

4-26-2009

Making the Connection: Creating Leaders in Research, Education, and Practice through Doctoral Study in Occupational Science & Occupational Therapy

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Recommended Citation

Daley, Carlin Lorena; Daniels, Courtney E.; Dieterle, Camille Marie; Hickey, Lisa D.; McCarthy, Karen; Pyatak, Elizabeth; and Yang, Tina C., "Making the Connection: Creating Leaders in Research, Education, and Practice through Doctoral Study in Occupational Science & Occupational Therapy" (2009). *Collected Faculty and Staff Scholarship*. 244.
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Making the Connection: Creating Leaders in Research, Education, and Practice Through Doctoral Study in Occupational Science & Occupational Therapy

The American Occupational Therapy Association
89th Annual Conference

Sunday April 26th, 2009
Houston, Texas

Purpose of this Presentation

- To demonstrate how OS and OT can be used to solve important societal problems not traditionally addressed by OS/OT
- To illustrate how the AOTA Centennial Vision has been incorporated into the development of innovative programs and research at the University of Southern California
- To exemplify how the PhD and OTD experiences cultivate leaders
- To inspire and provide tools for creating innovative programs and areas of practice

Purpose of the Presentation

- To discuss the process of program development
- Information about 4 unique program specialties

Elements of Program Development

- Unmet Needs
- Role of Occupational Science/
Occupational Therapy
- Leadership tools
- Outcomes
- Support

PROCESS OF PRESENTATION

- Beth Pyatak, PhD cand, OTR/L: Diabetes Management
- Camille Dieterle, OTD, OTR/L: Environmental Sustainability
- Carlin Daley, OTD, OTR/L: Workplace Wellness
- Karen McNulty, OTD, OTR/L: College Student Mental Health

Lifestyle Redesign[®]

- Lifestyle Redesign[®] is the process of implementing self-directed, personally meaningful changes to one's lifestyle and daily routines that promote health and enhance quality of life

The Role of Occupational Science and Occupational Therapy: Lifestyle Redesign[®] for Diabetes Management

Beth Pyatak, MA, OTR/L, PhD candidate

crall@usc.edu

Today's Talk

- Diabetes: An overview
- Diabetes & OS/OT: Why it fits
- Research study: diabetes in young adulthood
 - Overview
 - Preliminary outcomes
 - Current status/future directions

Diabetes: An Overview

- About 7.8% of people in the U.S. (1 in 13 people) have diabetes
 - One-third have not been diagnosed
- Sixth leading cause of death in U.S.
- Leading cause of disabling conditions:
 - Stroke
 - Heart attack
 - Kidney disease
 - Blindness
 - Neuropathy
 - Amputations

Causes of Diabetes

- Type 1 diabetes:
 - Autoimmune disease, which destroys insulin-producing beta cells in pancreas
- Type 2 diabetes:
 - Decreased production of insulin
 - Decreased sensitivity to insulin in the body's tissues (*insulin resistance*)

Treating Diabetes

- Type 1: Insulin therapy
 - Injections or insulin pump (subcutaneous infusion set)
- Type 2: various approaches depending on severity
 - Lifestyle changes, oral medication, insulin therapy
- Both types:
 - Monitoring blood sugar - up to several times daily
 - Monitoring for complications (e.g., skin inspection, eye exams)
 - Regular checkups (every 3 months)
 - Treatment of complications

Treating Diabetes

- 24/7 task embedded in everyday occupations
 - For example, cooking, eating, shopping, self-care, physical activities
 - Can be painful or unpleasant (finger pricks, injections)
 - Can lead to “burnout”



- Requires constant adaptation
 - Illness
 - Stress
 - Travel
 - Other disruptions to “normal” routine

AOTA's Centennial Vision: Practice Areas

- Disability & Rehabilitation
 - Diabetes is a leading cause of disability
 - Poorly controlled diabetes can lead to stroke, heart attack, neuropathy, amputations, etc.
- Health & Wellness
 - Preventing diabetic complications through good diabetes management practices

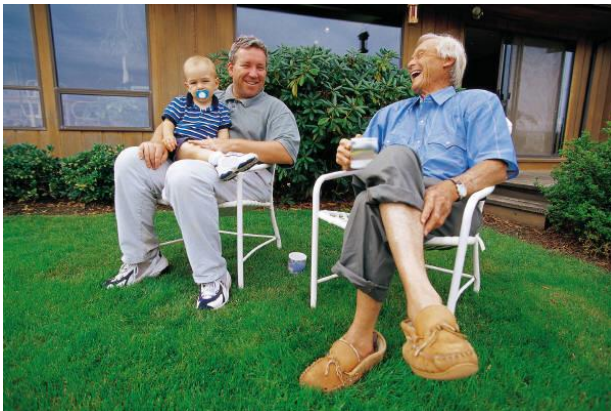
AOTA's Centennial Vision: Drivers of Change

Prospective &
preventive
medicine

Aging &
longevity

Healthcare costs &
reimbursement

Lifestyle
values &
choices



Practice Areas: Diabetes
affects people of all ages and
pervades every aspect of life

Role of Occupational Scientists

- Research discussing the role of OT in diabetes management is scarce
- OS can support OT practice by:
 - Translating clinical dilemmas into researchable questions
 - Developing innovative models of practice
 - Supporting evidence-based practice



Role of Occupational Therapists

- Collaborating with researchers to translate clinical dilemmas into research questions
- Adopting and testing the real-world effectiveness of interventions
- Using clinical expertise to improve lives of people with diabetes



Lifestyle Redesign[®] & Diabetes

“Diabetes is a classic example where lifestyle adjustment is an important component of disease management”*

Lifestyle Redesign[®] & Diabetes

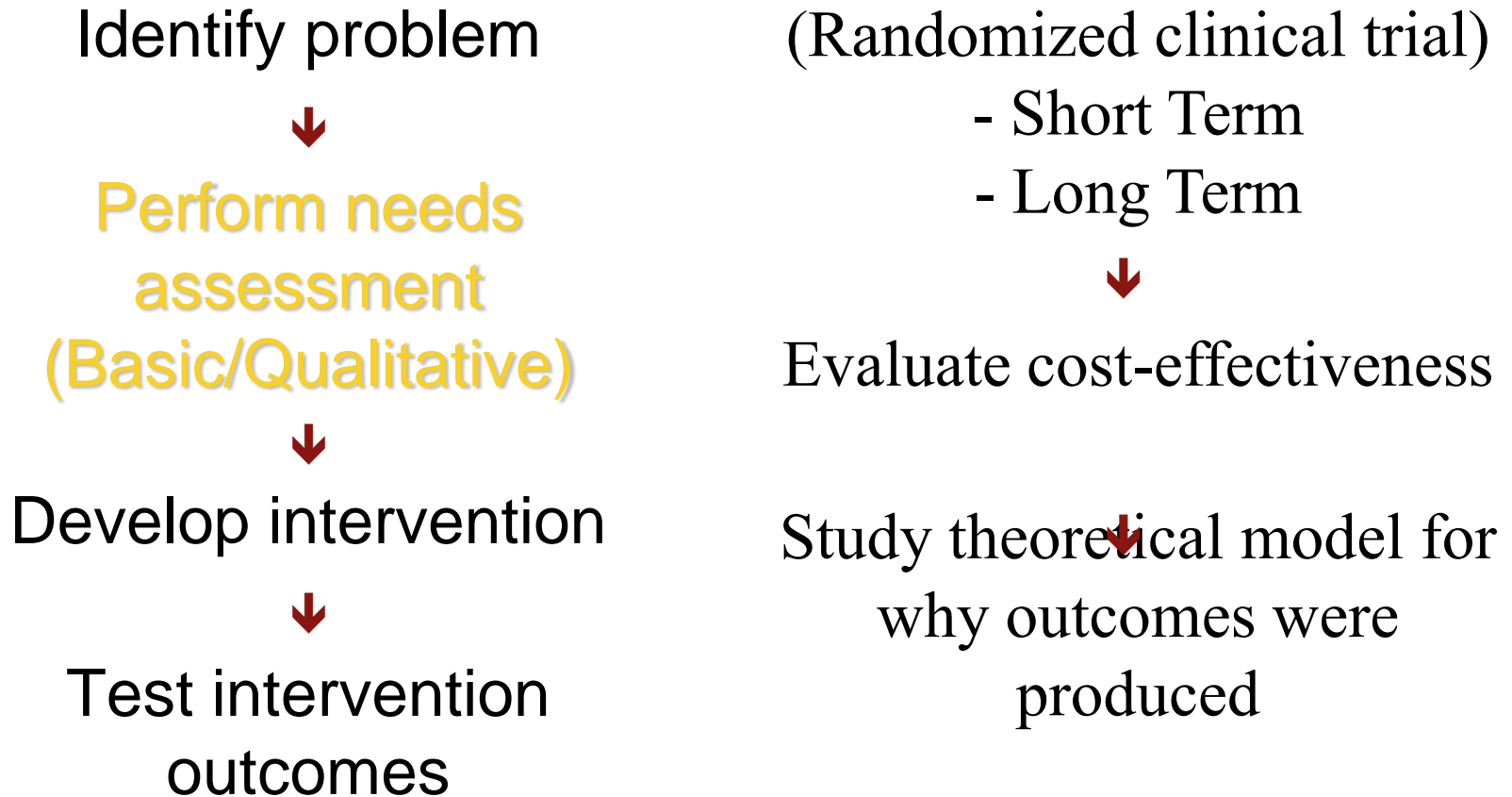
- Goes beyond traditional “behavioral” interventions that typically only look at diet and exercise
- Examines how a person’s habits and routines support or inhibit their ability to manage diabetes
- Examples:
 - Annabel: Not testing blood sugar
 - Jeff: Lying to providers
 - Leslie: “Typical college student”



