



**MONTANA
OCCUPATIONAL
THERAPY
ASSOCIATION**

2019 Annual MOTA Conference

Friday and Saturday April 12-13, 2019

Register ONLINE at www.mtota.org

2 Day MOTA member: \$325 (Early bird price- \$300)
Non-member: \$425 (Early bird price- \$400)

1 Day MOTA member: \$225 (Early bird price - \$200)
Non-member: \$325 (Early bird price- \$300)

Vendor 2 day: \$175

Student 2 day: \$100 1 Day: \$50

**Early Bird registration is by March 20th, 2019

**Registration closes April 5th, 2019

Please Note: If you are currently not a MOTA member you will need to renew your membership online first in order to register and pay at the MOTA member rate.

University of Mary campus

2590 Holman Avenue, Ste. A

Billings, MT 59102

406-318-8453

Housing:

TownPlace Suites

(406) 652-7106

SCHEDULE OF EVENTS FOR 2019 MOTA CONFERENCE

Friday, April 12th 2019

Time	Event	CEU's
7:00-8:00 am	Registration and Continental Breakfast	
8:00-11:30 am	Keynote: Building Effective Teams (No More E-mail Blizzards and No Results Meetings)	3
9:30-10:00 am	Break for networking and vendors	
11:30 am	Lunch available for purchase for \$5	
12:00-1:00 pm	Legislative Update with AOTA (via Live Interactive Video Network)	1
1:00-1:30 pm	Break for networking and vendors	
1:30-5:00 pm	Updates on OT Education: The Transition to the OTD	3
3:00-3:30 pm	Break for networking and vendors	
5:00 pm	Social Hour/Networking and Hors D'Oeuvres provided by MOTA Research Presentations by the University Of Mary OT students	1

Saturday, April 13th 2019

Time	Adult Track	Adult CEU's	Pediatric Track	Peds CEU's
7:30 – 8 am	Registration and Continental Breakfast			
8 - 11:30 am	Functional Cognition	3	Disability and Posture: Therapeutic Positioning Around the Clock (Part I)	3
9:00 am & 10:15 am	Two 15 minute breaks			
11:30 am	Lunch provided by MOTA			
12:00-1 pm	MOTA Annual Business Meeting			1
1:30-5 pm	Fight Back! Against Parkinson's: A look at current research and treatments for people with Parkinson's	3	Disability and Posture: Therapeutic Positioning Around the Clock (Part II)	3
2:30 pm & 4:00 pm	Two 15 minute breaks			

SPEAKER BIOGRAPHIES

Kostas Voutsas:

Kostas Voutsas has been teaching Management and Human Resource courses for 20+ years. He is a tenured Professor of Business at Dickinson State University (DSU) at the Bismarck campus. He is also an author, a corporate trainer and keynote motivational speaker.

Awards: Kostas, educator of the year Bismarck Chamber award recipient, also received the distinguished teacher of the year award at DSU, the highest faculty award, the outstanding teacher of the year award, as well as the TRIO outstanding faculty award from DSU. He also received two outstanding presenter awards from Eastern Michigan University and the Clute Institute of Academic Research. Kostas delivers humorous dynamic presentations at national and state conferences and publishes his research in scholarly journals. He also serves as a consultant conducting individualized training/professional development seminars.

Book: His book *Secrets to Making Diversity Work* also discusses gender, cultural, and generational differences. Kostas has a Master of Science degree in Human Resources and Organizational Development and a MBA in General Business.

For more information including Kostas's in action videos, please visit his website at www.diversitykeynote.com.

Janeene Sibla, OTD, OTR/L:

Dr. Janeene Sibla is a professor and the Chair of the Occupational Therapy (OT) Program at the University of Mary. She received a bachelor's degree from the University of North Dakota, a master's degree from the University of Mary and her doctorate degree in occupational therapy from Rocky Mountain University of Health Professions. She is currently pursuing a second doctorate degree in education. Dr. Sibla's clinical experience includes concentration in the area of mental health, with a special interest in individuals with major depression, anxiety disorders, personality disorders and abuse issues. She has extensive experience with program development, student growth and development, and leadership. She was a participant in Fellowship in Leadership Development for Program Directors in 2010. Under Dr. Sibla's direction, the University opened the first OT Program in the state of Montana in Billings in 2013, and a third location was opened in 2018 in Fargo, ND. In addition, the Occupational Therapy Program transitioned to the entry-level doctorate program at all locations, making it the first doctorate level OT education in the states of North Dakota and Montana.

Paula H. Kitzenberg, OTD, MHA, OTR/L:

Dr. Paula H. Kitzenberg earned her Bachelor's of Science degree in Occupational Therapy from the University of North Dakota in 1992. She graduated from Montana State University-Billings in 2000 with a Master's Degree in Health Administration and has held a wide variety of leadership positions. Dr. Kitzenberg completed specialized training from

The University of Southern California which resulted in her sensory integration (SIPT) certification. She earned her occupational therapy doctorate degree from the University of Utah in May of 2016. Her doctoral research project was a correlational investigation of childhood obesity and sensory-based motor coordination. Dr. Kitzenberg is currently employed by the University of Mary, serving as an assistant professor and program director for the program in Billings. She has been an OT in the Billings' area for nearly 25 years and maintains a pediatric clinical practice with an emphasis on sensory processing disorders. She has presented her personal research as well as her student's research projects at the AOTA annual conference the past two years.

