Models for Partnership: Occupational Therapy and Disability Resources
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Occupational therapist
Associate Professor, Doctoral Capstone Coordinator
Cleveland State University

Grace C. Clifford, MAEd
Director, Disability Services
David Geffen School of Medicine at UCLA

Conference Civility Statement
We ask you to join us in creating a culture that reflects...
Access and Inclusion
and
Civility and Respect
...this week and in all aspects of our organization.

Agenda
• Learning objectives and introductions
• Institutional and office overviews
• Overview of Occupational Therapy
• Origin story: ODS and OT partnership
• OT facilitated credit-bearing course
• OT models on campuses of higher education
• Questions
Learning Objectives
At the end of this session, participants will be able to:

- Understand the skillset of occupational therapy professionals
- Link occupational therapy services with campus needs
- Describe successful occupational therapy models on campus
- Implement strategies to enhance student success

Karen Keptner PhD, OTR/L
- Relevant clinical experience
  - Western State Psychiatric Hospital, Lakewood, WA
  - Cleveland Metropolitan School District, Cleveland, OH
  - Cleveland PACE, Cleveland, OH
- Academic experience
  - College Lecturer
  - Director, Health Sciences Graduate Program
  - Assistant/Associate Professor
  - Doctoral Capstone Coordinator

Grace C. Clifford, MAEd
- Director, DGSDM Disability Services at UCLA (March 22 – present)
- Director, Office of Disability and Testing Services at CSU (19-22)
- Associate Director, Office of Disability Resources, CWRU (13-19)
- Mental Health and Treatment Specialist, Applewood Centers Inc. & Ohio Guidestone (08 – 13)
- Current board member: Coalition for Disability Access in Health Science Education
Cleveland State University

- 4-year public urban research institution
- Enrollment Fall 2021: 15,464
  - 10,626 Undergraduate
  - Fall 21 Freshman
  - 56% of students identified as White,
  - 20% Black/African American,
  - 9% International,
  - 10% Hispanic/Latino,
  - 4% Asian
- Course load:
  - 71% FT vs. 29% PT

ODS and CARE Mgt Office Information

<table>
<thead>
<tr>
<th>Office of Disability Services</th>
<th>CARE Management</th>
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<tbody>
<tr>
<td>1,244 students registered</td>
<td>2019 CARE reports: 810</td>
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<tr>
<td>856: 2 or more disabilities</td>
<td>2020 CARE reports: 2,201</td>
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<tr>
<td>Full time staff (4)</td>
<td>2021 CARE reports: 698</td>
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<tr>
<td>PT staff (3)</td>
<td>Full time staff CARE (5)</td>
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<tr>
<td>Student staff</td>
<td>CARE Mgt (3)</td>
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<tr>
<td>Graduate assistants (2)</td>
<td>Clinical CARE (2)</td>
</tr>
<tr>
<td>Hourly graduate students (4)</td>
<td>Student staff</td>
</tr>
<tr>
<td>Social work interns (3)</td>
<td>Social work intern (1)</td>
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CARE Mgt vs Clinical CARE Mgt

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<thead>
<tr>
<th>CARE Mgt</th>
<th>Clinical CARE Mgt</th>
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<tbody>
<tr>
<td>Works collaboratively to support wellbeing and remove obstacles</td>
<td>Licensed mental health professionals</td>
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<tr>
<td>Identifies, assesses, and responds to behavior that is concerning</td>
<td>Assessment, planning, and referral for complex social needs, Medicaid, unemployment, &amp; other state benefits</td>
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<tr>
<td>Makes referrals on and off campus to best connect students to available resources</td>
<td>Support and check-ins for students at risk for suicide</td>
</tr>
<tr>
<td>Follow-up from hospital visits, connection to more intensive treatment</td>
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Challenges for ODS/CARE

Office of Disability Services
• Difficulty transitioning from high school/community college
• Assisting students with attendance and extension accommodations
• Disability management
  • Psychological disabilities
  • Executive functioning

CARE Management
• Food, financial, home, and transportation insecurities
• Access to medical and mental health services
• Medical hospitalizations
• Interpersonal concerns/violence
• Visa/residency requirements (international students)
• COVID-19 complications

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

• Occupational therapy is a licensed health profession
  concerned with how people live their daily lives
• Occupational therapists help students manage all aspects of their life—freeing them up to be successful in academics and life

