

**2021 OTAH VIRTUAL ANNUAL CONFERENCE**

**Saturday, October 9, 2021**

**8:00 AM to 4:30 PM**

**Online via Zoom**

**PROGRAM AGENDA**

**Total pdu: 6.0 hours**

TIME	TOPIC	PRESENTER
8AM-8:30AM	<b>Registration</b>	
8:30AM-10 AM	<b>Keynote Speaker:</b> "Occupational Therapy 2025: Facilitating Participation in Everyday Life"	Thomas F. Fisher, PhD, OTR/L, CCM, FAOTA
10:00AM -10:15AM	Break	
<b>Track 1</b>	10:15AM-12:30 PM "Mindfulness and Healing: Weaving Mindfulness into Your Life and Work" AM Breakout Room #1	Rochelle McLaughlin, MS, OTR/L, MBSR,RYT
	1:30PM-3:45PM "Mindfulness and Healing: Weaving Mindfulness into Your Life and Work" Breakout Room #1	Rochelle McLaughlin, MS, OTR/L, MBSR,RYT
<b>Track 2</b>	10:15AM-12:30 PM "You Must Be Regulated Before You Can Learn" Breakout Room #2	Greg Santucci, MS, OTR/L
	1:30PM-3:45PM "Coping with Adult Bullying and Incivility in the Workplace" Breakout Room #2	Yolanda Griffiths, OTD, OTR/L, FAOTA
12:45PM-1:15PM	Lunch/Annual Meeting and Elections	
3:45PM-4:15PM	Final Questions and Answers	
4:15PM-4:30PM	Conclusion/Wrap Up/Conference Survey	

**LEARNING OBJECTIVES: The participant will be able to:**

**Occupational Therapy 2025:**

1. Understand the AOTA Vision **2025**
2. Identify **trends & issues** in the healthcare and higher education, which affect our Vision.
3. Recognize the importance for **lifelong learning** for practitioners & students.
4. Describe clinical practice's contribution and partnership in translational **research** which will help payers and policy makers understand OT.

**Mindfulness and Healing:**

1. Describe Mindfulness and Awareness
2. Apply Mindfulness practices using breath awareness, body scan and mindful movement.
3. Incorporate 2+ techniques of Mindfulness in OT practice with clients.

**You Must Be Regulated:**

1. Describe different sensory systems and how they impact behavior and performance.
2. Understand when sensory processing, environmental stressors or unmet safety needs are impacting behavior and learn strategies to help support students.
3. Identify self-regulation challenges, and implement realistic strategies to empower kids and help them meet the expectations of school.
4. Understand the neuroscience that helps us understand "why" a behavior is occurring and learn strategies to teach the skills needed to make improvements in behavior.

**Coping with Adult Bullying and Incivility**

1. Describe aspects of workplace incivility and adult bullying that contribute to a negative work environment and affect one's health
2. Discuss the impact of workplace incivility on productivity, morale and collaboration
3. Examine legal responsibilities and policy transformation needed to reclaim a positive work environment.
4. Identify at least six ways to enact positive change for mental health and conflict management

**ABOUT THE PRESENTERS:**

**Thomas F. Fisher, PhD, OTR/L, CCM, FAOTA** is currently Dean of the Vera Z. Dwyer College of Health Sciences at Indiana University at South Bend. He is a Professor of Health & Rehabilitation Sciences. He is responsible for the School of Nursing, School of Applied Health Sciences, School of Rehabilitation Science, a Dental Clinic, Medical Clinic, and Speech & Hearing Clinic. Dr. Fisher received his BS in Occupational Therapy from Indiana University School of Medicine at IUPUI, his MS in Education from Purdue University and a post-masters Education Specialist (EdS) degree in Educational & Counseling Psychology from the University of Kentucky. He received his PhD in Psychology from the University of Kentucky. Before entering academia full-time, he practiced for 18 years in mental health, pediatrics, home health, SNF, acute care, out-patient and inpatient rehab, holding positions as a staff occupational therapist, Supervisor of OT & PT, Director of Outpatient Therapy Services, case manager, and consultant and injury prevention specialist. He continues to prepare courses for the NBCOT Exam for TherapyEd International. "Thom" as he likes to be called was inducted into the Roster of Fellows of the AOTA in 1994. In 2016, Thom was the recipient of the AOTA Award of Merit, which is the highest award given to an occupational therapist by AOTA. At the AOTA Centennial Celebration in Philadelphia, Dr. Fisher was named one of the *100 Most Influential People in Occupational Therapy*.

**Dr. Yolanda Griffiths, OTD, OTR/L, FAOTA** has been an OT for 44 years and has devoted 28 years to teaching occupational therapy. Her clinical practice has been in the areas of mental health and pediatrics across 6 states Dr. Griffiths earned a BSOT from the University of Puget Sound, an MHR in counseling from the University of Oklahoma and a post professional OTD from Creighton University. In addition, Dr. Griffiths has earned an advanced master practitioner certificate in neurolinguistics programming and completed two US West fellowships in computer technology and higher education. Dr. Griffiths was the Internet Editor for Occupational Therapy in Health Care, guest editor of the special issue on education, contributed book chapters to two textbooks and is the co-author of a book for AOTA Press titled *A Professional Legacy*. Dr. Griffiths is currently on the editorial review board of the Online Journal of Occupational Therapy. She has held volunteer leader roles in AOTA, including chairperson of the Education Special Interest Section, member of the Commission on Education, and member of the Recognitions and Awards Committee. Dr. Griffiths was inducted into the Roster of Fellows by the American Occupational Therapy Association for leadership in OT education and mental health. Dr. Griffiths is a full professor and former department chair of the occupational therapy program at Drake University in Iowa. Her recent research focuses on OT education, history of OT, and workplace incivility. She was named the 2019 Drake University Morrow Award winner in recognition of her leadership in OT education.

**Rochelle McLaughlin, MS, OTR/L, MBSR, RYT** is a certified Mindfulness-Based Stress Reduction (MBSR) teacher and has taught MBSR within the Department of Occupational Therapy at San Jose State University since 2008. Rochelle is the founding director for SJSU's Certificate in Applied Mindfulness. Her work teaching mindfulness to several hundred folks in academia and healthcare both nationally and internationally has allowed her to witness the impact of stress on people's lives and mindfulness as a healing antidote to these dynamics. Her work is trauma and culture-sensitive and embodies the transformative power of mindfulness and the present moment.

**Greg Santucci, MS, OTR/L** is a Pediatric Occupational Therapist and the Founding Director of Power Play Pediatric Therapy. He has been an OT for over 20 years, and currently is a Supervisor of Occupational Therapy at Children's Specialized Hospital in NJ. Greg is the creator of the Model of Child Engagement and has been lecturing nationally for over a decade on topics related to sensory processing, child development, behavior and best practice in the public schools. He has dedicated his career to promoting neuro-developmentally informed, relationship-based interventions to help parents and teachers support children of all abilities.