

# OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

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## YOUTH EMPOWERMENT FUNDRAISER SUCCESS

On May 12th, 2022 OTTP-SF hosted our annual Youth Empowerment Fundraiser. The goal was to raise \$50,000 so that we could continue providing mental health services to students at Ida B. Wells High School after a major school district funding cut, as well as support direct needs, such as providing food and basic living necessities. The evening included a silent and live auction, food, musical performances, and speeches. Attendees shared that they had a wonderful time, and we successfully surpassed our fundraising goal by bringing in more than \$57,000! Thank you to all the generous sponsors and donors who helped make this possible. Because of you, students at Ida B. Wells will continue to have access to the services they need and deserve, and children, youth, and families throughout the Bay Area will continue to receive support for their direct needs.

# *Bryant and Kristi Chou*



**REALiZE**  
HIGH PERFORMANCE TAX ADVISORS

## THANK YOU TO ALL OUR SPONSORS, DONORS, AND MONTHLY CHAMPIONS

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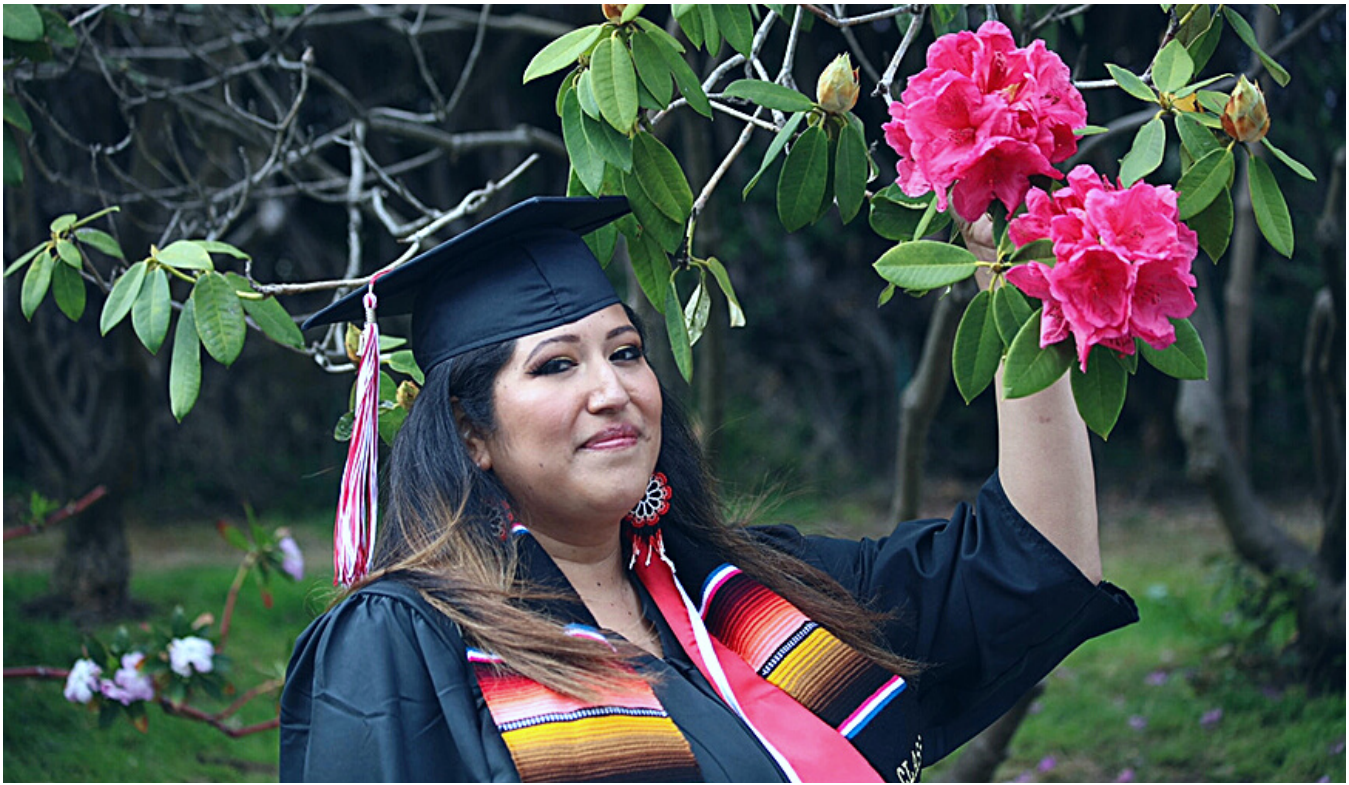
**Teia Sherman**

**Trivium Games**

**Tyson Martella**

**Valerie Knight**

**Wendy Schmidt**



## YOUTH SUCCESS STORY

"As a 30 year old Native American and Mexican American mother of two young children I have overcome setbacks in my education and know from experience the importance of tending to the whole person. Diagnosed with a learning disability in elementary school I was placed in special education classes and as a self-conscious student I focused on my inadequacies. I felt set apart academically and socially, and I never saw myself graduating from high school.

