

Lauren Mindrum

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PROFILE STATEMENT

My academic journey and hands-on clinical experiences have provided me with a strong foundation in therapeutic practices and a commitment to holistic, client-centered care. I bring strong interpersonal skills, empathy, and a collaborative spirit, which I use to empower clients, support their goals, and promote their well-being. I am committed to integrating evidence-based care, client-centered care, promotion of well-being, fostering growth, and impacting the lives of future clientele in my practice.

EDUCATION

Doctorate of Occupational Therapy

2022 - Present

Xavier University, College of Occupational Therapy (Cincinnati, OH)

- Anticipated graduation date: December 3, 2025
- GPA: 4.0

Bachelor of Science in Human Development and Family Science

2018 - 2022

Minor: Disability Studies

Ohio State University, College of Education and Human Ecology

- Graduated Magna Cum Laude

BOARD CERTIFICATIONS & LICENSES

National Board Certification for Occupational Therapy

Projected Eligibility: February 2026

Ohio Licensure

Projected Eligibility: February 2026

LEVEL II FIELDWORK EXPERIENCE

Summit Behavioral Healthcare (Cincinnati, OH)

January-April, 2025

- *Inpatient forensic psychiatric hospital*
- Delivered occupation-based interventions to patients with diverse and complex medical diagnoses, specifically complex mental health diagnoses.
- Designed, implemented, and facilitated structured occupational therapy groups addressing coping skills, emotional regulation, social participation, and leisure exploration (specifically cooking groups, art groups, coping skills groups, leisure groups, and unit groups) as well as individual interventions tailored to varying cognitive levels and psychiatric needs.
- Applied risk management strategies and adhered to safety protocols in a secure environment.
- Collaborated with an interdisciplinary treatment team to support patient progress toward recovery and community reintegration goals.
- Supported the development of functional life skills, self-management strategies, and engagement in meaningful occupations within a secure setting.
- Documented treatment sessions, progress notes, and behavioral observations in accordance with facility and legal requirements.

University of Cincinnati Medical Center (Cincinnati, OH)

April-June, 2025

- *Level 1 trauma center*
- Delivered occupation-based interventions to patients with diverse and complex medical diagnoses, including multi-trauma, neurological, cardiopulmonary, and post-surgical conditions.

- Performed functional assessments to determine safety, discharge needs, and recommendations for continued rehabilitation.
- Collaborated with interdisciplinary teams including physicians, nurses, PTs, SLPs, and case managers to develop and implement individualized care plans.
- Provided patient and caregiver education on safe ADL performance, energy conservation, and adaptive strategies to promote independence.
- Adapted interventions to accommodate lines, drains, ventilators, and other medical equipment while ensuring safety and patient comfort.
- Facilitated early mobilization and functional engagement to reduce risk of deconditioning and improve outcomes.

LEVEL I FIELDWORK EXPERIENCE

Total Immersive Diversity Experience (Guatemala) 2024

- International fieldwork experience at CREAR, an outpatient pediatric occupational therapy clinic, working alongside occupational therapists in Quetzaltenango, Guatemala with a focus on sensory integration, play-based interventions, feeding, and caregiver education.

Stay Well Home Health (Cincinnati, OH) 2024

- Experience within a home health setting and providing care for patients within skilled nursing facilities and within homes, assisting with interventions focusing on safety, mobility, activities of daily living, adaptive equipment, and caregiver education.

University of Cincinnati Medical Center (Cincinnati, OH) 2024

- Completed experience within a Medical Intensive Care Unit (MICU) at a level 1 trauma center and acute care setting including assisting with patient positioning, activity tolerance, activities of daily living, working with medical equipment, and early mobilization for critically ill patients.

Forest Hills School District, Sherwood Elementary (Cincinnati, OH) 2023

- Completed experience within a preschool, elementary, and middle school setting, assisting with fine motor, sensory, and self-regulation strategies while supporting children's individualized goals.

Cincinnati Children's Hospital Medical Center (Cincinnati, OH) 2023

- Completed experience within a Pediatric Intensive Care Unit (PICU) at a pediatric level 1 trauma center, assisting with patient handling, line management, direct patient care, early mobilization, and therapeutic interventions for children with critical medical needs.

