

The background of the cover is a photograph of a modern building with blue vertical accents and a garden with green bushes and red flowers in the foreground. The text is overlaid on this image.

**CSUDH
OCCUPATIONAL
THERAPY**

**SUMMER 2022
EDITION**

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FACULTY PUBLICATION



DR. ERIC HWANG

APPRAISING PSYCHIATRIC CARE FROM A DIFFERENT ANGLE

Occupational Therapy Activities and Cardiorespiratory Fitness for Inpatients with Chronic Mental Illness (AJOT 2022 Summer Issue)

What Matters?

The profession of occupational therapy (OT) was known to have its strong roots in mental health. Regrettably, going through the decades of evolution in medical and health care systems alongside the complex dynamics across disciplines and labor force, the profession in the US dwindled perceptibly and steadily in its practice of mental health. According to AOTA, the percentage of occupational therapists working in mental health fell off from 5.2% in 2000 to 2.4% in 2015 (AOTA, 2015). In an attempt to inform the profession's Centennial Vision in revitalizing evidence supporting mental health practice, a review of articles published in the American Journal of Occupational Therapy (AJOT) from 2008 through 2009 revealed that only two addressed effectiveness of OT in mental health (D'Amico et al., 2010).

Mental Health OT in Taiwan

Taiwan was among the few countries in Asia that were in the vanguard of establishing OT education and service in the 1980s. Over these decades, psychiatric OT service has been blooming in concert with other practice areas (e.g., early intervention, school service, physical dysfunction). Among all registered occupational therapists in Taiwan, 28% practice full-time in mental health (Taiwan Ministry of Health and Welfare, 2022).

I Am On It....

My professional obligation derived from being an educator, a researcher and a former mental health practitioner has led to my honorary/unremunerative position as a volunteer research consultant for the Occupational Therapy Department, Tsaotun Psychiatric Center, Taiwan. There has been one common goal we share - to promote evidence-based practice in psychiatric OT.

Beyond the Mental Issues....

People with chronic mental illnesses (CMI) are at high risk of poor cardiorespiratory fitness due to sedentary behavior and physical inactivity. The prevalence of cardiovascular disease including coronary heart disease, atherosclerosis, hypertension, and stroke is 3.6 times greater among people with CMI, making the disease one of the leading causes of premature mortality in this vulnerable population (Ilyas et al., 2017).

What Was This Study About?

We proposed a critical question that had hardly or never been explored in the OT literature – Do daily occupational therapy activities for clients with CMI have an effect on maintaining or improving cardiorespiratory fitness?

What Data Did We Collect?

We collected data from 325 inpatients of the chronic care ward of the 1,200-bed Tsaotun Psychiatric Center. Nearly 100 different occupation-based activities and OT-prescribed routine exercises were coded with numeric identifiers. We further calculated energy expenditure for each activity and exercise entry using the activity-calorie conversion directory and formula. Cardiorespiratory fitness was measured by the standardized 3-Minute Step Test.

What Were the Results?

1. The majority of OT clients (n = 289; 89%) either maintained or improved their cardiorespiratory fitness over the study course.
2. The Level 4 daily energy expenditure of occupational therapy activities (>352 kcal) carried out by the OT clients was associated with the favorable outcome of cardiorespiratory fitness.
3. OT-led prevocational activities and OT-prescribed moderate- to high-intensity exercises met the optimal energy expenditure level (352 kcal) necessary for achieving the favorable cardiorespiratory fitness outcome.

What Were the Clinical Implications?

1. Occupational therapists should play a key role as advocates for positive lifestyle change with enhanced activity engagement among people with CMI.
2. The higher the amount of OT activity, the greater the health benefits. However, clients have a chance to achieve an improved cardiorespiratory outcome even with small increases in activity participation over time.
3. Occupational therapists working with high-functioning clients can use prevocational activities to help them meet the optimal energy expenditure level and gain an opportunity for community reintegration and independence.
4. Although moderate-to high intensity exercises provide a chance for a better cardiorespiratory outcome, low- or moderate-intensity exercises are easier for clients to follow through on with autonomy and independence.

