

MGA 2026 Symposium

Occupational Therapy Session Speakers



Winter Marion Plott, COTA/L Winter is a COTA who works in the inpatient setting with substance use with co-occurring disorder and crisis. She also works in a day hospital setting with eating disorders. She utilizes modalities such as the MOHO, Motivational Interviewing, ACT, and CBT to help clients figure out changes they want to make and how to make them. Outside of work she spends some of her free time volunteering, and is co-founder of Autism On the Go, a local non-profit that creates programming for Autistic adults.



Tess Spence, OTRL/L, is an occupational therapist and Rehabilitation Clinical Specialist for the psychiatric occupational therapy department at Johns Hopkins Hospital. Specializing in mental health, her clinical focus is on co-occurring mental health and chronic pain conditions and schizophrenia inpatient services. Tess is a recognized speaker, having presented at conferences including the American Occupational Therapy Association (AOTA), and has co-authored published works, including "Identifying Meaningful Goals in Inpatient Psychiatric Care" and "Individuals with Eating Disorders' Perspectives on a Meal Preparation Intervention." Her current work focuses on integrating evidence-based, function-focused interventions in both inpatient and outpatient settings to improve client outcomes.
