

On Topic

THE OFFICIAL NEWSLETTER OF SJSU SOTA
SEPTEMBER 2018

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WELCOME TO FALL SEMESTER!

by Sonja Kramer

First Years, welcome to SJSU! You worked very hard to get here, and now the time has finally come to start OT school! We want you to feel welcome and involved here. Some great ways to do that are to become a member of SOTA and attend events, volunteer in on-campus clinics, and reach out to your second-year mentor if you have questions or need support. We are an OT family and we are so excited for you to join us!

Second Years, welcome back! Hope you all had wonderful summers and enjoyed your FLP experiences. Let's make this last year of academic work a memorable one as we welcome the Class of 2020 and continue with our learning!

SOTA meetings will be held on the first Wednesday of each month. First one is Sept. 5th!

STUDENTS SPEAK

FIELDWORK II Q&A

From the moment we started OT school, we have all been wondering: what will it be like once we finish our classes and dive headfirst into our Level II Fieldwork? Two SJSU OT students from the Class of 2018, Jonathan Moore and Caitlin McAvoy, weigh in on their experiences in their first Fieldwork Level II placements.

Jonathan

Site: Palo Alto Veteran's Administration, Menlo Park Division: Community Living Center

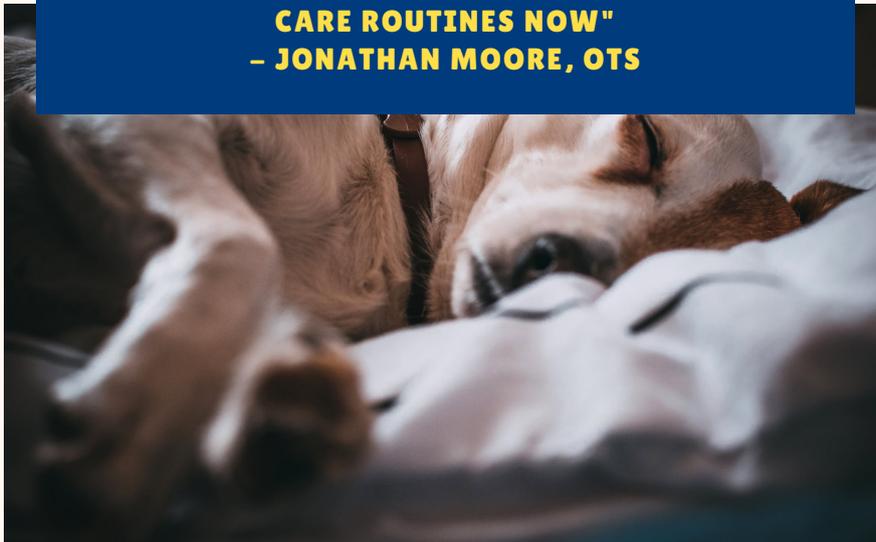
Population: This is a geropsychiatry setting: we serve older vets with disabling physical and cognitive conditions, including diagnoses like dementia, PTSD and depression. Many are wheelchair bound and medically complex. Most will be living in the CLC for the rest of their days.

How many clients do you see per day? We primarily do group work and see 5-10 clients in a day.

What are the best and most challenging parts about this site? The best part about the site is seeing the same clients and developing close trust relationships with them. The most challenging part is coming to terms with their inability to become safe for discharge, despite this being a common and frequent wish.

Any tips for starting Fieldwork II? My most valuable tip for fieldwork II? Start the best whole-health and self-care routines you can NOW, especially regarding sleep and mental recovery. This will be instrumental in surviving any rotation and for success in any OT career choice :)

**"START THE BEST WHOLE-HEALTH AND SELF-CARE ROUTINES NOW"
- JONATHAN MOORE, OTS**



Caitlin

Site: Front St. Inc. in Santa Cruz, Ca

Population: I am on a newly developed team at Front St. Inc called Older Adult Support (OAS). Our team consists of our two supervisors, an occupational therapist (my CI), a nurse, a weekend coordinator, and a team of peer support coaches. We collaborate with the Santa Cruz County Adult Mental Health Services to serve older adults with chronic mental illnesses in their homes. Our goal is to keep them living independently as long as possible!

How many clients do you see per day? My goal is to see 3-4 clients a day in the community or in their homes. The case load is about 15 clients and growing. I have to keep up with the productivity level of 350 billable minutes a day, which includes travel time to and from the client, documentation, and direct face-to-face services.

What are the best and most challenging parts about this site? Best: 1. Working with patients in their own personal environments and daily routines is the most rewarding. It makes interventions feel more applicable and realistic. 2. The clients - every single client we see is unique and I am thoroughly enjoying the time I have getting to know them. Everyday I discover more about their strengths and the successes and challenges they have had despite experiencing obstacles and stigma throughout their lives. **Most Challenging:** Building rapport and trust - We are in the first 6 months of a 5 year grant for this program and the services we provide. You can't just walk in and start interventions, you have to get buy-in of the client and make sure you are hearing the needs of your clients. 2. Scheduling - some of our clients don't have phones or are not reliable with their cell phones, so planning and scheduling visits can be challenging. You have to be flexible and prioritize the needs of clients as well as schedule with other team members to spread out services and support throughout the week.

Any tips for starting Fieldwork II?

Self-care! I haven't worked this many hours in a while so making time for myself has been important. I have a checklist of things/activities that make me happy or are healthy for me and I try to do at least two of them a day. This helps me keep some boundaries for bringing work home. 2. Self-reflection with self compassion! When I have a revelation or I think I've reached a turning point of understanding I write it down in a journal to remind myself of my process. Once you have an "a-ha" moment, relish in it, but keep your eyes open for the next one coming around the corner, because there is a lot of uncertainty but we have to keep pushing forward to learn! 3. Support system! I have a standing weekly call with a few of my classmates and we get to check-in about what we are struggling with, what is going well, and have a little time to vent, laugh, and problem solve!

"I HAVE A STANDING WEEKLY CALL WITH A FEW OF MY CLASSMATES AND WE GET TO CHECK-IN ABOUT WHAT WE ARE STRUGGLING WITH, WHAT IS GOING WELL, AND HAVE A LITTLE TIME TO VENT, LAUGH, AND PROBLEM SOLVE!"

- CAITLIN MCAVOY, OTS



SOTA Events



SOTA volunteers sorting food at
Second Harvest Food Bank

Past Events

Aug 23 - Volunteering at Second Harvest Food Bank

Future Events

Sept 5 - SOTA Board Meeting

Sept 17 - BLS Workshop

Sept 26 - Backpack Awareness Day

Fast Facts: OTAC

Professional association with over 15,000 members:
OTs, COTAs, and OT students!

Annual Conference 2018
October 25-28th at
Pasadena Hilton and
Convention Center: Lots
of networking, learning,
advocacy, and fun!

Advocates for OT practitioners for federal and state regulations: safeguards practice issues, supports OT in California via a political action committee, + more!

Student membership price is \$59, and members get discounted Conference and Spring Symposium pricing as well as support OT advocacy in CA.