

## JUSTICE-BASED OCCUPATIONAL THERAPY (JBOT)

### DESOLATION IN 2020?

2020 has been an incredible year so far, one that is marked by extreme moments and/or extended lengths of feelings of desolation. This year will be especially remembered by the COVID-19 pandemic and protests of racial injustices. We are also keenly aware that people of Lebanon were hit by a massive explosion, hurricanes and tornados caused major damage in the south United States (U.S.), widespread wildfires affected southeastern Australia and western U.S.; and unemployment affected people around the globe. We know that many are experiencing loneliness due to isolation amid COVID-19, feeling extreme sadness and anguish over unjust deaths of people with black and brown skin, and hopelessness due to the chaos felt in daily life.

From the lens of occupational therapy professionals, students, teachers, and researchers, we are facing extreme challenges to our ability to provide services and do our work in a meaningful and impactful way. Keeping in mind safety for those we serve and ourselves is key. Being cognizant of the cultural, social, and contextual worldviews of client, student, family, and personal lives are complex but necessary to be effective.

We know that a lot of the gloom that we perceive is further fueled by images online, news and social media headlines, and topics of podcasts and radio discussion. However, we are resilient. In our day to day lives we do feel moments of consolation, glimmers of hope, warm and fuzzy feel good moments. The sunrise, child's smile, dog's wagging tail, package on the porch, student's "thank you," client's progress, family's love, and strangers coming together to work towards common goals – there is a lot of good happening today and it will continue.

In the world of JBOT, there is A LOT of good to report! Since our response to statements on justice and racism (June, 2020), the feedback and support have been profound and we have so much to share. A quick summary includes the following:

- Invited to provide the keynote presentation at AOTA Education Summit to discuss JBOT, Diversity, Equity and Inclusion (DEI)
- Partnership with Coalition of Occupational Therapy Advocates for Diversity (COTAD) on Keynote (above)
- AOTA Academic Education Special Interest Section (AESIS) launches a DEI Education Series
- Occupational Therapy TPF – San Francisco develops their statement on DEI
- California's OTAC invited JBOT to their newly forming town hall on racial bias and OT

I hope this newsletter provides a glimmer of hope and a sign of consolation. The activities of JBOT and across the OT community are sparking action. We are moving in the direction of awareness, learning, advocacy, collaboration, and creating an improved discourse for occupational justice, diversity, equity, and inclusion. Each person is doing their part and together, we'll have a greater, positive impact for people with whom we affect through occupational therapy.

-Lisa Jaegers

THE SOCIETY FOR THE STUDY OF OCCUPATION: USA PRESENTS

## Racial Equity in Occupational Science: A Virtual Conversation for Strategy-Building

with guest panelists

**Dr. Arameh Anvarizadeh**  
Associate Professor, University of Southern California  
Vice Chair, Coalition of Occupational Therapy Advocates for Diversity

**Mr. Dave Thomas**  
Doctoral Researcher and Diversity and Inclusion Practitioner  
University of Kent

**Dr. Jaime Muñoz**  
Associate Professor and Department Chair  
Duquesne University

moderated by Dr. Khalilah Johnson



**SATURDAY, OCTOBER 24, 2:30 - 5:00 PM EDT**  
FREE FOR ALL TO ATTEND. \$35 FEE FOR NON-MEMBERS TO RECEIVE 3 CONTACT HOURS.  
REGISTRATION WILL OPEN BY SEPTEMBER 26, 2020

JBOT and Coalition of Occupational Therapy Advocates for Diversity (COTAD) partner to headline two national, virtual events!

2020 Society for the Study of Occupation: USA  
Virtual event, to be held on  
**Oct. 24, 2020**  
<https://ssou.memberclicks.net/2020-virtual-event>

“The goal of the SSO:USA virtual event is to offer opportunity and space for occupational scientists to first listen and be guided by voices with experience and expertise in promoting racial equity, and then to explore and develop actionable strategies to promote racial equity in theory, education, research, and application of occupational science knowledge.”

JBOT and COTAD pre-recorded (photo, right) their Keynote Address for the 2020 AOTA Ed. Summit - Transforming OT Education Holistically: Addressing Systemic Racism and Promoting Occupational Justice Through Admissions, Curriculum, Instruction, and Evaluation.

