

# MEOTA Fall Conference

"Weaving Wellness through  
Occupational Therapy Practice"

Saturday, October 21, 2023  
Black Bear Inn • Bangor, Maine  
Earn up to 12 CEUs



MaineOT.org

## CONFERENCE EVALUATIONS AND CEU CERTIFICATE

All conference recordings and files will be available at:

<https://maineot.org/fall2023>

When you are finished attending all sessions (including recordings)  
complete your evaluation and attestation form to get your certificate:

[bit.ly/meotaeval](https://bit.ly/meotaeval)



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# Keynote Speaker



**Susan Noyes, PhD**

Susan Noyes, PhD, OTR/L, FAOTA chose a career in occupational therapy to work in adult rehabilitation but had such an amazing level II mental health fieldwork experience that she has now been a proud mental health OT for 40 years.

Throughout her clinical practice, Susan worked with people in a variety of health settings including inpatient units, outpatient clinics, day treatment programs, Assertive Community Treatment (ACT) and early intervention for psychosis teams, community residential homes, and several grant-funded projects focused on supported employment and adolescent mental health care.

Susan has taught full-time at the University of Southern Maine OT program since 2012 and is the lead instructor for the mental health practice course.

A passionate believer in the power of the collaboration between OT practitioners and individuals living with mental health challenges, Susan's scholarly interests include improving quality of life for adults living with a hoarding disorder.

She was a founding member of the former Portland Maine Hoarding Task Force, and conducted qualitative research on a volunteer program to support people living with a hoarding disorder. Susan's publications include chapters on anxiety and obsessive disorders in the text, *Occupational Therapy in Mental Health: A Vision for Participation* (Brown, C., Stoffel, V., eds., 2019); a systematic review on "Occupational Therapy Intervention with Employment and Education for Adults With Serious Mental Illness" (AJOT, 2018); and the AOTA "Practice Guidelines for Adults Living with Serious Mental Illness" (2019).

She has served AOTA as both chair and research coordinator of the Mental Health Special Interest Section.

# Live Schedule

## AM Sessions

7:30-8:00 - Registration

8:00-8:15 - Introduction and Welcome

8:15-9:15 - Keynote Address: "**Weaving in Mental Health and Occupational Wellness: The Warp and Weft of Occupational Therapy Practice**" by Susan Noyes, PhD

9:15-9:45 - CDC Address by Sheila Nelson

9:45-10:15 - Break and Vendors

10:15-11:15 - **Session 1**

a. Reducing Fall Risk One Dance at Time by Dr. Cavanaugh Kelly, PhD, MS, OTR/L & Husson students

b. OT Leadership: Theories and Strategies to Enhance your Professional Leadership Skills by Julie Larouche, OTD, OTR/L and John Krasnavage, BA, COTA/L, MHRT/C

11:15-11:30 - Break and Vendors

11:30-12:30 - **Session 2**

c. Starving your STRESS Gremlin: Methods and Strategies for Finding Your Triggers and Reducing Stress, Burnout and Compassion Fatigue by Diane Sauter-Davis, MS, OTR/L FAOTA

d. Prosthetics for Function: Helping People with Finger Amputations Return to Work by Tania Garcia

e. Roundtable: Scope of Practice for OT in the Schools by Lauren Fysh, OTR/L and Erin Hatch, OTR/L

12:30-1:00 - Lunch

1:00-1:30 - MEOTA Business Meeting

1:30-2:00 - Break and Vendors

## PM Sessions

2:00-3:00 - **Session 3**

f. Brain Injuries: Origins, Impacts and Treatments by Shane McNear, COTA/L, LSW

g. Suicide and Risk Management in OTP roles by Greg Marley, LCSW

h. Round table: Environmental Considerations in Universal Classroom Design by Monica Belanger, MS, OTR/L, CAS

3:00-3:25 - Break and Vendors

3:25-4:25 - **Session 4**

i. A How to Guide for Creating and Maintaining a Successful OT/OTA Student Program Within Your Company by Madeline Kelley, MS, OTR/L

j. Regulation Before Expectation: Supporting and Recognizing the Sensory Needs of Clients with Autism to Promote Authentic Participation by Monica Belanger, MS, OTR/L, CAS

k. Roundtable: Reading and Reflection Circle (Book: "These Precious Days" by Ann Patchett) led by Diane Sauter-Davis, MS, OTR/L FAOTA

