

Presidents Message:

- Department of Education Proposed Rules.
- Blue Cross Blue Shield OT definition
- AOTA Representative Assembly .

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Message from the President

Finally Summer!

The last couple of months have been very busy for the WyOTA Board. We have met many times to address some important issues affecting Wyoming occupational therapists.. We continue to reassessed the WyOTA Strategic Plan determine what needs to happen to continue to progress toward the Centennial Vision. We also continue to review and revise Association Policies to eliminate redundancies and align them with actual practice. In April Laurie Hansen and I met with Rick Schum, Vice President of Marketing for Blue Cross Blue Shield. This was an important step in updating the definition of occupational therapy in current insurance policies. During the meeting I believe Mr. Schum gained an understanding of the issues and believe that we made a first step toward change

In addition I provided verbal comment on the board of education proposed Chapter 29

Rules earlier this week. These rules deal with evaluation of certified staff in school including occupational therapists. They state that staff evaluations will be based on student performance. This can be problematic because our services are holistic and very individualized and often we change the environment or task rather than the student. Based on the comments and work done at this meeting, there will be some clarifications to the rules and they will have an additional 45 days for public comment. Margie Simineo, WDE Consultant for Personnel Evaluation Systems, will be meeting in the fall with representatives from each personnel group. During these meetings the committee will provide input on Performance Criteria (the evaluation instrument) on which each group should be evaluated and a bank of appropriate student performance data on which staff members should be able to visit with their evaluators during their evaluation. If there is anyone that would like to be involved in this process

please contact me. A big thank you goes out to Liz Wall for bringing this issue to WyOTA's attention.

I also attended the Affiliate of State Association President's meeting at the AOTA annual conference. At this meeting I gained information on laws governing non-profit organizations. In addition I met with presidents from several western states regarding how we could combine efforts to serve members. I hope to be moving forward with some of the ideas discussed at this meeting

While I was in ASAP meetings, Sarah Moore attended the Representative assembly meeting. Be sure and see her report on page ***.

Last but certainly not least, be sure and see the conference program in this issue. It looks like a great conference in a beautiful place!

Sarah King

Legislature Update



The 2010 Medicare Physician Fee Schedule

The Continuing Extension Act of 2010, enacted on April 15, 2010, extended the zero percent (0%) update to the 2010 Medicare Physician Fee Schedule (MPFS) through May 31, 2010. At this time, Congress is debating the elimination of the negative update that took effect June 1, 2010. The Centers for Medicare & Medicaid Services (CMS) is hopeful that Congressional action will be taken within the next several days to avert the negative update.

To avoid disruption in the delivery of health care services to beneficiaries and payment of claims for physicians, non-physician practitioners, and other providers paid under the MPFS, CMS had instructed its contractors on May 27th to hold claims for services paid under the MPFS for the first 10 business days of June (i.e., through June 14, 2010). This hold only affects MPFS claims with dates of service of June 1, 2010, and later.

Given the possibility of Congressional action in the very near future, CMS is now directing its contractors to continue holding June 1 and later claims through Thursday, June 17, lifting the hold on Friday, June 18.

This action will facilitate accurate claims processing at the outset and minimize the need for claims reprocessing if Congressional action changes the negative update. It also should minimize the provider and beneficiary burdens and costs associated with reprocessing claims.

We understand that the delayed processing of Medicare claims may present cash flow problems for some Medicare providers. However, we expect that the delay, if any, beyond the normal processing period will be only a few days. Be on the alert for more information regarding the 2010 Medicare Physician Fee Schedule Update.

Student Issues and Activities

WyOTA has a new OT representative to the Board. Theresa Padio has joined us to provide a student perspective to Board decisions. Welcome Theresa! The OTA student board representative position is currently vacant.



Representative Assembly

Highlights of the 2010 Representative Assembly

The business of the 34nd spring meeting of the Representative Assembly is presented here in summary. A complete copy of the official minutes can be obtained from your election area Representative, off the AOTA web site in the Leadership & Governance section, or the American Occupational Therapy Association (AOTA) National Office. Task groups met online through OT Connections and face-to face from April 5 to April 28, 2010. The Assembly met face to face on April 29, 2010.

