

TRACES RELATED SPEAKERS AND TRAINING OPPORTUNITIES

This is a list of trainings provided throughout the Central Oregon region. All trainings are related to building resiliency and/or addressing adverse childhood experiences, toxic stress, or trauma. **If you have had training on any of these topics that you think others would benefit from, please send the name, description and contact information to katiehmcclore@gmail.com to have it added to this list.**

NAME	DESCRIPTION	RELEVANT AUDIENCES	TO SCHEDULE, CONTACT
TRACES 101: Community Conversation	<p>This off-the-shelf powerpoint (with talking points) can be led by anyone (no experience required!). TRACES partners are also available to co-host if desired.</p> <ul style="list-style-type: none"> Brief overview of the problem (trauma, toxic stress, adversity), The impact (education, employment, engagement, health, suicide, etc.), The solutions (individual, social, community). <p>It also shares information about the TRACES movement and encourages the audience to discuss how this shows up in their community and how they might work together to address the issue.</p> <p>Easy to use as an add-on to presentations on other topics.</p>	<p>Appropriate to all audiences. Designed as a ‘first exposure’ for audiences that know little to nothing about the topic and may not yet be able to spend more time on the issue.</p> <p>Available in: Crook, Deschutes, Jefferson Counties</p>	<p>Contact: Katie McClure 541-410-8779 katiehmcclore@gmail.com</p>
The Resolution Diamond (90 min – full day options)	<p>Based on several models, this training was designed, and is presented, by Elizabeth Fitzgerald. Elizabeth has lived experience with childhood trauma and provides a framework for understanding how each of us seeks simply to feel love and to feel good, how these needs can lead to negative or positive behaviors, how we can influence them moving toward positive behaviors and a life fulfilled.</p>	<p>Any. Elizabeth is thrilled to present to audiences throughout Central Oregon.</p> <p>Available in: Crook, Deschutes, Jefferson Counties</p>	<p>Elizabeth Fitzgerald, Deschutes County Health Services. Elizabeth.fitzgerald@deschutes.org</p>
Trauma Informed Care	<p>Trauma Informed Oregon (TIO) offers foundational training on trauma, the impact of trauma, trauma-informed care (TIC), and workforce wellness. Visit the website for information about trainers and other resources to support TIC efforts. www.traumainformedoregon.org</p>	<p>All audiences</p> <p>Available in: Crook, Deschutes, Jefferson Counties</p>	<p>Contact: Stephanie Sundborg Email: Ssund2@pdx.edu Phone: 503-931-0536</p>
Creating a Culture of Hope	<p>A Culture of Hope details the social/emotional assets necessary for human development, especially children and</p>	<p>Can tailor presentation to target audience, including</p>	<p>Emily Gibson: blueheronms@yahoo.com</p>

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	<p>families impacted by poverty. Developed through research in high-poverty, high-performing public schools throughout the United States, the Culture of Hope describes four “Seeds of Hope”: Optimism, Belonging, Pride, and Purpose. These seeds of hope are interconnected, and applicable to a wide variety of settings, including education, health care, and social services.</p> <p>Implementing the Seeds of Hope requires identifying which seed(s) are of primary urgency, and how to best infuse practice with the seed(s). Presentations are interactive, engaging, and thought-provoking.</p> <p>Dr. Emily Gibson, co-author of Building a Culture of Hope, is an educator with over 25 years experience in elementary, middle, and high school. Her doctorate is in school improvement, and her focus in research and work has been equity and access in education. Emily conducts trainings and consults with schools on the topics of the Culture of Hope, school improvement, trauma/ACES, writing, and school/classroom culture.</p>	<p>school staff, parent/family groups, community groups, leadership teams, school boards, etc.</p> <p>1 hour to full day sessions available.</p>	<p>707-834-8165</p>
<p>Creating conditions that support individuals with chronic and/or complex trauma to thrive</p>	<p>This programming is presented by Tanya Beard who sees trauma as an ordinary, disruptive, and painful part of human life, and as an opportunity for unimaginable growth. Her work focuses on education and support for the family and community, because trauma doesn't happen in isolation, and it cannot heal in isolation.</p> <p>Most recently, she has followed the work of Dr. Daniel Siegel, Brené Brown, Robert Sapolsky, and Dr. David Berceci. Her trainings cover Neurobiology, the Effects of Trauma, Mindfulness for the family, child and adult, and how to build an environment that connects us to AND builds upon our innate capacities for resilience.</p>	<p>Schools, parents, children, families</p>	<p>Contact: Tanya Beard Email: tanyabreathes@gmail.com></p>