Current Research

- In-depth qualitative needs assessment for young adults with diabetes
 - Life stage with major transitions (career, relationships, relocating)
 - Falls outside primary area of practice for both pediatric and adult practitioners
 - Developing sustainable diabetes management practices early in life can prevent complications

Translational Research Model



Research Questions

- How does participation in occupation intersect with diabetes management?
 - Does having diabetes facilitate or constrain participation in certain occupations?
 - How does participation impact diabetes management, either positively or negatively?
- How satisfied are young adults with their health care?
 - What factors contribute to successful or unsuccessful partnerships with healthcare practitioners?

Methodology

- 8 participants aged 19-25 years old
- All have had diabetes for 5+ years
- 6 open-ended interviews with each participant
 - Everyday occupations, lifestyle, routines
 - Diabetes management approach & strategies
 - Thoughts/feelings about diabetes management
 - Experiences with health care providers

Participants

Name	Age	Ethnicity	SES	Age at dx	Treatment approach
Annabel	19	Hispanic	Working class	12	Injections (wants to transition to pump)
James	19	Biracial (White/Asian)	Upper-middle	6	Insulin pump
Leslie	20	White	Upper-middle	15	Insulin pump & continuous glucose monitor
Nina	20	White	Upper-middle	12	Insulin pump (wireless/pod)
Jenny	21	Hispanic	Working class	4	Injections
Sadie	21	White	Middle	7	Injections
Sergio	23	White (US/ Europe dual citizen)	Upper	1	Injections
Mark	25	White (Jewish)	Middle	14	Injections (transitioning to pump)

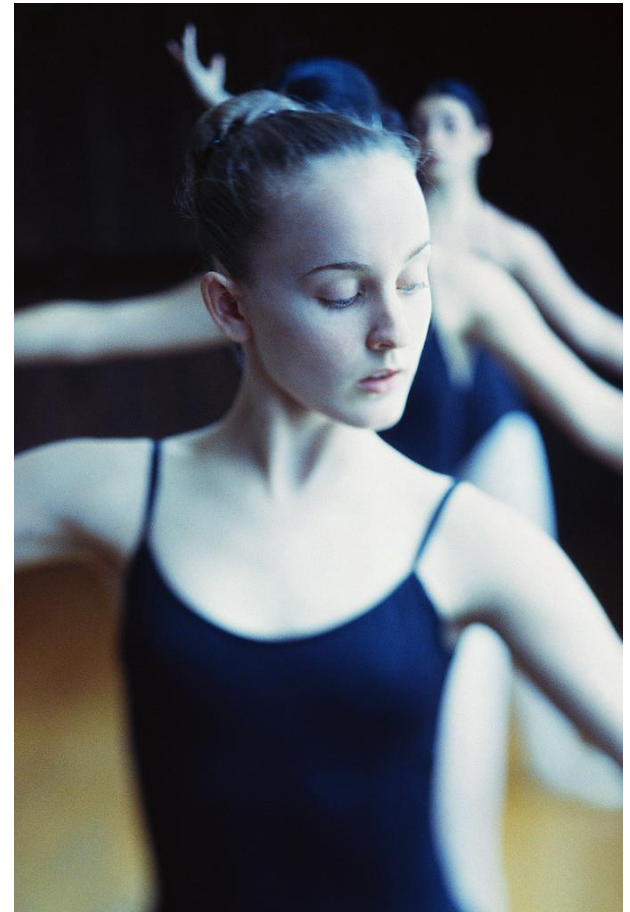
Preliminary Findings

- Participation - facilitators
 - Annabel: career choice
 - Sadie: advocacy
 - Sergio: mentoring



Preliminary Findings

- Participation - constraints
 - Leslie: dancing/theater
 - Mark: job choice
 - Sadie: spontaneity



Preliminary Findings

- Everyday struggles
 - Fear of hypoglycemia
 - Weight management; staying healthy
 - Managing alcohol
 - Managing mishaps/



Preliminary Findings

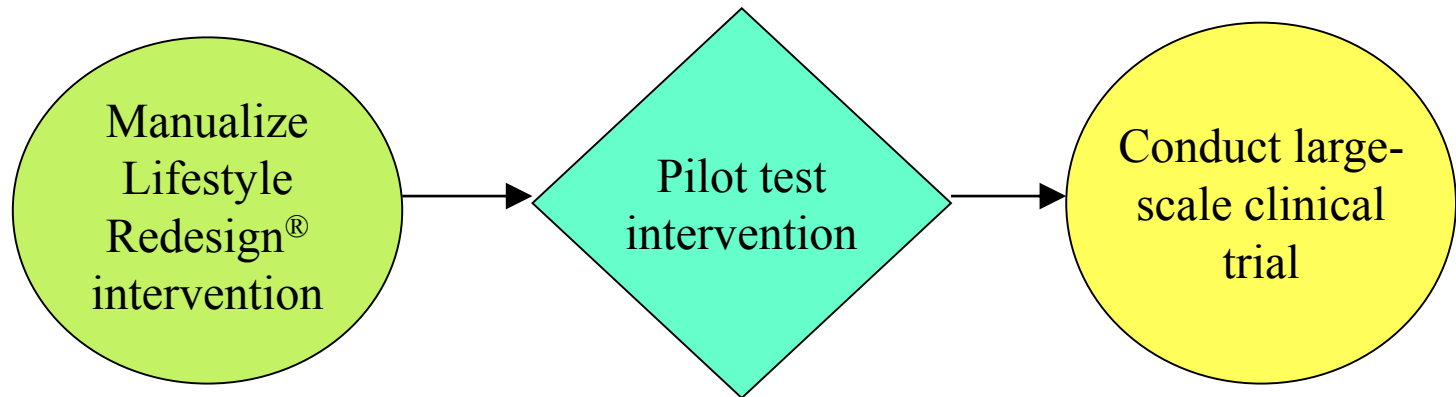
- Accessing Health Care
 - Annabel: discrimination
 - Jenny: losing insurance
 - Sadie: confidentiality
 - Mark: continuity of care

Preliminary Findings

- Working with Providers
 - Nina: “they don’t get it”
 - Sergio: worksheets
 - Leslie: bedside manner
 - Jeff: being a “good patient”

Research Trajectory

- Next steps:



- Goal: Develop an intervention that will help young adults establish healthy habits to prevent or delay the onset of disability later in life

Questions or Comments?

Beth Pyatak, MA, OTR/L, PhD (cand)
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Green Lifestyle Redesign®

Camille Dieterle OTD, OTR/L



A Wellness Program for Environmental Sustainability

Societal Problem -Consensus

- 2005-2015 United Nations Decade of Education for Sustainable Development
- 2006 *An Inconvenient Truth*
- 2007 "Warming of the climate system is unequivocal," -California Senate's Environment



2007: The Green Movement goes Mainstream

- July 2007 Time special edition on Global Warming
- May 2007 Vanity Fair Green issue
- Newsweek, US News & World Report, NPR & National Geographic Climate Connections Series, all the major newspapers



Solution

- Large scale changes as soon as possible:
 - Extraction
 - Harvesting
 - Manufacturing
 - Distribution
 - Consumption



Solution

- Consumer demand drives markets, shapes trends, and dictates culturally acceptable behaviors and practices.
- Consumers need to change the way they are using natural resources.



“What we need is a new ethic in which every person changes, lifestyle, attitude, and behavior.”

Achim Steiner, United Nations Environment Program, 2007



We all need to change our lifestyles.