Occupational therapy
• Founded in 1917
• Holistic approach to function
  • Person
  • Environment
  • Occupation

Occupational therapy in education
• IDEA, Rehab Act (Section 504)
  • Early intervention
  • "Related service"
• ADA, Rehab Act (Section 504)
  • Higher education
  • Goal: accommodate, compensate
### Occupational therapy

**Health management**
- Understanding sensory needs
- Managing medical issues
- Establishing healthy routines and habits
- Addressing barriers to action

**Academic support**
- Exploring executive function deficits
- Promoting self-determination and advocacy
- Accessing campus spaces

### Occupational therapy department

- Transition from MS to OTD
- Population health and community outreach
  - Opportunities for practicum and service learning activities
  - Doctoral capstone projects

### OT Activity #1
Origin Story: DRP & OT Partnership

| OT Dept: Desire to pilot OT based course |
| ODS: Need for sustainable disability management support |
| CARE Mgt: Need for sustainable, enhanced, holistic support for students returning after crisis |

Origin Story: Skill-building, credit bearing course

- Fall 2019: OT and ODS met re: potential collaboration
- CARE/ODS connect to Sullivan Deckard Program
- ODS and CARE students connected to course
- Launched first HSC class in Summer, 2020
- Under-enrollment issues
  - Added to UG course catalog, approved gen ed, elective

Occupation and the College Student

- "Gamification" approach
- Individualized assessment of each student
- Graded skill building
- Progress monitoring
- Objectives: balancing and managing the "occupations" of a college student:
  - Academics
  - Social
  - Financial
  - Healthy Lifestyle
Mandatory and Student-directed Course Activities

Mandatory Activities
- Attending weekly class/group session
- Assigned weekly activity/assignment

Student-directed Activities
- Varied by weekly topic
  - Example: Music Therapy Sessions

Course outcomes – GPA by semester
(N=53 students through Summer 2021)

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<th>Pre-semester GPA</th>
<th>Course semester GPA</th>
<th>Post-semester GPA</th>
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<tr>
<td></td>
<td>2.17 (1.53)</td>
<td>3.64 (0.95)</td>
<td>3.1 (0.72)</td>
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OTD Practicum Fall 2021 – Survey results

- I am confident that I can tell professionals on campus (counselors, disability specialists, or occupational therapists) the concerns I have even when they do not ask.
- I am confident that I can work out solutions when new problems come up in my daily life.
- I am confident that I can maintain positive changes that I worked on with a professional on campus (counselor, disability specialist, or occupational therapist), even during times of stress.
Course management shell for grad students
• Initiated by OTD students
• Resources for student success
  • Stress management and coping skills
  • Routine and habit management
  • Executive function tips and tricks
• Permanent link to grad program directors
• OTD student capstone project to complete spring 2023

Models of OT Intervention on Campus
• Consultant: various approaches
• Student support services: University of Southern California, CA; CalTech, CA
• Partnership with student health: St. Louis University, MO
• Supported education programs: Stockton University, NJ
• Certificate programs that work with students with intellectual and developmental disabilities (IDD/DD): Gwynedd University, PA; SUNY Orange, NY
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<tr>
<th>University of Southern California</th>
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<tr>
<td>OTs work in the primary care center to promote wellness in student population</td>
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<tr>
<td>OTs also work in the Kortschak Learning Center</td>
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<tr>
<td>Lifestyle Redesign for the College Student</td>
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<tr>
<td>Thrive on campus</td>
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<tr>
<td>View video from Tracy Jalaba, OTR/L</td>
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<tr>
<th>University College Cork, Ireland</th>
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<tr>
<td>Every Day Matters: Healthy Habits for University (micro-credential)</td>
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<td>Skill building video series</td>
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<th>Dublin City University, Ireland</th>
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<td>First Autism Friendly University (in the world)</td>
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<tr>
<td>8 core principals to create an Autism Friendly University</td>
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<tr>
<td>(OTs were involved in planning the AFU and are a key support for autistic students on campus)</td>
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Sensory Packing Checklist

- Jeanne Eichler EdD, OTR/L designed an orientation video that is viewed by students across the US – to help them prepare for the transition to university life, specifically how to meet sensory needs as they transition from home
- [View video from Dr. Eichler]
Session Evaluation

Please point your phone at this QR code, or go to: tinyurl.com/AHEADeval

Your feedback helps shape future programming.
Thank you for attending!