Why Was this Study Unique and Important to OT?

This study was one of the first attempts to explore the outcome of cardiorespiratory fitness after daily OT activities for clients with CMI. The research method was also unique in that we adopted three sequential epidemiological designs to undertake our inquiries. Physical benefits unfolded throughout psychiatric care, echoing the profession's stance on holistic practice.

Lee, H.-L., Hwang, E. J., Wu, S.-L., & Hsu, W.-C. (2022). Appraising psychiatric care from a different angle: Occupational therapy activities and cardiorespiratory fitness for inpatients with chronic mental illness. *American Journal of Occupational Therapy*, 76, 7604205090. <https://doi.org/10.5014/ajot.2022.049126>

References:

- American Occupational Therapy Association (2015). 2015 AOTA salary and workforce survey. Retrieved from <https://www.aota.org/Education-Careers/Advance-Career/Salary-Workforce-Survey/work-setting-trends-how-to-pick-choose.aspx>
- D'Amico, M., Jaffe, L., & Gibson, R. W. (2010). Mental health evidence in the American Journal of Occupational Therapy. *American Journal of Occupational Therapy*, 64(4), 660–669. <https://doi.org/10.5014/ajot.2010.09180>
- Taiwan Ministry of Health and Welfare (2022). Annual Report of Mental Health Services and Workforce Utilization. Retrieved from <https://dep.mohw.gov.tw/domhaoh/cp-402-61862-107.html>



Featured Alumni



Justin David Stehr

Department of Occupational Therapy

I was hired by the department of Plastic and Reconstructive surgery at Vanderbilt University Medical Center to develop and manage their outpatient rehabilitation. Our department currently has 15 surgeons, plus residents, fellows and advanced practice providers serving patients with a variety of conditions resulting from level one trauma, elective surgery and conservative management.

I was told to create a program providing the "absolute best quality of patient care, whatever it takes", and I see that in the actions of our team daily. Current department projects include development of a Limb Loss Clinic, Musicians and Performing Artists Clinic, clinical research and development of a hand therapy protocol for radial forearm free flaps following phalloplasty.



I am studying for my Certified Hand Therapist credentialing and continue to explore therapeutic benefits using a wheelchair mounted continuous passive range of motion device I patented, with a partner, that assists with upper extremity neurorehabilitation following stroke.

News and Events of OT Student Organizations





PI THETA EPSILON (PTE) GAMMA GAMMA CHAPTER

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Rachel Morgan



Catherine Ngo



Jocelyn Macias

4th Annual Fieldwork Educator Panel

JUNE 21, 2022



The 4th annual fieldwork educator panel was hosted by the Gamma Gamma Chapter of Pi Theta Epsilon and the CSUDH OT Fieldwork Faculty Team. This year's panelists included Alexandra Arguelles from Momentum Pediatric Therapy Network; Dorene Doi from VA Long Beach Healthcare System; Danielle Gille from Cedars-Sinai Medical Center; Ingrid Leu from Exodus Recovery Inc.; Vanessa Yanez from Bravo Therapy Center; and Bailey Zubel from Speech, Language and Educational Associates. Some topics discussed were the impact of COVID on OT practice and fieldwork student education, primary responsibilities for fieldwork students, and resources recommended for students. Thank you to the fieldwork faculty and all the speakers for making this event possible!

-Jasmine Hannani

4th Annual CSUDH Department of Occupational Therapy Fieldwork Educators Panel



Thank you for attending!

4th Annual CSUDH Department of Occupational Therapy Fieldwork Educators Panel



Thank you for attending!

