



Ontario Society of  
Occupational Therapists

## **Advancing OT in Mental Health: Positioning for the Future**

***Join our one day forum & celebrate practice innovation,  
develop a shared vision for the future and  
renew your passion as an OT in mental health!***

This is an exciting time for the mental health sector and a time when occupational therapists have an opportunity to influence the future of mental health and addictions policy and service delivery through strategic planning that is taking place within Local Health Integration Networks, the Ontario Government and through the Mental Health Commission of Canada. Mental health and addiction issues cross the lifespan from youth to older adults and can significantly impact occupational performance and community participation. As mental health policy evolves, occupational therapists have potential to be leaders in addressing occupational issues as service providers, educators, researchers and advocates.

**The purpose of this forum is to:**

- Bring together OTs from across the province to share information & best practice, to network and to vision for the future
- Develop strategies for the next 5 years to position OT as a strong and vibrant force in the mental health sector in Ontario

**You are invited to come and share your ideas  
with your colleagues!**

**May 8, 2009**

**9:00 am – 4:30 pm**

**McMaster University, Hamilton, Ontario**



# ***Advancing OT in Mental Health: Positioning for the Future***

## **Program Agenda**

**8:00 – 9:00**      **Registration, Join us for coffee!**

**9:00 – 9:30**      **Welcome & Opening Remarks**

**9:30 - 10:15**      **Keynote speaker – Terry Krupa , Ph.D., M.Ed., B.Sc(OT)**  
***OT and Mental Health: A Vision for the Future***



Dr. Krupa is an Associate Professor in the School of Rehabilitation Therapy at Queen's University. She was the 2007 Muriel Driver Memorial Lectureship Award Recipient and has won multiple awards for her work as an educator. She is an internationally recognized researcher and advocate, with a strong commitment to promoting full community inclusion of people living with mental illness. Terry is passionate about occupational therapy and the profession's contribution to the field of mental health.

**10:15-10:45**      **Networking Break & "Innovations" Posters**

**10:45-12:00**      **Innovations in Practice**

Choose from over 14 "Innovation" concurrent oral & poster presentations focusing on innovative research, policy or practice initiatives related to OT in Mental Health. See listing of "Innovation" presentations on next page.

**12:00 - 1:00**      Lunch

**1:00 - 1:45**      **Positioning for the Future**

Updates re: Mental Health Commission of Canada, Provincial Government MH Strategy Development, COTO's developing psychotherapy regulation

**1:45 - 3:00**      **Open Space Forum**

Dialogue re: key issues affecting OT and mental health practice in Ontario. This is an opportunity to share your ideas regarding strategic directions for the OSOT Mental Health Sector Team. Topics include: Marketing/branding OT services, Promoting occupational outcomes, Addressing role blurring/de-skilling of mental health providers, Advocacy & leadership (others to be determined based on interest of participants)

**3:00 - 3:15**      Break

**3:15 - 4:30**      **Pulling it all together**

Prioritizing issues/strategies. Evaluation & follow-up

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## **“Innovations in Practice”**

### **Occupation & Productivity**

- 1. An Occupational Time Use Intervention for People with Serious Mental Illness**, Megan Edgelow, Queen's University
- 2. Occupational Based Art Studio for Adults living with Mental Illness**, Amanda Dam & Isabel Fryszberg, Centre for Addiction & Mental Health
- 3. Mental Health in Private Practice – The Work Focus: Work Matters**, Erika Pond Clements
- 4. Developing a Return to Work Group in an Adult Day Program**, Angela Everest

### **Living Skills**

- 5. Forensic Peer Mentorship Cooking Program: A Model for Change**, Michael Ivany, North East Mental Health Centre
- 6. Community OT Initiative: Clutter Management Strategies**, Catherine Chater, Centre for Addiction & Mental Health and Jane Bowman, COTAHealth
- 7. Aging Parents: Helping your Clients Cope**, Deana Worne-Lang, Hamilton Program for Schizophrenia

