

NMOTA

New Mexico Occupational Therapy Association

Winter Newsletter 2019



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www.nmota.org

NMOTA is a tax exempt organization under IRS section 501(c)(6).

PRESIDENT'S & VICE-PRESIDENT'S CORNER



Robert Hobbs & Joanna Cosbey

Thanks to all of you who helped make the 2019 NMOTA conference a success! Specifically we'd like to thank Kristi Driggs and Julie Gutierrez for all of their hard work chairing the Conference Committee. We had amazing speakers, terrific volunteers, and, as always, it's great to see so much energy around our profession all gathered in one place!

Unfortunately Kristi and Julie will both be stepping down this year due to family obligations (including a baby on the way!). If you are interested in working with us to organize the 2020 NMOTA Conference, please email nmota@nmota.org.

We'd like to introduce the new members of the NMOTA Board:

- Violet Bustillos, OTA, is the chair of our Nominating Committee, so please reach out to her (nominating@nmota.org) if you are interesting in serving on our Board.
- Anthony Gustamantes, OTA, is the chair of our ad hoc WROTSS (Western Regional Occupational Therapy Spring Symposium) Committee. Look for more information about WROTSS in this newsletter and in the coming months.
- Mari Kraman, Ellyn Medrano, and Jason Dunlap have stepped up to co-chair our Legislative Committee. Look in this newsletter for more information about Legislative Day and how you can get involved.
- We are still looking for a volunteer to chair our Practice Areas Committee. This is a new committee, so the scope is still being developed. The vision is that it has representation from a wide variety of practice areas (e.g., mental health, schools, early intervention, rural, etc.). The formal obligation is to attend Board meetings every other month and to work with us to build this committee. Please email nmota@nmota.org if you are interested in taking on this exciting role.

We wish you and your loved ones
a wonderful holiday season.

Robert Hobbs, OTR/L
Joanna Cosbey, OTR/L



ASSOCIATION UPDATES

Membership

Our organization is currently 304 members strong! Thank you for joining NMOTA. Your participation supports our mission to educate, raise public awareness, and promote the distinct value of occupational therapy in achieving and maintaining quality of life through occupations that promote recovery, rehabilitation, and health.

All members should receive a membership card and welcome letter in the mail after purchasing or renewing a membership. If you have paid for a membership and have not received your card and letter, or if you need to make corrections/updates to your information, please email membership@nmota.org and we will respond to your request ASAP.

Thank you to all of the members who signed our “2-hour volunteer” pledge forms at the annual conference. We will match you with the committee you are interested in and be in touch with you as our needs arise. If you weren’t able to sign up, and are interested in supporting a committee, please email membership@nmota.org and we will add you to our list!

Rachel Kay, OTR/L
Membership Chair



2019 Conference

The NMOTA 2019 Annual Conference was an excellent opportunity for Occupational Therapy Practitioners to network, present, learn from each other, and attend presentations from nationally recognized speakers. The Keynote and Sunrise Breakfast speaker, Cara Koscinski, also known as “The Pocket OT”, spoke about leadership within our profession and in our settings, as well as trauma informed care in Pediatrics. Dr. Mary Warren, the author of the Brain Injury Visual Assessment Battery for Adults (biVA-BA), co-editor of the textbook “Occupational Therapy Interventions for Adults with Low

Vision”, and distinguished professor, shared expertise about common low-vision concerns that our clients may experience. Other sessions at the 2019 NMOTA conference addressed falls prevention, collaboration in school based practice, cardiac rehabilitation, the Hammersmith Infant Neurological Examination, interoception, exoskeleton assisted walking, NBCOT certification, resilient practice and many, many more areas of interest to our community. Conference attendees could earn up to 14 CEUs.

