

Development of a Volunteer Training Program Utilizing Occupational Therapy Frameworks



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Description of DCE Site

Ballet for All Kids, Agoura Hills California

- Non-profit organization that provides inclusive classical ballet classes to children of all abilities
- Utilizes *Schlachte* method that encompasses various learning styles
- Volunteer program allows youth individuals to assist ballet students of various disabilities

Needs Assessment

- Redevelopment of volunteer program
- Development of volunteer training program
- Recruit more volunteers

Literature Review

- Effective coaching for non-OT individuals working with vulnerable populations requires utilization of therapeutic modes and interpersonal reasoning skills (Wong et al., 2020).
- Responding to children with behavioral challenges requires knowledge of why the child may be exhibiting behaviors and understanding one’s own self-regulation (Hui et al., 2016).
- Children with disabilities cannot be treated with only one approach as they require a multimodal approach due to their complex needs (Ismael et al., 2018; Case-Smith et al., 2013).
- Providing learning materials, quizzes, video modules ahead of time can improve instructional teaching and maximize educational opportunities to students (Malik et al., 2017)

Learning Objectives

By the end of DCE, the doctorate student has:

- Implemented various occupational therapy frames of references and models of practices to develop a volunteer training manual to guide teaching non-OT individuals.
- Designed and implemented the volunteer training program.
- Recruited volunteers and measured the effectiveness of the volunteer training program.

Program Description and Implementation

Inclusion Criteria:

- Applied and was accepted into the volunteer program as a new volunteer OR
- Current or former volunteers for the DCE site OR
- Interest of applying for the volunteer program in the future
- Physical and mental capacity to complete the volunteer training and volunteer program

17 Total Participants:

- 3 New Volunteers
- 7 Current Volunteers and 2 Former Volunteers of DCE site
- 1 Volunteer with Special Needs
- 4 Potential Volunteers

Volunteer Training Session Topics

Session 1: HIPAA compliance, professionalism and communication skills, overview of OT, PT, SLP, ABA therapy disciplines, Sensory

Processing Part 1

Session 2: Sensory Processing Part 2, Behavior Management & Emotional Regulation Part 1

Session 3: Behavior Management and Emotional Regulation Part 2

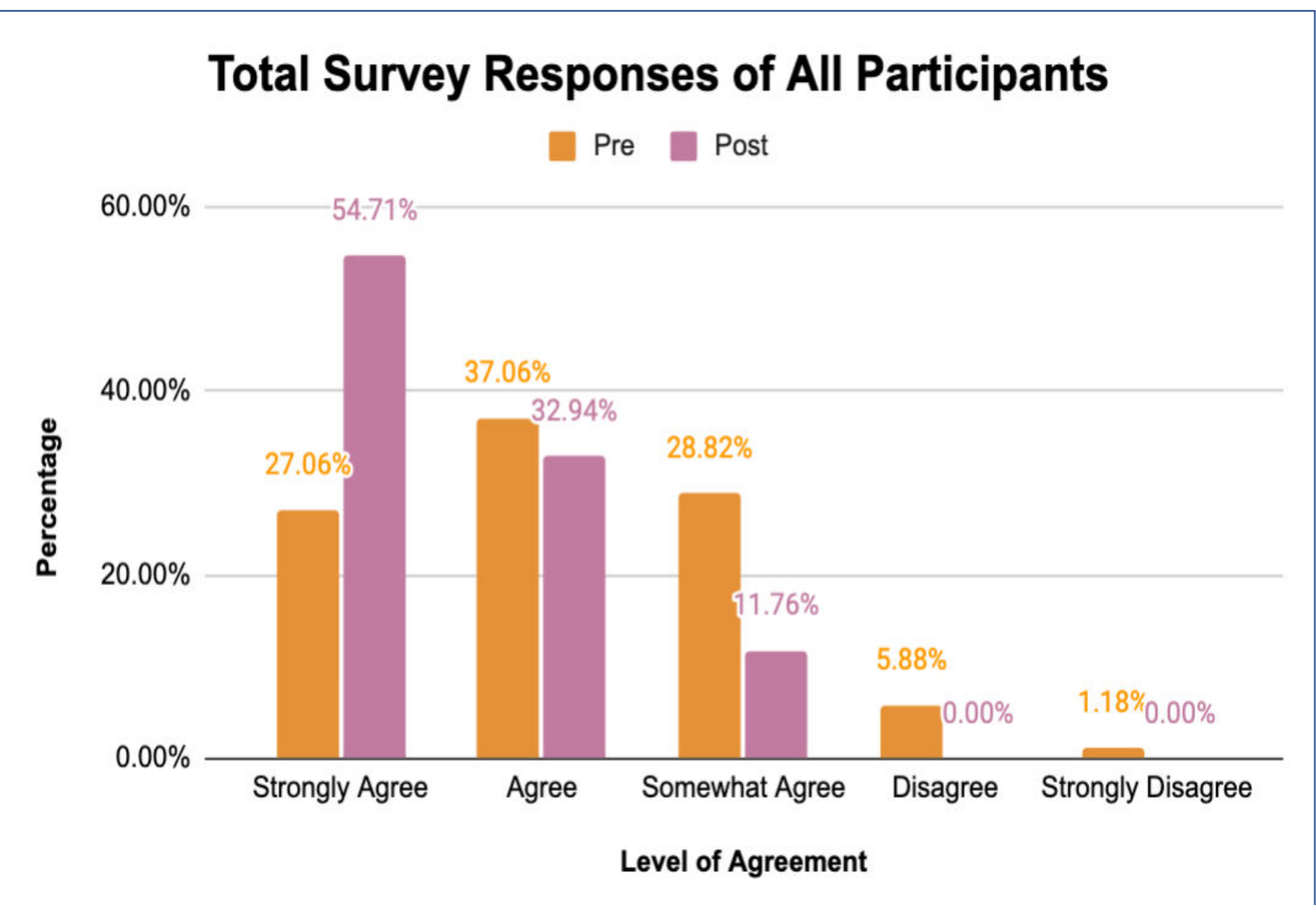
Session 4: Common diagnoses (ASD, ADHD, CP, Down syndrome, epilepsy and seizure disorders)

