

Occupational Therapy and Global Friends: A Partnership Facilitating Refugee Resettlement and Development of Critical Thinking, Reflective Practitioners

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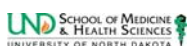
Today's Objectives

- Objective 1: Participants will understand the structure and appreciate the mutual benefits of the partnership between the University of North OT Dept. and the community organization of Global Friends Coalition.
- Objective 2: Participants will be able to describe student learning outcomes related to critical thinking, cultural competence and use of participant-centered goals to engage in occupations in the community.
- Objective 3: Participants will explore the implications of student learning outcomes for program evaluation and planning.



Community-Based Placement Objectives

- Application of therapeutic use of self
- Utilize professional and ethical behaviors
- Promote mental health
- Apply models and theories to evaluation and intervention
- Document the OT process
- Select and administer appropriate assessment tools
- Develop and implement occupation-based intervention plans
- Analyze, grade, and adapt task for intervention



Analogical Approaches

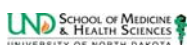


- Signature pedagogy in OT education (Schaber, 2014)
 - Relational learning
 - Affective learning
 - Highly contextualized active engagement
- Experiential Learning (Merriam, Caffarella & Baumgartner, 2007)
 - Reflection- in- action and on-action (Schon, 1987)
 - Critical Thinking (Facione & Facione, 2008)



Formal Learning Assignments

- Evaluation Report
 - Report on one objective and one subjective assessment
 - Apply OT Model
 - Select FOR
 - Identify client-centered goals
- Progress note
- Discharge summary
- 6 Critical Thinking Journals
 - 5 questions focused on developing analysis, evaluation, inference, deduction, & induction skills
 - 1 affective question
- Professional skills evaluation by agency



Partnership

UND OT Program Goals

- Development of cultural competency and application of therapeutic use of self
- Understand OT process and developing skills in effective communication and client centered care
- Development of problem solving and adapting planned interventions

Global Friends

Collaborate with Lutheran Social services to provide housing, health care, employment for New Americans

Primary Goals:

1. Support New Americans to

–become more fluent in English.

–become more connected, engaged, and contributing members of their new communities.

2. Support the Greater Grand Forks

community to actively embrace its New American residents.



Partnership

- Occupational therapists are dedicated to helping individuals gain the skills they need so they can fully participate in their daily occupations.
- Global Friends is dedicated to helping New Americans more fully adapt and engage in their occupations in their new country and community.
 - Occupations: helping people participate in the things they want and need to do through the therapeutic use of everyday activities/ occupations (American Occupational Therapy Association, 2017).
- Occupational therapists have the skills to help Global Friends and the New Americans meet some of their goals. This is a great partnership.



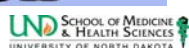
Common Myths & Facts

Myth

- Refugees are dangerous and could disguise themselves as refugees
- They drain the resources of tax payers
- They take jobs away from Americans
- High risk for health concerns.

Fact

- There is no real like between refugees & terrorists. THE process is rigorous and can take up to 2 years. Of the roughly 800,000 thousand admitted since 9/11 no one has carried out an act of domestic terrorism (think progress 4/2017)
- In ND, 27,000 immigrants paid more than 124.6 million in taxes in 2014 (Fargo Forum – Johnson, Ryan, 2/20/17)
- In the short run they often do take entry-level jobs. In the long run refugees tend to start businesses which helps to expand local economies. (think progress 4/2017)
- The World Health Organization states there is no systemic association between migration and the increase of communicable diseases. (Violeta Gordeljevic, 2017, Huffington Post)



Research Questions

- Quantitative:**
 - Does community-based Level I fieldwork improve student's critical thinking? (HSRT, Analysis of Critical Thinking Reflective Writing)
 - Do students demonstrate self-perceived improvements in critical thinking skills? (SACRR)
- Qualitative:**
 - Exploration of student perceptions of the experience with New American in a community based setting
 - Program evaluation and modification



Participants

- Students enrolled in Psychosocial Practicum Course spring and fall 2015
- Quantitative: N = 40
- Qualitative: N = 59



