

MN Low Incidence Projects Region 11 OT Community of Practice is honored to bring a day of professional development on

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

Friday, November 11, 2022

1:00 – 3:00 p.m.

Fee: \$15

Register online:

[metroecsu.myquickreg.com event calendar](https://metroecsu.myquickreg.com/event/calendar)

Registration Deadline: November 9, 2022

Virtual- Link will be sent to registrants

Registration Contact

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Course 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:

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 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.

Instructor: Susan Bazyk, PhD, OTR/L, FAOTA is a Professor Emerita, Occupational Therapy Program at Cleveland State University where she taught for 34 years. She was also director of the Graduate Certificate Program in School-Based Practice. In addition to authoring the book, *Mental health promotion, prevention, and intervention with children and youth: A guiding framework* (2011), Dr. Bazyk has authored over 30 journal articles and several book chapters in leading OT textbooks. She is the project director of *Every Moment Counts: Promoting Mental Health Throughout the Day* – a multi-pronged mental health promotion initiative originally funded by the Ohio Department of Education (\$720,000; 2012-2015). Dr. Bazyk has developed an extensive website to help OT practitioners learn about and implement Every Moment Counts' model programs and embedded strategies (www.everymomentcounts.org). She is nationally recognized for her leadership in building capacity of occupational therapy practitioners and interdisciplinary professionals to address the mental health needs of children and youth. In August 2019, Dr. Bazyk was awarded a 3-year, Fulbright Specialist position for her work related to Every Moment Counts. In January-February 2020, Susan was hosted by OT colleagues in New Zealand to present on Every Moment Counts in five regions throughout the country. Dr. Bazyk has given over 100 state, national and international presentations since 2010. Recent awards include: the 2016 Crain's Cleveland Business Health Care Hero Award, the 2017 Outstanding Research Award for the College of Sciences and Health Professions at CSU, and the 2018 Award for Innovative and Emerging Practice from the American Occupational Therapy Association.



Susan Bazyk, PhD, OTR/L, FAOTA



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