

Scroll & Pen

Pi Theta Epsilon
The National Honor Society of Occupational
Therapy

*A program of the
American Occupational Therapy Foundation*



Winter 2020 Volume 30, Issue 1



President's Report

Happy 2020!

I hope all of you had a wonderful holiday season and an unforgettable entry into the new decade! As we approach AOTA's 2020 Annual Conference in Boston, we are busy at National Office putting together our final touches for our five events this year.



In the September newsletter, we discussed the elimination of the Student Poster Session, the renewal of the Speed Mentoring Session, and the introduction of the Research Panel. We are excited to see how this new structure presents itself at conference next month! We are happy to bring back our proudest session from last year, the Speed Mentoring Session, for its second year! Thank you to Dr. Susan Lin, ScD, OTR/L, FAOTA & Dr. Susan Murphy, ScD, OTR/L for once again spearheading this wonderful event. Similar to last year, there will be a signup process for the limited seats. More details are listed below.

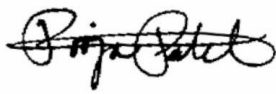
We are thankful to AOTF for assisting us with the development of the new Research Panel for all of our PTE members, including students. The topic this year will be: How to Become A Researcher. With their close camaraderie with the Academy of Research, we hope to bring to you some of the most credited researchers in our field.

As a reminder, all award, grant, and scholarship applications for PTE have officially closed. Award recipients will be informed shortly in order to allow time for planning accommodations as needed.

The voting cycle for this year's election has also ended as of January 31st. The new or continuing national board members will be officially introduced at the Annual Business Meeting at the AOTA Conference in Boston on March 26 from 1:30pm - 3pm at the Weston Waterfront, Marina Ballroom IV.

As always, we encourage you to reach out to National Office to voice your questions, concerns, comments, and ideas. We look forward to seeing you all in Boston next month! See you soon, Pooja A. Patel, DrOT, OTR/

Best wishes,



Pooja A. Patel, DrOT, OTR/L

Congratulations 2020 PTE Executive Board Members!



Lauren F.
McClung (Zweig)
OTS,
Incoming PTE
Secretary



Pooja A. Patel,
DrOT, OTR/L,
Re-elected PTE
President

Thank you for your commitment, we look forward to working with you this year!

PTE Events at the AOTF Conference 2020



425 Summer Street | Boston, MA

- PTE Faculty Advisors' Workshop
 - 3/25/2020 from 7-8:30pm
 - Westin Waterfront, Faneuil Room
 - This is an RSVP Event
- PTE How to Become a Researcher Panel
 - 3/26/2020 from 10:30-12pm
 - Westin Waterfront, Marina Ballroom IV
- PTE Reception
 - 3/26/2020 from 12-1pm
 - Westin Waterfront, Marina Ballroom II
- PTE Annual Business Meeting
 - 3/26/2020 from 1:30-3pm
 - Westin Waterfront, Marina Ballroom IV
- PTE Speed Mentoring Session
 - 3/28/2020 from 9-10:30am
 - Westin Waterfront, Marina Ballroom II

Back by Popular Demand- Speed Mentoring!

By Susan H. Lin, ScD, OTR/L, FAOTA

Dr. Susan Murphy and I were thrilled with the success of last year's inaugural speed mentoring event for PTE students and alumni at the 2019 AOTA Annual Conference in New Orleans; it was lauded by participants and mentors. Interest in participating by PTE members was high enough that we started a waiting list. Mentors reported that they enjoyed the event, and many said they'd be willing to participate again. Due to feedback from the leadership of AOTF, the goal of the speed mentoring session has been revised slightly to align with the foundation's priorities. Thus, the speed mentoring event this year will provide brief and diverse perspectives to active PTE members who have questions about research, scholarship, or career planning.

To maximize the number of mentees we can accept, we will hold two 36 - minute sessions, enabling mentees to talk one-on-one with four mentors. When mentees are not participating in the direct mentoring session, they are welcome to join roundtable mentoring. These group discussions allow further discussion of questions and general career planning, plus sharing of research resources. For example, at our table last year, I gave tips on networking and negotiating salary and benefits. Mentors will be leaders and highly accomplished occupational therapists with research and/or scholarship experience.

