

# Theresa Novak

## Manager / Team Leader Occupational Therapist

Missenden Mental Health Unit, RPAH, Missenden Rd, Camperdown 2050.

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## Educational Qualifications

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Postgraduate: **Master of Applied Science by Research**- University of Sydney.  
Commenced in 2014 and currently completing.

**Diploma of Management (Frontline Management)** - NSW Health, 2010.

Tertiary: **Bachelor of Applied Science (Occupational Therapy)** - University of Sydney, 1998.

## Awards

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- **Sydney Local Health District Quality Awards 2012- Mental Health Peak Quality Award Winner**  
*'Benefits of a sensory room in an acute mental health unit'.*

## Board / Committee Membership

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- **Occupational Therapy Sensory Interventions Committee**, SLHD Convenor 2015-present.
- **Boomerang Effect Schools Resilience Program Network**, Chair 2015- present.
- **Occupational Therapy Sensory Interventions Committee**, SSWAHS Convenor 2013. Quarterly OT meetings regarding sensory assessment, individual and group interventions across the area. Included infection control, SWP and staff training recommendations.
- **Multidisciplinary Sensory Interventions Committee MPU**, Chair 2015- present.
- **Multidisciplinary Sensory Interventions working party MPU**, Chair 2009-2012. Generated research presented at State and National conferences.
- **Trauma Informed Care Committee, PMBC**, Member 2015-present
- **North West Precinct Redevelopment Committee**, Member 2012-2013. Input for occupational therapy group rooms, ADL kitchens, exercise gyms and sensory room consultant and advocate to the working party. Sensory rooms or spaces have been allocated for every ward in the building.
- **Missenden Unit Drug and Alcohol Steering Committee**, Member 2004-2006. Generated research presented at National Drug and Alcohol Nurse Association Conference in 2005.
- **CSAHS Occupational Therapy Week Forum in 2002**, Committee member. Committee organised an OT conference focusing on innovative practice.
- **Central Sydney Area Health Service Occupational Health and Safety committee**, member 2001-2003.

## Journal Publications

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### Journal Articles

- **Novak, T., Scanlan, J., McCaul, D., MacDonald, N., Clarke, T.** (2012). Pilot study of a sensory room in an acute inpatient psychiatric unit. *Australasian Psychiatry*. 20(5), 401-406.
  - 13 academic citations to date
  - Top 5 most read articles for 2012-2014.
- Scanlan, J. & **Novak, T.** (2015). Sensory approaches in Mental Health: A scoping review. *Australian Occupational Therapy Journal*. 62(5), 277-285.

## Other Publications

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### Published Workbooks

Authored a series of student workbooks and teachers guides focusing on positive mental health promotion in schools.

**Boomerang Effect: A resilient mind for health wellbeing and success** (2014, 2015).

- Module 1 Positivity Student Workbook
- Module 1 Positivity Teachers Guide
- Module 2 Motivation and Best Self Student Workbook
- Module 2 Motivation and Best Self Teachers Guide
- Module 3 Mindfulness and Flow Zone Student Workbook
- Module 3 Mindfulness and Flow Zone Teachers Guide
- Module 4 Emotion Management Student Workbook
- Module 4 Emotion Management Teachers Guide

### Book Chapters

- **Dream Believe Achieve (2015)**. NRL published book. Visualisation chapter co-written with John Novak.

## Invited Conference Speaker

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- **Suicide Prevention Forum: NSW Catholic Schools and headspace- 11<sup>th</sup> August 2015, Sydney, Australia.**  
*Boomerang Effect: A Resilience and Wellbeing Program.*
- **Behavioural Schools Conference- 13<sup>th</sup> July 2015, Sydney, Australia.**  
*Boomerang Effect Resilience and Wellbeing Program (2x 1 hour presentations).*
- **Changing Minds Conference- 14<sup>th</sup> August 2014, Sydney, Australia.**  
*Boomerang Effect Resilience and Wellbeing Program (2x 1 hour presentations).*
- **Occupational Therapy in Mental Health Conference- 26<sup>th</sup> February 2010, Sydney, Australia.**  
*The effects and experience of implementing a sensory room on an acute mental health unit (1 hour workshop)*

