



Washington University in St. Louis

SCHOOL OF MEDICINE

Occupational Therapy

Spring 2019

O.T. Link

Occupational performance

*A look back on the career of
Carolyn Baum, PhD, OTR/L, FAOTA*





Study break

Madison Rolling, OTD/S '19, participates in a study comparing animal assisted therapy and progressive muscle relaxation. It's part of a doctoral project on student stress conducted by classmate Brandi Hertel, OTD/S '19. Community partner CHAMP Assistance Dogs provided the therapy dogs for the study.

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Piloting a community education program to seniors to improve their sense of well-being



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SCHOOL OF MEDICINE

Occupational Therapy

From the Director



Now that the Program in Occupational Therapy has officially entered its second century, we are energized to continue our research, educational and clinical practice missions. We completed our fall 2019 admissions cycle in December, and look forward to welcoming a new cohort of future researchers, academicians, clinicians and leaders to our profession. We also welcomed six new faculty members (page 3) who will bring new ideas, innovation and energy to our Program.

As you may know, I am in my final months as director after more than 30 years of leading the Program and more than 40 years at Washington University. Being interviewed for the retrospective article on my career (page 4) sparked many wonderful memories of the time I have spent at the School of Medicine. From the beginning, I have been surrounded by the most extraordinary colleagues, faculty, clinicians and students. I have had endless opportunities for growth, discovery, research, advocacy and development for which I am grateful for. Looking forward, I am excited to continue my research in a new capacity and contribute to the science of occupational therapy and rehabilitation.

I'm also looking forward to seeing where our new education initiatives are headed as well. In 2015, we opened our first student experiential learning clinic to serve un- and under-insured stroke patients in the St. Louis community. Building on the success of that clinic, we have opened three new clinics (page 10) to give our students the opportunity to work with individuals experiencing homelessness, in need of hand therapy services or living with a spinal cord injury. The experiences our students have in these clinics cannot be replicated using standard patient actors or other methods of simulating client interaction, and we are proud to offer this as part of our curricula.

Our OT Services team continues to develop new and innovative ways to improve community health across the continuum of care. Patricia Nellis, OTD, OTR/L, director of the Division of Clinical Operations, is piloting a new public health and community education program that identifies and addresses the various factors of well-being (page 12) to seniors in our community. She and colleague Lisa Carson, OTD, OTR/L, have participants create a "map" of their strengths and challenges and set actionable goals to improve their daily living and encourage a positive outlook on life.

As the Carolyn Baum Centennial Challenge continues, I am proud to report that, as of December 31, 2018, we have raised more than \$221,000 for scholarships. The challenge ends on June 30, and I encourage you to participate as your donation is matched by my contribution of \$100,000. Investing in our students is investing in the future of occupational therapy. Their talents and passion for helping others live meaningful lives will only propel our profession forward in research, academia, clinical practice and advocacy.

I hope to see you at our annual alumni reception at AOTA's Annual Conference & Expo in New Orleans (page 15) on April 4. Of all my accomplishments, I am most proud of having the opportunity to be your professor, mentor and colleague. You represent the best of what our Program has to offer, and I am honored to call you alumni.

The best to you,

A handwritten signature in black ink that reads "M. Carolyn Baum". The signature is written in a cursive style and includes 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*

Mahoney, Bricker join faculty

On November 30, the Program in Occupational Therapy welcomed **Wanda Mahoney, PhD, OTR/L**, to its faculty. She earned her master's degree in occupational therapy from the Program in Occupational Therapy at Washington University in 1999, her doctorate in occupational therapy from Nova Southeastern University in 2008, and a master's degree in history and graduate certificate in women and gender studies from DePaul University in 2018.



Wanda Mahoney

Mahoney serves as a clinician-track educator in the Division of Professional Education where she will teach coursework related to occupational therapy theory, occupational therapy assessment and pediatric practice. She mentors students on scholarly projects that align with her research interests in developmental disabilities, and she is a key contributor to the development of the renewed curriculum and to Program committees on diversity and inclusion and program evaluation.

On December 28, the Program in Occupational Therapy welcomed **Jessie Bricker, OTD, OTR/L**, instructor of occupational therapy, to its faculty to serve as academic fieldwork and capstone coordinator. She earned her master's degree in occupational therapy from the Program in Occupational Therapy at Washington University in 2001 and her post-professional doctorate in occupational therapy from Eastern Kentucky University in 2018.



Jessie Bricker

In her role, Bricker advises students in making fieldwork selections and capstone experiences that support their career goals. She also serves as course master for the preparation of professional practice course in the professional identity and practice series of courses. Bricker is a key contributor to Program committees to ensure that fieldwork and capstone experiences are integral to the didactic curriculum and are consistent with the Program's mission and accreditation requirements.

