



## Friday Courses

**8-8:30 a.m.**

**Keynote address: Elizabeth Jones, Manager of Instructional Excellence at Fox Valley Technical College and Mother of a young man with Autism**



Elizabeth Jones has more than seventeen years' experience teaching professional communications and instructional design, with special emphasis upon Universal Design for Learning. She is also the mother of a young man with autism and has been an advocate for individuals with special needs for more than twenty years. In her role as advocate and mother, Elizabeth has worked with many occupational therapists and has seen first-hand the difference OT can make in the lives of individuals with disabilities and their families. In her talks to promote understanding and acceptance of individuals on the spectrum, she describes specific examples of OT approaches that helped her son adapt to, and thrive in, school, home, and community settings, including fine- and gross-motor skills development approaches, sensory integration therapies, and adapted recreation programs (e.g., therapeutic horsemanship). She also emphasizes the role OT professionals have played in helping her family support her son's generalization of learned skills beyond therapeutic settings. Elizabeth has served on many local and state disability services boards, including the Wisconsin Commissioner of Insurance Autism Advisory Committee. She has a bachelor's degree from the University of Texas at El Paso, a doctorate from Texas Tech University, and a Graduate Certificate in Instructional Design from UW-Stout.

### **Friday 8:35-11:35 a.m. (3 hour course. For 1.5 hour courses see below)**

#### **Taking the Stress out of the Allen Cognitive Levels- Theresa VanLanen**

*Are you asked to do the ACL but forgot how? Do you struggle with what to do with the information that you get from the ACL? OR*

*Do you know how to give feedback to others about the ACL results in a way that is meaningful to them?*

*Objectives include:*

- 1. Who should get an ACL and why*
- 2. How to give the ACL*
- 3. How to score the ACL*
- 4. How to interpret & apply the ACL to your treatments and the OT Practice Framework III*

## **Friday 8:35-10 a.m.**

### **How to Start a Journal Club- Wendie Leveille and Olga Nestor**

*Journal clubs are an important aspect of lifelong learning with the purpose to improve patient care and incorporating evidence into practice. This 90 min presentation will expose and explore AOTA's Journal Club Toolkit, model a journal club and discuss current journal clubs available to occupational therapy practitioners.*

### **Home Health Panel- Led by Kelly Sajdak**

*Join professionals from the home health world to discuss current trends and treatments.*

### **Prevention of Functional Decline During Acute Illness: Focus on UTI, Cognition and Mobility- Cynthia Steinert**

*We will define functional decline, identify causes of functional decline, and develop a plan of action that will reduce functional decline during acute hospitalization or illness. We will focus on OT's role in addressing areas such as: UTI, Delirium, Cognitive Assessment, and Patient Mobilization.*

### **Developing Comprehensive, Functional Evaluation Reports for Pediatric Clients- Laura Nagel, MS, OTR/L**

*Explore the variables for consideration in pediatric occupational therapy evaluation and report writing; such as caregiver interview, general topic areas, assessment tools, interpretation and scoring, goal writing, and additional recommendations. Understand implications of current billing and use of tiered CPT codes through case study examples.*

### **Mechanism of Change: How do your therapy interventions really work?- Concordia Students**

*Students will present their research, and discuss the implications for OTs, OTAs and patients in Occupational Therapy settings.*

## **Friday 10:05-11:35 a.m.**

### **Understanding the Prior Authorization Process- Michael Lin, PT**

*Take some confusion out of the PA process. Michael Lin will discuss the common errors that providers make, what information is needed in the PA process, and what information is not necessary (in order to prevent overly lengthy documents). He will also explain the differences between the I35 and the PA.*

### **Living With a Serious Medical Condition: Personal and Professional Perspectives on Adapting, Building Community and Group Leadership- Candace Pantoga and Julia Pantoga Soriano**

*As individuals with a serious medical condition (SMC) and professionals, whose clients have SMCs, the presenters will discuss living with symptoms that profoundly change one's relationship to self (mind/body/spirit) and others. This experience led Ms. Soriano to develop a workbook and classes geared toward people with a SMC.*

