

## Schedule

### Friday September 23, 2022

5:00 - 8:30     **Registration open**

5:45 - 7:15     **VOTA Board Meeting: Open to all VOTA Members**

Please join the VOTA Board for the September meeting! See what your state association is doing for you. There will be an open speaker time for any VOTA member who wishes to comment.

7:30 -8:30     **VOTA Committee Meetings**

Want more information about participating on a VOTA Committee? Please come share ideas and gather information with the committee chairs.

### Saturday, September 24, 2022

Between sessions and during the poster sessions please visit the sponsor and exhibitors tables

7:00 - 7:30     **Morning Wake Up Walk**

7:00 - 8:00     **Registration and Continental Breakfast**

8:00 - 9:30     **Welcome and Keynote Address**

- **Savanah Howe, MS OTR/L, QMHP-A, CNS**  
President of Virginia Occupational Therapy Association
- **Alyson Stover, MOT, JD, OTR/L, BCIP**  
President of American Occupational Therapy Association

9:45 - 11:15   **Concurrent Session A**

- **Interprofessional Collaboration: Improving Outcomes in Acute Care**  
*(Rehabilitation, Disability and Participation; Intermediate)*  
Nancy Krolikowski, OTD, OTR/L, CHT  
Interprofessional collaboration (IPC) is a team approach used in primary care settings to improve patient outcomes. Learn how IPC can be used in hospital acute care settings to reduce length of stay, hospital readmissions, and fall reduction. Strategies for occupational therapy involvement in the team will be explored.
- **Let's Get Appy (and more)!**  
*(General and Professional Issues; Intermediate)*  
Kimberly Kearney, COTA/L  
Bring your devices and explore different apps and platforms for Occupational Therapy use in various settings in the adult population. Hands on approach to dig into all things

app & social media related. There will be an opportunity to share your ideas and what works for you too.

- **Meeting your needs: Capstone Projects that Work for You**

*(General and Professional Issue; Intermediate)*

Allison Ellington, OTD, OTR/L, Pam Stephenson, OTD, OTR/L, BCP, FAOTA, Liz Richardson, OTD, OTR/L, Emily Budd OTD, OTR/L, Lisa Burns, PhD, OTR/L, Greg Hansen, PhD, OTR/L, & Sarah McCadden, OTD, OTR/L

This presentation examines how occupational therapy capstone projects can support diverse practice settings and demonstrate the distinct value of the profession.

Participants will have opportunities to explore their own practice contexts and to develop action plans for addressing unmet needs through collaborative capstone projects.

- **Pelvic Health Basics for the Occupational Therapist**

*(Emerging Practice Area - Pelvic Health; Introductory)*

Sarah S. Sidar, MS OTR/L

Toileting, reproductive function, and sexual intimacy are activities of daily living that are essential to life. This presentation will allow you, as an OT or OTA, to feel confident in assessing function and dysfunction in these areas, make recommendations, and know when to refer to advanced specialists.

- **Shifting from Cultural Competency to Cultural Humility- A Paradigm Shift**

*(General and Professional Issues; Introductory)*

Kellie Sawyer, OTD, MS OTR/L

Cultural humility can be used as a framework to mitigate the negative impacts of implicit bias in practice. This session aims to delineate between the concepts of cultural competency and cultural humility and identify strategies to assist OT practitioners in developing cultural humility in practice.

- **Under Pressure: How Occupational Balance Affects Well-Being**

*(Mental Health; Introductory)*

Amy Russell Yun, MS OTR/L, Makenna Baugus, MOTS, Emily Farrell, MOTS, Lauren Morgan, MOTS, & Brooke Williams, MOTS

This session explores the relationships among contexts, occupational balance, and well-being. In this interactive session, we will complete activities to help us better understand the stress that people experience and learn about several free and affordable resources that practitioners can utilize in their practice and with themselves.

11:15 - 12:00 **Poster session 1** – Henrico Ballroom B

- **Adverse Childhood Experiences (ACE) Screening and Primitive Reflexes: OTP Knowledge Base and Practice Patterns**

*(Mental Health)*

Lindsey Carter, OTD, OTR/L, QMHP-C

This quantitative, non-experimental study explored ACE screening practices and primitive reflex testing and intervention procedures of pediatric inpatient psychiatric OTPs. Results highlighted that OTPs are not consistently screening for ACEs.

