



# 5<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, 2023 FOR REGISTRANTS.

DATE AND TIME  
May 20, 2023  
9:00 AM to 2:45 PM

Register Online  
<https://www.otaonline.org/education/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

### Saturday, May 20, 2023 – 9:00am to 2:45pm (earn 5 PDUs)

9:00am – 9:15am	Welcome and Introduction
9:15am – 10:15am	Occupational Therapy and Forensic Mental Health Panel
10:15am – 11:15am	Professional Advocacy and Program Development in Nontraditional Roles for Persons Experiencing Homelessness
11:15am – 11:30am	Break
11:30am – 1:00pm	Carrying Our Stories into Mental Health Practice: Anti-Oppression in Occupational Therapy
1:00pm – 2:30pm	Putting on Our People Lens: Lived Experience as Pedagogy
2:30pm – 2:45pm	Wrap Up   Questions

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

OT/OTA MEMBERS	OT/OTA NONMEMBERS	STUDENT MEMBERS	STUDENT NONMEMBERS
<input type="checkbox"/> \$79	<input type="checkbox"/> \$109	<input type="checkbox"/> \$49	<input type="checkbox"/> \$79

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.otaonline.org/education/ot-mental-health-symposium>  
Cancellation/Refund Policy. \$25 is retained to cover cancellation/refund processing costs. Written notice to [staff@otaonline.org](mailto:staff@otaonline.org) must be received in the OTAC office by May 12, 2023 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.

OTAC is a nonprofit organization whose mission to be the collective voice representing the occupational therapy profession.

### Schedule, Topic Descriptions, and About Our Presenters

Recording will be available by May 31, 2023 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 and Forensic Mental Health Panel

*Julian Prado, OTD, OTR/L; Gina Gosparini, MA,*

*OTR/L; Jessie Tien, MA, OTR/L; Carlos Aguilar*

Hear from a panel of occupational therapy practitioners working in community-based forensic mental health services. Current best practices, contextual challenges, and personal strategies for self-care and preventing burnout will be explored.

**10:15am – 11:15am**

#### Professional Advocacy and Program Development in Nontraditional Roles for Persons Experiencing Homelessness

*Stephanie Moon, OTD, OTR/L*

California continues to invest dollars for services and housing to combat its homelessness crisis while Los Angeles County has declared a state of emergency on homelessness. Occupational therapy is uniquely positioned to support persons experiencing homelessness; investment in the profession is growing in Los Angeles County. Come hear about the professional advocacy journey of one occupational therapy practitioner in Los Angeles County's homeless services space, and dialogue around current program development and implementation efforts.

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

#### Break

**11:30am – 1:00pm**

#### Carrying Our Stories into Mental Health Practice: Anti-Oppression in Occupational Therapy

*Ryan Lavalley, PhD, OTR/L;*

*Karen Park, OTD, OTR/L, BCP*

The therapy practitioner and client each bring their own story and lived experience with them to the therapeutic process. Examining these stories informs strategies to redress oppression, both individually and systemically. We will discuss how occupational therapy practitioners can approach this work considering systemic injustice rooted in structures like racism, queerphobia, and sanism, and briefly give participants the opportunity to dialogue about how their own stories can inform their approach to this work.

**1:00pm – 2:30pm**

#### Putting on Our People Lens: Lived Experience as Pedagogy

*Tessa Milman, OTD, OTR/L; Celso Delgado, OTD, OTR/L; Leslie Moren; Guyton Colantuono;*

*John Travers; Maggie Yeo*

This session will describe the process and outcomes of an innovative pedagogical design that engaged mental-health consumers, experts by experience, to co-lead debriefs with occupational therapy students learning about mental health practice. Qualitative and quantitative outcomes indicated that this course design broadened students' understanding of mental illness and recovery. Attendees will reflect on opportunities to include experts by experience as mentors or instructors in their own practice contexts.

**2:30pm – 2:45pm**

#### Wrap Up | Questions

### About Our Presenters

**Gina Gosparini, MA, OTR/L** (she/her/hers), is an occupational therapy practitioner based in Los Angeles working in a community-based mental health setting. She received a Master of Arts in occupational therapy in 2019. Gosparini has been working in a community-based forensic mental health program since 2019 in field-based and interim housing settings with individuals diagnosed with serious mental illness. They work with clients on various topics, including functional cognition, sensory processing, skill-building, and engaging in productive roles. Gosparini also works with other providers in her workplace to create a safe, accessible, and inclusive housing environment for clients, to provide an occupational perspective on client experiences, and to assist staff in supporting clients' goals.



