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Pi Theta Epsilon
The National Honor Society of Occupational
Therapy

*A program of the
American Occupational Therapy Foundation*

Fall 2019 Volume 29, Issue 2



President's Report

Happy fall semester & welcome back to school (for those without summer courses)!

While the warmth was short and sweet (at least here in Chicago), I hope everyone had a lovely summer. September is a bittersweet month of mixed emotions. Summer is ending, school is starting, friends and family are possibly departing, but you're also looking forward to a new school year and quite possibly the holidays too.



As you return to campus, begin a new semester, make new friends, and mentor new students, I encourage you to look back upon everything you've achieved thus far, take a minute to applaud yourself, and then create a set of goals for the upcoming year. Goal setting is something we as occupational therapists do every, single day with our patients and clients, but it's not something we often take the time to do for ourselves. Goal setting is proven to drive responsibility, motivation, determination, and a sense of accomplishment as you go through your day-to-day and check off one box at a time. Creating specific, measurable, attainable, results-oriented, and timely (SMART) goals can help you succeed in not only academics, but also personal growth, relationships, and development of self and others.

To lead by example, the Pi Theta Epsilon (PTE) Executive Board regularly revisits PTE's organizational goals to ensure feasibility and timeliness. During a recent review, leadership realized that our organizational goal of contributing to the development of career scientists was not being optimized through current initiatives (Poster Session, Special Presentation, Speed Mentoring). The Poster Session has consistently performed below expectations over the years with declining interest for its continued success. The Special Presentation was previously hosted at the Annual AOTA/NBCOT Student Conclave and was placed on hold during our transition to the AOTA Annual Conference this past year. The Speed Mentoring Session was a success in its inaugural year with feedback to continue its growth and include more researchers.

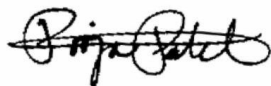
In reviewing this feedback and the goals for the upcoming years, the PTE Executive Board, in partnership with AOTF, has decided to discontinue its Annual Student Poster Session at the Annual AOTA Conference. In its place, the previously held Special Presentation will be redesigned as a Research Panel on How to Become a Researcher, featuring members of the Academy of Research, and will be open to all members of PTE, including students.

I invite you to read below for additional information on upcoming events, initiatives, and a glimpse into what some of our 100+ chapters are doing nationwide.

As always, we encourage you to reach out to National Office to voice your questions, concerns, comments, and ideas. Stay tuned for additional information on the revamped Grant for Interchapter Collaboration, award deadlines, and elections for National Board.

We look forward to seeing and hearing about PTE's continued growth over the next year!

Best wishes,



Pooja A. Patel, DrOT, OTR/L

UPCOMING PTE ELECTIONS

Elections

The leadership of Pi Theta Epsilon is vital for the continuation of our mission: to promote research and scholarship among occupational therapy students.

The Pi Theta Epsilon will be having a call for nominations for the **President** and **Secretary** position on our National Executive Board. This will be a great way for individuals that would like to get involved at the national level to become involved. We encourage all of our eligible members to apply. Each position on the board is elected for a two-year term.

All nominations must be returned to the PTE National Office by 11:59PM PT on October 28, 2019. Send nominations to pte@aotf.org or PTE/AOTF 4720 Montgomaery Lane, Suite 202, Bethesda, MD 20814.

Ballots to vote for the selected nominees will be sent in December 2019.

PTE Awards and Deadlines

Did you know, as a member of PTE you have unique opportunities for scholarships and awards which can set you apart from your peers?

NEW Excellence in Interchapter Collaboration Grant (January 31, 2020)

Pi Theta Epsilon has created a new grant award following discussions that took place at our national meetings with members and faculty advisors. This award has been established with the hope that grant funding will ultimately increase interchapter collaboration to further the mission of Pi Theta Epsilon. More information to follow.

President's Award (Rolling, deadline January 31, 2020)

Established to honor and recognize Pi Theta Epsilon chapters who organize and implement outstanding scholarly activities developed to increase knowledge,

develop professional skills, and contribute to the advancement of the occupational therapy profession.

Mary J. Bridle Award (Rolling, deadline January 31, 2020)

Established to foster scholarship and first research efforts within the community of students, young practitioners, and early researchers. The Mary J. Bridle Award provides an opportunity for Pi Theta Epsilon members to have a research manuscript reviewed by experts in the field and considered for publication on *OTJR: Occupation, Participation and Health*, and receive a cash reward.

