

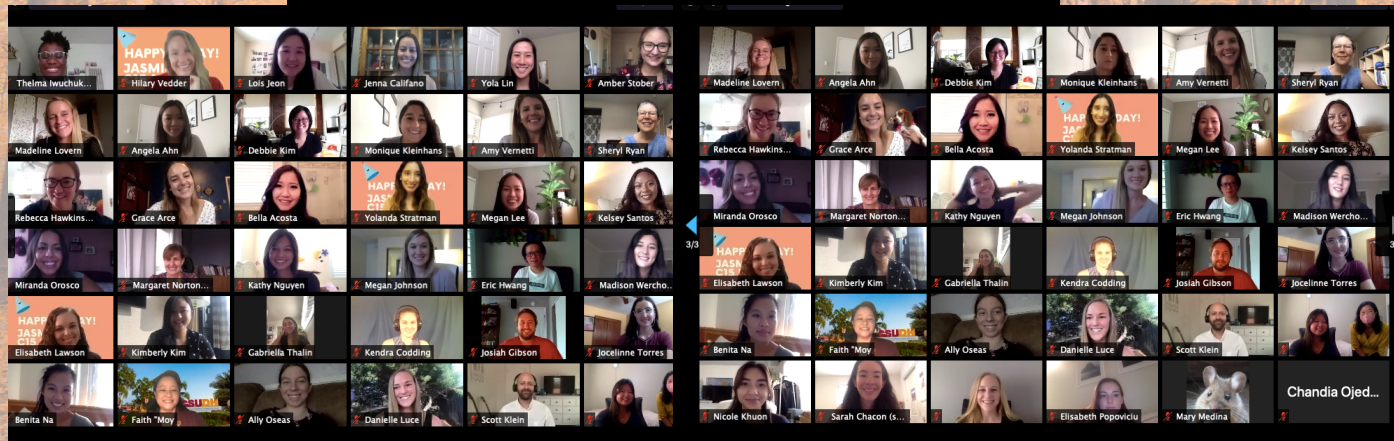
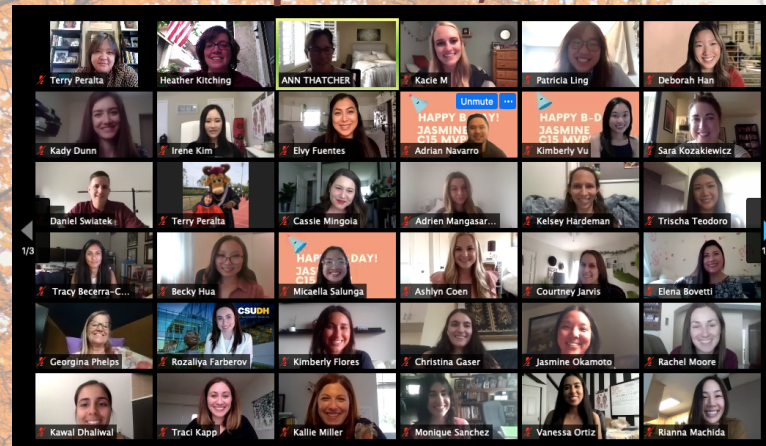
Fall 2020

CSUDH

OCCUPATIONAL
THERAPY

C15 Pinning Ceremony

September 11, 2020



The CSUDH Occupational Therapy Pinning Ceremony symbolizes the completion of the didactic portion of the program and the move to the next stage in our students' education-- Level II fieldwork. Like so many other events over the past year of the Covid pandemic, the ceremony took place via Zoom on September 11, 2020. The students of Cohort 15 were joined by OT faculty and staff with Dr. Peralta-Catipon and Dr. Dan Swiatek welcoming everyone. Following the opening remarks, a Word Cloud and recorded messages from faculty encouraged students to reflect on how they had persevered over the last several months and all that they had accomplished. We are so proud of all of our students for their tremendous efforts during this very difficult time of Covid. Congratulations! -Dr. Gina Phelps

Occupational Therapy Association of California

October 8, 2020

Spirit of Occupational Therapy Award

In recognition of outstanding contributions to promote health and well-being and inspire others to personal action.

