

Vermont Occupational Therapy Association

MEET AND GREET

Meet and Greet Gather to focus on pediatric OT in schools



Fall Quarterly
2018

Co-sponsored by VOTA and OTs in Washington Central School District

October 3, 4-6PM at Red Hen Baking Company in Middlesex Vermont

RSVP to Karen Downey if you wish to attend

votatreasurer@gmail.com

VOTA Officers:

- President: Caren Maslowsky
- Vice President: Karen Fiekers
- Secretary: Tabitha Davis-Barron
- Treasurer: Karen Downey
- Newsletter Chair: Kristen Jackson
- Membership Chair: Viki Delmas
- Legislative Chair: Todd Patterson
- Public Relations: vacant
- RA Rep: Ela Dupont

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VOTA Conference & Annual Meeting,
March 16, 2019.
Watch email, website & Facebook
for details!

AOTA Vision 2025

Occupational Therapy maximizes health, well-being and quality of life for all people, populations and communities by providing effective solutions to facilitate participation in everyday living.

Article Summary:**Stress from childhood to adulthood**

As summer comes to an end many people are returning to a busy work life. Schools are starting, business is picking up after vacations, and stress is starting to increase. However, having stress is not always a bad thing. Stress helps us to make successful decisions, helps us learn coping strategies and how to adapt to difficulties and conflict. There are many different types of stresses in our lives: Positive, Tolerable and Toxic. Positives stress arises from excitement of meeting new people and participating in new activities. Tolerable stress is a type that many working individuals may experience on a daily basis. It includes difficult situations, changes in emotions, or disruptions in our lives. Lastly, toxic stress, which is a prolonged period of stress that may last up to years (Middlebrooks & Natalie,2008). Toxic stress appears from intense experiences that are out of our control such as abuse (emotional, physical, sexual), neglect (emotional, physical), and dysfunctional family (mother treated violently, household substance abuse, household mental illness, parental separation or divorce, incarcerated household member).

Children who experience toxic stress may have difficulties being successful in school and in their relationships. Without receiving support during their childhood, children may develop many health problems that cause extreme changes in their adult lives. When a child feels threatened, there is an increase of hormones that can cause significant impact of their brain which can thus impair functioning (Middlebrooks & Natalie,2008). Toxic stress can cause damage to the connecting circuits in our brain causing decreased development. These children may become reactive to small stimuli in their environment, thus causing increased behaviors.

With the ever-growing trauma rate, research was completed to find links between child trauma and health problems in older adults. The Adverse Childhood Experiences (ACE) study had over 17,000 adult participants. Each participant completed a questionnaire that requested information on past history as well as current health and behaviors. The research found that almost two thirds of the participants reported at least one of the ACE items, and more than one in five reported more than three (Middlebrooks & Natalie, 2008). The research found that the more ACE items an individual experienced, the more likely they were to be at risk for one or more of the following health impairments: depression, liver disease, alcoholism, Chronic Obstructive Pulmonary Disease (COPD), sexually transmitted diseases (STD), smoking, suicide attempts, unintended pregnancies, fetal death, and ischemic heart disease.

This study confirms that trauma and exposure to toxic stressors as a child can cause significant health problems in their adult lives. So as a therapist, how can we assist? Connect children and families with local health agencies to begin work with family counselors. Provide support to all children and adults and become a trustworthy resource. Continue to educate the community on trauma informed practices and always be a mandated reporter. We can provide education, support and resources to our clients that will help them shape their lives and bring a better tomorrow.

Reference: Middlebrooks JS, Audage NC. The Effects of Childhood Stress on Health Across the Lifespan. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2008.

http://health-equity.lib.umd.edu/932/1/Childhood_Stress.pdf

Chelsea Vaillancourt, MS OTR/L

Occupational Therapist

South Burlington School District

A Message from your President
By Caren Maslowsky, OTR/L



Happy Autumn! Happy Back to School for our working parents and pediatric school-based therapists and assistants. I would say “Happy Fall”, but we just observed Fall Prevention Week last week, so that wouldn’t be very punny.

