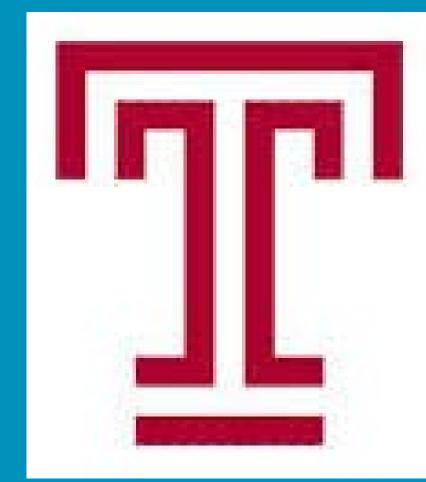


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Strengths Approach & Easy A: Using Outcome Measures in Program Evaluation for Online Course Creation

This presentation demonstrates how the Strengths Approach program was conceptualized including the use of program evaluation and outcome measures contributing to the development of an online course embedding evaluation into program design. It also demonstrates how the same concepts were used to evaluate Sol4ce's Easy A program.

1. Field Study Practicum Site: Sol4ce LLC: Easy A & Visual Activity Sort: Strengths Approach

• Sol4ce is an organization based out of Corvallis, Oregon. Sol4ce offers a supportive and empowering space for individuals to recharge and learn effective strategies to help them thrive despite and through the challenges. The recent economic crisis and COVID-19 pandemic have taken a toll on individuals, especially those who serve essential jobs such as schools and healthcare. This stress can harm their mental and physical health, affecting work performance and satisfaction. Through Sol4ce the Easy A program was developed by an interdisciplinary team including physical & occupational therapists, medical doctors, psychologists, etc. with the help of grant funding. Easy A has been developed and Sol4ce is working on getting it implemented in different organizations like schools and healthcare.

• The Visual Activity Sort was created by this author and Strengths Approach is a continuing education course and community that is currently being developed. Both offered a great opportunity to build on program development and evaluation utilizing key concepts outlined in Program Evaluation by Susan P. Giancola.

2. Background & Reasons for Selecting:

Sol4ce's Easy A & Strengths Resilience's

• Sol4ce's Easy A program aimed to develop a curriculum for teachers to

modules. Sol4ce & Easy A was selected as a site to help evaluate the

program to assure it does what it was designed to do. This includes

way through health promotion similar to lifestyle medicine.

prevent stress' effects like chronic pain and burnout through the promotion

achieving short & long-term goals of impacting people's health in a positive

Katie O'Day created the Visual Activity Sort as a strengths-based, trauma-

coaching to help professionals use strengths-based & trauma-informed

approaches when working with individuals. It was determined that this site

could be a good way to continue to build the Strengths Approach program

after it was initially outlined using Giancola's strategies outlined in Program

Program evaluation & design was embedded into Strengths Approach, but it

was utilized with Easy A to evaluate the program after it was created. This

includes auditing the program and looking into: program theory, mind map,

logic model and evaluation matrix. This included opportunities to continue

to design the evidence-based program including developing the modules,

scripts, reviewing and summarizing research, creating promotional tools

informed assessment and intervention tool. She wanted to create a

program including an online continuing education community with

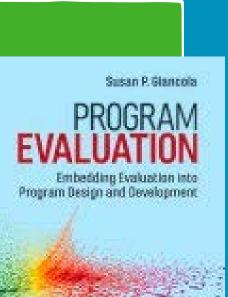
of healthy living habits. Katie O'Day participated in the content for 3 of the

Strengths Approach w/ Visual Activity Sort

RECOMMENDED READING FOR OUTCOME MEASURES

Program Evaluation: Embedding Evaluation Into Program Design & Development by Susan P. Giancola

Giancola, S. P. (2021). Program evaluation: Embedding evaluation into program design and development. SAG





5. Outcomes

Strengths Approach program was further developed using the frameworks outlined with the mind map, program theory, logic model & evaluation matrix. This included outlining the course and drafting the script. Grants were also pursued for further development.