- **Effectiveness of Constraint-Induced Movement Therapy with Children Over the Age of Five**

*(Child and Youth)*

Becca Alanko, OTS, Whitney Hoops, OTS, Peyton Stites, OTS, & Jason Browning, Ph.D., OTR/L

Constraint-Induced Movement Therapy (CIMT) is often used with children under five; however, there is a lack of evidence for children over five. This evidence synthesis reveals that modified CIMT approaches can be effective for children over five and result in increased occupational performance and satisfaction.

- **Finding Your Seat at the Table**

*(General and Professional Issues)*

Gretchen Ward, MS OTR/L

AOTA's Vision 2025 challenges us to be collaborative to promote healthy outcomes for all populations and communities. One way to demonstrate our distinct value and positively contribute to the health and well-being of our communities is to volunteer and engage in the communities where we live and work by serving within our capacities. Together, we will explore ways we can get involved in our community and promote occupational therapy.

- **Increasing Quality of Life for Cancer Survivors in Acute Care Through Occupational Therapy**

*(Rehabilitation, Disability and Participation)*

Kerstin F Plunkett, MOTS, Beranadette Perez, MOTS, Anderson Chumpitaz, MOTS, & Jason Browning, Ph.D., OTR/L

This evidence synthesis acknowledges the role of occupational therapy for cancer survivors in acute care, aiming to answer if occupational therapy interventions are effective at improving the quality of life for adults in oncology rehabilitation. The results indicate improvement in quality of life for patients receiving occupational therapy interventions.

- **Implications for Occupational Therapy in the Work-to-Retirement Transition**

*(Productive Aging)*

Emily Budd, OTD, OTR/L

As the population of adults reaching retirement increases, occupational therapists can be instrumental in addressing the work-to-retirement transition for optimal occupational performance during retirement. Practical implications for occupational therapists, including opportunities to maximize mental, physical, and social health during the work-to-retirement transition will be discussed.

- **Minimal Electrical Stimulation Needed for Improved Therapeutic Outcomes Post-Stroke**

*(Rehabilitation, Disability and Participation)*

Devin Hebble, OTS & Keith Gentry, EdD, MS-OTR/L, SCFES, SCLV

Electrical stimulation (ES) is widely used in neurorehabilitation. However, in the current healthcare environment, efficiency and use of evidence-based interventions are drivers in intervention selection. Results of our literature review indicated that electrical stimulation twenty minutes per day, five days a week for three weeks improved function alongside traditional therapy.

- **Review of the Psychological Effects of Pediatric Burns and the Impact of Burn Camps**

*(Rehabilitation, Disability and Participation)*

Julie Patrick Bonham, OTD, MS OTR/L C/NDT, Daisy Smith, MOTS,  
Grace Hooper, MOTS, Kiley Eichinger, MOTS, Nitika Rikhi, MOTS, & Madeleine Masi, MOTS

Our presentation will serve as a literature review of the psychological effects of acquiring a pediatric burn injury and explore the benefits of attending a burn camp. Our review will cover self-efficacy and resilience after going through a traumatic event.

- **Socially Engaged Sedentary and Physically Active Leisure and its Impact on Mental Health and Quality of Life in College Students**

*(Mental Health)*

Meredith Blady, MSOTS & E. Morghen Sikes, PhD, MSOT, OTR/L

This study was conducted to see if social engagement during sedentary and physically active leisure impacted mental health and quality of life in college students. Analysis of social engagement frequency and categorization of physical activity levels suggest social engagement may be impactful in individuals that do not lead active lifestyles.

- **Use of Critical Theory and Reflective Learning strategies for Development of Social and Ethical Leadership Skills and Provision of OT Services to High Risk Youth**

*(Academic and Fieldwork Education)*

Viki Neurauter, PhD, MOT, OTR/L, Lauren Lightcap, OTS, Logan Snavely, OTS, Ashley Turner, OTS, & Tyller Roney, OTS

To engage students in experiential learning to develop social and ethical leadership skills, observational skills, and intervention skills with a severely underserved population. This grant funded fieldwork allowed for MOT students to develop leadership skills by engaging with other school system community leaders, assessing the needs of youth who are at risk (have higher potential for suspension), developing interventions, and finally, communicating and providing resources for established youth leaders. Initial discussions surrounding this student experience indicates that students gained significant educational experiences which contributed toward development of social and ethical leadership skills and that strategically planned occupational therapy interventions

may indeed contribute toward the mitigation of a variety of known factors which place youth at risk.

