

OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

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YOUTH EMPOWERMENT FUNDRAISER SUCCESS

On April 13th, 2023 OTTP-SF hosted our 5th Annual Youth Empowerment Fundraiser! The goal was to raise money to cover costs associated with a marked rise in requests for tutors, social enrichment, and assistance with document fees. The evening included food, live entertainment, speeches, an opportunity drawing, and an exciting online/live auction. Attendees shared that they had an amazing experience and we successfully raised over \$35,000! Thank you to all the generous sponsors and donors who helped make this possible. Because of you, we will be able to increase access and equity, and support the youth we serve to progress in their lives. OTTP-SF will continue to focus on "healing through doing" to assist youth clients in overcoming structural, environmental, and educational barriers, as well as discovering personal interests and strengths.



COMMUNITY PARTNERS & VOLUNTEERS

Community Partner Appreciation Event

On May 17th, 2023 OTPP-SF hosted its inaugural Community Partner Appreciation Event. We welcomed teachers, administrators, clinicians, staff, and collaborators from the many sites our OTPP-SF staff serve. We enjoyed art, raffles, crafts, games, and an AAPI Heritage Month-inspired menu together. To all community partners who visited or who were missed, we appreciate you!

Thank You SF Spinsters!

The San Francisco Spinsters volunteered at OTPP-SF's 5th annual Youth Empowerment Fundraiser! Without their help we wouldn't have been able to put on such a successful event! In 2022, OTPP-SF connected with the SF Spinsters for the first time, to help move into our new San Francisco office. We were excited to be able to reconnect with the Spinsters and are looking forward to teaming up with them in the future!



A STUDENT'S SPOKEN WORD

An OTTP-SF Occupational Therapist/Vocational Specialist (OTR/L) shared this spoken word that a student made for their high school's final project. The OT said the spoken word was "both sad and inspiring and you can hear the hints to OT in it. You might hear it soon on KQED!" The OT was incredibly proud of the student and excited to share their amazing work. You can check out the audio version on our Instagram page, @ottpsf.

"Did you know that in 2019, an average of nearly 36% of students at high school reported experiencing sadness and hopelessness. That percentage would have been hard to believe if I wasn't a part of it. When I look back at myself years ago, I see a person that no matter how badly you hurt them, they still stick by your side and be there for you. I was too low to see the spotlight I was thrown into. I stood out because I wasn't good at fitting in. I let my loyalty keep me in situations my common

sense should have taken me out of. It was entertainment for them, but hell for me. All these thoughts running through my head, I was too young to breathe and that nearly suffocated me. It's weird to be known but known by nobody. Rest in peace John Milton, you were right. You said the mind is its own place. It can either make a heaven out of hell or a hell out of heaven. My mind had been making hell for too long. Soon I had to come to my senses and realize how much it was affecting me physically, emotionally and mentally. But I'm glad to say I'm not that kind of person anymore. I'm glad to say my smiles aren't used to just hide my pain. I'm glad to say I've become better at accepting situations for what they are and moving on from them, Protecting your inner peace and realizing that you don't want to be around drama, stress or conflict anymore, is something that saved me. You start choosing calm over chaos and distance over disrespect.

You start prioritizing your peace, mental health and happiness over everything. We need to do better with offering moral support to our loved ones, like approaching them with sensitivity and offering ways to help manage emotions, like learning a new skill or reliving an old hobby, and letting them know they're not alone in their mental struggles, because this next fact is sad but real. Maybe you're not aware that children born in the year 2000 will be the first generation with a shorter lifespan than their parents. Mental health doesn't cause 14% of deaths each year for no reason. It's real and it's affecting people each and every day. As I read these words, I pray that if you are someone who listens to this and is struggling mentally, that you know it's ok not to be ok. You are not alone and better days are near."

SUCCESS STORIES

Family Success Story

After one year of working with OTTP clinicians, this family shared how their children have “blossomed” and become increasingly independent, confident, and comfortable at home, school, and in the community. At the start of services with OTTP, clinicians began working with all children in the family to provide individual and group psychotherapy and mental health occupational therapy. The children were struggling with a range of mental health challenges, feeling unsafe in their elementary school classroom, and were having difficulty connecting with and communicating to classroom staff without physical and verbal altercations ensuing. The siblings advocated fiercely for each other to be understood and cared for in the classroom and were at risk of disciplinary action when advocating for their sibling.

As the situation escalated to the point of frequent holds and restraint occurring in

the classroom, ongoing nightmares about the classroom, and hesitancy to attend school, OTTP expanded the care team through referrals to care coordination services and Therapeutic Behavioral Services (TBS) to increase the frequency and range of support provided to these children. Clinicians advocated for and supported caregivers through difficult meetings, mountains of phone calls and paperwork, and legal advocacy while the family wrestled with considering many imperfect options to help their children feel safer at school.

In order to better advocate for these children within the classroom setting, their OTTP occupational therapist completed a battery of strengths-based assessments with the caregivers who expressed that “sitting down together was very helpful. [Our occupational therapist] saw how to approach [the child] and how to help others listen better”. OTTP staff collaborated with and provided training for the classroom team weekly

to support adaptations to the language, approach, and environment of these children’s classrooms based on the areas of strength and need their assessment results identified. Family members also “enjoyed attending” OTTP’S caregiver support groups to build relationships with families in similar situations and to share resources.

After comprehensive and frequent meetings between the family, care team, and school, OTTP clinicians coordinated a transition for all children from this family to move to a classroom that was more responsive to their needs. As the dust settled on this transition, the care team held a CFT meeting at the end of the school year during which TBS announced the children met criteria to discontinue crisis services. The family shared gratitude for clinicians’ ongoing support and advocacy and plans were made to enroll the children in summer programming without clinician support.

SUCCESS STORIES CONT.

The children have now independently completed three weeks of summer programming without incident and the family has shared how services have “instilled confidence” in the children, how they “trust their providers”, and how much the children have “blossomed” with these services that have helped “bring them out of an ugly place”.



In occupational therapy sessions, one client in this family shared that they enjoyed trying shaving cream for the first time.

Ida B. Wells Student Success Story

To celebrate the end of the school year, one of our OT Clinician's got to support with Ida B. Wells High Schools' end of year field trip to Angel Island! The OT had previously supported this student to prep for an upcoming interview and he identified having low self esteem. One of the activities the OT brought to Angel Island was a kite. This student was really motivated and excited to learn how to fly it, an activity he had never done before. After we got it up in the air he said "I am really good at this!". The kite flying activity was a great way to build confidence and overall positive self concept!