You, our members, took a survey we sent you, and we listened! The VOTA 2019 Annual Conference will be held on Saturday, March 16, 2019. *Save the date!! Location will be in the Montpelier area. We are negotiating contracts with two sites, in order to be good stewards of your membership dollars. It will be hard to top the energy of Jessica and Patrick with Rescue last year. However, I’m excited to have so much great input on speaker topics. You will certainly enjoy the learning and networking opportunities. We will call on members to assist with conference planning. Please contact VOTA on the website if interested.*

Speaking of learning, there have been many questions and uncertainty surrounding the proposed changes for entry level education mandates for OT’s and OTA’s. Currently, the AOTA Board has placed both processes in abeyance so that the proper authority, the Representative Assembly, is able to meet in November. They will discuss all input from members, educators and ACOTE representatives. Be sure to read the article by our Vermont RA, Ela DuPont, for more details and a link to an important article by AOTA. By being active members of VOTA, you are well-connected to current issues in our occupational therapy profession.

Another exciting development is the adoption of a membership management software package which will help produce more efficient renewals, communication, and event registration. Be assured, your feedback is valued. See you at one of the meetups planned around the state.

Be well,
Caren



For any of those who would like to continue or to begin sharing DME in VT, there has been a change...

The website www.getatstuff.com closed on September 30th, 2018. Your current listing will expire on that date. We will begin using a new website for Vermonters to post needed and available durable medical equipment: www.vt.at4all.com. You can list your item on this new site after creating an account. This free site is similar to Get AT Stuff, and is user friendly. If you have any questions, please contact the Vermont Assistive Technology Program at 800-750-6355 or dail.atinfo@vermont.gov.

Reminder: If you have not used this website recently, it is an online, independently used durable medical equipment exchange that is similar to Craigslist.

Fieldwork Student Request

Hello Vermont OTRs-

I am a second year graduate student at Hofstra University in New York. I completed my undergraduate degree at Champlain College in Vermont and I would love the opportunity to return to the Vermont for a Fieldwork II placement in the summer or fall of 2019.

I am most interested in pediatrics, early intervention, hospital and neuro-rehabilitation placements. I have not confirmed my first fieldwork II placement, but I have fieldwork I experience in a pediatric outpatient clinic and an adult inpatient rehabilitation setting. I would prefer the placement to be a commutable distance from Burlington, as I have friends I can stay with for free!

Here is a link to my Linkedin account: <https://www.linkedin.com/in/amanda-petry-69319825/>

I appreciate your help. I would be looking for a 3-month placement starting this coming June, or beginning September 2019. Please contact me directly if you have any future fieldwork openings.

Many thanks,

Amanda Petry

apetry2@pride.hofstra.edu

914-424-6713


AOTA Hill Day is October 1, 2018!

If you can't fly down to Washington, D.C. to talk to our senators and representative face to face, you can always reach out through the online AOTA legislative action center. From the webpage, you can choose the issues you want to act on and compose a letter that is sent by email to your legislators to let them know what is important to you. Current issues listed for action include the lymphedema treatment act and protecting the ADA, but you can always write your own letter to let your legislators know what is important to you as an occupational therapy practitioner in the state of Vermont.

The website is: <http://cqcengage.com/aota/home?0>

I hope you all join me in participating in a virtual hill day on October 1, 2018 by reaching out and contacting our legislators representing the state of Vermont in Washington, D.C.

Thank you,
Ela Dupont



From our RA Rep Ela Dupont:

AOTA Representative Assembly (RA) FAQ

Hi. My name is Ela Dupont, and I am the Vermont representative to the AOTA Representative Assembly. I wanted to share with you some of the frequently asked questions about the AOTA RA, and encourage you to reach out to me if you have any questions or a motion you would like to discuss. I can be reached at VermontRArep@gmail.com.

The Representative Assembly is the “Congress” of AOTA and is a designated body of the Board directly responsible for the establishment of professional standards and policies for the profession of occupational therapy. What are the functions of the RA?

