

2018, Issue 2

In This Issue

[SLP-A Corner: Supervising
SLP-A Practicum Students](#)

[Volunteer to Serve on the
OSHA Board](#)

[SLP-Aud Night Out](#)

[Newly Formed Telepractice
Advisory Committee](#)

[2018 OSHA Annual
Fall Conference](#)

[Nominate a Colleague for
an OSHA Award](#)

[May: An Important Month
for SLPs and Stroke
Survivors](#)

[Grant Funding: ASHA State
Association Grant for 2018](#)

The *OSHA Communicator* is a publication of the Oregon Speech-Language and Hearing Association and is edited by Marcia Frost, OSHA Publications Chair. If you are interested in submitting an article or advertising in the newsletter, contact the OSHA office at 503-585-0764 or OSHAStaff@gmail.com.



Letter from the President

by Lyndsay Duffus

At our recent April board meeting there was a discussion about our upcoming 2018 Fall Conference and its theme “Strength in Collaboration”; in particular its focus on the importance of interdisciplinary work. As speech-language pathologists and audiologists, we regularly work with other professionals who are integral to how we practice.

The definition of an interdisciplinary team is: a group of healthcare professionals from diverse fields who work in a coordinated fashion toward a common goal for the patient. (<https://medical-dictionary.thefreedictionary.com/interdisciplinary+team>). As specialist providers, it can be easy to get lost in the focus on ears, voice, articulation, language, swallowing, etc.; however, the adult or child in front of us is so much more than that – they are a ‘whole’. Therefore, it is so important to build a circle of professionals around us who complement what we do for our patients and clients: psychologists, occupational therapists, physical therapists, and social workers.

For some of us, these various providers surround us every day. For others, we must reach out and actively build these networks, which we often do by communication with our colleagues who have already established their own successful network. Through this collaboration, we can provide the most complete care for those we work with and grow in our own knowledge. With this, I invite all OSHA members to mark October 12 and 13 in their calendars. The Fall Conference is a chance to see those colleagues and friends we haven’t seen since last year and to make new connections. Please spread the word, as you probably know other speech-language pathologists and audiologists who could benefit from both OSHA membership and the first-rate education and collegiality that is ever-present at our annual conference. *Have a wonderful and productive spring!*

“... it is so important to build a circle of professionals around us who complement what we do for our patients and clients...”

SLP-A Corner

SUPERVISING SLPA PRACTICUM STUDENTS

By Stacey Cochran

100 Hours - 100% supervised!! You want me to sign up to directly supervise 100 hours of SLPA practicum time? Yes!

Supervising an SLPA practicum student can seem daunting at first, but when you stop to think about the benefits to the student, yourself, and the speech and language profession, it can be a really positive experience.

The Oregon Board of Examiners states that part of its mission, and thus, those of us who are licensed by the Board as well, is to "ensure the availability of the highest possible quality speech-language pathology and audiology services to people of this state who have communication disabilities." With such an important task at hand we all have to be part of making that happen.

If you are a licensed SLP with at least two years of experience, counting the clinical fellowship year, then you can be part of the process. TSPC license holders have different requirements, You can help create the type of SLPA you would want to work with.

After consulting with both SLPs and SLPAs, here are some great places to start, in making this an effective and enjoyable, educational experience:

- explain your district's alphabet soup of acronyms
- introduce the district's information management systems
- examine an actual IEP, reviewing all the parts and what they mean
- tour a school and include introductions to staff they may interact with
- visit some special program classrooms



A tidbit of very important information here: the time spent on anything other than clinical interaction cannot be counted toward the 100 hours, and an additional eight hours of consultation and assessment are also required. However, this initial step of sharing a base of information is so important, you would not want to skip over it.

Having some time to observe you doing therapy might help some practicum students feel more at ease, but doing co-therapy counts toward the required time and is a great next step. Giving plenty of information on

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Are you interested in becoming more involved in OSHA? Would you like to delve into more aspects of our work? Consider serving on the board! There is currently a vacant position for a STAMP Representative. To learn more about this exciting opportunity, contact Lyndsay Duffus at laduffus@gmail.com.

SUPERVISING SLPA PRACTICUM STUDENTS

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how you like to do therapy, which tools and tactics you prefer, and trying to ensure exposure and experience with a wide variety of speech and language issues will really aid in the development of a quality SLPA. When you feel comfortable, the practicum student can lead individual, small group or classroom therapy sessions while you observe. You can also teach them how you would like speech and/or hearing screenings done and observe them performing those as well.