### **Accessing and Appraising Internet-based Information- Val Magno**

*Attendees will learn how to find internet-based information with relevance to clients, evidence-based practice, or lifelong learning, and appraise the information to determine quality and usefulness of the information. Attendees will have the opportunity to access a computer, find information pertaining to a specific topic relevant to their practice, and have Val assist them with appraising the information and answer any questions.*

### **How to be okay with ME: Self Esteem and Self Concept in Children with Disabilities- Heidi Splinter**

*Discovering and accepting who you are and who you want to be can be tricky, especially when presented with a disability. Therapists can support this process through a variety of strategies. This presentation will provide resources, tips and tricks to promote positive self-esteem in children with autism or other disabilities.*

### **Developing Cultural Humility: A Reflective and Reflexive Journey (Come dance with us!) – Ginny Stoffel and Michelle Perryman (Student Track)**

*This session will enable participants to understand what constitutes as cultural humility and explore the assumptions and concepts of bias upon reasoning. We will explore and expand on best practices for the use of reflection and reflexivity as a tool for personal and professional development.*

**Friday 11:40- 1 p.m.            WOTA Meeting and Lunch**

**Friday 1-2:30 p.m.**

**CANCELLED: AOTA Official Documents & Practice Framework Update- Wayne Winistorfer**

*This course was cancelled by the presenter. Please select a different course.*

**Pain in Youth: A Primer for Current Practice- Joyce Engel, PhD, OT, FAOTA**

*The importance of adequate pain evaluation and intervention is being recognized in youth. This presentation will provide practitioners with a basic introduction to current practice. The complex nature of pain is explored. A review of common pain syndromes is reviewed. Evaluation and treatment of pain are discussed.*

**Get to Work- Laura Nagel**

*Examine the value of vocational occupations for children, such as chores and entrepreneurship. Review current literature on vocational and pre-vocational skills in children and alignment with the Occupational Therapy Practice Framework. Utilize activity analysis to apply this area of intervention to build foundational skills that support growth in various areas of occupation.*

**The Workers Compensation Outpatient: faster, stronger, smarter!- Katie Arnold**

*This presentation includes an introduction to industrial rehabilitation in occ health clinic/setting, case management of the worker compensation outpatient (including navigation of the workmans comp insurance piece), how to satisfy the employer as well as the employee, how to get onsite to assess the patient in their "real" work environment, how to assist the provider/MD in writing appropriate restrictions, and advancing the workers comp patient appropriately for safe return to work as soon as possible!*

**A Sensory-Trauma-Behavior Approach: Moving OT to New Horizons in Mental Health –  
Claudia Meyer, OTR**

*OT's understanding of sensory and assessing the "whole" person, leads the perspective shift around trauma and behavior challenges. This workshop defines the trends around trauma, sensory, and behavior based on this therapist's past clinical experience in county mental health, foster care, and ID/DD populations. By decoding trauma and behavior, self-acceptance and mental health are enhanced broadening opportunities for fuller participation in life.*

**Student Business Meeting**

*Learn about WOTA's resources for students, discuss trends in the different OT and OTA programs, elect a student representative, and more!*

**Friday 2:30 – 3 p.m.**

**Visit our Exhibitors and our Poster Presenters!**

**Friday 3-4:30 p.m.**

**Managing Musculoskeletal Injuries within Employers- Molly Huben**

*Occupational Therapists play an important role in managing musculoskeletal (MSD) injuries within employers. Areas of management include: 1) Prevention of MSD injuries before an injury occurs; 2) First aid intervention to reverse symptoms and avoid medical treatment; 3) Treatment and return to work. Each area of MSD management has essential services for a successful program to be implemented. Services include: Job Description analysis, Ergonomic analysis, Job Specific Wellness Planning, Employee Readiness to Change, Understanding the Goals of the employer, Knowledge on OSHA Recordability, Work Specific Goals with progression of work restrictions during healing, Awareness of Psychosocial Barriers, and Case Management with a high level of communication.*

