

The background features a complex, abstract design with overlapping translucent shapes in shades of green, blue, and orange. A network of thin, glowing white lines crisscrosses the scene, creating a sense of depth and connectivity. The overall aesthetic is modern and digital.

Utilizing Website Building to Develop Transition Readiness and Self-Advocacy with Youth

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David Merlo, COTA/L, CPRP

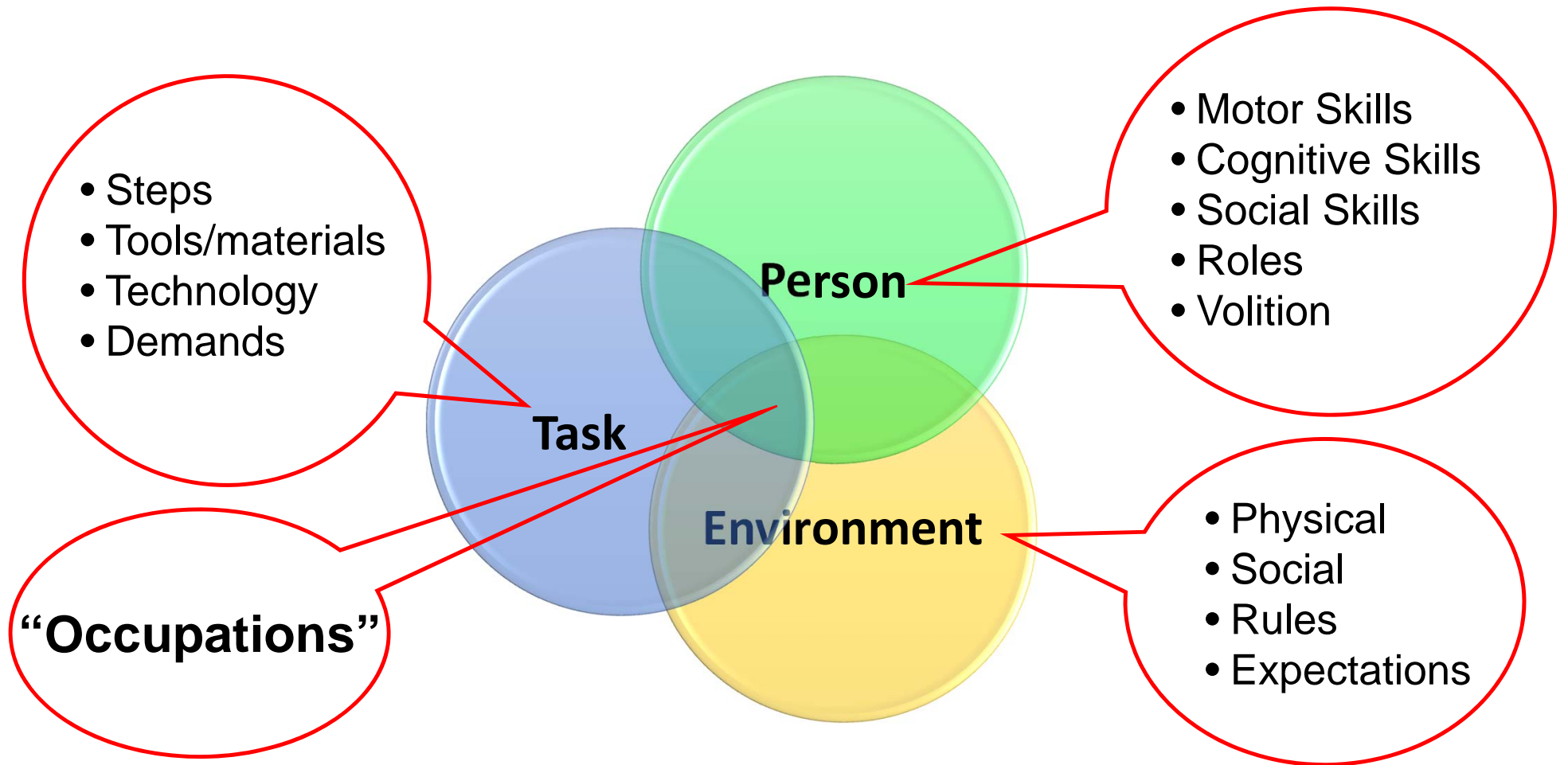
NYAPRS Conference 2017

You will understand...

