

June - August 2023

newsletter

SUMMER 2023
OCCUPATIONAL THERAPY DEPARTMENT

MSOT Program Application Deadline



Our program prepares students for a professional career focused on helping people achieve skills and utilize resources to live independent and meaningful lives. The Master of Science in Occupational Therapy degree is a full-time Cohort Program. Students within a specific cohort matriculate together and are expected to take the same courses every semester as well as complete the requirements of the program at the same time. MSOT students are assigned to specific sections and are given their class schedule by the department. One cohort of 66-70 students is admitted each year, which starts in the spring semester.

The application deadline is September 15th. Feel free to share our information with any interested applicants.

"Passion is the difference between having a job and having a career"
~ unknown

Counseling and Mental Health

Did you know that CSUDH offers Student Psychological Services? A variety of quality mental health services are provided to assist students in developing to their full potential. Addressing and managing personal issues can enable students to focus effectively on their academic pursuits and to benefit from all that CSUDH has to offer. Scheduling an appointment is easy. Visit the link for step-by-step instructions [at schedule an appointment.](#)



Cohort Mixer

Who says three's a crowd?!



In June, our MSOT C18, C19 and OTD C1 came together to enjoy an evening of fellowship. The cohorts joined forces with the Los Angeles Diversity Film Festival to host a movie screening event for our OT department. It was several short films from independent filmmakers all focusing on diversity and disAbility. We ended the event with a panelist discussion. The event was free of charge and family and friends were welcome to partake in the fun.



INSPIRE



EMBRACE



EMPOWER



For more information on the Los Angeles Diversity Film Festival

ladff.com

Diversity & disAbility

by Karla Carrillo Robles

On June 6, 2023, the CSUDH COTAD Chapter joined forces with the Los Angeles Diversity Film Festival to host a film screening. The event presented a series of international short films from independent filmmakers highlighting themes related to diversity and disAbility; stories about the lives of diverse individuals and their families. The films showcased how society tends to view individuals with disAbilities and their struggles associated with societal stereotypes and lack of acceptance. One of the films showed the process of working toward self-acceptance for the QTPOC (queer and trans people of color) community.

The six films that were screened averaged about 11 minutes each. Although they were short, the filmmakers managed to move the audience with their incredibly empowering and motivational stories.

Following the screening of the films, a discussion panel moderated by Dr. Suzanne Afuso-Sugano sparked a conversation about diversity and inclusion. Sonja Mereu (Director of the Los Angeles Diversity Film Festival), Dr. Catherine Jermany (Director of Operations and Strategic Initiatives for the Office of Diversity, Equity, & Inclusion), Dr. Sheryl Ryan (Assistant Professor and Doctoral Capstone Coordinator in the CSUDH OT department), and Dr. Ben Toubak (Director of disAbility Student Resource Center) joined us as panelists.

The discussion centered around ways in which CSUDH and the OT department have addressed diversity issues. The panelists also discussed how we can continue to embrace diversity and address the needs of these communities. The discussion was inspiring and encouraged the attendees to be a part of the COTAD mission, which is to empower individuals to engage in practices that increase justice, equity, diversity, and inclusion (JEDI). The event reminded us that together we can further increase the impact of the occupational therapy profession by abiding by these types of missions and creating a more accepting society.

LADFF X CSUDH COTAD CHAPTER
PRESENTS

LOS ANGELES
DIVERSITY
FILM FESTIVAL

COTAD
CHAPTER

Diversity & disAbility Short Films

Join us for a screening of short films from independent filmmakers showcasing themes related to diversity and disAbility!

Tuesday, June 6th, 2023
5:30 PM PST

The Marvin Laser Recital Hall, LaCorte Hall A-103
Free of charge
RSVP by using the link or scanning the QR code!

[https://forms.gle/
GhT4fjPYhRse8kLb7](https://forms.gle/GhT4fjPYhRse8kLb7)

SCAN ME

AOTA Fieldwork Educator Certificate Workshop



What is the aota fieldwork educators certificate workshop?

Designed specifically for fieldwork educators and academic fieldwork coordinators, this unique 2-day training is held in convenient workshops throughout the country. Earn 15 Contact Hours/1.5 AOTA CEUs.

