

OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

*please
join us*

Join Us for an Evening of Celebration and Supporting Bay Area Youth Youth Empowerment Fundraiser

Join us for a night dedicated to supporting Bay Area youth at OTTP-SF's 6th Annual Youth Empowerment Fundraiser! The event will take place on **Thursday, April 11th, at 5:30 PM at The Fourth Bore Taproom & Grill in Orinda.**

Guests will indulge in a buffet-style spread of appetizers, sip on cocktails, and enjoy a live performance by talented local youth. The evening will also feature informative and inspiring speakers, access to a live auction, and an opportunity drawing for enticing prizes, all included with the event ticket. Tickets can be purchased at www.event.gives/yef24.

This year, our goal is to raise \$35,000 to address the increasing challenges faced by the youth we serve. Your support will not only help us meet this goal but will also provide vital resources to empower young individuals with the skills, knowledge, and confidence needed to navigate personal and professional opportunities throughout their lives.

The event starts at 5:30 pm, with the program officially beginning at 6:30 pm. Unable to attend? You can still support OTTP-SF youth in a fun and impactful way. Bid in our online auction! Open on April 1st: with last bids taken until April 11th at 8:30 pm! Visit here to bid www.event.gives/yef24/items.

Let us come together in making a tangible difference and nurturing the future leaders of tomorrow. Secure your tickets now and prepare to be part of an evening that promises to be truly transformative for local youth!

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East Bay LDS Church Members Assemble Food Kits for OTTP-SF Youth Clients

Food Kits

Members of the Moraga Ward of The Church of Jesus Christ of Latter-day Saints (LDS) came together to assemble food kits for the clients of OTTP-SF. The kits, comprising of ingredients to make a Pasta Meal, a Noodle Soup Meal, and a Chili Meal, aimed to not only provide nourishment but also serve as therapeutic hands-on activities for Bay Area youth to engage in alongside their Occupational Therapists (OTs).

The ingredients for each meal were thoughtfully placed into paper bags, creating an interactive and practical approach to therapy for the students. This initiative reflects a strong sense of community involvement and care for the well-being of local youth.



Members of the LDS Church assembled food kits for OTTP-SF youth clients.



The ingredients for each food kit were thoughtfully organized into bags, offering an interactive and practical approach to therapy for the students.

Through such collaborative endeavors, community members and organizations continue to make a positive impact on the lives of students, fostering a supportive environment for growth and well-rounded development. We also want to express our gratitude for Heather Davis, for initiating this relationship of help and service. The efforts of The LDS Church exemplify the spirit of community engagement and compassion towards the needs of the younger generation.

If your business or organization is interested in getting involved with OTTP-SF, you can contact: tracy.feldman@ottp-sf.org.

