

OCCUPATIONAL THERAPY  
ASSOCIATION OF HAWAII  
*Presents The*

2019 ANNUAL STATE CONFERENCE

Topics:

**Drums Alive Ability Beats: Moving from Impossible to I'm Possible**

OR

**Understanding Trauma-Informed Care in OT Settings**

OR

**Food, Faith & Fasting: A Sacred Journey to Better Health**



Saturday, October 12, 2019  
7:15 AM to 5:00 PM

Japanese Chamber of Commerce  
(Manoa Grand Ballroom)  
2454 South Beretania Street  
Honolulu, HI 96826

Learning Objectives:

Please reference agenda schedule for details. Agenda topics may be subject to revision by speakers.

About the Speakers:

**Rita Madden, MPH, RDN**, is the co-founder & program director of the for-purpose organization Moon Gardens (a company that shares sustainable approaches to health and wellness, allowing people to celebrate their culture and traditions while finding joy in caring for their health. She is the host of the podcast "Food, Faith, & Fasting: Ancient Ingredients for the Modern-Day Health. She is also the Nutrition Director of Mediterranean Wellness.

**Julie Takishima-Lacasa, PhD**, is a cognitive behavioral psychologist who works with adolescents, adults, couples and families to provide evidence-based interventions for a range of mental health and behavioral issues. She specializes in health psychology and multidisciplinary collaborative team care in her private practice and as Director of Behavioral Health at Manakai O Malama (an integrative primary care clinic in Honolulu). She also provides trauma treatment and has conducted research relevant to trauma-informed care.

**Carrie Jean Ekins, MA**, is an international educator, presenter and creator. She is the CEO, Founder and Creative Director of Drums Alive® since 2002. This evidence-based program helps people improve their physical, cognitive, social and emotional health - all while having fun. Carrie is located in two locations (Germany and USA). Her doctoral dissertation from the Technical University of Chemnitz, Germany is titled: "Effects of a Drums Alive® Kids Beats Intervention on Motor Skills and Behavior in Children with Intellectual Disabilities; Physiological and Cognitive Effects of Drums Alive - An Intervention of Children with Reading and/or Writing Disabilities (Delays) and ADHD".

**Karen Watanabe-Sakamoto**, is COO and Director of Business Development for Drums Alive®. She joined the Drums Alive team in 2005 and runs the North America operations. She has been a fitness and wellness instructor for over 20 years.

'Ability Beats - Moving from Impossible to I'm Possible' that is being presented is: A research based, multi-sensory, all-inclusive interactive program that empowers participants with the "Ability" to achieve healthy and happy lives through a "No Limitations" social emotional learning fitness and wellness experience. Foster creativity through comprehensive brain and body exercises that integrates kinesthetic awareness, neuromuscular skills, cardiovascular conditioning, flexibility, strength, socialization, and wellness activities. Learn how to adapt and modify music and movement drumming activities and games to accommodate physiological, emotional and cognitive needs that support each individual, regardless of age or ability.

For additional information, contact:

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Avis Sakata (808) 522-4602

Email: [avis.sakata@straub.net](mailto:avis.sakata@straub.net)

Please bring a sweater, as rooms may be cold

Self-parking is **\$8.00 w/ credit card only**

A confirmation email of registration will be sent to you.

