

# OTTP-SF

*The OTTP-SF Quarterly Newsletter*



*Inside This Issue*

**YOUTH ART & SAVE THE DATE**

**P. 1**

**YOUTH SUCCESS STORIES**

**P. 2 & 3**

**HOLIDAY THANK YOUS & SELF-CARE KITS**

**P. 2 & 3**

## SAVE THE DATE

On June 3rd, 2021, we will be hosting our annual Youth Empowerment Fundraiser. This year, for the first time ever, we will be going virtual. Save the date for an evening of entertainment, art, and our annual silent auction. Check out our events page [here](#) for registration updates, and follow us on social media for more updates and sneak peaks of our incredible auction items. We look forward to seeing you at the fundraiser!

## YOUTH ART

In December and January, the first annual Youth Art Contest was held at OTTP-SF. Any and all youth were encouraged to submit a piece of their artwork to earn a prize. The goal of the contest was to showcase the talent of the youth we work with, as well as feature the art on thank you gifts for our donors. All of the artwork you see in this issue are entries from the contest.



## SUCCESS STORIES

"I started working with T through our alternative school's contract because he was not engaged with online learning and has had a long history of not engaging with school. T's goal is to become a firefighter after high school and we were able to set up a meeting with a local firefighter via zoom. T was extremely nervous during the meeting but once the call was over he leaped out of his seat and was so animated, talking about how he feels like he now has a path after high school. He even said "I am going to see if I can add a math class to my schedule"! With support, T was able to attend the Youth Fire Academy at the Black Firefighter Association to continue to explore his passion and interest in firefighting. His new found excitement for his path after high school has increased his motivation to participate in academics and other activities that bring him purpose in life."

- OTTP-SF Occupational Therapist



## THANK YOUS

Over the holiday season, we hosted our first annual Holiday Gift Campaign. We asked the youth we work with to select a special holiday gift, and our donors rose to the occasion and purchased them all. Thanks to your generosity, every youth received the gift they wanted.

“

*Thank you guys so much, I really appreciate it. You guys are always here for us. - OTTP-SF Youth*

OTTP-SF occupational therapists shared these stories about the youth they work with who received gifts:

"She was so excited she could barely hold it together as we looked at the options for a toy she had been wanting. She absolutely loved that she got to pick it out and said thank you over and over. She said thank you like a hundred times. From my perspective, she's had a rough year and continues to have very minimal control over her day to day life through this pandemic. Any opportunity for her to make decisions and feel confident and excited are valuable beyond words. Her mom was also really appreciative that she got to do that and that we got the youth gifts at all."



## SUCCESS STORIES CONT.

"A youth who struggles with anxiety, limited motivation, and avoidant behavior applied for, was accepted into, and participated fully in the first week of a Bay Area Video Coalition internship. He even volunteered to present to his internship cohort!"

- OTTP-SF Occupational Therapist

"An OTTP-SF youth logged onto google classroom for the first time in 4 months. This change came about because they were able to increase their rapport and comfort level with their instructor through therapist-facilitated after-school meetings."

- OTTP-SF Occupational Therapist

"A youth reported that she has met her goal of feeling better about herself and has been putting herself down less. She was able to describe the strengths she possesses that enabled her to remember and perform a dance routine that prompted a compliment from her instructor."

- OTTP-SF Occupational Therapist

## THANK YOU CONT.

"When I gave the student the gift card they requested, they were really grateful for the opportunity to purchase something for their family with the card. They shared that they feel OTTP has their back and are so thoughtful during this difficult year. To be able to let the students know they can choose something for the holidays felt really great as a therapist, to be able to do something for the student"

With the help of donors like you, and the annual gift from the Steve Lee Foundation, more than two hundred gifts and wrapping supplies were purchased.

## SELF-CARE KITS

OTTP-SF Occupational Therapists at Independence High School in San Francisco created and prepped 180 self-care kits for students this week. Self-care kits include an egg shaker and hand putty for self-regulation, mini-lego kits to support healthy leisure engagement and develop problem-solving skills, luxurious hand lotion to support self-care after so many hand-washings, a multi-colored pen for increased organization in school, and herbal tea bags to facilitate healthy sleep hygiene. Goodie bags can be picked up or delivered; students also get to choose books from a wide selection (fiction, fantasy, memoirs, social justice, and more!) ordered by Principal Anna Klafter.