I'll never forget the day someone made me feel seen

and heard. There was a person in the community who asked what were my strengths and enjoyments. She was my occupational therapist. In our times together I didn't feel like I had to comply with every rule and it was a space where I could unveil my true self. I had always been aware of other people's feelings, but I discovered social emotional help and learned that it mattered to care about my own feelings too. To manage my emotions I unconsciously turned to poetry writing and photography and working with my OT, I began to learn that my art was a form of self-expression. I hadn't realized

there was something called emotional intelligence. If I wasn't academically successful I thought I sank to the bottom and I internalized a feeling of low social status. However, with my OT, I experienced social emotional growth and started discovering that I had possessed strengths all along.

I learned that my soft skills, such as reflection and observation, were a rich interior and this was essential to my mental health. As I received social emotional support I realized that other people may also have the same self-doubts. This



## YOUTH SUCCESS STORY CONT.

realization helped me to be socially ready and after my own needs were met, I started reaching out to a few peers and found people that I wanted to spend time with at school.

With OTTP support I attended the First Exposures photography program where I learned that I had a good eye for composition. Riding the bus to First Exposures every Saturday I looked forward to being part of a learning community where I felt spiritually replenished in a group for the first time. During my high school years

OTTP also connected me with the Mayor's Youth Education & Employment Program and supported me to participate in youth jobs including the Pacific News Service where I had a unique opportunity to read the writings of youth in JJC and prepare their work for publication in "The Beat Within." At school, with OT support, I learned to communicate with my teachers and advocate for my needs. Experiencing my capabilities increased my determination to stay in school and I became the first in my family to graduate high school.

Although I had never considered college, I surprised myself by enrolling in City College. While it took time to find my direction, I earned a California Child Development Associate Teacher permit and in 2021, completed my AA-T degree in Child and Adolescent Development. Now I am finishing my Junior year at San Francisco State University and plan to become a Child Life Specialist. I believe strongly in advocating for children's voices to be heard and for families to be seen. I found my path and OTTP helped pave my way."  
- S.A. (Former OTTP-SF Youth)



## POTTERY THROWING AT IDA B. WELLS HIGH SCHOOL

An OTTP-SF Occupational Therapist has been serving as a guest teacher/OT in the pottery class at Ida B. Wells High School. She was a little nervous coming in, knowing that a lot of the students at Ida B. Wells have low frustration tolerance and throwing on the wheel takes so much of it. But she quickly discovered the students LOVED it! While they were throwing they talked with the OT about persistence, frustration tolerance, and breathing through the tough stuff. The art teacher mentioned that

she has never seen the students so engaged in any other projects. She said she has never seen one particular student come alive like he did when they were throwing on the wheel. Another student told the OT she has always loved watching pottery throwing videos on TikTok, so together they made their own video of the student throwing. It was a true highlight for the OT to be able to share her passion and watch the students grow so much. And together they learned that you can throw pots with long acrylic nails!





## NEW FUNDING AND EXPANISON

### **Shoestrings**

The Shoestrings program has expanded over the last year. We are serving kindergarten aged students and their families now as well as pre-k and transitional aged students. Other exciting news is that there is a hybrid Shoestrings program that is coming into being over the next few months. Two schools in the eastern part of the city will have the Hybrid program which is funded by CCEIS. Staff that will be leading this program have been training with Shoestrings since October of 2021 in order for them to have practical knowledge of the interventions and ethos that is Shoestrings. Starting this fall they will be initiating

the hybrid programs at Charles Drew and Havard. They will be working specifically with the pre-school aged students and their families, providing push-in services for students as well as pull out for specific activities like OT, Group Interaction, and circle time. We're very excited to be a part of this program expansion!

### **Partnership with OFCY Lincoln Families & Benioff Children's Hospital**

Together with Lincoln Families and Oakland Children's Hospital (OCH), OTPP was awarded funding from OFCY to serve on a

three agency mental health collaborative to provide OT services at 10 Child Development Centers throughout Oakland. OTPP will provide OT services that focus on social-emotional development in young children age 3-5. This new mental health collaborative augments the existing services that Lincoln has provided to the Oakland CDCs for years. As the lead agency of the collaborative, Lincoln Families staffs each CDC with an Early Childhood Mental Health Clinician who serves as a point person, providing collateral services to staff and caregivers, in addition to referrals to OTPP (for OT services) and OCH (for individual and family psychotherapy) as needed.