## Conference Presentations

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- **Occupational Therapy in Mental Health Conference- 13<sup>th</sup> November 2015, Sydney, Australia.**  
*Sensory approaches in mental health: Collecting and coordinating the literature.*
- **Occupational Therapy in Mental Health Conference- 13<sup>th</sup> November 2015, Sydney, Australia.**  
*Building resilience and wellbeing in school students to promote positive mental health.*
- **Occupational Therapy in Mental Health Conference- 13<sup>th</sup> September 2013, Sydney, Australia.**  
*Research and usefulness of a sensory room in an acute mental health unit.*
- **Occupational Therapy in Mental Health Conference- 13<sup>th</sup> September 2013, Sydney, Australia.**  
*Facilitated discussion. Sensory approaches in mental health: we need more research evidence, so we need to do more research.*
- **25<sup>th</sup> Annual Occupational Therapy National Conference and Exhibition 24-26<sup>th</sup> July, 2013, Adelaide, SA, Australia.** *Implementation of a sensory room in an acute inpatient psychiatric unit.*
- **Sports Management Association of Australia and New Zealand 30<sup>th</sup> Nov, 2012.**  
*Findings from case studies using an improvement management program to optimise the performance of athletes.*
- **Drug and Alcohol Nurses of Australasia Conference- 22<sup>nd</sup> - 24<sup>th</sup> June 2005, Canberra, Australia.**  
*"The Missenden Experiment- Mixing drugs, alcohol and mental health".*

## Invited Expert Peer Reviewer

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- **Scientific Journal Article Peer Reviewer for Australasian Occupational Therapy Journal**  
*Sensory Room paper 2016*
- **Scientific Journal Article Peer Reviewer for Australasian Occupational Therapy Journal**  
*Sensory and attachment theory paper 2015*
- **Ethics Application Peer Reviewer for Concord Hospital Human Research Ethics Committee**  
*Family rooms research project 2013*

## Research

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- **Multi-site study Chief Researcher “Sensory Interventions in Mental Health”** (March 2014- current)  
*Effects of sensory rooms and sensory interventions in mental health units.*
- **Multi-site study Chief Researcher ‘Resilience program in schools’** (May 2014- current)  
*The effects of a salutogenic resilience program in schools which aims to promote positive mental health for students and teachers in school communities.*
- **Chief Researcher / Research Team Leader “Sensory rooms in Mental Health** (Oct 2009-Oct 2013)  
*Effects of implementing a comfort (sensory) room on an acute mental health unit.*
- **Dual Diagnosis- Drug, Alcohol and Mental Health Research Team**  
*Missenden Unit, RPA Hospital 2005.*

**Research Gate profile:** [https://www.researchgate.net/profile/Theresa\\_Novak](https://www.researchgate.net/profile/Theresa_Novak)

## Staff Consultation- Sensory Rooms and Interventions

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I have provided consultation to occupational therapists and other health professionals regarding sensory rooms, sensory interventions, sensory assessment tools, weighted items such as weighted blankets and dialectical behaviour therapy interventions. Typically, I provide staff with a range of resources such as sensory assessment tools, sensory lists, sensory group outlines, sensory safe work procedures, infection control and policy pro formas and presentations. I provide staff education both within and outside of SLHD.

Consultation has included:

- Consultation on NSW Health Sensory Rooms and Interventions in Mental Health Guidelines.
- Conducted site visits to the sensory room/s at PMBC for multidisciplinary staff across Australia.
- Email and telephone consultation for sensory rooms and interventions internationally
- SLHD staff and other occupational therapists regularly refer sensory questions to me to address.
- How to successfully implement trauma informed care, sensory intervention cultural change, seclusion reduction strategies and sensory room role out.

