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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 DayMonday, January 16, Martin Luther King, Jr. DayMonday, February 20 \*, Presidents DayMonday, May 29, Memorial DayMonday, June 19, Juneteenth National Independence DayTuesday, July 04, Independence DayMonday, September 04, Labor DayMonday, October 09, Columbus DayFriday, November 10 \*, Veterans DayThursday, 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.*  |