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OPTIMAE'S ADAMS NAMED OT OF THE YEAR BY STATE ASSOCIATION

Oct. 21, 2019 (DES MOINES, Iowa) – Optimae LifeServices Inc. announced today Ashley Adams, director of Optimae Rehabilitation Services, has been selected as OT of the Year by the Iowa Occupational Therapy Association (IOTA).

As noted in her nomination letter from IOTA president Steve Bowen, Adams spearheaded Optimae's creation of Iowa's first rehabilitation clinic that focuses on helping individuals with mental illness and intellectual disabilities acquire or relearn the skills they need to lead productive, independent lives through occupational therapy services.

"It has been a pleasure to work with Ashley on this project," said Sheryl Gill, chief operating officer of Central Iowa Services at Optimae. "She created the vision for a specialized OT program for persons with mental health needs, presented it to the company leadership and has successfully implemented the program as our newest line of business."

In addition to the creation of Optimae's Rehabilitation Services program, IOTA recognized Adams for her advocacy of the occupational therapy profession and her dedication to mental health awareness across the state.

"This effort increases visibility of OT in mental health practice leading to greater understanding of our work and purpose," Bowen wrote. "Combining her professional efforts to expand occupational therapy in Iowa and promoting OT through work and advocacy, it is evident that Ashley Adams be recognized by the Iowa Occupational Therapy Association as the OT of the Year."

Adams was recognized at the Association's state conference in Waterloo Sept. 27.

“It has been an honor and a privilege to start Optimae’s occupational therapy program,” Adams said. “At Optimae, we continue to provide exceptional mental health services in an ever-evolving health care landscape, allowing our customers to live their best life, which is what OT is all about. We wouldn’t be where we are today without our wonderful team of occupational therapy professionals and staff.”

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About Optimae LifeServices

Optimae LifeServices Inc. provides health care and human services for individuals with disabilities and mental illness from more than 40 central, eastern and southern Iowa counties. For more than three decades, we have equipped our customers with supports and services that encourage choice, empowerment and community integration. Our programs include community-based, behavioral health, home health, rehabilitation and residential care services. We advocate for the rights and needs of more than 5,300 Iowans each year, providing the quality of care we would want for our own family.

About the Iowa Occupational Therapy Association

The Iowa Occupational Therapy Association is a non-profit corporation established in 1977 dedicated to building the capacity of its members through education, research and communication. The IOTA acts as a public advocate for occupational therapy to promote viability of the profession and access to services.

To learn more about occupational therapy's link to mental health, visit www.aota.org/About-Occupational-Therapy/Professionals/MH.aspx.