



# 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.

## 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*

*Additional panelists to be added*

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*

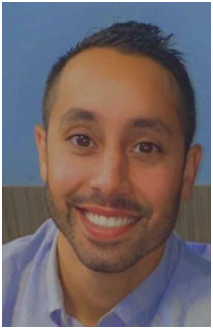
Advocacy is an everyday practice for occupational therapy practitioners and can be used to identify gaps and develop new programs. This session will explore how a nonprofit agency noticed gaps with in-home support services (IHSS) and created its own program to address it. By including occupational therapy 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.

**2:30pm – 2:45pm**

### 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.



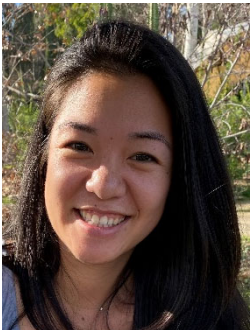
**Praveen Injeti, OTD, OTR/L, MFT**, has been an occupational therapy practitioner since 1999 and has worked in various settings that have empowered his growth as a clinician. He received his education as an occupational therapy practitioner at Loma Linda

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**  
Biography coming soon.



**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.

### 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.**



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

### 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.

### UPCOMING VIRTUAL & IN-PERSON PROFESSIONAL DEVELOPMENT

OTAC 2024 **3RD** Annual  
ACUTE CARE  
SYMPOSIUM  
VIRTUAL · APRIL 13 ·

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

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