

 Washington University in St. Louis

SCHOOL OF MEDICINE


Occupational Therapy

Fall 2018

O.T. Link



Celebrating
100 years


Washington
University in St. Louis
SCHOOL OF MEDICINE

AT Maker Day

On May 3, students (left to right) Logan Berlet, OTD/S '19, Amy Broadway, MSOT/S '18, and Rich Whalley, OTD/S '19, participated in AT Maker Day, which is a pop-up makerspace. They created low-tech assistive technology (AT) tools in class using low cost and recycled materials. Students were able to apply what they have learned this semester and practice making adaptations for clients on the fly. Many of the tools were donated to the annual Guatemala service learning trip, which was held the following week.



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Official publication of the Program in Occupational Therapy at Washington University School of Medicine

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 **Washington University in St. Louis**
SCHOOL OF MEDICINE
Occupational Therapy

From the Director



What an extraordinary few months it has been! It started in August when we welcomed 100 new students from more than 38 states to the Program in Occupational Therapy. The diverse class comprises 52 MSOT, 43 OTD and three PhD students; 87 female students; and eight male students. On August 24, we held our Student Convocation and Pinning Ceremony to formally welcome these students to our profession. In honor of our Centennial year, we reinstated the time-honored tradition of conferring pins to our incoming students.

After years of planning, we celebrated our Centennial on Oct. 5-6. This special issue of O.T. Link is dedicated to that weekend (page 4). More than 100 alumni returned to the Program to spend time with classmates, colleagues, faculty and friends. I cannot tell you what a pleasure it was to see alumni representation of every decade from the 1950s onward. I enjoyed visiting with all of you at our various events and learning about your careers, families and occupations. The highlight of the weekend was our Centennial Gala (page 6), held at the Ritz-Carlton in Clayton. There, we honored our alumni awardees (page 10) and two special supporters of the Program – the Junior League of St. Louis and Dr. Sven Eliasson (page 12). More than 300 people were in attendance, and it was certainly a night to remember.

As you may know, we commissioned a history book (page 8) as part of our celebrations. “The Rise of a Program and a Profession, Occupational Therapy at Washington University: The First 100 Years,” by St. Louis writer Cynthia Georges was published in late September. This keepsake book is available with a minimum gift of \$100 to the Occupational Therapy Annual Fund. In July 2017, I issued the Carolyn Baum Centennial Challenge (page 13) with my gift of \$100,000 that matches your donation. We are proud to report that we have raised more than \$163,000 so far for scholarships. What an accomplishment indeed!

In preparation for our Centennial celebrations, I have been reflecting on what it has taken to get the Program to where it is today. It was not the result of any one person, decision or event, but a series of strong actions taken by many people over the course of 30 years that has made us the number one occupational therapy program in the nation. There were six things we needed to do: make research a part of our mission, invest in faculty development, partner with the community, enrich our curriculum, develop a clinical practice and create the infrastructure to support all these endeavors. It took a lot of hard work and determination, but together we made it happen.

Now, after 30 years of leading the Program, I am in my final year as director. I have decided to work part time to focus on my science. I will continue to mentor students and learn from them, teach a class and watch the next stage of the development of the Program as the incredibly talented faculty and staff take us into our next century.

Please visit our Centennial website at ot100.wustl.edu to view event photos, share a memory, upload a photograph or just reconnect with your classmates. Each and every one of you helped shape the profession with your deep commitment to helping people live meaningful lives. Together, we will continue to make important strides in all areas of research, education and clinical practice.

The best to you,

A handwritten signature in black ink that reads "M. Carolyn Baum". The signature is written in a cursive style with a long horizontal flourish at the end.

M. Carolyn Baum, PhD, OTR, FAOTA

*Elias Michael Director, Program in Occupational Therapy
Professor of Occupational Therapy, Neurology and Social Work*



Left to right: Casey Locey, Christine Berg, PhD, OTR/L, FAOTA, and Alleta Fendler.

Second annual Community Partners Appreciation event

The Program in Occupational Therapy held its second annual Community Partners Appreciation Event on October 17. The event, which is sponsored by the Program's Community Engagement Council, brings together and recognizes organizations that provide research, educational and clinical experiences to our students. This year, two organizations were honored for developing and sustaining a collaborative relationship with us: Collective Impact Network and United 4 Children. They were nominated by Christine Berg, PhD, OTR/L, FAOTA, who has worked extensively with each organization.

The Collective Impact Network (The Network) is a nonprofit foundation working with organizations serving the Normandy Schools Collaborative. The Network aims to strengthen nonprofits that provide social services through strategic partnerships, coalitions and targeted investments. The Network facilitates 5byAge5, a coalition of service providers supporting children aged 0-5 years with the goal that children in Normandy Schools Collaborative show up to kindergarten ready to learn.

The mission of United 4 Children is to improve the social, emotional, physical and cognitive well-being of children by enriching the knowledge of families, teachers and caregivers. They envision a future where all children achieve educational and life success. Their programs begin in the early years when nurturing development is critical, as a

majority of young children spend their days in daycare or early childhood centers. They recognize the impact that early environments have on development and are dedicated to providing training to educators for the sake of the children.

The Collective Impact Network's 5byAge5 Initiative, United 4 Children and the Program in Occupational Therapy partner to deliver the Move2Learn program to early childhood centers on a weekly basis. The organizations assist in supervising our students, providing monthly activity kits for classrooms and offering an annual training workshop. Twice a year, they hold a check-in meeting with our students to ensure that the partnership is truly collaborative.