Quantitative Data Collection

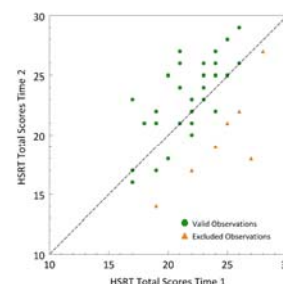
- Critical Thinking Quantitative Study Pre-Test Post Test Design
 - Health Sciences Reasoning Test (HSRT, Insight Assessment, 2016)



Quantitative Results

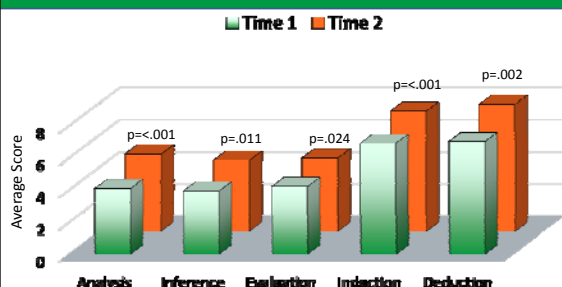


HSRT Analysis



N=32;
Significant increase in average score
from 21.7 to 23.9 ($p = .001$)

HSRT Subscales



Qualitative Results



Qualitative Data Collection

- IRB Approval
- Focus group format
 - Use of a semi-standardized questionnaire
 - One moderator facilitated the group and the other was responsible for taking notes and co-facilitating
- Moderators were not responsible for any of the course instruction or grading

Qualitative Research Results Two Themes

- Student learning benefits
- Reciprocal benefits for OT students and Global Friends participants

Qualitative Research Results: Student Learning Benefits

- Gaining confidence and thinking like an OT
- Focus and use of occupations
- Challenges and rewards of effective communication
- Journey towards cultural competence



Gaining confidence and thinking like an OT

- I personally think that part of learning is being uncomfortable and taking a risk...forcing us to learn and figure it out... Focus Grp 2
- I learned how much it takes to actually put an intervention together.... teaching myself so that I could teach him sufficiently.” Focus Gp 3
- ...having to journal really helped me look at it and go “oh yeah, I did use this mode ...it really, it helped me apply what we were learning... Focus Gp 4



Focus and use of occupations

-with the new Americans like I was able to take them to the doctors’ appointments, and see how they interacted with the receptionist and how they call for maintenance to fix their stove, how to practice cooking. Focus Gp 6
- Realizing that occupations were everywhere and going with immediate issues was more effective than “the plan”. Focus Gp 5



Use of Occupations

“Absence of occupation is not rest; a mind quite vacant is a mind distressed”
(William Cowper).

- | | |
|---|-----------------------------------|
| • Bill paying, understanding what a bill is, reading the fine print | • Gardening |
| • Job seeking skills | • Driving |
| • Obtaining citizenship | • Grocery Shopping |
| • Social participation | • Using the public library |
| • Stress management | • Cooking |
| | • Safety: cooking, cleaning etc.. |
| | • Community mobility |



Effective Communication



- Being aware of the subtle nuances, or non-verbals Focus Gp 1
- My family had limited English, ...so we used demonstration and pictures ...Focus Gp 6
- Finding commonalities, learning to ask the right questions Focus Gp 4
- Learning that it isn’t just one phone call; ... and learning to simplify and to be direct, to make sure that your point is understood. Focus Gp 6



Cultural Competence

- My Global Friends fieldwork taught me to get on their level...to talk with them...to start establishing rapport. Focus Gp 4.
- I’ve learned how important it is to understand their culture before recommending anything. Focus Gp 2
- Yeah, it definitely was interesting to learn about how life was when they were in the refugee camps and life previously like in Somalia. It just kind of made you have a different perspective on where they come from, and how they are looking at our culture through their eyes. Focus Gp 2



Qualitative Research Results: Reciprocal Benefits

- Friendship and relationship building
- Sharing across cultures
- Feeling appreciated
- Language exchange



Dr. Fox

Do you want to know how someone knows if they made a lasting impression on their global friend? When they contact you a year and a half later on facebook saying they miss you and want to meet up before you leave Grand Forks! Haha my global friend was the best, and it'll be nice to see her one last time before I leave here. Whatever she wants to do! Thought you should know that.