### **Mental Health Practice Approaches**

- 8. A Complementary Approach to OT: Encompassing Energy Psychology Principles**, Sharon De Souza, Osler Health
- 9. Making a Decision to Apply Restraints: A Best Practice Process**, Sylvia Davidson, Toronto Rehabilitation Institute
- 10. The Development of Recovery Competencies for In-patient Mental Health Providers**, Shu-Ping Chen, Terry Krupa, Queen's University
- 11. Mindfulness-based CBT for Depression**, Angie Kingma, Credit Valley START Program

### **Posters**

- 1. Aging at Home, Instrument Support – Peer Worker Project**, Moiya Keena
- 2. Reviewing Mental Illness: Trialing a New Psycho-Educational Group**, Meaghan Foster
- 3. Occupational Therapy: Leading Psychosocial Rehabilitation and Interprofessional Care**, Cindy Malachowski, Whitby Mental Health
- 4. Enabling Mental health in School Aged Children through Assistive Technology**, Heidi Cramm, Queen's Doctoral Student



# Advancing OT in Mental Health: Positioning for the Future

## Registration Form

**FEES: \$ 84.00 For OSOT Members**  
(includes \$4.00 GST)

**\$ 109.20 For OT Non-Members**  
(includes \$5.20 GST)

**\$ 40.00 Students** (includes \$1.90 GST)

Ottawa and Thunder Bay area OTs are invited to contact the OSOT Office for information about videoconferencing options

<b>Registration Information:</b>		<b>Method of Payment:</b>	
first name	last name	<input type="checkbox"/> cheque payable to <b>OSOT</b>	
address		<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	
address line 2		credit card number	expiry
city	province	postal code	signature
home telephone	date		
e-mail address	OSOT membership # _____		
special dietary requirements:	I enclose payment / bill my credit card for the amount indicated: <input type="checkbox"/> <b>\$84.00</b> <input type="checkbox"/> <b>\$109.20</b> <input type="checkbox"/> <b>\$40.00</b>		
GST#: R104002092			
<input type="checkbox"/> you may include my name and contact information on the list of participants			

**Send completed registration form to OSOT by  
Fax: (416) 322-6705 or email: [osot@osot.on.ca](mailto:osot@osot.on.ca) or by post to  
55 Eglinton Ave. E., Suite 210, Toronto, Ontario M4P 1G8**

Please note that OSOT reserves the right to cancel the forum at any time if there are insufficient registrations and will be responsible for refunding only forum registration fees.

Cancellations will be refunded less a \$50. administration fee with notice received by OSOT no later than April 24, 2009.



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## Travel Directions



Inspiring Innovation and Discovery

School of Rehabilitation Science  
Institute of Applied Health Science,  
1280 Main St. W, Hamilton, Ontario

### Coming in from out of town? Directions:

Visit the McMaster website to  
download a map for full directions –  
[http://www.mcmaster.ca/welcome/  
campusmap.cfm](http://www.mcmaster.ca/welcome/campusmap.cfm)

For Directions from a variety of  
Ontario locations see  
[http://fhs.mcmaster.ca/main/map  
IAHS.html](http://fhs.mcmaster.ca/main/map<br/>IAHS.html)



### Parking:

Limited Parking is available directly beside the building in Lot 1 at \$20/day, or in visitor lots (M,N,O,P) off Cootes Drive at \$5/day (take 5 min shuttle bus to main campus).

### Accommodations:

Nearby accommodations are available at;

Visitors Inn

649 Main St. West (Hwy 8 & 403)

Hamilton, Ontario

\$91. per night Thursday May 7<sup>th</sup>, \$129 per night Friday May 8<sup>th</sup> (single or double)

Phone/Fax: (905) 529-6979 Toll Free: 1 800-387-4620

E-mail: [reservations@visitorsinn.com](mailto:reservations@visitorsinn.com)

Website: [www.visitorsinn.com](http://www.visitorsinn.com)