

OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

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SAVE THE DATE

Grocery Gift Card Drive

The ramifications OF COVID-19 have been exceedingly difficult for many of the youth and families we serve. More than ever before OTTP-SF has been asked for help with food and groceries. For the month of October we will graciously accept grocery gift cards to distribute to the families we serve. Please mail or deliver to our office at:

**425 Divisadero St
Suite 300
San Francisco, CA 94117**

[Online donations](#) can also be made through our website (type "groceries" in the comments section) to provide food assistance to the communities we serve. As always, we appreciate your generosity and support.

Holiday Gift Drive

Want to help make the holidays at OTTP-SF a bit brighter? We will be hosting a holiday gift drive again this year for the youth and families we serve.

In November, we will share a link to the gifts OTTP-SF youth have requested. Spread a little joy by purchasing a special item such as a new doll, therapeutic art supplies, or a basketball for the young person who requested it. Last year, thanks to the generosity of donors like you, we were able to give gifts to more than 200 youth! We'll share the link in an upcoming email and across our social media channels. Follow us for more details and to help us make a little holiday magic!



NEW CIGNA PROGRAM

OTTP-SF and OTTP-LA received a Cigna Foundation grant to provide social emotional skills building to middle school youth in San Francisco and Los Angeles counties. The program is called the FIT program: Fostering social/emotional learning by Increasing mental health awareness and utilizing Trauma-informed approaches. Four middle schools located in high need neighborhoods are receiving our services.



These schools include Jane Addams Middle School and Will Rogers Middle School in the Lawndale Elementary School District of LA, and Buena Vista K-8 Community School in the SF Mission District and Dr. Martin Luther King Jr. Academy in the Bayview District of San Francisco. The goals of FIT are to increase mental health awareness, foster social-emotional learning, improve self-efficacy, and increase resources for youth and families. FIT is designed as a 3-Tier model to provide participants with supports aimed at improving mental health and wellbeing. FIT seeks to address such challenges as a lack of psychoeducation for school personnel and a lack of accessibility for mental health support among youth in low-income communities, particularly those who experience the most profound mental health challenges due to histories of complex trauma.

Thus far, OTTP-LA and OTTP-SF have successfully provided services to one cohort, and are starting a second cohort this coming Fall. The youth have expressed that they are learning a lot while having fun, and all have been connected to community resources to address ongoing needs. Additionally, youth and their families expressed gratitude for the resources and being supported in building coping and communication skills.





INTERN STORIES

Youth Intern

I started working with the OTTP-SF employment program about a year ago. I wanted to look for a job that is quiet and relates to art. I currently work as the Social Media Intern at OTTP-SF because it relates to the job that I want to do and so far my experience is quite fun. I love to design things on Canva. I get to do things I want to do like designing & planning, also I get to try new things as well. The duties that my supervisor gives me are not too hard. I learn so much new stuff in terms of designing & how to use Social Media. I recommend this internship to youth who are looking for art related jobs and quiet space.



OT Interns

It's odd to look back on my life, especially the last ten years and see where I am today. I worked, traveled and volunteered for a considerable amount of time wrestling with that ever looming question- What do I want to be when I grow up? It wasn't until I found occupational therapy that all those experiences, jobs, people, and places finally made sense.

Then when the MSOT program at SJSU challenged me to consider what else can be done with an OT license, I felt that looming question creeping back in. Learning about the gaps in services for youth, especially in mental health, I felt pulled to OTTP. That is in part due to the presence of one of OTTP's finest on staff at SJSU, and to the advocacy ignited in me by the other professors, and my previous experiences.

As I am wrapping up my time at OTTP, I find myself reflecting on my decisions and interactions prior to this internship. I wish I had asked more questions.

I wish I had witnessed others exactly where they were at. I wish I understood trauma centered care. I wish I had wrestled more with my own biases.

But, as my wonderful CI put it- That's a sign of growth. Everyone I have met at OTTP has been so welcoming and open to my never-ending stream of questions. I have felt supported, and surrounded by people who ask big questions, and sit in tough situations. It's hard to stomach this chapter ending for me, but I know that this is the exact right place for me to begin my OT journey. Thank you to everyone at OTTP!





INTERN STORIES

OT Interns Continued

It is difficult to summarize my internship experience at OTPP into two paragraphs. So much has happened over the course of the last three months that it will take years for me to realize everything that I learned while connecting with youth in the community and while working alongside OTPP staff. One of my fondest memories at OTPP is when I met with a client, who historically avoided interviews due to his anxiety



symptoms, and he told me, with a big smirk, that he had scheduled and attended an interview independently. He had intentionally avoided my pestering texts/calls to set up an appointment so he could wait to share the good news in person. This was a huge accomplishment for him and his excitement was palpable. We got a celebratory boba, of course. Unfortunately, the client did not get the job but he is determined to get it. He demonstrated so much resilience and bravery, pushing himself outside his comfort zone, it is inspiring!

OTPP is a unique place. Never in my life have I been surrounded by so many compassionate people who are dedicated to inspire change, and promote a safe and healthy learning environment for everyone. OTPP feels like a big family, especially with all the warm welcomes from Jadine and Lex at the door

(thank you for all of the lovely greetings Jadine and Lex!) I feel so fortunate to have been able to intern at OTPP and I know the experiences I had will help me to be a better clinician. I know the real value of building rapport and staying client centered now, it is things like this that are best to be experienced and difficult to learn from a textbook. Thank you all for your support and guidance. I appreciate you and the positive change you are making in the community.