- Approving professional standards and policies that are brought forward through motions made by members of the Association
- Charging RA officials, RA committees and commissions, and the AOTA President with specific actions or tasks related to motions adopted by the Assembly
- Establishing and charging ad hoc committees with specific actions or tasks based on motions adopted by the Assembly
- Electing RA officials (Speaker, Vice Speaker, Recorder) and standing committee chairs (Agenda, Credentials Review and Accountability)

Who makes up the RA?

- Elected representatives of each state; some states, depending on the number of AOTA members in that state, have two representatives (PA, NY, and CA)
- RA Leadership Committee (RALC) made up of the Speaker, Vice-Speaker, Recorder, Agenda Chair, and Credentials Review and Accountability Committee Chair
- Representative from Affiliated State Association Presidents (ASAP), Assembly of Student Delegates (ASD), Internationally Based Practitioners, OTA Representative, and Consumer Representative
- The RA Coordinating Committee (RACC): Chaired by the Vice-Speaker and made up of the Chairs of the following Commissions: Ethics Commission (EC), Commission on Continued Competency and Professional Development (CCCPD), Commission on Practice (COP), and Commission on Education (COE). Speaker is an ex-officio member.
- President, Vice-President, Secretary, and Treasurer of the AOTA Board of Directors; AOTA Executive Director is a non-voting member of the RA.

What is the role of a State Representative to the RA?

- To disseminate information about AOTA and RA business with AOTA members in an election area and to report back with the results of RA meetings
- To assist constituents with the development of motions that are within the purview of the RA and that will influence professional standards and policies
- To participate in meetings (online and face to face if held) such as task groups and other forums.
- To encourage Association membership
- To exercise fiduciary responsibility during RA meetings by making fact and knowledge based Decisions that prioritize the good of the profession and the Association and that are not solely based on individual members or election areas (states)
- To work collaboratively with the RA Leadership Committee (RALC) to ensure transition of new reps (recruitment, election, orientation, and mentoring)

Entry Level Mandate Issues:

Please use visit the website below to learn more about the discussion regarding a single point of entry into the profession and governing bodies which accredited our educational programs.

<https://www.aota.org/~media/Corporate/Files/AboutAOTA/BOD/ACOTE/entry-level-mandate-summary-representative-assembly-timeline.pdf>

OTD and OTA programs in Vermont Update:

The Dr. Jeremy Sibold, at the University of Vermont College of Nursing and Health Sciences, continues to develop an Entry Level OTD program, with a potential start date of Summer of 2020.

- Can you offer a fieldwork placement site to a future OTD student at your school, facility or private practice? We have 19 sites identified at this time, but hope for more.
- Can you suggest an OTR who also has a doctorate in OT or another field, who would be interested in becoming the Director of the UVM OTD program?

If you can help with either of these two needs, please contact Karen Downey, OTR at kedot2018@gmail.com as soon as possible.

Castleton University has hired Scott Homer, OTR,MS, Director of the OTA Program at Maria College in Albany, NY as a experienced consultant to develop an OTA program with the Castleton Administration, with a projected start date for the program in the of Fall 2020.

- Letters of Support for this OTA program are needed. If your agency, facility or school program can provide a letter please address it to Dr. Karen Scolforo, President of Castleton University.
- Additional Fieldwork placement sites are also needed for this OTA program.

If you can provide a Letter of Support or offer a future fieldwork site placement, please contact Caren Maslowsky, VOTA president at otvermont@gmail.com or Karen Downey at kedot2018@gmail.com

Karen Downey, OTR/L

VOTA Treasurer

VOTA

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The mission of the Vermont Occupational Therapy Association (VOTA) is to promote and advance occupational therapy practice, research, legislation, and education, and to support occupational therapy practitioners in Vermont. The Association serves its members by providing support services, acting as a public advocate of occupational therapy, and participating in cooperative interaction to meet the needs of the professional and the public.

Please visit our new website:

www.vermontot.org

VOTA Membership



Continue your VOTA Membership!

Encourage co-workers and friends who are Occupational Therapists and Occupational Therapy Assistants to consider becoming a member of our organization.

Please apply on our website or request an application form from our membership chair to sign up for a 1 or 3 year membership with VOTA.

Questions?

Please contact:

Viki Delmas

email: vikidelmas@yahoo.com





Vermont Occupational
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