

## 2<sup>nd</sup> Annual OT in Mental Health Symposium (3 PDUs) ON DEMAND WEBINAR Symposium Session Descriptions

### Lived Experience – 1 PDU

*Amanda Lipp, Filmmaker / Social Entrepreneur / Speaker*

Amanda shares her story from psychiatric hospitalization during college to becoming an entrepreneur and filmmaker in mental health. She challenges people to think “outside the crayon box” of traditional mental health paradigms: from illness to *identity*, and adversity to *opportunity*. Amanda will share how drawing with crayons during the hospital led her to recovery and advocacy in mental health. She will also provide insights and clips from the documentary films she makes in NYC and around the U.S. that promote youth mental health programs and research.

### Exploring Voice-Hearers’ Experience of Romantic and Sexual Relationships – 1 PDU

*Emilio Villavicencio, OTS;  
Kristen Gottheil, OTS*

There is limited research within occupational therapy that explores the impact of occupations with individuals who hear voices. Currently there are no studies that solely focus on romantic and/or sexual relationships with individuals who hear voices. The purpose of this presentation is to address that gap by capturing the experience of romantic and sexual relationships through a qualitative phenomenological study for those who hear voices.

### Introduction to Cultural Responsiveness – 1 PDU

*Elizabeth “Beth” Ching, OTD, M.Ed., BSOT, OTR/L*

Occupational therapy as a profession must diversify its workforce to meet the needs of a diverse population. This presentation is an excerpt from a module taught to occupational therapy graduate students to introduce the concept of culturally responsive care. “Cultural Competence” is the language used in many health professions that suggests an end-point; however, “Cultural Responsiveness” is a term used in both the professions of education and health to suggest lifelong learning. The learner will participate in brief activities that explore issues of identity and implicit bias. Reducing health disparities with the goal of health equity for all is the call to all health providers.

## About Our Presenters



**Elizabeth “Beth” Ching, OTD, M.Ed., BSOT, OTR/L,** Samuel Merritt University, is a third generation Korean Chinese American born in Vallejo, California.

She has been an occupational therapy practitioner since 1985 and has been committed to working with underserved populations throughout her career. Ching has presented at the National Conference on Race and Ethnicity in Higher Education (NCORE) about reducing health disparities and mentoring youth of color to enter the health professions. She has published in the *Journal of Occupational Therapy Education and Diversity & Equality in Health and Care*, and co-authored “Psychosocial and Cognitive Issues Affecting Therapy” in a physical therapy assistant textbook.



**Kristen Gottheil, OTS,** is a Masters of Occupational Therapy student in her final year at Dominican University of California. She has

recently completed all of her academic coursework, including a culminating capstone research project, and is working to finish her second Level II Fieldwork Placement. She expects to graduate May 2020.



**Amanda Lipp, Filmmaker | Social Entrepreneur | Speaker.**

Suicide is the leading cause of death—globally—with 800,000 lives lost

each year, and the second leading cause of death among individuals between the ages of 10 and 34 in the United States. It's critical that we invest in innovation and policy related to prevention, early intervention, and access to quality mental health services for youth and young adults.

My freshman year of college I had a mental health breakdown and went through an experience that I now consider to be the "internship of my life": becoming a patient at a psychiatric hospital. The stress of transitioning into college, coming out as gay, and trauma culminated into the perfect storm of risk factors that led to psychosis, attempting suicide, giving away all my money, and getting admitted to a psychiatric hospital.



**Emilio Villavicencio, OTS,** is a Masters of Occupational Therapy student at Dominican University of California. He recently completed all course

work including a capstone research project and required fieldwork. He expects to graduate May 2020.