**AOTA Education Summit**  
Keynote available at AOTA Store  
**Oct. 26 at no charge**  
<https://www.aota.org/Conference-Events/2020-education-summit.aspx>

Right top row: Mario Millsap, WU; Lisa Jaegers, SLU  
Middle row: Adam Pearson, Peter and Paul Community Services; Selena Washington, SLU  
Bottom row: Arame Anvarizadeh, USC; Leslie Jones, AOTA.



## JBOT AROUND THE U.S. & Internationally

### OT Intervention in Juvenile Corrections Shows Promise

#### Study titled, **Trauma, Sensory Processing, and the Impact of Occupational Therapy on Youth Behavior in Juvenile Corrections.**

“Significant correlations were found between several pairs of variables and key-results showed youth who participated in occupational therapy had fewer violent behaviors. Client voices affirmed that occupational therapy reduced violence, provided support, and gave hope for the future. These findings suggest occupational therapy intervention help reduce violent behavior and promote safety in juvenile correctional facilities.” Authors: Rachel Dowdy (ABC Therapies, Inc.), Joanne Estes, Maria Linkugel & Mikaila Dvornak (U of Cincinnati).

<https://www.tandfonline.com/doi/full/10.1080/0164212X.2020.1823930?scroll=top&needAccess=true>



### Coronavirus and Occupational Therapists

Occupational therapist, Melisa Kaye, EdD, ORR/L, has created a space for practicing OTs to share their experiences, fears, strategies, and stories with the coronavirus. Take a look or contribute your thoughts at

[https://docs.google.com/presentation/d/1J67cw0bLLe491wWWAswZ/Or\\_zn9d81zr2\\_qkqNFvf5Go/edit#slide=id.p](https://docs.google.com/presentation/d/1J67cw0bLLe491wWWAswZ/Or_zn9d81zr2_qkqNFvf5Go/edit#slide=id.p)

### Coronavirus Resources and Stories in institutional Justice settings

How are Jails and Prisons responding to the Pandemic? What steps are they taking to flatten the curve and ensure the safety of staff and inmates?

- NPR (March 13, 2020). Prisons And Jails Worry About Becoming Coronavirus ‘incubators’. Retrieved from <https://www.npr.org/2020/03/13/815002735/prisons-and-jails-worry-about-becoming-coronavirus-incubators>

- CDC (March 23, 2020b). Interim Guidance on Management of Coronavirus Disease 2019 (COVID-19) in Correctional and Detention Facilities. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/community/correction-detention/guidance-correctional-detention.html>

## Save The Date

2021 AOTA Annual Conference & Expo

- April 8-11, 2021
- San Diego, CA, USA

1st World Occupational Science Conference – WOSC 2022 – August 25-

27, 2022. Vancouver,

British Columbia,

Canada Conference

Theme: Occupation and

Society: Global to Local

Perspectives for the

Future. Co-sponsors:

Department of

Occupational Science

and Occupational

Therapy, UBC

<https://osot.ubc.ca> &

The International Society

for Occupational Science

<http://www.isocsci.org>



Conference of the Society for the Study of

Occupation (SSO): USA

- Sept. 23-25, 2021
- St. Petersburg, FL, USA

## JBOT AROUND THE U.S.

### New JOS publication highlights Occupation, injustice, and anti-Black racism in the United States of America



*From the abstract, authors Ryan Lavalley & Khalilah Robinson Johnson state:* "The following examination contributes to this growing body of critical literature and considers that occupation can be a vehicle for injustice as much as justice. By investigating the construction of race and the dissemination of racism, including its propagation through everyday living, the role of occupation in community formation and development is more fully understood. In pursuing this goal, we hope to reveal the real and often unacknowledged history of racism in the United States that must be recognized and confronted to move toward reconciliation, healing, and social transformation. This exploration uncovers powerful moments when occupation and everyday doing were conduits through which racism was constructed and calls upon occupational scholars to be reflective and critical in their research and practice in order to optimally support the people they serve." <https://doi.org/10.1080/14427591.2020.1810111>

### OT Leaders & Legacies Society (L&LS)

From L&LS: We are a community of energetic, accomplished, senior and mid-career occupational therapy practitioners who are committed to the growth of the profession. We are not defined by what we have done in the past – we continue to be active in our communities and our profession, and welcome new members.