C18 Pi Theta Epsilon Induction Ceremony

AUGUST 15, 2022

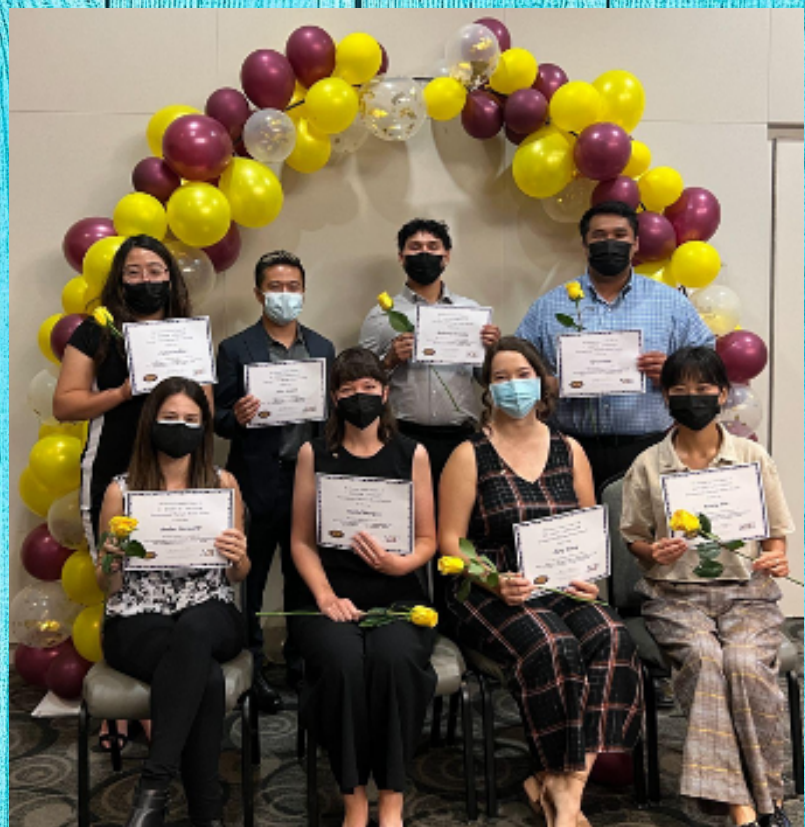
Congratulations to the C18 PTE inductees! The ceremony started with encouraging remarks from Dr. Sheryl Ryan, Dr. Heather Kitching, and Dr. Terry Peralta-Catipon. C17 co-presidents Hannah Chang and Sandra Ngo and C18 executive board members, Rachel Morgan and Catherine Ngo, also shared some heartfelt remarks. We enjoyed learning more about C18 PTE inductees through their fun facts and why they chose occupational therapy.

We can't wait to see what C18 is going to accomplish! We are confident you will instill the values of PTE: respect for learning and commitment to scholarship.

-Jasmine Hannani

Congratulations

Caroline Cusolito
Anthony Gonzalez
Kyle Gusto
John Jonson
Sunny Kim
Jocelyn Macias
Rachel Morgan
Catherine Ngo
Heather Nguyen
Amber Schwartz
Carly Wong



More from PTE Induction







Front row L to R: John Russell Lorenzo, Amber Schwartz, Rachel Morgan, Carly Wong, Sunny Kim, and Dr. Sheryl Ryan

Back row L to R: Rachel Lee, MinJi Kim, Rachel Garcia, Sandra Ngo, Catherine Ngo, John Jonson, Anthony Gonzalez, Kyle Gusto, Hannah Chang, Sarah Taylor, Jenna Meyers, and Jasmine Hannani

C18 inductees not pictured: Jocelyn Macias, Caroline Cusolito, and Heather Nguyen



COALITION OF OCCUPATIONAL THERAPY ADVOCATES FOR DIVERSITY (COTAD)

