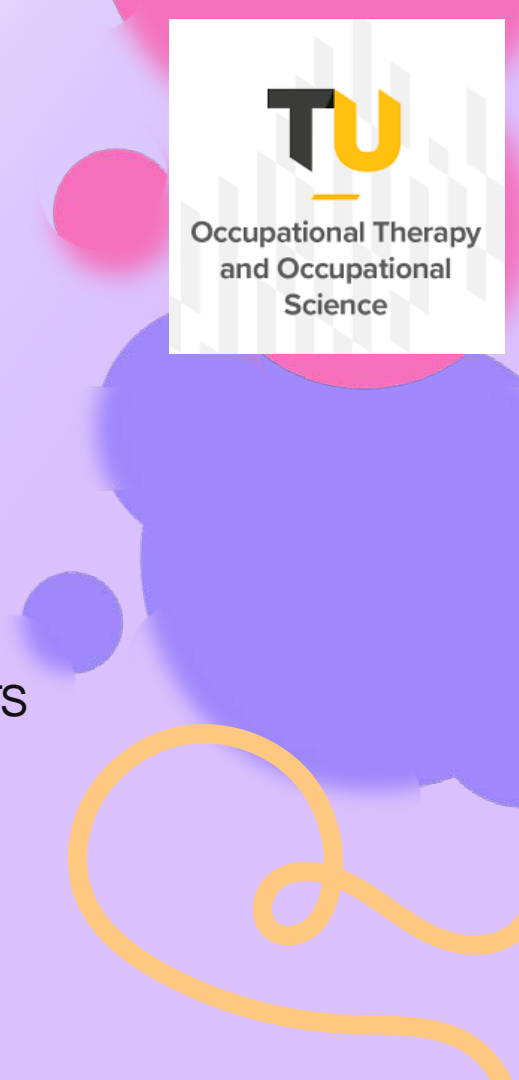


# CORE Foundations Trainee Presentation

Stephon Mason, OTS; Julie Cantwell, OTS; Lauren Pahutski, OTS



# About Us



## Lauren

- MSOT student at Towson University
- Passion for mental health & pediatrics
- Enjoys oil pastel art and long-distance running



## Stephon

- MSOT student at Towson University
- Aspiring geriatric OT (preferably at a SNF)
- Enjoys fitness and RNB music



## Julie

- MSOT student at Towson University
- Dreams of being a certified hand therapist
- Enjoys roller skating and cooking

# Community Programming



## Self Regulation

- Identifying "red flags"
- Zones of Regulation

## Time Management

- Identifying priorities
- Scheduling

## Positioning

- Identifying appropriate distance & practice



## Goal setting

- Identifying strengths and weaknesses
- What to aim for next

# New Skills

- **Increasing accessibility of educational content**
  - In order to ensure participants gain the most out of our sessions and fully understand the concepts discussed, we learned to increase the amount of supports and concrete examples used in our presentation of topics to participants.
- **Collaborating at the interprofessional level**
  - To create successful interventions, we needed to coordinate with support staff to determine not only times/locations, but also how to frame sessions to pique the interest of our participants.
- **Commanding rooms with various attention spans**
  - Managing a group of individuals out in the community can be overstimulating at times, but keeping participants engaged through client-centered approaches serve as a benefit. To ensure the interventions are effective, we had to continuously build rapport and adapt our ideas to best suit our participants.

# \* Takeaways

- **Interprofessional collaboration:** Working with CORE Foundations participants taught us the value of learning from Brooke and Anil, who are experts in working with these participants. Their insights have been invaluable to our programming.
- **Engaging informal education:** The CORE Foundations participants want to enjoy themselves and fellowship with their friends. It is essential to incorporate learning experiences within daily activities and provide more opportunities increased reciprocity.
- **The value of community:** The value of community becomes very clear in two different modes.
  - The sense of community amongst participants facilitates understanding, friendship and belonging.
  - The opportunity to engage with the larger community provides opportunity for social participation, leisure exploration, and further development of skills.