2020 Awardees

Paul Penoliar, OTD, OTR/L, NDT/C

Elvy Fuentes, Cohort 15 (graduating 2021)

Deborah Han, Cohort 15 (graduating 2021)

Understanding the gravity of the pandemic in March 2020, I initially felt hopeless and fear. I began spending an inordinate amount of time listening and reading the reporting from the healthcare experts. I determined we could make a small impact and spring into action (in the midst of transitioning my teaching course load to an online format) to operationalize 3D printing technology to make much needed face masks. With the help and coordination of Deborah and Elvy (C15) we manufactured more than 200 shields and contributed them to our local facilities who were in dire need allowing those OT professionals to continue their work safely and with earnest. What a crazy time but well worth the effort! -Dr. Paul Penoliar



Occupational Therapy Association of California

October 9, 2020

Presenting at OTAC 2020

Friday, October 9th

9:00am-10:30am

Maneuvering the Minefield: Dating with Congenital Physical Disabilities (1.5 PDUs)

Sheryl Ryan, PhD, OTR/L; Kallie Miller, OTS (C15); Cassie Mingoia, OTS (C15)

Dating with congenital physical disabilities is a minefield of complications.

Presenters will share results from qualitative research followed by a case study.

This session will emphasize the unique barriers to dating and occupational therapy's vital role.

9:00am-10:30am

Occupational Therapy's Role in Adaptation to Retirement Among an Aging Workforce (1.5 PDUs): Boguslawa (Bo) Syrotiak, MS, MA, OTR/L (Alumni, 2007)

Occupational therapy offers value in the retirement transition for an aging workforce. This presentation will discuss the challenges of transitioning to retirement, and how occupational therapy practitioners could assist retirees living their lives to the fullest.

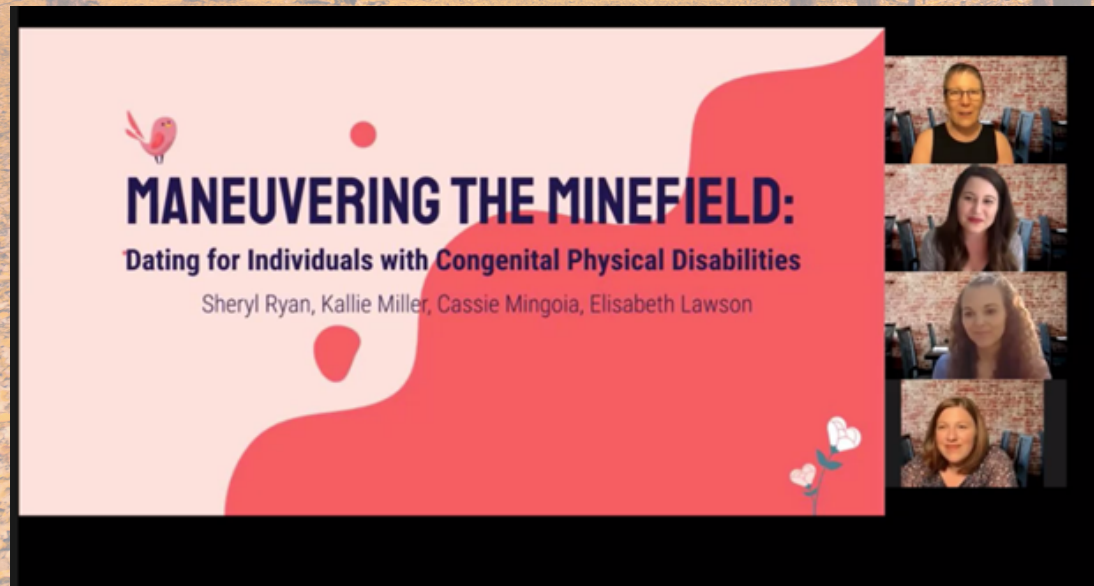
Occupational Therapy Association of California

October 9, 2020

Presenting at OTAC 2020

One of my favorite things about teaching research is having the opportunity to present and publish the results of studies with students. One of the qualitative research groups from C15 presented their study at the Occupational Therapy Association of California annual conference this October. Elisabeth Lawson, Kallie Miller, and Cassie Mingoia were accepted to present a 90 minute workshop to share the results of their study about dating among adults with congenital physical disabilities. The group had previously presented a 10 minute version at CSUDH Student Research Day and, after winning first place, presented again virtually at the CSU Student Research Day in April. Given the additional time in this workshop, they were able to expand upon the themes in more depth and share their findings directly with occupational therapy practitioners. Pre-recording the presentation was a new learning curve, but the platform allowed for creativity to involve input from CSUDH students and faculty as well as a testimonial about dating from a person with a disability. I am proud of the work that they did and am honored to have had a part in advising, preparing, and delivering this workshop.