Promoted to faculty

The Program in Occupational Therapy promoted **Marian Keglovits, OTD, MSCI, OTR/L**; **Emily Somerville, OTD, OTR/L**; **Sue Tucker, OTD, OTR/L, ATP**; and **Quinn Tyminski, OTD, OTR/L**, to its faculty as instructors in occupational therapy effective January 1, 2019.

Keglovits earned her bachelor's degree in anthropology in 2008 from Colorado College and her master's degree in clinical investigation and doctoral degree in occupational therapy from Washington University in 2014. Keglovits' research involves occupational performance and participation in the home and community for older adults, people with physical disabilities and their caregivers.



Marian Keglovits

Somerville earned her bachelor's degree in 2005 from Covenant College and her master's (2007) and doctoral (2017) degrees in occupational therapy from Washington University. Somerville's research interests include promoting the participation of older adults with functional limitations through the provision of intensive, tailored home modification interventions designed to enhance the performance of daily activities in the home.



Emily Somerville

Tucker earned her bachelor's degree (2000) in psychology and her master's (2002) and doctoral (2014) degrees in occupational therapy from Washington University. She is a certified Assistive Technology Professional (ATP). Tucker's scholarly activity focuses on seating and mobility, mobility evaluation and training, and adaptive sports and fitness. Tucker also conducts research in the areas of clinical outcomes and health and wellness.



Sue Tucker

Tyminski earned her master's degree in occupational therapy from Washington University in St. Louis in 2012 and her occupational therapy doctorate from Saint Louis University in 2017. Tyminski's scholarly work focuses on clinical research and assessment development in community-based mental health practice. Tyminski's current research interests focus on occupational therapy program development and assessment within a local homeless shelter.



Quinn Tyminski

Stark elected to AOTF Academy of Research

Susy Stark, PhD, OTR/L, FAOTA, was elected into the American Occupational Therapy Association (AOTF) Academy of Research. This is the highest scholarly honor that AOTF confers, and one of the highest honors in the occupational therapy community. Stark joins an elite group of scientists and scholars who have met the Academy of Research criterion of "outstanding contributions through research to the advancement of knowledge in occupational therapy."



Susy Stark

Stark will be recognized at the AOTA Conference Awards and Recognition Ceremony in New Orleans on Saturday, April 6, 2019.

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, Twitter, Instagram, LinkedIn and YouTube.



A portrait of Carolyn Baum, PhD, OTR/L, FAOTA, a woman with short, wavy, light-colored hair, wearing glasses and a dark blue button-down shirt. She is smiling slightly and looking directly at the camera. The background is a dark, solid color.

Occupational performance

A look back on the career of
Carolyn Baum, PhD, OTR/L, FAOTA

BY MICHELE BERHORST

On June 30, 2019, M. Carolyn Baum, PhD, OTR/L, FAOTA, will be stepping down as Elias Michael Director of the Program in Occupational Therapy after 31 years. In a career that spans more than 50 years, Baum has helped develop and direct the science-driven practice of occupational therapy to promote participation, wellness and quality of life. She has contributed to all aspects of the profession including research, theory, policy, practice and education. In 2017, Baum was named one of AOTA's 100 influential people who has shaped the history of occupational therapy itself. With all that she has accomplished, Baum still feels she has more work to do.

Setting a course

Baum was born in Chicago in 1943 to Gibson Henry Manville, a Pullman train conductor, and Nell Laverne Curry, a teacher. She grew up in the small farming community of Winchester, Kan., which had a population of just 400. Baum was a member of a class of 18 students who went from first grade to high school together. She was involved in 4-H Club, enjoyed cooking and sewing, and was awarded a Betty Crocker Homemaker of Tomorrow award. She was all set to be the homemaker her parents wanted her to be when the course of her life changed during a visit to her cousin in Tacoma, Wash.

“She was the assistant director of special education for the Tacoma public school system, which was one of the first school districts in the country that mainstreamed children with disabilities into regular classrooms,” Baum explains. “During the course of my week-long visit, my cousin encouraged me to observe the occupational therapist who was working with these children in a resource room designed to help them succeed in the classroom. I knew then I wanted to be an occupational therapist.”

To accomplish this goal, Baum had to convince her parents that she would be a “better” homemaker if she had a degree in home economics. With their consent, she enrolled in Kansas State University. After adjusting to the rigors of higher education during her freshman year, Baum transferred to the University of Kansas and switched her major. In 1966, she earned her bachelor’s degree in occupational therapy. She was on her way.