David Miliband, Environment Secretary, UK, 2007



Common Barriers

- Time
- Inconvenience
- Expense
- Complexity & confusion
- Feeling like one person can't make a difference
- Feeling overwhelmed with so much information & enormity of problem
- Apathy



Methods - Occupational Science

- Education
- Habit Change
- Overcoming Barriers (self-efficacy & self-esteem)
- Identity
- Transcendence
- Physical & mental health & well being
- Tempo



Ecological Occupations:

- Taking care of nature
- Being in nature



Purpose and Objectives

- To increase participation in *ecological occupations*
 - Participants will gain experience
 - being in nature
 - taking care of nature



Goals and Measurements



- to increase knowledge of sustainable living and how connection to nature can increase health and well being
 - ✿ New Ecological Paradigm Scale (NEP)
 - ✿ Pre & post test
- to increase participation in ecological occupations
 - ✿ Pre & post test
- to increase subjective well being
 - ✿ SF-36 health & well being scale

Population



- USC campus community
 - Students
 - Faculty
 - Staff

Format

- Faculty & Staff
 - 8 week modular format
- Students
 - One-time workshops
 - Sports & Rec Center
 - Student Clubs
 - Earth Week



Modules

- Intro & Managing Waste
- Nurturing through Food
- Transportation & Time Use
- Incorporating Nature
- Connecting with Chemicals
- Saving Energy (& money)
- Conserving Water
- Cultivating Happiness & Tying It All Together



- Conservation psychology
- Environmental psychology
- Environmental health
- Education
- Sociology

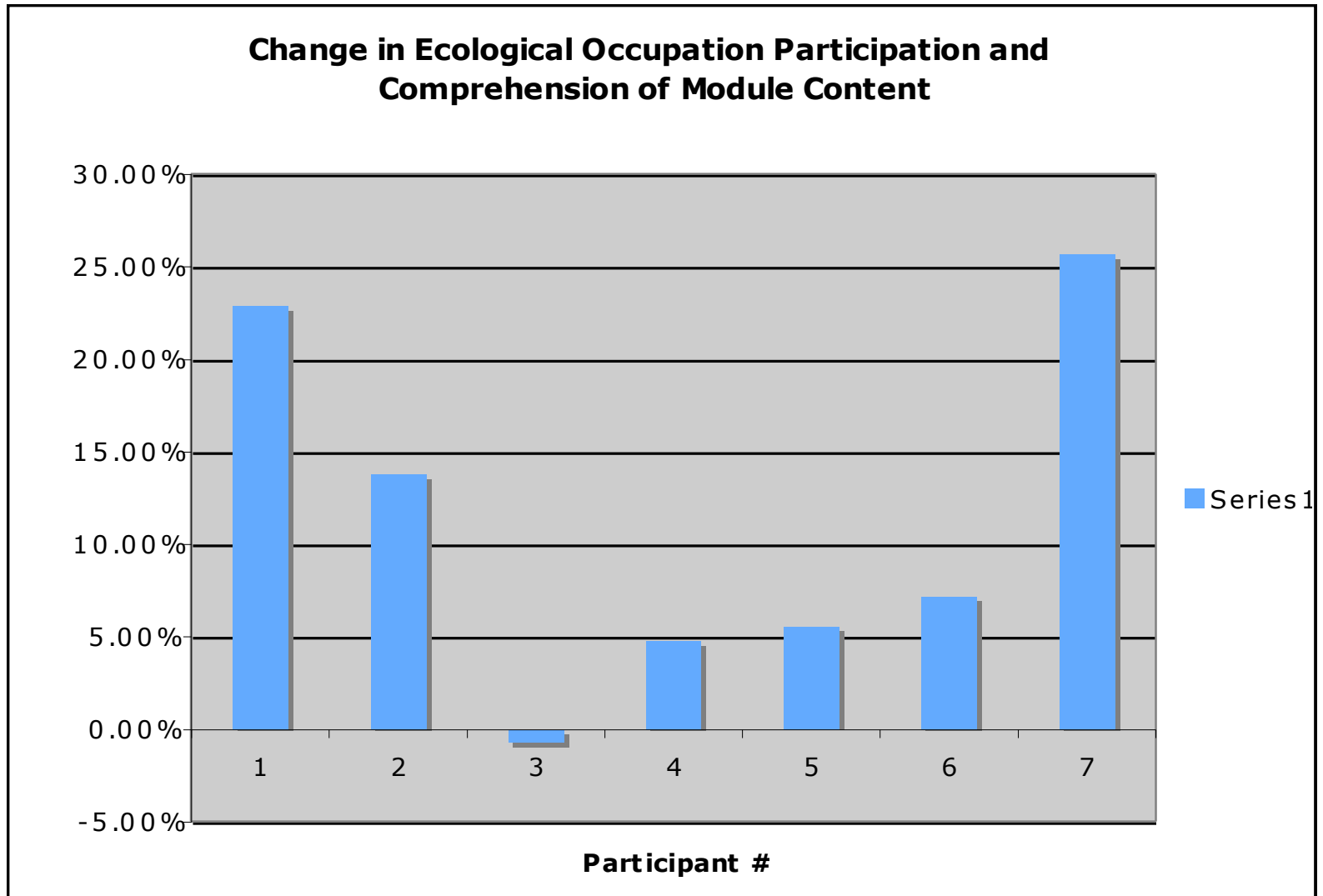


Incorporating Nature

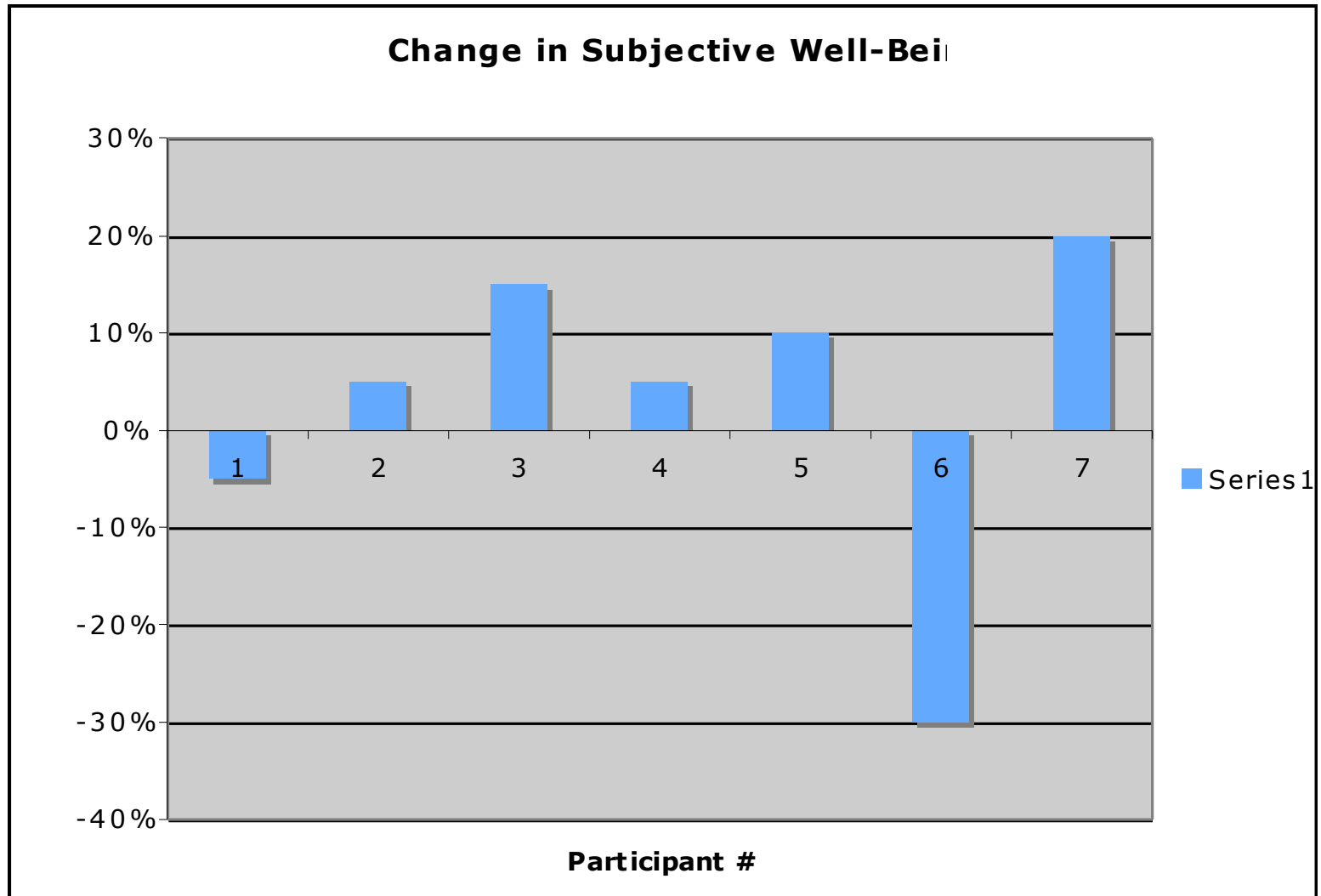
- Decreases Sx of depression, anxiety, & ADD (Townsend & Ebden, 2006) (Faber Taylor et al. 2001, Kuo & Faber Tabor, 2004)
- Green exercise decreases blood pressure & elevates mood more than gym exercise (Pretty, Hines, & Peacock, 2006) (Bodin & Hartig, 2003)
- Speeds recovery time after surgery (Ulrich, 1984)
- Better pain control during medical procedures (Diette et al., 2003)
- Workers with windows report less stress, frustration & illnesses, & more patience (Pretty, Hine & Peacock, 2006)
- Biophilia hypothesis: “the innately emotional affiliation of human beings to other organisms.” -E.O. Wilson



