



PROJECT DESCRIPTION

Area of Study

Program Development

Area of Practice

Children & Youth | Health & Wellness

Description

Addressing Self-Regulation, Gross Motor Development, and Kinesthetic Awareness in School-Aged Youth through an Occupational Therapy-Based Yoga Program

Sites

Park Century School (PCS);
Los Angeles, CA

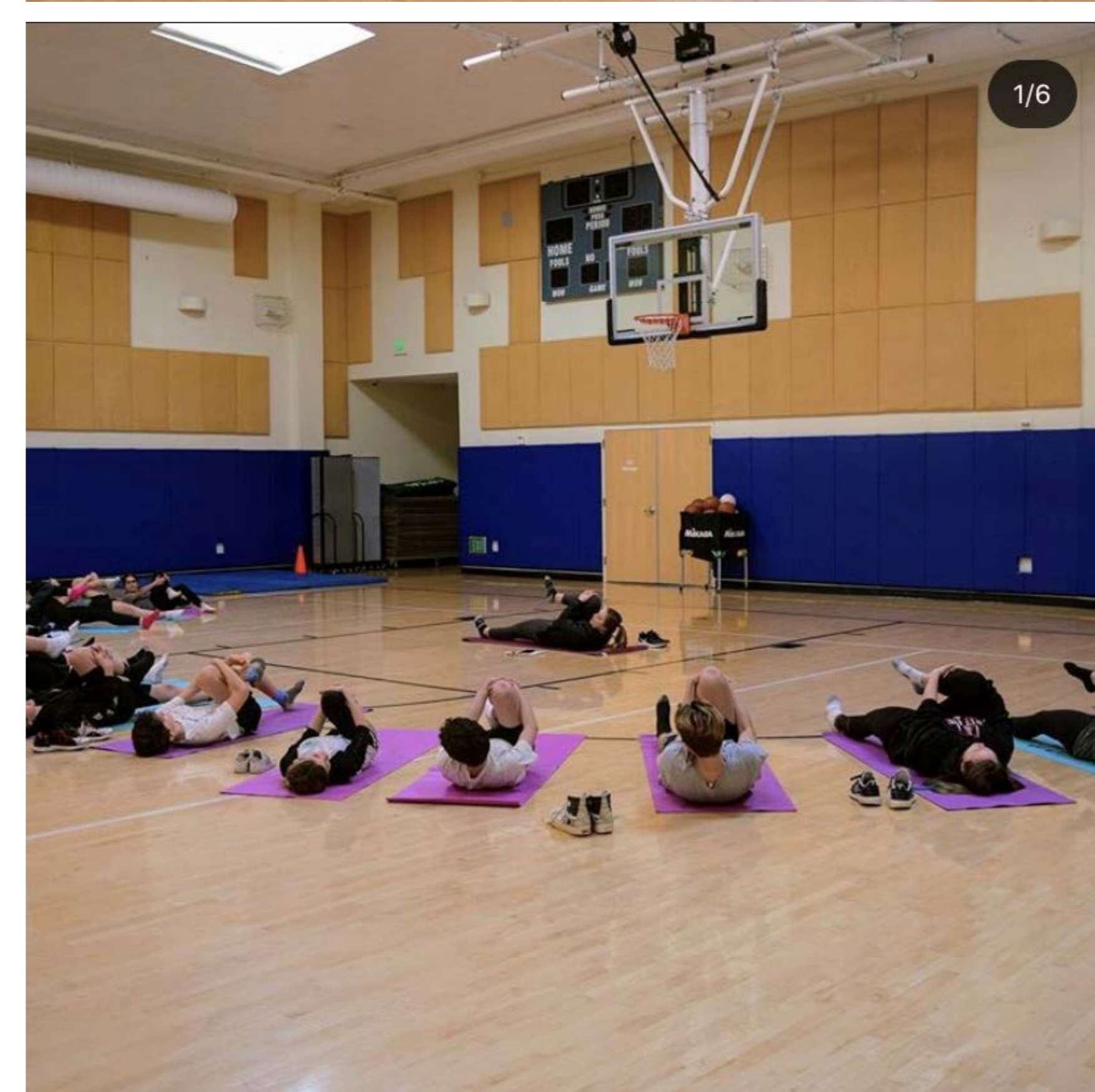
Morgan Occupational & Speech Therapy (MOST);
Malibu, CA

Expert Mentor

Jennifer Morgan, M.A., OTR/L; owner/operator of Morgan Occupational & Speech Therapy (MOST)

Faculty Mentor

Patricia Henton, OTD, OTR/L, ICA; Assistant Professor
Huntington University Doctor of Occupational Therapy Program