Benefits of Mentoring by Susan H. Lin, ScD, OTR/L, FAOTA

"We make a living by what we get, we make a life by what we give." - Winston Churchill

Over the past year, I've heard from two previous mentees and it's always gratifying to hear their progress. One wrote to thank me for writing a letter of reference for her application to an OT program and reported that she just graduated. Another, whom I had mentored from clinician to prospective PhD student, wrote to ask for advice about the focus of his dissertation. The benefits of mentoring to mentees are well-known and include higher salaries, accelerated career advancement, greater professional satisfaction and competence, and reduced stress and conflict. However, the benefits to mentors and organizations are less widely recognized and therefore, the focus of this column.

Why should busy and successful professionals mentor individuals? Certainly, mentors gain a sense of satisfaction and altruistic fulfillment. As former AOTF President and AOTA President, Carolyn Baum, PhD, OTR, once said, we have to "pay it forward" and help the next generation of practitioners, educators, researchers, and leaders. Indeed, organizations like AOTF and AOTA have recognized service and mentoring through their annual awards. In fact, when I worked at AOTA, I once remarked to my boss, Maureen Peterson, Chief Officer of Professional Affairs, that we had mentoring programs for emerging leaders and middle managers, but we had no formal recognition of good mentoring – no dangling carrot. She listened and concurred; and suddenly, I was tasked with writing up a new award for mentoring! (If you see a gap or problem, say something, and you can be part of the solution.) Thus, recognition by organizations for outstanding mentoring could serve as an incentive for some people, but more mentors probably agree to mentoring for other reasons.

Another possible motivating reason is that mentors may benefit from increased creativity through interactions and sharing of ideas and resources with their mentees. The fresh perspective offered by mentees can stimulate a change in processes or incorporating new resources, especially in the area of technology and new research questions/perspectives of analyses. Ensuring your work culture is open to new suggestions and questions is one way of welcoming input.

Mentors may benefit from a reduced workload if the mentee assists with their projects or tasks, but mentees are not free laborers. Depending upon the goals and context of the mentoring relationship, there should be progressive development of knowledge, skills, or behaviors towards the mentees' goals and interests. Mentors can then use some of their work time to focus on other projects, such as scholarly endeavors or program development/evaluation.

As mentors successfully nurture a cadre of mentees, they may develop a reputation for being an effective mentor in particular areas of expertise, which can influence colleagues to recommend them to potential mentees. One can see these collaborations being fruitful and productive in academia when mentees and mentors present and write articles

together. Mentors can introduce and sponsor mentees to key individuals or circles of colleagues, helping to socialize them to organizations and hidden opportunities. Such moments are inspiring to mentees in the grand scheme of their career trajectory and can catapult them into a niche area of expertise. Mentors are proud of their mentees' accomplishments and many lifelong friendships have evolved from mentoring relationships.

Finally, organizations who welcome mentee-mentor relationships can benefit from observing first-hand the potential talent of mentees. Similar to interns, many mentees receive job offers or career advancement opportunities through the mentoring experience. Having the history of collaborating with mentees expediently shortens the onboarding process, enhancing overall productivity.

In summary, there are many benefits of mentoring to mentors and organizations. Is mentoring always smooth and easy? Probably not. But then, show me something that is as foundational, influential, and worthwhile that's easy.

"Show me a successful individual and I'll show you someone who had real positive influences in his or her life. I don't care what you do for a living-if you do it well, I'm sure there was someone cheering you on or showing the way. A mentor." - Denzel Washington

The 2019/2020 St. Catherine's Challenge



OT's know there is rising demand for evidence. Demand from clients, caregivers and clinicians. Demand from payers and policymakers. This is why AOTF and OT students across the country are excited about the 2020 St. Catherine's Challenge which raises funds to support new research in areas of critical need to the profession.

Launched in 2013 the AOTF St. Catherine Challenge is an annual student-led fundraising initiative to support occupational therapy research grants awarded by the American Occupational Therapy Foundation. This challenge helps students play a direct role in the future of the field, raise awareness of occupational therapy and join together in the spirit of friendly competition to advance the science of OT.

All funds raised by the St. Catherine's Challenge support an AOTF awards Intervention Research Grants (IRGs). IRGs are unique, seed-funding, early-stage research grants that enable OT investigators to collect pilot data and build proof of concept for new and novel ideas. This one-year research grant of \$50,000 is an essential first round of funding necessary to collect and analyze data, publish findings, apply for larger grants, and conduct future studies. IRGs are a vital first step to enhancing evidence-based practice and improving the delivery of quality care.

