

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 &	TBD

		Application of the FASCETS Brain-Based Approach	
	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.*