

# TNOTA *in Action*

## Member Newsletter

Gigi Jordan MS, OTR/L

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Hear updates from each district, and mark your calendars for the next event in your area!

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Andrea Ball: Author, owner of Play Ball Therapy, and Mental Health advocate

#### Committee Updates

What have the TNOTA committees been up to? Learn how you can get involved



See you in Chattanooga!



At the fall TNOTA Conference

September 6-7, 2019 University of Tennessee at Chattanooga

### CEU Discount for TNOTA members

Use promo code TNOTAMEMBER to receive 10% off your annual CEU membership with [occupationaltherapy.com](http://occupationaltherapy.com)!

### Next PAMs Course in Knoxville

The next physical agent modalities (PAMs) CEU course will be held in Knoxville on August 1-4, 2019. Space is limited, so visit [TNOTA.org](http://TNOTA.org) to reserve your spot!



# See you at the TNOTA Conference!



September 6-7, 2019



## Keynote Speaker



TNOTA is excited to welcome Wendy Hildenbrand, PhD, MPH, OTR/L, FAOTA, AOTA President-Elect to Tennessee as the keynote speaker

## Silent Auction Donations

The conference committee is seeking donations for our silent auction. All proceeds go toward our scholarship fund. Consider thinking how you or your department could donate to this meaningful cause. Contact Brittany and [work.brittany@gmail.com](mailto:work.brittany@gmail.com) for more information

## Early Bird Registration begins July 15!

Visit [TNOTA.org](http://TNOTA.org) to register and for more information!

## Stay Connected



@TNOTA1



@TNOTA2



[facebook.com/tnotassociation/](https://facebook.com/tnotassociation/)



# District Happenings

## West Rural District

The Rural West District is having a great summer! In April, James “Buck” Taylor, from Docs Supply came to host our local meeting. Buck became a partner in Doc Supply bringing in 29 years experience along with a reputation of being one of the most respected and one of the most experienced Rehab Specialists in the industry. Buck has a passion for helping the physically challenged achieve their goals in everyday life with a focus on seating and mobility.

In May, Rural West hosted a PAMS Course at Jackson General Hospital with David Levine. David is a physical therapy professor, holding the Walter Cline Chair of Excellence in Physical Therapy at the University of Tennessee at Chattanooga. He specializes in the use of modalities such as electrical stimulation and therapeutic ultrasound, as well as clinical infectious disease research.

The next PAMS conference will be held in Knoxville beginning Aug 1st. Please see TNOTA website for details and registration.



## Middle District

**Next Meeting:** Tuesday, August 13 at 7:00pm

**Speaker:** Cindy De Ruitter Blackwell, OTD, OTR/L

**Topic:** OT and ABA

This will be a virtual meeting using Go To Meeting.

Congratulations to Jennifer Farrar on her new role as Middle District Vice Chair!

Middle District is now looking for a member to fill the secretary position. All members interested can email Morgan Webb at [morgan326@icloud.com](mailto:morgan326@icloud.com).

## East District

The East District hosts our meetings on the third Thursday of the month. Every month we alternate between hosting a CEU event and a networking event. We hope you will join us!

If you live in the East District, and are looking to connect with local practitioners, contact Megan at [mcolletti@painconsultants.com](mailto:mcolletti@painconsultants.com)

## West District

If you live in the East District, and are looking to connect with local practitioners, contact Whitney at [whitneyblairjoy@gmail.com](mailto:whitneyblairjoy@gmail.com)



# Communities of Practice Corner

## Pediatric Community of Practice

Cindy DeRuiter Blackwell, OTD, OTR/L

TNOTA's Pediatric Community of Practice is growing! As a refresher, a Community of Practice (CoP) is a group of people that agree to interact regularly to solve practice issues or improve practice in an area that is important to them. This pediatric CoP serves as a collaborative, member-driven group of pediatric OT practitioners and students in Tennessee. We meet virtually once a month to work together to solve common practice issues, share resources, and make connections across the state. In recent months, our CoP has discussed topics including car seat and transportation safety, adverse childhood experiences (ACEs) and childhood trauma, and trending topics in our field. Future calls will include a discussion on OT's role in school violence prevention, learning about a pediatric mental health toolkit, and much more. We are always looking to hear from you, our members, on what topics you'd like the group to tackle. Our calls occur the 2nd Monday of every month— watch for announcements and call in details for upcoming calls, and email Cindy Blackwell at [cderuit2@gmail.com](mailto:cderuit2@gmail.com) to be added to our member list!



## Mental Health Community of Practice

Kaylin Flamm MOT, OTR/L



Attention OT practitioners interested or working in mental health! TNOTA recently launched a Mental Health Special Interest Section (SIS). An SIS is a group of people that agree to interact regularly to solve practice issues, improve practice in an area that is important to them, and to share practice ideas. This mental health SIS serves as a collaborative, member-driven group of OT practitioners in Tennessee that are working or interested in mental health. We will launch this SIS by interacting through the TNOTA website forum.

If you are interested in joining the discussion, please contact the TNOTA Mental Health Chair Kaylin Flamm at [kaylinot@live.com](mailto:kaylinot@live.com) or contact [admin@tnota.org](mailto:admin@tnota.org). We look forward to hearing from you!