The 2020 Challenge runs until February 17, 2020. AOTF recognizes the top three schools at the AOTA Annual Conference. We also recognize the most improved school with our MVP Award and our Rush to the Top Award for the best performing first-time participant.

Alumni, friends, faculty, staff, colleagues and everyone in the community is encourages to support a school participating in the Challenge. Gifts in support of the Challenge can be made at www.aotf.org.

For questions please contact stcatherinechallenge@aotf.org

St. Catherine's Challenge Fund Raising Event Held By The FIU MU Chapter



On July 15th, the Florida International University PTE Mu Chapter hosted their first St. Catherine's challenge fundraising event at the Local Pie in Miami, FL. Current students, faculty, alumni, as well as friends and community partners came out to support the cause and the turnout led to a successful event allowing them to raise funds for the challenge. FIU MSOT program places a major emphasis on research, which is why they are thrilled to support AOTF's mission. The Mu chapter hopes to make an impact this year and are eager to continue the work to raise funds for the 2020 Challenge.

Boston University PTE Students Share Refugee Experiences Inspired by PhotoVoice



On June 20th 2019, PTE members of Boston University's Omicron Chapter decided to showcase a PhotoVoice-inspired exhibit in honor of World Refugee Day. The project featured 15 photographs taken by two individuals who identify as refugees and have moved to Boston within the past four years. Accompanied by printed and audio-recorded captions, as well as brief biographies of the participants, the photos describe these individuals' life experiences related to living in their home countries, moving to a new nation, and adjusting to life in Boston (See Figures 1-3). Hearing them share the various backstories and meanings within their photos was a compelling reminder of the power of occupation and context in everyday life.

The World Federation of Occupational Therapists' (WFOT) (2014) revised position statement on human displacement states, "All persons, including displaced people, by virtue of being human, have the right to occupational opportunities to meet human needs, access human rights, and maintain health...We respect occupational strengths by valuing previous life roles, occupational adaptation, and existing occupational participation" (p. 1). This project allowed the individuals who identify as refugees to share their stories, which encompassed their previous life roles, occupational adaptation, and existing occupational participation through photographs and visual and auditory captions. Occupational therapy plays a distinct role in responding to the occupational needs of people experiencing displacement. The Omicron Chapter felt passionate about this project and about sharing the powerful and humanizing stories of individuals who identify as refugees. Given the current U.S. administration's "zero-tolerance" policy on illegal entry, which forcibly separated parents from children and seeks to prosecute asylum seekers, our Omicron chapter felt that it was important to lend a voice to these individuals.

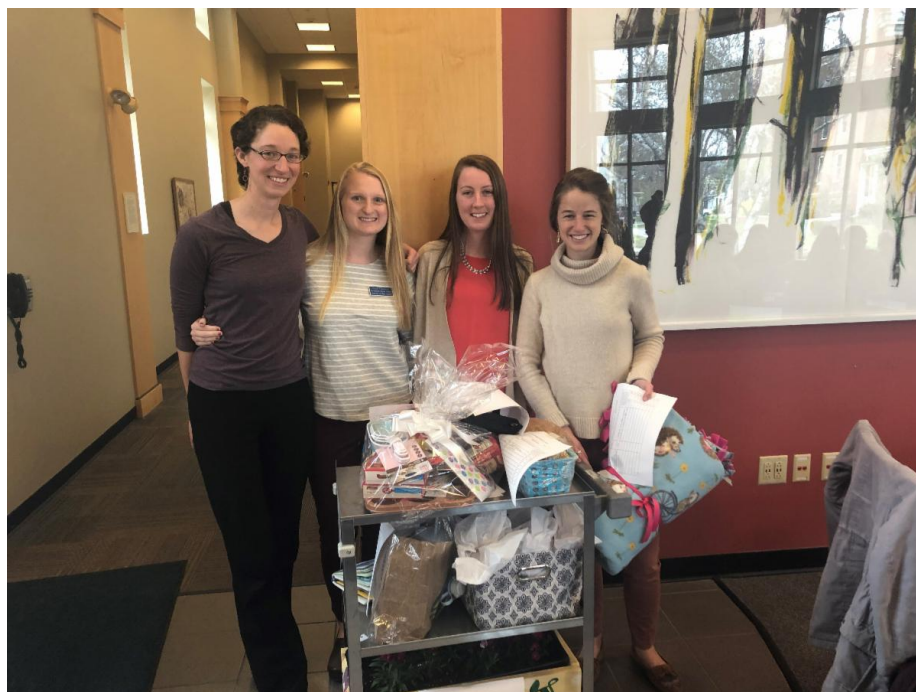
The Omicron Chapter hopes that this project will expand with the efforts of future Omicron chapter PTE members and will continue to offer a creative platform for those who wish to share their unique life experiences. This PhotoVoice-inspired exhibit has since been translated into a narrated video, in order to share the project with anyone who is interested in learning more about experiences of displacement and its impact on occupation. The video can be accessed at the following site:
<http://bostonuniversitypte.weebly.com/refugee-photovoice-exhibit.html>