Consultation to staff represent health services nationally and internationally including:

- **State:** Concord Centre for mental health, Bankstown Hospital, SLHD; Liverpool Hospital, Campbelltown Hospital SWLHD; NSW Community Forensic Mental Health Service, Justice Health; North Coast Mental Health Rehabilitation Unit, Coffs Harbour; Sutherland Hospital, South East Sydney Health Service; Prince of Wales, St George Hospital, Cumberland Hospital, Western Sydney Area Health Service; Manly Hospital, NSCCAHS; MH Gonyah Unit, Wyong Hospital; The Pain Clinic, Gosford Hospital.
- **Nationally:** La Trobe Regional Hospital Mental Health Service, Victoria; Aged Persons MH, Eastern Health, VIC; Central Adelaide Local Health Network, SA.
- **International:** Fayetteville, New York, US; Elliot Health System, Manchester, England; Georgia Health University in Augusta, GA; Hamilton Health Sciences, Canada; Hergest Unit, Nation Health Service, Wales; Psychology Progress Ottawa, Canada; New Deli, India; McMaster Children's Hospital, Hamilton Health Sciences, Canada; School of Health Sciences, City University, London.

## Professional Experience

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**Inpatient Mental Health Services in Sydney Local Health District (SLHD), SSWAHS and CSAHS.**

**June 2001- Current** (Full time and currently part time).

**Team Leader and Senior Occupational Therapist** at the Missenden Unit, RPA Hospital.

**Caseload:** Individual assessment and intervention of acute mental health clients with a plethora of mental health, physical illnesses, co-morbidities and psychosocial issues. Services provided predominantly for acute inpatients with some outpatient and community consultation in the case mix.

**Groups:** 16 years' experience in group work delivery and group work mentoring of occupational therapists and nursing staff. Groups facilitated include dialectical behaviour therapy (outpatient and inpatient); resilience; weights and exercise for depression; drug and alcohol motivational interviewing group; meal preparation; stress management; healthy lifestyle; relaxation; mindfulness; stretching; recovery and relapse prevention; yoga; sport; community access; gardening; creative art/ craft/ pottery; self-esteem; communication and assertiveness; eating disorders meal preparation and lifestyle management. Conducted periodic quality improvement group program evaluations using non-standardised measures.

**Assessments utilised:** Occupational therapy functional and cognitive assessments including DACSA, COPM, PRPP, LSP, UPSA, Allen's cognitive levels (ACL), MOCA and non-standardised 'Living skills assessment'. Other assessments include: self care, activities of daily living, initial, observational, budgeting, work assessments, return to work, education assessments, first episode screening, early warning signs card sort, falls risk assessments, leisure, sleep hygiene, home visits to assess home environment, home modifications and equipment prescription. Specialised assessments including ASSIST drug and alcohol screen and brief intervention. Sensory sensitivity screening and intervention using the 'Adult Sensory Profile' and non-standardised sensory preferences screening tools.

**Individual client interventions:** Individual goal setting and program planning including implementation and evaluation of program / goal achievement. Extensive experience in living skills retraining, exploring prevocational skills and training, return to work options, resume writing, structuring client's time, behavioural programming and utilising the hearing voices network framework for interventions, introducing and / or re-establishing leisure pursuits and community linkage. Education on stress management, relaxation and mindfulness, exploring education options, food shopping retraining, money management and budgeting, transport training, sleep hygiene, drug and alcohol brief interventions and service linkage, home modifications recommendations, equipment prescription, sensory and emotional regulation interventions. Care plans, wellness plans, recovery plans and safety plans that include numerous sensory interventions and sensory plans to reduce distress and promote self regulation of emotions. Established a sensory clinic to address sensory needs of consumers. Discharge planning in consultation with the treating team, liaison and referral to community services and case managers as appropriate.