Direct supervision is defined by the Board as, on-site, within sight and/or sound. This can allow you to work at your desk on paperwork, planning, scheduling, or prepping materials while therapy and supervision are happening. What a great benefit!

There are specific forms and documentation required for proof of all practicum hours, but don't forget the importance of those eight additional hours of consultation and assessment. This is the time for honest evaluation! If there are things that need attention or support, please talk about them! If you have suggestions for resources to increase knowledge, please share them. You can be a part of making this practicum student just the type of SLPA your district would like to hire.

And some thoughts for those of you who ARE the practicum students:

- **Be professional** - dress appropriately, speak and act appropriately, arrive on time, be willing to try, and always ask questions if you are unsure, don't know, or just want to know more. You are there to learn and grow, so don't be afraid to look like you don't have all the answers. Even a seasoned SLP sometimes has to look up a term they haven't used in a long time; it's okay!
- **Take initiative** - think about the speech and language goals you are working on; come up with some therapy ideas and talk with your SLP to see if you are on the right track and if you can try them out.

This is your opportunity to expand your knowledge, gain real-life experience, and possibly connect with a future employer. ***Make it exactly what you need it to be!***



FREE Advertising on OSHA's Event Calendar

Please help inform your colleagues about events happening all around the state by submitting events related to speech-language pathology and audiology to our Upcoming Events page on the website.

Take advantage of this FREE Advertising opportunity!

<https://www.oregonspeechandhearing.org/event-886228>

SLP-Aud Night Out Events

by Dani Owen

One time each month, speech-language pathologists and audiologists get together at the laid-back SLP-Aud Night Out, in Portland, Salem, Bend, Medford, and now also Vancouver and Eugene, thanks to our two new hosts, Kendra Holloway and Hilary Brewer. These Night Out events are a fun way to connect with local colleagues, put faces with names, and share ideas. There's no agenda, no talking points, just fellow professionals in your area, getting together to share a drink and a meal.

There are so many connections to make at these functions. I've made close friends. I've met SLPs I shared clients with, students who became volunteers at my clinic, and new referral sources and professionals whom I now refer to regularly. Through one Night Out, I even met a brilliant SLP who became my mentor.



Night Outs have taught me about new treatment techniques, research, and courses happening around the country. I learned more about the Oregon Speech –Language and Hearing Association and eventually became the Membership Chair. Meeting with other SLPs and Audiologists once a month and talking with people who understand what I do has been informative, but it has also been a lot of fun!

For more information and to learn about the next Night Out, join the Oregon Speech-Language and Hearing Association's Facebook page and the SLP-Aud Night Out Facebook group and look for an email blast announcing the date and location for

the month. If you are interested in hosting a Night Out in your city or have any questions, comments, or concerns, please email Dani Owen at Danielle@portland.speech.clinic.

“...no agenda, no talking points, just fellow professionals in your area, getting together...”

Newly Formed Telepractice Advisory Committee

By Jenny Peddicord

There is exciting news in the area of telepractice! In an effort to help our state be forward thinking, we are forming the Telepractice Advisory Committee. Though this sounds fancy and official (and it is), think of it as a fantastic group of people who want to get it right and support our colleagues in doing their best work. This is where you come in. If you are an SLP and/or AUD who has experience with telepractice, we want to hear from you! You can give us your thoughts, experience, and advice so we can have answers to specific questions that come in from people across the state. We can also provide information through OSHA to keep us all well informed about all things telepractice.

On May 11, the Oregon State Board of Examiners will be meeting to discuss proposed rules and regulations for telepractice in our state. This has come after a year of telepractice rules/regulations advisory group meetings, focusing on making specific guidelines that support best practice for this fast-changing service delivery model. Many SLPs and AUDs offered their thoughts, concerns, comments, and questions about regulations. Through this process it became apparent that many of these comments have more to do with clinical practice and less to do with regulations.

If you would like to join, contribute, and/or high-five those of us in the group, please do so. So far, this fledgling committee, consists of Dr. Megann McGill from PSU and me, Jenny Peddicord. We look forward to hearing from you! Please email me at jenny.peddicord@thehellofoundation.com.



