



# 6<sup>th</sup> Annual OT in Mental Health Symposium - VIRTUAL

## VIRTUAL

Participate from anywhere you have a strong internet connection

RECORDING WILL BE AVAILABLE BY MAY 30, 2024 FOR REGISTRANTS.

DATE AND TIME

May 19, 2024  
9:00 AM to 3:00 PM

Register Online

<https://www.otaconline.org/education/specialty-symposiums/ot-mental-health-symposium>

Register by Fax

916/294-0415

QUESTIONS?

Contact OTAC staff:

Email [staff@otaonline.org](mailto:staff@otaonline.org)

Call toll-free (888) 686-3225



### Sunday, May 19, 2024 – 9:00am to 3:00pm (earn 5.5 PDUs)

9:00am – 9:15am

Welcome and Introduction

9:15am – 10:15am

Occupational Therapy's Future in Psychedelic Mental Healthcare

10:15am – 11:15am

The Injeti Self-Esteem Model

11:15am – 11:30am

Break

11:30am – 1:00pm

Student Perspectives Panel

1:00pm – 2:00pm

Occupational Therapy in Program Development: Advocating for Cognition Inclusion for In-Home Support Services Evaluations

2:00pm – 3:00pm

Cognition Roundtable: Current Trends & Interventions

REGISTRATION FORM *One form per person. Please type or print clearly. Check appropriate boxes.*

	OT/OTA MEMBERS	OT/OTA NONMEMBERS	STUDENT MEMBERS	STUDENT NONMEMBERS
EARLY BIRD	<input type="checkbox"/> \$79	<input type="checkbox"/> \$109	<input type="checkbox"/> \$59	<input type="checkbox"/> \$89
EARLY BIRD ENDS <u>MAY 5</u>				
REGULAR	<input type="checkbox"/> \$99	<input type="checkbox"/> \$129	<input type="checkbox"/> \$79	<input type="checkbox"/> \$109

ARE YOU A NONMEMBER WHO WANTS TO JOIN OTAC?

AND A NONMEMBER THAT WANTS TO ATTEND THE SYMPOSIUM?

YOU CAN JOIN OTAC AND ATTEND THE SYMPOSIUM AT A DISCOUNT.

OT: SYMPOSIUM AND MEMBERSHIP - \$249

OTA: SYMPOSIUM AND MEMBERSHIP - \$209

STUDENT: SYMPOSIUM AND MEMBERSHIP - \$99

**3 OR MORE FROM THE SAME WORKPLACE EARN A 10% DISCOUNT.**

DOES NOT APPLY TO THE MEMBERSHIP DISCOUNT PACKAGE.

EMAIL SHANNON@OTACONLINE.ORG

TOTAL DUE: \$\_\_\_\_\_

Please review the cancellation/refund policy below.

Name \_\_\_\_\_

Employer or School \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Mobile \_\_\_\_\_

PAYMENT OPTIONS: CHECK ONE

Check (make payable to OTAC)

MasterCard

Visa

AMEX

Credit Card Number \_\_\_\_\_

Exp Date \_\_\_\_\_ VCode \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Cardholder Signature \_\_\_\_\_ Date \_\_\_\_\_

SUBMIT PAYMENT:

Fax to: 916/294-0415, or

REGISTER ONLINE - <https://www.otaconline.org/education/specialty-symposiums/ot-mental-health-symposium> must be received in the OTAC office by May 11, 2024 to be eligible for refunds. No refunds after this date. Disclaimer: OTAC reserves the right to make changes to the program. No refunds will be made based on these changes.

Occupational Therapy Association of California

3620 American River Drive, Suite 230, Sacramento, CA 95864 • (916) 567-7000 • Fax (916) 294-0415

Email: [info@otaonline.org](mailto:info@otaonline.org) • [www.otaconline.org](http://www.otaconline.org)

## Schedule, Topic Descriptions, and About Our Presenters

Recording will be available by May 30, 2024 for registrants.

**9:00am – 9:15am**

### Welcome and Introduction

*Erin McIntyre, OTD, OTR/L;*

*Ingrid Leu, OTD, OTR/L;*

*Jessica De Brun, OTD, OTR/L*

**9:15am – 10:15am**

### Occupational Therapy's Future in Psychedelic Mental Healthcare I

*Christy Billock, PhD, OTR/L, DipACLM*

The future landscape of mental healthcare is being shaped by the current renaissance of research showcasing the efficacy of psychedelics in treating various mental health disorders. Occupational therapy's unique skillset for promoting holistic health and well-being can align with the evolving needs for qualified mental health professionals to deliver psychedelic-assisted therapies. This presentation will explore the burgeoning research on utilizing psychedelics in the treatment of PTSD, depression, and a variety of other conditions and illuminate how occupational therapy's scope of practice can integrate into the provision of psychedelic-assisted therapy.

**10:15am – 11:15am**

### The Injeti Self-Esteem Model

*Praveen Injeti, OTD, OTR/L, MFT*

This session will discuss an intervention, based on psychoeducation and guided by CBT, to help adolescents increase insight into self-esteem as a predictor of healthy decision-making in intimate relationships.

