



## 18<sup>th</sup> Annual Investment in Caregivers Conference

*The Secret of Caregiving is in the Caring!*

**Saturday, May 4, 2019**

**8:00am-4:45pm**

**Four Rivers Cultural Center  
676 SW 5th Avenue, Ontario, Oregon**

*This conference is for all who provide care to others, from infancy to end-of-life.*

### **Schedule of Events:**

#### **Friday, May 3<sup>th</sup>**

5:30pm-8:30pm Pre-Conference Workshops

#### **Saturday, May 4<sup>th</sup>**

8:00am-9:00am Registration, Continental Breakfast, Networking & Marketplace

9:00am-10:30am Keynote Address; Break; 10:45am-12:30pm Morning Workshops

12:30pm-1:30pm Lunch, Networking & Marketplace

1:30pm-3:00pm; Break; 3:15pm-4:45pm Afternoon Workshops

4:45pm Have a Safe Trip Home!

### **Thoughtful Empathy: Gift & Burden Keynote 9:00-10:30am Set 1/CKC:PPLD**

Most all of life is some combination of gift and burden; delight and challenge; joy and pain.

*Spoiler Alert:* Even our *gifts* (aka hard work, compassion, etc.) can become *burdens*. Bring your life experiences, wisdom, frustrations, hopes and imagination. With added voices from Empathy Experts, we will consider together how to build on our strengths, using both our minds and our hearts.

**Kari Sansgaard** has worked as a social worker, pastor and chaplain. She spent two years studying Family Systems Theory (Bowen Theory) and has completed five units of Clinical Pastoral Education. She continues to learn about and develop practices for supporting caregivers in a culture where they are undervalued. Kari grew up in rural Iowa where her family cared for foster children and was a Safe Home for women and children fleeing from abusive situations. Kari has lived in the Treasure Valley for the past twenty years. She served as pastor of King of Glory Lutheran Church for fourteen years before moving into hospice chaplaincy. She holds a Bachelor's degree in Social Work, a M.A.E in School Counseling, and a Master's of Divinity. She is mother to two daughters and is leaning into the Empty Nest life chapter. Kari enjoys reading, yoga, music and her primary talent is singing the Elmo song!



Visit [www.4rhc.org](http://www.4rhc.org) to register now! Tickets at Eventbrite <https://www.eventbrite.com/e/may-4-2019-investment-in-caregivers-conference-tickets-60614217757>

## **Friday, May 3<sup>rd</sup> Pre-Conference Workshops**

### **Darkness to Light**

**Presented by Pat Stephens 2.5 hrs (5:30-8:00pm) Set 1/CKC:HSN**

The Darkness to Light training is designed to create Stewards of Children in our community. The training will raise awareness and educate adults on how to prevent, recognize, and react responsibly to child sexual abuse. A combination of survivor stories, expert advice, and practical guidance for preventing child sexual abuse will be presented in a video format with time for discussion. The training will provide information about making choices, taking risks and supporting each other. Attendees will learn simple strategies to prevent and respond to sexual abuse through Darkness to Light's 5 Steps to Protecting Our Children.

**Pat Stephens**, whose career began with the Idaho State School and Hospital, working with adults struggling with mental illness. She later worked at St. Luke's Regional Medical Center in Boise as a supervisor in the Home Care/Senior Life/Hospice arena, helping those facing loss and the many struggles that can accompany later life. After working as a medical social worker for St. Luke's, Pat went to work as a program director for Family Advocates in Boise, and later as the state director of the Idaho PIRC (Parent Information Resource Center), a statewide coalition of parent education programs. Treasure Valley Children's Relief Nursery strives to prevent child abuse and neglect through empowering and educating families. Their motto of "Safe Kids, Strong Families, Successful Community" speaks strongly to eliminating child sexual abuse and helping create more Stewards of Children. Pat Stephens is proud to be part of the Relief Nursery team working to keep all children safe from abuse, neglect and sexual abuse.

### **Promoting & Maintaining Cultural Identities of Youth**

**Presented by Shantika Green 3 hrs (5:30-8:30pm) Set 1/CKC:DIV**

One of the most important tasks we have as adults is to help youth to develop a healthy sense of self. Developing a positive cultural identity is a critical element for personal, social and academic growth. Positive identity formation provides youth with self-assurance, a sense of belonging, a positive view of personal future and better success in school. This training will focus on ways in which caregivers and child welfare staff can help to promote and/or maintain the cultural connections and identities of youth. At the end of this course, you will be able to identify ways in which to promote racial and ethnic pride with youth and identify strategies to encourage and assist youth in forming a positive cultural identity.