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Carly Wong



Karla Carrillo Robles



Maria Cervantes Godinez



Rebekah Boning



Karen Lim



Jonathan Alcantara

COTAD

Food for Thought: Dinner Discussion Series

An evening with Dr. Daniel Swiatek, OTD, OTR/L on LGBTQ+ Research

COTAD hosted another Food for Thought: Dinner Discussion Series on August 9th. Dr. Daniel Swiatek shared his research titled: *LGBT Seniors in an Independent Residential Community: Implications for Improved Quality of Life*. Dr. Swiatek led an important discussion of his research on the LGBTQ+ aging experience and the impact of having a shared, safe space. From his research, COTAD gained insight into how a safe space for the LGBTQ+ community can lead to higher quality of life, increased sense of pride and community, and increased feelings of safety. Dr. Swiatek concluded his discussion by sharing implications for his research such as encouraging sensitivity training for healthcare and social service providers as well as updating assessment tools for more inclusive language. The Food for Thought: Dinner Discussion Series with Dr. Swiatek was wonderful and we look forward to continuing these important conversations!

Food for Thought: Dinner Discussion Series

An Evening with Dr. Daniel Swiatek, OTD, OTR/L:

LGBTQ+ Research Projects

Join us on Zoom to hear Dr. Swiatek discuss issues unique to the LGBT aging experience, and present his research on *LGBT Seniors in an Independent Residential Community: Implications for Improved Quality of Life*.

He will also be giving a brief overview of his current research projects on LGBTQ+ topics.

Tuesday, August 9th
7:00-8:00 PM PST

Attendance is free, just RSVP!

~Find the link in our bio~





INTEGRATING CULTURES THROUGH OCCUPATIONAL THERAPY (ICOT)