The Speaker, Brent Braveman, called the meeting to order at 8:00 a.m. EST on April 29. He welcomed RA members, AOTA Officers, Commission, Committee, and Council Chairs, Association staff and guests.

Approval of the RA Minutes 2009

The minutes of the 2009 Fall Online Representative Assembly, 2009 Special E-Meeting Representative Assembly and 2009 Spring Conference Representative Assembly were approved as posted.

Reports to the RA for 2010

The following reports were received during the meeting of the Representative Assembly. (Copies of the Reports can be obtained from the AOTA National Office). All reports were received and filed as addenda to the minutes and the action items were referred to task groups for review.

Reports of the RA Officials

Speaker – Brent Braveman
 Vice Speaker – Mary Baxter
 Recorder – Julie Kalahar
 OTA Representative – Michele Luther-Krug

Reports of Commissions/Committees/Council

Commission on Continuing Competence and Professional Development (CCCPD) – Barbara Schell, Chairperson
 Commission on Education (COE) – René Padilla, Chairperson
 Commission on Practice (COP) – Janet DeLany, Chairperson
 Ethics Commission (EC) – Kathlyn Reed, Chairperson
 Special Interest Section Counsel (SISC) – Pam Toto, Chairperson

Reports of the Bodies of the Assembly

Bylaws, Policies and Procedures Committee (BPPC) – Trina Schulz, Chairperson
 Credential Review and Accountability Committee (CRAC) – Deborah Hines, Chairperson
 Nominating Committee – Gloria Lucker, Chairperson
 Recognitions Committee – Peter Giroux, Chairperson

Reports of the Association Officers

President – Penelope Moyers Cleveland
 Vice President – Virginia Stoffel
 Secretary – Sheri Montgomery
 Treasurer – Saburi Imara

Continued on next page

Representative Assembly Highlights cont..

Reports of the Board of Directors/Organizational Advisors

Executive Director, AOTA – Frederick P. Somers
 Accreditation Council for Occupational Therapy Education (ACOTE) – Letha Mosley, Chairperson
 Affiliated State Association Presidents (ASAP) – Karen Sames, Representative
 American Occupational Therapy Political Action Committee – Amy Lamb, Chairperson
 Association of Student Delegates (ASD) – Ashley Thompson, Representative
 World Federation of Occupational Therapists (WFOT) – Mary Evert, Delegate

Business of the RA 2010

Motion 1, requesting that the CCCPD consider recommendation and evidence of need and demand for a Specialty Certification in School System practice, was defeated. A substitute motion was amended and adopted, which charges the CCCPD to implement a Phase I Exploratory Panel to determine member interest in and need for such a certification.

Motion 2, supporting Level II Fieldwork Supervision of Occupational Therapy Assistant Students by Occupational Therapy Assistants in Skilled Nursing Facilities, was defeated. Two related motions were adopted, charging the COE and COP to examine issues related to OTA FW in SNFs and charging the president to work with the SNF community to promote OTA FW in these settings.

Motions 3 and 4 were adopted, which approved the revised AOTA *Occupational Therapy Code of Ethics and Ethics Standards* (2010) and rescinded *Occupational Therapy Code of Ethics* (2005), *Core Values and Attitudes of Occupational Therapy Practice* and *Guidelines to the Occupational Therapy Code of Ethics*, since the newly approved Standards document was intended to combine and replace the latter three documents.

Motions 5 and 6 were adopted, which approved the official documents, *Occupational Therapy Services in the Promotion of Psychological and Social Aspects of Mental Health* (Revised 2010) and *Specialized Knowledge and Skills in Mental Health Promotion, Prevention and Intervention in Occupational Therapy Practice* (2010).

Motion 7 to approve the *Guidelines for Re-Entry into the Field of Occupational Therapy* was adopted as amended, which added language to the document as follows:

For practitioners who have been out of practice more than 3 years: Within the parameters present in a practitioner's workplace setting and applicable state regulations, complete a minimum of 30 hours of documented supervised practice in occupational therapy within the 12 months prior to anticipated reentry *or within 30 days of initiating employment as a practitioner providing occupational therapy services.*

Motion 8 was adopted, approving the revised *AOTA Standards for Continuing Competency*.