- Deeper understanding of your role as a fieldwork educator
- Effective strategies to integrate learning theories and supervision models
- Increased skills to provide high-quality educational opportunities during fieldwork experiences
- Interaction with trainers through dialogue and reflections about fieldwork
- Engagement in 4 curricular modules: administration, education, supervision, and evaluation
- Analysis of strategies to support best practice in fieldwork education



The AOTA Fieldwork Educator Certificate Workshop was held on campus in June with Instructors Dr. Jaynee Taguchi-Meyer and Dr. Bonnie Nakasuji



Juneteenth



A day of recognition, restoration and celebration

In my family we celebrate with food. And this year we made alligator, chicken andouille sausage, tiger shrimp, and blue crab gumbo to celebrate Juneteenth.

~ Chelsea Derbonne

"Struggle is a never ending process. Freedom is never really won, you earn it and win it in every generation."

Coretta Scott King

Numotion Visits OT Department

Each year Numotion visits our programs to provide students with hands-on demonstration of occupational therapy assistive devices.



Student Organizations

Leadership & Department Representatives

Coalition of Occupational Therapy Advocates for Diversity (COTAD)

Faculty Advisor: Tracey Becerra-Culqui, PhD, OT/L

Chair Carly Wong

Secretary: Karla Carrillo Robles

Treasurer: Maria Cervantes Godinez

Event Coordinator: Rebekah Boning

Social Media Coordinator: Karen Lim

Faculty Liaison & Outreach Coordinator: Jonathan Alcantara



ICOT's E-Board SY 2023-2024

A couple of months ago the Integrating Cultures through Occupational Therapy (ICOT) began accepting applications for E-Board positions for School Year (SY) 2023-2024. All were encouraged to consider the opportunity to be a leader for ICOT. The purpose of this organization is to bridge local and international issues under the scope of occupational therapy by promoting awareness, appreciation, and advocacy of different cultures. We seek to expand and diversify our knowledge, skills, and approach to practice through international and local community integrations



icot.csudh@gmail.com

SHOUTOUT TO OTD

The City of Carson recently recognized our OTD Program by featuring it in its quarterly magazine. How wonderful to be recognized for our efforts in creating positive difference via the field of education.



As part of our students' learning experience, they are trained to provide meaningful, client-centered interventions for their clients. This self-reflective painting activity is an example of one of those interventions. Using only triangle-shaped sponges, Q-Tips and acrylic paint on a canvas, the students created this thoughtful artwork.

These were 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.

THE ARTWORK



PTE Induction Ceremony



On July 10th, PTE welcomed the new class of members with an induction ceremony.

Dr. Kitching and Dr. Peralta spoke about the legacy of PTE at CSUDH, and what it takes to become the next generation that advances the OT profession. Professor and PTE faculty advisor Dr. Sheryl Ryan shared words of wisdom and encouragement. And all members pledged their efforts to advance the field of occupational therapy through activities and scholastic excellence. Congratulations C19!

The new board members are president Sophie Davis, vice president Gabriella Amaya, secretary Joanna Redelman, treasurer Katherine Bracewell, and mentorship chair Andrea Dickey

Welcome new members: Gabriella Amaya, Katherine Bracewell, Andrea Dickey, Sophie Davis, Nancy Perla-Garcia, Krista Hernandez, Karis Kim, Rachel Kraus-Lee, Tiffany Lee, Jacob O'Malley, Catheline Phan, Joanna Redelman, Noe Rodriguez-Cisneros, Dalia Sabo, Wakana Seo, Vanessa Wilder, and Gabriel Yabut.

By: Amy Lumley



ICOT

Cultural Potluck Reminder



As the heat of the summer semester begins to come to an end, students gather for one last hurrah with their peers before the summer break. Time to also send off the senior cohort as they begin their Fieldwork II. A night of food and fun was in store!

The Integrating Cultures through Occupational Therapy (ICOT) club hosted a cultural potluck on Thursday, August 10th, in Carson Park with MSOT cohorts 18 and 19 as well as the OTD cohort 1. The night consisted of games, music, and a variety of foods specific to the cultural backgrounds of our OT students. Our cohorts feasted on delicious homemade dishes including, but most certainly not limited to, shrimp creole, kimchi fried rice, samosas, ube cake, and dulce de leche cookies! We look forward to seeing what ICOT has planned for this next academic year and encourage students to come out and attend future events to destress and connect!