**Management and senior duties include:**

- **Chief researcher / project coordinator (2009-current):** Effects of a Sensory rooms in mental health.
- **Occupational Therapy New Graduates Program coordinator (2007-2013):** Monthly education program and provision of support for OTs in their first 2 years of practice.
- **Staff presentations, training and workshops:** Wide variety of presentations in different forums (see below list).
- **Occupational health safety representative:** Missenden Unit from 2001-2003
- **Safe work procedure development:** to systematically address infection control issues, risk management and safe work procedures protocols for group and individual interventions for occupational therapists and other multi-disciplinary staff.
- **Budget management:** Development and review of the financial plan and management of the modest PMBC occupational therapy budget.
- **Group program coordinator:** Coordinate and evaluate three ward group programs which involves liaising with staff, reviewing literature for best practice in groups, organising, completing and disseminating timetables, and conducting quality improvement projects.
- **Quality improvement activities:** developing and monitoring clinical indicators, periodical service evaluations, staff and consumer consultation, monitoring of group statistics and individual intervention statistics. Implementation of best practice, survey outcomes and recommendations.
- **Project management:** Develop and manage various projects over the years including sensory room research, group program, dialectical behaviour therapy program, occupational therapy clinic project, drug and alcohol steering committee.
- **Staff supervision:** Extensive experience (since 2001) providing supervision, mentoring, performance coaching and completion of performance reviews for SLHD junior and senior occupational therapists and diversional therapists.
- **Student supervision:** Sydney university student supervision training completed. 16 years' experience of student supervision and mentoring other occupational therapy staff in student supervision on site.
- **Performance reviews:** Completion of probationary and annual staff performance reviews for all staff that I line manage at PMBC. Collaboratively generate staff development goals and plans including training and experience opportunities.
- **Performance management:** Manage all performance issues with PMBC staff, ensuring issues and solutions are feedback to my senior. Monitor performance to confirm performance issues are addressed and rectified.
- **Grievance management:** Completed grievance management training. Investigate and appropriately address grievances related to occupational therapists at PMBC. Typically, issues are investigated, my senior is informed of any issues and actions I have taken or escalated through appropriate lines of management when necessary.
- **Manage incidents:** Completion of IMMS, address issues / incidents in a timely manner. Inform line manager and other relevant staff e.g. nurse unit manager of issues and strategies implemented to manage the incident. Monitor situation/s.
- **Staff recruitment:** Staff recruitment experience since 2001 as both a convener and panel member for level 1 / 2 and level 3 occupational therapy positions within the area.
- **Equipment stock control:** Ordering and maintaining security of our equipment and supplies.
- **Adaptive equipment review and recommendations:** Review of ward adaptive and self care equipment for both standard and bariatric sizes for PMBC wards.
- **Sensory equipment review:** Review of sensory equipment, develop safe work procedures, provide expert recommendations and / or purchase of equipment required for PMBC and CCMH.

- **Gym equipment review:** Review of gym equipment, recommendations for purchase of gym equipment for wards while consulting with key stakeholders such as staff, NUMs, building manager and consumers around safety.
- **Occupational therapy service promotion:** Including clinical indicators, flow charts, OT service brochures and referral form development.
- **Ward accreditation:** Preparation and presentations of evidence on 6 occasions for 'EQUIP' accreditations (Quality improvement, benchmarking, and best practice).
- **Work health safety external audits:** preparation and presentations of evidence for 5 'Numerical Profile' accreditations (OH&S, risk management, safe work procedures).
- **Staff pay sign off:** KRONOS experience

#### **BOOMERANG EFFECT PTY LTD (Oct 2006-current)**

##### **Company Co-Director (Part time).**

Development of performance improvement and resilience programs for athletes, students and businesses.

- **Boomerang Effect program** conceptualisation, development and writing.
- **Website** conceptualisation, writing, planning and development.
- **Schools resilience program** workbook writing, resource development, training, research and implementation.
- **Development and delivery of PowerPoint presentations and training workshops for school teachers**
- **Quality improvement-** Development of quantitative and qualitative measures, data gathering and analysis.
- **Conference presentations-** Sports management and schools conferences (see above)
- **Curriculum development-** Co-author of 2x courses for International College of Management (ICMS), Sydney 2012/13.
- Design and editing of **published work:** Boomerang Effect: Golf Mind Game (2007).

#### **OCCUPATIONAL THERAPY DEPARTMENT, ROZELLE HOSPITAL (June 1999 – June 2001)**

##### **Occupational Therapist (Full time)- split hours between Ward 25, 28 East and MPU**

**Ward 25- acute unit, Rozelle Hospital,** July 2000- May 2001

**Caseload:** Adult acute mental health clients. Eating disorders clients while covering Concord Ward 34; Age mental health clients (over 65 years old) while covering A and H wards at Rozelle Hospital.