"This is our fourth year of the Move2Learn program. This partnership benefits both the children and their early educators. Additionally, it's an opportunity for our occupational therapy students to be immersed in the community and learn real, practical skills," says Berg. "Move2Learn provides teachers with ideas for classroom physical activities for children aged 3-24 months. This has been a terrific experience for everyone involved."

Casey Locey, early childhood resource manager at The Network, and Alleta Fendler, director of Programs Achieving Quality Services at United 4 Children, accepted the awards on behalf of their organizations.

Chang joins faculty

On Sept. 1, the Program in Occupational Therapy welcomed Chih-Hung Chang, PhD, professor of occupational therapy, to its faculty. Chang has a joint appointment with the Institute of Informatics.



Chih-Hung Chang

Chang is a psychometrician and health services researcher trained in research methodology and quantitative psychology. His research focuses on the integration of methodology and technology to improve patient care quality and safety through efficient yet comprehensive assessment, education and management of patients, their family members, and health-care professionals.

He directs the Psychometrics-Informatics Laboratory, which aims to integrate advanced psychometrics and evolving informatics to advance our understanding of participation and human health. The lab focuses on the knowledge translation of measurement theory and data science methods, and the design, development, deployment and dissemination of universally designed data capture, analysis, report and visualization systems to improve our understanding of participation and the impact that being actively engaged in family, work and community participation has on health.

Chang earned his bachelor's degree in psychology from National Chengchi University in Taipei, Taiwan in 1987. He began graduate work at the University of Chicago in 1988 and earned his PhD from the Committee on Research Methodology and Quantitative Psychology of the Department of Psychology in 1995. He has been on faculty at the Northwestern University Feinberg School of Medicine since 1999. For the past five years, Chang has led the design and development of a clinical outcomes assessment and management system at the Shirley Ryan AbilityLab (formerly the Rehabilitation Institute of Chicago).

Want more Program news?

Stay up to date on the latest Program news by visiting our website at ot.wustl.edu or connecting with us on Facebook, LinkedIn and Twitter.



Celebrating 100 years



Open house

On October 5, the Program in Occupational Therapy opened its doors to welcome back alumni for an afternoon of reunions and memories. The Centennial Weekend celebrations began with student-led tours of our current facility at 4444 Forest Park Ave. Alumni that graduated before 1995 attended classes in our previous location at 4567 Scott Avenue, which was raised to build the Farrell Teaching and Learning Center.

The tours were followed by a wine and cheese reception, where alumni reconnected with classmates and faculty. Afterward, the reunited classes met at area restaurants for “Dinners by the Decade.”



“ I’m so thankful I was able to attend and reconnect with classmates and instructors, as well as make new friends.”

Mary Lou Meier, Class of 1997



1. Tracy Hammer Bauer, class of 1993, and Rita Knesel, class of 1991; 2. Betty Seitz Hudson, class of 1955, and Betty Ann Gilbert, class of 1955; 3. Michele Kopolow, class of 1971, gives a fundraising update; 4. Alumni brunch attendees; 5. Clockwise: Mary Lou Meier, class of 1997, Steve Taff, class of 1997, Rani Bandaru Menon, class of 1997, and Jeanenne Dallas; 6. 2014 alums Claire Schueler, Keland Scher and Gretchen Lowden; 7. Alumni at the poster sessions; 8. Kerri Morgan, class of 1998; 9. 2010s alumni enjoying dinner; 10. 1980s alumni at the brunch; 11. Kathleen Sindair, class of 1967, and faculty member Alex Wong take a selfie; 12. Carolyn Baum and Pamela Roberts, class of 1984.



More photos available at ot100.wustl.edu



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Reunion brunch

The OT Alumni Reunion brunch was held on October 6 at the Eric P. Newman Education Center, located on the School of Medicine campus. Elias Michael Director M. Carolyn Baum, PhD, OTR, FAOTA, gave the welcome remarks and introduced Centennial Chair Michele Kopolow, class of 1971, who gave an update on Centennial fundraising. Alumna and award honoree Pamela Roberts, PhD, OTR/L, SCFES, FAOTA, CPHQ, FNAP, FACRM, delivered the keynote address. An educational poster session featuring the faculty's scholarly work concluded the morning's activities.



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“ It was so much fun, and a perfect mix of learning about current work, the history and growth of the program, and celebration.”

Catherine Hoyt, Class of 2010



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Centennial Gala

Alumni, faculty, staff, students and friends of the Program in Occupational Therapy gathered on October 6 at the Ritz-Carlton in Clayton, Mo., to celebrate 100 years of helping people live meaningful lives. The evening began with greetings from Chancellor Mark S. Wrighton, PhD, and opening remarks from Elias Program Director M. Carolyn Baum, PhD, OTR, FAOTA. David Perlmutter, MD, the George and Carol Bauer Dean of the School of Medicine, was unable to attend as he was being inducted into the National Academy of Science, but recorded remarks for gala's more than 300 attendees.

"Our program here at Washington University started a hundred years ago with the mission of helping people function in their daily lives, and it has evolved throughout the decades to be an integral part of our mission to advance human health through clinical excellence, innovative research and the education of tomorrow's health-care leaders," Perlmutter said. "The future of the field is critical to the future of medicine and health care in general. I am humbled by what has been accomplished over the years by this extraordinary program, and I am thrilled and excited to be a part of what the future holds."

Following his address was the premiere viewing of the Program's history video, which featured interviews from former deans, community partners, faculty, alumni and students, among others.