The MacRae Meaningful Occupational Auction at the University of New England Raises Money Towards The St. Catherine Challenge

In April, the University of New England Pi Theta Epsilon chapter held "The MacRae Meaningful Occupations Silent Auction" to benefit further research and scholarship in the field of Occupational Therapy. Students and faculty donated items that represented meaningful occupations to each individual. Items included gift cards to local restaurants, health classes, and outdoor recreation opportunities. Baskets were created with self-care items, goodies for pet lovers, and DIY craft materials. Other auction items represented the foundation of the OT field and were handmade woven baskets, crocheted quilts, artwork, and handmade jewelry. The Auction was held from 12-5pm in the center of campus and in that short period of time over \$1400 was raised for the AOTF St. Catherine's Challenge. The UNE PTE chapter is proud to have been able to host such a successful and meaningful event in support of future research in the field of occupational therapy. We are excited to see what meaningful occupations will be donated and displayed next year!

By Lily Noble-Grosjean, President



PTE Benefit for Lifetime Members with OT.com

The American Occupational Therapy Foundation
 And Pi Theta Epsilon
 In collaboration with
 OccupationalTherapy.com

PTE continues its partnership with OccupationalTherapy.com to provide three **FREE** CEU webinars per year to its **lifetime members**. Based off of this summer's survey, the first course will be:

Finding the Sweet Spot in Functional Cognitive Intervention: Grading Tasks to Maximize Outcomes

- To reserve your seat, please RSVP today to pte@aotf.org . You may receive an automated email from OccupationalTherapy.com following your registration. Full instruction on how to take the course will be sent to you about one week prior to the event.

The Official PTE YouTube Channel

Did you know that PTE has an official **YouTube Channel**? Search Pi Theta Epsilon OT Honor Society on YouTube or **Pi Theta Epsilon OT Honor Society - YouTube** and subscribe.

This month we released a new video highlighting what a few of our mentors had to say about our 2019 Speed Mentoring Session held at the AOTA National Conference in New Orleans, LA. The video is titled "*Mentors Reflect on AOTF PTE Speed Mentoring 2019*". Mentors were excited to share their thoughts and

we encourage you to watch if you're interested in attending any of our national events in the future.

As many students are entering a new academic year, don't forget to watch our St. Catherine's Challenge video title "*St. Catherine Challenge - Events, Tips and logistics*" for fundraising ideas.

If you or your chapter would like to submit a video and be featured on our YouTube channel, please reach out to pte@aotf.org outlining your ideas.

If you have any recommendations on how this channel can better serve you, please reach out or comment on our videos. Whether you are looking for content to fill chapter meetings or ideas for scholarly events, this is a tool we want to continue to build as a resource for PTE members. In addition to the new video discussed above, we have several educational videos on the channel, including presentations and webinars from AOTF Intervention Research Group (IRG) recipients. We look forward to bringing you more content

PTE Chapter Updates

University of Texas Medical Branch (Nu Chapter)

Induction

Fifteen members of the Nu Chapter were inducted on Saturday, June 1, 2019, at the University of Texas Medical Branch. The importance of induction was portrayed throughout the ceremony as past and present members united to celebrate the field of occupational therapy. Loree Pryor, OTR, OTD, spoke to the new members about the importance of client centered practice and how occupational therapy is a beautiful mix of science and creativity to better the quality of life of our clients. The Nu Chapter selected Ickpyo Hong, OTR, PhD, as the Honorary Member due to his constant support throughout each new members' journey towards becoming occupational therapists. The Nu Chapter also wants to say a special thank you to April Cowan, OTR, OTD, CHT, for guiding the chapter and continuing to better the field of occupational therapy.