## Member Spotlight: Andrea Ball

My name is Andrea (Watson) Ball and I am a UTHSC graduate of 2005. My husband and I live about 45 minutes outside of Nashville, in Hendersonville and have 3 boys (and one Golden mix & puppy).

I began my work in OT in geriatrics for about 8 months before I had to buy a book on job burnout and realize quickly that my heart has always been in pediatrics! Thankfully because of my Level II Fieldwork experience, I was hired with Nashville school system and loved being back. I worked in the schools for 7 years and then in 2013 I resigned to open my own pediatric therapy clinic, Play Ball Therapy.

Three years ago, I was introduced to mindfulness due to high stress (owning a business and 3 small children) and fell in love. I began attending AOTA-approved mindfulness courses and read many books, including two from OTs (Mahler- "Interoception" and the "Zones of Regulation" by Kuypers) and was amazed how both fit right into my personal mindfulness practice.

**"I believe so strongly in mental health and want to shift our society views, especially in our state"**



I began using the Zones and interoception for myself and as a result, it poured into my pediatric OT clinical work and with my own children. I gave community presentations and just loved educating others. I always loved mental health and how OTs are holistic...and in November 2017, I published "Living Life Freely to the Fullest- A Compilation of my Mindfulness Practice" a booklet describing how mindfulness applies to our OT profession.

This inspired me to apply for the AOTA Board Certification in Mental Health for May 2018. It required hours of hard work each week writing essays and compiling the past 5 years of work, and I was proud of myself for taking the risk- and plunge.

Some of the strong areas I enjoyed writing about were my experience as a Vanderbilt Sleep Educator for children with autism with Dr. Beth Malow and my continued volunteering as a La Leche League Leader as a breastfeeding volunteer. According to the AOTA website, there are only 15 BCMH practitioners, and over 100 practitioners for the other areas like Pediatrics. I believe so strongly in mental health and want to shift our society views, especially in our state. Sadly I was denied acceptance for the BCMH this past winter, and thankfully I continued on believing so strongly in growing personally & professionally. In January, I was selected as one of the 17 sites from around the world participating in the first large scale research project with Kelly Mahler, examining the effects The Interoception Curriculum, which ended this spring and my students loved it! I also participated in her partner Kerri Hample's next research studying toileting. More to come on those projects :-)



# Student Involvement Committee

## Pilot Mentorship Program

TNOTA's Student Involvement Committee would like to invite practitioners to be a part of a pilot mentorship program in which new and experienced practitioners will be paired for mentorship. We are seeking practitioners interested in being a mentor and mentee.

If you have an interest in joining this pilot mentorship program please email Morgan Webb at [morgan326@icloud.com](mailto:morgan326@icloud.com) with your name, mentor or mentee preference, and years of experience by July 31.

If you are interested in joining the Student Involvement Committee, please email Morgan Webb at [morgan326@icloud.com](mailto:morgan326@icloud.com).

## "What is OT?" Video Contest Winners

Congratulations to the UTHSC MSOT Class of 2020 for winning the 2019 "What is OT?" Student Video Contest! The video is now featured on the TNOTA website and will also be featured at TNOTA conference in September in Chattanooga. Below is a photo at their celebratory pizza party.



## Congratulations to UTC's Class of 2019 OTD graduates!!





## Philanthropy Committee

### Volunteer with Gigi's Playhouse!

Gigi's Playhouse is a nonprofit achievement center that provides free therapeutic-based, educational, career development, and family connections programming and events to individuals with Down syndrome from diagnosis through adulthood, their families, and the community. Since Gigi's Playhouse is 98% volunteer-run and 100% donor-funded, they depend on volunteers and donors to fulfill their mission of changing the way the world sees Down Syndrome.



The volunteer opportunities that Gigi's need most for programming consist of weekly, bi-weekly, or monthly commitments during their spring (January-April), summer (May-August), and/or fall (September-December) semesters. These are announced on their website and social media approximately every four months before or at the beginning of each semester of programming. TNOTA hopes to participate in a large group event in the fall of 2019.

TNOTA will be partnering with Gigi's Playhouse for volunteer opportunities and financial support throughout this year. To get involved, contact [admin@tnota.org](mailto:admin@tnota.org).

If you have an interest in joining this pilot mentorship program please email Morgan Webb at [morgan326@icloud.com](mailto:morgan326@icloud.com) with your name, mentor or mentee preference, and years of experience by July 31.

If you are interested in joining the Student Involvement Committee, please email Morgan Webb at [morgan326@icloud.com](mailto:morgan326@icloud.com).



## Scholarship Committee

The application for the TNOTA Scholarship will available in early July!

Visit the TNOTA website for more information!

### Need research study participants?

TNOTA provides an opportunity for all members (students, practitioners, and academia) to post requests for research/survey responses from members on the website and now in the quarterly newsletter. Members are encouraged to send requests to [admin@tnota.org](mailto:admin@tnota.org)

Do you have any suggestions or feedback for the Executive Board? We'd love to hear from you!

Contact us at [admin@tnota.org](mailto:admin@tnota.org)