Baum honored the Junior League of St. Louis with the Centennial Recognition Award for their role in the founding of our school. Sven Eliasson, MD, PhD, was honored with the Centennial Fellows Award for his ongoing support of the Program over several decades. She then presented the Distinguished Alumni Award to Bette Bonder, PhD, OTR, FAOTA; Katherine Burson, MS, OTR/L, CPRP; Pamela Roberts, PhD, OTR/L, SCFES, FAOTA, CPHQ, FNAP, FACRM; and Kathleen "Kit" Sinclair, PhD, HKOTR, FWFOT, FAOTA. Next followed the Emerging Leader Awards, which were presented to Lisa Tabor Connor, PhD, OTR/L; Adam Pearson, OTD, OTR/L; Ashley Stoffel, OTD, OTR/L, FAOTA; and Timothy Wolf, PhD, OTD, OTR/L, FAOTA.

Current student Arun Selvaratnam, MSOT/S '18, challenged his fellow classmates to shape the future of the profession. "We've made incredible progress over the last 100 years, and that sets us up for this coming century. I challenge everyone in this room to push the boundaries of where occupational therapy can go. Let's expand the scope of our profession, and lead health care into a new era," Selvaratnam said.

The evening concluded with closing remarks from Baum, and dancing by the decade, with Richard Whalley, OTD/S '19, serving as DJ.

"I enjoyed everything about the Centennial weekend. Each event was well planned, and everyone was very hospitable. It was great to see all the changes made in 44 years!"

Debra Herold, class of 1974

1. Chancellor Mark S. Wrighton greets attendees; 2. Adam Lakritz, Lisa Lakritz, class of 1998, Joy Cadelina Gilpin, class of 2008, and Jamie Gilpin; 3. Mary Beth Adelman, class of 1967, and Stanley Adelman; 4. Members of the class of 1997; 5. Eleanor Quinn Hingtgen, class of 1964, and Joseph Hingtgen; 6. Arun Selvaratnam, class of 2018; 7. Jill Jonas, class of 2007, and Michael Jonas; 8. Carolyn Baum toasts the Centennial; 9. Odochi Nwabara, class of 2015, and Megan Peterson, class of 2014; 10. Dancing by the decade.





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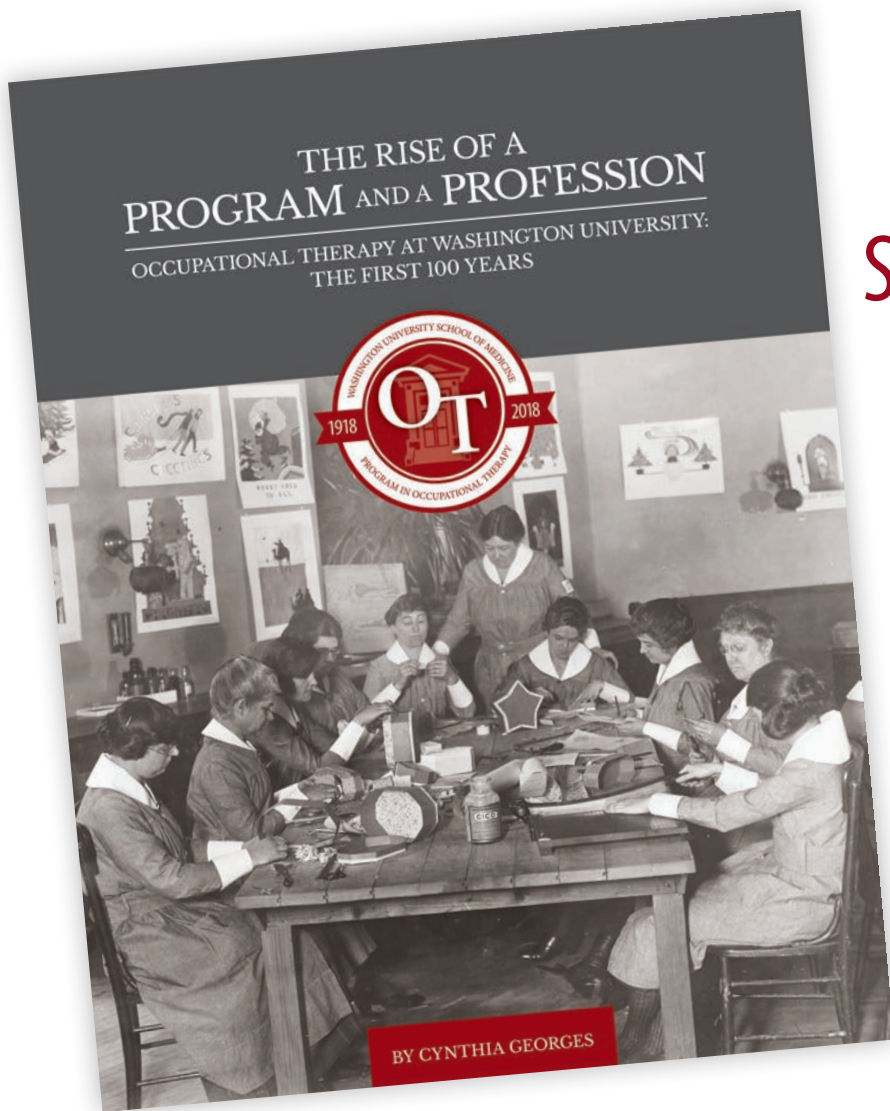
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Sifting through a century of history

BY STEPHANIE STEMMLER

New book highlights 100 years of history for the Program in Occupational Therapy

From the 1922 cover photo of a new book celebrating the first 100 years of the occupational therapy program at Washington University, you can see how much has changed in the profession.