Forging ahead

Baum’s first clinical position was at the University of Kansas (KU) Medical Center in Kansas City in 1966. In the 18 months she was there, Baum started a cardiac rehabilitation program with a nurse and presented her first paper. She left KU to start a rehabilitation occupational therapy program at the Research Medical Center in Kansas City. After six months there, the occupational therapy director left and convinced the administration that Baum could replace her. She took weekly courses in management training through the American Management Association to strengthen her hospital administration

skills. Eventually, she went on to become the director of physical medicine and rehabilitation managing physicians and occupational, physical and speech therapists in 1973.

It was during this time that Baum became actively involved in the American Occupational Therapy Association (AOTA). She caught the attention of Florence Cromwell and Wilma West, both noted leaders in the profession, who served as her mentors. She also caught the attention of AOTA president Jerry Johnson and Elias Michael Director of the Program in Occupational Therapy at Washington University. Johnson recruited Baum to run the occupational therapy program at the Irene Walter Johnson (IWJ) Rehabilitation Institute in 1976.

It did not take Baum long to help position IWJ in the forefront of providing occupational therapy services to the community at large. In her first two years as director of occupational therapy, Baum increased the staff from five to 14 and expanded service programs in neurology, general medicine, hand rehabilitation, nephrology, rheumatology and pediatrics. It was also a time of personal growth—Baum earned a master’s degree in health management from Webster University in St. Louis in 1979. She expanded her leadership experience further by serving as AOTA president from 1982-1983 and becoming president of the National Board of

As director of occupational therapy at the Irene Walter Johnson Institute of Rehabilitation, Baum (standing) and her colleagues identified needs in the community and worked to develop programs to serve them.





The Activity Card Sort (pictured above) is an interview-based tool that allows clients to describe the full range of their meaningful activities and their engagement with each. Using photo cards depicting various activities, clients are able to communicate their occupational history to their clinician so that, working together, they can build routines of healthy activities.

Certification of Occupational Therapy (NBCOT) in 1986. Above all this, Baum saw the need to incorporate science into the profession itself.

“At this point in time, there were very few occupational therapy scientists. I started to connect with neurologists and plastic surgeons and encouraged pilot studies to show how occupational therapy could help physicians manage their complex patients,” Baum says. Her collaborative efforts led Sven Eliasson, MD, PhD, to encourage her to apply for the Elias Michael Director position when Mary Ann Boyle, who succeeded Johnson, resigned in 1987. It was a seemingly impossible task; the program was slated for closure.

Rising to prominence

When Baum began her tenure as Elias Michael Director in 1988, she knew she had to turn the Program into an academic discipline for it to survive. She hired scientists Dorothy Edwards, PhD, and Jan Duchek, PhD, and they mentored faculty and students in how to apply science to everyday problems in living. In 1993, she brought in colleague Sue Baptiste to help redesign and modernize the curriculum to address the occupational needs of society. That same year, Baum

earned her doctorate in social work with a concentration in social policy and aging from the Brown School at Washington University. Leonard Berg, PhD, known for his breakthrough research on Alzheimer’s, served as her mentor and friend during this time of change, renewal and growth.

Throughout the 1990s, Baum contributed to the profession by developing the Person-Environment-Occupation-Performance (PEOP) model, initially with her colleague Charles Christiansen, and more recently with Julie Bass, and led the development of functional assessments based in everyday living (the Activity Card Sort, the Kitchen Task Assessment, the Functional Behavior Profile and the Executive Function Performance Test). These are widely used by practitioners all over the world. She was also involved in two major rehabilitation policy initiatives by serving on the National Institutes of Health (NIH) committee that wrote the rehabilitation plan for Congress that implemented the National Center for Medical Rehabilitation Research and on the Institute of Medicine committee that wrote the report “Enabling America for Congress.”

In the next decade, Baum rose to prominence as a leader and scientist. She served as AOTA president again

from 2003-2007 and was inducted into the American Occupational Therapy Foundation's (AOTF's) Academy of Research in 2005. In 2009, she received the AOTA and AOTF President's Commendation Award in honor of Wilma West, her former mentor. She was inducted into the Academy of Science in St. Louis in 2010 and served as chair of the AOTF Research Commission from 2011-2016.

After a series of pilot grants, Baum received major funding from the James S. McDonnell Foundation for her project titled "Linking Neuroscience to Everyday Life." She brought together 22 scientists from neurology, neurobiology, neuroradiology, philosophy, psychology, occupational therapy, movement science and communication science to form the Cognitive Rehabilitation Research Group (CRRG) with the goal of translating knowledge from neuroscience into treatment programs for those with stroke. Susan Fitzpatrick, PhD, president of the McDonnell Foundation, recalls how from the start, Baum needed her colleagues to see beyond just the medical perspective.