NEEDS ASSESSMENT | ACTION PLAN

- **Target Population:** One-hundred eleven PCS students ages seven through 14 (grades second through eighth).
- **Needs Assessment Phases:**
 - Initial identification of population programming needs through communication/informal interviews with the expert mentor and related PCS OT staff.
 - Initiation of informal interviews with key stakeholders.
 - Period of immersion/observation of PCS students within a physical education (PE) environment, classroom environment, and OT environment.
 - Informal chart review of student population.
 - Creation and utilization of an informal assessment measure among PCS students.
- **Needs Assessment Results:**
 - Approximately 50% of students may need support for self-regulation.
 - Approximately 18.56% of students may need support for gross motor development.
 - Approximately 45.36% of students may need support for kinesthetic awareness skill.
- **Action plan:**
 - Create OT-based yoga programming in conjunction with the expert mentor, and through review of various evidence-based resources.
 - Initiate OT-based yoga programming with the target population in a PE environment.
 - Record observations of response to the OT-based yoga program, revising the program as needed according to student needs/progress.
 - Initiate informal assessment at closure of the OT-based yoga program to determine efficacy of program.
 - Create and provide an evidence-based resource/programming binder to aid the continuation and expansion of the OT-based yoga program specific to PCS.
 - Provide recommendations for future programming to address the target population's needs.

DELIVERABLES

Deliverable 1

Completion certificate of one yoga-related continuing education course.

Deliverable 2

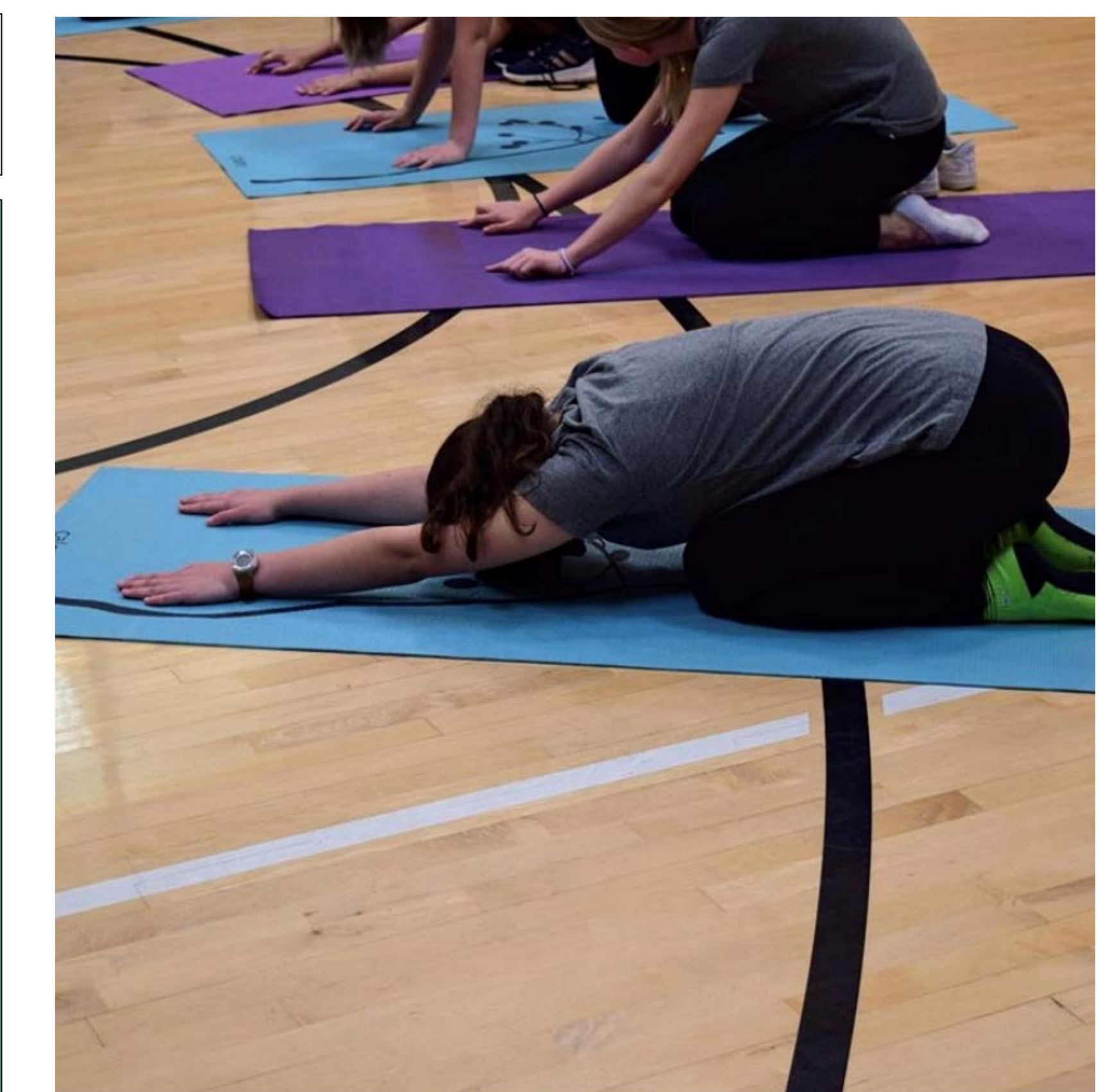
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Deliverable 3

Report of findings from internal needs assessment for program development.

Deliverable 4

Yoga program/resource binder



MISSION & VISION STATEMENTS

Mission

To provide Morgan Occupational & Speech Therapy (MOST) and Park Century School with an Occupational Therapy-Based Yoga Program to equip school-aged children and youth (with educational diagnoses) with self-regulation, gross motor development, and kinesthetic awareness skills.