From students learning therapeutic arts and crafts while seated around a wooden table, the Program in Occupational Therapy at Washington University has grown to become one of the most prestigious programs in the world, melding education and practice with evidence-based rehabilitation science and research.

This year, the Program celebrates its 100th anniversary. To mark the milestone, a book was commissioned titled, “The Rise of a Program and a Profession: Occupational Therapy at Washington University, the First 100 Years.”

In the foreword, M. Carolyn Baum, PhD, OTR, FAOTA, the Elias Michael Director of the Program in Occupational Therapy, writes, “Our early leaders challenged mainstream medicine by advocating for social and medical reforms.”

Indeed, as author Cynthia Georges found out, the Washington University program was at the forefront of many advances in

occupational therapy, but its own history was filled with challenges. She writes, “The program served two wars, battled for a home in the School of Medicine, and narrowly escaped closure in unstable times. It persevered by building the science to align with a world-class research university.”

Georges faced challenges of her own in order to create what is now a remarkable testimony to the program. “Some details in historical records and accounts contradicted one another,” she explains. “This required lots of effort to check and corroborate information through a wide variety of sources.”

A writer and editor based in St. Louis, Georges has written extensively for Washington University for 35 years. Previously she worked on campus in several areas, including the Office of Public Affairs, the School of Business, and the Office of Alumni and Development. A former

English teacher, she also has completed many writing projects as an independent writer for the University. “Much of my career has centered on telling stories about the extraordinary individuals who make up the Washington University community,” she says.

Georges spent hundreds of hours tracking down the history of the program and conducting interviews. She hunted in the archives of the Missouri Historical Society & Research Center,



Cynthia Georges

the American Occupational Therapy Foundation’s Wilma L. West Library, the Junior League of St. Louis, the John M. Olin Library at Washington University and the Bernard Becker Medical Library at Washington University School of Medicine, where she collaborated with Philip Skroska, who has served since 2008 as an archivist with the visual collections.

“For OT, we had a lot of material to go through, which in itself, posed challenges to find documented materials about policy changes and such,” says Skroska. “For photos, the challenge was compounded because the brief captions that originally come with them don’t always convey the value of an image. If a picture is worth a thousand words, doesn’t that mean it could take a thousand words to convey the nuances in an image? Finding a photo, then, wasn’t as hard as finding the right photo.”

The program, initially called the St. Louis Training School for Reconstruction Aides, first opened its doors in December 1918 to aid soldiers injured during World War I. Coursework leading to a certification of completion included classes in what were called therapeutic crafts, such as weaving, basketry, book-binding, pottery, simple woodworking, bead work, metal work and design. The program also offered

Alice L. Ernst was one of 12 students enrolled in the school’s first class. Initially, the school offered a six-month course of instruction, during which Ernst completed 10 weeks of craft work and nine weeks of hospital practice. This was her report card.

rehabilitation-focused lectures and clinical practice opportunities in hospital settings.

A 1919 brochure describing the program stated, “We place our trained teachers in hospitals where they teach convalescent patients various crafts, academic subjects, physical exercises and other work, prescribed by a physician, for hastening their physical and mental improvement.”

The first class comprised 12 women. Tuition, which included tools needed for crafts, totaled \$60.

“From the outset, the St. Louis media covered news of the school with keen interest and regularity,” notes Georges. “Leading citizens in business, medicine, education and civic affairs praised the school and backed its development.”

That was not always the case, with Baum noting that the program “flourished during many years and teetered on the edge of collapse in others.” The economic downturn during the Depression years impacted faculty salaries, research funding and student enrollment. But the program had strong advocates that included some prominent physicians. In 1935, it was the first occupational therapy school to receive accreditation from the American Medical Association.

More challenges surfaced in later years, as funding and administrative support waxed and waned. The historical book highlights many of these issues that once jeopardized the viability of the program. But as the affiliation with Washington University matured and the program aligned its

educational mission to include scientific and clinical research, the program became noted worldwide for its groundbreaking, evidence-based changes in practice.

Today, the Program in Occupational Therapy offers master’s and doctoral degrees in occupational therapy, as well a highly competitive doctorate in rehabilitation and participation science. U.S. News & World Report has consistently ranked the Program as the No. 1 occupational therapy program in the nation for several years.

Skroska, who sometimes conducts tours of the medical center for returning alumni, notes, “Usually there is someplace or someone at the school who the alumni could tell had a ‘history’, but in their relatively short time as students, they only see a snapshot of the school’s life. Getting more of the picture, so to speak, of what happened before and after their time here can help reframe their memories. The OT program has a long history of challenges and many successes. Every student is part of that history, and I don’t think I’m being disrespectful when I say they will find that the Program is much greater than the simple sum of their parts in it by reading this history.”

When you make a minimum gift of \$100 to the Occupational Therapy Annual Fund, you will receive a copy of this keepsake history book. Visit alumni.wustl.edu/Baum to make a gift.