**Ryan Lavalley, PhD, OTR/L**, is an assistant professor in the Division of Occupational Science and Occupational Therapy at the University of North Carolina – Chapel Hill. He is the founder and primary lead of the Community Practice Lab in the Department of Health Sciences. Lavalley is also the director of UNC's Partnerships in Aging Program. He has worked as a community occupational therapy practitioner since 2014, providing and developing programming most often related to aging, dementia, and housing across Orange County, NC. Through his dissertation and this work, Lavalley has examined structural injustices such as racism, queerphobia, and ageism as they intersect with these areas of expertise. He also teaches the community-level occupational therapy course in the Master of Occupational Therapy Program at UNC-CH, through which he has guided student partnerships with multiple local organizations to develop programming and strategic action steps to support community health and participation. Lavalley is originally from West Virginia and earned bachelor's and master's degrees at Xavier University in Cincinnati, OH focusing on occupational therapy, social justice, and peace studies. He earned a PhD in occupational science at the University of North Carolina at Chapel Hill.



**Tessa Milman, OTD, OTR/L**, teaches mental health, clinical reasoning, and qualitative research in the Chan USC Division of Occupational Science and Occupational Therapy, utilizing team-based learning and other learner-centered course designs. Her courses incorporate diverse perspectives and critical theories to support occupational therapy students to become culturally humble practitioners who embody person-centered approaches.



**Stephanie Moon, OTD, OTR/L**, is an occupational therapy practitioner with experience providing integrated behavioral health services, managing interdisciplinary teams, developing programs, and providing technical assistance to improve workforce and organizational capacity in the homelessness services space. Currently, she is the occupational therapy supervisor at the Los Angeles County Department of Health Services Housing for Health Division, working as part of an interdisciplinary team to develop, implement, and oversee occupational therapy services for clients affected by homelessness in a variety of settings, including outreach, interim housing, permanent supportive housing, and board and care environments. Moon completed her occupational therapy master's and doctorate degrees at the University of Southern California, focusing on integrated behavioral health in homeless healthcare.



**Karen Park, OTD, OTR/L, BCP** (she/her), is an assistant professor and doctoral capstone coordinator at the University of St. Augustine (USA) for Health Sciences in San Marcos, CA. She graduated with a master's and doctorate in occupational therapy from the University of Southern California, Chan Division of Occupational Science and Occupational Therapy. Park is Board Certified in Pediatrics by the American Occupational Therapy Association (AOTA). She has extensive experience in pediatric practice in various service settings, including early intervention, hospital, clinic, and outpatient children's mental health.

Before joining the faculty at USA, Park was a director of academic fieldwork education. Her expertise in fieldwork education focuses on role-emerging fieldwork experiences in children's mental health settings, specifically mentoring occupational therapy (OT) students in identifying and establishing the role of OT in addressing the occupational needs of underserved children and families with a history of complex trauma. As a second-generation Korean American, neurodivergent woman, and child of immigrants, embracing her racial identity in academic spaces significantly influences how she shows up as an educator. She is deeply invested in representation and inclusion in all areas of OT, including practice, advocacy, academia, and leadership.



**Julian Prado, OTD, OTR/L** (he/they), is an occupational therapy practitioner passionate about community-based mental health practice. They received a Masters in Occupational Therapy in 2019 and an OTD in 2020 at the University of Southern California.

In their current role at a community-based forensic treatment program, Prado has delivered occupational therapy services in field-based and permanent housing contexts to people with severe psychiatric disabilities. They completed their OTD residency experience at a Federally Qualified Health Center (FQHC) in the heart of the Skid Row neighborhood in Los Angeles, CA. During this experience, Prado also served as a housing navigator using the Homeless Management Information System (HMIS) to assist clients through the housing attainment process.



**Jessie Tien, MA, OTR/L**, is a first-generation Chinese-Taiwanese American born in Los Angeles County. She completed her studies through USC's bachelor's to master's program in occupational therapy. Tien's interest in working in community-based mental health began after her fieldwork

experiences in permanent supportive housing at Step Up on Second and Gateways Conditional Release Program (CONREP) with individuals released from state hospitals. Most recently, she spearheaded developing

and integrating occupational therapy services on the AB 109 Post-Release Community Supervision program at Project 180, a forensic mental health agency based in Los Angeles. Currently, Tien serves as the interim occupational therapy manager at Gateways CONREP.

### 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 20, 2023, 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 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.**



## 5<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.

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

### UPCOMING VIRTUAL & IN-PERSON PROFESSIONAL DEVELOPMENT