2018 OSHA ANNUAL FALL CONFERENCE

by **Rik Lemoncello**

Our annual conference theme is **“Strength in Collaboration”** and I am happy to announce that our conference planning committee is demonstrating its collaborative strength! The planning committee has been busy lining up speakers and soliciting proposals for our upcoming conference. I’d like to thank Teresa Roberts, Jessica Fanning, Heather Moore, Sami Richards, and Marcia Frost for their input and suggestions for speakers. I would also like to thank Stacey Cochran, our SLP-A OSHA Board representative, for input on the SLP-A track for the conference. The Call for Papers recently closed, and we have received over 30 proposals for Friday evening posters and Saturday presentations. We are looking forward to reviewing these proposals and notifying proposal authors about acceptance or not by the end of May.

The 2018 Fall Conference will be implementing a few changes, I would like to highlight. The OSHA Board met in April and agreed to move the business lunch and awards ceremony back to Friday, October 12, on the same day as our national speaker full-day sessions and poster sessions. This means that the Saturday lunchtime will be available for breakout sessions, advocacy action groups, and networking. Last year, the lunchtime advocacy breakout sessions generated many good ideas. We are thinking of ways to encourage folks to generate solid work plans and continue our efforts to advocate for the professions and the clients we serve. If you have a topic you’re passionate about and might be interested in leading a small lunchtime breakout session on Saturday, please get in touch with **Rik Lemoncello at rik.lemoncello@gmail.com**.

On Friday morning, we will kick off the conference with the Kathy de Domingo plenary session, named in honor of our friend and colleague, who passed away during her OSHA Presidency last year. We are excited to continue to honor Kathy through this named keynote session. We are working on lining up a speaker who will get us all excited for a fun day of conferencing, learning, and networking. I can also announce that we will be bringing in national speakers for our Friday sessions who have expertise in language discourse, bilingual speech/language development, cognitive-linguistic assessment in acute care, dysphagia in the ICU and in palliative care, and speech sound disorders. I have extended offers to our national speakers for full-day Friday sessions, but until contracts are signed, I’ll hold off on announcing their names... stay tuned for the next newsletter! *In the meantime, **be sure to put the OSHA Fall Conference on your calendar!***



SAVE THE DATE!
The OSHA annual Fall Conference for 2018 will be held on Friday, October 12 and Saturday, October 13, 2018, at the Salem Convention Center in Salem, Oregon.



Nominate a Colleague for an OSHA Award!

To get started, click this link for details:

<https://www.oregonspeechandhearing.org/page-1836750>

The deadline for submissions is Friday, August 24, 2018. Any member or non-member of the association may submit a nomination for an OSHA award. All nominees must be OSHA members, with the exception of organizations nominated for Honors of the Association. Nominees for the awards (listed below) must have participated in the profession for **no less than five years** and have made an outstanding contribution as defined by the award for which they are nominated.



Award Types and Descriptions

Honors of the Association

- ◆ Designated as a “lifetime achievement” award. The intent of this award is to recognize an individual for outstanding history of clinical practice in the field of speech-language pathology, audiology, or education of the deaf/HOH.
- ◆ This award may also be used to recognize outstanding advocacy or program sponsorship by an agency or organization.

Outstanding Clinician Award: Schools/ EI/ECSE

- ◆ Recognizes a speech-language pathologist, speech-language pathology assistant, audiologist, or educator of the deaf/HOH who consistently demonstrates outstanding clinical, advocacy, or leadership skills in the public school system.
- ◆ This award may recognize general clinical work or a specific, recent clinical achievement.

Outstanding Clinician Award: Clinics, Hospitals, Private Practice

- ◆ Recognizes a speech-language pathologist, speech-language pathology assistant, audiologist, or educator of the deaf/HOH in a clinic, hospital, or private practice who consistently demonstrates outstanding clinical, advocacy, and/or leadership skills.
- ◆ This award may recognize general clinical work or a specific, recent clinical achievement.

Award of Clinicianship

- ◆ Recognizes a speech-language pathologist, speech-language pathology assistant, audiologist, or educator of the deaf/HOH whose dedication to the field is reflected in strong clinical and/or leadership skills paired with compassion, empathy, humor, and acts of support to colleagues and clients. Beyond clinical skills, this person’s spirit touches and inspires those around them.
- ◆ This award may also be used to recognize an individual who has made a contribution to the profession in an unusual way.

Award for Outstanding Research or Teaching

- ◆ Recognizes a colleague whose published research or teaching (professional preparation or continuing education) has contributed to advancing clinical knowledge and/or practice in the fields of speech-language pathology, audiology, or education of the deaf/HOH.

