

Curriculum Vitae

Celeste Januszewski, OTD, OTR/L, CPRP

Clinical Associate Professor

Department of Occupational Therapy

University of Illinois at Chicago

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Education

- Doctor of Occupational Therapy, 2015. University of Illinois at Chicago
Advisors: Joy Hammel, PhD, OTR/L, FAOTA; Katherine Burson, MS, OTR/L;
Virginia Stoffel, PhD, OT, BCMH, FAOTA
Project: *Building a community mental health occupational therapy workforce in Illinois*
- B.S. in Occupational Therapy, 1999. University of Illinois at Chicago
Specialty graduate-level training in Allied Health Practice for Urban Communities

Employment History

University of Illinois at Chicago, Occupational Therapy Department

- Clinical Associate Professor (100%) August 2021 – current
- Clinical Assistant Professor (100%) August 2016 - 2021
- Visiting Teaching Associate (50-70%) August 2014-2016
- Adjunct Teaching Associate (22-27%) 2012-2014
- Visiting Clinical Instructor (19%) January 2004 – May 2005

Rush University, Occupational Therapy Department

- Adjunct Faculty, summer sessions 2014-2017

University of Illinois at Chicago, Occupational Therapy Department,

Visiting Research Specialist (25%), 2015

- Project Coordinator, *Williams Consent Decree Evaluations*

Visiting Research Specialist (31-50%), 2003-2005

- Curriculum consultant to 21st Century Seniors, a day program for seniors living with mental illness
- Project Coordinator, *Domestic Violence Life Skills Intervention Development*

Clinical Experience

Chicago Read Mental Health Center

Fieldwork 1/99-3/99; Occupational Therapist 6/00-11/03; 9/05-7/13

- Independently assess and treat adults with mental illness in this in-patient state psychiatric hospital. Develop goals with patients using a collaborative model, centering on recovery and a successful transition to community living. Consult on issues such as independent living, return to work/school, parenting skills/support, development of leisure interests. Serve as integral team member in multi-disciplinary treatment planning.
- Acting member of Domestic Violence Collaboration Grant Project (with Thresholds, University of Illinois at Chicago, and Connections for Abused Women and their Children), facilitated joint trauma-informed care training for Chicago Read staff and patients

- Co-Chair, Clinical Programming Committee: oversee hospital-wide unit programming
 - Initiated *Recovery Stories*, a speakers' series where individuals with psychiatric disabilities present their stories of recovery to patients and staff
 - Launched a hospital-wide Yoga program, initially taught by volunteers, which was converted to a paid contract position to ensure continuity of the program
- Created and managed an Academic Tutoring program (basic literacy, GED, ESL) for patients, by developing a partnership with Northwestern University student volunteers
- Established *The Print Shop*, a vocational program where patients on extended care units are paid to learn and practice work skills in a real-world setting.
- Established *Job Club*, an opportunity for patients on acute units to utilize the internet and resource materials to gather information, seek assistance, and research job leads to facilitate return to work.
- Clinical Fieldwork Supervisor for Occupational Therapy graduate students

Schwab Rehabilitation Hospital Case Management 9/99-5/00

- Provided support for in-patients with brain injuries and their families at this inner-city trauma hospital.
- Led patient treatment team meetings; conducted family conferences; educated caregivers.
- Assessed and coordinated patients' service needs after discharge; provided referrals for community re-entry.

Ravenswood Hospital Fieldwork 1-3/99; Occupational Therapist (contract) 11/99-11/01

- Independently evaluated and treated medically-diverse adult and geriatric population in rehab, skilled nursing, and acute in-patient settings, with a focus on client-centered care.
- Developed and led task groups.

Chicago Department of Aging, Levy Center Fieldwork 4/99 -6/99

- Consulted to this municipal senior center as part of a specialty graduate-level training and fieldwork in Allied Health Practice for Urban Communities.
- Developed and presented wellness programs to seniors. Initiated fall prevention series.