FIELDWORK EDUCATORS PANEL

On July 24th, PTE once again partnered with CSUDH's Occupational Therapy Department to host the annual Fieldwork Educator's panel. Over 35 students attended the Zoom event.

Fieldwork educators from a variety of different practice settings shared their expertise on what qualities they valued in a Level II Fieldwork student. They encouraged students to be bold and ask questions during fieldwork, but also to take initiative and research on their own time as well. PTE sends their congratulations and well wishes to every C18 student entering Fieldwork II in the fall!

By: Amy Lumley

CSUDH Department of Occupational Therapy's 5th Annual Fieldwork Educators Panel



Alexandra Arguelles, MOT, OTR/L, SWC | Momentum Pediatric Therapy Network

Alexandra Arguelles, MOT, SWC, OTR/L has been practicing in pediatric occupational therapy for 7 years. She has worked at Momentum Pediatric Therapy Network (PTN) for the last 6 years. She provides 1:1 occupational therapy services to children funded by insurance or private pay. She is the fieldwork lead and an OT supervisor. Ms. Arguelles specializes in Sensory Integration, fieldwork education, feeding, and self-regulation/ emotional regulation. She thoroughly enjoys having Level II fieldwork students when serving as the fieldwork educator, but also has enjoyed the administrative aspects of managing and coordinating fieldwork placements at MPTN. Her favorite occupations include crafting, being outdoors, reading books with her morning coffee, exercising, and spending time with loved ones.



Dorene Doi, OTR/L | VA Long Beach Healthcare System

Dorene Doi graduated from San Jose State University with a Bachelor of Science degree in Occupational Therapy. She has worked for the VA Healthcare System in Long Beach for over 25 years with experience in acute rehabilitation for seven years (NDT certified) followed by her current practice in the outpatient clinic. She provides services for patients with consults from the concussion clinic, cardiac-pulmonary clinic, primary care, general rehabilitation and most recently the Long Covid Clinic. She serves as the Telehealth advocate for the OT clinic and is the OT Department FWII site coordinator for our staff. Dorene has had the opportunity to participate on the team for the Deka Arm Prosthesis prototype research grant and was a work group member for the VA-DOB mild Traumatic Brain Injury Clinical Practice Guide published in 2021.



Ingrid Leu, OTD, OTR/L | Exodus Recovery Inc.

Ingrid Leu has had an interest in mental health since she was a student at the University of Southern California. She is currently the Director of Occupational Therapy at Exodus Recovery, which provides psychiatric treatment services in hospital based inpatient and outpatient programs in Los Angeles County. She supervises Level I and Level II students from different universities in order to increase exposure and pique interest in mental health. Dr. Leu also co-founded the Greater Los Angeles Mental Health Practice Network, whose goal is to provide education and support mental health occupational therapy practitioners while advocating for occupational therapy's distinct role in mental health practice.



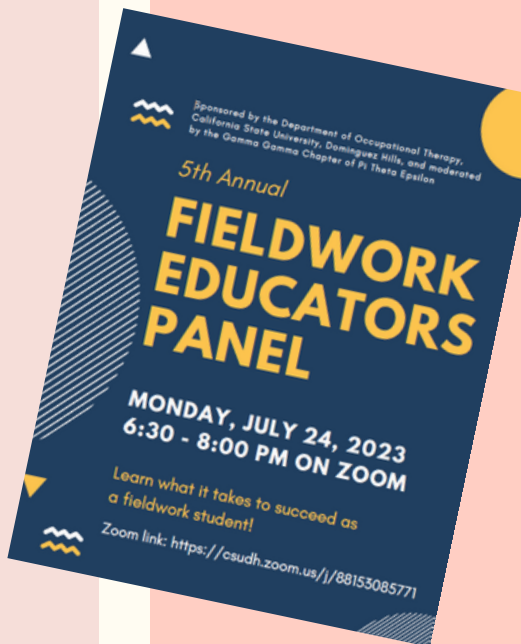
Vanessa Yanez, MSOT, OTR/L | Bravo Therapy Center & City of Hope