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Hannah Kleinbart



Yvonne Querido



Jacqueline Shin



Victoria Patten



Elisabeth Kwon

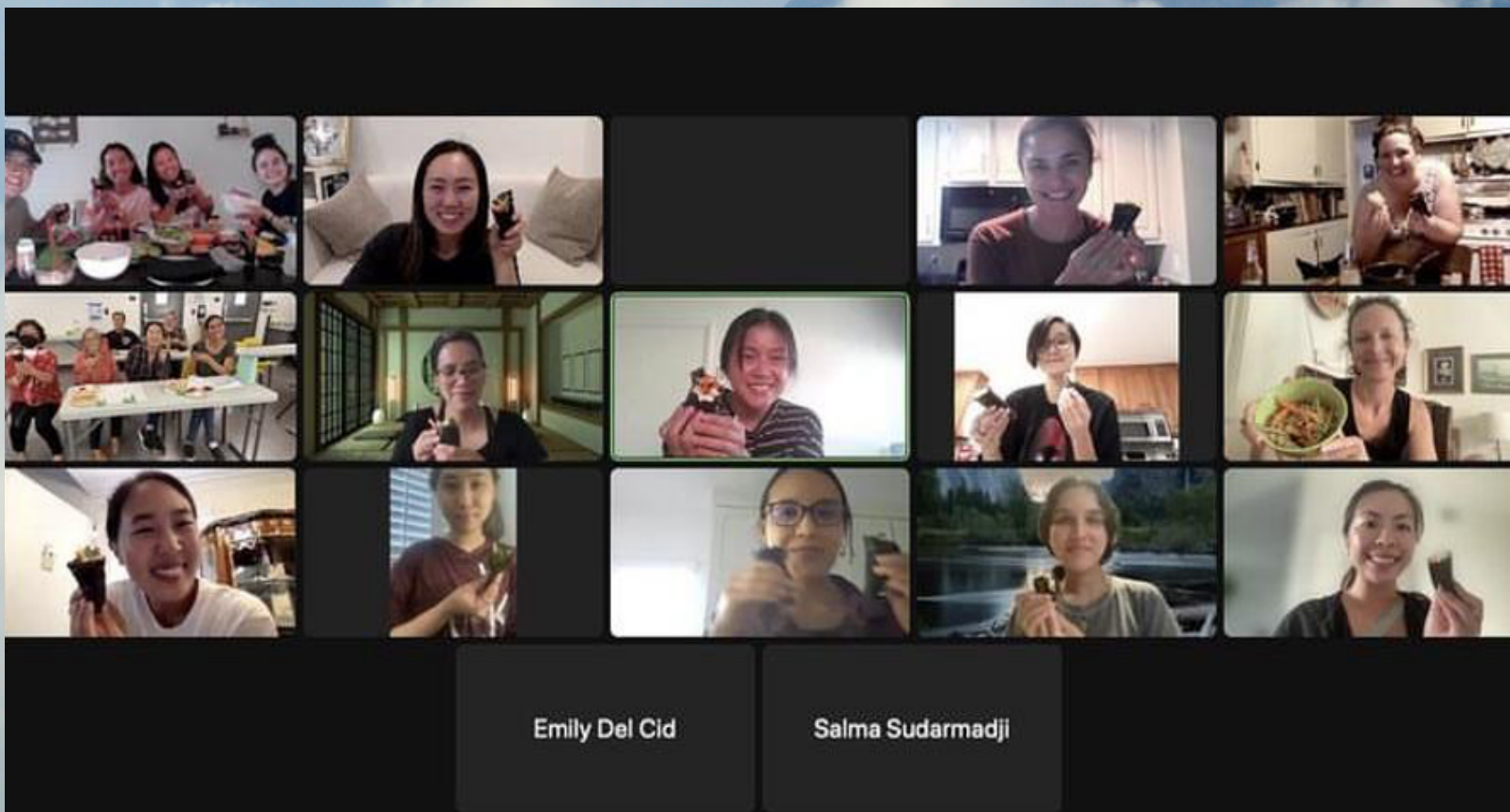


Paula Basto

Summer 2022 ICOT Events

ICOT had an eventful summer semester, from hosting Temaki Night with Faith Moy, welcoming the newly elected C18 officers and transitioning over to the new C18 Executive Board, and finally, having the premier Bulgaria Internship.

We had a wonderful time learning how to make Temaki and discussing the cultural significance of this dish with Faith. We learned different ways to make the dish and bonded with our cohort and faculty, building memories through the occupation of food. It was delicious!



C17 ICOT board transitioned the incoming ICOT C18 executive board this past summer. The C17 ICOT board helped pave the way for C18 and we appreciate all their hard work and advice. The new leadership is looking forward to the upcoming school year and excited for their events in store!



**Co-President
Hannah Kleinbart**



**Co-President
Yvonne Querido**



**Vice President
Jacqueline Shin**

**ICOT C18
E-BOARD
CONGRATULATIONS!**

**CFO
Victoria Patten**



**Public Relations
Elisabeth Kwon**



**Secretary
Paula Basto**



OTAC STUDENT LEADERSHIP COMMITTEE CSUDH REPRESENTATIVE

Representative: John Jonson (JJ)
jjonson1@toromail.csudh.edu



John Jonson

As the new OTAC Student Representative, it is my responsibility to connect the association with the department and my peers...and to be great at it.

In a podcast I can't really recall, I heard that becoming great at something is the continuous repetition of two steps:

- 1. Identify a gap**
- 2. Close it**

I feel this aptly describes the last eight months. My classmates, who continually exhibit amazing qualities both inside and outside the classroom, have shown me ways I can be a better person. In fieldwork, when I witnessed my peers lead groups with effortless enthusiasm and poise, I recognized the potential within myself to do the same and pushed myself, little by little, beyond my comfort zone. Finally, every time our instructors introduced a new topic, I faced the unfamiliar and used the tools they gave me to understand it.

While many of OTAC's resources are accessible at our fingertips, my plan is to do the legwork to identify those which specifically match the individual interests of CSUDH's student membership. I plan to fulfill this by surveying my peers and marketing OTAC events in surprising ways, all while enabling them to advocate for the profession. At the end of the day, I want to know what matters to them, and which gaps they want to close as future OTs, so I can deliver to them the numerous assets OTAC offers to do just that.

