

# Occupational Science and Occupational Therapy

DEPARTMENT of  
ALLIED HEALTH SCIENCES  
UNC CHAPEL HILL



UNC  
SCHOOL OF MEDICINE

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## Kimberly Bailliard ('03): Joke Book Created Through School-Based OT Has Serious Impact

"School-based occupational therapy can be so much more than a weekly 45-minute therapy session," said Kimberly Bailliard, OTR/L, a 2003 graduate of the UNC MSOT program and an occupational therapist at Morris Grove Elementary School in Chapel Hill.

This statement proved especially true earlier this year when a joke book made by Jake Ingham, a student with whom Bailliard worked for years, elicited a \$50,000 donation to benefit Duke Children's Hospital. Below, Bailliard recalls her experience working with Jake on this priceless project:

*During his years at Morris Grove, Jake's collaborative school based goals addressed graphic communication, writing composition, typing, computer use, organizing thoughts/ideas, drawing, using school materials, researching, expressive communication, and task completion. Every year, we advanced these skills in therapy through the creation of Jake's Joke Books. His motivation to make others laugh inspired a project that continues to have an impact.*

The project began when Jake was in second grade. He wrote a short joke book and gave a copy to his teachers at the end of the school year. In third grade, Jake asked if he could make another joke book and give it to everyone. His book received a lot of attention and the PTA asked if we could auction his books at the Annual Spring Fling to raise money for Morris Grove. We made paper copies for the auction and Jake was really pleased to help raise funds for our school.

This continued through the fifth grade, with many other staff, friends, and family members requesting copies. At the end of that year, we compiled his four paper copy joke books into a hard back version and had three printed. One was donated to the Spring Fling auction, one was dedicated to the school library, and the final copy went to Jake and his family. Jake's Joke Book was a treasured item.

Eight months later, despite spending many days in the hospital, Jake was in good spirits, bringing a smile to almost everyone who took the time to listen to his jokes. Every year, Jake is a guest at the Duke Children's Radiothon hosted by Mix 101.5. On the radio, he shares his jokes and encourages people to donate money to help children who are sick.

In February 2013, Jake offered to donate the final copy of his joke book "for the right price." His mother and I were unsure if we wanted him to give up the last copy of his book. After all, he had worked very hard on it and treasured it daily. As Jake told



Top photo, from left: Julie McCauley (Jake's teacher), Kimberly Bailliard (UNC MSOT '03), Maddie McCauley (friend), Jake Ingham, and Rachel Ingham (Jake's mom). Bottom photo, Jake Ingham with his joke book.

jokes on the radio, an anonymous donor called the Radiothon and offered an unbelievable sum. This year, in addition to bringing joy and laughter, Jake's Joke Book raised \$50,000 for the Duke Children's Hospital. We were shocked, overwhelmed, and grateful for Jake's success.

Two months later, Duke Hospital and Mix 101.5 requested copies of Jake's Joke Book. His mother made additional copies, and as usual Jake wanted to give away many, including to the 2013 Morris Grove Annual Spring Fling. Once again his book raised money for the school. Jake continues to tell jokes and is working on a new edition of his book in middle school.

When asked what the joke books mean to him, Jake replied "I love making joke books with you because I love making people laugh and I also love talking to people and getting new jokes. Another thing I love about making joke books is sharing them with people and raising money."

This was an amazing therapy project that facilitated the development and success of an amazing young man. Creating meaningful therapy projects that extend beyond multiple sessions enhances the meaningfulness of occupational therapy.

-Submitted by Lauren Williams,  
MSOT Class of 2013

## David Benthall ('11) Receives NOVA Award

Congratulations to David Benthall, graduate of the MSOT class of 2011, who received the NOVA Award at the 2013 NCOTA Conference. The NOVA Award is presented to a therapist who has made significant contributions to the profession and the state association within the first five years of practice.

A native of Roanoke Rapids, NC, Benthall earned his undergraduate degree from UNC, majoring in psychology with a minor in music. Benthall brought a compassionate understanding of older adults to his MSOT studies, writing in an essay, "As the older adult population continues to grow in today's society, occupational therapists have an obligation to serve this age group with the objective to help older adults remain active and lead a satisfying life." The NOVA Award proves he stayed true to this commitment!

Benthall, OTR/L, is currently an Occupational Therapist & Dementia Care Specialist and Occupational Therapy Manager for LifePath Home Health, Hospice and Palliative Care Center of Alamance-Caswell.

## Congratulations to Our 2013 PhD Graduates

**Ashley Freuler** – Dissertation title: Facing Challenges on Two Fronts: Exploring the Process of Resilience for Military Families Raising a Child with Autism

**Heather Fritz** – Dissertation title: Integrating Diabetes Self-Management into Daily Life: Exploring Process, Habit, and Occupation.

**Emily Furgang** – Dissertation title: Engagement of Students with Intellectual and Developmental Disabilities in Postsecondary Education

**Mackenzi Pergolotti** – Dissertation title: Older Adults with Cancer: Participation in Activity and the Utilization of Occupational Therapy

**Sumita Rege** – Dissertation title: Looking Beyond: A Study of Blogging and What It Tells Us About Occupations

**Kendra Heatwole Shank** – Dissertation title: Community Livability for Older Adults: The Person-Place Relationship and Process.

Read more about the research, accomplishments, and future plans of these graduates at [www.alliedhealth.unc.edu/ocsci/news/2013-phd-graduates](http://www.alliedhealth.unc.edu/ocsci/news/2013-phd-graduates).

