

Tuesday, March 23, 2021
12:35 - 1:00 PM

Title: *Measuring the Effects of an Occupational Therapy Life Skills Curriculum for Youth Formerly in the Foster Care System*

Presenters: Emily Farber, OTS; Kalie Plesher, OTS; Brooke Tubbs, OTS Northern Arizona University/University of South Florida, Phoenix, AZ; Amy Armstrong-Heimsoth, OTD, OTR/L, Northern Arizona University, Phoenix, AZ; Kim Vehon, CEO, Foster Arizona, Mesa, AZ.

Abstract: Former foster system youth have well-documented poor outcomes as adults despite available transition programs. Occupational therapy practitioners are usually not among the professionals engaged in transition programs, though highly skilled in life skills training. This presentation highlights the process of the first occupational therapist-designed and administered life skills program for this at-risk population. Results of pre- and post-data will be shared, as well as recommendations for best practices and future research with this population.