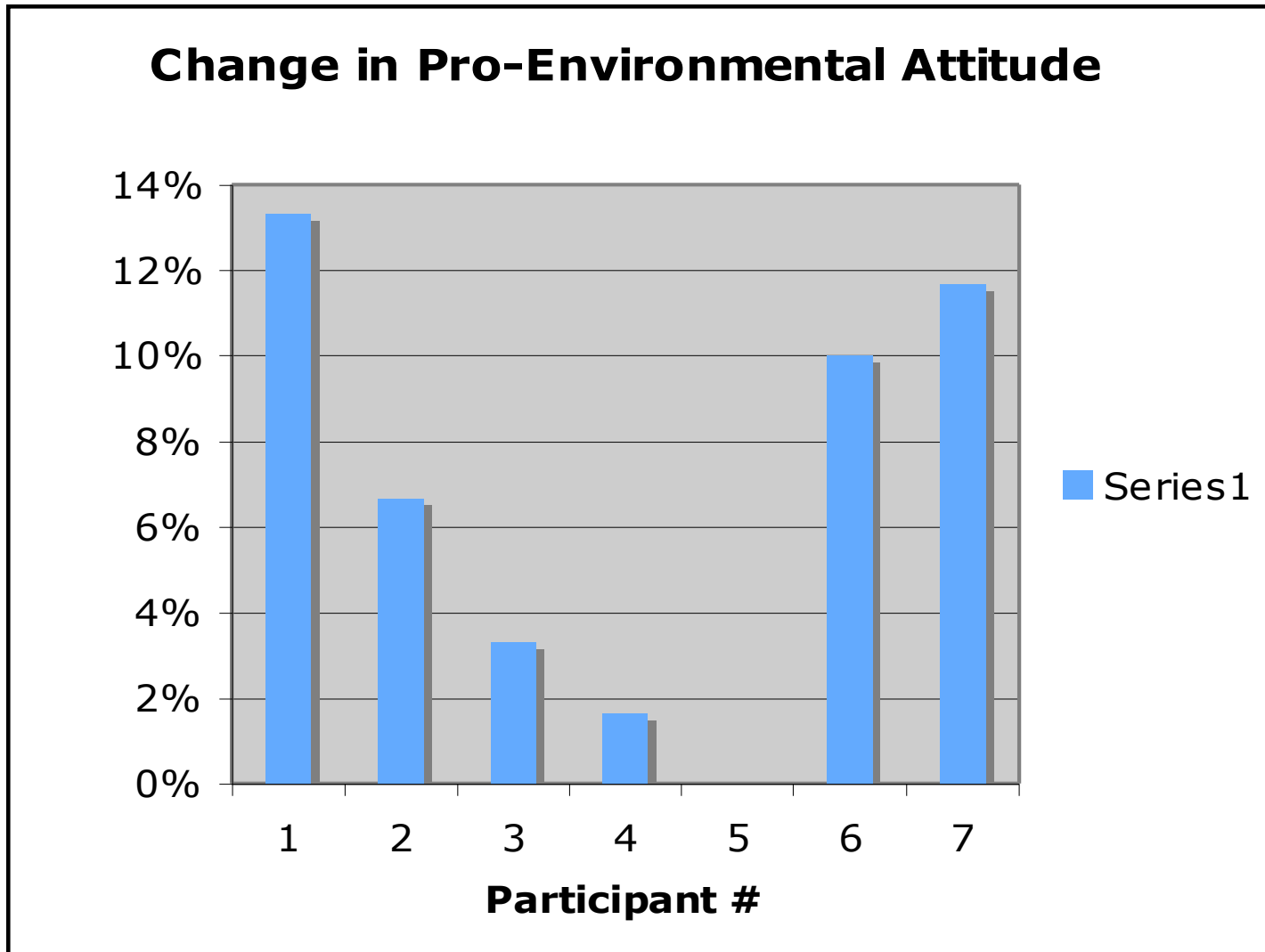
Results



Results



Results



Results - Green Behaviors



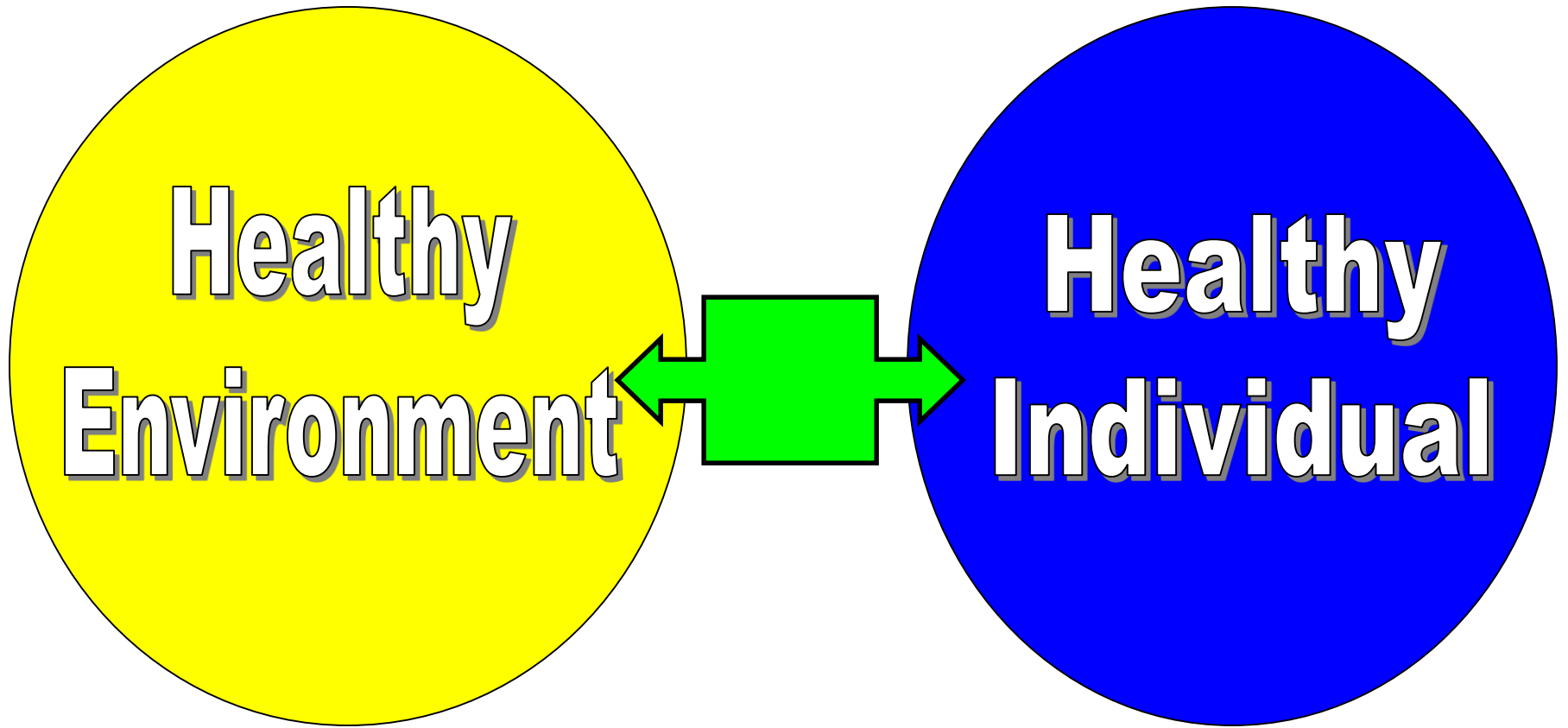
- “I became more aware of my shopping and consumption. I waste a lot less now!”
- I’m shopping for locally grown and produced food and items. I walk or bike instead of driving when feasible.
- I’m more conscious of harmful chemicals in the products I use and avoiding them.
- I’m recommitted to vegetarianism.
- I’m using a reusable water bottle. I learned the uselessness of plastic water bottles.



Results - Health Benefits



- “Clarity of mind, refreshing, socializing, more calm, less stressed, more energy”
- “Slowing down, more meaningful days and something to look forward to”
- “Better mood, more relaxed, content, gives me the ability to think more clearly”



Societal Needs Met

+

Individual Needs Met

=

Evolving Wellness Programming

What is happening now?

- Professional Development Course available to USC employees during Earth Week 2009
- Sustainable Eating & Urban Cycling Workshops at Lyon Center for Students, Faculty, & Staff
- Sustainable Eating module in USC OT Faculty Practice Wt. Mgmt Program



Leadership Tools

- Personal & Professional Networks
- Communication
- Asking questions, asking experts
- Knocking on Doors
- Press & Publicity



Thank you!



