

Leah Goodman, OTD, OTR/L

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EDUCATION

MSW	University of Illinois Urbana-Champaign , Champaign, IL Department of Social Work Candidate for Master of Social Work; Advanced Clinical Mental Health Concentration	2022
OTD	University of Illinois at Chicago , Chicago, IL Department of Occupational Therapy Doctorate in Occupational Therapy Doctoral Project- <i>A Holistic Education: Supporting Mental Health and Well-being in Higher Education</i>	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:

Partnerships Development Manager January 2021-Present
Mantra Health, Remote (NY-based)

- Build strategic relationships with colleges and universities to expand student access to telemental health services and digital wellness resources

Clinical Faculty August 2018-Present
University of Illinois at Chicago, Department of Occupational Therapy, Chicago, IL

- Developed and delivered a credit-bearing course entitled “Promoting Well-being” to support the mental health and academic success of undergraduate and graduate students
- Collaborated with campus partners, student organizations and administrators to build innovative student well-being initiatives with an emphasis on non-clinical comprehensive mental health, equity, and diversity
- Served as a mentor for graduate and undergraduate students (e.g. doctoral committees, student organization faculty advisor, advisor to teaching and research assistants)

Faculty Fellow, Inclusive Classroom Initiative 2019-2021
University of Illinois at Chicago, Office of the Vice Provost for Diversity, Chicago, IL

- Served as a content area expert in the creation of a professional development module to educate faculty about the importance of student health and give them practical strategies for promoting mental well-being in their classrooms
- Collaborated with instructional and graphic designers to build an e-learning training focused on student well-being, mental health, inclusive pedagogy, and academic success for diverse students

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 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 make recommendations for supportive services to aid individuals with chronic mental illness 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

RESEARCH EXPERIENCE

University of Illinois at Chicago

Spring 2016 – Present

Department of Occupational Therapy, Chicago, IL*Primary Investigator*

- Designed, delivered and evaluated the impact of a 2-credit mental health and well-being 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)*

TEACHING & MENTORING EXPERIENCE

OT360 Promoting Well-being (Formerly OT494), 2 credits

Fall 2017- Present

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

- Independently developed, taught and evaluated the impact of a credit-bearing well-being course to support equitable student mental health and academic success
- Instructed up to four course sections per semester with enrollment of 35 students per section
- Trained and supervised students to become Teaching Assistants for the course
- Trained and supervised faculty to teach additional sections of the course to reach a larger subset of the student population

AHS304 Human Sexuality and Health Science, 3 credits

Fall 2019-Present

University of Illinois at Chicago, Rehabilitation Science, Chicago, IL

- Developed and delivered a curriculum exploring the intersection of sexuality, identity, and health

OT494 Special Topics in Occupational Therapy, variable credits

Fall 2018-Present

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

- Mentored undergraduate students in independent studies on topics related to mental health and well-being, as well as research design and program development

OT532 Advanced Field Experience: Occupational Therapy Education, variable credits

Fall 2019-Present

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

- Mentored OT Doctoral students in education and teaching practicums

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

Faculty Facilitator of Medical Student Wellness; Mindfulness Plenary Speaker

2018-2019

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

Building Capacity for the Provision of Occupational Therapy Services with Ethnically and Racially Diverse Youth in School-Based Mental Health

PUBLICATIONS

Angell, A. M., Goodman, L., Walker, H. R., McDonald, K. E., Kraus, L. E., Elms, E. H. J., Frieden, L., Sheth, A. J., & Hammel, J. (in press). "Starting to live a life": Understanding full participation for people with disabilities after institutionalization. *American Journal of Occupational Therapy*, 74(4).

Goodman, L., Manno, M. (2019). "The only class that has prepared me to live a better life": The impact of a credit bearing well-being course at a diverse American University. In L. Castelli, J. Marcionetti., A. Plata, & A. Ambrosetti (Eds.), *Well-being in Education Systems Conference Abstract Book Locarno 2019* (174-179). Bern, Switzerland; Hogrefe.