2019 Annual Silent Auction

The Ellen Reavis Sunset Soiree was held on September 13, 2019, the first night of the NMOTA Annual Conference. Conference attendees raised \$1,485 for New Mexico OT and OTA student scholarships. This effort was made possible due to \$3,461 in donations from members, individuals, and businesses including: Albuquerque Baths, Albuquerque Isotopes, ATA at YMCA, Cheesecake Factory, Meow Wolf, NM Martial Arts and Fitness, Opera Southwest, Rudy’s BBQ, Sandia Wheelchair Solutions,

Santa Fe Brewing Co., Santa Fe Salt Cave, Slack Publications, Square Root Salon, Stone Age Gym, The Marriott Hotel, and Weck’s Restaurants!

Thank you to all who participated in the auction and thank you to the Silent Auction Sub-Committee, including Mary Thelander Hill, Jessica Hafner, Sarah Sutherlin, and Prisca Werbelow.

Mary Thelander-Hill, OTR/L

AOTA Representative Assembly Delegate

Greetings NMOTA and AOTA members!

The AOTA Representative Assembly’s (RA) Fall 2019 online meeting was conducted November 12th-19th. The RA utilized the Fall 2019 meeting to debate the motion charging the RA to adopt an official policy supporting a single point of entry for occupational therapists at the doctoral level. After much robust discussion, the motion was defeated with 13 votes cast in favor, and 55 votes opposed. There were 3 RA delegates that abstained from voting. The full discussion from the RA Fall 2019 online meeting is available on commnot.aota.org for AOTA members, and a full summary will be emailed to New Mexico AOTA members.

The Spring 2020 face-to-face meeting is scheduled for March 25, 2020 in Boston, MA. Motions are due to the Agenda Committee by January 29, 2020 and will be posted for review on the RA section of the AOTA website by February 26, 2020. If you feel that there is an issue that AOTA should take action on please reach out to me and we can create a motion.

I am here to support you in participating in the profession. I can be reached at brandijones810@gmail.com.

Thank you and I look forward to hearing from you!

Brandi L Jones, OTD, MOT, OTR/L
NM Representative Assembly Delegate

ADVERTISE WITH US!

NMOTA now offers online advertising space starting at \$25 for 3 months. Visit us at www.nmota.org/advertise to find out more.

2020 Western Regional OT Symposium

The 2020 Western Regional Occupational Therapy Spring Symposium (WROTSS) will take place on March 7-8 in Las Vegas, NV. We are actively seeking volunteers from all participating states. The 2 categories of volunteers needed are door monitors (collect tickets, support speakers, etc.), and various table workers (registration, volunteers, hospitality) prior to sessions. Benefits for volunteers are being explored. Expect to find information about the program and registration right before Christmas (www.otaconline.org). NMO-TA members should expect a discounted rate for the event.

The featured keynote speakers for this event are world-renowned, and it is rare to catch them both on the same stage. Michael

Iwama, PhD, MSc, BScOT, BScHP is the Dean for the School of Health and Sciences, and Professor for the department of Occupational Therapy at the MGH Institute of Health Professionals. He is recognized as having developed the “Kawa Model”. Frank Kronenberg, PhD, BScOT, BA ED is from the University of Cape Town/South Africa; Adjunct faculty for OT programs in the United States, Latin America, and Europe. He is an activist, author, and co-founder of the movement Occupational Therapists Without Borders, and has worked as an occupational therapist/project leader in countries around the world. Having both of these presenters at WROTSS is very exciting, but also a privilege for practitioners in our state and region.

WFOT SCHOLARSHIP UPDATE

Dear NMOTA,

AOTF greatly values our partnership in the Scholarship Program. AOTF has been re-engineering the scholarship program to better meet the needs of its partners and applicants.

The 2018-19 scholarship cycle is behind schedule, but we anticipate announcing scholarship recipients by January 2020. We apologize for the delay in announcing scholarship recipients for 2018-19 and we know that this tardiness has not provided you with the service you expect and deserve. We will be in touch with information about proposed recipients, amount available to award, and the overall balance in your state association account.

We appreciate your patience as we transition this program to better meet your needs.