12:00 - 1:50 **Lunch, Business Meeting, Awards, and Scholarship Ceremony**

2:00 - 3:30 **Concurrent Session B**

- **Are Physical and Sedentary Leisure Differently Related to Anxiety and Depression in Young Adults?**

*(Health and Wellness; Introductory)*

Elizabeth Morghen Sikes, PhD, MSOT, OTR/L, Meredith Blady, OTS, Elizabeth Mott, OTS, Lily Sahakian, OTS, & Emily Unger, OTS,

Leisure activity is commonly associated with improved quality of life(QOL)and reduced mental health(MH)concerns. Evidence suggests physically active leisure(PaL) may be more beneficial than sedentary leisure(SL) for this purpose. This presentation explores differences between PaL and SL in regards to impact on anxiety,depression,and QOL among University students.

- **Exploring Occupational Therapy Students and Clinical Instructors Relationships Regarding Surge Capacity and Resilience During the COVID-19 Pandemic**

*(Academic and Fieldwork Education; Introductory)*

Julie Patrick Bonham, OTD, MS OTR/L, C/NDT, Madelyn Basye, MOTS, Brandi Houck, MOTS, & Natalia Camacho, MOTS

This workshop will aid participants' understanding of the transactional relationship between occupational therapy (OT) students and clinical instructors (CIs), with regard to resiliency and surge capacity during the COVID-19 pandemic. Tools and strategies will be provided through an opportunity for experiential learning to promote best practices in this relationship.

- **The New Frontier of Restoring Function to Finger and Partial-Hand Amputees**

*(Rehabilitation, Disability, and Participation; Introductory)*

Molly Ratliff, B.S., Education Outreach Specialist

Finger loss is the most prevalent traumatic amputation in the United States and has been historically underserved. Despite the reality that 94% of upper-limb amputations occur at the digit and metacarpal levels, until now little in the way of technological development has occurred, leaving working-age people with only passive silicone restoration options after finger loss. Join us as we review current functional prosthetic options for persons with finger and partial-hand amputations and limb differences.

- **Let's Be Where the Children Are: Natural Environment, Strengths-based, Coaching Model Intervention for Children from 3-21 years Old**

*(Child and Youth; Intermediate)*

Becky Balog, OTR/L & Caitlyn Berry, OTR/L

Are you passionate about helping improve the lives of children with disabilities but feeling confined by the current realities of the deficit-based medical model? In this session we will examine the research behind the increased efficacy of natural-environment, occupation-based, family-centered care and engage in discussion and case-studies around the practical aspects of this type of intervention for children ages 3-21 years old.

- **Research Refresher: A Clinician-Friendly, Big-Picture Overview of Statistics in OT**  
(*General and Professional Issues; Introductory*)

Greg Hansen, PhD, MS OTR/L

This presentation provides a conceptual review of foundations of inferential statistics. Topics such as p values, tests of comparison, and correlations will be defanged, tamed, and made as easily understandable as possible. Examples from recent research in OT will be provided to facilitate an understanding of reviewed concepts.

- **Your National OTR or COTA Credential: What It Means for You**  
(*General and Professional Issues; Introductory*)

Shaun Conway, OTR

For those interested, connect with NBCOT and hear about maintaining national occupational therapy certification as well as methods that can be used to contribute to professional competency.

3:30 - 4:15    **Poster Session 2**

- **Becoming Me with Dance for PD: Experiences of Virtual Dancers During the Pandemic**

(*Rehabilitation, Disability, and Participation*)

Rachelle Dorne, M.Ed., Ed.D., OTR/L, CAPS, Emily Bloom, MOTS, Katelyn Gardner, MOTS, Cassandra Hunter, MOTS, Kaitlyn Johnson, MOTS, Carlo Lumicao, MOTS, Marie McNary, MOTS, & Alexys Taylor

Participation in Dance for Parkinson's classes slows disease progression and improves motor, cognitive, and emotional function. The preliminary findings of this constructivist grounded theory study of dancers in different localities suggest the interactive processes of and influences on virtual engagement in dance for becoming and belonging for individuals with Parkinson's.