Alison



Friendship building

- My family, they don't live by any other Somali houses or anything, so she, like doesn't have friends anywhere. Focus Gp 4
- ...by the end they were laughing and saying "When are you coming next?" Focus Gp 5
- All of a sudden you build that friendship and you build those inside jokes Focus Gp 1
- They were sad [at the end of the experience] because...we were their friends Focus Gp 6



Sharing across cultures

- She gave us some of her bracelets [from Nepal] ...She loved sharing with us and we liked sharing with her Focus Gp 1
- My family was awesome about inviting us to things...I got to go to a wedding that was Nepalese ...Focus Gp 2
- I looked up a Nepali song on my phone and played it for her and we just danced in her kitchen ...it was fun Focus Gp 1



Sharing across cultures

- What is especially hard is for the New Americans to understand is what's normal. What's expected with where to get your lease information, where to find the code for your internet, those sorts of things... Focus Gp 1
- She really wanted to fit into American culture, so it was her husband's birthday so we helped her make a cake and that was a big deal because she had never even eaten cake before... Focus Gp 5



Feeling appreciated

- It was rewarding seeing how appreciative they were...I was like, "no, I want to learn how to say thank you too, and I said the whole phrase and everyone in the apartment was cheering and screaming Focus Gp 2
- They helped me, too, ...to be open to people who are different than I am... Focus Gp 6
- We love our family... Focus Gp 2



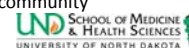
Language exchange

- A specific thing to help build the relationship...was like learning to speak a little bit of their language too Focus Gp 2
- There were lots of the same things that we enjoyed like music, or just being with family...these common things help with language practice Focus Gp 4
- They are nowhere near where they want to be [with language skills] ... Focus Gp 2



Summary of Overall Findings

- Greater understanding of:
 - Self
 - client centered; client as a person not a diagnosis
 - Routine development
 - Advocacy
 - Educator
 - Clinical reasoning
 - Improved critical thinking
 - Community practice
 - Discrimination and racism
- Greater appreciation for:
 - Theory and frames of reference
 - Professional identity
 - Individuals who are of refugee status in the U.S.
 - Determination, tenacity and strength of the New Americans
 - The potential roles of OT in the community



Mutual Benefits

- Global Friends (CYNTHIA SHABB, Executive Director)
 - Because of our pool of students from Occupational Therapy we have been able to place volunteers in the homes of refugees (New Americans) soon after their arrival to Grand Forks. This helps the families greatly—to have friendly, helping hands right from the start.
 - Advocacy: OT students helped several families deal with several agencies, reported discrimination, taught others the facts vs. myths.
 - Engage in Occupations: helped refugees apply for jobs, learn computer/work skills, cook safety, use the bus system,
- UND OT Students
 - I have become more creative in interventions.
 - I learned about a new culture; I gained comfort in working with people of other cultures
 - I experienced the roll of an OT
 - Learned how to be patient
 - Learned to appreciate and understanding how hard it must be coming to a new country
 - I have gained confidence in my skills and abilities as well as experience with problem solving and working with diverse clients



Global Friends Coalition



- Global Friends Coalition awarded Emily Adams and Julia McBrien the Occupational Therapy Student Award in recognition of their valuable contributions to Global Friends Coalition. The commitment they demonstrated to their New American family was above and beyond expectations. They exemplified compassion, problem solving, empathy, and engagement while working with their family. They always kept a positive attitude and a smile on their face.



Implications & Next Steps

- Continue work?
- Next Step
 - Assignment modifications
 - In class discussion and application of theory
 - Next research questions



ANY
QUESTIONS
?

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Thank You



"Tell me and I forget.
Teach me and I
remember.
Involve me and I learn."
— Chinese Proverb

"You treat a
disease:
you win, you lose.

You treat a
person, I
guarantee you
win-no matter
what the
outcome."

— Patch Adams



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