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| **2023 Annual Plan** | | | |
| **for the Portland Metro Area I/DD Training Co-operative** | | | |
| **Month** | **Host** | **Topic** | **Instructor** |
| **January 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| BECHA | OIS | Torri Wright |
| FACT Oregon | Understanding the How’s and Why’s of Behavior | TBD |
| FACT Oregon | Transition into Adulthood Summit | TBD |
| FASCETS Inc. | Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach | Suzanne Emery |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Understanding Autism | Barbara Avila |
| **February 2023** | Albertina Kerr Centers | Virtual parent work shop: Talking with your kids about sexuality | Kari Seals & Eli Toombs |
| Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| BECHA | OIS | Torri Wright |
| BECHA | Emotional Regulation Series Intro (3 class series) | Torri Wright |
| FACT Oregon | Ei/Ecse Early Childhood Summit, Transition to Kindergarten | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Top Ten Techniques for Engaging Autistic People | Barbara Avila |
| The Arc Portland Metro | CPR, AED, First Aid | Vicki Smead |
| **March 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| BECHA | OIS | Torri Wright |
| BECHA | Supporting Dysregulated youth/young adults (2nd class) | Torri Wright |
| FACT Oregon | The IEP: What You Need to Know | TBD |
| FACT Oregon | Launch: Preparing for the Transition to Adulthood – Part 1 | TBD |
| FACT Oregon | Launch: Preparing for the Transition to Adulthood – Part 2 | TBD |
| Portland Parks & Recreation | Medication Administration | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Motivating Autistic Teens and Adults | Barbara Avila |
| **April 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| BECHA | Stabilization through Co-regulation (3rd class) | Torri Wright |
| FACT Oregon | Assistive Technology at School and Life! Virtual Learning Summit | TBD |
| FACT Oregon | Self Determination and Financial Empowerment | TBD |
| FASCETS Inc. | Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Caring for yourself so you can care for others | Barbara Avila |
| **May 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| BECHA | Anxiety behaviors: what to look for & how to support | Torri Wright |
| Columbia Community Mental Health I/DD Program | Adapting Mental Health Approaches for I/DD Population | Kasi Dunning |
| lifempowered (formerly Riverside) | TBD | TBD |
| Portland Parks & Recreation | Autism or Epilepsy | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Understanding Autism | Barbara Avila |
| The Arc Portland Metro | CPR, AED, First Aid | Vicki Smead |
| **June 2023** | Abilities at Work | Brain Function training | Kelley Gordham |
| Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| BECHA | TBD | Torri Wright |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Top Ten Techniques for Engaging Autistic People | Barbara Avila |
| **July 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| FASCETS Inc. | Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Motivating Autistic Teens and Adults | Barbara Avila |
| **August 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| Community Pathways Inc. | SHARE | Linda Peck Athens |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Caring for yourself so you can care for others | Barbara Avila |
| The Arc Portland Metro | CPR, AED, First Aid | Vicki Smead |
| **September 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| FASCETS Inc. | Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Understanding Autism | Barbara Avila |
| **October 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| FASCETS Inc. | Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach | TBD |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Top Ten Techniques for Autistic People | Barbara Avila |
| **November 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Motivating Teens & Adults | Barbara Avila |
| The Arc Portland Metro | CPR, AED, First Aid | Vicki Smead |
| **December 2023** | Among Friends, LLC | Sexual Self-Determination | Shanya Luther |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Caring for yourself so you can care for others | Barbara Avila |
| **Federal Holidays (please don’t schedule trainings on these days):**  Monday, January 02 \*, New Year’s Day  Monday, January 16, Martin Luther King, Jr. Day  Monday, February 20 \*, Presidents Day  Monday, May 29, Memorial Day  Monday, June 19, Juneteenth National Independence Day  Tuesday, July 04, Independence Day  Monday, September 04, Labor Day  Monday, October 09, Columbus Day  Friday, November 10 \*, Veterans Day  Thursday, November 23, Thanksgiving Day (many people will also have Friday, November 24th off)  Monday, December 25, Christmas Day  *\*If a holiday falls on a Saturday, for many employees, the preceding Friday will be treated as a holiday for pay and leave purposes. If a holiday falls on a Sunday, for many employees, the following Monday will be treated as a holiday for pay and leave purposes.* | | | |