

Leah Goodman, OTD, OTR/L

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EDUCATION

OTD	University of Illinois at Chicago , Chicago, IL Department of Occupational Therapy Clinical Doctorate in Occupational Therapy	2017
MA	University of Southern California , Los Angeles, CA Chan Division of Occupational Science and Occupational Therapy Master of Arts in Occupational Therapy	2016
BS	University of Florida , Gainesville, FL College of Liberal Arts and Sciences Bachelor of Science in Psychology, Minor in Education; <i>Cum Laude</i>	2013

PROFESSIONAL APPOINTMENTS

EMPLOYMENT:

Visiting Clinical Instructor August 2018-Present

University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL

- Developed and delivered a credit-bearing course entitled “Promoting Wellbeing” to support the wellness and academic success of undergraduate and graduate students
- Collaborated with campus partners, student organizations and administrators to build innovative student support services with an emphasis on the development of skills to support wellbeing and academic success
- Served as a mentor for graduate and undergraduate students (e.g. doctoral committees, student organization faculty advisor, advising teaching and research assistants)
- Full list of courses taught listed under “teaching & mentoring experience”

Inclusive Classroom Faculty Fellow June 2019-Present

University of Illinois at Chicago, Office of the Vice Provost for Diversity, Chicago, IL

- Designed and delivered faculty workshops and accompanying resources aimed to enhance inclusive teaching practices, particularly as it relates to promoting equitable student mental health and wellbeing

Visiting Research Associate II January 2018 – August 2018

University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL

- Contributed to scholarship related to the Americans with Disabilities Act Participatory Action Research Consortium, particularly writing and editing qualitative research manuscripts and grants for knowledge translation

Occupational Therapist (IDHS Williams Consent Decree) November 2016-Summer 2018

University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL

- Conducted functional performance-based assessments to suggest supportive services to aid individuals in transitioning from institutions to community living

Graduate Research Assistant (20 hours/week, 50% appointment) August 2016 – December 2017

University of Illinois at Chicago, Chicago, IL

Departments of Occupational Therapy and Disability & Human Development, Dr. Joy Hammel

- Collaborated with the primary investigator and research team of the Americans with Disabilities Act Participatory Action Research Consortium, a national grant examining home, community and work disparities among people with disabilities
- Made significant contributions to a \$2.5 million, 5-year grant through National Institute for Independent Living and Rehabilitation Research (NIDILRR): Literature review, background, coordinated contributions from 10 ADA centers across the United States

OCCUPATIONAL THERAPY CLINICAL FIELDWORK:

UCSF Benioff Children’s Hospital & Research Center Oakland, Oakland, CA May-August 2016

Glendale School District, Glendale, CA September-December 2015

Rehabilitation Institute of Chicago, Chicago, IL May-August 2015

Women’s Community Reintegration Services & Education Center, Los Angeles, CA February-April 2015

Rancho Los Amigos National Rehabilitation Center, Downey, CA September-December 2014

RESEARCH EXPERIENCE

- University of Illinois at Chicago** Spring 2016 – Present
Department of Occupational Therapy, Chicago, IL
Primary Investigator; advisor during doctoral research-Dr. Joy Hammel
- Designed, delivered and evaluated the impact of a 2-credit mental health and wellbeing curriculum for university students utilizing both quantitative and qualitative inquiry
- University of Illinois at Chicago, ADA PARC** August 2016 – December 2017
Departments of Occupational Therapy and Disability & Human Development, Chicago, IL
Graduate Research Assistant, Dr. Joy Hammel (20 hours/week, 50 % appointment)
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TEACHING & MENTORING EXPERIENCE