Scott Campbell, PhD
Chief Executive Officer
American Occupational Therapy Foundation

OCCUPATIONAL JUSTICE STATEMENT

New Mexico Occupational Therapists Call for Inclusion in Detention Facilities

New Mexico Occupational Therapy Association Statement on Forced Child Separation and Family Detention at the Southern Border

Albuquerque, New Mexico - Occupational therapy’s distinct value is to improve health and quality of life through facilitating participation and engagement in occupations: the meaningful, necessary, and familiar activities of everyday life (American Occupational Therapy Association, 2019).

The American Occupational Therapy Association (AOTA) has identified Children and Youth as a key practice area for the 21st century. Pediatric occupational therapy practitioners support societal needs by providing developmentally supportive services to infants, toddlers, children, youth, and their families, in a variety of settings (AOTA, 2019).

Short and long-term effects of parental separation and stressful environments have been well documented across disciplines. Seminal research in this area includes the work of John Bowlby, Mary Ainsworth, Allan Schore, Jack Shonkoff, and others. As clinicians dedicated to the promotion of occupation, health and wellbeing across the lifespan, **the New Mexico Occupational Therapy Association cannot support, and calls for the end of, the current administration’s immigration policy of forcible separation and/or detention, of parents and children at the southern border.** Separating children from their parents and /or detaining families, contradicts everything we stand for as clinicians – protecting and promoting the successful occupations and neurodevelopment of children and their families.

In addition, for as long as this policy exists, we call for the government-sponsored placement of occupational therapists in these pediatric and family detention centers, in order to ensure an environment supportive of occupation, neurodevelopment, and overall wellbeing.

“We can and must remember that immigrant children are still children; they need our protection, not prosecution”
(American Academy of Pediatrics, 2018)

BENEFITS OF NMOTA MEMBERSHIP

Legislative Advocacy: Membership fees allow us to employ a lobbyist to represent our profession. Lobbying efforts protect OT's and OTA's and help influence and shape public policy surrounding the practice of OT in our state. Our lobbyist ensures that we are maintaining reimbursement, competitive pay, and preventing infringement upon OT's scope of practice by other professions, as well as ensuring that the public has the protections of having OT's maintain state-licensure. In addition to the lobbyist, NMOTA has a legislative committee that provides direct opportunities to personally participate in the legislative process.

State Conference: The NMOTA Annual Conference is an excellent opportunity to hear National Speakers at reduced rates. Additionally, the conference offers fun opportunities to speak with team members in other settings and learn about innovative research.

Leadership Opportunities: Our organization is led and organized by volunteers. As a member, you can chair a committee or join a committee. Many hands make light work. How can your talents, creative capacities, organizational skills, and enthusiasm move this mountain?

Networking: NMOTA is your community to find networking friends, as well as receive validation and affirmation for the distinct professional role you play in your facility, organization, or agency. Social and advocacy events are frequently hosted by the membership and legislative committee. Visit the members-only events calendar to connect with OT's in your community.

Member Forums: Members-only forums give members the opportunity to connect with other practitioners around the state, and can be accessed through our website after you log-on using your NMOTA ID. Forum topics include general discussions, research surveys, new OT/OTA discussion, business development, rural areas, pediatrics, hospitals, schools, mental health, and many more!



NMOTA COMMITTEES

Budget Committee: Responsible for financial affairs of the association regarding the preparation of an annual budget, including budget reporting and gathering information from Board and committees for budget projections.

Communications and Social Media Committee: Responsible for preparing, creating, or sourcing high-quality content for website and social media communications to members, OT community, and the public; as well as news of the association. This committee works collaboratively with the webmaster to maintain, improve, and keep the NMOTA website current. This committee coordinates the newsletter and the marketing efforts of the Association.

Conference Committee: Responsible for planning the conference and all related responsibilities including securing the venue, vendors, keynote and plenary speakers, volunteers, and the general speakers and presenters. This committee also must organize volunteers and register conference attendees.

Continuing Education Committee: Responsible for planning, developing, and coordinating NMOTA continuing education events for members across New Mexico.

