

Servicing Our Community: Optimist Youth Homes and Family Services and ELARC Partnership

Shaina Katz, OTR/L

Sophie Lipman, OTR/L

Introductions

• Shaina Katz

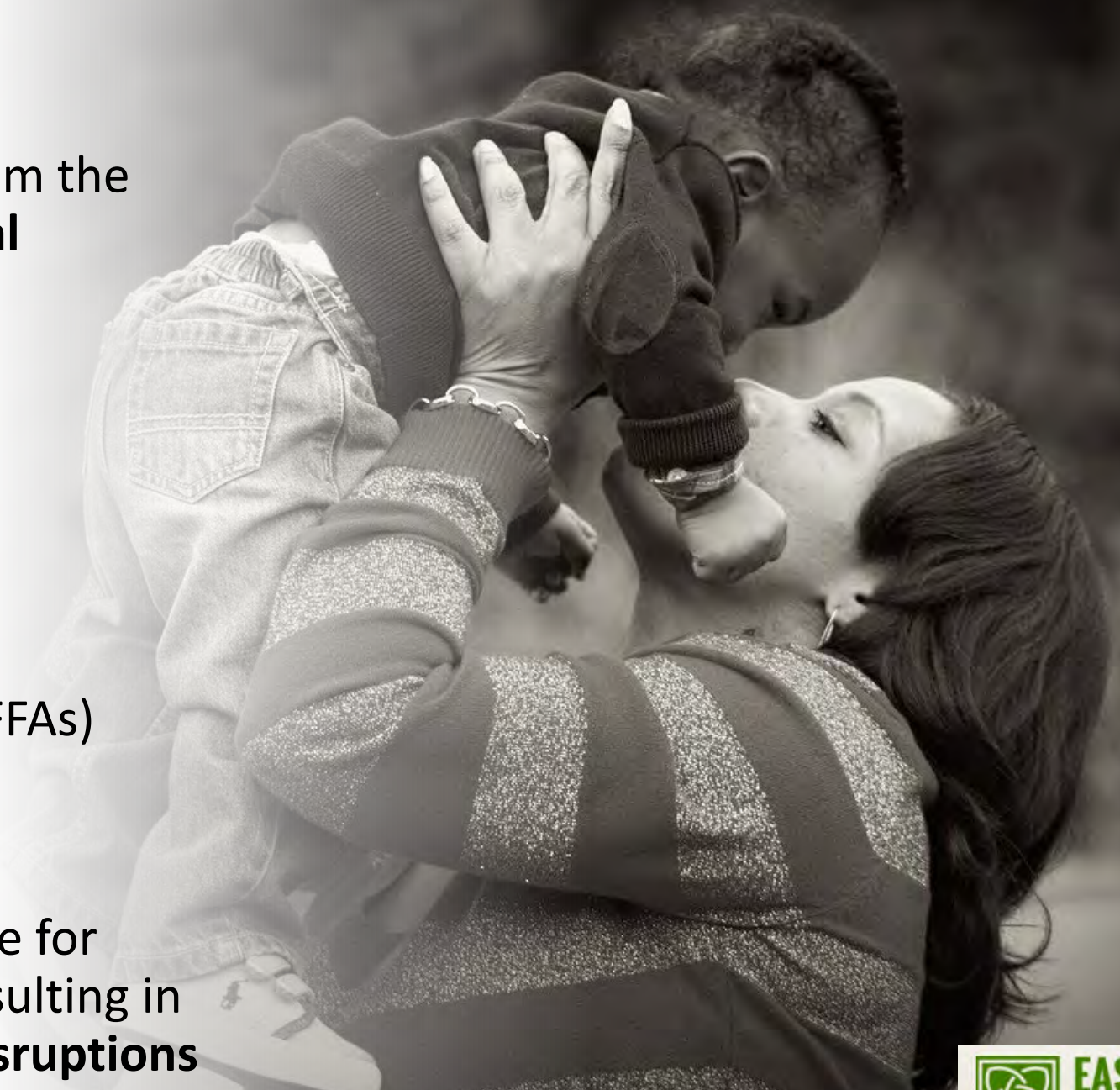
- Bachelor of arts in psychology
- Master of science in occupational therapy
- Licensed and certified occupational therapist
- 5 years of experience in inpatient psychiatric and outpatient mental health settings
- At Optimist: I am currently developing an occupational therapy program for our new Transitional Living Services housing, where we service unhoused foster youth ages 18-21.


