

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

Shaina Katz, OTR/L

Sophie Lipman, OTR/L

# Introductions

## • Shaina Katz

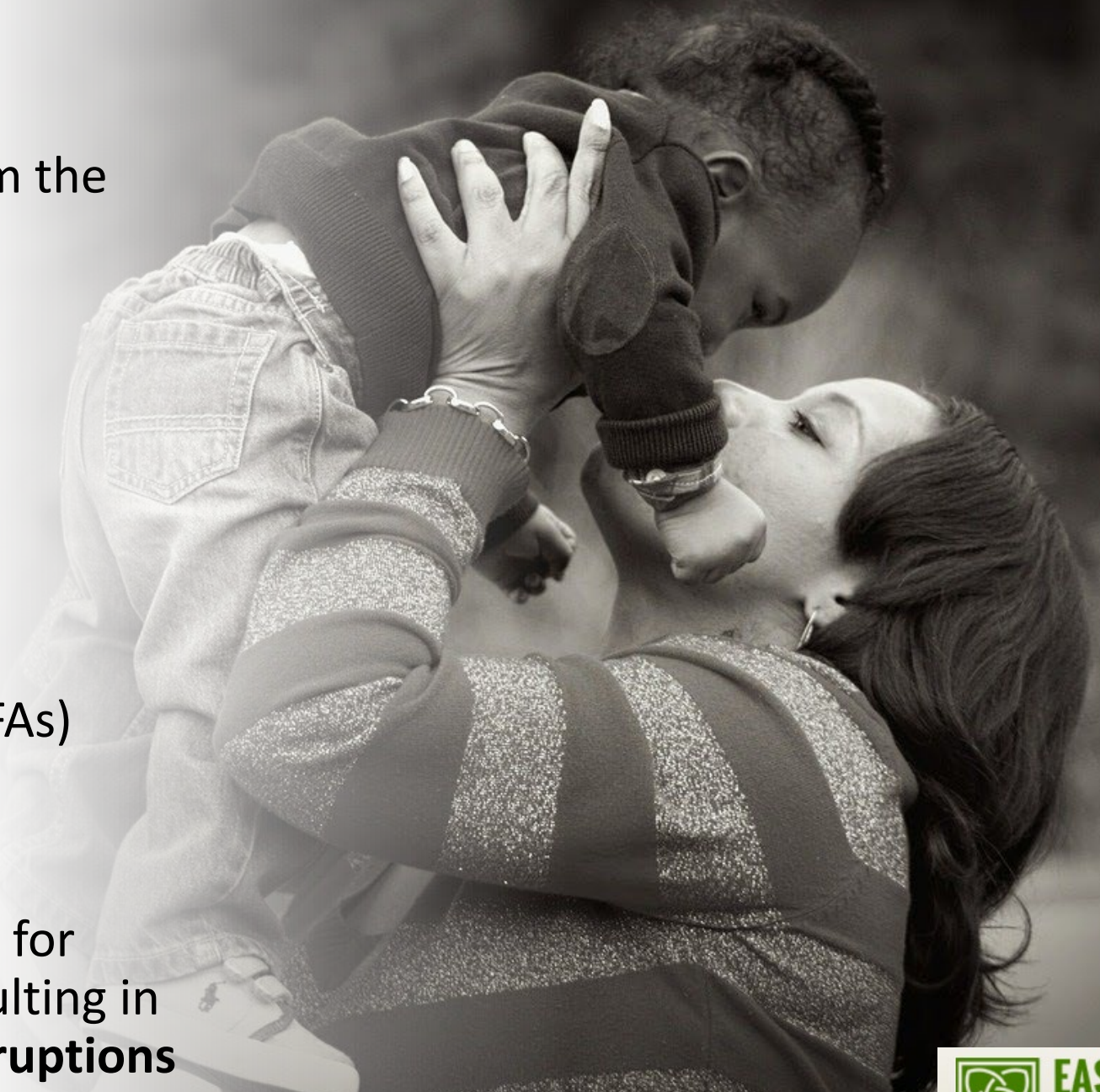
- Bachelor of arts in psychology
- Master of science in occupational therapy
- Licensed and certified occupational therapist
- 5 years of experience in inpatient psychiatric and outpatient mental health settings
- At Optimist: I am currently developing an occupational therapy program for our new Transitional 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
<b>How to Access Regional Center Services: IPP Process</b>	10/26/23	Optimist staff	Pre-recorded
	11/21/23	FFA	Virtual
<b>ADHD 101</b>	TBD		
<b>Autism 101</b>	TBD		

Trainings we are planning

Topic	Date	Audience	Modality
<b>Coping with Secondary Trauma and Building Resilience</b>	TBD		
<b>How Trauma Affects the Brain and Everyday Functioning</b>	TBD		
<b>Transition Age Youth and Transition Planning: Needs and Opportunities</b>	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](mailto:jreneaud@oyhfs.org)

# Thank you!

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

## **Shaina Katz**

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## **Sophie Lipman**

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**OPTIMIST**  
YOUTH HOMES & FAMILY SERVICES

The logo for Optimist Youth Homes & Family Services 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 positioned on the right side of the slide, partially enclosed by a large, stylized graphic of overlapping, curved bands in shades of light blue and green.