

Workshop Presenters:

Valerie Meyers, MS, LPCC Supervisor

Valerie Meyers, MS, LPCC, was born and raised in the Bismarck-Mandan area. In 2001, Valerie earned her B.S. in Community Psychology from St Cloud State University in St Cloud, MN. She continued her education, earning her Master's degree in Clinical Mental Health Counseling from the University of Wisconsin-Stout in Menomonie, WI. In 2010, Valerie formed and started The Kid's Therapy Center in Bismarck, ND. Valerie specializes in treating children with expressive therapies such as play therapy, sand play therapy, and art therapy. She has extensive training in children, parenting, and ways to help them.

Annie Schlecht, MOTR/L

Annie Schlecht, founder of Zen Sleep Consulting, is an occupational therapist, certified pediatric and adult sleep consultant, certified infant massage instructor, and Reiki practitioner. Her mission is to help clients (birth to adults) feel Zen and confident as they master the skills of independent and natural sleep. Annie was the first sleep consultant in the state of North Dakota and has helped hundreds of families across the world. Annie attended the University of North Dakota School of Medicine and Health Sciences and graduated with a Masters of Occupational Therapy in 2011. She started her career in early intervention before starting her own business. Annie is very passionate about the development of young children and sees sleep as one of the most crucial components.

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Workshop Presenters:

Samantha Tupy, PhD, LP

Dr. Samantha Tupy is a licensed clinical psychologist at the Fargo VA. She obtained her doctorate in Clinical Psychology from Idaho State University, Pocatello and her masters and bachelors in Clinical Psychology from Minnesota State University, Mankato. She completed her APA accredited internship program with the Fargo VA in 2017-2018 and her residency in 2018-2019.

Dr. Tupy is the Fargo VA SUEPTSD Specialist with her primary caseload being PTSD, dual diagnosis and complex or high-risk patients. Dr. Tupy does general mental health care as well. She serves as the psychologist on the RANGE team and serves as the lead for LGBTQ+ needs. Dr. Tupy provides evidence-based therapy both individually and in group format. Dr. Tupy provides evaluations for cognitive/memory, achievement/ADHD, psychodiagnostic/personality, capacity and transgender focused evaluations for hormonal therapy/surgery. Dr. Tupy is the Assistant Training Director of the Fargo VA. Psychology Internship and Practicum Programs, and provides supervision to practicum students, interns, and residents. She is the Disruptive Behavior Committee and Employee Threat Assessment Chair, supporting and implementing the workplace violence prevention program. Dr Tupy serves as the Persons with Disabilities special emphasis program manager for the Diversity Council for VA Employees.

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2021 ANNUAL CONFERENCE & MEMBERSHIP MEETING



*Friday night SIS October 8, 2021
&
Saturday October 9, 2021*

Ramada by Wyndham
1400 East Interchange Ave
Bismarck, ND 58501

Blocks of room available
under NDOTA :
Ramada by Wyndham

(701) 258 -7000

Sponsored by North Dakota
Occupational Therapy Association

OBJECTIVES:

Pediatric Track:

MORNING SESSION: Children's Mental Health: Managing Behaviors and Assisting Transition Back to the Classroom

1. Learn basic techniques a child therapist applies in session
2. Learn techniques to implement to help manage behaviors in a classroom
3. Learn ways to help with transition from home schooling to back in the classroom

AFTERNOON SESSION: Pediatric Sleep: The Formative Years

1. Understand the foundation of pediatric sleep architecture
2. Identify common problem areas within pediatric sleep
3. Assess current sleep schedules and suggest appropriate modifications
4. Choose appropriate sleep interventions in order to establish home programs

Adult Track:

Adult Mental Health: Enhancing Understanding of Common Concerns, Evidenced Based Treatments and Culturally Informed Care

1. Understand common mental health disorders and concerns among adults and older adults
2. Understand the biopsychosocial model and the importance of utilizing a holistic approach to care
3. Awareness of important considerations when working with patients who engage in disruptive behaviors
4. Familiarity with current evidence -based treatment options and why they are effective
5. Understand common language, myths, and how to be a more affirming provider of patients who identify as LGBTQ+ and other diverse identities
6. Familiarity with creating a safe space for the diverse array of cultures and intersectionality patients

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FRIDAY October 8, 2021

Special Interest Section (SIS)

*Location: Ramada by Wyndham
1400 E Interchange Ave
Bismarck, ND 58501*

6:00 -7:00 Social Hour

7:00 -8:00: Addressing Moral Injury and Burnout in OT professionals during the COVID Pandemic

By: Shannon Pfau, OTR/L

SATURDAY October 9, 2021

*Location: Ramada by Wyndham
1400 E Interchange Ave
Bismarck, ND 58501*

8:00 AM- 8:30 AM Registration

8:30 AM-4:00 PM Conference

*12:00 -1:00 pm will be the NDOTA general meeting. Lunch provided if attending meeting *

Pediatric Track:

Children's Mental Health: Managing Behaviors and Assisting Transition Back to the Classroom

By Valerie Meyers, MS, LPCS

Pediatric Sleep: The Formative Years

By: Annie Schlecht, MOTR/L

Adult Track:

Adult Mental Health: Enhancing Understanding of Common Concerns, Evidence Based Treatments and Culturally Informed Care

By: Samantha Tupy, PhD, LP

REGISTRATION:

Check all that apply:

____ Friday SIS Education (1.0)

____ Saturday Conference (6.0)

____ Track 1 (Pediatric)

____ Track 2 (Adult)

____ Lunch/General Meeting

(Saturday @ noon)

Circle rate that applies:

Fees	NDOTA member	Non - member
OTR/COTA	\$155	\$225
Student	\$50	\$60
Other		\$225
SIS	FREE	\$25

Name: _____

Address: _____

Email: _____

Contact Phone: _____

Make checks payable to NDOTA

Amount enclosed: _____

Register Online at www.ndota.com or mail to :

Sheri Martin
4250 20th ST SE
Pettibone ND 58475

Questions, please contact Shawna Wing
@ 701-290 -2968 or
Shawna_91@hotmail.com