If you're planning to attend the 2020 AOTA Conference and would like to participate, please complete the pre-registration form by Feb. 14th, 2020. We will send you confirmation of your reserved seat by Feb. 26, 2020. Acceptances will be issued on a first-come basis, with a cap of 48 participants. If we receive more than 48 pre-registrations, we will maintain a waiting list. Unfortunately, due to logistics, we cannot accommodate PTE members who do not pre-register.

If your registration is accepted, you may want to prepare your questions and bring paper/device to take notes. One of the questions on the form is: "What do you hope to learn from speed mentoring?", so you may want to reflect upon your career plans and formulate questions. You will only have 8 minutes to introduce yourself to your mentor and discuss your question(s). When the bell rings, you'll have one minute to transition to the next mentor on your list. Business or personal cards are optional but are a great way to exchange contact information if follow-up is needed. We look forward to seeing you at the PTE Events in Boston!

[REGISTER](#)

St. Catherine's Challenge Update

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 encouraged 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 Participants: Make Sure All Funds Have Been Sent to the AOTF National Office by Close Of Business Monday, February 17, 2020!

Go #AOTFSCC Teams Go!



The **San Jose State University** PTE Team has been having a whole lot of fun fundraising for the 2020 St. Catherine Challenge! We have organized monthly bake sales, created and sold ID badges for student internships and fieldwork experiences, coordinated "Holiday Grams for Finals Crams," and written letters and emails to family, friends, and community members to ask for donations and advocate for the value of OT research. We have partnered with a racing organization to volunteer at local running events that support charitable organizations, helping us to serve others, raise funds for the St. Catherine challenge, and get the name of OT out in public!

Each of our monthly meetings includes a "Journal Club", in which a member of the chapter shares a research article on any OT topic of interest and leads a reflective discussion on the value of this research. We love that we have the opportunity to support OT research through the St. Catherine Challenge this year and are excited to be working alongside other OT programs across the country to reach our national fundraising goal!



At the 2019 Florida Occupational Therapy Association (FOTA) state conference, the **University of Florida** OTD students designed and sold stickers to benefit the St. Catherine's Challenge. Occupational therapists, students, and faculty from other OT/OTA schools in attendance for the Florida state conference, supported UF's efforts by buying these stickers. They were thrilled to learn about the St. Catherine's Challenge and how they were supporting occupational therapy research that furthers the profession. The University of Florida was able to raise over \$200 over the weekend and spread awareness for this cause within the state of Florida. The University of Florida is excited to continue to raise funds and engage all in the 2020 Challenge.



The **Misericordia University** Pi Theta Epsilon Psi Chapter had an eventful fall semester raising money for the St. Catherine's Challenge. The 14 senior members of the chapter ran a clothing order featuring OT and Misericordia apparel, a Pura Vida bracelet fundraiser customized with MU colors, and a Yankee Candle fundraiser that was able to reach large amounts of people through online orders. The biggest event that was held was the annual Fall Yard Sale. Chapter members were involved in the collection, pricing, organization, and sale of thousands of items, and they were able to reach out to not just their school, but the surrounding community. This year, the students included small fact sheets about "What is OT?" and ways that basic principles can benefit everyone in each bag of items sold with the goal of spreading the mission and importance of occupational therapy practice. Additionally, the members took part in a volunteer opportunity at the local Fellowship Church to run a Fall Festival for the children in the area. This provided a safe environment for the children in our community to come play

fall-themed games and go trick-or-treating. The chapter executives are now organizing the funds in preparation to make a large donation to the St. Catherine's Challenge, setting up fundraisers for the spring semester, and preparing to welcome the next year of Pi Theta Epsilon members in February.