• Sophie Lipman

- Bachelor of arts in Kinesiology
- Doctorate of occupational therapy
- Licensed and certified occupational therapist
- 3 years working in pediatrics in mental health and outpatient settings
- At Optimist: I am currently working with a caseload of 20+ families. I provide direct care and consultations with parents, teachers, and other mental health providers.


Grant

- We have received a grant from the **Eastern Los Angeles Regional Center (ELARC)** to provide:
 - Trainings
 - Consultations
 - Community partnerships
- Our aim is to empower:
 - Foster parents
 - Foster Family Agencies (FFAs)
 - Group home providers
 - Caregivers
- To feel more prepared to care for children with **disabilities**, resulting in **fewer displacements and disruptions** and an **increase in positive outcomes**.





As occupational therapists, Sophie and I provide a unique perspective and understanding of the complications that can arise due to the **intersectionality of mental health presentations and developmental disabilities**, and how these issues may impact **everyday functioning**.





Trainings We've Provided

ELARC Training Calendar
2023-24

Topic	Date	Audience	Modality
Compassion Fatigue and Caregiver Burnout	6/22/23	Optimist staff	Virtual
	7/18/23	FFA	Virtual
	10/12/23	Community Partnerships	Virtual
Sexual Exploitation of People with Developmental Disabilities	7/27/23	Optimist staff	Virtual
	8/22/23	FFA	Pre-recorded
	10/19/23	Community Partnerships	Virtual
Identifying Potential Developmental Disabilities	8/31/23	Optimist staff	Virtual
	9/19/23	FFA	Pre-recorded
	10/26/23	Community Partnerships	Virtual
What to do After the Diagnosis: Navigating Available Services for Children with Developmental Disabilities	9/28/23	Optimist staff	Virtual
	10/25/23	FFA	Virtual



Trainings We Will Provide

2024

Topic	Date	Audience	Modality
How to Access Regional Center Services: IPP Process	10/26/23	Optimist staff	Pre-recorded
	11/21/23	FFA	Virtual
ADHD 101	TBD		
Autism 101	TBD		

Trainings we are planning

Topic	Date	Audience	Modality
Coping with Secondary Trauma and Building Resilience	TBD		
How Trauma Affects the Brain and Everyday Functioning	TBD		
Transition Age Youth and Transition Planning: Needs and Opportunities	TBD		

OPTIMIST

YOUTH HOMES & FAMILY SERVICES



EASTERN LOS ANGELES
REGIONAL CENTER

Caring for our Caregivers series

Thursday mornings at 10:00am via
Microsoft Teams 

Join Optimists' Occupational Therapists
Sophie Lipman and Shaina Katz for this
special three-part virtual series designed for
Caregivers and Mental Health Professionals.



*Trainings are complimentary
thanks to funding provided
by the Eastern Los Angeles
Regional Center.*

Topics include:

Caregiver burnout and Compassion Fatigue - October 12, 2023

- Learn about symptoms, who is at risk and prevention strategies.

Identifying Development Disabilities - October 19, 2023

- Learn about common diagnoses and presentation, when to seek a professional evaluation for your child, how to process the diagnosis.

Sexual Exploitation and Development Disabilities - October 26, 2023

- Learn about the prevalence of sexual exploitation of children and adults with developmental disabilities, what makes this population so vulnerable and how to prevent sexual exploitation.

To RSVP please contact: Jodi Reneaud 323-443-3024 jreneaud@oyhfs.org

Thank you!

If you have questions or would like to connect, please reach out!

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Sophie Lipman

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OPTIMIST
YOUTH HOMES & FAMILY SERVICES

The logo for Optimist Youth Homes & Family Services is positioned on the right side of the slide. It features the word "OPTIMIST" in a large, bold, blue, sans-serif font. Below it, the words "YOUTH HOMES & FAMILY SERVICES" are written in a smaller, blue, sans-serif font. The logo is set against a background of a large, stylized, multi-layered circular graphic that transitions from light blue on the left to light green on the right.