**11:15am - 11:30am**

### Break

**11:30am – 1:00pm**

### Student Perspectives Panel

*Jawad Aqil, OTD, OTR/L;*

*Christine Villalobos, OTS*

*Emily Randell, OTR/L*

Join us for a panel of recent graduates and current students as they share their mental health capstone and fieldwork experiences.

**1:00pm – 2:00pm**

### Occupational Therapy in Program Development: Advocating for Cognition Inclusion for In-Home Support Services Evaluations

*Lea Le, MS, OTR/L*

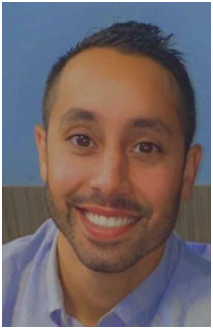
Advocacy is an everyday practice for occupational therapy practitioners and can be used to identify gaps and develop new programs. This session will explore how a nonprofit agency noticed gaps with in-home support services (IHSS) and created its own program to address it. By including occupational therapy practitioners in the contract, it allowed for funding for a comprehensive evaluation that also includes cognitive assessment, something that was previously omitted in other resources and services. Through the program, occupational therapy practitioners utilized assessments to advocate for IHSS for individuals living in permanent supportive housing who have a history of chronic homelessness, experience mental health conditions, cognitive challenges, and physical health issues. The additional support has helped individuals avoid evictions, maintain housing, and live independently in the community.

**2:00pm – 3:00pm**

### Cognition Roundtable: Current Trends & Interventions

Experience an interactive roundtable discussion with fellow practitioners on current trends and interventions to address cognitive deficits. This is a great networking opportunity!

**About Our Presenters**



**Jawad Aqil, OTD, OTR/L**, earned their bachelor’s degree in kinesiology in 2017 from California State University, San Marcos, and is a candidate for Doctor of Occupational Therapy at the University of St. Augustine for Health Sciences. They have prior experience in acute mental health, community mental, and pediatrics. Current professional interests are in mental health, entrepreneurship, home health, academia, and advocacy.



**Christy Billock, PhD, OTR/L, DipACLM**, previously worked at the Keck Graduate Institute as a professor and founding program director. She has also served as a professor and curriculum coordinator of occupational therapy at West Coast University and was an associate professor at Loma Linda University. She has a PhD in occupational science from the University of Southern California, where her dissertation focused on women’s experience of spirituality in everyday life. She created the Occupational Therapy Spiritual Narrative Assessment (OTSNA) tool. Billock has taught occupational therapy for 23 years in a broad range of subject areas including neuroscience, lifestyle medicine, geriatrics, rehabilitation, mental health, wellness, and occupational therapy history and theory. Her clinical background is in inpatient rehabilitation. She is passionate about innovation in occupational therapy and growing the profession’s role in prevention and wellness.



**Jessica De Brun, OTD, OTR/L**, is an assistant professor of occupational therapy at the University of St. Augustine for Health Sciences, San Marcos, CA. De Brun completed her BS, MOT, and post-professional OTD at Loma Linda University. She has a wide

variety of experience as a mental health occupational therapy practitioner working in emerging practice, community-based pediatric, and adult mental health services. De Brun’s clinical practice experience includes pediatric trauma intervention centers, domestic violence shelters, substance use and recovery services, local school districts, and regional centers. Her research and scholarly interests have focused on emerging practice, program development, trauma-informed education, secondary trauma and burnout, early childhood trauma, the maternal-child co-occupational experience, and occupational justice. She has served as a fieldwork educator in various emerging practice and community-based settings including mental health programming for children, survivors of domestic violence, and for individuals with co-occurring mental health and substance use disorders. De Brun serves as chair of the Occupational Therapy Association of California’s (OTAC) Nominations Committee, where she advocates for OT leadership in California and for the occupational therapy profession.



**Praveen Injeti, OTD, OTR/L, MFT**, has been an occupational therapy practitioner since 1999 and has worked in various settings that have empowered his growth as a clinician. He received his education as an occupational therapy practitioner at Loma Linda University, going on to obtain a Master of Art in psychology with a focus in marriage and family therapy and an OTD. Injeti has been an adjunct

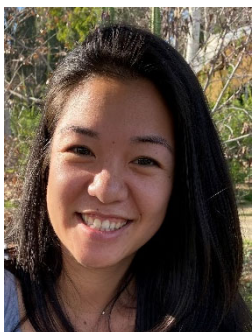


faculty since 2007 and recently transitioned to a full-time faculty as an assistant professor for Loma Linda University's Department of Occupational Therapy. His specialty area is mental health. Injeti also plays the role of a faculty consultant; helping students with research projects, assisting with capstone curriculum and program development. As a practitioner his experiences range from long-term care to the jail system treating psychiatric patients, to in-patient behavioral health settings as well as home health. He currently works in an in-patient behavioral hospital as an occupational therapy practitioner where his duties are providing clinical care for the pediatric population. He has had the privilege to present at OTAC and guest lecturer for other programs and disciplines.