"With the initial planning grant, Carolyn had high-quality videos made of people recovering from different cognitive deficits as result of brain injury—for example, left hemisphere stroke, right hemisphere stroke—just engaging in everyday activity, whether it was trying to cook something or look up a number in the phone book," Fitzpatrick says. "It allowed the neuroscientists and psychologists to see in a neutral way somebody doing something naturally, not in a laboratory. To think about not just how do people look in a clinical setting, or how do people look on some of the instruments that we may use to measure or monitor function, but how are they actually performing in their everyday life?"

Helene Polatajko, PhD, an internationally respected occupational therapy scholar from the University of Toronto, was part of the Canadian cohort. "Carolyn's ability to build bridges to bring people together is what made this project so groundbreaking. She was able to get the psychologists and the occupational scientists to start talking to each other and understanding each other better," Polatajko recalls. "The project brought together Canadians and Americans, and we have extremely different health-care systems and ways we improve the lives of people with disabilities."

By the 2010s, Baum had not only reformed the Program into an academic discipline, but she had built it into a research enterprise. She had set a vigorous pace for advancing the science to develop and improve occupational therapy education and rehabilitation practices at the School of Medicine. Baum served as mentor to a highly productive faculty that includes academicians and early- and mid-career scientists to generate and disseminate knowledge that supports evidence-based practice.

Christine Berg, PhD, OTR/L, FAOTA, has worked with Baum during her entire tenure as director and has served on various curriculum committees over the years. "Under Carolyn's leadership and guidance, our innovative curriculum continually evolved through the influence of her national and international experiences, her research and scholarship, her policy knowledge about the ever-changing health-care landscape, and her vision and conceptualization of what participation science could bring to our program and to the profession at large," Berg shares.

Early career scientist Kerri Morgan, PhD, OTR/L, ATP, values the mentorship Baum has provided since joining the faculty in 2003. "Carolyn's guidance and

Baum (standing) was named as one of AOTA's 100 Most Influential People who have shaped the profession's 100-year history in celebration of occupational therapy's Centennial in 2017.



mentorship were critical in helping me reach my professional research goals. She supported me when I returned to school for my PhD. Afterwards, she assisted me with the transition from clinician track to research tenure track faculty,” Morgan says. “Carolyn has had a strong influence on the development of my work and ideas and the growth of my professional network by providing the resources and support for me to be successful. She also created an environment that allowed me not only to pursue my professional goals, but also my personal goals including competing in the Paralympic Games.”

Expanding science

Although she is stepping down, Baum makes it clear she is “not retiring.” Instead, she will focus on her research, which centers on enabling older adults to live independently. Currently, she is working on additional measurement work to establish functional cognition as a central element that must be addressed by occupational therapy to help people live lives when mild cognitive impairment is interfering with their ability to engage with family, work and community activities. She is collaborating with fellow scientists Joy Hammel, PhD, from the University of Illinois at Chicago, and Elizabeth Skidmore, PhD, from the University of Pittsburgh, on grants to improve community participation after stroke. Hammel and Baum take an intervention approach that uses self-management training and social learning to give stroke survivors the knowledge and confidence to participate individually in meaningful activities and develop a strong network of social support. Skidmore’s approach uses guided skill development to teach people strategies to identify and navigate barriers to community participation.

“Both approaches are community focused, individually tailored and culturally responsive, which makes them adaptable for people with varying abilities and resources,” Baum says. “Our work will examine whether the combination of these approaches improves the community participation among people with stroke-related disability.”

Skidmore is looking forward to this and future work with Baum, whom Skidmore considers “an outstanding advocate” in ensuring that national scientific agencies

recognize the value of investing in occupational therapy and rehabilitation science. “She has educated people and organizations within the field and outside the field on the importance of investing in our profession. Her involvement with advisory boards and councils of multiple federal agencies has been critical to increasing awareness of our profession’s contributions and capacity for scientific advancement.” Skidmore shares. “Most scientists like me make a dent in an area of inquiry; Carolyn has created areas for multiple scientists to make dents around multiple areas of inquiry. She serves and will continue to serve as the conduit for the broader mission of occupational therapy beyond her own research.”

A lasting legacy

In 2017, the occupational therapy profession celebrated its 100th anniversary, and Baum has been a thought leader for more than half of those years. Throughout her career, she remained committed to making the profession an integral and vital part of the health-care system to improve people’s lives through meaningful participation. Her PEOP model is part of the occupational therapy vernacular, and her clinical assessments are standard tools in the practitioner’s toolbox. Although Baum is world renowned for her contributions to occupational therapy science, her colleagues feel her legacy goes much deeper than that.