4:25-4:45 - Closing Remarks

## Additional Info

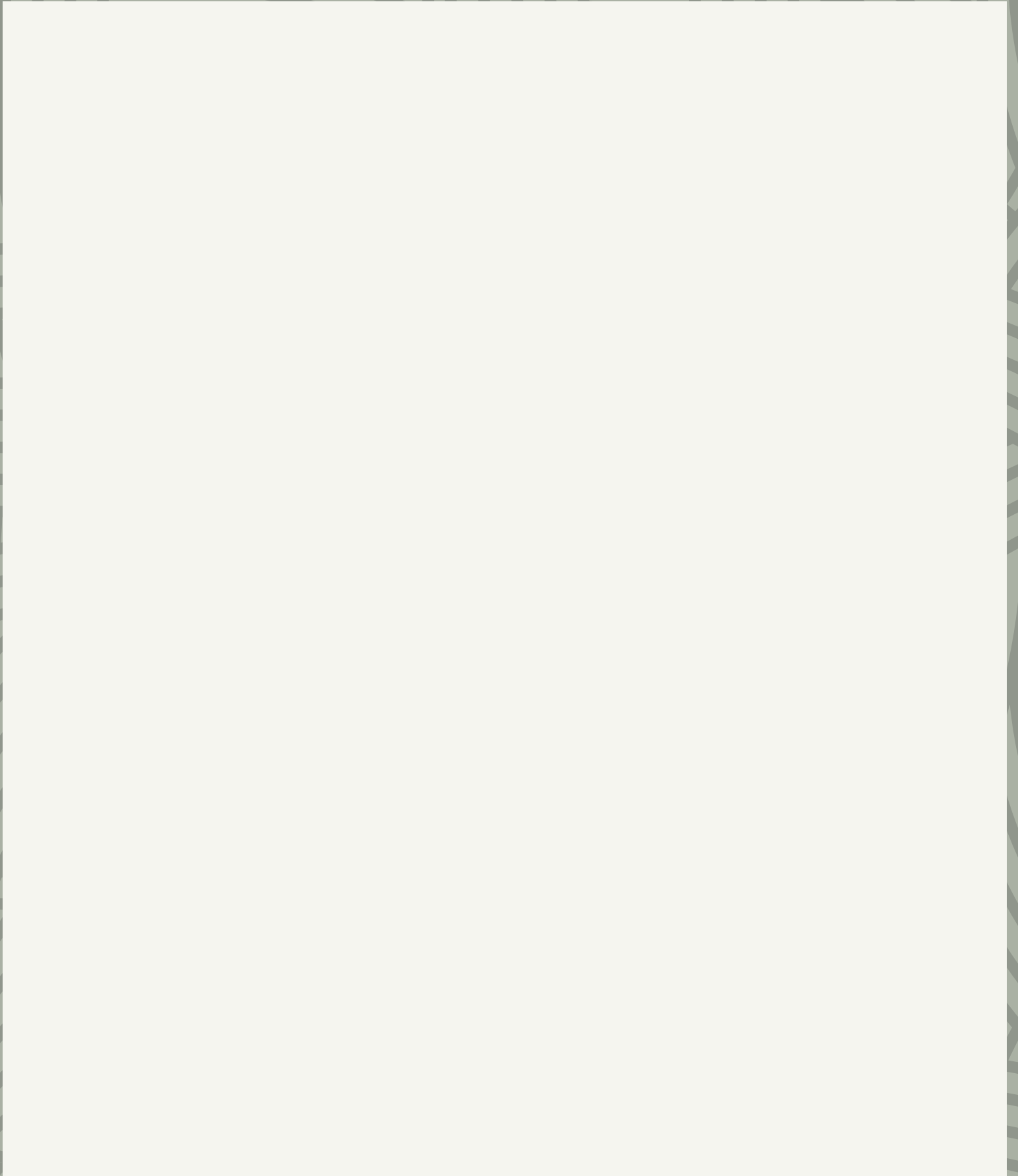
CEUs will be available for participants after survey is completed. Further instructions will be provided in a confirmation email. Participants must watch all recordings they would like to earn credit for before completing the evaluation.

All workshop sessions will be live streamed and recorded. Join us live or catch up on missed sessions on your own time! Please note roundtables will not be livestreamed or recorded.

# NOTES



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- ✓ It keeps you informed. MeOTA finds information about becoming involved in decisions happening at the state level.
- ✓ It holds fun events. We host a Reading & Reflection group, crafting nights and volunteer opportunities.
- ✓ It provides opportunities to network. You can meet other practitioners through special interest groups for your practice area and through regional events.
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