|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2022 Annual Plan** | | | | | | | | | | |
| **for the Region 1 I/DD Training Co-operative** | | | | | | | | | | |
| **Bold = holiday** | | | | | | |  |  |  |
| **January 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  |  |  |  | 1 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | BECHA | *Anxiety and Depression in Youth with Disabilities* | Torri Wright Ma.Sped |
| 16 | **17** | 18 | 19 | 20 | 21 | 22 |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |  |  |  |
| 30 | 31 |  |  |  |  |  |  |  |  |
| **February 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  | 1 | 2 | 3 | 4 | 5 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 12 | 14 | 15 | 16 | 17 | 18 | 19 | Among Friends | *Foundations of Sexual Health* | Shanya Luther & Co-trainer |
| 20 | **21** | 22 | 23 | 24 | 25 | 26 | BECHA | *Challenging & Complex Behaviors* | Torri Wright Ma.Sped |
| 27 | 28 |  |  |  |  |  |  |  |  |
| **March 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  | 1 | 2 | 3 | 4 | 5 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | Portland Parks and Rec | *Dual Diagnoses: MH & I/DD* | Lori Olson |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | BECHA | *Healthy tips and tricks to ease a stressful environment* | Torri Wright Ma.Sped |
| 27 | 28 | 29 | 30 | 31 |  |  |  |  |  |
| **April 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  |  |  | 1 | 2 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | Among Friends | *Digital Desire: Sexuality, Relationships & Technology* | Shanya Luther |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | Up & Out | *Collaborative Problem Solving* | Randi Cooper, M. Ed |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | BECHA | *Poly Vagal – Trauma Informed* | Torri Wright Ma.Sped |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **May 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | Columbia Community MHC | *I/DD and Mental Health* | TBD |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | BECHA | *Mapping the nervous system* | Torri Wright Ma.Sped |
| 29 | **30** | 31 |  |  |  |  |  |  |  |
| **June 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  | 1 | 2 | 3 | 4 | Abilities at Work | *Brain Function* | Kelley Gordham |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | BECHA | *Building routines and sensory diets* | Torri Wright Ma.Sped |
| 26 | 27 | 28 | 29 | 30 |  |  |  |  |  |
| **July 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  |  |  | 1 | 2 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 3 | **4** | 5 | 6 | 7 | 8 | 9 | Among Friends | *Puberty vs. Adolescence* | Shanya Luther |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | BECHA | *Trauma Informed - Polyvagal - Advanced/Level III (Level I & II required)* | Torri Wright Ma.Sped |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |  |  |  |
| 31 |  |  |  |  |  |  |  |  |  |
| **August 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | Clatsop Behavioral Healthcare | *Labels are for Jars, Diagnosis for Treatment* | Lori Thompson |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |  |  |  |
| 28 | 29 | 30 | 31 |  |  |  |  |  |  |
| **September 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  |  | 1 | 2 | 3 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 4 | **5** | 6 | 7 | 8 | 9 | 10 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | Community Vision | *Collaborative Problem Solving* | Randi Cooper, M. Ed |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |  |  |  |
| 25 | 26 | 27 | 28 | 29 | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **October 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  |  |  |  | 1 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | Community Vision | *Psychotropic Medications* | Lori Olson, MHPNP |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | Among Friends, LLC | *Diversity and Inclusion; Supporting Sexual and Gender Minorities* | Shanya Luther |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | Community Pathways, Inc | *Social Sexual Theme (exact subject TBD)* | Linda Peck Athens |
| 29 | 30 | 31 |  |  |  |  |  |  |  |
| **November 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  | 1 | 2 | 3 | 4 | 5 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 6 | 7 | 8 | 9 | 10 | **11** | 12 | Portland Parks and Rec | *Processing Loss & Grief with people with I/DD* | Interfaith Disabilities Network |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 20 | 21 | 22 | 23 | **24** | **25** | 26 |  |  |  |
| 27 | 28 | 29 | 30 |  |  |  |  |  |  |
| **December 2022** | | | | | | | **Host** | **Topic** | **Instructor** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |  |  |  |
|  |  |  |  | 1 | 2 | 3 | Sally Gibson | *OIS – General Level (G)* | Sally Gibson |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | Natascha Hottges Ortiz | *OIS* | Natascha Hottges Ortiz |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |  |  |  |
| 25 | **26** | 27 | 28 | 29 | 30 | 31 |  |  |  |