

OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

IN THIS ISSUE

- **THANK YOU!**



- **CAREER DAYS WITH CIGNA**



- **MEAL KITS & MORE**



THANK YOU!

Holiday Gift Drive

Thank you to everyone who supported our Holiday Gift Drive! We are thrilled to share that all of the gifts were purchased. The youth are now receiving stuffed animals, sticker books, warm clothes, string lights, art supplies, and so much more! Because the drive was 100% fulfilled, each young person will receive the special gift they hoped for this holiday season. We are so grateful for the ongoing support of this community. Thank you for helping us spread a little magic. Because of your generosity, the holidays at OTTP-SF are brighter!



CAREER DAYS WITH CIGNA

OTTP-SF hosted two virtual career days as part of its FIT Program (Fostering social-emotional learning by Increasing mental health using a Trauma Informed approach) at Buena Vista Horace Mann and Martin Luther King middle schools in San Francisco.



As part of OTTP's social-emotional learning curriculum, we devoted time to provide exposure to a variety of careers/jobs that aligned with the students interests and values. In partnership with Cigna Foundation, we recruited a number of staff from Cigna who participated in a Career Day at the Middle School sites. Cigna staff who participated included Cigna's Medical Director, the Director of State Government Affairs, the Health Engagement Advisor, a Sales Administrative Associate Analyst, and the Director of Sales Operations. Cigna staff shared their current day to day job duties with the students, as well as their career aspirations when they were in middle school and their ultimate career path.

Students had an opportunity to share their current interests and occupational goals, and to ask questions to the Cigna volunteer panel. Cigna generously donated fruit baskets to the youth as well as Cigna memorabilia.

Thanks so Cigna Foundation for making this possible!





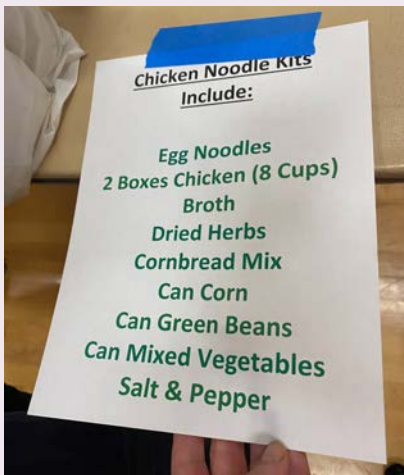
MEAL KITS

100 Meal Kits were donated by the Relief Society of the Church of Jesus Christ of LDS in Moraga, CA. On November 16th over 25 women gathered to assemble donated food items into kits that would each feed 4 people. The partnership

between OTTP-SF and the Relief Society was formed when Tracy Feldman was contacted by the group and was able to share our mission with them. Heather Davis, who initially reached out, oversaw the evening. Together OTTP-SF and the Relief Society prepared the meal kits.

Different stations were set up on tables and groups of women were spread across a gymnasium, each focusing on a different meal. There were soup, pasta, and turkey meals, as well as \$1000 in gift cards for perishables. Meals were then distributed to the youth and their families by OTTP-SF clinicians. Some of the meals were also prepared in the OTTP-SF kitchen by the youth and clinician as an occupational

therapy activity. These youth were able to bring home the finished product to share with their family. Thank you so much to the Relief Society for your support of our mission. We are so grateful and look forward to future collaboration!





SUCCESS STORIES

This young person was 17 years old when she began working with OTTP-SF's employment program. Her top priority was to get a job and start making an income so she could support her one-year-old daughter and eventually move to her own place. Her employment specialist connected her with the store manager at Champs at Westfield Mall. Her whole support network, including her friends and family who all live in the neighborhood, came together to support her in having a successful interview. They babysat her daughter, assisted her in putting together an interview outfit, helped her practice interview questions, and styled her hair. Her employment specialist traveled with her to her interview, where she did a wonderful job, and was successfully offered the position.



An OTTP-SF Employment specialist has been working with this young person for over a year and we struggled to find a job that was a good fit for her. She frequently changed her mind about what she wanted to pursue. This spring we stumbled across an internship opportunity at an elementary school and she decided to apply. The application was long and the new hire meetings were all done in large groups of 50+ interns virtually which was

stressful for the youth but she persisted. As part of the internship she even enrolled in her first ever community college course. She was able to increase her independence in advocating for herself and worked with a tutor and her professor to help pass the class. She described the feelings she gets being at her internship as drained but happy because the staff are nice and she gets to be with kids which she loves. It also allowed her to reflect on some of her mental health symptoms which interfered with being present with the kids. She was able to discuss coping skills for this with her employment specialist. While over now, her successful completion of both the internship and the community college class have given her new confidence to apply to other positions.