- OT360 Promoting Wellbeing (Formerly OT494), 2 credits** Fall 2017- Spring 2020
University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL
- Independently developed, instructed and evaluated the impact of a credit-bearing wellbeing course to support student wellbeing and academic success
 - Instructed up to four course sections per semester with enrollment of 25 students per section
 - Mentored former OT360 students to become Teaching Assistants for the course
- AHS304: Human Sexuality and Health Science, 3 credits** Fall 2019-Spring 2020
University of Illinois at Chicago, Rehabilitation Science, Chicago, IL
- OT494 Special Topics in Occupational Therapy, variable credits** Fall 2018-Spring 2020
University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL
- Mentored undergraduate students in independent studies on topics related to mental health and wellbeing, as well as research design and program development
- OT496 Independent Study in Occupational Therapy, variable credits** Fall 2019-Spring 2020
University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL
- OT532 Advanced Field Experience: Occupational Therapy Education, variable credits** Fall 2019-Spring 2020
University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL
- Mentored OT doctoral students in a teaching practicum
- Faculty Advisor, Mental Health and Disability Alliance** Fall 2018-Present
University of Illinois at Chicago, Chicago, IL
- Honors College Fellow** 2018-Present
University of Illinois at Chicago, Chicago, IL
- Mentor undergraduate students in the Honors College
- Faculty Facilitator of Medical Student Wellness; Mindfulness Plenary Speaker** 2018-Present
University of Illinois at Chicago, School of Medicine, Chicago, IL
- Doctoral Committee Member** 2018
University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL
Lana Taylor: Building Capacity for the Provision of Occupational Therapy Services with Ethnically and Racially Diverse Youth in School-Based Mental
- Guest Lectures:
- University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL** Fall 2018
OT568 Curriculum Design; Guest Lecture: Team-Based Learning
- University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL** Spring 2018
OT 590 OTD Doctoral Proseminar; Guest Workshop: Strategizing mental health and wellness with postsecondary students with mental health concerns: The role of OT
- University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL** Fall 2017
OT506 Developing a Therapeutic Use of Self; Interactive guest lecture: Ethics in occupational therapy practice
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PUBLICATIONS

- Goodman, L. (2019, June 17). Occupational Therapy: An untapped resource in student mental health and well-being. *Thrive Global*. Retrieved from: <https://thriveglobal.com/stories/occupational-therapy-an-untapped-resource-in-student-mental-health-and-wellbeing/>

- Gotlib, D., Saragoza, P., Segal, S., Goodman, L., Schwartz, V. (2019). Evaluation and management of mental health disability in post-secondary students. *Current Psychiatry Reports*, 21 (43), 1-7. <https://doi.org/10.1007/s11920-019-1024-1>
- Goodman, L. (2018). Who is responsible for addressing mental health and wellbeing in higher education? *Thrive Global*. Retrieved from: <https://www.thriveglobal.com/stories/who-is-responsible-for-addressing-mental-health-and-well-being-in-higher-education/>
- Goodman, L. (2018) Our language teaches just as much – if not more – than our curricula can. *Thrive Global*. Retrieved from: <https://thriveglobal.com/stories/inclusive-language-college-curricula-disability-sensitivity/>
- Davis, K., Adams, T., Fritze, D. et. al (2018). Beyond Awareness: Student-led innovation in campus mental health. *Mental Health America*. Retrieved from <http://www.mentalhealthamerica.net/beyond-awareness-student-led-innovation-campus-mental-health>
- Goodman, L. (2018, April 24). Who is responsible for addressing mental health and wellbeing in education? [Web log post]. Retrieved from <http://www.mentalhealthamerica.net/blog/who-responsible-addressing-mental-health-and-wellbeing-education>
- Goodman, L. (2018). “Occupational Therapy in Higher Education.” *The Communiqué*. January/February/March 2018, pp.16-17.
- Goodman, L. (2017). Mental health on university campuses and the needs of students they seek to serve. *Building Healthy Academic Communities Journal*, 1(2), 31–44.

