2024 Annual Plan

for the Portland Metro Area I/DD Training Co-operative

Month	Host	Topic	Instructor
January 2024	OTAC / Among Friends, LLC	Jan 24 (1-2:30pm PT) Creating Safer Spaces; Systemic Changes to Better Support and Include Sexual and Gender Minorities	Shanya Luther
	FASCETS Inc.	FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences	Certified Facilitator of the FASCETS Neurobehavioral Model
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals In All Fields	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 19-25 Year Olds	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 26 Year Olds and Above	Barbara Avila
	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
	Portland Parks & Recreation	Motivating Autistic Teens & Adults – virtual	Barbara Avila
	The Arc Portland Metro	Adult CPR/First Aid, CPR Instructor's Training	Vicki Smead

February 2024	Among Friends, LLC	Feb 7-9 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program	Shanya Luther
	Community Pathways,	SHARE	Linda Peck Athens
	FASCETS Inc.	FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences	Certified Facilitator of the FASCETS Neurobehavioral Model
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 19-25 Year Olds	Barbara Avila
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	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
March 2024	OTAC / Among Friends, LLC	Mar 20 (1-2:30pm PT) Sexual Self- Determination and Supported Decision- Making	Shanya Luther

	FASCETS Inc.	FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences	TBD
	FACT Oregon	IDEA Virtual Summit	TBD
	Portland Parks & Recreation	Caring for yourself - while you care for others – Online March 8	Barbara Avila
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 19-25 Year Olds	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 26 Year Olds and Above	Barbara Avila
	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
	The Arc Portland Metro	Adult CPR/First Aid	Vicki Smead
April 2024	Albertina Kerr	Positive Behavior Supports	Ben Treckman
	Among Friends, LLC	Apr 17-19 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program	Shanya Luther

Neurobehavioral Model - supporting individuals with all brain-based differences Portland Parks & Recreation Resource Fair – Free on April 20 at East Portland Community Center Sally Ashfield Gibson Consulting Synergy Autism Center Agencies and Professionals in All Fields Synergy Autism Center Synergy Autism Center Consultations for Parents of 19-25 Year Olds Synergy Autism Center Synergy Autism Center Consultations for Parents of 19-25 Year Olds Synergy Autism Center Synergy Autism Center Consultations for Parents of 19-25 Year Olds Synergy Autism Center Synergy Autism Center Consultations for Parents of 19-25 Year Olds Synergy Autism Center Parent Group For Parents of All Ages, with Autism Society of Oregon May 2024 Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program - Shanya Luther OTAC / Among Friends, May 29 (10-11:30am PT) Digital Desires: Shanya Luther		FASCETS Inc.	FASCETS	Certified Facilitator of
Model - supporting individuals with all brain-based differences Portland Parks & Recreation Resource Fair – Free on April 20 at East Portland Community Center Sally Ashfield Gibson Consulting Synergy Autism Center Agencies and Professionals in All Fields Synergy Autism Center Small Group Consultations for Parents of 19-25 Year Olds Synergy Autism Center Small Group Consultations for Parents of 26 Year Olds Synergy Autism Center Parents of 26 Year Olds and Above Synergy Autism Center Parents of All Ages, with Autism Society of Oregon May 2024 Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program - Shanya Luther OTAC / Among Friends, May 29 (10-11:30am PT) Digital Desires:				
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Brain-based differences Portland Parks & Recreation Resource Fair – Free on April 20 at East Portland Community Center				
Recreation Fair — Free on April 20 at East Portland Community Center Sally Ashfield Gibson Consulting Synergy Autism Center Synergy Autism Center Autism and Neurodiversity—Affirming Training for Agencies and Professionals in All Fields Synergy Autism Center Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:				
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Sally Ashfield Gibson Consulting Synergy Autism Center Parent Group Consultations for Parents of 26 Year Olds and Above Synergy Autism Center Parent Group for Parents of All Ages, with Autism Society of Oregon May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:		Recreation	Fair – Free on April 20	, ,
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Synergy Autism Center Small Group Consultations for Parents of 19-25 Year Olds Synergy Autism Center Small Group Consultations for Parents of 26 Year Olds and Above Synergy Autism Center Parent Group for Parents of All Ages, with Autism Society of Oregon May 2024 Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:			Community Center	
Neurodiversity- Affirming Training for Agencies and Professionals in All Fields Synergy Autism Center Small Group Consultations for Parents of 19-25 Year Olds Synergy Autism Center Small Group Consultations for Parents of 26 Year Olds and Above Synergy Autism Center Parent Group for Parents of 26 Year Olds and Above Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:		1	OIS	Sally Gibson
Consultations for Parents of 19-25 Year Olds Synergy Autism Center Small Group Consultations for Parents of 26 Year Olds and Above Synergy Autism Center Parent Group for Parents of All Ages, with Autism Society of Oregon May 2024 Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires: Synergy Autism Center Parents of All Ages, with Autism Society of Oregon Barbara Avila Barbara Avila Shanya Luther Shanya Luther		Synergy Autism Center	Neurodiversity- Affirming Training for Agencies and Professionals in All	Barbara Avila
Synergy Autism Center Small Group Consultations for Parents of 26 Year Olds and Above Synergy Autism Center Parent Group for Parents of All Ages, with Autism Society of Oregon May 2024 Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires: Shanya Luther		Synergy Autism Center	Consultations for Parents of 19-25 Year	Barbara Avila
Synergy Autism Center Parent Group for Parents of All Ages, with Autism Society of Oregon May 2024 Among Friends, LLC May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:		Synergy Autism Center	Small Group Consultations for Parents of 26 Year Olds	Barbara Avila
each day) Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:		Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of	Barbara Avila
FOUNDATIONS of the Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:	May 2024	Among Friends, LLC	May 8-10 (9am-4pm PT	Shanya Luther
Sexual Self- Determination Certification Program - Shanya Luther OTAC / Among Friends, LLC May 29 (10-11:30am PT) Digital Desires:			each day) Tier 1:	
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OTAC / Among Friends, May 29 (10-11:30am Shanya Luther LLC PT) Digital Desires:			_	
LLC PT) Digital Desires:			Snanya Luther	
& Technology		_	PT) Digital Desires: Sexuality, Relationships	Shanya Luther