Legislative Committee: Responsible for responding to legislative calls to action and communicating with AOTA. The Legislative Committee provides direct opportunities to personally participate in the legislative process in our state.

Membership Committee: Responsible for promoting membership in NMOTA and retaining members; including coordinating membership campaigns, sending renewal reminders, issuing membership cards, addressing membership questions, selecting promotional items, and recommending and designing value-added membership benefits.

Nominating Committee: Responsible for elections of the association, including the nominations process, preparing the slate of candidates, holding elections, disseminating the ballot, voting procedures, and announcing winning candidates. Work also includes assisting Committees in recruiting volunteers for committee work. Uses the Bylaws of the Association and Lochrie's Parliamentary Procedure to produce a fair, valid, and legal elections process.

Ad Hoc Committees: These committees are formed for short periods of time to address very specific tasks. In 2019, ad hoc committees included a Rural Committee (charged with working with Membership to coordinate Rural Meet and Greets) and an Occupational Justice Committee (charged with drafting a position statement regarding issues at our southern border).

MEMBER SPOTLIGHT

Jason Dunlap, COTA

The New Mexico Occupational Therapy Association is proud of its members and grateful to have each one. For this reason, we will feature one of our amazing members in each newsletter.

If you would like to spotlight one of your co-workers, who is a member, please email us at communications@nmota.org.

Tell us a little bit about yourself, Jason.

My name is Jason Dunlap. I work as a COTA at Gila Regional Medical Center. I provide therapy for both out-patient and in-patients. I have been an Occupational Therapy Professional for 5 years and a NMOTA member for 6 years. I am currently on the legislative committee with NMOTA.

In short, what influenced you to become and occupational therapy professional?

My brother fell off of a 70-foot cliff on his motorcycle in CA. I went there to help take care of him. I stayed with him for 2 months, 3 weeks of which he was a patient at an in-patient rehabilitation facility. It was during this time he received occupational therapy. The occupational therapist was very good. When I saw the difference occupational therapy made toward him regaining independence, I was highly impressed. I noticed how occupational therapy addressed his daily life skills including driving, home modifications, and use of adaptive equipment. This experience and witness to the profession of Occupational Therapy influenced me to become an OT professional.



Please share one of your favorite experiences as an occupational therapy professional.

I treated a gentleman that had experienced a stroke and wanted to get back to fishing and we worked on casting with my fly rod. He came back to the clinic and told me about going fishing. He was so enthusiastic and excited to be able to fish again. I will never forget that moment and the look on his face from his accomplishment.

What is the most difficult part of your job?

The most difficult is treating children who have degenerative issues who are medically fragile, knowing that they will not live long. It is very difficult to hear them talk about their fate and how they accept and cope with the reality of probably not living out their life expectations.

Do you have any advice for new OT/OTA students or practitioners?

Always try to put yourself in your patient's shoes. Doing this will help the practitioner to

experience an internal feeling of empathy and understanding for their patient. Your patient will know you are genuinely sincere.

What do you enjoy doing outside of work?

I'm an avid outdoorsman. Mountain biking and backpacking are the primary activities.

Do you have any dreams for your future you would like to share?

The day that I draw my last breath on this planet, I want to know that I made a difference in the world. I earn to contribute to making other's lives meaningful and to make them feel like they have a chance to succeed. I want to help them to feel like they can cope with any-

thing life hands them knowing they are valued and supported.

Is there anything else you would like to share with all of the NMOTA membership?

It is really important to advocate for our profession and be involved in our profession. The patients I have treated have discussed how much OT has positively affected their lives, and yet I find a lot of people do not even know what OT is or that it exists. We make such a huge difference in our patients' lives, we need to advocate so others know what we are, what we do, and how we make a difference.

MEMBER-TO-MEMBER COLUMN

New OT or New to Working in Schools?

The New Mexico Occupational Therapy Association members love to help each other out. Here is the first installment of our member-to-member column.