# Occupational Science and Occupational Therapy



## Study: Young Children with Autism Benefit Regardless of High-Quality Treatment Model

Researchers at UNC Chapel Hill have found that preschoolers with Autism Spectrum Disorder (ASD) who receive high-quality early intervention benefit developmentally regardless of the treatment model used – a surprising result that may have important implications for special-education programs and school classrooms across the country. The study appeared in the June issue of the *Journal of Autism and Developmental Disorders*.



Dr. Brian Boyd

“This is the first study designed to compare long-standing comprehensive treatment models for young children with ASD,” said Dr. Brian Boyd, one of the study’s co-principal investigators. Dr. Boyd is an Assistant Professor with the Division of Occupational Science and Occupational Therapy and a Fellow at UNC’s Frank Porter Graham Child Development Institute (FPG).

“We know that more children are being diagnosed with ASD each year, and that it can cost \$3.2 million to treat each child over a lifetime. Understanding that a child can benefit from a high-quality program, rather than a specialized program, may help reduce those costs by decreasing the need for teachers and other school

practitioners to be trained to deliver multiple specialized services,” Dr. Boyd said. He stressed it remains important to ensure educators are trained to provide high-quality programs that meet the special behavioral, communication, and other needs of children with ASD.

Previous research has shown that when children with ASD have access to early intervention via treatment programs, they improve developmentally. Until now, however, debate has persisted over which approach to use, said Dr. Boyd.

Two frequently used comprehensive treatment models have a long history: LEAP (Learning Experiences and Alternative Program for Preschoolers and their Parents) and TEACCH (now known only by its acronym).

FPG’s study examined the relative effects of the LEAP and TEACCH school-based comprehensive treatment models when compared to each other and to special-education programs that do not use a specific model. The multisite study took place only in high-quality classrooms and enrolled 74 teachers and 198 3- to 5-year-olds in public school districts. The study found that children made gains over the school year regardless of the classroom’s use of LEAP, TEACCH, or no specific comprehensive treatment model.

[Read more about the study at \[www.alliedhealth.unc.edu/research/news/study-children-with-autism-benefit-regardless-of-high-quality-treatment-model\]\(http://www.alliedhealth.unc.edu/research/news/study-children-with-autism-benefit-regardless-of-high-quality-treatment-model\).](http://www.alliedhealth.unc.edu/research/news/study-children-with-autism-benefit-regardless-of-high-quality-treatment-model)

## New Mitchell Scholarship Honors Program’s Founder

The Marlys Mitchell Scholarship was awarded to a UNC Occupational Therapy student for the first time in the fall of 2013. The scholarship was funded through a generous estate gift following the deaths of Dr. Marlys Mitchell in 2008 and her husband, Dr. Earl (Mitch) Mitchell, in 2011.



Dr. Marlys Mitchell

As the founder of the program in Occupational Therapy at UNC, Dr. Marlys Mitchell exemplified thoughtful and innovative professionalism. She was a leader in Occupational Therapy at both state and national levels, receiving the Suzanne Scullin Award for Professional Contributions to Occupational Therapy in North Carolina in 1979 and the American Occupational Therapy Association Award of Merit – the highest award bestowed upon professional members – in 1979. Dr. Mitchell served on the AOTA Executive Board as Chair of the Commission on Education and chaired the AOTA Program Advisory Committee, serving as a resource to other educational programs.

Shannon Carey, a MSOT student from Charlotte, North Carolina, was selected to receive the first Marlys Mitchell Scholarship.

## Hasselkus Visits UNC as 2013 Mitchell Symposium Scholar

Dr. Betty Risteen Hasselkus, Emeritus Professor of Kinesiology/Occupational Therapy at the University of Wisconsin-Madison, visited UNC Chapel Hill in March as the 2013 Mitchell Symposium Scholar. In addition to classroom visits and individual consultations with faculty members and students, Hasselkus participated in a discussion titled “The Lived Experience of Doing Research” with faculty and PhD students on March 5, and delivered a public lecture titled “Everyday Occupations: The Heart of Research and Practice” on March 6.

During her over 40 years of active participation in the profession, Dr. Hasselkus led the Gerontology Special Interest Section. As a meticulous scholar, she paved the way for qualitative research to be accepted in occupational therapy literature. In 2006, Dr. Hasselkus was asked to serve as the Eleanor Clarke Slagle Lecturer at the AOTA national conference. She continues share her passion and insights in to the meanings of everyday occupations through her blog <http://hasselkus.wordpress.com>.

The Mitchell Symposium is named in honor of Drs. Marlys and Earl (Mitch) Mitchell and has been made possible through generous gifts from Drs. Ruth Humphrey and Bruce Carney, as well as other supporters.



Dr. Betty Hasselkus

## 2014 Mitchell Symposium

Dr. Gelya Frank, Professor of Occupational Therapy at the University of Southern California, has been selected as the 2014 Mitchell Symposium Scholar. Dr. Frank, an anthropologist and a leading scholar of life history and life story approaches, will be on campus in March. Dates and times for her public lecture will be posted on the OS/OT Web site and announced via e-mail in early 2014.



From left, Occupational Science PhD students Khalilah Johnson and Caroline McCarty; Dr. Virginia Dickie, Professor; Dr. Betty Hasselkus; and PhD students Lauren Holahan, Chetna Sethi, Adrienne Miao, and Valerie Fox.