	Columbia Community Mental Health I/DD Program	TBD	TBD
	FASCETS Inc.	FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences	Certified Facilitator of the FASCETS Neurobehavioral Model
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
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	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
	The Arc Portland Metro	Adult CPR/First Aid	Vicki Smead
June 2024	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
	Synergy Autism Center	Small Group Consultations for	Barbara Avila

		Parents of 19-25 Year Olds	
	Synergy Autism Center	Small Group Consultations for Parents of 26 Year Olds and Above	Barbara Avila
	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
July 2024	Among Friends, LLC	July 10-12 Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program	Shanya Luther
	OTAC / Among Friends, LLC	July 24 (1-2:30pm PT) Let's Talk About Sex! - For Professionals	Shanya Luther
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 19-25 Year Olds	Barbara Avila
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	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
	The Arc Portland Metro	Adult CPR/First Aid	Vicki Smead

	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals In All Fields, Parent Consultation Groups	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 19-25 Year Olds	Barbara Avila
	Synergy Autism Center	Small Group Consultations for Parents of 26 Year Olds and Above	Barbara Avila
	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
September 2024	MaryJo Walworth/Abilities at Work	Brain Functions	Kelly Gordan
	OTAC / Among Friends, LLC	Sept 4 (10-11:30am) From Ally to Advocate; 20 Tips, Tools, and Resources for Supporting a Person's Sexual Health	Shanya Luther
	Among Friends, LLC	Sept. 18-20 Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program	Shanya Luther
	FASCETS Inc.	FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences	Certified Facilitator of the FASCETS Neurobehavioral Model

	Portland Parks & Recreation	TBD	TBD
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
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	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
	The Arc Portland Metro	CPR, AED, First Aid	Vicki Smead
October 2024	Among Friends, LLC	Oct 16-18 Tier 1: FOUNDATIONS of the Sexual Self- Determination Certification Program	Shanya Luther
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	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and	Barbara Avila

		Professionals in All Fields	
	Synergy Autism Center	Small Group Consultations for Parents of 19-25 Year Olds	Barbara Avila
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	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
November 2024	OTAC / Among Friends, LLC	Nov. 6 (1-2:30pm PT) Sex and Medicine; The Imperative for Medical and Mental Health Providers to Address Sex and Sexuality Part One	Shanya Luther
	FASCETS Inc.	FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences	Certified Facilitator of the FASCETS Neurobehavioral Model
	Portland Parks & Recreation	TBD	TBD
	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
	Synergy Autism Center	Small Group Consultations for	Barbara Avila

		Parents of 19-25 Year Olds	
	Synergy Autism Center	Small Group Consultations for Parents of 26 Year Olds and Above	Barbara Avila
	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila
	The Arc Portland Metro	CPR, AED, First Aid	Vicki Smead
December 2024	Sally Ashfield Gibson Consulting	OIS	Sally Gibson
	Synergy Autism Center	Autism and Neurodiversity- Affirming Training for Agencies and Professionals in All Fields	Barbara Avila
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	Synergy Autism Center	Parent Group for Parents of All Ages, with Autism Society of Oregon	Barbara Avila

Federal Holidays (please don't schedule trainings on these days):

Monday, January 01, New Year's Day

Monday, January 15, Martin Luther King, Jr. Day

Monday, February 19, Presidents Day

Monday, May 27, Memorial Day

Wednesday, June 19, Juneteenth National Independence Day

Thursday, July 04, Independence Day

Monday, September 02, Labor Day

Monday, October 14, Columbus Day

Monday, November 11, Veterans Day

Thursday, November 28, Thanksgiving Day (many people will also have Friday, November 29th off)

Wednesday, December 25, Christmas Day