			1st Class		
Name	Ernst, Alice		Date of Birth	Oct. 9, 1894	
City Address	6061 Pershing Avenue		Place of Birth	St. Louis	
Home Address	same Cabany 3449-J		Date of Matriculation	Dec. 2, 1918	
Preliminary Education	Graduated Soldan High School, 1912.		Date of Graduation	May 6, 1919	
"	Washington University, 1917.		Fees Paid	\$60.00 tuition	

	Cr. Hrs.	Grade		Cr. Hrs.	Grade
Weaving	4	85	Sketching	1	80
Basketry	2	80	Modeling and Concrete	3	80
Bookbinding and Leather Work	2	85	Hospital Practice Work		passed
Stencil and Design	2	80	Lectures		passed
Woodblock Printing	2	85			
Wood-work and Toy Making	3	80			
Pottery and Bead-work	3	85-80	Final Examination		
Metal	2	85	Average		
			Course covered nineteen weeks.		
10 wks craft work and 9 wks. hospital practice.					
ST. LOUIS SCHOOL OF OCCUPATIONAL THERAPY					



Alumni honorees

BY MICHELE BERHORST

During the Centennial gala on October 6, the Program of Occupational Therapy honored eight alumni for their individual achievements in or contributions to the field of occupational therapy in research, education, leadership, professional development or community participation. Bette Bonder, PhD, OTR, FAOTA; Katherine Ann Burson, MS, OTR/L, CPRP; Pamela Roberts, PhD, OTR/L, SCFES, FAOTA, CPHQ, FNAP, FACRM; and Kathleen “Kit” Sinclair, PhD, HKOTR, FWFOT, FAOTA, received the Distinguished Alumni Award. Lisa Tabor Connor, PhD, OTR/L; Adam Pearson, OTD, OTR/L; Ashley Stoffel, OTD, OTR/L, FAOTA; and Timothy Wolf, PhD, OTD, OTR/L, FAOTA, received the Emerging Leader Alumni Award.

Distinguished Alumni Awardees

Bette Bonder, PhD, OTR, FAOTA

Bonder, class of 1970, is professor emerita in the School of Health Sciences at Cleveland State University. She is an occupational therapist and psychologist with more than 40 years of experience.

Bonder was recognized for her contributions to the profession in mental health, aging, and cultural competence and her leadership in providing health-care services to diverse populations in the community.

Bonder began her career with a focus on mental health and positive aging. Over time, she became increasingly interested in issues of the cultural substrates of meaningful occupation, as well as cultural competence of health-care providers. As an educator, she is dedicated to mentoring future clinicians to promote cultural awareness in clinical care. Recently, Bonder was a driving force in the creation of a pre-medicine program in urban health at Cleveland State University, and in an urban health scholars program to recruit and support students from disadvantaged backgrounds interested in pursuing health-care careers.



She has contributed to the advancement of the field through her leadership on many local and national committees.

Katherine Ann Burson, MS, OTR/L, CPRP

Burson, class of 1981 and 1985, is a national consultant and expert on *Olmstead*, the integrative mandate of the Americans with Disabilities Act compliance, and best clinical practices for state behavioral health systems. She was recognized as a transformational behavioral health leader and advocate whose work addresses the complex community living needs of people with mental health challenges.

Early in her career, Burson gathered experience across the full continuum of care, laying the groundwork for a career dedicated to community integration in many service settings. Over time, she developed a reputation for mainstreaming people with mental health conditions into the workforce and their communities. She has dedicated her career to community integration in many service settings. Burson has shaped state mental health and Medicaid policies and built infrastructures to expand access to evidence-informed practice.



She has partnered with universities to educate and develop the future occupational therapy workforce and has served as a policy advisor for mental health, primary care and behavioral health integration, and health-care reform for the American Occupational Therapy Association.

Pamela Roberts, PhD, OTR/L, SCFES, FAOTA, CPHQ, FNAP, FACRM

Roberts, class of 1984, is the executive director of academic and physician informatics, and professor and executive director of physical medicine and rehabilitation at Cedars-



Sinai Hospital in Los Angeles. She is also co-director of the Division of Informatics in the Department of Biomedical Sciences. She was recognized for her work in shaping rehabilitation services, policies and practices in health-care systems.

Roberts has worked throughout the continuum of care as an occupational therapy clinician, administrator, educator and researcher. She has been instrumental in the development and implementation of system changes in rehabilitation programs. Roberts has provided leadership by chairing system-wide initiatives and developing mechanisms for dissemination through operations, quality and research initiatives. She has facilitated regulatory and accreditation initiatives within multiple health-care systems throughout the world.

Roberts has served as principal and co-investigator on a variety of research projects and has provided workshops and consultations on rehabilitation, informatics and health services regionally, nationally and internationally. Roberts teaches at the University of Southern California and guest lectures at other local universities. She serves on numerous committees, boards and workgroups that promote research, education and delivery of health care, rehabilitation and occupational therapy.

Kathleen "Kit" Sinclair, PhD, HKOTR, FWFOT, FAOTA

Sinclair, class of 1967, is an international consultant in occupational therapy service and curriculum development. She serves as an honorary professor in occupational therapy in the Department of Rehabilitation Sciences at Tung Wah College in Hong Kong and as an adjunct professor at Cebu Doctors' University in the Philippines. Sinclair was recognized for her international leadership in the profession and her advocacy for the expansion of occupational therapy programs and services in developing countries.



She has been instrumental in policy development in relation to rehabilitation and disability with the World Health Organization. She has consulted with national governments and professional associations globally, with a focus on disaster management and working with displaced persons. After a major tsunami struck the Indian Ocean region in 2004, Sinclair spearheaded a project to investigate and promote the role of OTs in post-disaster recoveries. That effort continues today.

For the past 20 years, Sinclair's passion has focused on advancing occupational therapy in the People's Republic of China. She has developed and taught numerous online and in-person occupational therapy courses to promote occupation-based, client-centered occupational therapy at the university level.