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Building Self Healing Communities	<p>Presented by Laura Porter, Co-Founder of ACE Interface, LLC. With Dr. Robert Anda, Ms. Porter develops and disseminates educational products and empowerment strategies that help leaders throughout the nation to dramatically improve population health. She is honored to be a thought partner, educator, consultant and coach in two dozen states.</p> <p>Laura provides keynote presentations, workshops and consulting services. Customers appreciate having two hours to two days with Laura... to engage in education, dialogue, reflection and action planning. Her expert design and facilitation skills help groups think together about high-leverage and high-impact solutions to complex problems.</p>	<p>Ms. Porter provides support and services to a wide range of groups... from parents leading informal initiatives to officials leading state and federal agencies (Costs: \$2,000 + travel for speaking, workshops, facilitation)</p>	<p>Contact: http://www.aceinterface.com/Contact.html</p>
Facilitating youth to develop their own solutions to social problems and teaching clinicians how to better serve them.	<p>Dr. Ken Ginsburg is a pediatrician specializing in Adolescent Medicine at The Children’s Hospital of Philadelphia and a Professor of Pediatrics at the University of Pennsylvania School of Medicine. His research over the last two decades has focused on facilitating youth to develop their own solutions to social problems and to teach clinicians how to better serve them.</p> <p>He has appeared on CNN, NPR, The Today Show, Good Morning America, The CBS morning show, FOX and Friends and ABC, NBC, and CBS Nightly News programs.</p> <p>Closer to home, Dr. Ginsburg presented at the 2017 Beyond Paper Tigers Conference in Walla Walla, Washington and at an Oct 2017 Community Event in Medford, Oregon.</p> <p>For Parents <i>Details »</i></p> <p>Resilience in Action: Raising Children and Adolescents Who are Prepared to Thrive! (90-120 minutes)</p> <p>Authentic Success: Raising Children and Adolescents who are Prepared to Thrive in a Challenging World (90 minutes)</p> <p>Keeping Adolescents Safe (90 minutes)</p>	<p>Parents, Teens, Professionals who work with youth, School Communities</p>	<p>Contact: http://www.fosteringresilience.com/talks.php</p>

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	<p><i>Preparing for Adolescence</i> (90 minutes)</p> <p>For Teens <i>Details »</i></p> <p>Real Success (45-60 minutes)</p> <p>Coping with Life (45-60 minutes)</p> <p>For Professionals Who Work with Youth <i>Details »</i></p> <p>Resilience in Action: A Strength-based Approach to Working with Young People</p> <p>Working with Youth Labeled "At Risk": Reducing Risk by Recognizing and Building on Existing Strengths</p> <p>Taking Care of Ourselves: Healing the Healer (<i>Multiple formats available</i>)</p> <p>For School Communities <i>Details »</i></p> <p>Creating a Culture that Fosters Real Success</p>		

SUICIDE PREVENTION TRAININGS

NAME	DESCRIPTION	RELEVANT AUDIENCES
<p>QPR Training Question, Persuade, and Refer</p>	<p>QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.</p> <p>To learn more about QPR check out the QPR Institute's website at http://www.qprinstitute.com/</p>	<p>Any.</p> <p>Available in: Crook, Deschutes, Jefferson Counties</p>
<p><u>Deschutes County Contact:</u> David Visiko Suicide Prevention Coordinator Deschutes County Health Services</p> <p>Office: 541-388-6606 Email: david.visiko@deschutes.org Web: www.deschutes.org/suicideprevention</p>	<p><u>Jefferson County Contact:</u> Kimberlee Jones Prevention Supervisor BestCare Treatment</p> <p>Office: 541-475-4884 Cell: 541-527-9179 Email: kimberleejones@bestcaretreatment.org</p>	<p><u>All counties contact:</u> Carlos Salcedo Manager of Community Partnerships St. Charles Foundation</p> <p>Office: 541-706-5986 Mobile: 541-419-2076 Email: cosalcedo@stcharleshealthcare.org</p>