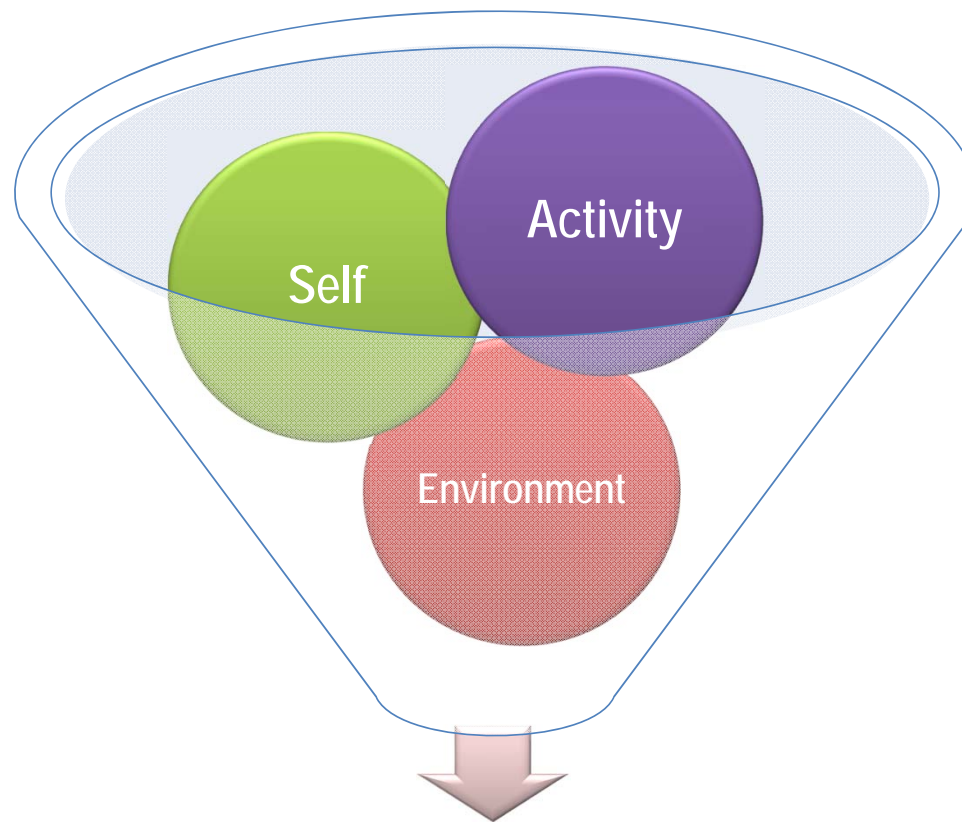
1. Process of website development as a unique recovery-based occupational therapy intervention to address IDEA standards to provide youth with skills, knowledge, and resources to be empowered self-advocates in the transition process.
2. How web-based technologies can be applied in school-based and community-based settings to increase psychiatric rehabilitation readiness.
3. Challenges, and solutions encountered when utilizing web-based technologies as a rehabilitation intervention.

What is Occupational Therapy?

- Helping people attain the skills, resources, and knowledge to succeed in present roles, and prepare for future roles (transition):
 - High school student to college student
 - High school student to worker
 - Client or student to community member and citizen