Contracts

State of Illinois Department of Human Services/University of Illinois at Chicago
Williams Consent Decree Evaluations, 2014-2020, Program Coordinator

- Joy Hammel, Project Director/Principal Investigator.
 - 4/15/15-6/30/15 \$96,134
 - 7/1/15-6/30/16: \$52,527
 - 7/1/16-6/30/17: \$59,464
 - 7/1/17-6/30/18: \$59,080
 - 7/1/18-6/30/19: \$58,080
 - 7/1/19-6/30/20: \$57,351
- Coordinate program to assess individuals currently living in IMDs (Institutes of Mental Disease) that are eligible to move into the community under the Williams consent decree

- Developed a protocol to assess and document performance strengths/challenges, plus identify supports needed that may enable the individual to live in the community
- Train and supervise a team of OTRs to complete the assessments
- Liaison with State of Illinois personnel to document and deliver findings

Honors, Awards and Recognitions

- HOPE (Honoring our Professors' Excellence) Award, University of Illinois at Chicago, 2017
- Student Achievement Award, Doctoral Program, University of Illinois at Chicago, 2015
- OTD Education and Research Scholarship, University of Illinois at Chicago, 2014

Publications

Peer-reviewed publications

- Popova, E., Januszewski, C., & Hahn, B. (2020, September). Building resilience and preventing burnout: Applying the Intentional Relationship Model to promote self-care. American Occupational Therapy Association Continuing Education Article. *OT Practice*. https://www.aota.org/~media/Corporate/Files/Publications/CE-Articles/CEA_September_2020.pdf
- Mahaffey, L., Burson, K., Januszewski, C., Pitts, D., & Preissner, K. (2015). Role for occupational therapy in community mental health: Using policy to advance scholarship of practice. *Occupational Therapy in Health Care*. DOI: 10.3109/07380577.2015.1051689

Non-peer reviewed publications

- Ferlin, A., Fisher, H., Januszewski, C., & Hahn, B. (2019, January). Occupational therapy in integrated behavioral healthcare: A visual service framework. American Occupational Therapy Association's *OT Practice* 24(1), 12-17.
- Carroll, T., & Januszewski, C. (2017). Team-Based Learning: A framework to flip the classroom. *ILOTA Communique*, Illinois Occupational Therapy Association.
- Januszewski, C., & Lukaszewski, K. (2017, February). Filling the gaps: Occupational therapy services in community mental health. American Occupational Therapy Association, *Mental Health Special Interest Section Quarterly Practice Connections*.

Book chapters

- Januszewski, C., & Mahaffey, L. (in print). Assessments used within the Model of Human Occupation. In B. Hemphill (Ed.), *Occupational Therapy Assessments in Mental Health* (4th ed.). Slack Inc.
- Mahaffey, L., & Januszewski, C. (2019). The public policy environment. In Brown, Stoffel & Munoz (Eds.), *Occupational Therapy in Mental Health* (2nd ed., pp. 461-475). F.A. Davis.
- Mahaffey, L., & Januszewski, C. (2018). Model of Human Occupation. In B. Hemphill & C. Urish (Eds.), *Occupational Therapy Assessments in Mental Health* (3rd ed., pp. 287-312). Slack Inc.

Knowledge translation

Bazyk, S., Januszewski, C., & Gonyea, J. (2016). Occupational therapy's distinct value: Mental health promotion, prevention and intervention across the lifespan. [Fact sheet]. *American Occupational Therapy Association*.

Publications under review

Popova, E., Januszewski, C., & Lee, J. (Manuscript submitted for publication). Decoding students' therapeutic use of self using the Clinical Assessment of Modes. *Journal of Occupational Therapy Education*.

Presentations

Invited National and International Presentations

- Popova, E., & Januszewski, C. (2020, August 4). *Preventing burnout: Successfully responding to challenging behaviors and interpersonal events in practice* [Webinar]. Canadian Association of Occupational Therapists, Canada.
- Januszewski, C., & Popova, E. (2020). *Preventing burnout: Successfully responding to challenging behaviors and interpersonal events in practice* [Webinar]. Psychiatric Rehabilitation Association, United States.
- Popova, E., & Januszewski, C. (2019, October 19). *Preventing burnout: Successfully responding to challenging behaviors and interpersonal events in practice* [Presentation]. American Occupational Therapy Association, Academic Leadership Councils Meeting, Las Vegas, NV, United States.
- Januszewski, C., Hammel, J., Mahaffey, L., & Rotter, J. (2019, September 20). *OT in community mental health: What's stopping us?* [Keynote]. American Occupational Therapy Association, Mental Health Specialty Conference, Chicago, IL, United States.
- Januszewski, C., & Popova, E. (2018, October 21). *Supporting client engagement: The Intentional Relationship Model*. {Short course}. Consortium of Psychiatric Rehabilitation Educators Symposium, Rush University, Chicago, IL, United States.
- Burson, K., & Januszewski, C. (2017, September 16). *Performance-based assessment process for independent living skills* [Short course]. American Occupational Therapy Association, Mental Health Specialty Conference, Indianapolis, IN, United States.