The Alpha Nu Chapter of Pi Theta Epsilon at **St. Ambrose University** hosted a Pinot Plus Paint fundraising event on November 7, 2019. The event was a success with professors and students joining together for an evening of paint and pinot. This evening allowed students and faculty to relax and enjoy each other's company while learning from an instructor on how to paint. It was exciting to watch images come to life on canvas and interesting to see how everyone's paintings were unique in capturing a winter wonderland.



On February 1, 2020 students from **Mary Baldwin University** and their friends and family gathered for a bingo night at Skipping Rock Beer Co. in

Staunton, VA. Participants took a break from school and work to engage in two vital areas of occupation: leisure and social participation. Local businesses donated gift cards, allowing for a total of 11 rounds of bingo and a door prize for the individual who was closest to guessing "how many people attended the first Super Bowl?" A total of \$450 was raised for St. Catherine's Challenge, bringing MBU's contribution for the year to \$770!

Congratulations New PTE Members!

College of St. Scholastica, Duluth, MN



1st OTD Cohorts at the Auerbach School of Occupational Therapy
at Spalding University, Louisville, KY



Clarkson University, Potsdam, NY



A.T. Still University, Mesa, AZ



Florida Gulf Coast



Grand Valley State University



Twelve students were inducted into the PTE Delta Theta Chapter at Grand Valley State University (GVSU) in 2019. PTE members have worked on various projects within the past year. Members have volunteered at the Grand Rapids Children's Museum's (GRCM) biannual event, Connor's Friends, which is a night at the museum designated for children with autism and their families. At Connor's Friends events, GRCM is modified to create an enjoyable experience for its attendees. Special sensory activities are added to the museum's exhibits, and there is calming music, dimmed lighting, and additional sensory activities that are added for the children to enjoy. PTE members designed and implemented sensory activities as well as engaged with children and their families.

PTE members also collaborated with the User Experience Librarian at GVSU's main library to develop ideas to make the library more inclusive and accessible to all students. One idea was to develop a library guide that provides space descriptions and visuals that would easily allow students to determine spaces that they may want to utilize based on factors such as noise levels, group study areas, and availability of computers. Another idea was to provide sensory profile quizzes to help students determine which type of sensory tools (i.e. calming or alerting) would be beneficial to help them study. Along with this, it was recommended that library staff members would receive education on the different types of sensory profiles/preferences and some non-verbal communication skills. This would aid staff and student workers to take a proactive approach to helping students tailor their learning and find spaces in the library to best meet their needs. Recommendations were also made to address technological aspects of the library. PTE members recommended modifying the library's room reservation screens, print screens/stations, and touch screen directories by making these screens adjustable in height in order to allow students who use wheelchairs to easily access and use them. Furthermore, it was recommended to increase the text color contrast of these screens to better serve individuals with low vision.

In addition, GVSU's PTE members have partnered with and performed a needs assessment on Mt. Mercy, which is an independent living community that seeks to

provide affordable housing for people living in West Michigan. Mt. Mercy consists of apartments that are allocated for older adults ages 65 and up, or adults ages 55 and up with a disability or long-term support needs. Results of the needs assessment indicated that it would be beneficial for the residents to increase their social participation, engagement in leisure activities, health management, and home management with a focus on safety and independence to promote productive and successful aging. It would also be beneficial to increase the overall accessibility of the facility. PTE members will continue to collaborate with Mt. Mercy and develop group interventions to best fit the residents' needs.

University of Texas Medical Branch

Nu Chapter Updates

Written by: Mary Kossa, OTS, Pamela Ruz, OTS & Amy Sitabkhan, OTS

OT Awareness amongst Medical Students

Amy Sitabkhan, Nu Chapter President, and Pamela Ruz, Nu Chapter Historian, completed their scholarly project on increasing occupational therapy awareness amongst medical students, with faculty mentor Loree Pryor, OTD, OTR. Their project included a presentation on defining occupations, OT education (credentials, certifications, fellowships), common conditions, practice settings, and the need for interprofessional collaboration to improve patient outcomes and follow through of care. Additionally, the members created a patient-centered pamphlet on occupational therapy and badge cards that can serve as a quick reference for medical students to make referrals. Due to the success of their project amongst the medical students that chose to attend their presentation, professors from the University of Texas Medical Branch School of Medicine reached out to Amy and Pamela to potentially present a guest lecture and add occupational therapy information to the curriculum for incoming medical students. The members are currently collaborating with the medical school faculty in hopes of presenting in August 2020. For updates regarding this project, contact the Nu Chapter (utmbpte@gmail.com).