For references & other
questions:

Camille Dieterle, OTD,
OTR/L

Dieterle@usc.edu

The USC Lifestyle Redesign[®] Office Wellness Program



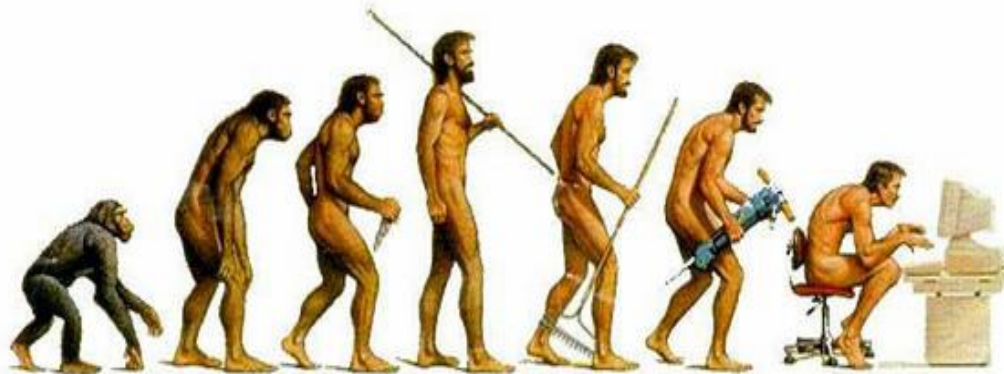
by Carlin Daley, OTD, OTR/L

A need for workplace wellness...



Problems in the Workplace

- Overweight & Obesity
- Other Chronic Conditions
- Stress-related Illnesses
 - Technostress
- Presenteeism



Why Occupational Therapy?



The Program

A Lifestyle Redesign[®] program, designed to address the relationship between people, the work that they do, their work environment, and their overall health and well-being.

3 components:

1. Group meetings
2. Individual consultations
3. On-site activity classes

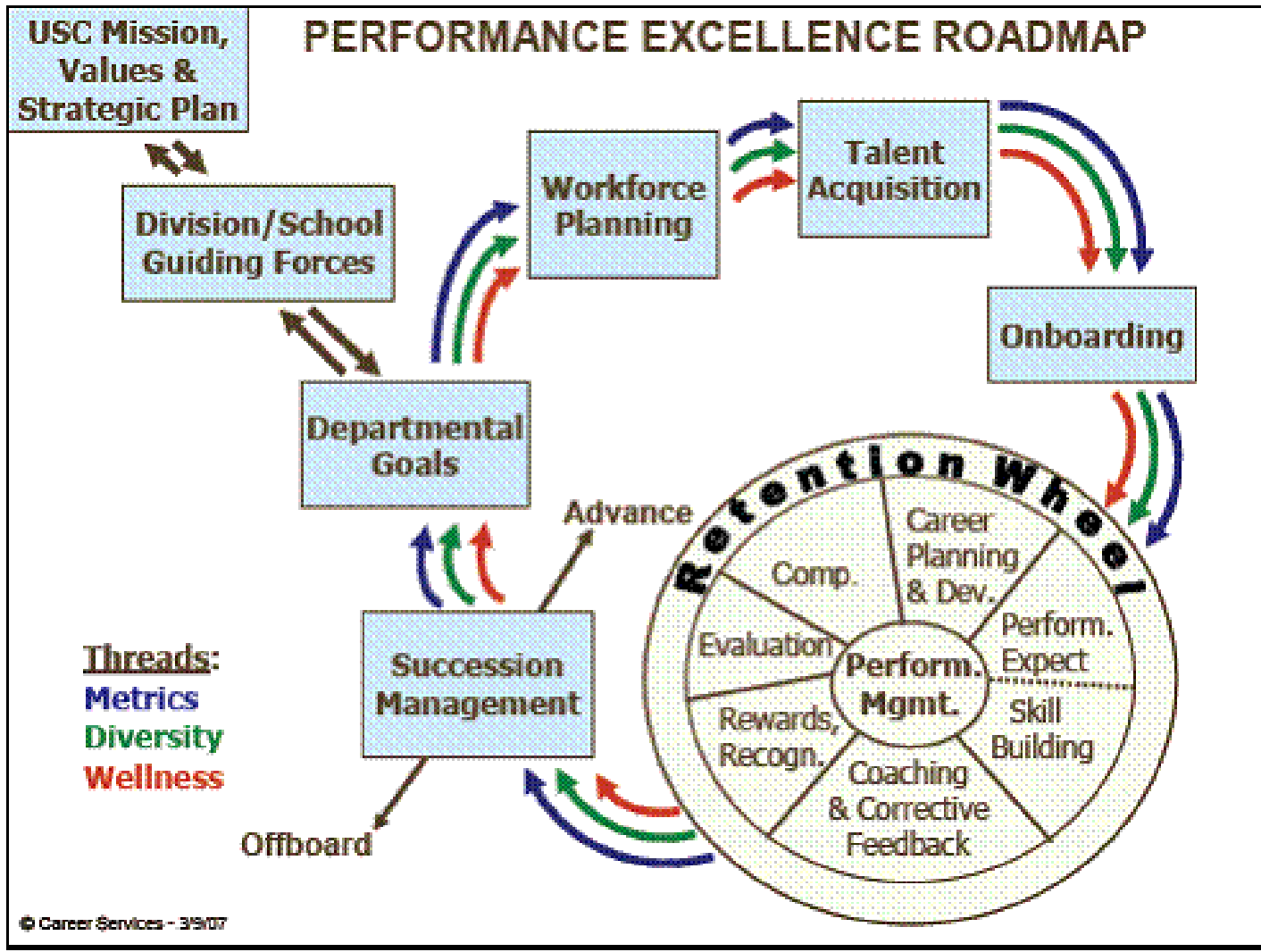




*“So many people spend their health
gaining wealth,
and then have to spend their wealth
to regain their health.”*

- A.J. Reb Materi

The Context



The Population

USC Career and Protective Services (CAPS)

Includes:

Risk Management,

Workers' Compensation

Environmental Health & Safety

Employee Recruitment Services

Human Resources

32 participants: 10 male, 22 female



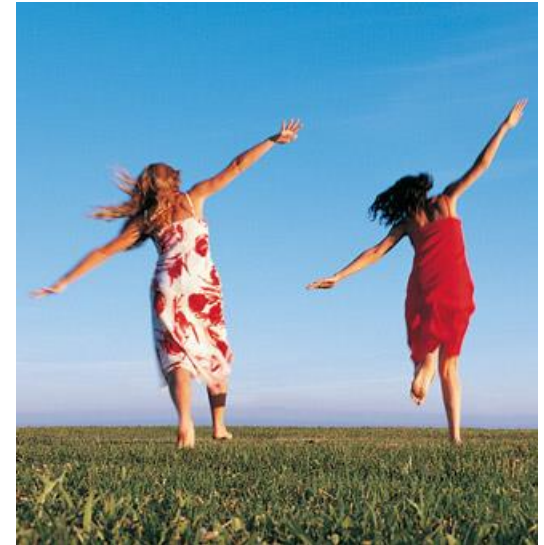
Top Priorities

1. Family Time
2. Personal Health
3. Work/Life Balance
4. Nutrition
5. Exercise
6. Stress Management
7. Organization
8. Time Management



Goals

1. To educate participants and raise awareness about health-promoting lifestyle changes.
2. To decrease perceived stress level.
3. To promote increased quality of life and sense of well-being.
4. To increase employee productivity.



The Program: Weekly Wellness Groups

Modules included:

- Introduction to Wellness
- Healthy Eating
- Balance
- Stress Management
- Movement
- Physical Environment
- Social Relationships
- Sleep



The Program

- Individual Healthy Living Consultations
 - 1 session for each participant

- On-site Activity Classes
 - 1 hour sessions offered each week at two different locations