Invited Regional Presentations

- Januszewski, C. (2019, April 5). *Motivational interviewing* [Short course]. State of Illinois Certified Recovery Support Specialist training, Chicago, IL.
- Januszewski, C., Hammel, J., & Ferlin, A. (2018, May 3). *Occupational therapy in community mental health* [Webinar]. Department of Human Services, State of Illinois, United States.

- Januszewski, C. (2017). *New faces of medicine* [Panel member]. City Colleges of Chicago – Kennedy King Campus, Chicago, IL, United States.
- Januszewski, C. (2017). *Current state of occupational therapy in behavioral health in Illinois* [Short course]. Chicago State University, Chicago, IL
- Januszewski, C. (2016). *Community-based occupational therapy* [Short course]. Grand Valley State University, Grand Rapids, MI, United States.
- Preissner, K., & Januszewski, C. (2015). *Models of fieldwork supervision* [Workshop]. Chicago Area Council of Occupational Therapy Directors, Chicago, IL, United States.
- Januszewski, C. (2014). *Enabling independence and integration in the community: A call for OT & OTA workforce action* [Panel member]. Illinois Department of Human Services, Division of Mental Health, Chicago, IL, United States.
- Januszewski, C. (2014). *Occupational therapy in behavioral health* [Presentation]. Mental Health of America Junior Board, Chicago, IL, United States.
- Januszewski, C. (varied). Midwestern University, Occupational Therapy Entry-Level Doctoral Program, Guest Lecturer, Chicago, IL.
- 2009 - current. *Crisis prevention*
 - 2013 - current. *Occupational therapy in forensic settings*
 - 2017 - current. *Motivational interviewing*
- Januszewski, C. (varied). Rush University, Occupational Therapy Master's Program, Chicago, IL
- Lead instructor, 2017. *Program development and community-based practice in occupational therapy*
 - Lead instructor, 2014-2015. *Occupational therapy history and philosophy*
 - Guest lecturer, 2011-2018. *Crisis prevention*

Invited University of Illinois Presentations

University of Illinois at Chicago, Medical School

- Facilitator, 2018 - current. *Wellness & resilience seminars*

University of Illinois at Chicago, Rehab Sciences Undergraduate Program

- Guest lecturer, 2014- current. *Psychiatric rehabilitation in the community*
- Guest lecturer, 2014-current. *Occupational therapy in forensic settings*
- Panelist, 2017-current. *Promoting well-being*

University of Illinois at Chicago, Occupational Therapy Master's Program

- Guest lecturer 2018 - current. *Conflict resolution*
- Guest lecturer 2015 - current. *Cognitive disabilities model*
- Guest lecturer 2015 - current. *Analysis of occupational performance skills*
- Guest lecturer 2015 - current. *Performance of Self-Care Skills (PASS)*

University of Illinois at Chicago, Peer Navigator Research Team

- Guest lecturer, 2018, *Comorbidity of mental and physical diseases: A main challenge for medicine*

University of Illinois at Chicago, Physical Therapy Doctoral Program

- Guest lecturer, 2014-2017. *Geriatric mental health*
- Lead instructor, 2014. *Psychosocial theory and practice*

University of Illinois at Chicago, Occupational Therapy Department

- Keynote, 2015. Master student pinning ceremony
- Guest lecturer, 2016, Teaching Excellence series, *Team-based learning*
- Guest lecturer, 2016, Scholarship of Practice, *Assessment of independent living skills using the PASS*
- Guest lecturer, 2015, Scholarship of Practice, *Occupational Therapy in Community Mental Health*

International

Popova, E. & Januszewski C. (2022, August). *Transforming therapeutic communication education: Cultivating authenticity through improvisation*. [Short oral]. World Federation of Occupational Therapists, Paris, France.