OTTP-SF Expands Mental Health Services Across the East Bay

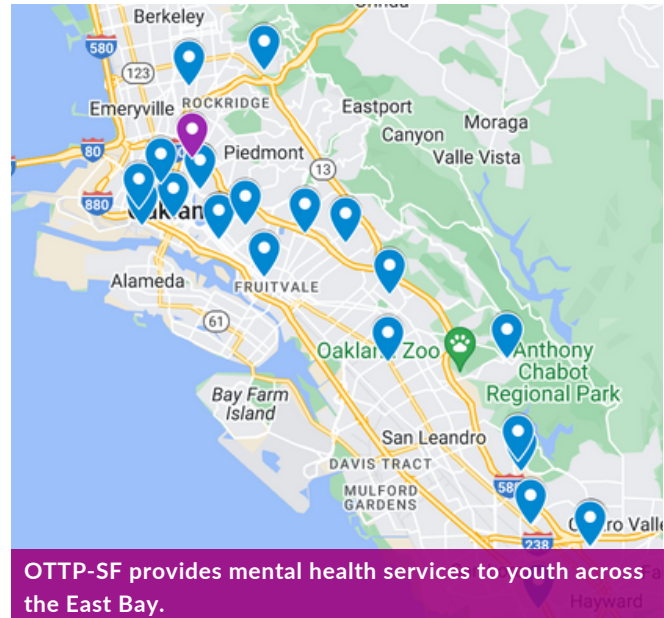
East Bay Expansion

Since expanding to the East Bay in 2022, OTTP-SF now provides mental health services to youth as young as two years-old through young adulthood across Alameda County. Through 8 partnerships with various public and non-profit organizations and agencies, Occupational Therapists and Psychotherapists provide mental health services within early childhood settings, schools, a public housing development, juvenile hall and the community.

In 2024, OTTP-SF expanded its partnership with the Alameda County Office of Education (ACOE) to support students in Alameda County charter schools, helping them obtain high school diplomas and providing assistance with employment readiness and mental health counseling.

Additionally, after a year of negotiations, OTTP-SF partnered with the Alameda County Probation Department to offer mental health Occupational Therapy services to youth and young adults at Alameda County Juvenile Hall.

OTTP-SF anticipates opening the doors of its new Oakland office in Spring of this year. In 2022, OTTP-SF purchased a 100 year-old building and adjacent parking lot from Sutter Hospital in the Pill Hill neighborhood of Oakland. For over a year, the craftsman style building has been undergoing a complete renovation from the attic to the roof to create a functional and welcoming space for youth and their families to access services and support for years to come.



OTTP-SF Adopts New Health Record System for Clinicians

EPIC Rollout

Throughout March, clinicians at OTTP-SF received training on EPIC, an electronic health record (EHR) system designed to centralize client information. This transition aims to improve efficiency and elevate care for clients that OTTP-SF serves in San Francisco. OTTP-SF is committed to providing excellent client-centered care by embracing innovative systems like EPIC to prioritize well-being and to advance health and wellness within the community.

Colleen Devine: Honoring 30 Years of Dedication to OTTP-SF and the Bay Area

Division Director Spotlight



In a testament to steadfast commitment and unwavering dedication, Colleen Devine, the Division Director at OTTP-SF, marks an impressive milestone of 30 years within the organization. Originally commencing her journey at OTTP-LA as the Division Director, Colleen made a significant transition to San Francisco in 1999, where she has since played an instrumental role in the organization's growth and success.

Growing the Organization

From its humble beginnings in 1999, with merely two staff members, OTTP-SF has flourished under Colleen's leadership, now boasting a team of nearly 80 dedicated individuals. The remarkable expansion is indicative of Colleen's adept ability to secure new contracts and consistently elevate funding levels year after year.

Delivering High Quality Services

The exemplary reputation of OTTP-SF is a testament to the high standard of occupational therapy, psychotherapy, and case management services provided under Colleen's guidance. Her unwavering commitment to excellence has been a driving force behind the organization's reputation for delivering top-tier services.

Creating a Flourishing Work Environment

Beyond her professional achievements, Colleen has fostered a work culture at OTTP-SF that is nothing short of exceptional. Described as supportive, flexible, creative, and infused with humor, the environment she has cultivated is one where team members thrive.

An Everlasting Impact

As Colleen celebrates three decades of service, her profound impact on OTTP-SF and the communities it serves stands as a testament to her everlasting mark of excellence and compassion.

"Colleen pours her heart and soul into this agency and the work we do. She embodies qualities of caring, innovation, and boundless energy, all while maintaining a level of humility that is truly remarkable. What she has created at OTTP is something truly special."

**-Erika Moore,
OTTP-SF's Director of
Quality Assurance**

Sheela Ivlev: Defying Norms and Fostering Community

OTTP-SF Advisory Board Member Spotlight



Sheela Ivlev, a distinguished member of the Advisory Board at OTTP-SF, holds a prominent position in the field of occupational therapy in the vibrant city of San Francisco. Specializing in wellness and mental health, Ivlev's influence transcends her clinical work.