OUR THERAPEUTIC TOOLS



Occupational Therapy

Youth and Social Media: Meaningful Activities



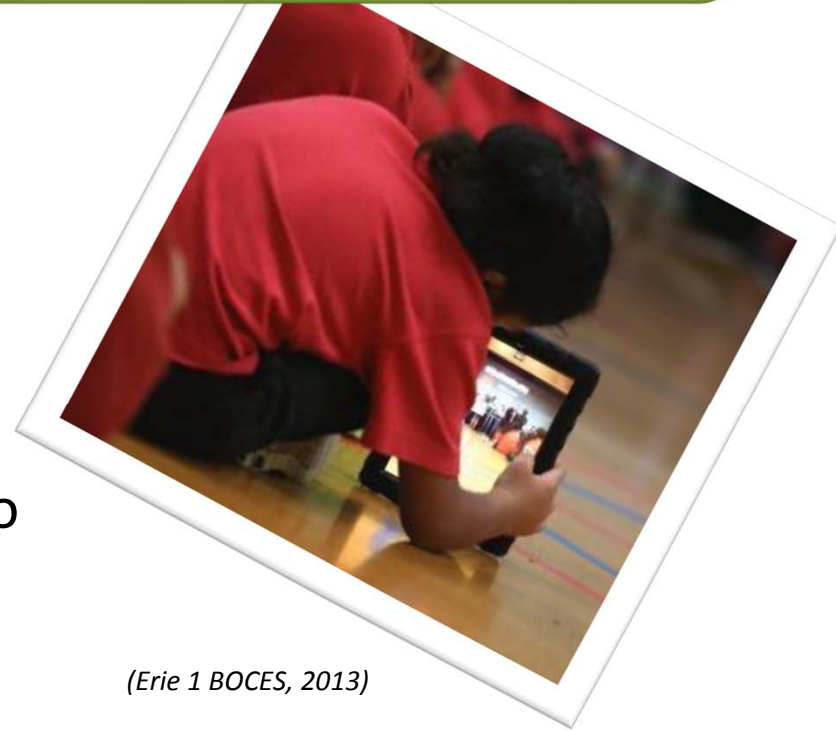
WAY²Transition

- Baker Victory Services
 - WAY Program
 - Transition Services
 - Work-Based Learning
 - WAY²Transition



Career Development & Occupational Studies (CDOS) Commencement Credential

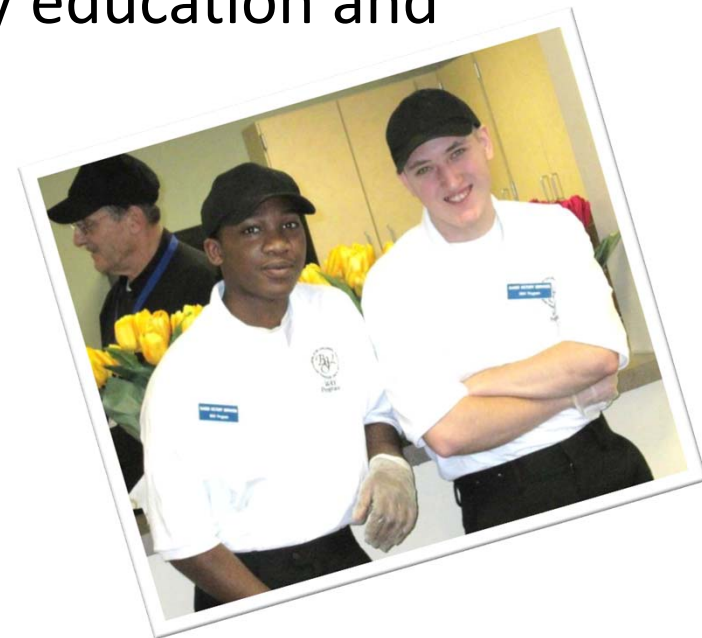
- Credential for students with disabilities
- CDOS Learning Standards:
 - Thinking Skills
 - Technology
 - Interpersonal Skills
 - Managing Information
- Outcome –Web-based transition portfolio



(Erie 1 BOCES, 2013)

Work-Based Learning

- Provides students with an opportunity to develop valuable broad, transferrable skills for postsecondary education and employment
 - Career Plan
 - Training Plan
 - Employability Profile



Transition Planning

Option A:

Complete written transition plan containing data and interpretations of assessments, goals, and outcomes.

Option B:

Engage students-as-webmasters, creating websites that graphically and dynamically tell a story about themselves.