Easy A was an already existing program that was evaluated using the frameworks of mind map, logic model, program theory and evaluation matrix. This helps assure the program is able to do what it intends. It also helps to promote the tool to potential individuals, organizations and



4. Results/Findings

Through the program evaluation of Easy A key components were found to be missing. Easy A did not have a program theory, mind map, logic model or evaluation matrix developed.

- All were created during this practicum to help assure that Easy A is able to produce the results that the authors intend.
- See documents on the right. These are also helpful to utilize when seeking funding and with the promotion of the program.

3. Practicum Goals:

like blogs, social media posts, etc.

- To further develop program development and evaluation skills as outlined by Giancola in the book, Program Evaluation
- o Outline the next course: Pain, Sensory Perceptions & Strategies to Treat Chronic Pain

• Further develop Strengths Approach as outlined by the tools embedded in Program Evaluation.

- Create content for the different modules that is full of evidence-based research and reports from individuals with
- Create blogs and social media content to promote Strengths Approach

6. Conclusion

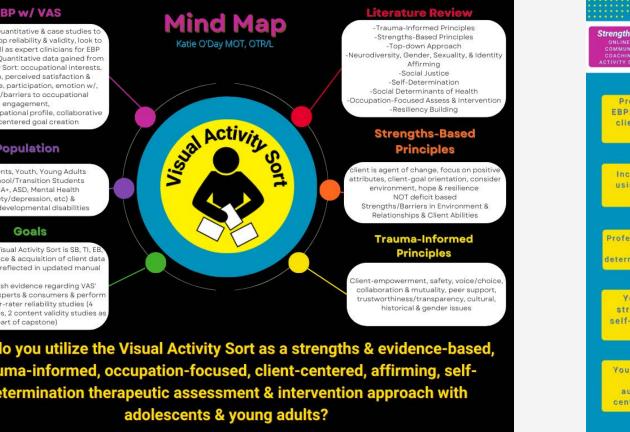
Measurement and embedded evaluation methods are extremely valuable in program development. OTs read Giancola's book, implement strategies & change the

Strengths Approach

Strengths Approach program is an online continuing education course and community with group coaching. It has been designed to help professionals provide strengthsbased, trauma-informed support for individuals who have been historically marginalized or disadvantaged. It includes chapters & modules covering topics including social determinants of health, neurobiology & brain development, positive psychology, identity & neurodiversity-affirming practices. It incorporates the use of motivational interviewing with the development of occupational profiles and self-determination through collaborative goal setting with the Visual Activity Sort.

MIND MAP

PROGRAM THEORY



LOGIC MODEL



EVALUATION MATRIX

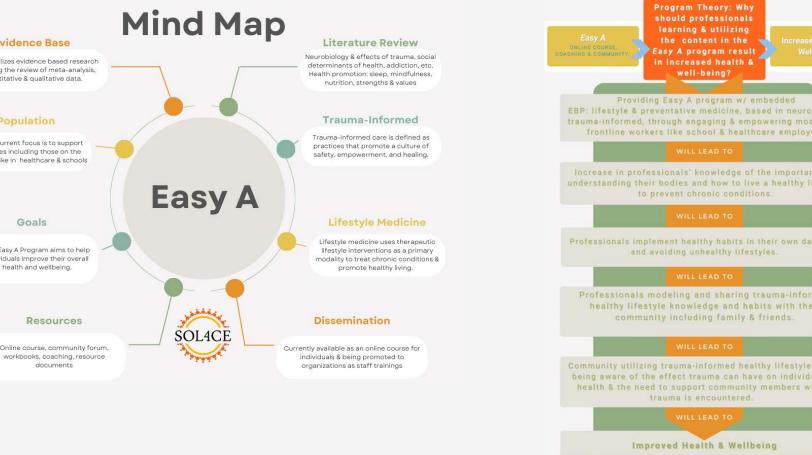


Easy A

The Easy A Program is a comprehensive, trauma informed program aimed at helping individuals improve their overall health and wellbeing. It covers 12 modules, each provides information and strategies for improving specific areas of health, with a focus on practical steps that individuals can take to integrate healthy habits into their daily life. The program encourages participants to engage with the online forum and stay in touch with the community as they work on making positive changes in their health and