As OTAC members, we surround ourselves with local professionals who have been where we are, who are succeeding in their individual practices, and who are actively helping future professionals do the same. We just have to capitalize on it. What's amazing about this member-driven association is that it offers a wide berth of resources (or game-changers) that can inform our career decisions and benefit our future clients. OTs across the state directly benefit from OTAC's efforts to advocate for the scope of our practice. As student members, it is urgent that we also do our part to envision where we can go as a profession, identify the gap before us, and close it.

**John Jonson
OTAC representative**

AOTA ASSEMBLY OF STUDENT DELEGATES (ASD) – A LIAISON OF SOTA

Delegate: Amanda Martelli amartelli2@toromail.csudh.edu

Alternate Delegate: Open



Amanda Martelli

AOTA

Student Representative

I am thrilled to be serving as the 2022-2023 AOTA Student Representative. In this role I will be the liaison between our CSUDH students and our national professional organization, the American Occupational Therapy Association (AOTA). Professional organizations offer a chance to participate in advocacy, make connections in our field, and stay current on research in the field. Ultimately all of these opportunities will help us be better practitioners as well as move the field of occupational therapy forward. In the past I have been grateful to participate in professional organizations, enjoying networking with other like minded professionals who are committed to lifelong learning. As the student representative, I look forward to collaborating with occupational therapy students across the country and learning more about opportunities within AOTA. I will be continuously updating our class on relevant news or ways to participate in advocacy, through calls to action or voting. My role will also involve listening to CSUDH student feedback and bringing that input back to AOTA in order to influence future decision making and make our student voices heard. In April 2023 I am looking forward to attending the AOTA annual conference in Kansas City, Missouri - I hope you will join me!

Amanda Martelli

CSUDH Delegate to the AOTA ASD 2022-2023



STUDENT OCCUPATIONAL THERAPY ASSOCIATION (SOTA)

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Jizelle Vilela



Seth Almborg



Jonathan Alcantara



Beatriz Adanza



Daphne Wang



Aina Ali

May 13: SOTA Beach Day

SOTA hosted a Beach Day at Dockweiler Beach for all Cohorts to come together and have a good time. There were lots of games, good food, and bonfire activities! It was a great way to spend time together and allow C17 and C18 to bond more.



June 18th: Welcoming New SOTA E-Board

The new SOTA E-Board was officially welcomed after decisions were made and positions accepted! We are so happy to have Cohort 18 become more involved with SOTA, and we cannot wait to see where this new group will lead us! Pictured below are Jizelle Vilela (President), Seth Almberg (Vice President), Aina Ali (Events Coordinator), Jonathan Alcantara (Co-Treasurer), Beatriz Adanza (Co-Treasurer), and Daphne Wang (Secretary).



SOTA *boba* Fundraiser

Where: Carson Ding Tea

20771 Avalon Blvd, Carson, CA 90746

When: Thursday, June 16th from 11 am-10 pm

Please show this flyer when ordering to support SOTA!

Thank you!!

Welcoming New SOTA E-Board

The new SOTA E-Board was officially welcomed on June 18th after decisions were made and positions accepted! We are so happy to have Cohort 18 become more involved with SOTA, and we cannot wait to see where this new group will lead us! Pictured below are Jizelle Vilela (President), Seth Almberg (Vice President), Aina Ali (Events Coordinator), Jonathan Alcantara (Co-Treasurer), Beatriz Adanza (Co-Treasurer), and Daphne Wang (Secretary).

Congratulations



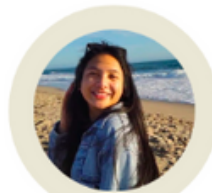
TO THE FUTURE SOTA C18 E-BOARD!

President	Jizelle Vilela
Vice President	Seth Almberg
Secretary	Daphne Wang
Co-Treasurers	Jonathan Alcantara Beatriz Adanza
Event Coordinator	Aina Ali

WE CAN'T WAIT TO SEE ALL THE AMAZING THINGS YOU WILL DO!