The Program: Healthy Points Contest

USC Lifestyle Redesign® Office Wellness Program

HEALTHY POINTS TICKET

Date: _____

Healthy Employee: _____

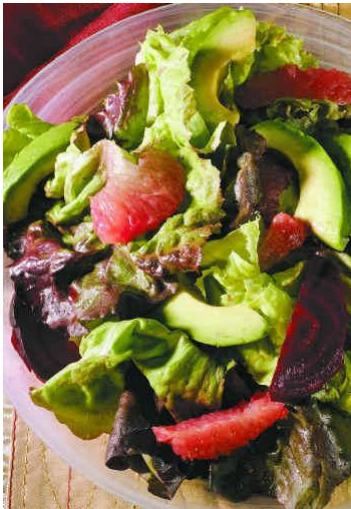
Healthy Behavior: _____

Additional Comments: _____

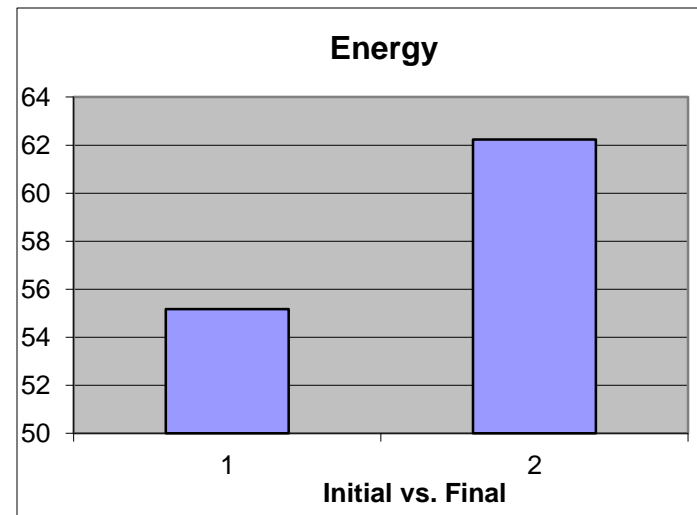
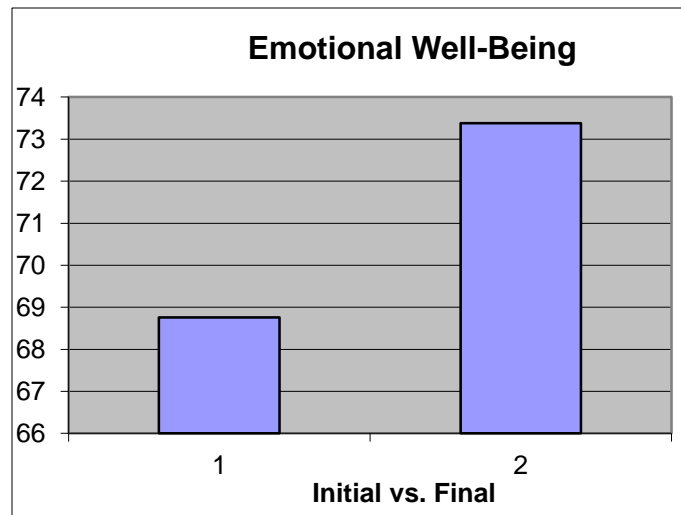
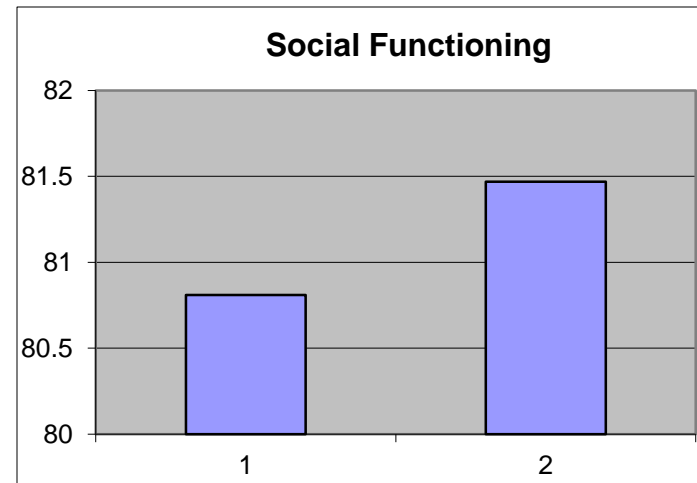
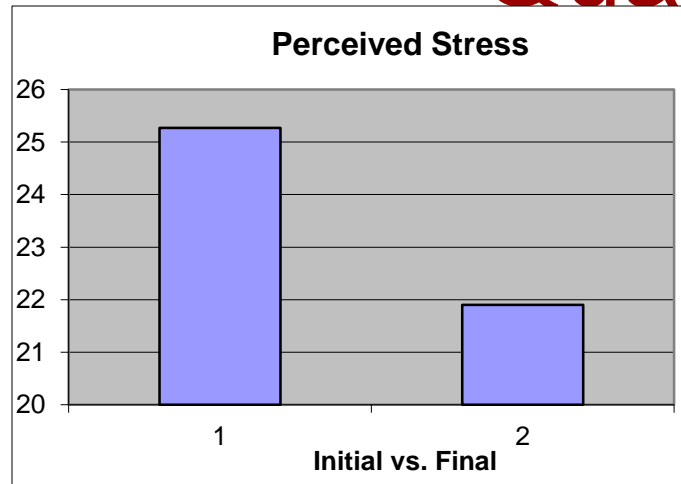
Ticket Completed By: _____

Additional Elements

- Wellness Resource Packet
 - Farmers' markets, hiking trails, gyms, yoga studios, healthy grocery stores, USC resources, etc...



The Results: Quantitative



The Results: Qualitative

- Subjective reports of improved quality of life
- New conversation taking place in the office
- Improved rapport among colleagues
- Shared experience with family members
- Desire for continuation of program



What happened next?



Department of Public Safety “Wellness” Data



- 88% of respondents feel depressed “some of the time”
- 50% overweight; 35% obese
- 30% report having one or more chronic conditions
- 58% have trouble falling/staying asleep
- 14% smoke cigarettes

DPS Wellness Initiatives

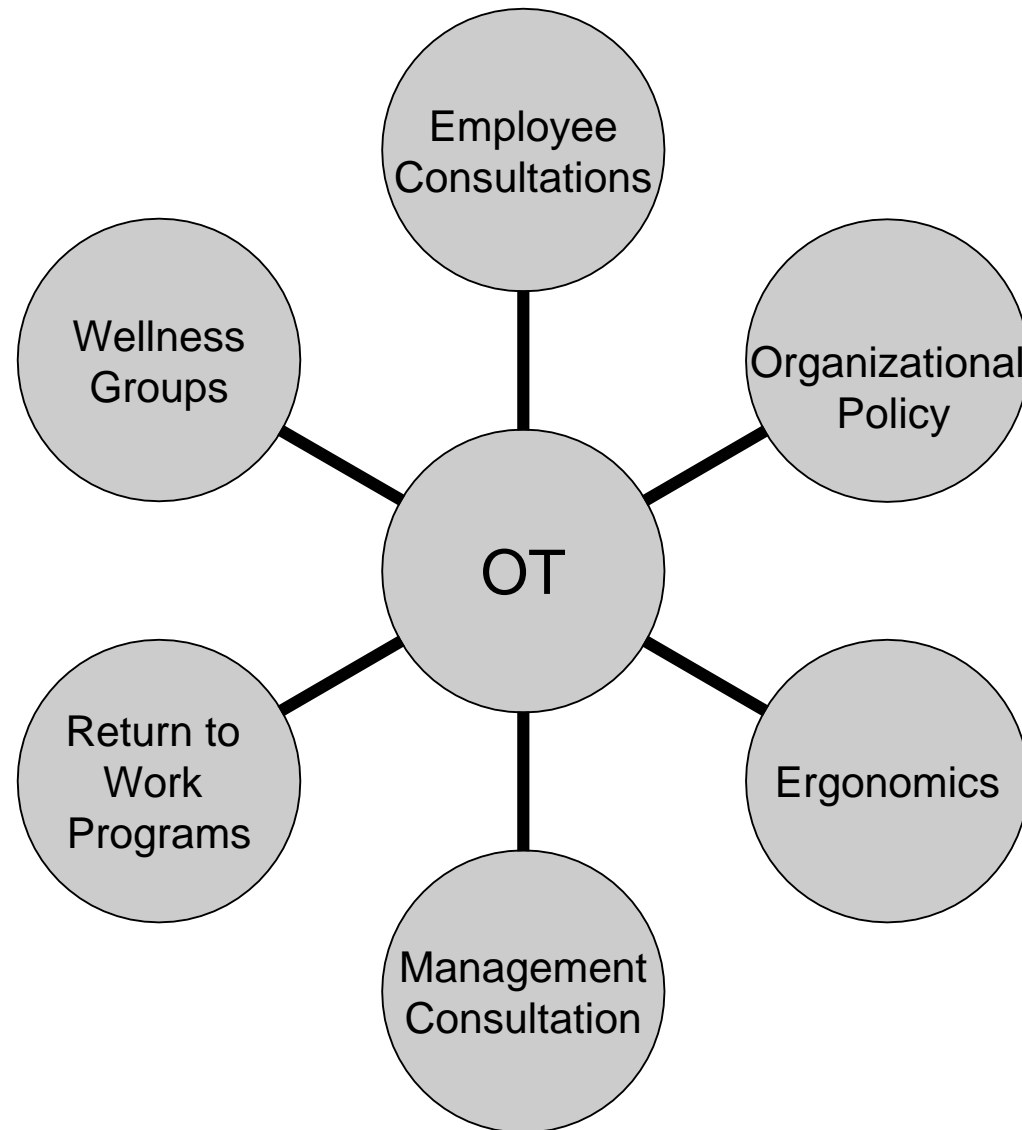
- Wellness Bulletins
- Lunch & Learns
- Virtual Trainings
- Lyon Center
- Chief's Challenge



CAPS Wellness Initiatives

- “Dimensions of Wellness” Bulletins
- Healthy vending machines
- New employee orientation
- University wellness committees
- Collaboration with:
 - USC Recreational Sports
 - USC Registered Dietician & Trojan Hospitality
 - USC Center for Work and Family Life

Workplace Wellness



Thank you!