Session 5: Ballet facilitation, prompting, universal precautions (sanitization, COVID-19, safety)

Training Sessions:

- Feb 6-Feb 27, 2022
- Every Sun 1-3pm and Mon Feb 21 1-3pm
- Synchronous, asynchronous or blended learning options

Evaluation and Outcomes



Themes	Examples
Appreciation for various teaching and learning methods	“It was a nice mix of videos, listening to the material, and interactive activities”. “Liked how I was able to participate in the program even from being in a different state.”
Comprehensive training content	“I liked how we got an exposure to common diagnoses, terminology to describe disorders, examples of kids displaying certain behaviors, and how these disorders would affect a child in realistic situations.”
Program intensity	“The two-hour blocks were difficult to manage with my schedule. I would prefer 1-hour blocks and a longer period.” “Would like to have more interactive activities and in-person trainings but also understand because of COVID-19.”

Participant	Pre-GAS Rating	Post- GAS Rating	Change in GAS Rating
A	Expected Outcome– 0	More than Expected Outcome– +1	+1
B	Less than Expected– -1	Expected Outcome–0	+1
C	Less than Expected– -1	More than Expected Outcome– +1	+2

Training Learning Style Completed By Participants	Number of Participants	Percentage
Asynchronous Learning	6	25.53%
Synchronous Learning	4	35.29%
Blended Learning	7	41.18%

Scholarly Deliverables

- Volunteer program and training protocol manual
- PowerPoint lectures, handouts, and quizzes on common pediatric diagnoses
- Volunteer weekly expectations, observation notes template, ballet student chart review template
- Video modules and training session recordings
- Adapted Zones of Regulation poster and "How Does My Engine Run" speedometer



Scan QR Code to view deliverables

Implications for OT

Educate Non-OT Individuals Working with Vulnerable Populations To:

- Utilize a holistic OT perspective when interacting with people of all abilities and disabilities
- Implement therapeutic use of self and effective strategies to improve occupational performance and engagement within the setting

Conclusion

Utilizing OT theories, strategies, and techniques would not only help non-OT individual fulfill a specific occupational role but also help others they encounter engage in meaningful occupations. Educating non-OT individuals on the need for a holistic approach can promote health, wellness, advocacy, quality of life, occupational performance, and engagement for vulnerable populations they may encounter in their everyday lives now and in the future.



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