



OT Community of Practice

Date: November 11, 2022

Time: 1:00 – 3:00 p.m.

Location: Virtual

Virtual - Link for participation will be emailed to CoP

Presentation: An Introduction to Every Moment Counts: Occupational Therapy's Distinct Value in Mental Health Promotion, Prevention, and Intervention with Children and Youth

Description: Small moments can make a big difference in how children feel and function in school. Research confirms that positive interactions and experiences (e.g., enjoying lunch, having fun during recess) help children feel positive and connected to school. This webinar focuses on occupational therapy's distinct value in mental health promotion, prevention, and intervention with children and youth in school settings. Emphasis is on helping youth participate in a range of meaningful occupations and interactions throughout the day to foster mental and physical health.

Every Moment Counts is a mental health promotion initiative developed to help all children/youth become mentally healthy in order to succeed in school, at home and in the community. Participants will learn about a multi-tiered public health approach to mental health involving promotion, prevention and intervention and be introduced to Every Moment Counts' occupation-based programs: Comfortable Cafeteria, Refreshing Recess, Calm Moments Cards, and Making Leisure Matter. A brief overview of website resources will be provided as well as strategies for building capacity of school personnel to do this work.

Learning objectives: At the end of this presentation, participants will be able to:

1. Describe the dimensions of positive mental health and embedded strategies for promoting optimal mental health;
2. Demonstrate an understanding a multi-tiered, public health approach to mental health in school-based practice with children and youth at the universal, targeted, and individualized levels;
3. Describe occupational therapy's distinct value in addressing the mental health needs

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of children and youth by focusing on participation in healthy occupations throughout the day;

4. By using website resources, describe Every Moment Counts' model programs and embedded strategies for promoting participation and mental health throughout the day in classroom, cafeteria, recess, after-school leisure;

5. Describe strategies for building capacity of school personnel to apply a multi-tiered approach to mental health involving shared learning and shared work over time.

Speaker: Susan Bazyk, PhD, OTR/L, FAOTA
Director, Every Moment Counts
Professor Emerita, Occupational Therapy Program
Cleveland State University
Cleveland, Ohio



Meeting Facilitators:

Andrea Hanson, OT Co-Facilitator arhanson@district287.org
Patty Orme, OT Co-Facilitator patricia.orme@isd623.org
Kayna Plaisted, Metro ECSU Facilitator kayna.plaisted@metroecsuo.org

Future Meeting Tentative Plans:

January 13 1:00 – 3:00 Caseload & Workloads (Jayson Davies – OT Schoolhouse)
April 21 1:00 – 3:00 TBD & Planning for 23-24

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