Motion 9 to accept the recommendations of the Ad Hoc Committee on Member Participation and a substitute motion were each defeated. Two related motions were adopted as amended. The first charges the President and Speaker of the RA to jointly appoint an ad hoc committees composed of the following people: Commission Chairs (4), SISC Chair, RA Speaker, an RA member, a member from the current Participation Ad Hoc committee, 2 members at-large, a member of ASAP, an ASD Steering Committee member, an OTA member, an officer of Association, and a Chairperson to **continue to explore opportunities for both procedural and organizational changes designed to respond to the concerns raised by the President in the recently defeated Participation Review motion** with feedback from the AOTA membership with an interim report for fall and final report with recommended action to the Assembly in the Spring 2011.

About Our Organization...

Wyoming Occupational
Therapy Association

Sarah King, President
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Cheyenne, WY 82001

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Laurie Hansen

Secretary/Treasurer
Heather Lyman

Student Representative
Theresa Podio

Carla Wilhite
Legislative Chairperson

AOTA Representative
Sarah Moore

AOTA Alternate
Representative: Tamara
Schlaael

We're on the Web!

See us at:
www.wyota.org

Representative Assembly Highlights cont...

Motion 9 Cont... The second charges the **Recognitions and Nominations Committees to go beyond preparing annual slates for AOTA elected positions and recognizing achievements of members;** and assist in populating ad hoc committees, identifying potential volunteers via the COOL, recruiting potential leaders, and overseeing new Association initiatives to cultivate and train leaders. Implementation plan to be developed by Nominations and Recognition Committees for Spring 2011 RA.

Eight policy revisions recommended by the BPPC were approved and two additional motions were considered:

Vice Speaker Report Motion was approved, charging the President to direct the Executive Director to revise the Model Practice Act to reflect that state licensure requirements apply to occupational therapy practitioners engaged in education, research, administration and/or consultation. This motion was the result of last year's charge to the RA Coordinating Council (RACC) to make recommendations regarding whether education, research, administration and consultation constituted practice.

Honorary Membership for Retired OTs was defeated; as written, it was found to be too complex and expensive to pursue at this time.

These minutes and approved official documents are available in their entirety on the AOTA Web site at www.aota.org by clicking on AOTA Leadership & Governance.

Submitted by Sarah Moore, Wyoming Representative to AOTA.

CONFERENCE SCHEDULE

2010 WYOTA CONFERENCE

FRIDAY, SEPTEMBER 10TH

7:30-8:00 AM REGISTRATION
8:00-12:00 AM CLASS PRESENTATIONS
12:00-1:00 LUNCH ON YOUR OWN
1:00-5:00 PM CLASS PRESENTATIONS
7:00-9:00 PM SOCIAL RECEPTION-
INCLUDING A NATIVE
AMERICAN BLESSING

SATURDAY, SEPTEMBER 11TH

8:00-12:00 AM CLASS PRESENTATIONS
12:00-1:00 WTOTA BUSINESS MEETING
AND LUNCHEON
1:00-5:00 PM CLASS PRESENTATIONS

*VENDORS & EXHIBITORS WILL BE AVAILABLE
THROUGHOUT THE CONFERENCE*

CERTIFICATES OF ATTENDANCE WILL BE
DISTRIBUTED AT THE CONCLUSION OF EACH
CLASS PRESENTATION.
PARTICIPANTS WILL BE AWARDED THE
FOLLOWING CONTINUING EDUCATION HOURS
FOR ATTENDANCE:

ADULT COURSE	16 HRS.
PEDIATRIC COURSE	16 HRS.

REGISTRATION FORM

Please indicate your choices & include the
appropriate monetary amount for each.
Pre-registration is encouraged! On site registration will
have an additional \$25.00 fee. You may not receive conference
materials if you register on site.