Emerging Leader Alumni Awardees

Lisa Tabor Connor, PhD, OTR/L

Connor, class of 2013, is professor and chair of the Department of Occupational Therapy in the School of Rehabilitation Sciences at Massachusetts General Hospital Institute of Health Professions in Boston. She was recognized for her research in understanding the neural, behavioral and social determinants of recovery and participation in people with stroke, particularly for those with aphasia, and her commitment to creating evidence-based and targeted interventions.



Connor has contributed to the profession as a scientist, educator and mentor. Her

research provides quantitative data to model recovery and community participation in stroke survivors to optimize the delivery of rehabilitation interventions. The goal of this work is to create evidence-based, targeted interventions to enable people post-stroke to participate more fully in community life.

As chair of an occupational therapy department, Connor shapes the educational opportunities and scholarly directions of faculty and students. In her role as mentor, she guides future scientists, occupational therapy practitioners and future leaders in the profession. She is an internationally recognized speaker and has published peer-reviewed texts, articles and book chapters.

Adam Pearson, OTD, OTR/L

Pearson, class of 2011, is the strategy and development manager of the Envolve Center, an academic-industry collaboration between the Brown School at Washington University in St. Louis, the Center for Advanced Hindsight at Duke University and Centene Corporation. He is recognized for his leadership in our community and his dedication to supporting the mental health and well-being of the chronically homeless population in St. Louis.



As the first program director of Peter & Paul Community Services' Safe Haven Program and site manager for Garfield Place Apartments, Pearson was committed to making a positive change in his clients' lives and the community. He created and implemented policies for a clinical and supportive housing program for individuals transitioning out of chronic homelessness.

In his role at the Envolve Center, Pearson's experience as a community clinician allows him to provide guidance for their community-based research projects, including those centering on housing and health for low-income families. Pearson ensures that the center's work reflects its mission to create healthy communities where people are able to engage in meaningful activities and have access to quality health care.

Ashley Stoffel, OTD, OTR/L, FAOTA

Stoffel, class of 2006, is a clinical associate professor of occupational therapy at the University of Illinois at Chicago. She was recognized for her advocacy and leadership in family-centered, culturally sensitive and interprofessional early childhood practice.



Stoffel has made significant contributions in promoting the role of occupational therapy in family-centered, culturally sensitive and interprofessional practice in early childhood education and advocacy. She has collaborated with colleagues throughout the country to develop resources for the American Occupational Therapy Association to support practitioners in these practice areas.

Her service to the profession as educator and clinician is evident through her many noteworthy contributions to state organizations and local communities. In 2015, Stoffel was a key contributor to early intervention advocacy efforts in

Illinois when funding cuts and eligibility changes were proposed by the governor. She also serves as the occupational therapy discipline and training coordinator for the Illinois Leadership Education in Neurodevelopmental and Related Disabilities Program. Stoffel is invited to speak, present and train clinicians on early intervention nationally and internationally.

Timothy Wolf, PhD, OTD, OTR/L, FAOTA

Wolf, class of 2007 and 2016, is an associate professor and chair of the Department of Occupational Therapy at the University of Missouri.



He was recognized for his research on functional cognition, occupational performance and participation as he generates knowledge and guides interventions to improve engagement in work and community activities for individuals with neurological injury and cancer-related cognitive impairment.

Wolf has made a significant contribution to the scientific literature, including

peer-reviewed texts, articles and book chapters. Wolf is the recipient of multiple grants related to participation and neurorehabilitation studies.

As an educator and leader, he is dedicated to mentoring future clinicians and scientists and advancing the profession of occupational therapy. Wolf's work furthers the University of Missouri's strategic objective of advancing interdisciplinary collaboration. He currently serves as chair of the American Occupational Therapy Foundation–AOTA Intervention Research Award Scientific Review Group, chair of the Volunteer Leadership and Development Committee and member of the Technical Expert Panel on Functional Cognition. He has served the American Occupational Therapy Association as director of the Board of Directors.



Top: Carrie Gallagher Crompton (left) accepts the Centennial Recognition Award on behalf of the Junior League of St. Louis from Chancellor Mark S. Wrighton and Executive Director M. Carolyn Baum. Right: Sven Eliasson, MD, PhD, (middle), is presented with the Centennial Fellows Award.

Centennial Awards

In addition to the eight alumni awardees, the Program in Occupational Therapy honored the Junior League of St. Louis with a Centennial Recognition Award and Sven Eliasson, MD, PhD, with a Centennial Fellow Award. The Junior League helped found and support our school in its early days. Eliasson fought hard to keep the OT program at the School of Medicine when its closing seemed imminent in the 1980s.



The Carolyn Baum Centennial Challenge Update

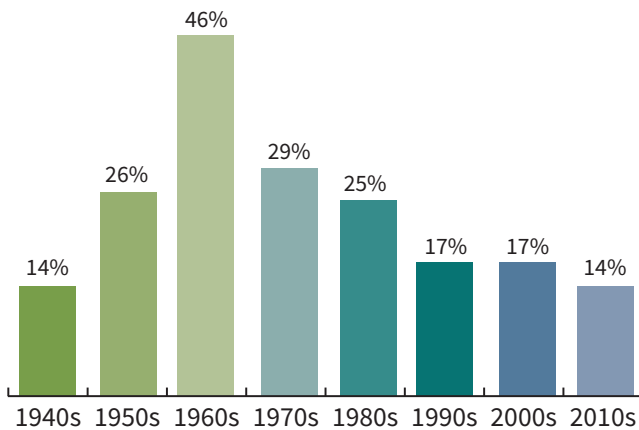
Elias Michael Director M. Carolyn Baum, PhD, OTR, FAOTA, made a generous \$100,000 challenge gift to encourage the support of alumni and friends toward student scholarships. All gifts to the Occupational Therapy Annual Fund will be matched by the \$100,000 Carolyn Baum Centennial Challenge, which runs through June 30, 2019. As of October 1, more than \$163,000 has been raised. Overall alumni participation is at 22%, which means one out of every five alumni has contributed so far.