Innovating the Field

As the visionary behind **DisruptOT**, an international volunteer organization, Ivlev is committed to challenging the conventional norms in occupational therapy. Through this initiative, she endeavors to deconstruct oppressive structures and cultivate a global community of practitioners. DisruptOT achieves its objectives by amplifying diverse perspectives, offering free educational resources, and fostering opportunities for both students and professionals.

Virtually Expanding Health Access

With an impressive career history that includes positions at esteemed Bay Area hospitals and a role as a clinical educator at San Jose State University, Ivlev demonstrates a dedication to enhancing healthcare accessibility through her current virtual practice focused on wellness.

Highlighting Occupational Therapy Across the Globe

Furthermore, Ivlev's commitment to occupational therapy is underscored by her literary contributions. In her book, "Occupational Therapy Disruptors," she showcases 16 unique perspectives from occupational therapists worldwide, shedding light on the cultural nuances that shape their practices. You can purchase her book from Amazon or Barnes & Noble.

Eradicating Obstacles and Fostering Inclusivity

At the heart of Ivlev's endeavors lies a drive to eliminate healthcare barriers and foster inclusivity within the industry. Through her inventive projects and unwavering advocacy, she serves as a catalyst for change, empowering individuals to lead healthier and more enriched lives.

Interns Reflect on Experience at OTTP-SF

Intern Spotlight

After being fully immersed in our dynamic environment for several months, former OTTP-SF interns reflected on their experience by addressing the following questions:



Sazla Hoang

What made you interested in interning at OTTP-SF?

“At Texas Woman's University, two other students interned here and left positive student evaluations about OTTP. They stated how their CIs were supportive and engaging with them. I wanted to enter a space that was open to collaboration and communication between different disciplines and cater towards underserved youth populations. As a student, I am driven to learn to accomplish my professional goals, and after hearing about OTTP, I knew that a non-traditional, community mental health setting would present the opportunity for growth in myself and to better serve the community.”

What's the biggest takeaway from your time at OTTP-SF?

“Teamwork is truly the dream work! I loved having clinical on Thursday and having various thoughts and ideas floating around. It was great to see a shared experience between mental health professionals and how we have the capacity to provide the support to the community in a multitude of creative ways. I aspire to push myself to think outside of the box and having other professionals give their input and their expertise was very warming. I could not be the person I am now without this experience.”



Isabelle Pisano

What made you interested in interning at OTTP-SF?

“OTTP caught my eye because of the unique setting and populations the organization works in and with. I wanted a fieldwork experience that was going to expose me to environments I wasn't familiar with, and OTTP did exactly that. I also felt that my core values were represented in this space because the organization advocated for the role of OT working with youth involved in the many systems that create discriminatory social issues.”

What's the biggest takeaway from your time at OTTP-SF?

“There are so many, I struggled to decide on just one, but ultimately I feel the most important takeaway I'll be walking away with is a developed perspective. I felt that I came into this space with an already incredibly empathetic and non-judgemental position, but it was of a more stagnant nature. Working at OTTP with all of the transdisciplinarity professionals and wide variety of cliental has broadened my viewpoint and consolidated my therapeutic approach with heavy emphasis on a mental health lens, therapeutic use of self, advocacy, and an unconditional positive regard mindset.”