**We are leaders in . . .**

- Traditional and innovative or entrepreneurial **practice**
- **Service** to academic, professional, and civic organizations
- **Research**

Our members reside in 3 countries and 38 different states; our careers span 20 to more than 70 years of activity. By joining together as a Society, we help build and maintain our professional community, advance the profession, and support civic communities. *We are forming a Social Justice group:*  
<https://www.otleaders.org/>

### Health Affairs Blog *On racism: A new standard for publishing on racial health inequities.*

"Closing the gap in racial health outcomes in the United States will only be accomplished by identifying, confronting, and abolishing racism as an American tradition and root of inequity."

Boyd, R. W., Lindo, E. G., Weeks, L. D., & McLemore, M. R. (2020).



<https://www.healthaffairs.org/doi/10.1377/hblog20200630.939347/full/>

### SLU Mission Matters Podcast - Transformative Justice Initiative

Dr. Lisa Jaegers, the Director of the Transformative Justice Initiative at SLU speaks about the program and its service to improve criminal justice system health and safety, as well as supporting prevention of incarceration and successful transitions back into the community.

[https://soundcloud.com/slu\\_mission/mission-matters](https://soundcloud.com/slu_mission/mission-matters)

## FIELDWORK

### Adjusting Jail-based OT Practice During the COVID-19 Pandemic

Miranda Tippie MOT,OTR/L and Brooke Wallace S/OT  
University of Findlay



*Photo: Miranda Tippie*

Individuals experiencing incarceration are at risk for occupational deprivation and their occupational engagement can be supported by occupational therapy (OT) for healthy community integration. The University of Findlay (Findlay) provides OT services for the Hancock County Sheriff's Office (Hancock) including their Justice Center (jail) and Adult Probation. While faced with challenges during COVID-19, this valued community collaboration prevailed and OT services continue.

#### **Prior to COVID-19**

Traditionally, Level II Fieldwork (FW) students, supervised by the Findlay Clinical Coordinator for Community Based Practice in OT, have provided services from evaluation to discharge. The justice-based OT program was a five-week closed group consisting of one topic per week (e.g. interpersonal communication, employment, financial management, leisure skill development, and resource development). These groups built daily living skills, increased self-regulation, expanded coping skills, and identified tools needed for transition into the community. Groups included five to seven individuals, all male or all female depending on the need of the facility. OT services at the probation department consisted of one-on-one, face-to-face interventions focused on client centered needs around building roles, habits, and routines. Common topics included employment, time management, meaningful activity exploration and development, financial management, and parenting.

#### **During COVID-19**

In response to COVID-19 health guidelines, Findlay OT and Hancock made adjustments to the FW rotation. The Findlay OT modified services by meeting with clients who were on probation over telehealth. There were benefits to using telehealth that allowed the OT student to interact with clients on a consistent basis. For example, some of the clients struggled to find transportation to OT appointments, preventing them from attending OT sessions. Overall, telehealth services helped reduce barriers to attendance and increased their engagement in the OT program. Once some restrictions were lifted and if the client was comfortable meeting face-to-face, they met at locations in the community, such as coffee shops, parks, and community resource facilities, while following health guidelines.

The OT student also modified programming for clients in the Hancock jails by meeting at the visitors' windows on a weekly basis for approximately an hour at a time. OT sessions were tailored on an individual basis to address the unique needs of each client. The OT sessions were focused on skills such as coping, finance management, employment, and communication. The Findlay OT student on this rotation reported how rewarding it was to work with clients in the jail. Due to COVID-19, the jail was not holding any groups or programs other than OT and increased interest in OT services. One of the clients explained how OT had encouraged him to be more productive. He applied skills learned in OT by reaching out to family and other positive supports, creating a résumé, and actively working to increase his self-awareness for transition and community integration.