THERAPEUTIC USE OF ACTIVITIES

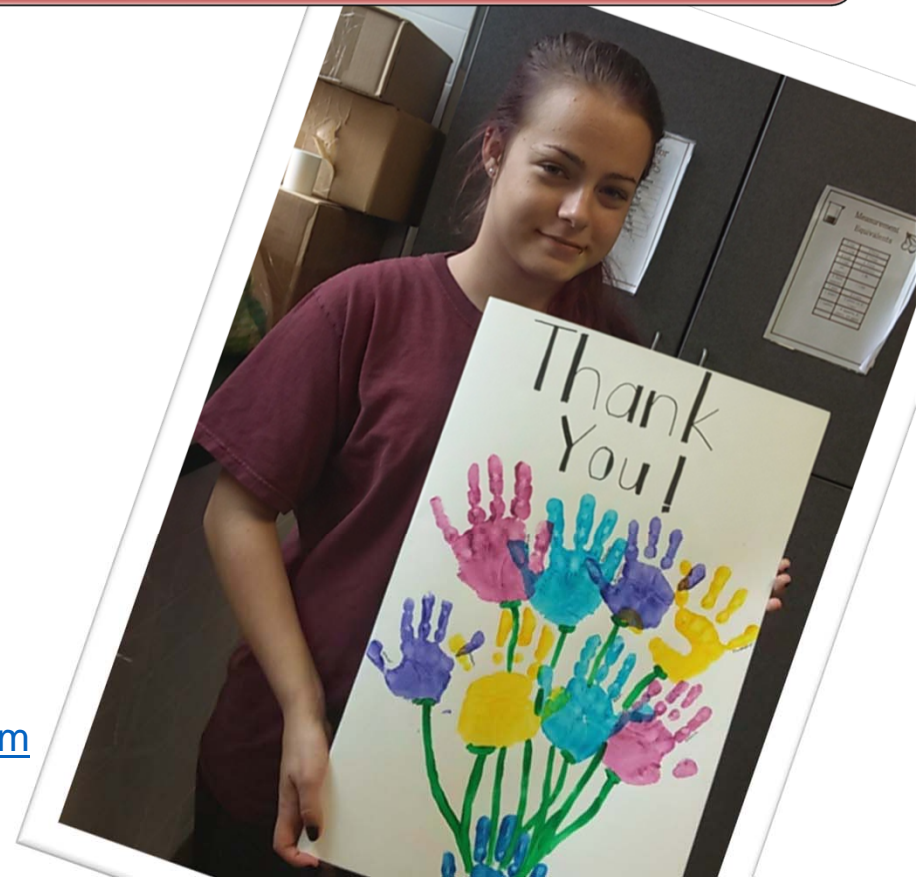
Process

Product



Taylor's Website

tshaw7.weebly.com



Frames of Reference

Therapeutic Use of Self

Therapeutic Use of Activity

- Psych Rehab/Recovery
- OT Practice Framework
- Reflective Learning
- Narrative Therapy

- Roles
- Relationships
- Coaching/Connecting
- Guiding Principles

- Web Technology
- Journaling/Documenting
- Creative Arts

Psych Rehab: Readiness for Rehabilitation (Transition)

- Need For Change
- Commitment To Change
- Self-Awareness
- Environmental-Awareness
- Closeness



(Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B., 2000)



SAMHSA
Recovery Principles

- Hope
- Person-Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses trauma
- Strengths/Responsibility
- Respect

(Substance Abuse & Mental Health Services Administration, 2012)

Recovery–Oriented Person-Centered Process

Psych Rehab Process: Overall Rehabilitation Goal

- ✓ Interests, values, aspirations
- ✓ Perceived barriers
- ✓ Overall Rehabilitation Goal



OT Process: Client Profile

- ✓ Priorities & desired outcomes
- ✓ Values and interests
- ✓ Concerns relative to occupations
- ✓ Occupations perceived as successful
- ✓ Barriers affecting success
- ✓ Elements supporting success
- ✓ Elements inhibiting engagement
- ✓ Daily life roles and patterns of engagement