-Dr. Sheryl Ryan



American Society of Hand Therapists Conference 2020 Award Recipients



Michelle Vuong - Cohort 16

Prior to attending ASHT's annual conference, my perception of the field of hand therapy was solely based on my experience shadowing a hospital outpatient setting. The ASHT conference opened my eyes to the various career trajectories of passionate and innovative professionals practicing in hand therapy. A couple of on-demand instructional sessions that particularly stood out to me included CHTs creating innovative strategies to evaluate musicians, speaking about the future of hand therapy and telehealth, Mo Herman (ASHT president) lecturing on her practice of treating elite and professional athletes, and experienced surgeons of the upper extremity discussing various surgical interventions and how hand therapy and surgeries go hand in hand (pun intended). The ASHT conference provided me with an abundance of knowledge on the intricacies of this specialized profession. In addition, the speakers inspired me to incorporate my personal passions in my OT career because there is always room to expand this creative and ever-changing field.



Nicole Lai - Cohort 16

I am so thankful for having the opportunity to attend the ASHT conference. It was an enriching experience that allowed me to gain knowledge about hand therapy, an area of practice that I have been interested in learning more about. I appreciated the wide variety of topics the conference highlighted. From ergonomics to applied anatomy and innovative treatment interventions, the conference helped me develop greater clinical reasoning skills and a greater appreciation for the advanced area of practice of hand therapy! Being able to rewatch lectures through the virtual platform was also a huge plus.

American Society of Hand Therapists Conference 2020 Award Recipients



Rozaliya Farberov - Cohort 15

I personally enjoyed the flexible schedule of sessions and the wealth of information pertaining to hand therapy at the ASHT conference. I gained a tremendous amount of knowledge through various online sessions and particularly the cadaver dissections where the viewer was led on a guided tour of the inner workings of the upper extremity. The experience enhanced so much of what we've learned and visualized in textbooks. The sessions provided an intimate view of the shoulder, elbow, wrist & hand by a hand surgeon along with clarifying questions from a hand therapist as well as surgical procedures such as shoulder arthroplasty and radial head replacement. Through the dialogue between the two professionals, I gained a deeper understanding of the clinical reasoning behind assigning precautions to patients, patient education, and exercises that fit within protocols outlined by surgeons. This and more information will be available to us for 1 year to review, share, apply to clinical practice. Thank you for this opportunity!



Jasmine Okomoto - Cohort 15

I was especially grateful to be able to access the ASHT Virtual Conference while completing my level II fieldwork rotation in hand therapy. As an area of advanced practice in the realm of occupational therapy, there is so much to learn about the hand and upper extremity, and it was great to view presentations about the latest research within this field. I also appreciated that essential topics such as mental health and the impact of COVID-19 were also included. The conference has so much to offer and it is extremely convenient that it is available for an entire year, as I still have yet to finish perusing all of the materials. Hands can be so vital to occupational performance and this conference has been a great resource to help improve my competency in order to better serve my future clients.

American Society of Hand Therapists Conference 2020 Award Recipients



Juliet O'Brien - Cohort 16

The most striking feature of the ASHT conference was how impressively extensive its offerings were. These included on-demand instructional sessions, weekly live sessions with leaders in the hand therapy community, an exhibit hall for interacting with different products and services, and an ongoing chat feature for networking. The conference was thoughtfully designed, in fact, it was clear that a colossal amount of effort went into its creation. I was particularly taken by the presentations on scar tissue, malingering and magnifying behaviors, and a group discussion of mental and social health opportunities in hand care. Sometimes graduate school can feel a bit insular and it was truly refreshing to have direct exposure to hand therapists, the many hand surgeon presenters, and their professional world. There was so much to take away from this conference, I would recommend it to any student, regardless of their specialty interest.

Hand Therapy Society of Greater Los Angeles 2020 Award Recipient



Micaella Salunga - Cohort 15

I am beyond grateful to have been selected the 2020 recipient of the Hand Therapy Society of Greater Los Angeles. The generous contribution to our program has strengthened my interest in hand therapy through the purchase of books and resources needed to further my knowledge and elevate my understanding of the practice. These resources have elevated my skills and enhanced my Fieldwork Level II experience at a hand therapy clinic. I hope to someday repay this altruistic support of my endeavors through helping individuals restore hand function and enable individuals to increase occupational performance and independence with daily tasks.

Constraint-induced movement therapy for children with neonatal brachial plexus palsy: a randomized crossover trial

Julie M. Werner

This was the first Level 1 clinical trial to assess the efficacy of constraint-induced movement therapy (CIMT) in children with neonatal brachial plexus palsy. CIMT is thought to improve functional movement by modulating neuroplastic changes and decreasing developmental disregard. The intervention in this study was administered by pediatric occupational therapists using play-based treatment strategies and close collaboration with each child's family caregivers. CIMT was found to be an efficacious intervention strategy for improving bimanual activity performance.