PRESENTATIONS & PROJECTS

Bridging Gaps in Pelvic Floor Care: Research, Education, and Connection to Occupational Therapy, Occupational Therapy Doctoral Capstone Presentation, Xavier University Department of Occupational Therapy, December 2025

- Doctoral capstone aimed to identify the gap in early identification and management of pelvic floor disorders (PFD), emphasizing the role of pelvic floor occupational therapy in treating PFDs, and to increase the awareness of pelvic floor occupational therapy within the healthcare system.
- Developed a survey assessing the prevalence of PFDs in OBGYN patients versus provider perceptions at a local Cincinnati hospital. Completed all stages of research design including IRB application and approval prior to data collection through the local Cincinnati hospital and Xavier University.

- Developed pelvic floor materials and visual handout regarding labor preparation and positioning for antenatal mothers for the local Cincinnati hospital. Created a 42 page educational resource guide for individuals learning about pelvic floor therapy.
- Observed a pelvic floor therapist providing pelvic floor therapy for over 250 hours.
- Presented capstone at Xavier University Occupational Therapy Doctoral Capstone on December 3, 2025.

Poster on ***The Opportunities for Nature-Based Interventions in Occupational Therapy for Youth with Mental Health Disorders: A Scoping Review***, The Xavier University College of Professional Sciences Graduate Research Symposium, April 2024

- Explored the impact of nature-based occupational therapy and the impact on adolescent mental health.

RELEVANT EXPERIENCE

REI CO-OP (Cincinnati, Ohio)

Sales Associate

2022 – Present

- Directly assisting and communicating with customers in selecting outdoor gear based on needs.
- Trained in product knowledge surrounding outdoor gear.
- Supported daily store operations including sales, inventory, customer service, and maintaining store standards.
- Three time Anderson Award nominee for excellent customer service and teamwork.

A-1 Nursing Care (Columbus, OH)

Home Health Aide

2020 – 2022

- Directly work with client aiding in personal care areas including bathing, oral hygiene, behavior intervention, feeding/eating, sensory needs, communication, and ambulation.
- Provide support to clients in community spaces and increase client's community involvement.
- Medicaid Independent Provider certified by the Ohio Department of Developmental Disabilities.

Stepping Stones (Cincinnati, OH)

Teacher

2020

- Teach targeted activities to 4 children throughout the day.
- Manage and direct group of three paraprofessionals

Unit Lead for Ages 7-13

2018, 2019

- Responsible for ensuring safety, providing personal care throughout the day, scheduling, leading activities, daily Medicare & Medicaid paperwork, and necessary behavior intervention.
- Manage unit counselors & volunteers and communicate with parents & caregivers.

CERTIFICATIONS & COURSES

CarFit Technician Certification , American Occupational Therapy Association	2024
Annual Symposium: Inter-professional Teaming for Clients with Dementia , Xavier University	2024
Intraprofessional Collaborative Workshop for Treating Patients Post-Stroke , Xavier University	2024
CPR/First Aid/AED for Adult and Child/Infant , American Heart Association	2024
QPR Gatekeeper Certificate , QPR Institute	2023

Montreal Cognitive Association Certification, MoCA Cognition	2023
CITI Human Subjects Training, CITI Program	2023
DICE Certification (Diversity, Intercultural and Community Engagement), Ohio State University	2020

INVOLVEMENT

Coalition of Occupational Therapy Advocates for Diversity, Xavier University Chapter.	2022 – Present
Occupational Therapy Graduate Student Association, Xavier University Chapter	2022 – Present
<ul style="list-style-type: none"> President, November 2023 – December 2024 	
Transition Options in Postsecondary Settings (TOPS) Volunteer, (Columbus, OH)	2019 – 2022
<ul style="list-style-type: none"> Provided one on one support to students with IDD who want to continue academic classes, career development, and independent living instruction at an institution of higher education 	
Stepping Stones Volunteer (Cincinnati, OH)	2015, 2017, 2018, 2022
<ul style="list-style-type: none"> Provided one on one volunteer support to children with IDD ages 6-20 within an educational and recreation program 	

PROFESSIONAL ASSOCIATIONS

American Occupational Therapy Association (AOTA)	2022 – Present
Ohio Occupational Therapy Association (OOTA)	2022 – Present