OT/OTA MEMBERS \$250.00
 NON-MEMBERS \$300.00

 STUDENT MEMBERS \$75.00
 NON-MEMBERS \$100.00

_____ INTEGRATING MYOFASCIAL RELEASE
OCCUPATIONAL THERAPY PRACTICE
(included in registration fee; please wear lab
clothes (i.e. swim suit, shorts/halter top) & bring
sweats for lecture times, a blanket or yoga mat)
Please check your area of practice:

Orthopedic Rehab Neuro Rehab Peds.
 Hand Therapy Mental Health Geriatrics
 Other _____

_____ MYOFASCIAL STRETCHING: A
GUIDE TO SELF TREATMENT & 4-INCH
INFLATED BALL- \$34.99 EA.
(required for course)

_____ SCOOOL MOVES
(included in registration fee)

_____ WYOTA LUNCHEON BUFFET- \$13.00
(you must sign-up in advance)

_____ WYOTA MEMBERSHIP
(please include WyOTA registration form)

OT/OTA MEMBER \$35.00
 STUDENT MEMBER \$15.00

\$_____ TOTAL ENCLOSED

NAME: _____
ADDRESS: _____
EMAIL: _____
(FOR REGISTRATION CONFIRMATION)

PAYMENT: CHECK PURCHASE ORDER
 VISA MASTERCARD DISCOVER

CREDIT CARD #: _____
EXPIRATION DATE: _____ CPT#: _____
SIGNATURE: _____

2010 WYOTA CONFERENCE



WORKING TO STRENGTHEN THE PROFESSION

DATE: SEPTEMBER 10TH & 11TH, 2010

VENUE: THE INN AT LANDER-BEST WESTERN
260 GRAND VIEW DRIVE
LANDER, WYOMING 82520
307-332-2847
1-866-452-6337

PLEASE RESERVE YOUR ROOM BY AUGUST 27TH,
2010. REFER TO THE
WYOTA ANNUAL CONFERENCE
TO RECEIVE THE BLOCK ROOM RATE.
RATES ARE \$94.95 PER NIGHT FOR A SINGLE OR
\$104.95 FOR A DOUBLE ROOM. STATE EMPLOYEES
PLEASE INQUIRE ABOUT DISCOUNTED RATE &
PRESENT STATE ID AT CHECK-IN.

SEND REGISTRATION TO:
WYOTA CONFERENCE COMMITTEE
C/O TIFFANY BADER
1017 RILL COURT
RIVERTON, WY 82501
(307) 463-2309
Tiffers26@bresnan.net

S'COOL MOVES

DEBRA EM WILSON, MA

S'COOL MOVES: S'COOL MOVES IS A FAMILY-OWNED COMPANY LOCATED IN SHASTA, CA. THE EMPLOYEES ARE EDUCATORS WHOSE GOALS ARE TO PROVIDE EXCELLENT PRODUCTS & TRAINING TO HELP CREATE SENSORY SUPPORTIVE ENVIRONMENTS FOR ALL CHILDREN.

THE COMPANY GREW OUT OF DEBRA EM WILSON'S VISION TO PROVIDE FOUNDATION SKILLS FOR STUDENTS WHOSE FAMILIES DID NOT HAVE THE FINANCIAL CAPABILITY TO PAY FOR PRIVATE THERAPY CLINICS, BEHAVIORAL OPTOMETRY SESSIONS, OR EXPENSIVE LEARNING INTERVENTION PROGRAMS. S'COOL MOVES ACTIVITIES BRIDGE OCCUPATIONAL THERAPY PRACTICES WITH CLASSROOM, CLINIC, AND HOME. S'COOL MOVES ACTIVITIES IMPROVE UNDERLYING CAUSES FOR MOST BEHAVIOR, FOCUS, AND ACADEMIC STRUGGLES. THEY STRENGTHEN KEY LEARNING SYSTEMS ESSENTIAL FOR CLASSROOM SUCCESS AND FLOW SEAMLESSLY INTO THE SCHOOL DAY. BY ADDING S'COOL MOVES TO WHAT YOU ALREADY USE IN YOUR DAILY ROUTINES, CHILDREN CAN LEARN TO MONITOR THEIR OWN BEHAVIOR. RATHER THAN **TELLING** CHILDREN TO FOCUS, TEACH THEM **HOW** TO FOCUS.

