

About this Course

Prerequisite

The Introduction to Lifestyle Redesign® is a prerequisite to the other courses in the Life Management Series, and must be completed first.

Schedule

Sign-in begins 30 minutes before the start of the course (8:30 am sign in, 9 am course).

Breaks

There is a 15 minute break during the course.

CEU Credit

Participants must sign in and out. Participants must complete a learning outcomes and course evaluation in order to receive a certificate of completion. Certificates will be available at the end of the course. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

Cancellation Policy

A refund, less \$50 administrative fee, will be made if a cancellation notice is received 10 business days prior to the first course date. Cancellation by instructors will result in full refund.

Special Needs Requests

If you require ADA accommodations, please contact us at (323) 442-2811 at least two weeks before the course date for arrangements.

Audience

This course is designed for OTs, OTAs and others as an introductory level course; however all levels of experience are welcome s are all areas of practice.

About the Presenters

Tracy Jalaba OTD, OTR/L

completed her doctoral residency at the USC Occupational Therapy Faculty Practice, where she focused on expanding and improving the Lifestyle Redesign program for adults and adolescents with autism spectrum disorders (ASD). As a clinical faculty member, Dr. Jalaba continues to work with clients in a variety of programs at OTFP with an emphasis on clients in the mental health, college student and ASD Lifestyle Redesign® programs. Additionally, Dr. Jalaba works as a team member and clinician representing occupational therapy at USC Disability Services & Programs.



Marissa Marchioni OTD,

OTR/L received her Doctorate of Occupational Therapy degree in 2017 from the University of Southern California. Her clinical residency was completed at the USC Occupational



Therapy Faculty Practice where she provided Lifestyle Redesign services and explored Lifestyle Redesign applications for workplace wellness. As a clinical faculty member, she provides Lifestyle Redesign services across several programs including diabetes management, weight management, mental health and ergonomics.



USC Chan Division
of Occupational Science
and Occupational Therapy



Life Management Series

Lifestyle Redesign® for Mental Health

February 15, 2019

9 am—12:15 pm

University of Southern California
Health Sciences Campus
Center for Health Professions
1540 Alcazar St., G-37
Los Angeles, CA 90089

USC Mrs. T.H. Chan Division of Occupational Science and
Occupational Therapy

1540 Alcazar St., CHP 133 Los Angeles, CA 90089-9003

323.442.2850 Fax: 323.442.1540 chan.usc.edu
otconted@usc.edu

Course Description

This course provides you with the knowledge and tools to implement an occupational therapy intervention for the prevention and/or management of mental health conditions such as stress, anxiety, depression, ADHD, substance use and burnout. Specific program models for serving college students and for workplace wellness is explored. Detailed intervention materials and case studies to use in conjunction with the Introduction to Lifestyle Redesign® methodology course is provided.

Learning Objectives

Participants will:

- Describe the physiological, psychological and behavioral impacts of mental health conditions such as stress, anxiety, depression, ADHD, substance use, and burnout
- Identify common comorbidities and impact on chronic conditions
- Recognize relevant models of intervention from occupational therapy and other related professions
- Design occupational therapy lifestyle interventions to address mental health conditions
- Analyze relevant documentation, billing and reimbursement issues for this type of treatment

.3 CEUs (3 contact hours)

For additional information go to chan.usc.edu/academics/continuing-education/life-management-series

Agenda

9:00-9:45	Discussion of prevalence and impact of mental health conditions: stress, anxiety, depression, ADHD, substance abuse, and burnout on health management and risk of chronic health conditions
9:45-10:15	Barriers, facilitators and Lifestyle Redesign® treatment interventions for adults and adolescents in physical activity, sleep, coping, social participation, and eating routines
10:15-10:45	Barriers, facilitators and Lifestyle Redesign® treatment interventions for college students in time management and focus
10:45-11:00	Break
11:00-11:30	Barriers, facilitators and Lifestyle Redesign® treatment interventions for workplace wellness
11:30-12:00	Strategies for documentation, billing, and reimbursement
12:00-12:15	Case Study Applications
12:15	Learning Outcomes and Course Evaluation



The assignment of AOTA CEUS does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Classification Codes: Lifestyle Redesign; Stress Management; Wellness/Health Promotion

Registration

Lifestyle Redesign® for Mental Health

Fees and Discounts

\$90 (regular) or \$80 for AOTA members and USC Chan OSOT alumni.

Ways to Register

To pay by credit card:

<https://uscot.regfox.com/lifestyle-redesign-for-mental-health>

To pay by check:

Make check payable to **USC Chan OSOT** and mail, along with registration form, to:
Jackie Mardirossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

Name: _____

Title: _____

Address: _____

City: _____

State: _____ Zip: _____

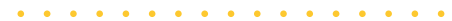
E-mail: _____

Phone: _____

AOTA #: _____

Chan Alumni (Yr. graduated): _____

You will receive an email confirmation upon receipt of registration.



Other courses in the Life Management Series:

- ♦ Lifestyle Redesign® for Weight Management, Diabetes and Related Co-morbid Conditions
 - ♦ Lifestyle Redesign® for Chronic Pain and Headache Management
- ♦ Lifestyle Redesign® for Individuals with Multiple Sclerosis
- ♦ Lifestyle Redesign® for Individuals with Autism Spectrum Disorder
 - ♦ Occupational Therapy in Primary Care