Januszewski, C., & Popova, E. (2021, September). *Building our resilience: Applying the Intentional Relationship Model to effectively respond to challenging interpersonal events in practice* [Workshop]. Council of Occupational Therapists for European Countries – European Network of Occupational Therapy in Higher Education (COTEC-ENOTHE) Congress, Prague, Czech Republic.

Januszewski, C. & Lee, J. (2018, May 23). *Supporting client-centered practice through critical self-reflection: The Intentional Relationship Model* [Short course]. World Federation of Occupational Therapists, Cape Town South Africa.

Peterson, E., Lee, J., & Januszewski, C. (2018, May 22). *Teaching the Occupational Therapy Process Model (OTPM): Lessons learned* [Poster]. World Federation of Occupational Therapists, Cape Town South Africa.

National

Popova, E.S., Hahn, B. & Januszewski, C. (2021, May 19). *Promoting resilience and self-care: Rebooting graduate student experience* [Workshop]. FSI: At the Intersection of Teaching, Learning, and Technology. Virtual Conference.

Januszewski, C. & Popova, E.S. (2021, May 19). *Role play or real play: Optimizing simulated scenarios* [Workshop]. FSI: At the Intersection of Teaching, Learning, and Technology. Virtual Conference.

Januszewski, C., Popova, E., & Lee, J. (2020, March; canceled due to COVID). *Roleplay or real play: Optimizing simulated clinical scenarios to promote effective responding to interpersonal conflict*. [Workshop]. American Occupational Therapy Association Annual Conference, Boston, MA, United States.

Suarez-Balcazar, Y., Hammel, J. Mirza, M., Magasi, S., & Januszewski, C. (2019, April 5). *The role of social determinants in promoting health and participation equity and outcomes: Opportunities for occupational therapy* [Workshop]. American Occupational Therapy Association Annual Conference, New Orleans, LA, United States.

Januszewski, C., & Popova, E. (2019, September 20) *Preventing burnout: Successfully responding to challenging behaviors and interpersonal events in practice* [Short course]. American Occupational Therapy Association, Mental Health Specialty Conference, Chicago, Illinois, United States.

- Popova, E. & Januszewski, C. (2018, December 1). *Promoting positive client outcomes through interpersonal reasoning using the Intentional Relationship Model (IRM)* [Short course]. American Occupational Therapy Association Specialty Conference Adult Rehabilitation, Los Angeles, CA, United States.
- Januszewski, C. & Popova, E. (2018, June 16). *Supporting client engagement: The Intentional Relationship Model* [Poster]. Psychiatric Rehabilitation Association, Recovery Workforce Summit, Denver, CO, United States.
- Ferlin, A., Fischer, H., Januszewski, C., & Hahn, B. (2018, April 27). *Occupational therapy in integrated behavioral health care: A visual service framework* [Poster]. University of Illinois at Chicago's Inter-Professional Education and Collaboration Symposium.
- Januszewski, C., & Hansen, P. (2018, April 20). *Application of Positive Psychology strategies to address emotional and psychosocial concerns post-stroke* [Short course]. American Occupational Therapy Association Annual Conference, Salt Lake City, UT, United States.
- Januszewski, C., & Popova, E. (2018, April 19). *Supporting client-centered engagement in rehabilitation through critical self-reflection, The Intentional Relationship Model* [Short course]. American Occupational Therapy Association Annual Conference, Salt Lake City, UT, United States.
- Lee, J. & Januszewski, C. (2017, October 27). *Teaching the Occupational Therapy Intervention Process Model: Lessons learned* [Short course]. American Occupational Therapy Association, OTCAS Educational Summit, Fort Worth, TX, United States.
- Lee, J. & Januszewski, C. (2017, October 13). *Integrating MOHO Assessments across the UIC OT curriculum* [Short course]. 5th International Institute on Kielhofner's Model of Human Occupation, Denver, CO, United States.
- Basto, P. & Januszewski, C. (2017, June 25). *Teach and train without putting people to sleep* [Short course]. Recovery Workforce Summit, Psychiatric Rehabilitation Association, Atlanta, GA, United States.
- Olson, L., Januszewski, C., & Mahafrey, L. (2016, April 8). *Enabling community integration and participation for individuals with psychosocial disabilities: Mental Health Special Interest Section* [Workshop]. American Occupational Therapy Association Conference, Chicago, IL, United States.
- Lee, J., Januszewski, C., & Popova, E. (2016, October 15). *Using the Intentional Relationship Model within the first-year OT curriculum: Cultivating advantages and overcoming challenges* [Poster]. American Occupational Therapy Association Education Summit, San Diego, CA, United States.
- Januszewski, C. & Lee, J. (2015, October 17). *Student professional development: Role of use of self* [Short course]. American Occupational Therapy Association, OTCAS Educational Summit, Denver, CO, United States.
- Januszewski, C. (2008, November 7). *A career in mental health occupational therapy* [Plenary session]. American Occupational Therapy Association/NBCOTA National Student Conclave, Chicago, IL, United States.
- Januszewski, C., & Obara, L. (2005., April 9). *WRAP: Wellness Action Recovery Plan* [Short Course]. American Occupational Therapy Association Annual Conference, Long Beach, CA, United States.