- **Better Together: Intentional Thoughts and Emotions for Emotionally Intelligent OT Practice**

(*Mental Health*)

Jeanne Wenos, P.E.D., Lauren Morgan, OTS, & Brandi Houck, OTS

Emotional Intelligence is a practice of intentionally combining thoughts and emotions to facilitate social-emotional behaviors and learning. This presentation will address the steps and benefits of EI attunement to interpersonal relationships and the facilitation of reasoning, adaptability, and professionalism inherent in OT practice.

- **Effectiveness of In-Home Occupation-Based Virtual Reality Among Adults After Stroke**

*(Rehabilitation, Disability and Participation)*

Allison Ellington, OTD, OTR/L, Kate Kuccera, MS, OTR/L, Hannah Leaman, OTD, OTR/L, & Catherine Smithson, OTR/L

In this study, a novel occupation-based virtual reality (VR) system was used in the home by adult clients post-stroke. Findings indicate that clients successfully used the VR system with bi-weekly OT telehealth check-ins. Additionally, client motor function improved significantly over 8 weeks of in-home VR use.

- **Evaluating Evidence-Based Splinting Interventions for Adults with Stenosing Tenosynovitis**

*(Rehabilitation, Disability, and Participation)*

Adam Tingler, OTS, Cheyanne Frayre, OTS, & Keith Gentry, EdD, MS-OTR/L, SCFES, SCLV

Through this poster session, attendees will become familiar with current evidence relating to the etiology of stenosing tenosynovitis ('trigger finger'), grading of this condition, common outcome measures used, evidence-based treatment interventions, and implications for occupational therapy practice.

- **Factors That Influence Entry-Level Doctoral OT Programs' Decisions Regarding White Coat Ceremonies**

*(Academic and Fieldwork Education)*

Abigail Kroner, OTS & Laura Miller, OTS

What determines OT programs' decisions to have or not to have white coat ceremonies for OT students? We discuss the results of our survey investigating the decision-making process and views on whitecoat ceremonies.

- **Responses to a First Year COTAD Chapter at Radford University**

*(Academic & Fieldwork Education)*

Viki Neurauter, PhD, MOT, OTR/L & Paula Prince, PhD

The purpose of this study is to determine the perceived benefits/impact of participating in a student driven COTAD chapter at Radford University. An ex post facto study was conducted using a demographic survey instrument and structured focus groups with students who had participated in the COTAD chapter activities during the 2021-2022 academic year.

- **Responding to Mental Health Calls: Occupational Therapists as a First Responder**  
*(Mental Health)*

Katie Sainovich, QMHP-C, OTS

With the Marcus Alert Law, mental health calls must be responded to mental health providers with compliance by 2026. Several localities have opted out citing lack of

workers. This researcher explored the current crisis intervention model and how occupational therapy can be applied to respond to mental health calls.

- **Role of Occupational Therapy in Breastfeeding**

*(Emerging Practice Area)*

Reagan Page, OTS, Tyller Roney, OTS, Rachel McFadden, OTS, & Keith Gentry,

EdD, MS-OTR/L, SCFES, SCLV

This synthesis project examined occupational therapy's role in breastfeeding, leading to four major themes emerging from the literature: common problems with breastfeeding, interventions, occupational therapy's educational role, and the role of lactation consultants. Occupational therapists can assist in addressing stressors and increasing confidence among mothers using therapeutic interventions and education.

- **Vision Rehabilitation Following Concussions, What is the Role of OT?**

*(Rehabilitation, Disability, and Participation)*

Delaney S Ratliff, OTS, Lauren Hatcher, OTS, Clay Curtis Handy III, OTS, & Jason Browning, Ph.D., OTR/L

An occupational therapist's role in treating visual impairment secondary to a concussion is to focus on occupations of the client. Evidence demonstrates the incorporation of multidisciplinary collaboration, utilization of compensatory techniques, and the establishment of a functional, occupation-based approach to enhance the impact of ocular rehabilitation.

#### 4:15 - 5:45 **Concurrent Session C**

- **Crafty Self-Care**

*(General and Professional Issues; Introductory)*

Michelle Stoll, MS, COTA **\*\* This is a make & take session that is limited to 24 participants and has an extra fee for materials of \$5 \*\***

In this practice exchange we will explore the development of arts and crafts, review evidence that supports participation, and utilize a simple craft project to stimulate social interaction skills, build group cohesion among colleagues, and create a product that will hopefully trigger fun memories post conference as well as an opportunity to explore new self-care strategies.