The decade with the highest dollar amount given is the 1970s with \$31,757 in contributions since the Baum Challenge began. Within the 70s, the class of 1971 has given the highest dollar amount at \$12,925. The decade with highest number of alumni participating is the 1960s with a giving rate of 50%. The 1964 class has the highest participation rate of 88%.

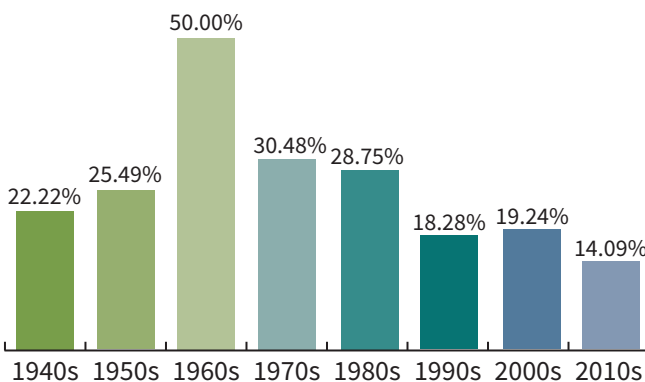
We would love to have 100% participation in the Carolyn Baum Centennial Challenge before it ends in June. When you make a minimum gift of \$100 to the Occupational Therapy Annual Fund, you will receive a centennial keepsake book reflecting on the Program's first 100 years (1918-2018) through photos, interviews and stories.

Visit alumni.wustl.edu/Baum to make a gift online. If you have any questions about the Baum Centennial Challenge, please contact Patrick Delhougne in Medical Alumni and Development at 314-935-9680 or p.delhougne@wustl.edu.

Class Participation by Decade



First Fiscal Year Participation
July 1, 2017 to June 30, 2018



Second Fiscal Year, First Quarter Participation
July 1, 2018 to September 30, 2018

Thank you to our Centennial Ambassadors

We want to thank the alumni who served as Centennial Ambassadors this past year. We had several representatives from every decade who helped us spread the word about the Centennial, shared memories and encouraged participation in our Centennial weekend activities.

1960s

Susan Gore Ahmad, *Class of 1964 and 1999*
Eleanor Quinn Hingtgen, *Class of 1964*
Gloria Levin, *Class of 1967*
Kathleen "Kit" Sinclair, *Class of 1967*

1970s

Bette Bonder, *Class of 1970*
Michele S. Kopolow, *Class of 1971*
Kathy Kniepmann, *Class of 1974*
Patrick James Joseph Bloom, *Class of 1978*
Elizabeth Tina R. Veraldi, *Class of 1979*

1980s

Linda Struckmeyer, *Class of 1982*
Pamela Sue Roberts, *Class of 1984*
Lisa Pazak Avery, *Class of 1987*

1990s

Erin Ann Casey-Phillips, *Class of 1991*
Tracy Ann Bauer, *Class of 1993*
Christine Wright, *Class of 1993*
Jennifer Sambrook Pitonyak, *Class of 1997*
Wanda Jean Mahoney, *Class of 1999*

2000s

Laurie DeLaney, *Class of 2003*
Jenica Lee, *Class of 2004*
Melissa Anne Smith, *Class of 2004*
Rachel A. Sieber, *Class of 2005*
Ashley Dawn Stoffel, *Class of 2006*
Erin Marie Henshaw, *Class of 2007*
Sarah Highland, *Class of 2007*
Jaclyn Anne Stephens, *Class of 2009*

2010s

Rebecca Feldman, *Class of 2010*
Rachel Marie Proffitt, *Class of 2010*
Adam Pearson, *Class of 2011*
Quinn Peal Tyminski, *Class of 2012*
Claire Mary Schueler, *Class of 2014*

Expanding OT clinical services

Creating and delivering community-based services

BY MICHELE BERHORST and RYAN RISLEY

When Pat Nellis, OTD, OTR/L, was recruited to the Program in Occupational Therapy in 2013 to head its Community Practice, she immediately saw the potential for growth of its existing service lines into the community through outpatient clinical services.

“I came to Washington University Occupational Therapy because I strongly believe that health care does not exist solely within the walls of an institution. Having worked in multiple settings for many years, I consistently saw patients leave who were not prepared to take on the challenge of everyday life,” Nellis says. “I wanted to have an opportunity to create and deliver

community-based services that are delivered at home or where they are needed and are not constrained by the setting. Through our services, we are able to deliver those critical outpatient services where they matter the most in a patient's life.”

Nellis concentrated her efforts on recruiting and hiring occupational therapists who had relationships with physicians who would be a good fit to practice team-based care and provide a patient-centered medical home in their clinics. In 2016, the Program acquired Milliken Hand Rehabilitation Center from The Rehabilitation Institute of St. Louis. As a result, more than 20 hand and upper extremity specialists became employees

who provide ongoing care and serve the patients of plastic and orthopedic surgery physicians. The union, however, created two separate brands of clinical business assets: Community Practice and Milliken Hand Rehabilitation Center. It was clear that a concentrated and strategic marketing plan needed to be in place, so Nellis hired Ryan Risley, MPM, clinical marketing specialist, to consolidate and rebrand themselves as OT Services.