State

- Januszewski, C., Popova, E., & Lee, J. (2020, March: Cancelled due to COVID). *Facilitating Role Play as Real Play in the Classroom*. [Workshop]. University of Illinois Faculty Summer Institute, Champaign, IL, United States.
- Januszewski, C., & Olson, L. (2017, November 10). *Illinois Mental Health Special Interest Section (SIS) & Community of Practice (MHOT CoP)* [Workshop]. Illinois Occupational Therapy Association Conference, Normal, IL, United States.
- Januszewski, C., & Olson, L. (2015, November 5). *Illinois Mental Health Community of Practice* [Short course]. Illinois Occupational Therapy Association Conference, St. Charles, IL, United States.
- Januszewski, C. (2014, October 24). *Building a community mental health occupational therapy workforce: Fieldwork and service-learning opportunities* [Short course]. Illinois Occupational Therapy Association Conference, Naperville, IL, United States.
- Hammel, J., Burson, K., Mahaffey, L., & Januszewski, C. (2014, October 23). *Enabling community integration and participation: An OT workforce call to action* [Workshop]. Illinois Occupational Therapy Association Conference, Naperville, IL, United States.
- Januszewski, C., & Obara, L. (2004, November). *WRAP: Wellness Action Recovery Plan* [Short course]. Illinois Occupational Therapy Association Conference, Galena, IL, United States.
- Januszewski, C., Obara, L., Sornito, M. (2003, November). *Real World OT* [Short course]. Illinois Occupational Therapy Association Conference, Oak Brook, IL, United States.
- Januszewski, C., & Hellyer, B. (2001, November). *Creating a site-specific assessment tool* [Short course]. Illinois Occupational Therapy Association Conference, Galena, IL, United States.

Editorial Review

- Editorial board. (in progress). *Journal of Psychiatric Rehabilitation Workforce Development (JPRWD)*
- Peer reviewer (2021). Occupational Therapy in Psychiatry and Mental Health (5th ed.). R. Crouch & V. Alers (Editors). Wiley-Blackwell.
- Editor. (2019-2021). American Occupational Therapy Association, *Mental Health Special Interest Section Quarterly Practice Connections*.
- Peer reviewer. (2017). *Scandinavian Journal of Occupational Therapy*.

Teaching Experience

University of Illinois at Chicago, Occupational Therapy Master's Program

- 2003-2004, 2011-current, *Occupational Therapy Practice: Psychosocial Aspects of Occupational Performance*
Lead instructor. Examines occupational therapy practices relevant to psychosocial intervention, related bodies of knowledge influencing practice, psychological process affecting occupational functioning and assessment and treatment related to

psychosocial problems.