**Skills utilised:** Facilitation of groups in various settings including IPCU, Riverside, Ward 25 and 26. Individual assessment and interventions.

##### **Drug and alcohol rehabilitation unit, Rozelle Hospital (28 East),** June 1999- May 2001.

**Caseload:** Voluntary drug and alcohol rehabilitation inpatients including dual diagnosis clients.

**Skills Utilised:** Cognitive Behaviour Therapy, facilitation and evaluation of lifestyle management groups: goal setting, time management, problem solving, increasing social supports and leisure interests, cue exposure and stress management.

**Individual interventions:** Vocational guidance and counselling, resume writing, job interview training, referral to return to work services, educational guidance, structuring time, budgeting skills, gambling counselling, re-establishing roles, exploring and linking to leisure interests, communication skills training, healthy lifestyle programs, drug and alcohol refusal skills. Linking to support groups.

##### **Missenden Psychiatric Unit, RPAH,** November 1999- May 2000.

**Caseload:** Adult acute mental health

**Skills utilised:** Facilitation of groups on locked ward and open unit. Designed and implemented new program for observation unit. Individual assessment and interventions.

#### **OCCUPATIONAL THERAPIST, ROMA PRIVATE HOSPITAL, RANDWICK,** April 1999 – October 1999.

##### **Sole Therapist, Permanent part time position 2 days/week**

Set up and established a new occupational therapy service and rehabilitation program for aged clients with various diagnoses.

**Caseload:** Orthopaedic, cardiac, cerebral vascular accident, general rehabilitation.

**Skills utilised:** Formulation of documentation and protocols for treatment, establish equipment resources; applications to hospital for equipment purchases, education workshops for staff on encouraging client ADL independence, develop a resource library of relevant books and articles, gather resources and liaise with community services, use of standardised self care/ADL assessments to measure outcomes (e.g. Barthel, FIM), prescribe equipment, initial assessments, assess kitchen safety, task analysis, proprioceptive neuromuscular facilitation, transport training, home visits to prescribe equipment and organise minor modification, liaise with Department of Veterans Affairs, client education, devise and deliver group program (exercise, activity and social groups), initiated a statistics program, OT documentation, liaise with multi-disciplinary team and clients' next of kin.

## Quality Improvement in Mental Health

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*As team leader, I've conducted numerous quality improvement activities. Some highlights include:*