OSHA Professional Advocacy Award

- ◆ Honors a person who has contributed to the advancement of the visibility, viability, or vitality of our professions. Potential nominees include legislators, philanthropists, SLPs, SLPAs, Audiologists, or any public figure that has shown outstanding advocacy for our professions.



May: An Important Month for SLPs and Stroke Survivors

by Alex Ledbetter, PhD, CCC-SLP and Elise Peltier, MS, CCC-SLP, University of Oregon

As May is not only *National Stroke Awareness Month*, but also *Better Hearing & Speech Month (BHSM)*, it provides an opportunity to raise awareness about communication disorders and the role of speech-language pathologists in providing life-altering treatment. In raising awareness of stroke, we'd like to remind readers of the warning signs of stroke. We can remember the warning signs by using **FAST**:

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 911 immediately.

Responding FAST can make a vital difference and help someone survive a stroke. Those who have survived strokes and experienced the challenges of recovery have important stories to tell. Communities of stroke survivors around the country and across the globe have shared their stories, many of which we can readily find online. Still, there are many stroke survivors out there who want to share their stories in writing, but who may not yet have found the right moment, environment or level of support they need to get started.

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May: An Important Month for SLPs and Stroke Survivors

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Stroke survivors' stories are a powerful means of not only raising stroke awareness, but also of empowering stroke survivors at all stages of recovery. Recently we shared in the rewarding experience of supporting local stroke survivors in writing about their stroke experiences. We partnered with a local provider, PeaceHealth and its Stroke Support group, after group facilitators contacted Elise seeking to collaborate on providing a more structured means of supporting group members with their writing.

We supported the writing process using a strategy called **HEAR** that Alex developed for the purpose based on information and suggestions that group leaders and members provided as we planned the event. The strategy involved four steps:



1. What **H**appened?
2. Write about **E**xperiences, feelings, challenges...
3. Write about **A**ccomplishments...
4. Write about your **R**ecovery...

Alex walked through strategy steps with the participants and brought along some tools that writers could use to help them in writing their stories. For example, story frames designed with fill-in-the-blank options provided different levels of support ranging from minimal to more structured support with written language structures. Also, word lists categorized by both positive and challenging experiences and further broken down into related feeling and emotion word categories provided support with finding the right words.

Graduate student assistants from UO's Communication Disorders and Sciences program and significant others all worked together to support stroke survivors with the writing process. Feedback from group members suggested that many of them found the strategy and supports helpful. Some members

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Grant Funding



OSHA is pleased to announce that the Association is the lucky recipient of an **ASHA State Association Grant for 2018!** The funds will support the third year of an ongoing OSHA project to produce high-quality video shorts that highlight the work of Speech-Language Pathologists and Audiologists in our state. If you have not had the opportunity to view the ten previously produced videos, you can check them out on **OSHA's YouTube channel.**

It's a great way to "meet" some colleagues and learn about the variety of work going on in our state. To continue the project in 2018, we will focus on Autism Spectrum Disorders. Our plan is to produce three video shorts that feature therapy in action, for children and families affected by Autism. Thank you to ASHA for supporting this work. **Stay tuned!**

May: An Important Month for SLPs and Stroke Survivors

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reported specifically that having frames to help structure their writing helped them get started. Others noted that the strategy steps helped them organize their ideas and feel more ready to take on the writing task that had seemed daunting before. Overall, the experience looks to have resulted in positive outcomes for members who now have working drafts of their stories out on paper. The participants may choose to use their stories as messages of empathy and hope to recent stroke survivors.

‘Stroke survivors’ stories are a powerful means of not only raising stroke awareness, but also of empowering stroke survivors at all stages of recovery.’

Our hope is that reading about our powerful collaborative experience with stroke survivors at the writing workshop may encourage other SLPs to engage in similar collaborations with stroke survivors in their communities.

MEMBERSHIP RENEWAL NEWS

This year, when renewing your Oregon Speech-Language and Hearing Association membership online via credit card at <https://oregonspeechandhearing.org/> be aware that the default for renewal is an automatic renewal with recurring annual payments. If you choose to opt out of this default, please go into your member profile and deselect the auto renewal there.



Oregon Speech-Language & Hearing Association

1284 Court Street NE • Salem, OR 97301

Phone: 503-585-0764 • Fax: 503-364-9919

OSHAOregon@gmail.com

oregonspeechandhearing.org

Office hours: 9 a.m. to 5 p.m., Monday-Friday, excluding holidays



YouTube