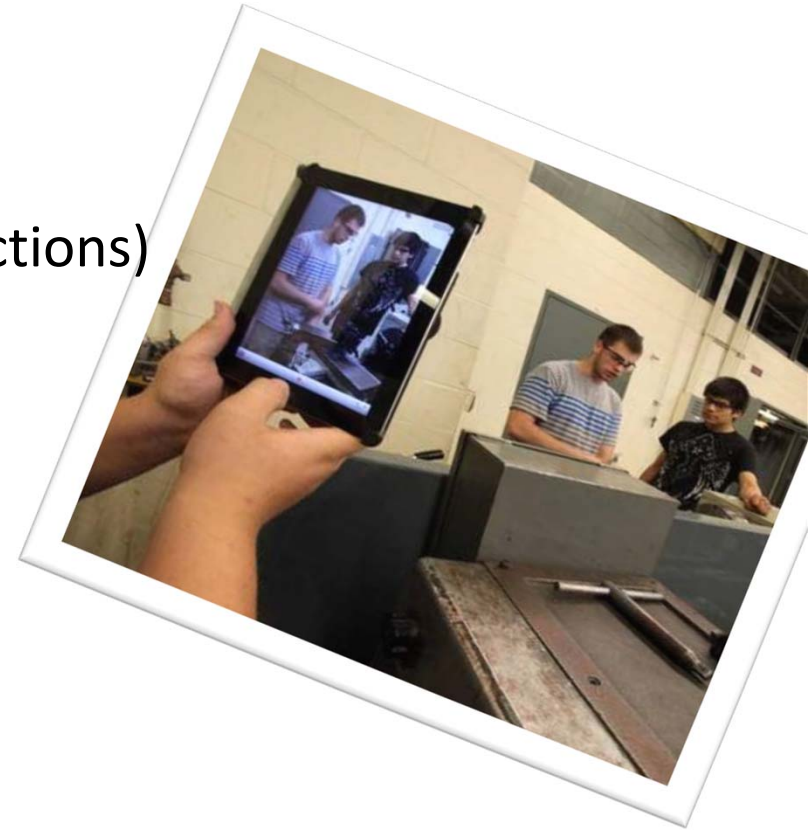
Narrative Therapy

- Collaborative, non-pathologizing approach viewing people as experts of their own lives.
- ~~“What’s wrong with you?”~~ “What happened?”
- Strength focused:
 - skills, abilities, values, commitments, beliefs, competencies
- Finding metaphors, meaning, stories

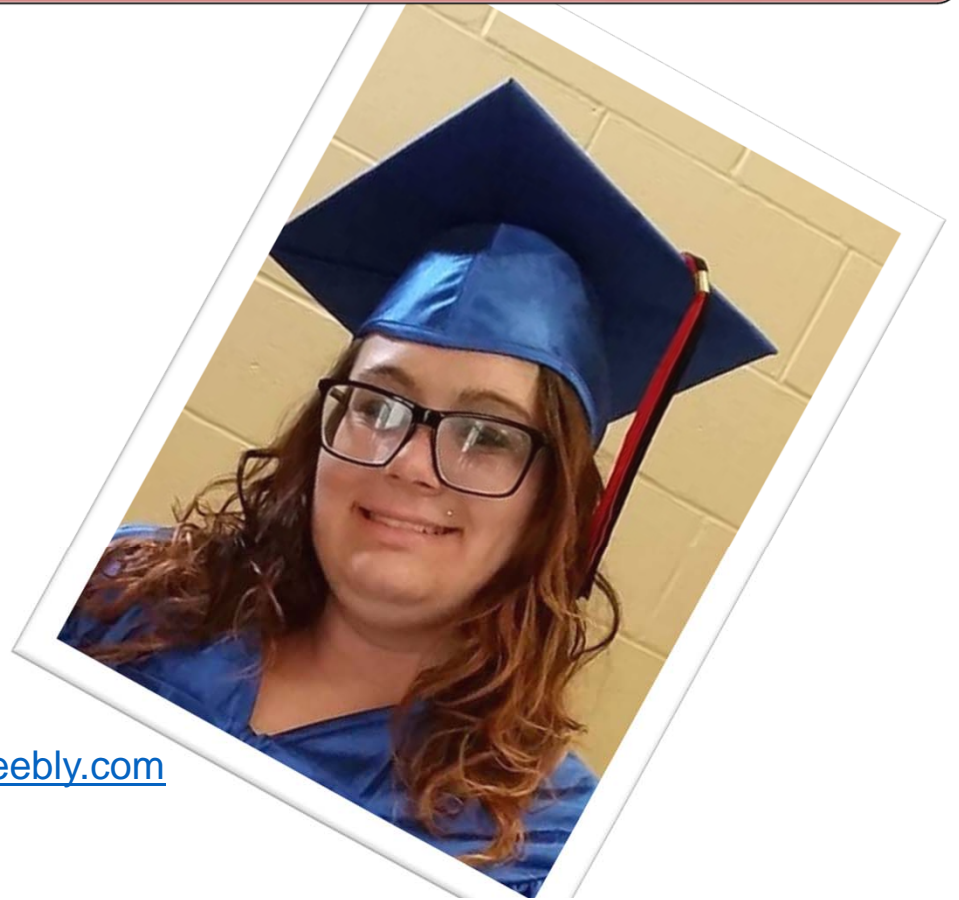
(Narrative Therapy Centre, 2014)