- **Trauma Informed care assessment:** Completion of comprehensive assessment of trauma informed care provision at PMBC. Currently developing plans to address areas of need within the service.
- **New Graduate OT professional development group:** I commenced the group in 2007 and facilitated it until 2013. New graduate mental health occupational therapists in SSWAHS were invited to attend the group. Surveys of learning needs and topics of interest were completed. I coordinated the yearly programs of monthly meetings which included 1 hour education session by a senior occupational therapist, group mentoring, networking opportunities and 1 hour DBT consult. Surveys of new graduates were completed at the end of each year. This group has been a great springboard for numerous occupational therapists moving into more senior roles. When new graduates 'graduate', they progress to the professional development group for therapists in their first 5 years of practice.
- **Group intervention and program evaluation:** Consumer and staff evaluations completed regularly throughout my tenure. Group statistics monitoring and implementing feedback into revised group programs. Currently mentoring other staff to facilitate this process on the acute and HDUs wards.
- **Group outlines and safe work procedures for multi-disciplinary team:** Coordinated the development of all safe work procedures and group outlines for all groups on acute and high dependency units with MDT staff. I organise the annually review of these procedures and outlines with the aim to standardise and streamline processes across all disciplines, consult with staff, review incidents and update procedures to continually minimise risk.
- **Individual intervention safe work procedures for multi-disciplinary team:** Developed SWP for individual interventions on the wards and in the community in consultation with MDT with the aim to incorporate current policy around joint home visits and completing checklists etc.
- **Occupational therapy delivery of services evaluation:** Development of occupational therapy referral forms and service provision flow chart. Developed clinical pathways and best practice timeframes for assessment and intervention for PMBC.
- **Occupational therapy clinics quality improvement project:** Each occupational therapy staff member facilitated a group with a clinic afterwards on a specific area of consumer need not comprehensively addressed in routine mental health practice. The clinics included: 1. Drug and alcohol 2. Work interventions 3. Sensory interventions 4. Lifestyle, exercise and diet. A referral pathway was developed, assessments and resources developed. Consumers were surveyed about their experience following completion of clinic interventions. Changes to clinic structures was implemented.
- **Drug and alcohol project:** Included staff feedback regarding their knowledge and educational needs. I provided some specific staff education on dual diagnosis and assessment, facilitated a weekly consumer drug and alcohol group, collated and disseminated drug health and mental health information in groups and via a monthly noticeboard. Encouraged referral to drug and alcohol CNC and matched consumers to appropriate rehabilitation services.
- **Adaptive equipment review:** Annually reviewed adaptive equipment with the NUM and work health safety officer. I make recommendations for purchase of ward adaptive equipment to minimise falls, provide safe and appropriate equipment for self care, dressing, mobility, transfers, pressure care, feeding and drinking. All current equipment is checked annually.
- **Eating disorders group and individual evaluations:** Feedback surveys of individual lifestyle interventions for eating disorders and groups such as specific eating disorders meal preparation groups, lifestyle and DBT groups. Mentoring OTs in day program and inpatient eating disorders positions on clinical practice.
- **Recovery and relapse prevention intervention project:** With the then 'consumer consultant', we surveyed consumers about their understanding of early warning signs, relapse prevention plans and strategies. Delivered weekly groups and individually assisted consumers to complete these recovery (wellness) plans. Utilised the symptom card sort.
- **Exercise groups for depression:** Literature review on exercise interventions for depression and anxiety. Instituted regular exercise groups on the ward, with monitoring systems and specific identification of consumers that would most benefit from routinizing regular exercise.

## Health Staff Training, Presentations, Workshops

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- **Dialectical Behaviour Therapy for Mental Health Staff.** 2x ½ day workshops 24/9/2015, 26/11/2015.
- **Emotional Regulation 1 and 2.** Multi-disciplinary inpatient / community staff, PMBC 23/4/2015, 30/4/2015.
- **Evidence Based Practice** (Group facilitator). Occupational Therapists SLHD Monthly during 2013.
- **Dialectical Behaviour Therapy Consult group** (Leader). Area OTs 3/10/13, 9/5/13, 7/3/13, 7/2/13.
- **Burnout and Professional Resilience for OTs.** New graduate occupational therapists 3/10/10, 18/9/13.
- **Sensory room training and research review.** Nursing / Multi-disciplinary staff 22/11/12, 1/8/2013, 15/8/2013, 18/9/2013, and 26/9/2013.
- **Happiness and its Causes.** Multi-disciplinary Team, Missenden Unit 11/12/2013. New Graduate OTs 7/11/2013.
- **ASSIST: Drug health assessment and brief intervention tool.** New Graduate OTs 7/3/2013.