## INTERPROFESSIONAL JBOT

### Telehealth: A New Way to Practice

**Christine Hayes, MOT, OTR/L**  
**Saint Louis University (SLU)**  
**Occupational Therapy Transition & Integration Services (OTTIS)**

*Right: Christine Hayes*  
*Below: Screenshot of telehealth session with client's permission*



In response to COVID-19, Saint Louis University's (SLU) Occupational Therapy Transition and Integration Services (OTTIS) staff have begun working remotely from their homes to protect their own health as well as the health of their clients and the community. The OTTIS staff have continued to provide skilled occupational therapy services to their clients residing in jails, prisons, and the community through the use of phone calls, texts, mail, and even FaceTime to assist clients in meeting their goals.

Christine Hayes MOT, OTR/L conducted a 60-minute skilled FaceTime session with a client recently released from the Missouri Department of Corrections. During this session, Christine addressed client goals related to community mobility, employment, accessing community resources, household management, and social relationships.

Facetime offers many advantages compared to a typical audio-only call. The client recently moved into his first apartment and has been independently living in the community for the first time ever. FaceTime allowed Christine to assess the client's household management skills, a new area of occupation for this client. During the FaceTime call, the client provided a virtual tour of his apartment, allowing Christine to use skilled observation to assess the cleanliness and organization of his new home as well as his access to basic home items such as furniture, appliances, and cleaning products.

FaceTime was also used to facilitate progress towards employment goals including resume writing. The client was introduced to Google Docs as a platform that would allow him to edit and share his resume. Christine demonstrated the use of Google Docs by focusing the

camera on her laptop screen, allowing the client to visually learn how to access the site, edit a document, and share his work.

Communicating via FaceTime also allows the therapist to read the client's body language and other nonverbal cues. During this session, Christine recommended the client obtain a letter of recommendation from his previous supervisor to assist in his employment search. Since the call was through FaceTime and Christine could see the client, she was able to read the client's facial expression, which appeared to be uncertain of the suggested idea. This led to a productive conversation exploring the client's comfort level in asking his previous supervisor for a reference. The response to COVID-19 has changed the way OTTIS provides skilled occupational therapy services to their clients. Despite limiting in-person occupational therapy sessions, OTTIS has used distance technology and creativity to facilitate continuity of care and ensure clients have access to needed services during these uncertain times.



## Practitioner Reflection

### Naomi Frisch, OTD. Rush University Graduate

My name is Naomi and I graduated from Rush University's Doctor of Occupational Therapy program at the end of April 2020. Occupational justice and using a critical, occupational justice lens are foundational to why I wanted to become an occupational therapist. I have been especially interested in the intersection of occupational therapy and criminal justice and I was driven to go to Rush to try and explore that intersection in a deeper manner. At Rush I was encouraged to significantly interact with community members through service, engage early in clinical experiences, and develop specialized skills to address practical concerns. Additionally, as Rush is a doctoral program, I took the opportunity to develop a doctoral capstone project for where I saw occupational justice needs.

I began volunteering at the local jail to provide a health education course to women who were detained there. Through that experience I engaged collaboratively with likeminded interprofessional healthcare students and was introduced to individuals from both the corrections department and the healthcare department at the jail. As I was beginning the process of ranking my fieldwork sites, I was connected to an occupational therapist who worked at Saint Louis University's Transformative Justice Initiative (TJI) on the Occupational Therapy Transition and Occupational Therapy (OTTIS) team. I worked to develop the partnership between Rush and OTTIS and eventually completed my second Level II fieldwork there. Throughout the volunteering and the fieldwork placement I was also diligently working to establish my doctoral capstone at the local jail where I had been volunteering.

Completing my last level II with OTTIS was truly one of the most pivotal experiences in my occupational therapy education. The services that are provided through OTTIS are perfectly in line with my professional goals. With OTTIS, I worked with clients who were detained, in reentry transition and those having returned to the community. I learned how valuable it is to be "reentry focused" when working with this population and in this setting and I also continued to deepen my understanding of how important collaboration is to what we do as occupational therapists. There are so many institutions and individuals with different goals that impact the daily life and transition for someone who is detained in a jail.