Vanessa Monique Yanez, MSOT, OTR/L is an Afro-Latina occupational therapist and first-generation college graduate. She is a proud CSUDH alumna from cohort 8 and currently a Ph.D. candidate at Texas Woman's University. Yanez specializes in oncology and has worked with children and adults in several settings, including acute care, outpatient, acute rehab, telehealth, community-based, and home health. She owns a private practice, Bravo Therapy Center, and works at City of Hope National Medical Center in Duarte, California. Yanez is a frequent presenter at professional conferences and holds a faculty position at the University of St. Augustine in Austin, TX, where she guides students through their fieldwork rotations. Her clinical practice and research interests are focused on theory-driven practice, mental health, sexuality, and health management within oncology. Yanez also harnesses the power of social media to discuss relevant topics in fieldwork and oncology OT. In her spare time, she enjoys salsa dancing, reading, watching movies, and collecting plants.



Bailly Zobel, OTD, MS, OTR/L | SLEA Therapies

Dr. Bailly Zobel is an occupational therapist and serves as the Director of OT at SLEA in the greater Los Angeles area. In her role she also consults in schools ranging from preschool to high school. Bailly has significant experience working with children with a wide variety of diagnoses and is part of the early intervention initial assessment team. She believes in embodying client-centered practice as no two children are alike. Her goal is to empower children and parents to maximize functional participation within all of their natural environments. She is an ongoing member of the American Occupational Therapy Association (AOTA) remaining current with ongoing topics and research for occupational therapy. Bailly's specializations include Early Intervention Specialist, the Intentional Relationship Model, school-based services, and Sensory Integration. Bailly's certifications include Interactive Metronome, Early Identification through AOTA's badge program and USC Chan's Sensory Integration Continuing Education (CE) Certificate Program.



C18 AND C19

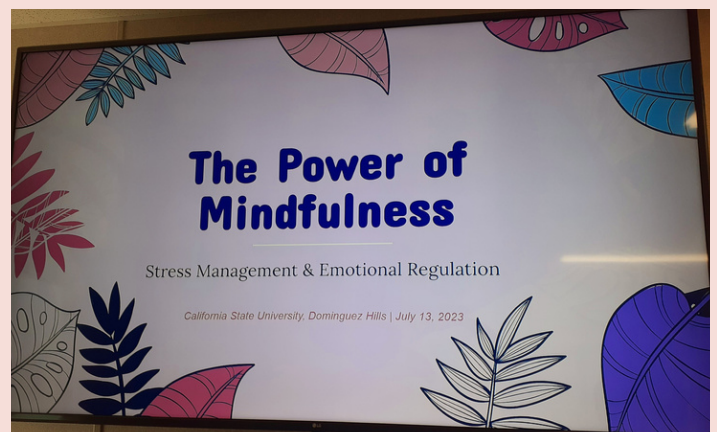
SUMMER WELLNESS SESSION

Summer Session II started off with the best kind of vibes. We welcomed an awesome quad squad that equipped our C18 and C19 with additional tools to not only support clients but themselves. The workshop consisted of:

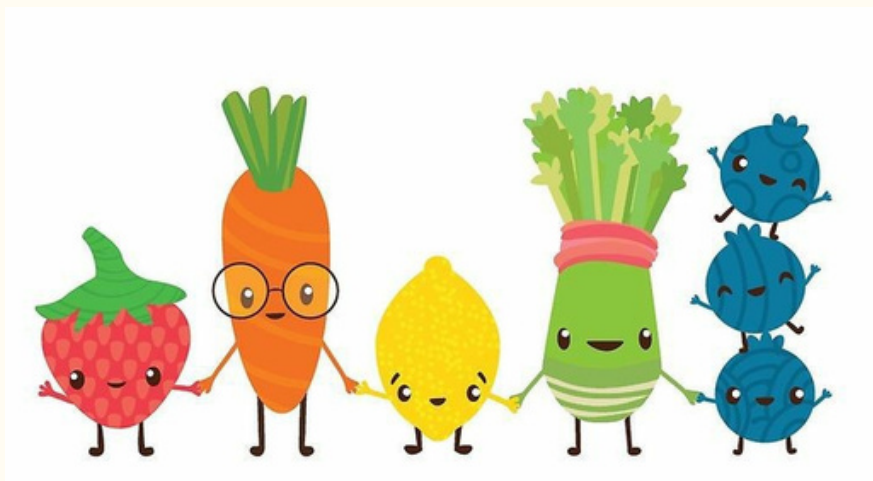
- Gaining a foundational understanding of what mindfulness is and how it can be embedded into your daily life and OT practice.
- Understanding the fluidness of how the mental health components will be interwoven over the entire program to ensure these supports will benefit overall wellness and not further increase stress levels.
- An introduction concept that will help you feel confident and competent as you transition each semester to ensure you are supported every step of the way, no matter what stressors arise.