- **Dual Diagnosis: Mental health and drug health, a complex cocktail.** New Graduate OTs 7/2/13.
- **Exercise group facilitation and guidelines.** Nursing staff & OTs 1/11/12, 25/10/12.
- **Dialectical Behaviour Therapy for OTs- Emotion Regulation and Interpersonal Effectiveness.** Training (3 ½ hours) SLHD and SWLHD OTs 29/11/12.
- **Sensory room background, set up resources, implementation and research update.** Presentation and consultation sessions. Gna ka Lun adolescent unit 25/9/12; Campbelltown Adult MH units 13/9/12.
- **Dialectical Behaviour Therapy for OTs Mindfulness and Distress Tolerance.** (3 hours) Area OTs 30/8/12.
- **Group work basics part 2.** (1 hour) Nursing staff / OTs 9/8/12, 19/7/12.
- **Group work basics part 1.** (1 hour) Nursing staff / OTs 12/7/12, 5/7/12, 5/4/12.
- **Occupational Therapy Internal Education Quality Improvement project updates. QI nurses group work implementation project.** OTs SLHD & SWLHD 8/6/12.
- **Occupational Therapy Internal Education Quality Improvement project updates- Sensory room research project.** OTs SLHD & SWLHD 8/6/12.
- **Occupational therapist interventions and resources.** New Graduate OTs 29/2/12, 20/4/2011.
- **Mental health issues and services: the occupational therapy role.** RPAH OT Department, 10/3/2010.
- **Occupational therapy interventions in mental health.** SLHD Mental Health New Grads, 20<sup>th</sup> April 2011.
- **Occupational therapy in mental health.** Missenden unit RPAH, 24<sup>th</sup> March 2010.
- **Mental health issues and services and the occupational therapy role.** RPAH OT department, 10/3/2010.
- **Mindfulness for Occupational Therapists.** New Graduate OTs 26/8/09.
- **Effects and experience of implementing a sensory room on inpatient unit .**OT Internal Education 15/6/11, Concord.
- **Mindfulness for OTs.** New Grads group 26/8/09.
- **Dialectical Behaviour Therapy for Occupational Therapists.** SSWAHS MH OTs 20/8/09.
- **Sensory Room Training.** Missenden MDT Staff- 5x presentations in throughout August 2009.
- **Decreasing restraint and seclusion using sensory interventions.** Missenden Staff 2008 and 2009
- **ASSIST: Drug and alcohol screening tool and brief intervention.** Area MH OTs 2006 and 2008.
- **ASSIST: Drug and alcohol screening tool and brief intervention.** Missenden staff 2006 and 2007.
- **New graduate group feedback on survey results.** Annually 2008-2013.
- **Happiness and it's causes: Research overview.** Missenden staff- 2007.
- **Group Skills Basics.** Nursing and allied health staff at Missenden- 2007 (2 presentations).
- **Missenden drug and alcohol research project.** CSAHS Mental Health Winter Symposium, Rozelle Hospital 2005.
- **Missenden drug and alcohol research project.** Missenden Staff 2005.
- **Dual Diagnosis: A complex cocktail.** Missenden Staff 2003, CSAHS Mental Health OTs 2004, Senior Occupational Therapists 2003, Occupational Therapist New Grads Group 2008 and 2009.
- **Acute mental health OT: Best practice in assessment and intervention presentation.** MDT at Missenden 2002.
- **“Original Kickfit”-** Designed and co-facilitated ‘train the trainer’ workshops in the fitness industry for Fitness First throughout 2000.

## Schools / Teaching Staff Presentations and Workshops

Throughout 2014-2015 I have provided teacher and student training on the resilience and positive mental health program I have developed which incorporates resilience strategies, sensory research and interventions, dialectical behaviour therapy and positive psychology re-envisioned with an occupational therapy lens and applied to school environments. Preliminary data shows significant improvements in students’ resilience, positivity and self efficacy.

- **Positive Thinking Day:** Dorchester Education and Training Centre, Staff and Students 24/11/2015
- **Boomerang Effect: Module 1- Positivity and Module 2- Motivation, Strengths and Best self.** 1 day teacher training 18/11/2014, 29/5/2015, 29/11/2015.
- **Boomerang Effect Program presentation at the Catholic Education Directors Meeting** 21/7/2015
- **Boomerang Effect Positivity.** Moorebank High School 17/6/2015, Campbell House 27/7/2014, Varroville 28/4/2014.
- **Boomerang Effect: Mindfulness.** 2x 1 ½ hour workshops, Mount Carmel school, Varroville 1/6/2015.
- **Boomerang Effect: Positivity.** St Joseph’s College PD/H/PE teachers’ presentation 28/8/2014.
- **Boomerang Effect: Positivity staff enrichment day.** Holy Spirit College Lakemba 5/6/2015.
- **Boomerang Effect: Athletes day and ‘flash mob’.** Holy Spirit College Lakemba 2/12/2014.
- **Empowering young minds for outstanding achievement.** Independent schools’ teachers (IPSHA) 3/9/2014
- **Boomerang Effect: Positivity module Student Leaders training** Holy Spirit College Lakemba 24/7/2014
- **Boomerang Effect: Positivity for Parents.** Holy Spirit College Lakemba 4/6/2014
- **Boomerang Effect: Achievement, resilience and mental health prevention program.** 5 hour Teacher Training. Mount Carmel Catholic High School, Varroville. 21/11/2013.