For any additional
questions or comments:

Carlin Daley, OTD, OTR/L
cdaley@caps.usc.edu





Promoting Mental Health Occupational Therapy in Higher Education: Lifestyle Redesign[®] for the College Student

Karen McNulty, OTD, OTR/L

AOTA's Centennial Vision: Drivers of Change

Stress and Depression

- **Stress:**

- 50% college dropout rate**

- 63%** so stressed that they could not get their work done

- 55%** so stressed they didn't want to hang out or participate in social activities
(ACHA, 2007)

- **Depression:**

- Half of all college students** report feeling so depressed at some point in time that they have trouble functioning

- 14.5%** meet the criteria for clinical depression. (mtvU survey)



**American College Health Association: National College Health Assessment. Reference Group Executive Summary Fall 2006. Baltimore: American College Health Association; 2007.*

***mtvU survey: www.halfofus.com*

Program Description

- **Population:** College students (undergraduate & graduate)
 - Common diagnoses: Depression, Bipolar Disorder, Anxiety, ADD/ADHD, and various learning disabilities
- **Program:** The Lifestyle Redesign® for the College Student provides individualized support and coaching throughout the year to help manage the demands of college life.
 - Services provided in **environment** of the student
 - **Who can benefit from the Lifestyle Redesign® Program?**



Program Description

– *Occupational Therapists help students:*

- **Optimize study/work environments**
- **Increase organizational skills**
- **Improve time management**
- **Increase focus**
- **Learn techniques to handle stress**
- **Manage money effectively**
- **Access community transportation**
- **Goal setting**
- **Nutrition & Exercise**
- **Create a balanced lifestyle!**



Program Strengths

Strengths

- Location
- Support of Disabilities and Services Programs
- Student health insurance
- OT faculty support
- Unique service on campus



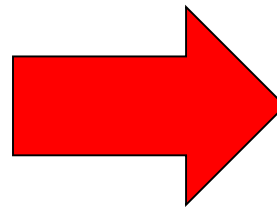
Program Barriers & Strategies

- **Barriers**

- Decreased visibility on campus

- Decreased knowledge of OT

- Physician referral required



- **Strategies**

- Marketing Plan

- Consumer Friendly Language

- Strengthen Relationship with Student Health Dept.

Marketing Plan

- **Centennial Vision Statement:** “By the year 2017, we envision that occupational therapy is a powerful, **widely recognized**, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society’s occupational needs.
- **How do you market an OT program in an environment that is not familiar with OT and Lifestyle Redesign®?**



Widely recognized: Using Consumer Friendly Language

- Alternative ways to describe OT:
 - Life design
 - Life coaching for students
 - Transition coach
 - “Doing” Therapy
 - Architects of life
 - Community Reintegration Specialists

Marketing Strategies

- In-services & Presentations
- OT groups
- Academic Classes
- Trainings
- Workshops
- Participation in Case Conference Meetings
- Forming Student Club
- “Tabling” at USC
- Campus events



Project Lifestyle: Trojans for Healthy Living



Marketing Strategies: Use of Collateral

- Fliers/ Brochures
- Email
- Website/ facebook
- Wellness Websites
- OT buttons



Facebook Page

The screenshot shows a web browser window with the following elements:

- Browser Title Bar:** Facebook | Project Lifestyle: Trojans for Healthy Living - Internet Explorer provided by Dell
- Address Bar:** C:\Users\Karen\Desktop\Facebook Project Lifestyle Trojans for Healthy Liv
- Search Bar:** Google
- Facebook Navigation:** Profile edit, Friends, Inbox, home, account, privacy, logout
- Group Header:** Project Lifestyle: Trojans for Healthy Living (Global)
- Information Section:**
 - Group Info:**
 - Name: Project Lifestyle: Trojans for Healthy Living
 - Type: Student Groups - Clubs & Societies
 - Description: Project Lifestyle - Trojans for Healthy Living
 - Main Text:**

A NEW CLUB is forming on campus centered around designing and living fun, meaningful & healthy lifestyles!

As a response to the energy and enthusiasm after "Slowing Down in the Fast New World," the Visions and Voices event and Slow Foods picnic in November, we want to plan more events revolving around the themes of slow food, caring for the environment, personal health, community, and healthy living.

The club will put on events that embody healthy living. Some ideas include:

 - more slow foods picnics on campus
 - trips to the farmer's market
 - yoga in the park
 - Going Green 101 workshop
 - Call to Action:**

Interested?
Have other ideas for events?

To become a part of Project Lifestyle, or just to learn more please contact
Karen McNulty:
kmcnulty@usc.edu
 - Contact Info:**
 - Email: kmcnulty@usc.edu
 - City/Town: Los Angeles, CA
- Right Side Menu:**
 - Message All Members
 - Edit Group
 - Edit Members
 - Edit Group Officers
 - Invite People to Join
 - Create Related Event
 - Leave Group
 - Share +
 - Related Groups:**
 - Six Degrees Of Separation - The Experiment
 - Just for Fun - Facebook Classics
 - USC Class of 2011
 - Student Groups - General
 - 1,000,000 Strong For Stephen T Colbert
 - Entertainment & Arts - Celebrities
 - Feed a Child with just a Click!
 - Common Interest - Beliefs & Causes
- Left Side Sidebar:**
 - Search
 - Applications: Photos, Groups, Events, Marketplace
 - Kenny Chesney Live
 - More Ads | Advertise
- Bottom Status Bar:** Done, but with errors on page. Internet | Protected Mode: On 100%

Stress Management Day

Brought to you by the USC Division of Occupational Science and Occupational Therapy, Center for Academic Support, Disability Services and Programs, USC Recreational Sports, Student Counseling Services, Hospitality & Residential Life

Celebrate Stress Management Day!

Wednesday May 7th
11am-6pm

Lyon Center Lobby

Come join us and de-stress the first day of finals!!

Free classes at the Lyon Center all day.

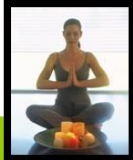
Hand Massage: 12:00-1:00

Wii 1:00-4:00

Meditation/Mindful Walking: 2:00-4:00

Guided Imagery: 3:00-4:00

All day: Make your own aromatherapy lotions, plant your own herbs, make stress balls, basketball pick up games & FREE FOOD!



Planting Potted Herbs



Make Your Own Aromatherapy Lotion



Hand Massage

Marketing Plan



Marketing Samples

Looking for additional help this semester?

Our life designers help students:

- Improve time management
- Increase organizational skills
- Optimize study/work environments
- Increase focus
- Create a balanced lifestyle
- Provide individualized support and coaching throughout the year to help manage the demands of college

USC Occupational Therapy Faculty Practice
located on the University Park and Health Sciences campuses

www.usc.edu/otfp

(Lifestyle Redesign[®] for the College Student)

Phone: 323.442.3340

otfp@usc.edu

Contact: Karen McNulty, OTR/L

Your USC supplemental student health insurance covers 20 visits per academic year. There is also a \$15.00 co-pay per visit. Deductible may apply.

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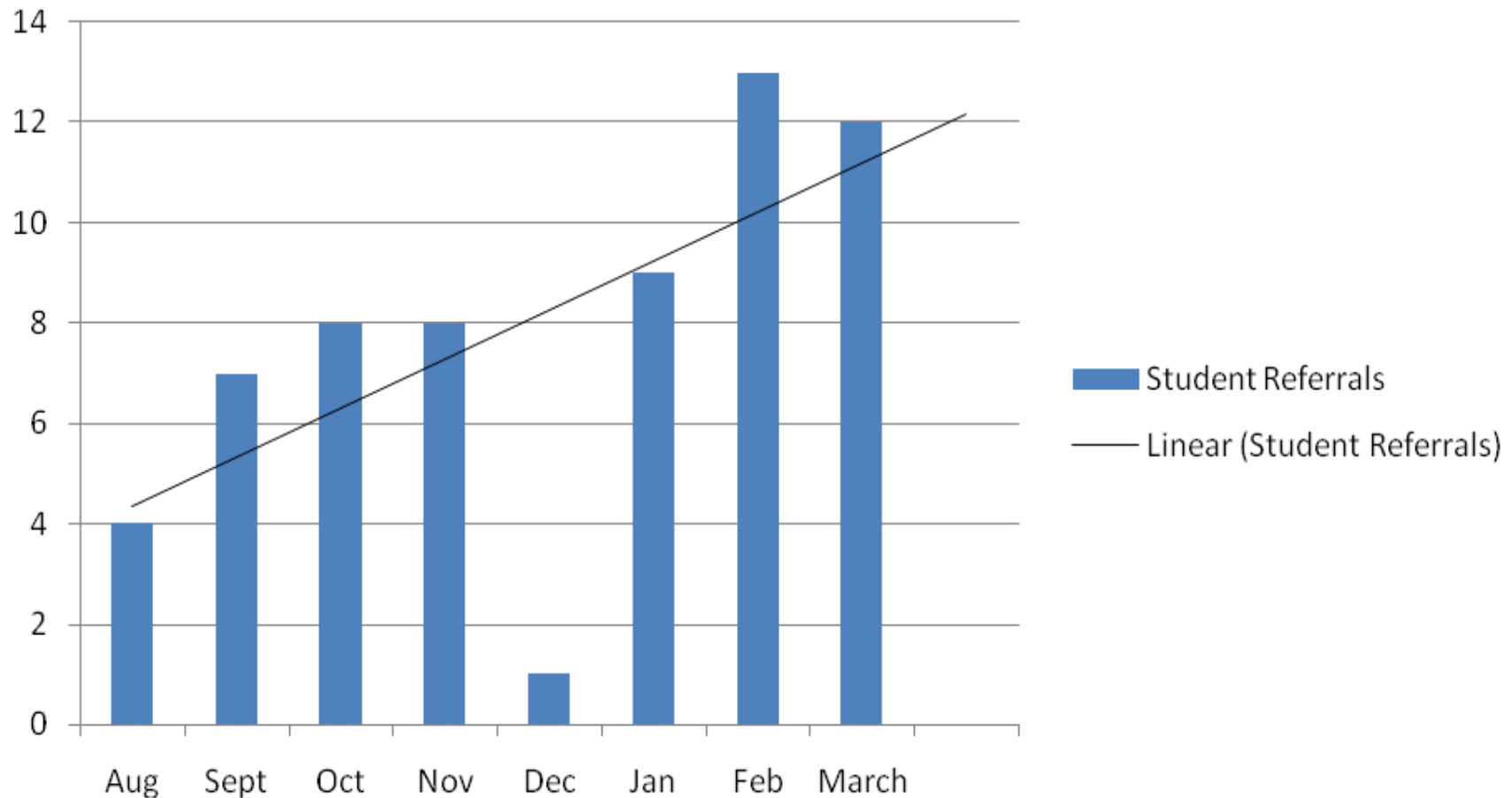
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Outcomes