Thank you, Dr. Danielle Delorenzo, Melisa Campos, My Bui-Lewis, and Randi Kinkade for the healing vibes and wisdom. You can connect with these wonderful women on Instagram @marswhealthness or mindfulness in mOTion, Inc
www.themimproject.com/info@themimproject.com



DATES TO REMEMBER



Dates to Remember

- **Aug. 18 - 28** - Bulgaria Service Learning Trip
- **Aug 27** - Last day to be added to waitlist classes
- **Aug. 28** - Classes Begin
- **Aug. 28 thru Sept. 15th** - Late Registration Add/drop via MyCSUDH
- **Sept. 4** - School CLOSED for Labor Day
- **Sept. 9** - OTAC 5th Annual School-based Symposium
- **Sept. 11** - OTD Red Shirt Ceremony
- **Oct. 1** - OTAC's 20th Annual Tea with a Scholar (virtual)
- **Oct 17** - PTE Induction of OTD Students

CalFresh and Medi-Cal Enrollment Days

Friday, September 22

8 a.m. to Noon and 1 p.m. to 5 p.m.
LSU East Walkway and 326 - 327
Appointments and Walk-Ins

For students who qualify, you can complete your application for CalFresh or Medi-Cal on the spot. Schedule an appointment or just show up for either time slot.

Here's what you'll need to bring:

- Identification (i.e., your driver's license or CSUDH ID)
- Social Security Number
- Citizenship information (for CalFresh)
- Proof of income (employment/ paycheck stubs from the past 30 days)
- Number of units enrolled at CSUDH
- Financial aid information/award letters
- Meal Plan

Celebrating Pride Month



Occupational Therapy, in support of
diversity, equity, inclusion and justice

My wife and I celebrated Pride month by seeing the Indigo Girls, going to a national women's soccer league game (San Diego vs LA - LA won 😊) , and enjoying some ice-cream sandwiches at OC Pride.

~ Rachel Kraus-Lee



I was representing with one of my favorite pride shirts. I love this shirt as it encompasses so many things near and dear to my heart: puns, cats and LGBTQ ally.

~ Dalila Rubalcava-Tapia

C16 made it into OTJR

We are excited to share that the qualitative research study conducted by C16 graduates Heather Bocianski, Julia Adams, Nader Abolhosn, and Elisabeth Bolten has been published in the Occupational Therapy Journal of Research (OTJR). The article is titled "**It Doesn't Die Within You**": **Outdoor Recreation Participation Following Spinal Cord Injury**. It takes some additional editing and writing to convert a student research paper into a publishable article, which this group did with me during and after Level II fieldwork. It is encouraging to see their hard work in school being disseminated out and making a contribution to knowledge (and hopefully practice) in our profession!

-Sheryl Ryan

Featured Alumni

Meet Justin Oakley

Justin Oakley was born and raised in Rhode Island, where he eventually studied Psychology & Business at Providence College, graduating in 2003. Soon after, Justin headed out to the West Coast to see what the world had to offer; mainly hoping to find some nice waves, a nice career, and maybe a nice girl. Fortunately for Justin, he was able to find all three of these things, albeit over a 9-year span.

Justin Oakley began his Occupational Therapy journey in 2010 when he was accepted into the MSOT program at California State University Dominguez Hills. He enjoyed the program, benefiting from each of his professors' expertise throughout. During school, he took an interest in learning about the wide variety of adaptive equipment available for those with mobility impairments. After graduating from CSUDH in 2013 (C7!) Justin returned to his hometown with his MSOT, a nice girl from Boston, and plenty of waves under his belt.