## Further Education

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### 2016

- Violence Prevention Management, 15-17/3/2016

### 2015

- OT in Mental Health Forum, 13/11/2015
- Falls assessment and prevention training, 20/11/2015
- Respecting the difference, 14/5/2015
- Home modifications: back to basics, 24/4/2015
- Writing a thesis including publications, 18/3/2015
- Writing a literature review, 23/2/2015
- Excel statistics training Sydney University, 24/2/2015

### 2014

- INSPIRE: Higher degree research conference, Aug 2014.
- Happiness and its cause's conference, June 2014

### 2013

- Allied Health Research Forum, 22/11/13
- Introduction to Sensory Modulation and Trauma Informed Care, 17-18/10/13
- Occupational Therapy Mental Health Forum, 13/9/13
- National Occupational Therapy Conference, 24-26/7/13.
- Follow Workplace Hygiene food safety, 16/5/13
- Occupational Therapy Internal Education, 21/6/2013
- CIPO Refresher, 13/6/13
- Electronic Medical record training refresher, 12/4/13
- Occupational Therapy Internal Education, 20/3/2013

### 2012

- Allen's Cognitive Disabilities Model Workshop, 27-29/6/12.
- Infection control Standard Precautions, 27/2/12
- Hand Hygiene, 27/2/2012
- DETECT Training, 27/9/2013
- Occupational Therapy Internal Education, 7/9/2012
- Occupational Therapy Internal Education, 8/6/2012
- Infection control and CPR, 20/4/2012

### 2010

- Recruit Select & Induct Staff, 20/5/10
- Between the Flags, 2/3/2010
- Electronic Medical record training refresher, 3/4/10

### 2009

- Coaching for Performance, 4 ½ days during Aug 2009
- Manage People: Management of Grievance and Discipline, 11/11/09
- Monitor a safe workplace, 10/11/2009
- OH&S Risk Management for managers, 2/9/09

- Manage conflict- Managing Workplace Conflict and Mediation, 21/10/09

- Recruit and Selection Refresher, 2/11/09
- CIPO Refresher, 29/1/09

### 2008

- Performance Management, 1 day
- Advanced Dialectical Behaviour Therapy, 2 days
- Dialectical Behaviour Therapy, 2 day

### 2007

- Occupational Therapists in Mental Health Private Practice
- Occupational Therapy Critical Appraisal of Clinical Papers
- Happiness and it's Causes, 2 day Conference

### 2005

- National Drug Health conference, 2 days
- Mental Health, Occupational Therapy Effecting Change

### 2004

- Mental Illness and Substance Use
- Dialectical Behaviour Therapy, 2 day workshop

### 2003

- Occupational Therapy Week Education Forum
- Quality Tools Workshop

### 2002

- Staff recruitment & Selection Workshop
- KRONOS Training- Staff pay system
- Occupational Therapy Week Education Forum (Co-organiser & attendee)
- Getting in on the Act (children & young persons Act 1998)

### 2001

- Occupational Health and Safety Committee Training, 4 day Work cover approved course.
- Mental Health Outcome and assessment Training
- Supervision Workshop. Presented by Allied Health
- Student Supervision Workshop, University of Sydney
- CIPO- Critical incident, positive outcome- aggression management 5-day course.

### 2000

- Suicide Awareness, Assessment, Intervention & Prevention
- Psychosis and substance abuse workshop.
- Early Intervention for first onset of mental illness workshop.

### 1999

- Child protection

## Work and Academic Referees

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Contact details upon request.

### **Dr Justin Scanlan**

*Professional Senior- Occupational Therapy, Mental Health Services, Sydney Local Health Districts- Line Manager*

### **Dr Kristin Kerr**

*Former Director of Psychiatry, RPA Hospital (Position currently vacant).*

### **Dr Chris Chapparo**

*Senior Lecturer, Occupational Therapy, Faculty of Health Sciences, The University of Sydney.*