The direct link to the article online is here:

<https://doi.org/10.1111/dmcn.14741>

October 13, 2020

Pi Theta Epsilon Gamma Gamma Chapter & Stanbridge University Delta Psi chapter

Pi Theta Epsilon at CSUDH recently collaborated with Stanbridge University's chapter to network and learn more from each other as we navigate virtual graduate school. We talked about topics such as school transitions due to COVID, fieldwork experiences, similarities and differences between our programs, and so much more! -Tien Alison Ho



October 23, 2020

SOTA's Fall Events 2020

Fall 2020 Speaker Series

SOTA President, Kelli Kato, and Event Coordinator, Josh Dizon, worked diligently to coordinate a full line up of guest speakers for SOTA's Speaker Series. Fall Semester Speaker Series started off with Amanda Lipp, whom students were first introduced to in our OTR 519: Interventions class. Amanda Lipp is a social entrepreneur, filmmaker, and speaker who is passionate about mental health, storytelling, and philanthropy. Having given over 150 speeches and created documentary films and comic book resources about mental health, Amanda Lipp joined us to share her experience with mental health recovery and advocacy, as well as shed light into occupational therapy's role in mental health.

Our next guest speaker was Carly M. Rogers, OTD, OTR/L, who created a therapeutic surfing program called Ocean Therapy. Ocean Therapy was created to enhance self-efficacy in participants from diverse backgrounds and even expanded to include underprivileged youth and military populations. Furthermore, Dr. Carly Rogers has contributed to the evidence base for surf therapy as both a primary and co-author for several peer-reviewed journal articles. We are grateful to have Dr. Carly Rogers joined us to share her experience and passion for surf therapy and occupational therapy's role with veterans diagnosed with combat PTSD. Additionally, students had the opportunity to ask about her experience as a pediatric OT, working in Early Intervention, schools, and clinic-based settings.

Elaine Severo, MOT, OTR/L, also joined us to share her passion for mental health, wellness, and suicide prevention. Elaine, trained in a variety of treatment modalities, explained how she incorporated sensory modulation into her work with adolescents, guiding adolescents to build coping skills to regulate their emotions. Additionally, Elaine is part of the clinical team that supports and rehabilitates individuals deemed unfit to stand trial and/or are not criminally responsible. Through Elaine's Speaker Series, students had the opportunity to further expand their knowledge on different occupational therapy settings, in this case, forensic OT. Students gained and learned so much from our guest speakers, especially through hearing first-hand narratives about how material we learned in class was actually put into practice by OT practitioners. - Helen Chan

SOTA's Fall Events 2020

Virtual Escape Room, Halloween Spirit Week and Event with ICOT and PTE

We started off our fall semester with some team building through our Virtual Escape Room! SOTA executive board members paired up to come up with unique and challenging puzzles for our participants. Participants were teamed up with classmates from other sections to provide the opportunity to network outside of classrooms. Each team pooled together their occupational therapy knowledge in a race against time to break out of three different and challenging escape rooms. With everyone's collaboration and hard work, all participants accomplished the challenge and left with a prize!

During the last week of October, SOTA, ICOT, and PTE hosted a spirit week. Students had the opportunity to be creative and partner with their classmates to come up with unique ways to show their participation -- whether it be matching outfits during our in-person labs for Mirror Me Monday or showing their team spirits virtually for Team Tuesday! All participants were entered in a raffle to win \$10 gift cards. The week's festivities came to an end with our Halloween Mystery Party where our cohort celebrated the end of competency exams with more games and prizes.

To wrap up the end of the Fall semester, SOTA held a Holiday Sweater Spirit Day as we entered into our very last final! Ten lucky participants won a \$10 gift card! The winners were: Nadia Saleh, Naomi Nelson, Kori Kutsch, Samantha Betts, Elisabeth Bolton, Michelle Vuong, Teresa Lam, Lauren Fukuyama, Amber Ferrari, and Nicky Lai! - Helen Chan



SOTA's Fall Events 2020

Lemonade Fundraiser

Thank you to our SOTA fundraising chair, Kori Kutsch, who worked hard to organize a fundraiser to support our organization and our local restaurants! On November 6, we saw a lot of our students and faculty come out to support SOTA's fundraiser. Bright smiles and delicious food were seen all around! Additionally, some of our faculty went the extra mile to deliver Lemonade goodies as a thank you gift to all our wonderful guest speakers in our classes this semester! With everyone's support, SOTA managed to raise over \$270! SOTA would like to thank all our students, families, friends, and faculty for supporting us at our Lemonade fundraiser. While we couldn't be physically enjoying a meal together as we do every year, we are grateful for everyone's commitment to their safety and their community. - Helen Chan