“Carolyn makes people think, she makes people connect, and she makes people want to connect. She identifies the barrier, and she facilitates making that barrier go away. She’s a true visionary, and she works tirelessly to make her visions a reality,” Polatajko says.

Skidmore agrees. “Carolyn is one of the titans of our profession. These titans have all made contributions in different ways, and they led us through the toughest periods of the profession’s history including major expansion in our practice, education and science, as well as, great periods of vulnerability. However, the opportunities for the profession are greater now than they have ever been. I don’t know if we’ll ever be able to truly assess the ripple effects of the impact that Carolyn has had on our profession and our various missions,” Skidmore says.

"I don't know if we'll ever be able to truly assess the ripple effects of the impact that Carolyn has had on our profession and our various missions."

—Elizabeth Skidmore, PhD



Chancellor Mark S. Wrighton (right) presented Baum with Washington University's Distinguished Faculty Award at the Founders Day dinner and ceremony on Oct. 28, 2017. The award recognizes outstanding commitment to the intellectual and personal development of students.

Experiential education

Student experiential learning clinics provide real-life clinical experiences

BY MICHELE BERHORST

In the spring of 2015, the Program in Occupational Therapy opened its first student experiential learning clinic (SELC) for un- and under-insured patients with stroke in the St. Louis community. Following the success of the OT Student Stroke Clinic, three more SELCs have been developed to provide services to individuals experiencing homelessness, in need of hand therapy services or living with a spinal cord injury. Licensed occupational therapists from our faculty and/or Community Practice program provide the mentorship and direct supervision for all evaluations and interventions delivered in an SELC.

Quinn Tyminski, OTD, OTR/L, instructor in occupational therapy and psychiatry,

oversees the Community Independence OT Clinic. In November 2018, the clinic began seeing individuals experiencing severe and persistent mental illness and co-occurring homelessness through a partnership with St. Patrick Center in downtown St. Louis. Tyminski started providing OT services at the center as part of her doctoral project. Based on the program's success, she decided to start up an SELC so students could have the opportunity to work with this often-marginalized population.

"I knew there was need for OT services to bridge the gap between homelessness and housing, but I quickly realized that those services were needed at every step of the process. Most of the clients that

we work with have deep trauma histories and are dealing with at least one mental or physical diagnosis," Tyminski says. "Working within this population is more than being someone's occupational therapist. It's about truly listening to their story, providing emotional support and often being the only person who consistently shows up for them."

Ronnie Drummond, OTD/S '20, joined Tyminski's SELC because he also sees the difference OT can make in the lives of his clients. "One of my first experiences in the clinic was with a gentleman who had been receiving our OT services for a few weeks. He had just gotten an apartment and was so excited, he broke down," Drummond shares. "It was that kind of heartfelt

PHOTO BY RYAN RISLEY



Amy Nguyen, MSOT/S '19 (right), completes an evaluation of basic ADLs in the OT Student Stroke Clinic.

moment that got me interested in this population. Just seeing what OT can do for these individuals who oftentimes have no one else to turn to is truly inspiring.”

Lea Fang, OTD/S '20, has had similar experiences in the Hand Therapy Student Learning Clinic, where students work with individuals with hand or upper extremity musculoskeletal conditions. Clients are referred to the clinic from the orthopedic and plastic surgery resident clinic at BJC's Center for Outpatient Health and from therapists at Milliken Hand Rehabilitation Center. Vicki Kaskutas, OTD, OTR/L, FAOTA, associate professor of occupational therapy and medicine, oversees the clinic, which opened in January 2018.

“I had a client with an upper extremity injury who couldn't tie his shoes. During our first session, he was so frustrated that he wanted to chuck his shoes out the window,” Fang shares. “At our next session, I went through one-handed shoe tying techniques with him. After practicing it a few times together, he became a master at it. You could see it on his face how happy he was to be able to tie his shoes.”

Before working in an SELC, students like Drummond and Fang participate in advanced training to prepare them to work directly with clients. Students identify the client's individual needs through a standardized assessment battery, develop intervention plans and provide OT services to achieve the client's goals. A secure database of evaluation and intervention data helps track each SELC's outcomes and answer scholarly questions, and students' competencies are measured throughout the experience to track their growth as therapists.

And the popularity of SELCs is growing. On the national level, the Society of Student-Run Free Clinics (SSRFC) provides an interprofessional platform for student-run clinics (SRCs) through an annual conference, website and newsletter. Their Journal of Student-Run Clinics is a student-run, peer-reviewed publication with a specific focus on SRCs to spread inspiration for and increase communication regarding SRCs and best practices in patient care, student education and practice management. Kaskutas encourages students to attend these types of regional, state and national



Amanda Pisani, MSOT/S '19, (left), and Ronnie Drummond, OTD/S '20 (right), complete a computer bill pay task with a client in the Community Independence OT Clinic.

professional conferences and submit research proposals and papers.