Reflective Learning

- Reflective Practice
- Reflective Learning (Intervention)
 - Thinking about thinking (reflecting on reflections)
 - Adapting, editing
 - Fluid, individualized
 - Interdependence, group process



Shelia's Story



love543210.weebly.com

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Therapeutic Use of Self

- Occupation-Based
 - Roles
 - Relationships
 - Communication

Therapeutic Use of Self

OT is Recovery–Oriented Person-Centered Practice

Client Brings...

- ✓ Knowledge about life experiences.
- ✓ Skills, abilities, strengths.
- ✓ Hopes and dreams for the future.
- ✓ Identify and share their needs and priorities.

OT Practitioner Brings...

- ✓ Knowledge about how engagement in occupation affects health, well-being & participation.
- ✓ Theoretical perspectives & clinical reasoning to critically observe, analyze, describe, and interpret human performance.

Together...

Practitioners and clients, along with others (caregivers, family members, significant others as appropriate), identify & prioritize the focus of the intervention plan.

Webmaster

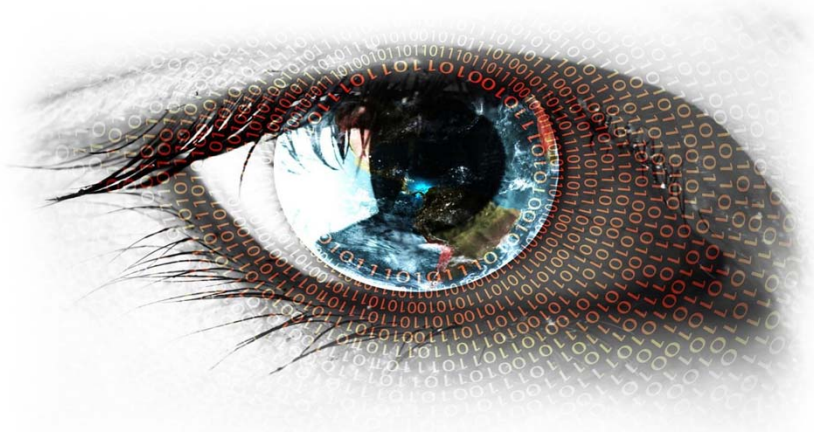
- **Web·mas·ter** – a person responsible for the creation or maintenance of a web site. Also called a *web architect*, *web developer*.



(Wikipedia, 2017)

Digital Curator

- **dig·i·tal cu·ra·tor** – a person who selects, preserves, organizes, archives, and displays digital assets.



(Wikipedia, 2017)

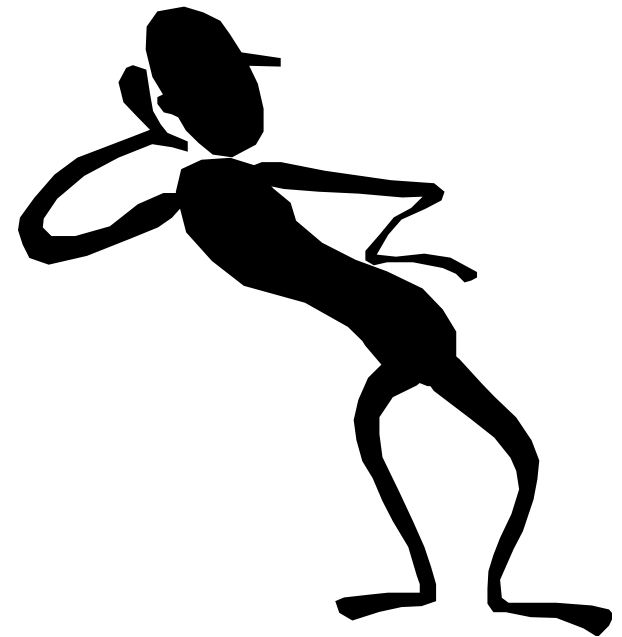
Relationships

- Collaborative relationship
- Experience Expert
- Provider-recipient role blurring
- Peer-to-Peer
- Bridging gaps (generation, experience, etc.)