INSTRUCTOR: DEBRA PROVIDES INSPIRATIONAL TRAINING MELDING THE BEST OF RESEARCH & TECHNIQUES FROM A VARIETY OF FIELDS INCLUDING OCCUPATIONAL THERAPY, BEHAVIORAL OPTOMETRY, MIND-BODY SCIENCE AND BRAIN RESEARCH. AS A TEACHER & SITE LITERACY COACH FOR EIGHTEEN YEARS, SHE SUCCESSFULLY IMPLEMENTED S'COOL MOVES TO IMPROVE CLASSROOM MANAGEMENT, BEHAVIOR ISSUES, AND STUDENT ACHIEVEMENT. MS. WILSON IS THE AUTHOR OF FOUR BOOKS & MANY PROFESSIONAL ARTICLES. DEBRA HOLDS A MASTERS DEGREE IN EDUCATION WITH A CLINICAL READING OPTION. HER TEACHING CREDENTIALS INCLUDE BIOLOGY, PHYSICAL EDUCATION, MULTIPLE SUBJECTS, ENGLISH LEARNER, AND READING & LANGUAGE ARTS SPECIALISTS. SHE IS CURRENTLY PURSUING HER PHD IN HEALTH SCIENCE FOCUSING ON SENSORY-BASED TEACHING METHODOLOGY.

BRIEF COURSE OUTLINES

S'COOL MOVES FOCUS/MINUTE MOVES WORKSHOP

- MORNING MOVES, FOCUSING ROUTINE, AND CALMING ROUTINE REVIEW
- THEORY AND RESEARCH
- THE INTEGRATED MOTOR ACTIVITIES SCREENING AND ACADEMIC IMPLICATIONS
- MARGOT HEINIGER WHITE'S LEARNING PYRAMID
- ENERGY EXPENDITURE MODEL AND BEHAVIORS
- LEARNING PYRAMID OBSERVATION CHECKLISTS
- BRAIN PROCESSING AND IMPLICATIONS FOR ACADEMICS
- ENERGY EXPENDITURE MODEL
- CREATING A STUDENT-LED CLASSROOM
- INTEGRATING MINUTE MOVES INTO THE DAILY ROUTINE
- MINUTE MOVES FOR FOCUS
- MINUTE MOVES RECESS REFOCUSING ROUTINE
- MINUTE MOVES FOR CALMING
- MINUTE MOVES FOR FINE MOTOR
- MINUTE MOVES FOR WRITING POSTURE
- AUDITORY SYSTEM QUADRANT
- HEARING AND BRAIN WIRING
- MINUTE MOVES FOR AUDITORY SEQUENCING

MYOFASCIAL RELEASE (MFR)

INTRODUCTION TO THE FACIAL SYSTEM (USING POWER POINT PRESENTATION)

- A. FUNCTIONS
- B. COMPONENTS
- C. ASSESSMENT OF RESTRICTIONS
- D. INDICATIONS & CONTRAINDICATIONS

MYOFASCIAL RELEASE TECHNIQUES (WITH LAB PRACTICE TIME)

- E. TRANSVERSE PLANE HOLD
- F. CROSSED HANDS RELEASE
- G. COMPRESSION/TRACTION WITH MYOFASCIAL PRINCIPLES

MYOFASCIAL STRETCHING (USING POWER POINT PRESENTATION AND LAB)