“One of our students is presenting our hand therapy clinic outcomes at the SSRFC conference this year, and students from our other clinics will attend this conference. Last fall, students presented outcomes of our stroke and hand clinics at the Missouri Occupational Therapy Association conference, and several students will be presenting a short course at the American Society of Hand Therapy conference. These events allow students to interface with other professionals, learn about cutting-edge research and further their clinical skills. It is important for students to recognize the value of becoming active members of their professional organizations and societies,” Kaskutas says.

In January 2019, the Collaborative Community Clinic began providing services to individuals with spinal cord injury or disease at Paraquad's Center for Independent Living. Led by Carla Walker, OTD, OTR/L, ATP, advance practice clinician, the clinic holds group sessions that focus on improving health and participation, with individual

sessions available to address outstanding rehabilitation and self-management needs. Students gain valuable experience in program development and facilitation of groups in the clinic. Walker, who has worked with this population for years, is excited to offer this experience to students.

“This SELC is an opportunity for students to apply what they've learned academically about spinal cord injury, secondary conditions and community participation to working directly with clients whose lives are impacted every day,” Walker says. “Students learn how to collaboratively set meaningful goals with clients and promote establishment of weekly action plans, allowing clients to move closer to achieving their individualized goals. Above all, they make that same one-on-one connection with real clients as they would in practice.”

The well-being icebreakers

BY STEPHANIE STEMMLER

Pat Nellis, OTD, OTR/L, (standing), helps a participant complete her well-being map at Cardinal Ritter Senior Services.

In a senior living community outside of St. Louis, a group of women, ages 55 to 70, are making goals for themselves focused on improving their sense of well-being and their overall ability to manage life's transitions. In the midst of laughter and conversation, they each create a web-like map of their strengths and challenges in the areas of physical activity, nutrition, sleep, positive emotions, their sense of purpose, social connectedness, and serving others.

"Well, it's no secret that I need to work on nutrition and exercise after looking at my map," laughs Carol Grant, one of the participants, as she shows off her results. Others in the group point to sleep or creating a sense of purpose as other potential challenges in their lives.

The maps the group has created are visible tools that highlight the long-recognized indicators that can promote—or hinder—a sense of well-being.

"Well-being is a subjective sense of being content and happy with your life," says Patricia Nellis, OTD, OTR/L, director of the Division of Clinical Operations in the Program in Occupational Therapy at Washington University School of Medicine. "But it's critical to teach people to focus on their well-being because when a person is negative, depressed, not involved, not coping well, eating or sleeping badly, they end up in a state of social and functional decline."

Nellis and colleague Lisa Carson, OTD, OTR/L, want to develop actual functional tools that can help individuals enhance their sense of well-being. They are piloting

a new public health and community education program that focuses on proactively identifying and addressing potential negative factors of well-being. Called "Map Your Path to Well-Being," the 9-week program was initially piloted in a group of adults with disabilities. Nellis is now working with seniors and hopes soon to develop a similar education tool to use with children.

"There are few, if any, comprehensive tools that evaluate areas such as meaningful occupation, social connectedness, mindfulness, and joy through helping others," says Nellis. "We want to help people develop an action plan to improve their quality of life and a sense of well-being and then share those proven strategies with community groups, physicians and others, as well as incorporate them into our occupational therapy clinical practice curriculum."

The World Health Organization defines overall health as a state of complete physical, mental and social well-being, and not merely the absence of illness or disease. For physicians, then, it is more

than focusing on disease prevention and treatment; it is taking a holistic view of an entire person and prompting them to take action to reach and maintain a positive sense of well-being.

The process has its roots in the evidence-based field of positive psychology, which is the scientific study of the various strengths that enable individuals and communities to thrive. In 2008, the British New Economic Foundation noted that there were five actions to improve personal well-being:

- Connect
- Be active
- Take notice
- Keep learning
- Give

It is those five actions that are embedded in the new occupational therapy well-being program. Step one for participants is to complete a global health assessment and create their “map” of strengths and challenges.

Once challenge areas are identified, participants then are asked to identify small, achievable goals that can potentially turn a negative into a positive.

At Cardinal Ritter Senior Services, where the group of women volunteered to participate in the pilot program, all are single and living in independent living apartments. For some, says a Cardinal

Ritter services coordinator, winter months often are times when it’s difficult to cope with aspects of daily living, which, in turn, can lead to anxiety, stress, or even medical decline.