Vision

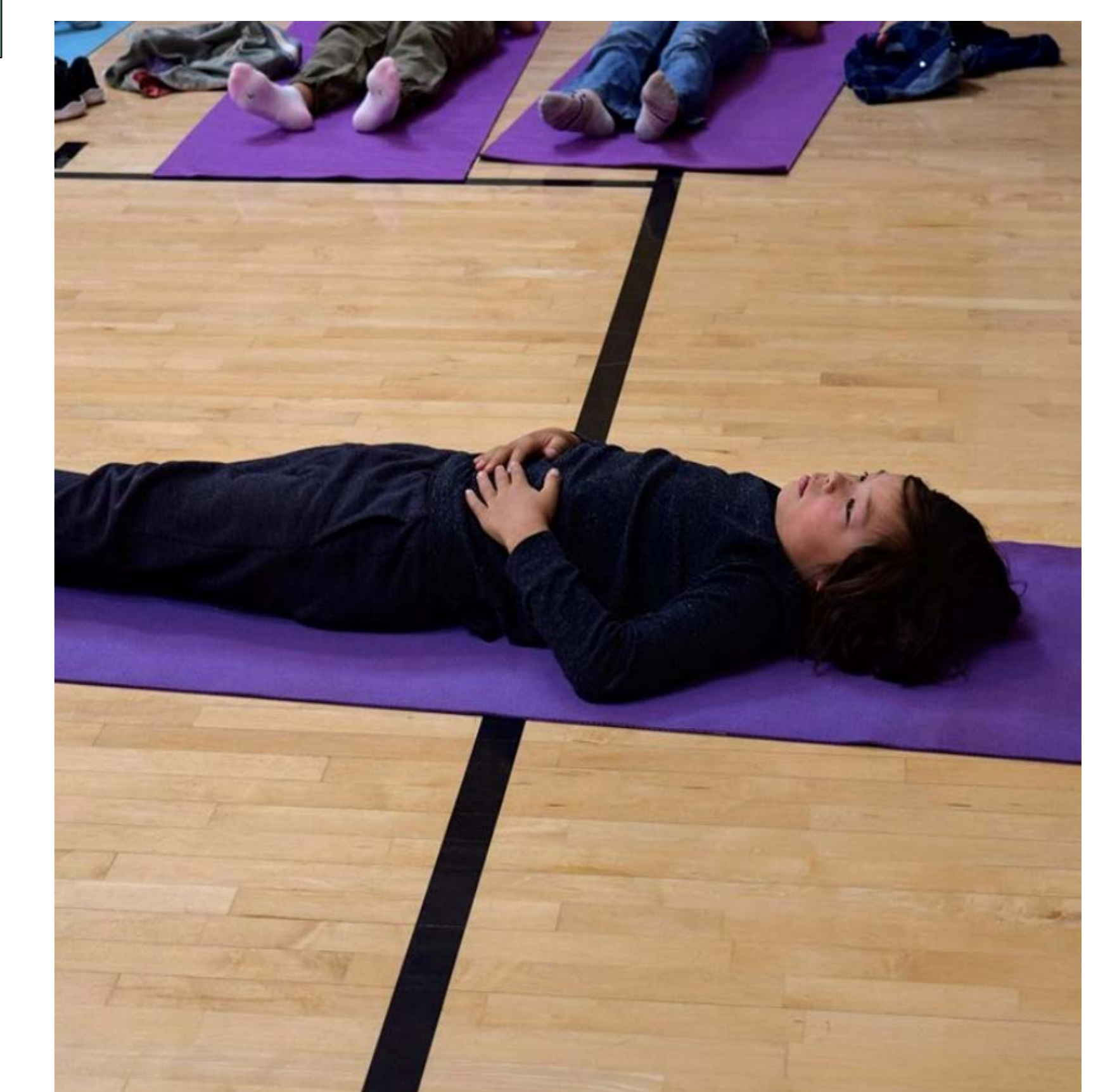
To equip school-aged children and youth (with educational diagnoses), with self-regulation, gross motor development, and kinesthetic awareness skills.

OT SCOPE OF PRACTICE

- OTs play a unique role within educational environments by providing proactive health and wellness interventions through a provision entitled *Response to Intervention (RtI)*.
- RtI is a research-based model of school-wide support services geared toward prevention and early intervention; identifying and addressing student problems early to prevent the need for intensive services in the future. RtI is comprised of three tiers, with tier 1 comprising universal core classroom instruction.
- RtI tier 1 services are geared toward the entire student body.
- School-based yoga falls under a Tier 1 approach for promoting positive mental health.

FUTURE IMPLICATIONS

- Conduction of further, high-level research pertaining to specific yoga program attributes (postures, sequences, length/duration, progression, etc.).
- Conduction of high-quality randomized controlled trials specifically within school-based settings.
- Agreement/creation of pediatric occupational therapy practitioners concerning comprehensive, occupational therapy-based yoga programming.



REFERENCES

*Full reference list and image reference list available upon request.