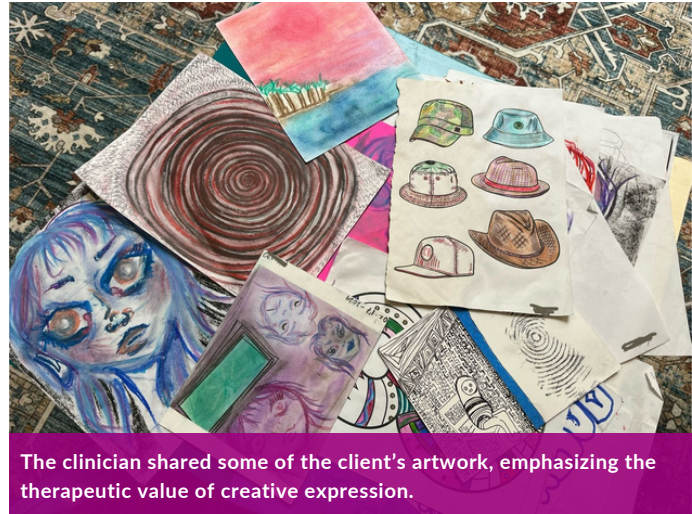
OTTP-SF Clinician Crafts Personalized Self-Care Toolbox for Client's Farewell

Success Story

Reflecting on a poignant farewell session with a client, an OTTP-SF clinician shared the inspiration behind a heartfelt parting gift, hoping to inspire others in the process.

In a recent encounter with their client, who is currently undergoing a 90-day residential program, the clinician meticulously curated a mindfulness and self-care toolbox, designed to offer comfort and support during the client's journey. The toolbox included a range of items such as origami paper, a card deck, a spiral fidget, and other various items, all tailored to the client's interests and needs.

Drawing on community resources and creative suggestions from peers, the clinician also included custom-made resource cards featuring local drop-in centers, acknowledging the importance of ongoing support beyond therapy sessions.

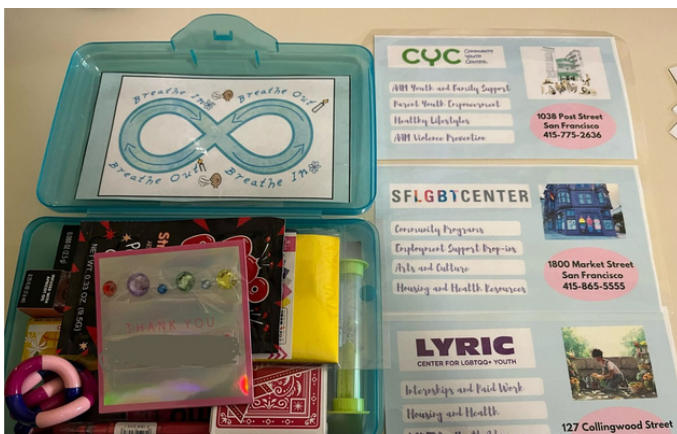


The clinician shared some of the client's artwork, emphasizing the therapeutic value of creative expression.

This gesture reflects the clinician's deep investment in their client's well-being, encapsulating two years of collaborative progress and growth. As only their second discharge, the experience holds particular significance for the clinician, serving as a reminder of the profound impact of their work.

Additionally, recognizing their client's artistic talents, the clinician also showcased some of the artwork created during the client's hospitalization and residential stay, further emphasizing the therapeutic value of creative expression.

In sharing their story, the clinician offered a glimpse into the emotional complexities of their profession, acknowledging the challenges while reaffirming their dedication to making a positive difference in the lives of their clients. The clinician noted that "Moments like these really center me back to why I do what I do."

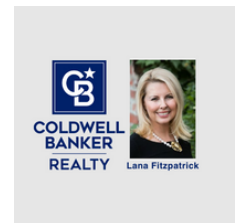


The clinician curated a mindfulness and self-care toolbox to offer comfort and support to their client.

Gratitude to our Amazing Sponsors!

Sponsors

OTTP-SF wants to thank our amazing sponsors, Realize CPA (Platinum Sponsor), the Kirsti & Bryant Chou Family Fund (Gold Sponsor), Mark's Paint (Silver Sponsor), and Lana Fitzpatrick (Silver Sponsor). Through their sponsorships, OTTP-SF continues to provide mental health services to Bay Area youth who need it most!



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Sports Basement has generously given OTTP-SF and its supporters 20% off the store! Thank you Sports Basement!