

Occupational Therapy Education Day Sensory Modulation Forum

6 October 2021



CMHL hosted the first Victorian Public Mental Health Occupational Therapy Education Day - Sensory Modulation Forum, virtually on Wednesday 6th October 2021.

300

REGISTRATIONS OF TOTAL



55% OF THE METROPOLITAN OT WORKFORCE



55% OF THE REGIONAL OT WORKFORCE



300 registrations came from the 545 Occupational Therapists working in Victorian Public Mental Health. 95% attended on the day. The focus of the first Statewide CMHL OT Education Day was Sensory Modulation, our top priority for workforce development as identified in the Statewide OT workforce scoping earlier in 2021.



The 2021 Occupational Therapy Education Day provided a valuable opportunity to connect, learn, share and innovate. We explored collaborative approaches to sensory profile assessments and recovery planning. With 2 international keynote speakers, we were thrilled to have the biggest names in sensory modulation: Winnie Dunn & Tina Champagne!

LEARNING OBJECTIVES



At the end of this Education Day, you will be able to:

1. Describe best practice examples of sensory profile assessment, intervention and evaluation in your mental health practice setting.
2. Explain the importance of a collaborative, person-led, family inclusive and recovery-oriented approach to sensory profile assessment, intervention and evaluation.
3. Complete your individual action plan for advancing collaborative sensory modulation in your practice.

Learning objectives for the day were met for each session (average rating 4.63 Stars)

Occupational Therapists explored how to use our own sensory profiles and [sensory kits to stay in the optimal learning zone](#) throughout the day and within sensory activities and breaks.

Resources were provided to support ongoing application (e.g. worksheets, handouts, example reports and templates, webinars, texts manuals, and free sensory profile usage on Pearsons Q-Global Portal).

**"It was the best day ever!
Very informative and kept us
involved the whole day -
Loved it!"**

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Statewide Mental Health Occupational Therapy Educator, Phoebe Williamson provided introduction and context to the day “who we are, what we are doing, where we are going and how we will get there”:

- Statewide OT Workforce Scoping
- Launching the [Strategic Plan Victorian Public Mental Health Occupational Therapy Leadership Network](#), and
- The importance embracing co-production and lived experience partnerships. We heard how “*Learning about my Sensory Profile and sensory modulation and quite literally changed my life*”.

OT EDUCATION DAY FEEDBACK

OVERALL RATING



THE LEARNING OBJECTIVES WERE MET



THE SPEAKERS WERE INSPIRING AND SUPPORTED MY LEARNING



Distinguished Professor Winnie Dunn, author of the Sensory Profile, delivered an inspiring Keynote “*Authentic Occupational Therapy: A sensational proposition that supports people’s best lives*”.

We then explored theory, application and lived experiences of “*Using the sensory Profile to support occupation, mental health and well-being*” with special guests Melinda Cooper (Pearson Clinical), Robyn Callaghan and Sue Walker (VMIAC).

Lunch time provided the opportunity to connect with our key supporters from HACSU, OTA & Pearson.

Dr Tina Champagne, pioneer of using sensory modulation in mental health and awarded for efforts in reducing seclusion and restraint in inpatient settings, tuned in from Boston, US for “*A Call to Action: Advancing the Integration of Sensory Modulation in Mental Health Occupational Therapy Practice*”.

We connected in lifespan settings streams in Victoria's Public Clinical Mental Health Services:

CHILD, YOUTH & FAMILY



79 of 132

ADULT COMMUNITY



87 of 176

OLDER ADULTS



34 of 52

INPATIENT



59 of 123

Clinical experts showcased practice examples to demonstrate use of sensory profile to support occupational participation. We then identified individual [strengths, goals and action plans to advance our use of collaborative sensory modulation](#). OTs left inspired to expand their use of collaborative sensory profile assessment, intervention and evaluation in their occupational therapy practice.

The Closing session started with the final sensory activity- a dance party, and we heard from OTA CEO Sam Hunter the support and prioritisation of occupational therapists working in mental health with some of the key initiatives including the mental health whitepaper “[Thinking Ahead: The future of occupational therapy and mental health in Australia](#)”

“Thank you SO much for organising this. I am so excited to be where I am in my OT career with supports like this.”