- **CollaborATe: An Interdisciplinary Approach to Assistive Technology**

*(Emerging Practice Area Assistive Technology; Introductory)*

Lauren Andelin, OTD, OTR/L, BCP & Meghan Reitz, M.Ed., CCC-SLP

Assistive technology is an essential tool for OTPs across practice settings, and educational standards (ACOTE, 2018) include mandated training in the "use of technology in practice" (B.4.15) as well as the ability to "apply ergonomic principles to reflect the changing needs of the client, sociocultural context, and technological advances (B.4.18)." However, preservice training for OTP students varies across

educational programs, and as the range of AT constantly expands, it can be challenging to confidently incorporate AT into assessments and interventions. This presentation will discuss areas that OT professionals can intervene to support AT as well as the importance of OT/SLP collaboration in making effective recommendations, particularly highlighting OT's role in AAC evaluations and implementation. The presentation will include several case studies from CHoR at VCU to demonstrate the unique and overlapping roles of the SLP and OT during AAC evaluations and treatment as well as identify strategies for addressing access vs. language needs when evaluating individuals with complex communication needs.

- **Enhancing OT Intervention for Functional Cognition**

*(Rehabilitation, Disability, and Participation; Intermediate)*

Allison Ellington, OTD, OTR/L & Michelle Weddle, OTS

Functional cognition is vital to occupational performance. This presentation will explore select evidence-based approaches for clients with functional cognition deficits, emphasizing the CO-OP and Multicontext Approach frameworks. Additionally, presenters will share free and low-cost products and resources to enhance the capacity of OTs to deliver high-quality interventions across a variety of settings.

- **Non-traditional Level II Fieldwork: A Roadmap**

*(Academic and Fieldwork Education; Intermediate)*

Sharon Wright, OTR/L, Kathryn Skibek, OTD, OTR/L, Lorie Meyers, COTA/L, Ellie Benning, COTA, & Whitney Canizalez, OTAS, Kathryn Dololey

This presentation will provide participants with a "roadmap" for developing a Level II Fieldwork experience in a non-traditional setting; outcomes for all stakeholders will be shared.

- **Psychosocial Occupational Therapy Interventions at a Residential Substance Use Disorders (SUD) Treatment Facility**

*(Mental Health; Introductory)*

Sarah Smidl, PhD, OTR/L, Lilly Adams, OTS, Curtis Handy, OTS, Lauren Landreth, OTS, Juan Martinez, OTS, & Bernadette Perez, OTS

This presentation will discuss the role of occupational therapy for individuals with Substance Use Disorders (SUDs) in a residential SUD treatment program, and describe the psychosocial group interventions implemented by MOT students during their Level 1 Fieldwork in Psychosocial Practice.

- **Therapeutic Consultation: Bridging the Service Delivery Cliff**

*(General and Professional Issues; Introductory)*

Gretchen Ward, MS OTR/L

As occupational therapy practitioners we have a unique skill set that can support individuals who would otherwise face institutionalization. Learn how to provide quality therapeutic consultation services in Virginia within the Medicaid waiver system and expand your practice.

**6:00 - 6:30 VOTA Board Meet and Greet with Students**

Want to talk with a VOTA Board Member? Or wondered what it is like to balance work, life, and volunteering for your profession? Students come and find out!

**6:30 - 7:30 Headshots**

Come get your headshots taken and support student scholarships, the proofs will be emailed. Price will be announced closer to the conference.

**6:30 - 9:00 Wine and Cheese Reception with Raffle, Karaoke and Dancing**

Join your fellow OT's for appetizers and a drink while buying raffle tickets to support VOTA student scholarships.

**Sunday, September 25, 2022**

**7:45 - 8:30 Continental Breakfast and Communities of Practice**

Join your colleagues for breakfast and learn about the Communities of Practice opportunities that VOTA has and connect with others in your community.

**8:45 - 10:15 Concurrent Session D**

- **Connecting to mOTHer Earth: What are ecopations and how are they relevant to my practice?**

*(Health and Wellness; Introductory)*

Elizabeth Richardson, OTD, MS OTR/L & Courtney Nelson, OTS

Climate change has been identified as the “greatest threat” to global public health. The way we engage in our occupations both influences and is influenced by the state of the natural world. OT is uniquely positioned to simultaneously address the health and well-being of our clients and environment through ecopations.