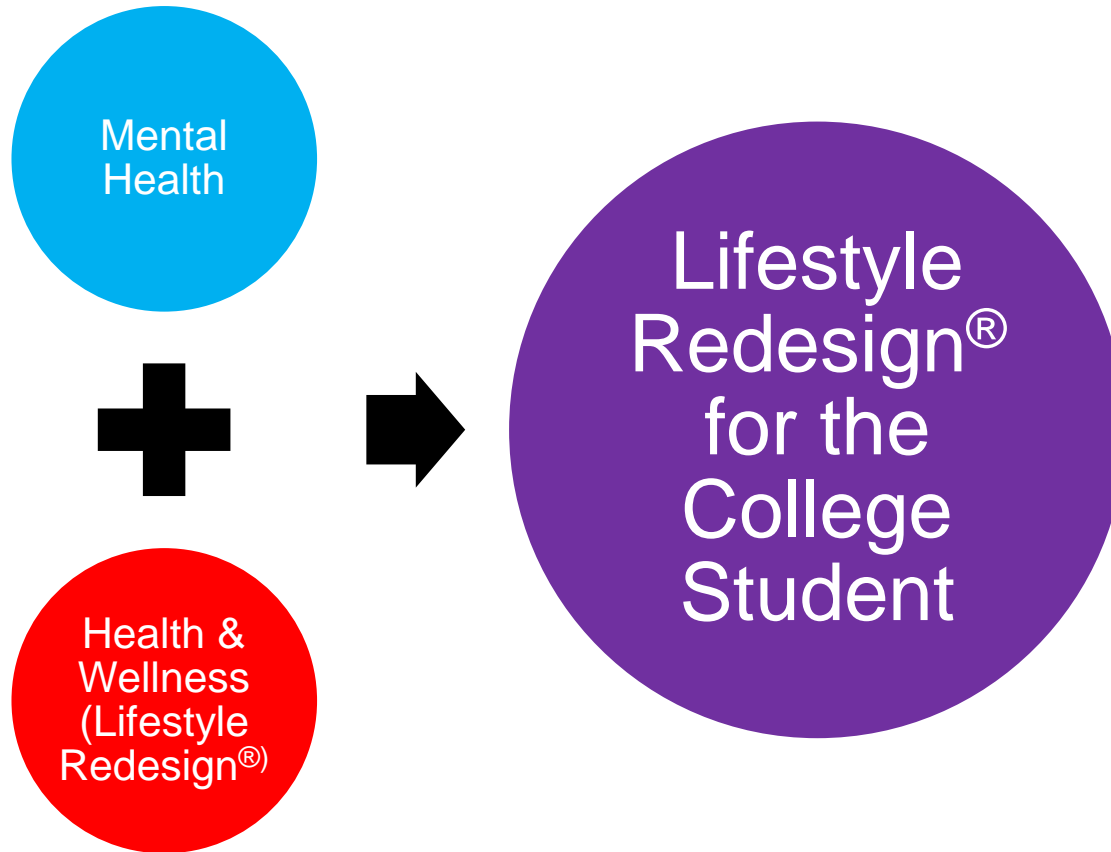
Student Referrals: Fall 2008- Spring 2009



Where are we now?

- Funded program 50% by Disability Services and Programs, 50% USC Division of OS/OT
- Serving 50+ students this academic year
- 2 ongoing groups (Stress Management, Lifestyle Redesign[®] for the OT student)
- OTD students, OT Fieldwork Students

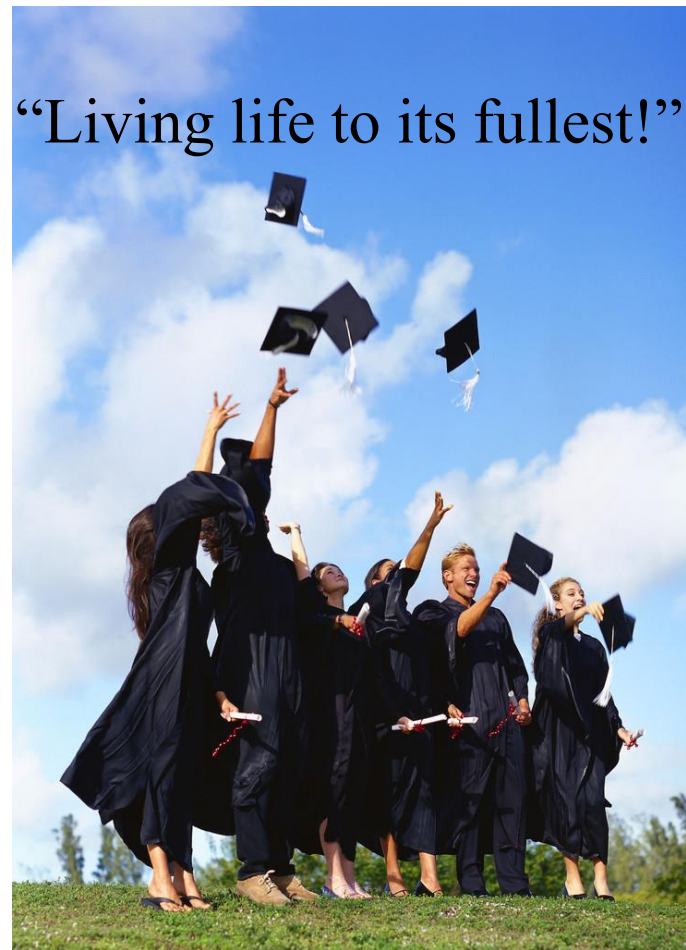
Centennial Vision: Practice Areas in Need of Attention



Thank you!

For other questions or comments:

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Unmet Needs

- Diabetes Management
- Environmental Sustainability
- Workplace Wellness
- College Student Mental Health



Leadership tools

- Evidence based practice
- Think out of box, global concerns
- Knocking on big door
- Marketing, widely recognized



Outcomes

- Innovative programs
- OT employment opportunities
- Awareness
- Knowledge creation
- Broader scope of practice
- Enhanced quality of life and improved occupational engagement

Supports

- Networking
- Mentorship
- Trends
- Interdisciplinary collaboration
- OTD/PhD programs



STRETCH BREAK!



Implementing Your Vision

- 1. Name an unmet societal need? Inspiring trend ? In your practice setting?



Implementing Your Vision

- 2. How can Occupational Therapy/
Occupational Science address this need?



Implementing Your Vision

- 3. List the tools that are needed to make your program succeed, those that you have or those that you need to cultivate?



Implementing Your Vision

- 4. How would you measure outcomes? How will you know when you have been successful?



Implementing Your Vision

- 5. What are your supports? Which do you have now and which do you need to cultivate?



Implementing Your Vision

- 1. Name an unmet societal need? Inspiring trend ? In your practice setting?
 - 2. How can Occupational Therapy address to this need?
 - 3. List the tools that are needed to make your program succeed, those that you have or those that you need to cultivate?
 - 4. How would you measure outcomes? How will you know when you have been successful?
 - 5. What are your supports? Which do you have now and which do you need to cultivate?
-
- Action Plan:
 - Step 1
 - Step 2
 - Step 3



Thank you!

Questions or Comments?

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