Wendy C. Hildenbrand, PhD, MPH, OTR/L, FAOTA

This fall SOTA was honored to be joined by Dr. Wendy C. Hildenbrand as our final speaker in our Fall speaker series. Dr. Hildenbrand touched upon aspects of leadership, the power of perseverance, advocacy, and resilience in such uncertain times. But a key reason that connected Dr. Hildenbrand and SOTA in the first place was her statement, "bloom where you are planted" in a recent presentation she gave. As you know, CSUDH SOTA recently launched a new logo that echoes something quite similar to her presentation about what this message means for students, practitioners, and for the profession as a whole.



SOTA's Fall Events 2020

COTAD

2020 has been a tumultuous year for many, if not all, of our students. However, it is unsurprising that the students focused on combating injustice in the midst of a pandemic and societal turmoil. In September of 2020, the first Coalition of Occupational Therapy Advocates of Diversity [COTAD] for CSUDH was formed. Naomi Nelson and Mele Weaver took on the roles of co-chairs to build a foundation for future cohorts. Under the guidance and support of the Student Occupational Therapy Association, they held their introductory event in the beginning of October. COTAD introduced their mission: “to empower occupational therapy leaders to engage in practices that increase diversity, equity and inclusion for a more transformative occupational therapy profession.” They shared their goals for opening dialogue and raising awareness about diversity, inclusion, and equity in the context of occupational therapy; creating a social media presence, which is necessary during online matriculation; and ensuring sustainability through events and workshops. Moreover, COTAD decided that the best way to ensure sustainability is through independence as a free-standing club. The process will begin in the Spring of 2021 and, by the time new chairs from cohort 17 are inducted, COTAD will be its own club. Thus, COTAD will have the opportunity to build membership, grow networks, and, most importantly, expand the reach of COTAD’s mission. -Mele Weaver

AOTA Roster of Fellows Award
“Bold Servant Leader and Occupational Therapy Advocate”



Dr. Heather Kitching

Coinciding with the American Occupational Therapy Association (AOTA) 2021 Annual Conference, Dr. Heather J. Kitching, MA, OTD, OTR/L will receive the AOTA Roster of Fellows Award, acknowledged as a “Bold Servant Leader and Occupational Therapy Advocate.” The AOTA Roster of Fellows recognizes those practitioners who have made profound contributions to the profession of occupational therapy and its consumers through their knowledge, expertise, leadership, advocacy, and/or mentorship of others. Dr. Kitching’s greatest strength is her embodied sense of service for the greater good and her capacity to apply creativity to the expansion of service models for greater effectiveness. She is creative and unique in her thinking, and this ultimately results in profound outcomes. Dr. Kitching became involved with the Occupational Therapy Association of California (OTAC) early in her professional career, serving in various leadership roles for over 25 years. She most recently served two terms as OTAC President, leading the Association in the celebration of the 100th anniversary of the profession and in advocating for refreshing the state’s Occupational Therapy Practice Act. Dr. Kitching’s contributions to the profession of occupational therapy have been numerous and will continue to have a sustained, positive impact. She empowers others to be the best versions of themselves, incorporating evidence into her processes of advocacy, leadership and service.

-Brayant Edwards OTD, MA, OTR/L, BCP, MPH
President, Occupational Therapy Association of California

Etsy Business Created through an MSOT Special Learning Project

Kimberly Vu

In 2020, I transformed my newly learned occupation of sewing into my first Etsy business. It was through our program's Occupations Across the Lifespan Adults course, led by Dr. Huang and Dr. Phelps, was where I learned how to sew as part of the Special Learning Project. After I chose my creative occupation of sewing, I was eager to dust off my family's old sewing machine and put it to some use after many years of neglect. Learning to sew came with patience, perseverance, and many trials and errors, but I found a new confidence when I successfully completed a new sewing project such as a face mask or accessory. Once a sewing project was done, I gifted it to a friend or family member, finding great joy in being able to share my creativity with others. Upon this realization, my Etsy business, named Kimbo and Stitch was born and I made my first sale in September 2020, selling hair scrunchies. Not only has opening an Etsy business helped me refine my craft, I have gained new skills in marketing, financial, and time management. I truly appreciate the Special Learning Project and could not have created my Etsy business without it. I am excited for future MSOT Toros to embark on their own Special Learning Project journeys and let their creativity lead to surprising opportunities. Lastly, if you are in need of a handmade accessory, please check out my Etsy shop, found here: www.etsy.com/shop/KimboandStitch.





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