- 2012-current, *Development of a Therapeutic Self*
Lead instructor. Emphasizes understanding and developing foundational skills in therapeutic use of self and forms of therapeutic reasoning. Group theory and process are introduced and group leadership skills developed.
- 2019-current, *Introduction to OT Practice*
Lead instructor. Overview of the role of the therapist and aspects of occupational therapy practice in multiple settings. The basics of assessment, treatment planning, intervention, and documentation; as well as service delivery systems and current issues.
- 2014-current, *Medical Conditions*
Lead instructor. A three-semester self-paced course designed to examine pathological conditions within the framework of the OT process.
- 2014-2018, *Occupational Therapy Practice: Cognition and Perception in Action*
Lead instructor. Explore occupational performance secondary to neurological conditions, cognitive and intellectual disabilities, and psychiatric disorders.
- 2015 - current, *Synthesis I & Synthesis II*
Facilitator. Problem-based learning context for the development of clinical reasoning skills in occupational therapy. Students analyze and synthesize individual client cases that emphasize the occupational therapy process.
- 2013-current, *Fieldwork Level 1A*
Primary Fieldwork Educator. Independently developed a fieldwork experience that focuses on psychosocial factors influencing occupational engagement; emphasizes application of occupational therapy skills pertinent to the use of psychosocial groups in community settings.
- 2014-current, *Fieldwork Level 1B & Fieldwork Level II*
Clinical Fieldwork Educator. Established a new fieldwork site in community mental health agency with no occupational therapist on staff; students support people with serious mental illness to live outside an institution.

Professional Service

National

- American Occupational Therapy Association, Mental Health Special Interest Section. 2019-current, Editor of the *AOTA Mental Health SIS Quarterly*
- American Occupational Therapy Association. 2017-current, Conference proposal reviewer
- Psychiatric Rehabilitation Association, Consortium of Psychiatric Rehabilitation Educators. 2015-present, Member; 2017, Conference chair
- American Occupational Therapy Association, Distinct Value Ad Hoc Mental Health workgroup. 2014-2016, Committee member
- National Board of Certified Occupational Therapists. 2016, Board certification item writer for mental health area of practice

State

- Illinois Mental Health Occupational Therapy Community of Practice. 2014 –present, Co-chair

- Illinois Occupational Therapy Association. 2015 – 2016, Co-chair Mental Health SIS
- State of Illinois, Department of Human Services, Team Recovery. 2011-2013, Committee member
- State of Illinois, Department of Human Services, Quality Care and Safety Improvement Initiative. 2012, Co-chair
- State of Illinois, Olmstead Decision Advisory Committee. 2002, Committee member

Local

- National Alliance of Mental Illness (NAMI), Advocates of Chicago Read. 2000-2015, Chair; 2015-present, Member
- MADDO Healthcare. 2017-2019, Wellness Recovery Action Planning (WRAP) group leader

University of Illinois at Chicago

- UIC AHS Student Mental Health Task Force, 2021-current, Member
- United Faculty FAST Fund, 2021-current, Chair
- United Faculty Mutual Aid committee. 2020-current, Member
- University of Illinois at Chicago Medical School. 2018-current, Wellness faculty
- Office of Access & Equity Title IX Regulation Task Force. 2020-2021, Committee member
- Interprofessional Immersion Program. 2015 – present, Facilitator
- University of Illinois at Chicago Honors College. 2017-2020, Faculty fellow
- Mental Health and Disability Alliance. 2015-2016, Faculty advisor

UIC, College of Applied Health Sciences

- UIC United Faculty (UICUF). 2018-present, College representative

UIC, Department of Occupational Therapy

- Faculty search committee, 2020-current, Member
- New student orientation committee. 2019-current, Member
- Entry-level OT Doctorate Block workgroup. 2019-2020, Co-chair
- Entry-level OT Doctorate Admissions workgroup. 2019, Co-chair
- Entry-level OT Doctorate curriculum mapping group. 2015-2018, Member
- Faculty Practice Workgroup. 2016, Co-chair
- Intervention course workgroup. 2015-2018, Chair
- Accreditation Council for Occupational Therapy Education (ACOTE) self-study. 2014-2015, Member

Certifications/Licenses

- NBCOTA Occupational Therapist Registered, Certification # 1037709, Initial certification date 10/25/99, valid through 03/31/22
- Illinois State Licensure, License # 056005551, Original issue date 11/05/99, valid through 12/31/21
- Certified Psychiatric Rehabilitation Practitioner (CPRP) #4960770, Issue date 3/16/17, valid through 3/31/2023

- Stanford Chronic Disease Self-Management Leader Training Program, 2014
- Assessment of Motor & Process Skills, Certified Rater, 2012
- Wellness Recovery Action Planning (WRAP), Certified Facilitator, 2005 - current