“We needed an overarching brand to represent Community Practice and Milliken Hand Rehabilitation Center. Washington University Occupational Therapy was formed and aligned with Washington



OT Services team members

Back row (left to right): Stephanie Stegman, Sue Tucker, Lisa Carson, Stacy Baker, Katie McQueen and Jamie Archer

Front row (left to right): Monica Perlmutter, Elizabeth Heiny, Carla Walker, Emily Pitassi, Anna Van Voorhis and Karen Balk



OT Services model

Washington University Occupational Therapy provides specialized therapy services when and where it is needed most. Therapists use the latest evidence to achieve outcomes centered on the unique needs of the individual.

While providing care, therapists collaborate with individuals, families, caregivers and other health-care providers on the methods they use to help patients achieve the desired health and participation outcomes.

The OT Services model incorporates a team-based and continuum of care approach, linking patients, other health care professionals and community services to best support optimal functioning and participation in daily life.

Through a multifaceted approach demonstrated by evidence and integrated into the patient's life and community, they work to support health and well-being in a way that broadens the traditional definition of health to one that focuses on engagement in life.

University Physicians,” Risley explains. “With guidance from the Family Practice Plan and Medical Public Affairs, a foundational marketing strategy began to take shape.”

Risley's first priority was creating a new website to leverage the established and well-recognized clinical brand of Washington University Physicians. Print collateral, advertising and presentations were rebranded and refreshed to drive visitors to the OT Services website. To further strengthen brand recognition and affiliation, an email strategy was developed and the “OT Clinical Connection” monthly newsletter established. Washington University therapists write the articles with a focus on timely, interesting information for healthy living.

“After this initial positioning was complete, it was time to start building awareness in the community of what outpatient OT services we have to offer,” Risley says. “We held partnership meetings with local health-care agencies and organizations and attended community events that focused on the areas we specialize in such as pediatrics, older adults, wheelchair seating and mobility, and fall prevention.”

Getting the word out in the community also included leveraging mass marketing opportunities such as becoming the exclusive sponsor of “The Grip on the Game,” a local radio show that airs before St. Louis Cardinals and St. Louis Blues games. In addition to these radio spots, weekly ads run in the St. Louis Post-

Dispatch, and Washington University Occupational Therapy was featured in a full-page article in St. Louis Magazine's popular “Top Docs” issue.

All of these marketing efforts are helping to position the program to build a model that will provide team-based care, manage patient transitions through different stages of life and allow our patients the ability to live independently and do what they need and want to do. A current project in that model, for example, focuses on assisting older adults with an emphasis on functional risk and self-management. Nellis feels the future of health care is at the specialty and primary care levels with the goal being to prevent repeated and costly hospital readmissions; this will be the new model of care and delivery of services in the near future.

“As a result of multiple factors, such as our aging population, economics and growing health care expenditures, it is going to be critical to shift into a more preventive model that is convenient to patients and their families and focuses on team-based care that adds value, with an emphasis on prevention,” Nellis explains. “This means that we'll be helping

populations stay healthier by supporting them to manage their own health and manage risks that may lead to functional decline and higher health care costs in the future. We're staring in the face of some major changes in how we deliver care, and it will look very different in the future.”



If you are interested in signing up for the eNewsletter or visiting the new website, please visit otservices.wustl.edu.

Student happenings



PhD students visited with Hector W.H. Tsang, PhD, OTR (center), from Hong Kong Polytechnic University on January 31. Tsang presented his studies on quigong, a mind-body exercise, and its applications in various settings.



The annual medical school musical, "The Addams Family," featured students in the main and supporting cast. The show ran from March 22 to 24.



Students volunteered at the Best Buddies Game Night at the Microsoft Store, an event for children of all abilities on June 1.



Students (and their canine friends) enjoyed the annual orientation picnic held in Forest Park on August 30.



First-year students shared what their OT pin means to them during the 2018 Student Convocation Ceremony on August 24.



Refocusing the lens

Alejandra Fontes, OTD/S '19 (standing), helps a client learn to use a tripod to steady the camera so he can take photos with one hand. Amy Nguyen, MSOT/S '19 (sitting), observes the session in the Occupational Therapy Student Stroke Clinic.

Washington University School of Medicine
Program in Occupational Therapy
4444 Forest Park Ave., CB 8505
St. Louis, MO 63108-2212

 Washington
University in St. Louis
SCHOOL OF MEDICINE

Occupational Therapy



Tweets we love
@WUSTLOT

Kerri Morgan and Lindsey Bean Kampwerth are getting ready to talk about the Accessible Sports Day Extravaganza on @ksdknews. – @paraquad · Sep 22

Upcoming events



April 4-7, 2019

**AOTA Annual Conference
& Expo**

New Orleans, Louisiana
New Orleans Ernest N. Morial
Convention Center

www.aota.org/conference.aspx

*You are invited to the Program in
Occupational Therapy Alumni
Reception. More information
coming soon.*



April 26, 2019

OT Scholarship Day

Eric P. Newman Educational Center
(EPNEC)
320 S. Euclid Ave.
St. Louis, MO 63110

*Registration information to come
at ot.wustl.edu*



May 17, 2019

Commencement

The Program in Occupational Therapy
Commencement Ceremony will be
held in Graham Chapel at 1:00 p.m.
on May 17, 2019.

The Program in Occupational Therapy is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, Suite 200, Bethesda, MD 20814-3449. ACOTE's telephone number, c/o AOTA, is (301) 652-AOTA and its web address is www.acoteonline.org.