Justin's first position as a full-time Occupational Therapist was back in his hometown at the local nursing home. He never imagined himself working in a SNF but embraced the opportunity to start his OT career in a fast-paced setting close to home. After several years of passionately working to help patients discharge home safely & providing home evaluations as part of the transition planning, Justin made a discovery.

He realized he and his Rehab Team would always make a wide variety of home modification recommendations for patients while they are working hard to return home. The most common recommendations were grab bars and a variety of adaptive equipment for the bathroom. While their recommendations were strong, the resources to install the equipment were minimal. They relied on patients having handy individuals in their family to provide the accommodations and most often the needs were far outside of the scope of the handy loved ones. Justin reached out to his now longtime partner, Michael Vieira.



Michael and Justin were childhood friends and he had been running a successful property maintenance company while Justin was working as an OT. There was simply no one better to help create a home safety team than Michael. The two created Oakley Home Access, offering grab bar installation as their first service.

Fast forward 8 years and their service offerings have expanded significantly ranging from grab bars to residential elevators, and everything in between including, but not limited to ramps and stairlifts. Oakley Home Access provides a free Home Safety Assessment performed by an Occupational Therapist. A room-by-room personalized recommendation list is generated from the assessment; and then their skilled in-house certified installation technicians can install any agreed-upon equipment. Oakley Home Access values Aging in Place, Fall Prevention, and Increasing Accessibility in the community.

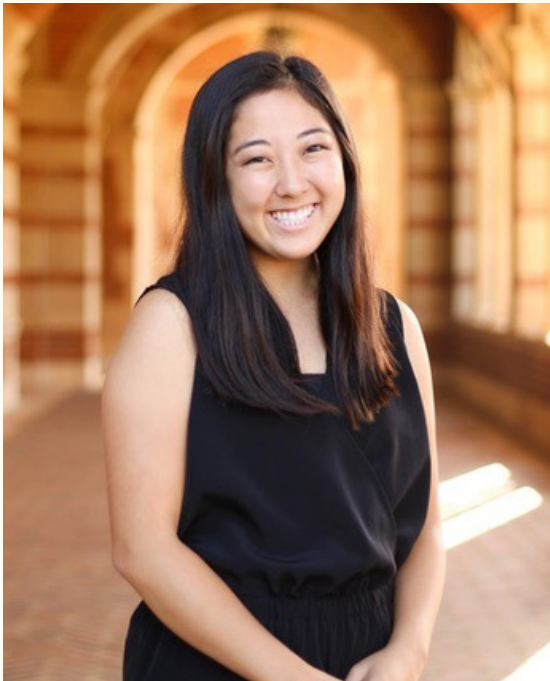
Oakley Home Access is now a team of 15 full-time employees with a showroom in Narragansett, Rhode Island, where equipment is on display. Clients are welcome to visit to determine if specific items are a good fit for them. The most recent news is that Oakley Home Access is now franchising and has locations available throughout the United States. Learn more about Oakley Home Access at www.oakleyhomeaccess.com and follow them on Facebook, Instagram, and LinkedIn.

News-n-Events

AOTA Delegates & OTAC Representatives

We are so excited for our newly inducted representatives of our department including the MSOT and OTD programs. This will be our first time ever having representatives from both programs, but please keep in mind that you all represent our department as a whole. To get to know our representative, we feature them in the newsletter and also engage in conversation during the academic year.

ALYSSA SUZUKI



Hello everyone, my name is Alyssa Suzuki! I am the AOTA delegate/alternative delegate for this year.

I am a member of C19, and I'm so excited to work alongside Gauri Deshpande to represent our MSOT and OTD programs. Part of our role in AOTA's Association of Student Delegates is to communicate the needs, concerns, and interests of our program to AOTA, as well as relay information from AOTA back to our program.

Please feel free to reach out to either of us if there is anything you would like us to bring before AOTA during our tri-annual meetings (or otherwise talk to them about). I am looking forward to being more involved in connecting us to AOTA and excited to share more about what I learn with you!

Sam Nugroho



Hello, I'm Sam Nugroho! I am so honored and thrilled to be part of OTD C1 and to now serve as one of our OTAC Student Representatives. I'm originally from Fontana, CA, but I temporarily lived in Santa Barbara, CA, where I studied at UCSB and earned my B.S. degree in biopsychology. I now live in West LA (hopefully with a kitten soon)! A few of my hobbies include playing board games, eating delicious food, and attending music events.