**Lea Le, MS, OTR/L**, graduated from San Jose State University with a master's in occupational therapy. She is currently an Occupational Therapist at the Mental Health Association of San Mateo County, a non-profit organization that provides community-based mental health

services. She works with individuals who have experienced chronic homelessness and live with mental and physical health conditions to increase participation in occupations, with the goal of community integration and housing maintenance. Her interests include mentoring students and has been a lecturer for the occupational therapy program at San Jose State University, as well as a Fieldwork Educator for Fieldwork I and II students. She is also passionate about advocacy and currently a member of the OTAC Advocacy and Government Affairs Committee.



**Ingrid Leu, OTD, OTR/L**, 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 to increase exposure and pique interest in mental health. 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. Leu is also currently teaching at Stanbridge University.



**Erin McIntyre, OTD, OTR/L**, is an assistant professor of occupational therapy at the University of St. Augustine for Health Sciences. Her scholarly interests include psychosis, trauma informed pedagogy, community mental health and role emerging fieldwork

education. She represents OTAC with the California Coalition for Mental Health.



**Emily Randall, OTR/L**, was born and raised in the North Bay and earned Bachelors of Arts degrees in Communication and Spanish from University of California, Davis in 2012. Emily worked for nine years in fundraising,

communications, and administration for various non-profit organizations prior to completing her Master's degree at San José State University in 2024. Her work with Syzygy Dance Project, an organization offering mindful movement/dance classes to veterans, inmates, recovering addicts, and patients with chronic illness, inspired her to pursue OT. Emily now incorporates mindfulness and the creative arts into her work as an OT, having experienced firsthand the healing power of dance, music, and mindfulness practices. An avid traveler, she is deeply passionate about cross-cultural connection and approaches client interactions with curiosity and cultural humility. Emily enjoys working with diverse populations, particularly in neurological and psychiatric settings. Her mission is to help clients engage and reconnect with their bodies and their occupations in ways that inspire them to move toward growth.



**Christine Villalobos, OTS**, was raised in a working-class neighborhood in Los Angeles. She is a former early childhood teacher, sister to an autistic adult who loves snacks as much as I do, and daughter of a hemorrhagic stroke survivor. Her residency experience at DWC working with unhoused neighbors has helped show the

connection between political economy and social determinants of health and its effect on mental health and well-being of every person in our world. As a future occupational therapist in the unhoused sector, she hopes to challenge the systems that brought individuals into becoming unhoused in the first place and provide trauma informed care to support those transitioning from unhoused to housed. Villalobos believes that OT can be a means by which society expands the definition of health to include both the physical and mental components.

### Symposium Committee

*Jessica De Brun, OTD, OTR/L*

*Sherry Hite, MOT, OTR/L*

*Ingrid Leu, OTD, OTR/L*

*Erin McIntyre, OTD, OTR/L*

### About This Virtual Symposium

#### This Symposium Will Be Recorded

Participate virtually on May 19, 2024, and then re-watch at your convenience for the life of the recording on OTAC's platform. Recordings are generally available 7 days following the conclusion of the event.

**System Requirements.** OTAC webinars are broadcast through Zoom. A broadband internet connection is required. For minimum system requirements, visit the following page:

Zoom - <https://support.zoom.us/hc/en-us/articles/201362023-System-Requirements-for-PC-Mac-and-Linux>

#### Professional Development Units (PDUs) | MyOTLicense

Earn up to 5.5 PDUs.

PDUs will be entered into your MyOTLicense cloud-based PDU tracking 'filing cabinet.' (Must be an OTAC member or

MyOTLicense subscriber. This service is available only to OT/OTA licensees.)

**To earn PDUs, registrants must complete the post event survey that is emailed out within one week following the event.**

#### Symposium Disclaimer

This Symposium is sponsored by OTAC for the purpose of professional development. The material presented is not intended to represent the only or the best methods appropriate for the occupational therapy and/or medical condition or professional development issues being discussed, but rather is intended to present the opinions of the presenters, which may be helpful to other health care professionals at arriving at their own conclusions and consequent application. Attendees participating in this professional development education program do so with the full knowledge that they waive any claim they may have against OTAC and its representatives for reliance on any information presented during this educational event.

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**Why OTAC Symposia?** To support OTAC Core Value 7 – Professional Development: To provide quality education and resources to advance the knowledge, skills, and continued competence of occupational therapy practitioners.

**About OTAC.** OTAC is a nonprofit, 501c6. This means that end-of-year net revenue is retained for operations and benefit of the members and is not distributed to private owners. It is governed by an elected, noncompensated Board of Directors and hires a professional association management team.

**OTAC Mission Statement.** OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy.



## 6<sup>th</sup> Annual OT in Mental Health Symposium

UPCOMING VIRTUAL & IN-PERSON  
PROFESSIONAL DEVELOPMENT

OTAC 2024 **3RD** *Annual*  
**ACADEMIC**  
**SYMPOSIUM**  
**VIRTUAL** ·JUNE 21·

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OTAC 2024 **6TH** *Annual*  
**SCHOOL-BASED**  
**SYMPOSIUM**  
**VIRTUAL** ·SEPTEMBER 7·

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