St. Catherine's Challenge Contribution

The Nu Chapter is very grateful to have had the opportunity to contribute \$500 to St. Catherine's Challenge. The Nu Chapter raised funds through an interprofessional pancake breakfast and professional T-shirt fundraiser, led by Kayleigh Beggs, Nu Chapter Treasurer. Our chapter strongly believes in this student-led initiative to support the profession of occupational therapy by raising funds for AOTF Intervention Research Grants (IRGs). #AOTFSCC

Community Service

The Nu Chapter's Community Service Committee, consisting of Mary Kossa, Linsey Thai, and Catherine Stanley, organized Halloween festivities for the residents of Holland House, in Galveston, TX. Holland House is part of the Galveston Housing Authority, which provides affordable housing for low-income families and individuals with disabilities. A total of 20 residents attended the event and participated in activities such as crafts and trivia. The Nu Chapter enjoyed planning an evening filled with Halloween fun and appreciated interacting and hearing Halloween traditions from the variety of residents.

Adopt-a-Family

This holiday season, the Nu Chapter chose to participate in an Adopt-a-Family event, organized by Mary Kossa, Nu Chapter Secretary. The Nu Chapter, in collaboration with the Student Occupational Therapy Association (SOTA) at UTMB, adopted a local family in the Houston area through the Houston Children's Charity who was unable to provide for gifts for their two children. The Nu Chapter raised \$215 and had the opportunity to hand deliver the gifts. The Nu Chapter would like to thank all those who

contributed to this event in making this holiday season special for the adopted family.

Dominican College

Animal Assisted Therapy

Contributed by Eleanor Leyden, Lori Pernal, & Madison Sisco

Animals have proven to provide comfort and companionship to humans for centuries, but the use of animals in therapeutic interventions have only been researched since the 1960's. Current research shows that individuals, in the presence of animals, experience changes in physiological and psychological states. Animal assisted therapy (AAT) has shown to have a positive effect on people, including those with mental health, behavioral, and physical disabilities.

Individuals have experienced increases in positive affect, decreased anxiety, decreased depression, decrease in stress levels, and decreased blood pressure (House, Neal, & Backels, 2018).

Dogs are commonly used as therapy animals to elicit communication and behaviors that can contribute to occupational performance across the lifespan. For example, children may benefit from the use of AAT in occupational therapy intervention to achieve independent functioning by practicing self-care skills such as grooming, feeding, and dressing the animal (Andreasen et al., 2017). AAT has also been found to be useful with elders with dementia. Sellers (2006) found that participants demonstrated an increase in social behavior and decrease in agitation during treatment interventions in the presence of an animal.

There are several organizations that train people and animals to work together for therapeutic purposes, and one in the New York areas is The Good Dog Foundation. This is a charitable organization with the mission of helping individuals overcome trauma and stress using AAT. The therapy dog teams visit approximately 250 partner facilities in New York, Massachusetts, and Connecticut, ranging from small nonprofits to world-renowned medical and educational facilities. Perhaps one of the most interesting partnerships involving The Good Dog Foundation is with the Dyson School of Criminal Justice at Pace University, which created the Parenting, Prison & Pups (PPP) program. This program was developed by Dr. Kimberly Collica-Cox, Associate Professor of Criminal Justice and Security, as an evidence-based research project to remediate the lack of jail-based programming for women inmates (Collica-Cox & Furst, 2019). This unique program is the first of its kind to promote more effective parenting and strengthen maternal-child bonds for incarcerated mothers. The aim of this program is to prevent recidivism rates of mothers and the intergenerational pattern of criminal offense.