Tamara Kittelson-Aldred, MS, OTR/L, ATP/SMS: Tamara is an occupational therapist and seating and mobility specialist, with a passion for 24 hour posture management. She has written and taught about 24 hour posture care management and wheelchair seating in the United States, Colombia and Peru. She is Project Director for the Montana Postural Care Project, funded by the Montana Council on Developmental Disabilities, and directs Eleanore's Project, promoting posture management and responsible wheelchair provision in less resourced settings. Tamara has served children and adults with complex neurodisabilities in Montana since 1983. She credits her daughter Eleanore, born with cerebral palsy and profound deafness, as her best teacher.

Samantha Sticka, OTR/L, LSVT-BIG, Rock Steady Boxing Coach: Dr. Samantha Sticka is an occupational therapist employed at Billings Clinic Orthopedics. She completed her OTD at Creighton University in 2018, as well as a BS of Cell Biology and Neuroscience at Montana State University in 2014. Dr. Sticka is pursuing specialized training, to become a Certified Hand Therapist. She also works part-time coaching a Rock Steady Boxing class here in Billings, which she helped to start in conjunction with the owner of Rock Solid Martial arts. Dr. Sticka is also LSVT-BIG certified, and has traveled internationally to provide occupational therapy services where they are most needed due to lack of skilled providers.

COURSE OVERVIEWS:

No More E-mail Blizzards and No Results Meetings: Building Effective Teams by Kostas Voutsas:

Kostas is back by popular demand and will be explaining simple solutions to manage teambuilding at work. Tired of dealing with e-mail blizzards, no results meetings, and misunderstandings? This highly interactive session explores strategies to successful teambuilding.

Learning objectives:

1. Understand how to organize effective teams to maximize workplace efficiency and effectiveness.
2. Discuss how to link strategic initiatives to building effective teams.
3. Explore how to use strategic planning as a force to create or change an organization's culture to one that builds and maintains cohesive teams

Updates on OT Education: Transitioning to the OTD by Janeene Sibla, OTD, OTR/L & Paula H. Kitzenberg, OTD, MHA, OTR/L.

This program will provide educational information related to the transition to the entry level occupational therapy doctorate from master's level education programs. It will provide an overview of accreditation standards set forth by the Accreditation Council of Occupational Therapy Education. Fieldwork experiences and the experiential component of the OTD will be discussed. Participants will be invited to brainstorm ways to strengthen occupational therapy practice in Montana.

Learning objectives:

1. Participants will become familiar with OT education changes and the impact on fieldwork, including level I and II experiences.
2. Participants will explore options for the Capstone or Doctoral Experience component
3. Participants will understand differences between level II fieldwork and the capstone/experiential requirements for OTD programs.

Disability and Posture: Therapeutic Positioning Around the Clock by Tamara Kittelson-Aldred, MS, OTR/L, ATP/SMS.

Individuals with movement impairments frequently develop problems like contractures, dislocated joints and scoliosis which impact function and health. These secondary complications can lead to or worsen respiratory/digestive issues, pressure/skin integrity problems, pain and make feeding, hygiene care, transfers and dressing much more difficult. Sleeping and resting positions often contribute to development of these problems and/or exacerbate them. This course provides background and theory for an eclectic approach to 24 hour posture care management, including instruction in practical strategies for implementation. Hands-on practice will provide experience in planning and implementing postural care interventions focusing on night-time positioning.

Learning objectives:

1. Compare and contrast characteristics of therapeutic and destructive daily postures (sitting, lying, and standing.)
2. Identify health conditions that are associated with distortions of body symmetry.
3. Describe how body position, soft tissue adaptation, gravity and time affect the ribcage, spine, pelvis and hips.
4. Predict the likely direction of chest rotation, pelvic distortion and hip dislocation based on habitual postures, and describe how to correct them.
5. Describe sleep patterns, possible thermal regulation issues, and their influence on effective therapeutic positioning at night.
6. List possible safety risks, potential solutions and the roles of different people on the care team.
7. Implement therapeutic positioning for sleep and rest

Functional Cognition: due to speaker withdrawal, this course is a work in progress, updates to be posted soon.

Fight Back! Against Parkinson's: A look at current research and treatments for people with Parkinson's by Samantha Sticka, OTR/L, LSVT-BIG, Rock Steady Boxing Coach.

A session designed to dive into an overview of Parkinson's disease, including symptoms that affect daily living, as well as a few modern programs designed to target those symptoms and return hope to people with Parkinson's. This session will go over current evidence-based practice as well as current research into the etiology of Parkinson's, providing clinicians the ability to identify client's symptoms, provide client-centered education, as well as the ability to combine all these areas into a successful plan of care for your client.

Learning objectives:

- Recognize and identify the differences between typical Parkinson's disease and related conditions
- Identify and describe clinical implications of at least 3 Parkinson's symptoms
- Understand rationale behind exercise-based programs, such as Rock Steady Boxing and LSVT-BIG, in order to explain to clients