**Integrating Yoga and Occupational Therapy for Holistic Physical Disabilities Practice- Rita Burlingame-Toppen**

*Yoga as an occupational therapy intervention enhances self-efficacy by supporting clients' ability to self-manage stress, pain, improve balance, and more. This interactive workshop will include lecture, hands-on application of various forms of yoga practice, and problem solving. (Please dress to move, bring yoga mat/ props if you have them)*

**Periods: Period. Supporting Girls through Menstruation- Laura Nagel**

*As a young lady going through puberty, the start of menstruation can be a jarring or traumatic experience. This charged response is often amplified for pre-teen girls with ASD and other diagnoses who are experiencing the same changes. This session will provide practical information, strategies, and materials for hands-on learning to support dignified menstruation education.*

**The Importance of Play Throughout the Life Span- Olga Nestor and Wendie Leveille**

*This presentation will explore the importance of play as an occupation and its impact on the health and wellness of individuals throughout the life span.*

**Day in the Life of an OT- Student Panel**

*Attention Students! Do you want to enter the OT world with a better understanding of what each day will look like? Panelists from a variety of OT specialties will share what to expect on a typical day in their area of specialty.*



## Saturday Courses

**8- 4 p.m. (Note: This is a full day track. Individual Course Options follow on the next page).**

### **In-Depth Instruction on Access Ratings for Building Applications: AccessPlace and Access Tools- Roger Smith and Hanna Paul**

*This presentation provides an in-depth look at the Access Ratings for Buildings project including the AccessPlace and AccessTools applications. The presentation will include a history and overview of the project and each application, as well as lab experiences that allows attendees to use the applications to assess the accessibility of buildings.*

**1 Hour (1): History and Overview of AccessTools**

**1 Hour (2): AccessTools App: Introduction and Use**

**1.5 Hours (3.5): Lab and Use of AccessTools**

**.5 Hour (4): Reporting on Lab Experience**

**1 Hour (5): History and Overview of AccessPlace**

**1 Hour (6): AccessPlace App: Introduction and Use**

**1.5 Hours (7.5): Lab and Use of AccessTools**

**.5 Hour (8): Reporting on Lab Experience**

*This work was developed in part under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant numbers H133G100211 and 90IFDV0006). NIDILRR is a Center within the Administration for Community Living (ACL), United States Department of Health and Human Services (HHS). The content of this work does not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the U.S. Federal Government.*

## **Saturday 8-9:30 a.m.**

### **Lower Extremity Anatomy Review- Shelly Muche**

*The LE Anatomy Review with the use of a Virtual Cadaver is intended for therapists at all levels who want to review joints, muscles, and nerves of the LE. Participants will have an opportunity to view all structures of the LE through use of the virtual cadaver. Space is limited to 20 people.*

### **Using Essential Oils For Physical, Mental and Emotional Health Care- Susan Paul**

*With a basic understanding of safety precautions and application methods, it is easy to incorporate the use of essential oils into your everyday life. Learn how to use oils for physical pain, support brain function, mental clarity, sleep, emotional health and so much more.*

### **ACES Training (Adverse Child Experiences) and Trauma Informed Care - Scott Webb**

*Scott Webb is the trauma-informed care coordinator for the Wisconsin Department of Health Services. He will discuss ACES methods, and provide insight into trauma-informed care.*

### **Watch What You are Doing: How Visual Attention Impacts Executive Functioning and Language Development – Emily Skaletski and Janine Mathee**

*Visual attention and the processing of auditory and tactile input is crucial for development, including language, executive functioning, and motor planning. Children with autism may have difficulty orienting their visual attention, resulting in missed learning opportunities. This presentation will discuss a multidisciplinary approach in both occupational and speech therapy contexts.*