Carson, an occupational therapist with a particular interest in healthy aging and the management of life transitions, hopes the well-being program encourages older adults to identify and continually implement small actions that optimize a positive outlook on life.

“Part of this course is that we want you to make a positive change in your life,” Carson tells the women. “And it starts with an action plan. We want you to set a goal to improve one thing and then write down how confident you are about achieving this goal and in what timeframe.”

At first, the women talk about broad goals—eating better, exercising more. Carson and Nellis encourage more details to create actionable goals. Carol Grant, for example, wants to try eliminating one favorite food from her diet as her first step toward eating healthier. “I’d like to stop eating chips, but I have them around for my grandchild when she visits, so I eat them all the time,” she says.

But with encouragement, she agrees to hand over the chips after her grandchild leaves to Patricia Redeker, a friend in the group. “This accomplishes two things,” applauds Nellis. “You are taking a concrete step to improve your eating habits and

you now have a stronger social connection with Patricia, because she’s going to help you with your goal.”

After the weekly session, Carol Krews, 73, notes, “I like to learn, so this process of goal-setting is interesting. Especially since we all live alone, we need to remember to keep doing these self-assessments and think about well-being more often. It’s made me realize that this is, in fact, a lifelong process.”

Nellis, who previously was director of inpatient rehabilitation services at Barnes-Jewish Hospital, says she firmly believes that health care doesn’t always need to be reactive. “We can be proactive and preventive,” she stresses. “Well-being needs to be part of the prescription for health, and, as occupational therapists, we want to teach others proven strategies that will keep people healthy out in the community for as long as possible.”

As she and Carson finalize the assessment and action tools to enhance well-being, Nellis adds, “I feel we are making a difference at the front-end of care. In that way, occupational therapists are the icebreakers. We’re breaking up the ice and modifying care delivery practices so that we are at the forefront of helping to improve quality of life for individuals and communities.”

Lisa Carson, OTD, OTR/L (standing), leads a group discussion on setting actionable goals.



PHOTO BY RYAN RISLEY



Carolyn Baum, PhD, OTR, FAOTA, Steve Taff, PhD, OTR/L, FNAP, FAOTA (center), and students attended the School of Medicine Scholarship Donor Recognition Dinner on November 17. The event celebrates donors that generously support student scholarships.

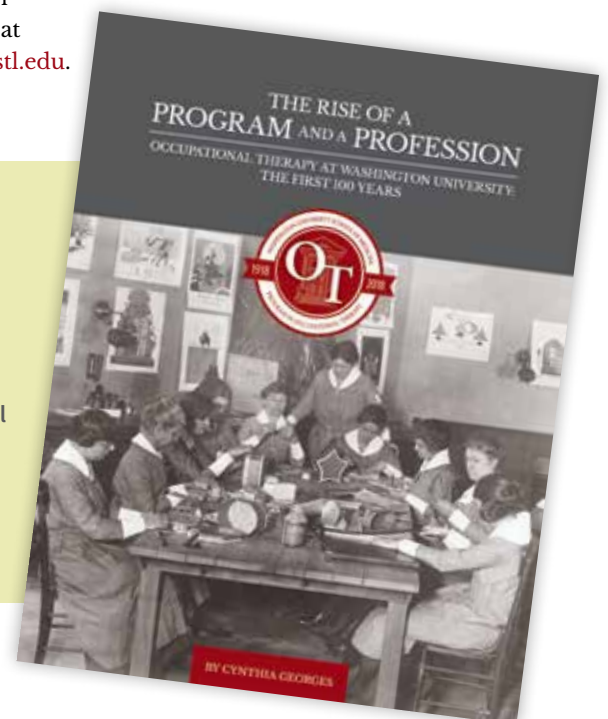
The Carolyn Baum Centennial Challenge Update

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 December 31, 2018, more than \$221,000 has been raised. Overall alumni participation is at 22.55%, which means one out of every five alumni has contributed so far.

The decade with the highest dollar amount given is the 1970s with \$43,305 in contributions since the Baum Challenge began. Within the 70s, the class of 1974 has given the highest dollar amount at \$13,600. The decade with highest number of alumni participating is the 1960s with a giving rate of 55%. The 1964 class has the highest participation rate of 88%.

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.

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.



2019 Alumni Award honorees

We are pleased to announce the 2019 honorees of the Program in Occupational Therapy's Distinguished Alumni Award and Emerging Leader Award. The awards recognize alumni for their individual achievements in or contributions to the field of occupational therapy in research, education, leadership, professional development or community participation. The awards will be presented at OT Scholarship Day on April 26, 2019.