- H. DIRECT PRESSURE
- I. ACTIVE ELONGATION STRETCHES

CLOSING COMMENTS AND QUESTIONS

INTEGRATING MYOFASCIAL RELEASE INTO OCCUPATIONAL THERAPY PRACTICE

BRENDA PARDY, OTR

MYOFASCIAL RELEASE (MFR): THE BODY'S FASCIAL SYSTEM IS ONE CONTINUOUS WEB OF CONNECTIVE TISSUE FROM HEAD TO TOE. IT PROVIDES SUPPORT & FLEXIBILITY TO ALL STRUCTURES. INJURY, ILLNESS, TRAUMA AND POOR POSTURE CAN CAUSE THE FASCIAL FIBERS TO TIGHTEN, SHORTEN, THICKEN & ADHERE. THIS CREATES A BARRIER AND PUTS ABNORMAL PRESSURE ON NERVES, MUSCLES, BLOOD VESSELS, BONES, ORGANS & THE BRAIN, RESULTING IN INEFFICIENT FUNCTIONING. MFR, AS DEVELOPED & TAUGHT BY JOHN BARNES PT, IS A GENTLE HANDS-ON APPROACH USED TO FREE UP FASCIAL RESTRICTIONS. THE THERAPIST APPLIES SUSTAINED PRESSURE INTO THE RESTRICTION IN A VARIETY OF WAYS, ALLOWING PERMANENT ELONGATION OF THE TISSUE. THIS RESULTS IN DECREASED PAIN ENHANCED DAILY FUNCTIONAL ABILITIES, REFINED ATHLETIC PERFORMANCE, INCREASED EASE OF MOVEMENT & IMPROVED STRUCTURAL BALANCE AND INTEGRITY.

INSTRUCTOR: A 1975 GRADUATE OF OHIO STATE UNIVERSITY, BRENDA PARDY BRINGS A WIDE VARIETY OF SKILLS & EXPERIENCE TO TREATMENT & TEACHING SITUATIONS. SINCE TAKING HER FIRST COURSES IN JOHN BARNES' METHOD OF MFR, SHE HAS CHANGED THE FOCUS OF HER TREATMENT PLANS TO INCLUDE THESE TECHNIQUES ALONG WITH MORE TRADITIONAL OT APPROACHES. SHE HAS FOUND THAT THE ADDITION OF THIS INNOVATIVE WHOLE-BODY PROCESS HAS INCREASED THE RATE OF IMPROVEMENT & THE LONGEVITY OF THE RESULTS FOR HER PATIENTS. TOGETHER WITH JILL STEDRONSKY, MS OTR, SHE AUTHORED A BOOK FOR THERAPISTS & PATIENTS TITLED **MYOFASCIAL STRETCHING: A GUIDE TO SELF TREATMENT**. BRENDA'S REPERTOIRE OF AUGMENTATIVE TREATMENT APPROACHES ALSO INCLUDES CRANIOSACRAL THERAPY & HIGH TOUCH JIN SHIN. AS THE DIRECTOR OF THE PHYSICAL & OCCUPATIONAL THERAPY DEPARTMENTS AT BOTH GREENWOOD THERAPY INSTITUTE & PEDIATRIC THERAPY INSTITUTE, SHE SUPERVISES & MENTORS A STAFF OF 5 THERAPISTS IN TRADITIONAL & ALTERNATIVE APPROACHES.

**WYOMING OCCUPATIONAL THERAPY ASSOCIATION
MEMBERSHIP APPLICATION**

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
EMPLOYER: _____
EMAIL ADDRESS: _____
PHONE CONTACT: _____

Educational Level

_____ Associate _____ Bachelor _____ Master _____ Doctorate

Practice Specialty

_____ Mental Health _____ Productive Aging
_____ Children and Youth _____ Work and Industry
_____ Rehabilitation, Disability and Participation

Professional Level Fees _____ Student \$15.00 _____ OTA \$35.00
_____ OT \$35.00 _____ Non-OT \$35.00

AOTA Membership Number _____

I would like to become a mentor for a fellow WyOTA member. _____

I would be willing to serve as an officer of WyOTA. _____

I would be willing to serve on a committee. _____

I would like assistance from WyOTA in the following area: _____

Conference suggestions _____

- I am willing to have my e-mail address released to those advertising educational events
- I am willing to have my e-mail address released to those advertising job listings

Make checks payable to WyOTA

Return completed form and payment to:

Heather Lyman, Secretary/Treasurer of WyOTA

3017 White Mountain Blvd

Rock Springs, WY 82901

307-389-8511

lymanh@sweetwatercdcwy.org