Meet Your SOTA E-Board

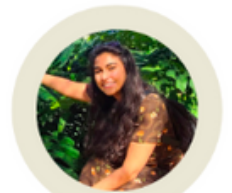
CSUDH SOTA 2022-2023



President
Jizelle Vilela



Vice President
Seth Almberg



Events Coordinator
Aina Ali



Co-Treasurers
Jonathan Alcantara & Beatriz Adanza



Secretary
Daphne Wang

Apply for SOTA Chair Positions!



Social Media/
Publicity Chair

If you enjoy designing, need an excuse to go on IG even more (jk), and are looking for a fun way to incorporate occupational balance into your schedule, I recommend applying for this position! I've had an amazing time working with my co-chair, Lisette, to create cute flyers for events, etc.!

My favorite part about this position has been our implementation of SOTA Student Spotlights. I love reading the sweet affirmations and shout-outs that our classmates have said about each other, and being able to create these posts for them has been so special. If you have any questions/slightest bit interest about this position, please don't hesitate to contact me or Lisette! So excited for the C18 Social Media chairs!!



Therese Rios



Lisette Martinez
Torres

Honestly I loved being Social Media Chair more than I could have imagined! I had an amazing co-chair that I felt incredibly supported by and we worked so well to envision how we can advertise and interact with our classmates and faculty. It was very fulfilling to have the creativity and freedom to create our flyers, plus I felt more involved with the different events of our program. Highly recommend you to apply :)

Social Media/
Publicity Chair



CHAIR POSITIONS

Info Session

JOIN US TO LEARN ABOUT OUR
VARIOUS CHAIR POSITIONS!

JULY 25, 2022 @ 6PM

C17 Summer Send-off

On Friday, August 12th, SOTA hosted a Summer Send Off Potluck at Mill's Memorial Park for their Cohort 17 classmates. It was a bittersweet moment filled with laughter and good food, as everyone reminisced over all the memories made together over the past two years. These precious moments will be cherished forever in the hearts of Cohort 17 as they set off to their next journey: Level II Fieldwork! We will miss you, Cohort 17! Good luck!



A tropical scene featuring a tall palm tree in the foreground, a rainbow arching across the sky, and autumn foliage in the upper right corner. The text "Summer Artwork Gallery" is overlaid in the center in a blue, sans-serif font.

Summer Artwork Gallery

DEVELOPING EMPATHY THROUGH SELF-REFLECTIVE ART

One of the courses that students engage in during the summer adolescent semester is OTR 519 Occupation-Based Interventions. Much of the focus is on trauma, therapeutic use of self, stigma and advocacy. Students are trained to provide meaningful, client-centered interventions that address the mental health needs of their clients.

The Artwork

This self-reflective painting activity is an example of one of these interventions. Using only painting tools of triangle-shaped makeup sponges and Q-Tips, as well as, acrylic paint, students created thoughtful works of art on canvas.

These were the prompts that informed their work:

1. Express something that was upsetting or made you angry or stressed.
2. Who else was involved?
3. What were the consequences of this experience?
4. Express something that you are thankful for.
5. Focus on how you are feeling right now.
6. Express your feelings about spirituality.
7. Express feelings of love or connectedness.



By allowing themselves to self-reflect and express their vulnerability, the students were able to develop empathy and hopefully better understand their future clients. The artwork was displayed during the summer at the entrance to the CSUDH library. Please use the QR code to view more of the students' artwork.

Trauma.

Gratitude.

Connectedness.









Welcoming
members to
the OT family



MEET

RAY OJEDA



Meet Ray Ojeda.
He is 5 months old and has been a great addition to my life. He is very curious, spunky, and sweet. He enjoys biting on his off time, but I still love him very much.

Chandia Ojeda



Welcome to the World Little Erin Hong

Congratulations to the Hong Family!

Jane Hong and family welcomed little Erin on July 23rd. Erin's favorite occupations include sleeping and eating; her current habits & routines include waking mom in the middle of the night and being held to sleep. As she grows, Erin hopes to engage in play with her big sister, Emily, and explore the roles & responsibilities of being a little sister!

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Dr. Lora Woo

Special THANKS to our contributors:

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