If you would like to submit a story, please email us at communications@nmota.org.

I am not a new OT, but I am new to working in the schools. I know that it takes a while to build up your OT "toolbox", so I wanted to share some of my favorite resources that I have used this fall. There are so many out there, but here are some websites to help you get organized and excited about a new school year.

Where do I even begin? What is the paperwork going to look like? How am I going

to get it all done? Try this great article to get organized: www.theottoolbox.com/school-based-ot-and-getting-organized/

Once you have gotten organized, it's time to pack your bag, but with what? <http://mamaot.com/whats-in-my-therapy-box/>

Now you are all ready to go, but what is it really going to look like? Will you push in or pull out? The answer to that is that it is a delicate balance between therapist, teacher, child, and school. You may have to try several things to see what works best. Some ideas on what it might look like in the inclusion setting follow. <https://theinspiredtreehouse.com/inclusion-how-to-provide-ot-services-in-the-classroom/>

The above are some of my favorite websites to look at whenever I have a question or need to brainstorm. I also really like (<https://www.yourtherapysource.com/freestuff.html>). Your Therapy Source has lots of free activities and handouts that you can use.

If I am looking for a very specific resource Teachers Pay Teachers has lots of OT, and OT in the school related work, including social stories, adapted papers, mazes, and puzzles. <https://www.teacherspayteachers.com/Browse/Search:occupational%20therapy>.

While I am driving between schools or working out, I like to keep my mind active and listen to OT podcasts. My two favorites are OT Potential Podcast, because it reviews scholarly articles through the lens of an OT, and the OT Schoolhouse Podcast, because it deals directly with schools. Both are searchable by topic, but I am always surprised by how timely and relevant each new episode is

to what is going on in my practice.

If I am totally stuck, I turn toward the hive mind on Facebook. There is a group for just about anything you can imagine relating to OT and pediatrics and schools. Right now my favorite and most useful is Pediatric Occupational Therapists because it is juried and each post is approved before it is posted. I am also using the Zones of Regulation in Action because I have a zones group in one of my schools and this group is full of great ideas.

These are some of my most used resources, and I hope they have given you some ideas and places to look to stimulate your brain and practice. It is hard being isolated by geography and in schools without other OT's to bounce your ideas off of, but the internet helps us research and connect.

Jessica Dumm, OTR/L
NMOTA member since 2004

WHAT'S COMING UP?

NMOTA Meet & Greets

We are coming to YOU! We'd like to coordinate gatherings of OT practitioners around the state and are hoping you can join us. We are currently looking for individuals who live in the areas the Meet & Greets are going to be held who can help us identify fun places to meet and pass the word about the events. Please contact membership@nmota.org with suggestions and/or to volunteer to help organize!

December Meet & Greets:

| | |
|---------------|------------|
| December 10th | Las Cruces |
| December 17th | Roswell |
| December 18th | Hobbs |

Visit www.nmota.org for more event details and future Meet & Greet dates and locations.

Legislative Day 2020



The Legislative Committee is working hard on planning for our 2020 Occupational Therapy Legislative Day at the Round House.

The Second Session of the 54th Legislature begins January 21st and ends February

20th. We are currently locking on a date and will notify all members once we have a date set.

We are looking forward to seeing you there. It's great to have a gathering of OT minded folks. Legislative Day provides an opportunity to promote the value of Occupational Therapy, gain insight into the profession, network with other students and professionals, and learn how the legislative process can support our work and those we serve.

Visit www.nmota.org for updates.

Western Regional OT Symposium



WESTERN MULTI-STATE OT ASSOCIATIONS ARE GOING TO VEGAS

2020 WESTERN REGIONAL OT SPRING SYMPOSIUM • MARCH 7-8

Join California and other western regional OT state associations at this event designed to ELEVATE OT professional competency, connections, and collaboration.

**From all of us at the New Mexico
Occupational Therapy Association to you,
our most valued members:**

Happy Holidays and a Happy New Year!