## **Saturday 9:35- 11 a.m.**

### **Pediatric Social and Life Skill Groups- April Doebert-Fischer and Nicole Boyington**

*As students show an increase of anxiety and a decrease in social skills in everyday activities, occupational therapists have the ability to help students of all ages to succeed. Using evidence-based practice to design groups that promote social, life, and play skills is an advancing area of practice for OT.*

### **Keys to Success: Music Lessons as a Leisure Activity for Children with Disabilities- Emily Skaletski**

*Music is an accessible leisure activity for many individuals. Leisure is an identified occupation, which is critical for those with disabilities. Music can improve a variety of skills, leading to improved occupational performance while being a client-centered leisure activity. This presentation will include filmed lessons of a child with autism.*

### **Trauma Informed Practices for OT Practitioners - Veronica Flower**

*This course will cover trauma-informed care models, and will incorporate Mindfulness Based Interventions in the work, across OT settings.*

## **LUNCH (included with registration) 11-12 p.m.**

### **Saturday 12-3 p.m. (NOTE: This covers 2 course sessions. Single session options follow below.)**

#### **Building Support Communities for People Diagnosed with Serious Medical Conditions Using a Sharp Turn Institute Group Leadership Model- Candace Pantoga and Julia Pantoga Soriano**

*Presenters will discuss the creation of groups designed for individuals living with a serious medical condition (SMC), including the challenges, addressing emotional needs, and ideal outcomes. They will also introduce activities based on Julia Soriano's workbook, A Sharp Turn, which are highlights of the "Living Well with a Serious Medical Condition" class.*

### **Saturday 12-1:30 p.m.**

#### **Upper Extremity Anatomy Review- Shelly Muche**

*The UE Anatomy Review with the use of a Virtual Cadaver is intended for therapists at all levels who want to review joints, muscles, and nerves of the UE. Participants will have an opportunity to view all structures of the UE through use of the virtual cadaver. Space is limited to 20 people.*

#### **CANCELLED: Interprofessional Collaboration in Pediatrics: A Case Study of a School-Aged Child with Left-Hemiplegic Cerebral Palsy- Emily Skaletski and Olivia Caron**

*This course was cancelled by the presenters. Please select a different course.*

#### **Impact of Seating Options in the Classroom- Julie Hunley and Stephanie Beisbier (Cindy Clough also contributed, but won't present at the conference)**

*Presenters will provide details and results of a pilot study exploring the effect of alternative seating using the Ergoergo chair on second grade students' attention and task behavior/completion skills during academic instruction and work time. A behavioral observation data collection form (BODCF) was developed for this study based on School Function Assessment items and alternative seating literature. Faculty and students from Mount Mary University partnered with a Milwaukee school to conduct the study. The presenters will discuss both statistical significance and clinical significance of the study results.*

## **Saturday 1:35- 3 p.m.**

### **Treat Yourself: Supporting Parents' Self-Care Needs and the Benefits for Children- Emily Skaletski and Brigitte Waldier**

*Caregivers verbalizing self-care statements such as, "I am going to take a walk because my body is tense, and I am feeling stressed," provide learning opportunities in social-emotional and language skills. Advantages to using "self-care-talk" include emotional identification, regulation, causal language, perspective taking, problem-solving, complex vocabulary, and reduced caregiver strain.*

### **How Do I Approach the New Payment Models?- Jennifer Labonte, Amber Donovan and Kelly Sajdak**

*The new payment models result in the largest reimbursement change in more than twenty years. Join us for an overview of the PDPM and PDGM payment models, a discussion on outcome success under the new payment models, and a question and answer session to dispel myths. We will discuss how Occupational Therapists can impact client outcomes, and grow as a profession.*

### **Handwriting Made Fluent: Writing with Rhythm- Ali Roemhild and Cathy Angel**

*This presentation will demonstrate a multi-sensory approach to handwriting. Our handwriting program, Writing With Rhythm, utilizes a metronome beat to incorporate gross motor movements, skywriting, and fine motor skills to write the letters to paper effectively. Come and see how easy it is for children to attain handwriting fluency.*