According to an interview with Dr. Collica-Cox, the partnership with The Good Dog Foundation grew out of inmate requests for interactions with dogs. The dogs provide an opportunity for women to express their emotions in an environment where it is usually not safe to reveal personal feelings. During the PPP program, dogs participate on three different levels including stress reduction, developing trust and openness, and as surrogates for affection, attachment, and communication. Dr. Collica-Cox has noted several areas of positive impact congruent with the research on AAT. She states that women show improved behavior, including less aggression and engagement in verbal altercations, and increased social participation. In addition to Dr. Collica-Cox, the PPP program delivery team includes correctional staff, mental health professionals, a yoga instructor, volunteer firefighters, university students, and The Good Dog Foundation teams.

The therapeutic benefits of interacting with dogs, as well as the ability of dogs to

assist humans in a multitude of tasks, has led to a variety of programs in which occupational therapists may wish to take professional note *. Although these programs may not be currently directed or delivered by occupational therapists, their goals of providing life skills training falls within an occupation therapy scope of practice, promoting occupational justice and improving quality of life (American Occupational Therapy Association, 2014). Occupational therapists with a passion for AAT and/or community reintegration programs may seek to further interdisciplinary collaboration and research into this non-traditional practice area. Providing AAT in conjunction with occupational therapy services will assist clients in meeting their desired goals including biomechanical aspects, social skills, and psychosocial well-being.

PTE is excited to bring a taste of AAT to our fellow students at Dominican College in an effort to support our health and well-being as well as to shed light on an innovative area of practice. Please look for these dogs before class on WEC 4 and WEC 6 in the lobby of Prusmack.

If you would like to get involved, The Good Dog Foundation is interested in welcoming new volunteers! <http://thegooddogfoundation.org/volunteer/>

* Paws with a Cause - www.pawswithacause.org, Puppies Behind Bars - www.puppiesbehindbars.com

University of North Dakota

The Pi Theta Epsilon (PTE) Kappa Chapter at the University of North Dakota has been busy in the fall semester of 2019 revamping their PTE organization as their academic program has been transitioning from a master's program to a doctoral program. The president, Sarah Lovelace, and faculty advisor, Dr. Sarah Nielsen, PhD, OTR/L, have worked throughout the semester to coordinate the needs of the students with the organizational requirements and vision. Some of the highlights from this semester include the following:

- Inducted one new member at the beginning of the semester.
- Held round table discussions on current, scholarly articles once per month open to all occupational therapy students.
 - The meeting divides students into small groups to discuss key components of the article, methodology, application to practice, and additional questions specific to the content of the article prior to discussing as a large group.
 - Conducted a two-day bake sale to raise money for the Ruth-Peterson Scholarship.
 - Paired with Tastefully Simple to raise money for the PTE organization.
 - Completed an out-service event at a local elementary school on backpack awareness, including ergonomic health and safety.
 - Held an in-service for all occupational therapy students by an OT who presented on motivation for oncology patients.
 - Planned a conference to be held on February 1, 2020 in conjunction with University of Mary (OTD), Northland Tech (OTA), Lake Area Tech (OTA), and North Dakota State College of Science (OTA).

The organization looks forward to a spring semester full of opportunities to reach the community and the students at the University of North Dakota. The Kappa Chapter also anticipates enhancing scholarly work, practice, and opportunities for students.

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 last course of the three will be:

Innovations in Geriatric Care: Evidence-Based Interventions for Falls

- May 4 - 18th, 2020
- Once you receive notice concerning Course #3, you can reserve your seat at that time.
- 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

Our most recent [YouTube](#) upload is the recorded stream from our "Beginner's Orientation 2019." The national board hosted an informational session streamed on Youtube Live, where PTE members and faculty advisors were able to participate via a live chat. Check it out!

If you or your chapter would like to:

- Submit a video to be featured
- Recommend how this channel can better serve you and your peers

Please reach out to pte@aotf.org outlining your ideas.

Pi Theta Epsilon | pte@aotf.org | 240-292-1077 | www.aotf.org/pithetaepsilon