2019 Distinguished Alumni Award

Jill Cigliana, MSOT, OTR/L

Jill Cigliana, Class of 2000, is the program director of Memory Care Home Solutions in St. Louis. Cigliana is recognized for her efforts to bring evidence-based occupational therapy services to persons with dementia and their caregivers to support, enrich and improve quality of life for those affected.

In her first few years as director, Cigliana advocated for occupational therapists to be added to the social work staff. She enhanced the caregiver training program to include up to four occupational therapy visits free of charge through grant funding. Cigliana championed a partnership with world-renowned dementia researcher Laura Gitlin, PhD, to assist the organization in analyzing outcomes and publishing the results of their program's efficacy. She helped procure a grant from the Administration on Community Living to translate university-level, evidence-based research into real-life community programs. The grant allows her team to pursue an innovative and effective in-home treatment for functional and behavioral management. With Cigliana's leadership, the team is finding ways to make the treatment accessible to other programs by partnering with rural hospitals throughout the region.

Day to day, Cigliana provides inspiring leadership and support to her team by promoting an inclusive work culture that values each member's individual contributions to the mission.

For her passion and dedication to occupational therapy, her advocacy for evidence-based care for people with dementia and their caregivers, and her commitment to community health, we are pleased to present the Distinguished Alumni Award to Jill Cigliana.

2019 Emerging Leader Award

Theresa Carlson Carroll, OTD, OTR/L

Theresa Carlson Carroll, Class of 2008, is a clinical assistant professor at the University of Illinois at Chicago. She is recognized for advancing occupational therapy's role in transitioning students with autism and other developmental disabilities to adulthood, her state and national leadership in this practice area and her commitment to innovative and evidence-based teaching strategies.

Carroll has focused her career on promoting and advocating for occupational performance and meaningful participation for adolescents and young adults. She is an active participant in the AOTA Transition Community of Practice, publishing papers and delivering presentations with fellow members. She co-founded the Illinois Early Intervention and Schools Community of Practice and leads a subgroup to advance OT's role in transition within the state of Illinois. She has forged partnerships with community organizations Urban Autism Solutions and Easterseals Serving Chicagoland and Rockford to provide clinical practice experiences and research opportunities for students. In her work with Urban Autism Solutions, Carroll provides innovative occupational therapy services to autistic youth in Chicago. Carroll and a faculty colleague developed the Faculty Practice Initiative on Children, Youth and Families at the University of Illinois at Chicago to promote the advancement of occupational therapy.

As an educator, Carroll brings new effective technology and evidence-based teaching strategies to the curricula. She was the first faculty member to implement electronic medical record software in the classroom at UIC, and among the first to integrate Team Based Learning and iPads.

For her leadership in the area of transition, her initiative in forming community partnerships and her innovative approach to occupational therapy education, we are pleased to present the Emerging Leader Award to Theresa Carlson Carroll.



Alumni reception at AOTA's Conference and Expo

Will you be in the area during the AOTA Conference & Expo in New Orleans?

Join us for our annual alumni reception!

Thursday, April 4
Balcony N (4th floor)
New Orleans Marriott
8:30 to 10:00 p.m.

Come visit with fellow alumni, students, faculty and staff. Dessert and drinks provided. Conference registration is not required.

Please RSVP to
otevents@wustl.edu or
(800) 279-3229 by March 27

Come see us at Booth #1446!
ot.wustl.edu/AOTA19

Student happenings



This fall, the Washington University Student Occupational Therapy Association (WUSOTA) Community Service Committee collected and donated 3,059 diapers to babies and toddlers in need at the St. Louis Diaper Bank.



Several of our research coordinators held a Halloween party in their workspace for students and staff on October 31.



Student representatives Bernadette Sheffield, MSOT/S '19 (left), and Makenna Snyder, MSOT/S '19 (right), attended the Missouri Occupational Therapy Association annual conference on October 27.



WUSOTA's Social Committee organized a Friendsgiving Potluck in November.



Nicole Huang, OTD/S '19, presents her accessible jacket design for the Special Topics Fashion Design: Fashion Collaboration class on December 10.

Teamwork task

Students were tasked with making funny hats in the Promoting Population Health Through Community Partnership course. Christine Berg, PhD, OTR/L, FAOTA, uses the activity for students to consider what makes a well-functioning team.



Washington University School of Medicine
Program in Occupational Therapy
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University in St. Louis
SCHOOL OF MEDICINE

Occupational Therapy



Tweets we love
@WUSTLOT

How can we build better and more inclusive environments? Here are some tips from @OTDiversity Chair @DrCatHoyt #ILOTAConference #ILOTA #Inclusion – @R_Dargatz_OTD

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
on page 15.*



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.