To reach the goals of any of those individuals or institutions, I've learned, we need to work together. This budding understanding (of the many factors impacting both the lives of those detained in the institutions and the ability for occupational therapy to function within the system) helped me establish my doctoral capstone. I was originally aiming to complete a feasibility study, but due to complications with the jail's Institutional Review Board that, excuse the pun, became unfeasible. I ended up completing an institutional ethnography to describe the best-practice strategies for exploring the novelty of occupational therapy programming for individuals housed in an urban, county jail. I used ethnographic methodology to collect data and thematic coding processes to analyze the data (with lots of help from the OTTIS team!). I hope to disseminate my findings through platforms like OT Practice, Mental Health SIS, and the Illinois Occupational Therapy Association's annual conference.

I learned throughout this entire process the importance of having partners and collaborating. Establishing new practice areas for occupational therapy is difficult, sometimes lonely work. The professional partners I encountered and the relationships I developed made the tasks effective, feasible and enjoyable. I would not have had the support I needed to complete my doctoral capstone and contribute to the knowledge based needed to enhance occupational justice to vulnerable populations without these partnerships. I am happy to have the opportunity to join the JBOT network and I look forward to building individual partnerships and this network as my professional career begins.



Naomi Frisch (right) with Lisa Jaegers, SLU OTTIS (left) at the Missouri Reentry Conference, 2019

## Reflections

Share your reflections on justice-based OT!

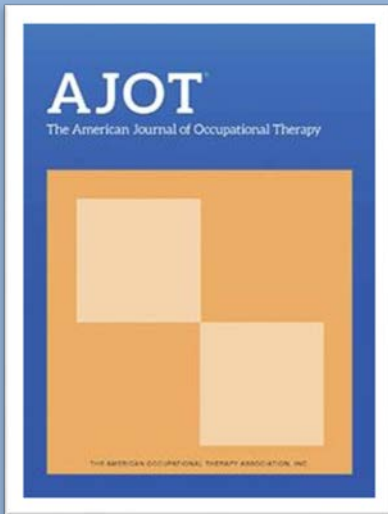
Students, practitioners, researchers, collaborators, and clients are welcome to send their story to JBOT for a future newsletter!

~250-300 words  
~include a photo

Email: [ljaegers@slu.edu](mailto:ljaegers@slu.edu)



In AJOT



**Evaluation of the Jail-Based Occupational Therapy Transition and Integration Services Program for Community Reentry**

Lisa A. Jaegers, Erica Skinner, Brittany Conners, Christine Hayes, Stacy West-Bruce, Michael G. Vaughn, Diane L. Smith, Karen F. Barney; Evaluation of the Jail-Based Occupational Therapy Transition and Integration Services Program for Community Reentry. *Am J Occup Ther* 2020;74(3):7403205030. <https://doi.org/10.5014/ajot.2020.035287>

**Total Worker Health® Needs Assessment to Identify Workplace Mental Health Interventions in Rural and Urban Jails**

Lisa A. Jaegers, Syed Omar Ahmad, Gregory Scheetz, Emily Bixler, Saketh Nadimpalli, Ellen Barnidge, Ian M. Katz, Michael G. Vaughn, Monica M. Matthieu; Total Worker Health® Needs Assessment to Identify Workplace Mental Health Interventions in Rural and Urban Jails. *Am J Occup Ther* 2020;74(3):7403205020. <https://doi.org/10.5014/ajot.2019.036400>

**Join Us On Social Media**



@JusticeOT1



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**Continuing Education**

Due to overwhelming interest and in an effort to support the needs of those interested in justice-based practice, education, research, and program development, Saint Louis University has developed an online continuing education course that is now open for trainees. Proceeds from the course go directly back to the SLU OT Transition & Integration Services (OTTIS) program ([http://bit.ly/ottis\\_slu](http://bit.ly/ottis_slu))

OTTIS Continuing Education Course: <https://tj-sl.u.thinkific.com/>  
For more info, please contact  
Christine Hayes at 314-977-8583 or [christine.hayes@health.slu.edu](mailto:christine.hayes@health.slu.edu)

**JBOT's Core Team Includes:**

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*Saint Louis University*  
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This newsletter was developed at Saint Louis University with the assistance of student worker support through the Center for Service & Community Engagement.