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 Communique*. 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

- Diversity and Cultural Humility in College Mental Health**, Webinar Moderator 2021
Mantra Health
- Positioning Well-being as an Equity Issue: The impact of a Credit-bearing Mental Health and Well-being Curriculum on Historically Marginalized Students**, Virtual Conference Poster 2021
The Depression on College Campuses Conference, Virtual (Goodman, L., Manno, M.)
- Promoting Well-being in Postsecondary Education**, Webinar Presenter 2020
OT-U Collaborative
- Mental Health Innovations: Scaling for Canadian Campuses**, Presenter & Facilitator 2019
Centre for Social Innovation, Toronto, CA
- "The Only Class That Has Prepared Me to Live a Better Life": The Impact of a Credit-bearing Well-being Course at a Diverse American University** Conference Presenter (Goodman, L., Manno, M.) 2019
2nd International Conference on Well-being in Education Systems, Locarno, Switzerland
- Reimagining, Redefining, and Rebuilding Higher Education**, TEDx Speaker 2019
TEDxRushU "Reimagine", Chicago, IL
- Embedding Wellness in Post-Secondary Learning and Experience**, Webinar Presenter 2019
Centre for Innovation in Campus Mental Health, Ontario, CA
- A State of Crisis: A Call to Action for Young Adult Mental Health**, Community Forum Panelist 2019
University of Illinois at Chicago, Chicago, IL in partnership with Young Invincibles and NAMI Chicago
- Promoting Well-being for University Students: Strategies, Initiatives and Policies for Systems Change**, Conference Presenter 2019
Occupational Therapy Scholarship of Practice Day, University of Illinois at Chicago, Chicago, IL
- TC Connect: Helping Students Build Professional Relationships with Professors**, Guest Talk 2018
University of Illinois at Chicago, Chicago, IL
- Campus Conversations: “What’s Going on and Why? Mental Health and the University Student”**, 2018
Campus Forum Presenter & Panelist
University of Illinois at Chicago, Office of the Provost and Vice Chancellor for Academic Affairs, Chicago, IL
- A Holistic Education: The Role of Occupational Therapy in Supporting College Student Well-being** 2018
Conference Presenter
Illinois Occupational Therapy Association Conference, Naperville, IL
- Mental Health, Self-management, and Academic Success in Higher Education: Outcomes of a Pilot Curriculum-based Intervention for College Students**, Conference Poster 2018
American Occupational Therapy Association Annual Conference, Salt Lake City, UT
- Mental Health Disability on Campus; Cultivating Communities of Well-being in Higher Education** 2018
Plenary Panel Speaker
Depression on College Campuses Conference, University of Michigan-Ann Arbor (Goodman, L.; Gotlib, D.; Saragoza, P.; Schwartz, V.; Segal, S.)
- Supported Employment and Education: Taking the Science Into Practice** 2017
Conference Presentation (Burson, K., Goodman, L.)
American Occupational Therapy Association Mental Health Specialty Conference, Indianapolis, IN

Prioritizing Mental Health in Higher Education: A Pilot Course to Support College Students with Disabilities , Conference Poster <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 , Conference Poster (Sheth, A.; Goodman, L.; Berry, S.; and the ADA PARC Consortium) <i>Health Disparities & Social Justice Conference</i> , Chicago, IL	2017

LICENSURE, AFFILIATIONS & LEADERSHIP

Licenses & Certifications:

Registered Occupational Therapist , National Board for Certification in Occupational Therapy (#367396)	Active
Licensed Occupational Therapist , Illinois Department of Financial & Professional Regulation (056.011733)	Active
Certified Yoga Instructor (CYT 200 hour) , Yoga to the People, San Francisco, CA	Active

Membership & Leadership:

American College Health Association , Member	2020
Mental Health Education and Training Working Group , University of Illinois at Chicago	2019
Disability Resource Center Visioning Task Force , University of Illinois at Chicago	2019
Chancellor’s Committee on the Status of Person with Disabilities , University of Illinois at Chicago	2017-2020
Mental Health America’s Collegiate Mental Health Innovation Council , Appointed member	2017-2018
National Consortium for Building Healthy Academic Communities	2017-Present
American Occupational Therapy Association	2014-Present

HONORS & AWARDS

Selected Innovation , McConnell Foundation’s Re-Code 2019	2019
TEDx Speaker , TEDxRush U, Chicago, IL	2019
“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
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 , Certificate Harvard Graduate School of Education	July 2019
Mental Health Early Action on Campus Act, House Bill 2152, 101st General Assembly Contributed to the organization of a forum to support Illinois mental health legislation	March – April 2019
Mental Health First Aid Certification	February 2019
Alternatives to Calling the Police During Mental Health Crises De-escalation workshop	April 2017, November 2018
Write to Change the World: The OpEd Project Invited participant	September 2018
Stanford’s Chronic Disease Self-Management Program (CDSMP) Trained Facilitator of the CDSMP “Better Choices, Better Health” self-management workshop	September 2016

INTERESTS:

- Holistic health and well-being, especially within marginalized communities
- Mental health, well-being and equity in higher education
- Innovative education reform and curriculum development
- Inclusive sex education