Communication: Reflective Listening

- Responding to *content*
- Responding to *feeling*
- Responding to *meaning*



(Carkuff, 2009)

Justin's Story



<http://www.justinmanik.weebly.com/>

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THERAPEUTIC USE OF ACTIVITIES

- Readiness **Assessment**
- Readiness **Development**



Web-Based Transition Portfolio

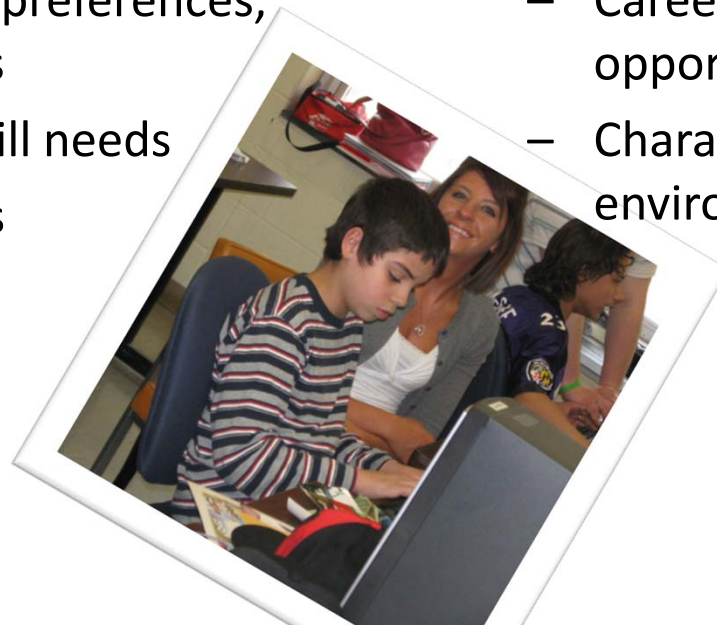
Self-directed inquiry/research focusing on:

- **Self**

- Values, interests, preferences, personal qualities
- Skill strengths, Skill needs
- Accomplishments

- **Environments**

- Career and educational opportunities
- Characteristics, qualities, types of environments





Female



Clarity

What makes you feel fulfilled, convinced that you are doing something right? The answer is clarity... a clear vision of where you are going, how you want to get there, and why. Only until you answer these three questions will you empower your self to make the changes you always wanted to make.

(www.bakusa.com)

Web-Based Transition Portfolio

- Creating personal websites:
 - Images (photos, videos, artifacts)
 - Words (descriptions, reflections)
 - Hyperlinks



The media is an excuse for a
relationship.



<https://www.youtube.com/watch?v=o60BSahYS8M>

Alonte's Rap

When I get older I just wanna have a good life.
Livin in a big house with me and my good wife.
I wanna have some kids who gone make it.
If I get that offer I bet you Ima take it.
Ima be like a father I never had.
I grew up without a dad but it didn't make me feel sad.
My mom was always with me, she was like my right kidney.
I remember days when I used to live on Sidney.
When I went to church they said God was always with me.
When I was on the streets the devil was out to get me.
My sisters was always there.
When I got older they said you're acting like you don't care.
They said inside of you is a good kid.
I just cant find where.



Six Word Memoir



<http://transitioportfolio.weebly.com/current-projects.html>

Occupational Therapy Outcomes

- **Self-Advocacy**
 - Actively promoting oneself; requires an understanding of strengths and needs, identification of goals, knowledge of legal rights and responsibilities, and communicating these aspects to others.
- **Participation**
 - Engagement in desired occupations that are personally satisfying and congruent with expectations within the culture.
 - Both **success** and **satisfaction** are critical to participation.
- **Quality of Life**
 - Dynamic appraisal of life satisfaction, hope, self-concept, health and functioning.

(American Occupational Therapy Association, 2008)

For More Information

www.WAY²Transition.org

<http://education.weebly.com/>

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