**OTAH Conference Program Agenda**

<p><b>7:15 a.m. to 8:15 a.m. Registration &amp; Continental Breakfast. Visit Vendors</b>  <b>8:15 a.m. to 8:30 a.m. Introduction of speakers for each session</b></p>			
<p><b>TRACK 1</b></p>	<p><b>AM - Understanding Trauma-Informed Care in OT</b>  <u><b>Dr. Julie Takishima-Lacasa</b></u></p>	<p><b>PM - Drums Alive</b>  <u><b>Carrie Ekins &amp; Karen Watanabe-Sakamoto</b></u></p>	
<p><b>8:30 a.m. to 10:00 a.m.</b></p>	<ol style="list-style-type: none"> <li>1. Define trauma and the prevalence rates of trauma</li> <li>2. Identify some of the neurobiological, psychological and social effects of stress and trauma, and the impact of those effects on an individual's functioning</li> <li>3. Describe the characteristics and positive impacts</li> <li>4. Describe strategies for identifying and working effectively with individuals who have experienced trauma across common OT work settings</li> </ol>	<p><b>1:30 p.m. to 3:00 p.m.</b></p>	<ol style="list-style-type: none"> <li>1. Learn how to create an ALL INCLUSIVE - NO PARTICIPANT IS LEFT BEHIND approach for a healthy and happy lifestyle. Help your students become socially resilient, realize what's possible and move from them from a mindset of "I can't" to "I can" while addressing the National Standards for Adaptive Physical Education, Music Education and Depth of Knowledge (DOK) content areas.</li> <li>2. Create fun and enjoyment in the class while helping students improve fine and gross motor skills, coordination, balance and endurance.</li> <li>3. Learn how to encourage experimentation, exploration, socialization, and how to boost self-esteem while teaching a variety of skills that will enable participants to be physically active, socially competent and cognitively strengthened.</li> </ol>
<p><b>10:00 a.m. - 10:15 a.m.</b></p>		<p><b>Break - Visit vendors</b></p>	<p><b>3:00 p.m.-3:15 p.m.</b></p>
<p><b>10:15 a.m. to 11:45 a.m.</b></p>	<ol style="list-style-type: none"> <li>1. Identify the components of a Crisis Prevention Plan</li> <li>2. Describe methods for managing provider compassion fatigue</li> <li>3. Identify trauma-related resources for patients and providers</li> <li>4. Questions and Answers</li> </ol>	<p><b>3:15 p.m. to 4:45 p.m.</b></p>	<ol style="list-style-type: none"> <li>1. Discover how to provide stress and aggression release, improve concentration, consistency, awareness, and self-control with fewer outbreaks of disruptive behavior while learning skills to build self-confidence, greater creativity and stronger coping capability.</li> <li>2. Questions and Answers</li> </ol>
<p><b>11:45 a.m. to 1:15 p.m.</b>  <b>LUNCH (Deli buffet) - Awards and Door Prizes (Main Ballroom)</b>  <b>OTAH Annual Meeting * Remember to visit the vendors*</b></p>		<p><b>4:45 p.m. to 5:00 p.m.</b>  <u><b>Turn in conference eval form in order to receive your certificate</b></u></p>	

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7:15 a.m. to 8:15 a.m. Registration & Continental Breakfast. Visit Vendors			
8:15 a.m. to 8:30 a.m. Introduction of speakers for each session			
TRACK 2	AM - Drums Alive <u>Carrie Ekins &amp; Karen Watanabe-Sakamoto</u>		PM - Food, Faith, & Fasting: A Sacred Journey to Better Health <u>Rita Madden</u>
8:30 a.m. to 10:00 a.m.	<ol style="list-style-type: none"> <li>1. Learn how to create an ALL INCLUSIVE - NO PARTICIPANT IS LEFT BEHIND approach for a healthy and happy lifestyle. Help your students become socially resilient, realize what's possible and move from them from a mindset of "I can't" to "I can" while addressing the National Standards for Adaptive Physical Education, Music Education and Depth of Knowledge (DOK) content areas.</li> <li>2. Create fun and enjoyment in the class while helping students improve fine and gross motor skills, coordination, balance and endurance.</li> <li>3. 3. Learn how to encourage experimentation, exploration, socialization, and how to boost self-esteem while teaching a variety of skills that will enable participants to be physically active, socially competent and cognitively strengthened.</li> </ol>		<ol style="list-style-type: none"> <li>1. To help individuals and those they serve to let go of dieting and to develop a healthy and joyful relationship with food and health.</li> <li>2. To learn how to examine a food label and to let go of counting carbohydrates, fat and protein grams.</li> <li>3. To approach food and lifestyle from a different angle, one that connects our ancestral ways of eating to modern-day living.</li> </ol>
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11:45 a.m. to 1:15 p.m. LUNCH (Deli buffet) - Awards and Door Prizes (Main Ballroom) OTAH Annual Meeting		* Remember to visit the vendors*	4:45 p.m. to 5:00 p.m. <u>Turn in conference eval form in order to receive your certificate</u>

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TRACK 3	AM - Understanding Trauma-Informed Care in OT <u>Dr. Julie Takishima-Lacasa</u>		PM - Food, Faith, & Fasting: A Sacred Journey to Better Health <u>Rita Madden</u>
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OTAH's going green: If you selected to receive the session's handout by email, then an email will be sent at least 2 weeks prior to the conference to access the online handout for you to download or printout. If you would like a hard copy at conference, please select that on your registration form and add payment.

Please note that Wi-Fi will NOT be available at conference