- **Information and Resources Available in the State of Virginia to Support the Journey of Disease, Disability and Injury**

*(Rehabilitation, Disability and Participation; Introductory)*

Juanita K Verma, MSOT, OT/L, CAPS

Describe the challenges of getting durable medical equipment or home accessibility modifications. Share a research paper that describes a process by an Ohio Hospital that streamlined their DME process. Share resources that can help one locate free DME or apply for home accessibility modifications and other helpful resources. Review potential concerns/liability giving donated equipment. Encourage empowerment of patient/family. Encourage self-compassion of therapists in striving to make a difference. Encourage advocacy for better DME order processes. Encourage OT practitioners to be involved in volunteer work or paid work to help improve the possible resources available to Virginians with disabilities.

- **Occupation-Based Interventions. An Evidence-Based Approach**

*(Rehabilitation, Disability, and Participation; Intermediate)*

Nancy Krolkowski, OTD, OTR/L, CHT

Interprofessional collaboration (IPC) is a team approach used in primary care settings to improve patient outcomes. Learn how IPC can be used in hospital acute care settings to reduce length of stay, hospital readmissions, and fall reduction. Strategies for occupational therapy involvement in the team will be explored.

- **OTA Confab 2022**

*(General and Professional Issues; Intermediate)*

Kimberly Kearney, COTA/L

Gathering of OTAs practicing in the state of Virginia for informal conversation on current issues. Please come with ideas and/or questions of interest. We hope to have lively discussion and networking with fellow practitioners.

- **PowerUp Your Practice: What it Means to be a Tech-Informed Clinician**

*(General and Professional Issues; Introductory)*

Gretchen Ward, MS OTR/L

Technology is a necessary part of daily life in modern society. As practitioners, we must strive to be tech-informed in our assessment and service delivery models in order to meet the needs of a changing society.

#### 10:30 - 12:00 **Concurrent Session E**

- **From Curiosity to Vision: Next-generation Directions for Emerging Specialties**

*(General and Professional Issues; Introductory)*

Sarah Garrison, MOTR/L, Candace Brown, OTS, Trey Hornback, OTS, Whitney Hoops, OTS & Katie Sainovich, OTS

Bring your internet-enabled devices to this interactive session, where we will provide you with hands-on opportunities to use free online software to design 3D objects, analyze 3D materials for safety, explore existing templates for use in OT, and explore websites where you can send items you design to be printed.

- **How Do I Adult?: A Pilot Program for Low SES Highschool Youth**

*(Child and Youth; Introductory)*

Lindsey Carter, OTD, OTR/L, QMHP-C & Victoria Britt, OTS

This session aims to describe a community program developed and implemented in collaboration by VCU Health and VCU OTD program. The session will provide education about process, impact of program, and facilitate a discussion about community programming in OT.

- **NBCOT® National Certification Exam: Information You Need to Know**

*(General and Professional Issues; Introductory)*

Shaun Conway, OTR

Connect with NBCOT and hear about the best approaches to achieve your goal for Occupational Therapy Certification.

- **OTs Role in Diabetes Self-Management in an Inpatient Rehabilitation Setting**

*(Health and Wellness; Introductory)*

Elise Marie Walton, OTD, Allison Ellington, OTD, OTR/L, & Cody LaRue, MS, OTR/L

Low health literacy and self-efficacy levels correlate with a reduction in a client's ability to perform diabetes self-management (DSM). The focal point of this capstone experience was to demonstrate OTs distinct role in DSM in an inpatient rehabilitation setting through group and one-on-one sessions.

- **Unlocking the Key to 3D Printing within Occupational Therapy**

*(Emerging Practice Area - Assistive Technology; Introductory)*

Amy Russell Yun, MS OTR/L, Kayla Kamper, MOTS, Lauren Murphy, MOTS, Madelyne McCrossin, MOTS, & Kiana Misterio, MOTS

Bring your internet-enabled devices to this interactive session, where we will provide you with hands-on opportunities to use free online software to design 3D objects, analyze 3D materials for safety, explore existing templates for use in OT, and explore websites where you can send items you design to be printed.