Occupational Therapy Journal Club

The Nu Chapter has created an Occupational Therapy Journal Club, led by the Chapter President, Amy Sitabkhan, in conjunction with the Chapter Faculty Advisor, April Cowan, OTR, OTD, CHT. The journal club serves as a forum for PTE members and fellow classmates in the Occupational Therapy program at the University of Texas Medical Branch to discuss current articles published in the American Journal of Occupational Therapy (AJOT). Members gain up-to-date information on evidence-based practice following participation in the chapter-led journal club meetings. Additionally, members are given the opportunity to build upon what they have learned from the selected journal article by sharing their commentary pertaining to previous knowledge related to coursework and shadowing experiences. The Nu Chapter hopes to continue to expand on the OT Journal Club by inviting clinicians to join the discussion, as they may be able to provide first-hand practical experience related to article topics with the occupational therapy students.

Fundraising

On June 18, 2019, the Nu Chapter hosted a pancake fundraiser to support St. Catherine's Challenge. This fundraiser was held in an interprofessional space, providing a wonderful opportunity for chapter members to meet and talk to students from other professions, as well as discuss the role of occupational therapy. Through the hard work of the treasurer, Kayleigh Beggs, the Nu Chapter was able to raise \$98 to contribute to St. Catherine's Challenge. The chapter is planning future fundraisers to further increase the donation amount.

Scholarly Projects

Nu Chapter at the University of Texas Medical Branch requires all PTE members to complete formal scholarly projects. All Nu Chapter members have identified faculty mentors and submitted proposals for scholarly projects ideas. The projects include test anxiety coping strategies for elementary school children, refined manuscripts on hospice care and on post-partum depression, a resource book on student success tips, presentations and references on occupational therapy awareness, ergonomic strategies for police officers, and a resource book addressing sex as an activity of daily living in occupational therapy. The Nu Chapter members are excited to begin their work on the scholarly projects, with the intent to contribute to the field of occupational therapy. The projects will be presented to the students and faculty later this year. Please watch for updates on the projects. For questions regarding any of the scholarly projects, contact Nu Chapter utmbpte@gmail.com

Georgia State University Inducts it's First Members

On May 22nd, 2019, Georgia State University established the Epsilon Nu chapter of PTE with the induction of its first members. We are so excited to be a part of this organization and encourage scholarship amongst the occupational therapy students at GSU. As a new program, we are striving to make our mark on the occupational therapy community and our membership in Pi Theta Epsilon will further that goal. We can't wait to get started organizing scholarly activities, guest lectures, and fundraisers for our students!



D'Youville Occupational Therapy Students Host Annual Art Gallery Event



A group of D'Youville students from the national occupational therapy honor society, Pi Theta Epsilon (PTE), created an art oasis for talents of the Western New York Community. On Wednesday, April 17, 2019, PTE members adapted a space on their campus in Buffalo, NY to accommodate artists from different walks of life. This event, now in its fourth year, takes place annually to raise disability awareness throughout the surrounding community. Additionally, it aims to promote acceptance of all people to the general public. Artists showcased their works which included paintings, woodworking, jewelry, photography, as well as dance. Organizations such as Moving Miracles, Fantastic Friends of Western New York, Gliding Stars, First Flight Creations, Aspire Center for Learning, and Restoration Society presented their artistry at the event. Individuals also showcased their art; one such artist was a retired occupational therapist who captures people from all over the world in various moments of "occupation". His artwork depicts the joys as well as challenges that define each person's occupational snapshot performing the skills of work, play, rest, sleep, leisure or socialization. Certain pieces of art were sold to interested attendees to support the organizations and individuals in their artistic endeavors.

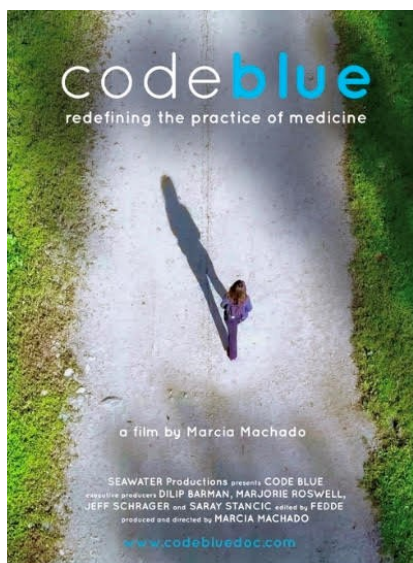
The diverse group of artists, representing all backgrounds and age groups, came together for this annual event to participate in their valued occupation of artistry. Artists

were able to express themselves through social participation and received positive feedback for their efforts. It was apparent that the artists were filled with pride and confidence after receiving such praise from the captivated gallery audience. Occupational therapists recognize the importance of art for many individuals as a meaningful and valued part of their work, leisure, and social participation roles. At the event, students studying occupational therapy were able to observe the holistic impact of the arts as meaningful occupation for each individual artist who showcased their work. Students and guests were able to learn how the arts can play a role in pain management, community integration, meaningful employment, leisure exploration, sensory regulation, social engagement, and both physical and emotional expression.