INVITED PRESENTATIONS & PANELS

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| "The Only Class That Has Prepared Me to Live a Better Life": The Impact of a Credit-bearing Wellbeing Course at a Diverse American University
(Goodman, L., Manno, M.)
<i>2nd International Conference on Well-being in Education Systems</i> , Locarno, Switzerland | 2019 |
| Embedding Wellness in Post-Secondary Learning and Experience , International Webinar
<i>Centre for Innovation in Campus Mental Health</i> , Ontario, CA | 2019 |
| A State of Crisis: A Call to Action for Young Adult Mental Health
<i>University of Illinois at Chicago</i> , Chicago, IL in partnership with Young Invincibles and NAMI Chicago | 2019 |
| Promoting Wellbeing for University Students: Strategies, Initiatives and Policies for Systems Change
<i>Occupational Therapy Scholarship of Practice Day</i> , University of Illinois at Chicago, Chicago, IL | 2019 |
| TC Connect: Helping Students Build Professional Relationships with Professors
<i>University of Illinois at Chicago</i> , Chicago, IL | 2018 |
| Campus Conversations: “What’s Going on and Why? Mental Health and the University Student”
<i>University of Illinois at Chicago, Office of the Provost and Vice Chancellor for Academic Affairs</i> , Chicago, IL | 2018 |
| A Holistic Education: The Role of Occupational Therapy in Supporting College Student Wellbeing
<i>Illinois Occupational Therapy Association Conference</i> , Naperville, IL | 2018 |
| Mental Health, Self-management, and Academic Success in Higher Education: Outcomes of a Pilot Curriculum-based Intervention for College Students (Goodman, Leah)
<i>American Occupational Therapy Association Annual Conference</i> , Salt Lake City, UT | 2018 |
| Mental Health Disability on Campus; Cultivating Communities of Wellbeing in Higher Education
<i>Depression on College Campuses Conference</i> , Plenary Panel Speaker, University of Michigan-Ann Arbor
(Goodman, Leah; Gotlib, Dorothy; Saragoza, Phillip; Schwartz, Victor; Segal, Stuart) | 2018 |
| Supported Employment and Education: Taking the Science Into Practice
(Burson, Katherine; Goodman, Leah)
<i>American Occupational Therapy Association Mental Health Specialty Conference</i> , Indianapolis, IN | 2017 |
| Prioritizing Mental Health in Higher Education: A Pilot Course to Support College Students with Disabilities (Goodman, Leah)
<i>American Occupational Therapy Association Mental Health Specialty Conference</i> , Indianapolis, IN | 2017 |

Exploring Progress Since the Olmstead Decision: Results from the ADA PARC Interviews with People with Disabilities Transitioning from Institutional to Community Living 2017
 (Sheth, Alisa; Goodman, Leah; Berry, Shelly; and the ADA PARC Consortium)
Health Disparities & Social Justice Conference, Chicago, IL

LICENSURE, AFFILIATIONS & LEADERSHIP

Registered Occupational Therapist, National Board for Certification in Occupational Therapy (#367396) 2016
Licensed Occupational Therapist, Illinois Department of Financial and Professional Regulation (056.011733) 2016
Mental Health Education and Training Working Group, University of Illinois at Chicago 2019-Present
Disability Resource Center Visioning Task Force, University of Illinois at Chicago 2019-Present
Chancellor’s Committee on the Status of Person with Disabilities, University of Illinois at Chicago 2017-Present
The Association for Contemplative Mind in Higher Education 2018-Present
Mental Health America’s Collegiate Mental Health Innovation Council, Appointed member 2017-2018
AHEAD’s Coalition for Disability Access in Health Science and Medical Education 2017-Present
National Consortium for Building Healthy Academic Communities 2017-Present
Certified Yoga Instructor (CYT 200 hour), Yoga to the People, San Francisco, CA 2016- Present
American Occupational Therapy Association 2014-Present

HONORS & AWARDS

“Meet the 15 students changing mental health on campus”, Mental Health America 2017
UIC Department of Occupational Therapy, Student Travel Award 2016
UIC Department of Occupational Therapy, OTD Education and Research Scholarship 2016
UIC Department of Occupational Therapy Graduate Assistantship 2016
American Occupational Therapy Foundation, Kappa Delta Phi Scholarship 2016
USC Division of OSOT Student Leadership Award and Scholarship 2016
USC OTD Residency Graduate Assistantship Position, Keck Medical Center of USC (declined) 2015
Pi Theta Epsilon, Alpha Eta, National Occupational Therapy Honor Society 2015
Academic Merit Scholarship, University of Southern California Division of OSOT 2014, 2015

CONTINUING EDUCATION, TRAINING & ADVOCACY

Instructional Moves: Making Classroom Discussions More Inclusive and Effective July 2019
 Harvard Graduate School of Education, Certificate

Mental Health Early Action on Campus Act, House Bill 2152, 101st General Assembly March – April 2019
 Contributed to the organization of a forum to support Illinois mental health legislation

Mental Health First Aid Certification February 2019

Alternatives to Calling the Police During Mental Health Crises April 2017, November 2018
 De-escalation workshop

Write to Change the World: The OpEd Project September 2018
 Invited participant

Stanford’s Chronic Disease Self-Management Program (CDSMP) September 2016
 Trained Facilitator of the CDSMP “Better Choices, Better Health” self-management workshop

INTERESTS:

- Mental health, wellbeing and equitable student success in higher education
- Innovative education reform and curriculum development
- Wellness Topics: Yoga, mindfulness, movement and dance