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UNIVERSITY OF ALBERTA
FACULTY OF REHABILITATION MEDICINE
Department of Occupational Therapy



Occupational Therapy
Professional Development
Committee Presents:

Occupational Therapy in the Community

2014 PDC Conference

January 17th, 2014
Corbett Hall, University of Alberta
Calgary Campus, University of Alberta

Conference Schedule

8:00-9:00 – Registration

9:00-9:15 – Intro to morning

9:15-9:45 - Kevin Reel

9:45-10:15 - Ashley Thomson

10:30 – 11:30 – Workshops

11:45 – 1:15 – Lunch and Vendors

1:15 – 1:30 – Intro to afternoon

1:30-2:00 – Chelsea Weiman

2:00- 3:30 – Dr. Juliette “Archie” Cooper

3:30-4:00 – Closing of conference

Key Note Speaker: Dr. Juliette “Archie” Cooper PhD, OT(C), FCAOT

Dr. Archie Cooper is Professor Emeritus in the Department of Occupational Therapy, School of Medical Rehabilitation, and University of Manitoba. Her professional education consists of a diploma in Physical and Occupational Therapy from the University of Toronto and a Bachelor of Occupational Therapy from the University of Manitoba. In addition she holds MSc and PhD degrees in Human Anatomy, both from the University of Manitoba. Archie joined the School of Medical Rehabilitation (SMR) at the University of Manitoba in 1974; she taught in the mental health and musculoskeletal components of the Diploma and later the BMR(OT) programs. She has supervised graduate students in MSc and PhD programs in Departments of Electrical and Computer Engineering and Community Health Sciences as well as in SMR. Although retired, Archie continues to teach functional anatomy in the MOT program, provides research tutorials and supervises students completing the independent study course.

Archie has conducted research in the broad area of musculoskeletal disorders with primary emphasis on osteoarthritis of the shoulder joint and work-related low back pain. In retirement her areas of research interest are the determinants of evidence-based practice in occupational therapy, the factors that contribute to stress in occupational therapy students, the integration of foundation subjects into an entry-level professional curriculum, and the evolution of professionalization. Archie was the recipient of the 2012 Muriel Driver Memorial Lectureship Award from the Canadian Association of Occupational Therapists (CAOT), in recognition of her contributions to the profession through research, education and practice. She is a Fellow of CAOT and is the current President of the Canadian Occupational Therapy Foundation.

Dr. Juliette “Archie” Cooper

PhD, OT(C), FCAOT

Archie is past Director of the School of Medical Rehabilitation (1999-2005). She was a member of the Senate of the University of Manitoba for 16 years and was twice elected by Senate to the University's Board of Governors. In 2005 she was appointed Interim Dean of the Faculty of Music, a position she held for 18 months until a permanent Dean was found. She has also been involved in fundraising for the University at a number of levels. Most recently she chaired an ad hoc committee of Senate Executive to review policies and practices related to academic accommodation of students with disabilities. In 2012 she was the recipient of the Peter D. Curry Chancellor's Award at the University of Manitoba, for “outstanding contributions to the development and/or governance of the University”.

In the wider community Archie chaired the Advisory Board of the Institute of Musculoskeletal Health and Arthritis of the Canadian Institutes of Health Research for six years. In 2006 she joined the Board of Research Canada representing CAOT, serving as the Chair of the Membership Committee for four years and also on their Strategic Planning Task Force. Upon stepping down from the Board, Research Canada made her an honorary Life Member. Archie currently serves on the boards of Community Therapy Services, the Manitoba Lung Association and the Children's Rehabilitation Foundation. In 2013 Archie received a YMCA-YWCA Women of Distinction Award in the category of Science, Technology and the Environment.

Presenters

Kevin Reel – Assisted Suicide

Kevin has an MSc in Medical Ethics from Imperial College, London, England and a BSc in occupational therapy from the University of Toronto.

He has worked as an OT in hospital and community settings in Canada and the UK, as a social services OT manager and as an educator with Oxford Brookes University and the College of Occupational Therapists in the UK. He is currently the clinical and organizational ethicist at Southlake Regional Health Centre and Mackenzie Health and a freelance consultant with a number of regulatory colleges in Ontario.

He is also Co-Director in the MHSC in Bioethics at the Joint Centre for Bioethics at the University of Toronto, and Co-Chair of a national working group developing practice standards for healthcare ethicists.

In his spare time he likes to play with power tools and kitchen appliances...generally to separate ends.

