityConnect (pairing elders with youth to help with yard and home management). The indoor programs consist of the Axis Learning Center (tutoring), AntFarm Bakery and Café (work, healthy foods), and the Cultural Arts Center (various art venues).

There is a heavy emphasis in community involvement and participation in each of the programs. Volunteers, professionals, and community members work side by side in creating these opportunities. The opportunities translate to a wide range of occupational skill development including strategies for developing resiliency and skills needed to thrive as a productive community member. Specific occupations and those client and process skills that support participation include activities of daily living, care of others, meal preparation, safety, exploration of leisure, work, social skills, problem-solving coping, time management, and decision making.

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Spotlight on Programming: AntFarm

■ From page 10

Two Foxes Singing (Nunpa), an occupational therapist, and artist Damon Schwab developed AntFarm with a blending of professional practice and artistic design. Occupational performance and active participation is enhanced through the artistic and beautiful design of the indoor space. The outdoor space, likewise, utilizes real world areas such as gardens, trails, and community members homes. This unique occupational therapy and performance based programming allows opportunities with no cost to the participants and relies on donations, grants, fundraisers, income from their recently established cafe, and the thousands of hours of volunteers.

Our accomplishments since the beginnings of AntFarm include:

1. AntFarm has seen over 650 young people since beginning construction in 2010.
2. AntFarm CommunityConnect began with a local elder working side by side with teenagers to help other community members with outside tasks that were difficult to achieve. Since this first began 2 ½ years ago, we have been in over 250 homes helping seniors who could not have done the tasks themselves.
3. AntFarm has employed over 185 youth.
4. AntFarm has been growing a community of volunteers including two AmeriCorps teams in 2013 and 2014. Each year service hours have increased and in 2013 we had 22,410 volunteer hours.
5. AntFarm has helped over 215 youth achieve employment since the first AntFarm work crew.
6. AntFarm has partnered with over 20 agencies, organizations, and churches to build a strong network of community members working together.
7. AntFarm provided 1896 tutoring hours in 2013.
8. AntFarm Community Garden and Farmer's Market grew 2000 pounds of food in 2011 and increased production to grow 10,000 pounds in 2013. Of the 10,000 pounds grown in 2013, 95% of this fresh food was given to Sandy Action Center for low income community members to enjoy.

To learn more about AntFarm, feel free to visit the website at: <http://antfarm-international.com>. Nunpa can also be reached at nunpa@woape.com. Of course, you are always welcome to stop by the Café and Bakery in Sandy for coffee, breakfast, or lunch and see Ant Farm in action.

If you'd like to submit information on programming you are involved with, visit the Viewpoint page on the OTA website at <http://otao.site-ym.com/?page=Viewpoint>

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Editors: Sara Tallman, OTDS & Valerie Wen, OTDS

E-mail: otao.viewpoint.editor@gmail.com

Guidelines for contributions: News and feature articles are welcomed. Submitted articles should be practice related, accuracy of information is the responsibility of the authors. Publication of articles is primarily for informational and educational purposes and not for promoting or endorsing one particular technique, procedure or philosophy over another. OTA O disclaims any liability or responsibility for individual use of applications or procedures or techniques described. Photos should attached electronically. Deadline for receipt of articles is the 1st of the month of publication.

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<https://otao.site-ym.com/?page=Advertising>

Submit an article for publication or an idea to make the newsletter a useful and engaging benefit of membership. Contact the Editors at otao.viewpoint.editor@gmail.com or fill out the form at the bottom of <https://otao.site-ym.com/?page=Viewpoint>

Occupational Therapy Licensing Board (OTLB) has a handy website for your questions at <http://www.oregon.gov/OTLB/Pages/index.aspx>. At If you have any questions, please contact the Director, Felicia Holgate at Felicia.M.Holgate@state.or.us or call 971-673-0198



Mail:
OTA O
PO Box 7133
Aloha OR 9700

Fax:
(503) 690-1819
E-mail:
otao@otao.com