MIND MAP

PROGRAM THEORY



LOGIC MODEL

EASY A LOGIC MODEL

sion idina	Theory	Inputs/ Resources	Strategies/ Activities	Short-term Outcomes	Intermediate Outcomes	Long-term Outcomes	Impact	Outputs
iding ind portin eople in sform their tional ental, sical, cial, ind aviora ealth ough onabl ealth cation ind alth ching.	Easy A will help individuals understand how trauma and negative habits infuence health & strategies to promote & engage in healthy a lifestyle and prevent chronic conditions.	Funding Personnel to run program & coach participants Motivated and willing participants Website for course, group coaching & community Evidence from research	Module 1: Introduction Module 2: Titanic Module 3: Social Determinants of Health Module 4: Internal Compass Module 5: Teeter Tottering with Lions Module 6: Might as Well Admit it, You're Addicted to Module 7: Making Sense of it All Module 8: Catching Some Zzzz Module 9: Medicine Cabinet in the Body Module 10: Fueling Our Bodies Module 11: Handful of Health Module 12: Conclusion	Introduce the Easy A Course Scores Improve in Titanic pre/posttest Scores Improve in SDH pre/posttest Scores Improve in Internal Compass pre/posttest Scores improve in Teeter Tottering with Lions pre/posttest Scores improve on Addiction pre/posttest Scores improve on Sensory pre/posttest Scores improve on Sleep pre/posttest Scores improve on Medicine Cabinet pre/posttest Scores improve on Nutrition pre/posttest Scores improve on Handful of Health pre/posttest Conclude the Easy A Course	Professionals report understanding and ability to implement strategies suggested in 8+/10 content modules Professionals give qualitative testimonials about how Easy A & specifically the various modules affected their health & well-being, particularly with commitments to self-care	Increased reports of overall well-being and happiness Decreased reports of feelings of stress & chronic pain Increase in work satisfaction and job ability Increased reports of self-care activities practiced Decreased burden/use of taxpayer dollars on healthcare as participants practice lifestyle medicine prevention strategies	Facilitate individual and societal well-being to create a community of comfort and SOI4CE that can be maintained in times of distress.	Ce Course Coaching Community Workbooks

EVALUATION MATRIX

	Easy A I	Eval	uat	ion	Ma	trix	
Logic Model Comp- onent	Learning Outcomes/ Evaluation Question(s)	Pre/Post Easy A Survey	Indicators Workbook Activity	Targets	Data Source	Data Collection	Datri Analysis
Module 2: Titonic Framework Education & Resources	Use the Titanic model to identify which level you are operating of when you encounter stress. Discover how you practice self-care. Understand the role of self-care before service in your caregiving practices.		Completed % of correct answers on check your understanding (6) % of correct answers on checking levels (6)				
Social Determin- ants of Health	Identify and define the social determinants of health. Recognize their impact in your life. Explore mindful practices in each of these great.		Workbook Activity Completed % of correct answers on check your understanding (2) Answers self-				
Values & Beliefs	Identify your unique set of values and strengths. Understand how your experiences, belefs and culture offect your health and well-body.		reflection question with fidelity (f) Workbook Activity Completed % of correct answers on check your understanding (4) Answers What do				
Education & Resources	Determine three behaviors that will align your actions with your values.		you think questions with fidelity (2) Answers self- reflection questions with fidelity (2)				
Module 5:	Define what it means to be stressed using the tester-tatter model. Recognize ot least three stressors present in your current life. Practice the five weapons to battle your modern lons when they appear.		Warkbook Activity Completed % of questions answered correct in check your understanding (3) Answers self- reflection questions with				
Module 6:	identify common oreas of addiction in your daily life. Understand the connection between early file events and addiction. Esplain one major artirolgy to support yourself with your addiction.		fidelity (3) Workbook Activity Completed % of questions answered correct in check your understanding (3) Answers self- reflection questions with fidelity (1)				

- Audit Sol4ce's Easy A program and make recommendations for improvement if necessary to assure that the program is designed and implemented so that it is able to run as it was designed and help individuals learn about and implement health lifestyle choices to prevent burnout in organizations like schools and healthcare where stress is high.
- Learn about grant writing and help support grant application for further funding for implementation
- lived experiences of marginalization- LGBTQIA+, BIPOC, homeless, neurodiverse, etc.