Chelsea Weiman – Canadian Armed Forces

Chelsea moved to Edmonton, AB after completing her undergraduate in kinesiology at the University of Saskatchewan. She graduated from the University of Alberta MSc.OT program in 2010. She went on to work at the Glenrose Hospital in the areas of feeding and swallowing, burns, amputations, and musculoskeletal injuries. In 2012 she began working for the Canadian Armed Forces (CAF) as the only CAF OT west of Ottawa. Currently, she is involved in research with chronic pain, the CAREN system and cognitive rehabilitative therapy. She is passionate about increasing OT in the military. Chelsea is also a professional photographer, vice-president of the Greater Edmonton Animal Rescue Society (GEARS), and involved in animal assisted therapy initiatives in Alberta. See *bio under workshops section for more information.*

Presenters

Ashley Thomson – Housing First

Ashley Thomson has worked as an Occupational Therapist with AHS Cross Level Services and Supports since 2011. Her practice is grounded in harm reduction, the recovery model and housing first philosophy. Her areas of interest include motivational interviewing, concurrent-capable care, and individual cognitive behavioral therapy and social skills training in a community setting.

The role of Occupational Therapists on Housing First teams is an emerging area of practice. Roles and responsibilities go beyond engaging clients in occupational activities.

Occupational therapists often act as case managers for clients with complex challenges including mental illness, addictions, institutionalization, poverty, trauma, physical disabilities, and chronic illnesses. Because OT's meet with clients one to five times per week in the community for up to three years, therapeutic use of self is essential to engage client long-term. This presentation will explore the emerging role of Occupational Therapists on Housing First teams as well as how psychosocial interventions can be modified to meet clients where they're at.

Workshops

Fiona Cameron, Forensic Assessment Community Services (FACS)

Fiona began practicing occupational therapy after graduating from Dalhousie University in 2002. Fiona has worked in a variety of community and inpatient settings in mental and physical health in both rural and urban settings. She has spent the most time working in forensic psychiatry. She has worked in three different forensic systems as an occupational therapist and as a role recovery facilitator. Fiona currently works at Forensic Assessment and Community Services (FACS), an outpatient mental health clinic for people who have come in conflict with the law. Fiona works primarily with people who have been found "not criminally responsible on account of a mental disorder" by the courts.

This workshop will include an overview of forensic psychiatry, and the housing project Fiona is assigned to, potential role conflicts and challenges to as well as strategies for client centered practice.

Kyle Nanan – Private Practice

Kyle completed an undergraduate degree in Pharmacology and MScOT at the University of Alberta. He has been practicing in a private setting since 2010 and recently made the transition to medical legal work as well. He is a mentor for OTs in the Fort McMurray, Red Deer, and Lethbridge CBI locations. He also travels out of province to complete employer work as well. Is a salaried employee with the option to work on a "fee for service" model.

His practice scope includes: functional capacity evaluations, home assessments, physical demands analyses, ergonomics assessments, hand therapy, and mentorship. He is a registered member of ACOT, CAOT, and SAOT. His ongoing clinical education includes completing courses in seating and mobility, functional capacity evaluations, and the Progressive Goal Attainment Program (PGAP).

Workshops

Robin Mazumder and Jennifer Sadowski - COAST

The Community Outreach Assessment and Support Team (COAST) is the product of a cross-ministerial initiative that aims to meet the needs of people with complex service needs. The COAST serves to meet this endeavor by enhancing the community's capacity to provide effective and enriched supports to individuals with developmental disabilities. Areas of enhancement to be targeted include; providing increased supports to service providers during times of crisis, developing preventative strategies to avoid the need for service providers to initiate a critical response and empowering service providers with the ability to maintain and implement high quality service provision. The team is multidisciplinary and is represented by Behaviour Specialists, Occupational Therapists, Social Work, Psychologist, Nurse, Therapy Assistant and an ILS worker.

Chelsea Weiman – Animal Assisted Therapy

Chelsea became interested in Animal Assisted Therapy (AAT) during her time at the Glenrose Rehabilitation Hospital. She became an AAT therapist through the CHIMO Project. Chelsea is currently the only OT in Western Canada working for the Department of National Defense. Her main area of interest is the management and rehabilitation of soldiers who have sustained traumatic brain injuries. She is hoping to begin an AAT program at her workplace in the future. Chelsea enjoys volunteering for Greater Edmonton Animal Rescue Society, running her photography business, and spending time with her dogs Bear (AAT canine), Nickita, and Vincent (AAT canine in training). See *bio under presenters section for more information.*

Workshops

Karen Daniels – Expressive Arts Therapy

Karen Daniels, MA, OTR received her Occupational Therapy degree at UBC and received a Master of Arts (expressive arts therapy) in 2012 from European Graduate School in Switzerland. She began her career in neurology and then moved into mental health. The last 8 years she has worked in an out-patient program in Calgary, the Addiction Centre where she case manages and offers groups for people with mental health, addiction and concurrent pain problems.

Her strongest areas of interest include group therapy, expressive arts therapy and narrative therapy. While she has always been a strong advocate of utilizing activity as experiential learning in both her individual therapy and group work, she is even more convinced that bringing in the arts through intermodal learning is both effective and fun. In particular, she utilizes drama (role play and gestures), music, sculpture, visual media and poetry writing. Her practice is evolving into the community as she has begun training professionals and leading workshops.