As an OTAC Student Rep, I want to maintain a strong connection between OTAC, our department, and our students. I aim to stay informed and engaged in the latest activities, discussions, and developments at the state level. By doing so, I can help make information and resources accessible to our students and maintain our awareness of current trends and initiatives shaping our profession.

I will be sure to listen to our students' interests and concerns to help organize OTAC events that are meaningful for our students. These activities can broaden students' understanding of the field, expand their networks, provide opportunities to promote OT and advocate for the profession, and help them prepare for opportunities and challenges that may arise as they progress through their education and careers.

I am also excited to connect with students from other OT programs throughout California. This collaboration enables us to support each other's growth and work together to advance the field of OT. Through effective communication, collaboration, and advocacy, I aspire to empower my fellow students and elevate our department's engagement with the OT community in California. I'm so excited to serve in this capacity and to get more involved with you all soon!



Gauri Deshpande

Hi, my name is Gauri Deshpande and I am so excited to be serving as the AOTA delegate alongside Alyssa Suzuki this year! I feel very thankful for the opportunity to represent the university as well as my fellow colleagues and look forward to what this year has in store for us.

As a delegate, my aim is to advocate for the MSOT and OTD cohorts by voicing any ideas or concerns we may have. Being that this position acts as a bridge between the educational programs and organization of OTs, it is crucial that these needs are expressed as they not only come from the perspective of a student but the next generation of OT practitioners.

Through this role, I hope to better familiarize myself with not only the organization but the field we will be entering into two years from now. By actively partaking in events, conferences, and meetings, I aim to keep both the faculty and my colleagues informed of recent changes and the implications they may have for us future OTs. I am eager to enhance the academic and professional journey of current and incoming cohorts so that we may all go on to become well-informed and well-rounded practitioners one day!

SAMANTHA LEGGIS



My name is Sam Leggis and I am in OTD Cohort 1. I feel very honored and grateful to be in the CSUDH inaugural doctoral program. My goals for OT school are to be a sponge for knowledge and challenge myself out of my comfort zone academically, professionally, and personally. I am currently interested in pursuing the NICU and adult/pediatric acute care settings. I am also passionate about finding more ways to bridge the Spanish language disparity.

My role as an OTAC representative is to serve and advocate for the occupational therapy department by relaying all necessary information to fellow MSOT/OTD peers and faculty in order to fully immerse ourselves into the OT school experience as future practitioners. I aspire to challenge my peers and myself to ask questions and gain more insight from OTAC, when it comes to social justice and equity initiatives, so as to foster safe spaces for our present and future clients. It is important to be involved in social justice as students because it will transcend into our future roles as OTs and can create sustainable measures that will serve a wider range of clients.

During my free time, I like to be outside in nature, especially the beach, drink coffee and boba, and make memories with my friends and family. I am currently rewatching One Tree Hill and reading The Summer I Turned Pretty series. I am very excited to serve in this role - Go Toros!

Hello, my name is Josephine Stutzke and I am an OTD student, part of C1. I am a Southern California native and currently reside in Long Beach with my husband.

I have spent the last 13 summers volunteering at RAD Camp, a summer camp for kids and adults with different disabilities and there I found out about OT and developed a love for the profession. I am really looking forward to continuing to expand my knowledge of OT while in the program. I am so excited to get to be one of CSUDH's OTAC Representatives this year and help be a liaison between the OT program and OTAC.

After learning more about the history of OT in OTR 701 and some of the limitations in the past, I am looking forward to helping find ways to keep the profession moving forward. As a California native, I am excited to keep promoting and helping the profession grow locally. I hope to see everyone at the OTAC Conference in Pasadena this coming November!

Josephine Stutzke



Hello baby



A little cutie is on the way

Our department gathered together to celebrate Dr. Abbie Bryant and the upcoming birth of her baby boy. We had an enjoyable time of celebration, lunch, and games. We can't wait to meet the little cutie who is due to arrive sometime in late October and join his big sister and the Bryant clan. Here is the link to her registry if you would like to give an individual gift: <https://www.babylist.com/list/abbie-gregory-bryant>