While organizing this event, PTE members made it a priority to involve local establishments that support the artists within the Buffalo community. After reaching out to local organizations, PTE was able to procure approximately 40 donated baskets to be raffled. Through donations to the raffle, over \$600 was raised and consequently donated to two Buffalo-based organizations that promote not only disability awareness and acceptance, but encourage play, social participation, and leisure activities. These two organizations, Moving Miracles, and Fantastic Friends, are partners in education with the D'Youville Occupational Therapy Department.

In order to uphold the scholarly mission of PTE, another goal of the event was to educate others about the important role art can play in the lives of individuals with disabilities. Guests from the Western New York area, as well as from the D'Youville college community and other local occupational therapy programs, were invited to the event. Moreover, this grassroots event strives to display the impact community support can play in the encouragement of continued participation in occupations such as art. D'Youville PTE members would like to challenge students and practitioners across the country to think about the impact of art on individual lives, at the organization level, and within whole communities. Also, the Alpha Rho Chapter of PTE, along with the faculty and students of the D'Youville Occupational Therapy Department, would like for future and present occupational therapists to examine how the integration of art as meaningful occupation can foster success and a sense of connectedness for those we serve.
-Jenna Donati, '21

St. Ambrose University Hosts a Screening of *Code Blue: Redefining the Practice of Medicine*



The Alpha Nu Chapter of Pi Theta Epsilon at St. Ambrose University in Davenport, Iowa, hosted a screening of the well acclaimed new documentary Code Blue: Redefining the

Practice of Medicine. The viewing took place on April 29, 2019 and the students and faculty of St. Ambrose Occupational Therapy invited the local community to the Center for Health Sciences Education. Following the film, PTE Faculty advisor Dr. Erin Phillips and local Lifestyle Medicine physician, Dr. Cheryl True, hosted a panel discussion on the collaboration between OT and lifestyle medicine and the need for a cultural shift toward healthy living. The following is a media excerpt from the filmmaker and a photo from the event! If you are interested in finding out more about lifestyle medicine feel free to contact Erin Phillips (phillipserina@sau.edu) or visit the American College of Lifestyle Medicine website at www.aclm.org.

"Would you change your habits to live a longer, healthier life? code blue provides the prescription to do just that. The solution is simple; the common sense practice of lifestyle medicine can prevent nearly 80% of chronic diseases.

Through the lens of filmmaker Marcia Machado, code blue reveals lapses in the current state of medicine and provides a common sense solution by featuring the practice of lifestyle medicine to prevent, manage and reverse chronic diseases. The film presents the hurdles to the proposed shift: antiquated curricula in medical schools, confusion in the media, inadequate government policies, and the underlying influences of the pharmaceutical and food industries."

Huntington University Delta Phi

Huntington University's PTE Chapter has partnered with Park Center, a local mental health facility, to provide a community outreach opportunity focusing on education, pediatric milestones, and ways to promote optimal development. Park Center assists a variety of demographics, with one location focusing on a medically-underserved population by integrating primary care and mental health services within the same facility. Students will offer informative content on how to tell if a child is meeting developmental milestones, shaken baby syndrome, the period of purple crying, and secure attachment. In addition, PTE members will collaborate with a multidisciplinary team of graduate healthcare students to inform caregivers on a variety of subjects and advocate for the role of occupational therapy. Furthermore, PTE members from Huntington University are in the process of completing a grant proposal to supply materials and equipment to create an enriching environment for children and caregivers receiving services at Park Center. Community outreach is vital and provides students with an opportunity to translate knowledge from the classroom to a non-traditional setting.

Gannon University Pi Theta

The Gannon chapter of Pi Theta Epsilon will be executing the "Second Annual Halloween Party" for teens and young adults diagnosed on the Autism Spectrum. Our first highly successful (and great fun!!) Halloween party occurred last October and it was a hit with the participants and our honor society members. We are planning another event which will include various activities, face painting, dancing, music, and, of course, lots of food.

The success of this event is a testimony to the industriousness of the Pi Theta members and addresses an unmet need within our Erie, A community for this diagnosis and age group.

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