**Shantika Green**, MSW, CSWA obtained her MSW through the Child Welfare Education Program and was also a graduate of the Culturally Responsive Leaders program. Shantika has worked for OR Child Welfare for 8 years in various roles. Prior to her work in Child Welfare, she had a wide variety of experience working with culturally specific programs within the Mental Health field. Additionally, she has done extensive work with youth and adults of color involved in the criminal justice system. As a Training Specialist with Portland State University, she trains DHS Caseworkers and Foster Parents. Her training areas include Dynamics of Poverty, Principles of Engagement, Meaningful Visitation and Self Care for Caseworkers. She also trains various topics for Certification and Adoption workers and Social Service Assistants. In her spare time, Shantika loves traveling and spending time with her family.

## Saturday, May 4<sup>th</sup> Workshops

### **Practicing Self-Empathy: The Airplane Method**

**Presented by Kari Sansgaard 10:45am-12:30pm Set 1/CKC:PPLD**

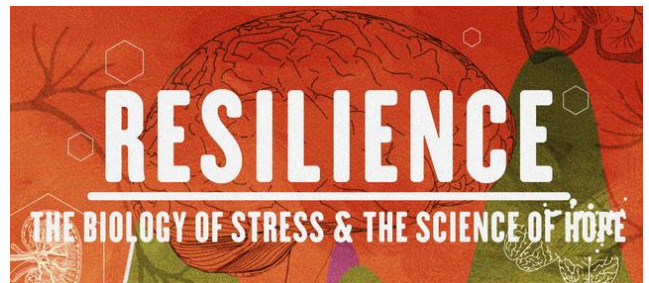
(see Kari's photo and biographical sketch on front cover)

People become caregivers by chance and/or by choice. Physical, spiritual and emotional energy can be consumed such that we feel depleted. Intentional self-empathy is essential to experiencing abundant life and to bearing light, love and care for others. Participants will have an opportunity to develop an empathy 'tool set.' Wisdom from Bowen Theory to Brene' Brown will be incorporated. We will consider how self-empathy connects to caregiving, beginning with the "airplane method." Caregiving is hard! Spend time in this session considering what best nourishes you in mind, body and spirit. In this session we will glean wisdom from experts and from one another, developing our sense of self empathy and building our tool set for our daily work. There will also be time for us to experience simple, intentional and life-giving practices.

### **RESILIENCE: A Film About the Biology of Stress & the Science of Hope**

**Presented by Malheur County Drug Free Communities Coalition 10:45am-12:30pm Set 1/CKC:HSN**

**JPJR Films' *Resilience*** chronicles the birth of a new movement using cutting-edge brain science to disrupt cycles of violence, addiction and disease. It is an engrossing study of how Adverse Childhood Experiences (ACEs) can be linked to destructive behavior and disease. As the documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. *Resilience* also chronicles the dawn of a movement that is determined to fight back. As experts and practitioners profiled in the film point out, what's predictable is preventable. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose. Following the film there will be a class discussion led by Theresa Martinez. Discussion will focus on ACEs, Resiliency, Brain Development, Learning and Trauma.



**Directed by James Redford; Produced by James Redford & Karen Pritzker**

**James and Karen** brought us the documentary film *Paper Tigers*, which examined the positive impact of trauma-informed communities and took an intimate look into the lives of five students at Lincoln High School, an alternative school that specializes in educating traumatized youth. *Resilience* premiered to sold-out crowds at Sundance in 2016 and is currently screening at festivals and national conferences.

### **Links Between Social Emotional Development and Learning**

**Presented by Theresa Martinez 1:30-4:45pm Set 2/CKC: 1.5 hrs HGD & 1.5 hrs UGB**

This training will explore self-regulation in children, executive function and factors that impact normal social emotional development as well as demonstrate the use of some simple social emotional tools and strategies to implement in the classroom or at home for successful interactions with families and children who struggle. This topic is important for people working with children and families, helping them to understand self-regulation and how it develops in children, and learning techniques to help children develop these skills.

**Theresa Martinez** is an Eastern Oregon girl, and a graduate of Nyssa High School. She attended Western Oregon University earning an Honor's BA in Secondary Education and English. Theresa went on to earn two MS's at Portland State University in Special Education and Curriculum and Instruction with an ESOL endorsement. Theresa spent 13 years in the classroom, teaching and case-managing students from kindergarten through age 21, in a variety of settings. She spent five of those years in a day treatment classroom in Portland Public Schools, working with adolescents with mental health diagnoses. Theresa then moved into the Early Learning world and has been the Early Learning Coordinator for the Eastern Oregon Hub for the past four years. Theresa is married, with three children who take up the rest of her free time!



## **Loving & Letting Go**

**Presented by Tim Boettcher 10:45am-12:30pm Set 1/CKC:PPLD**

Caregivers take into their home and childcare facilities children who have been abused, neglected, and traumatized. They nurture these children and help them through their behavioral and emotional difficulties. When it is time for children to move on, the caregivers' repeated and ongoing loss and grief is rarely addressed. In this training, we will focus on the unique loss and grief that caregivers experience and on what helps support this necessary process. By the end of the workshop, participants will be able to identify losses and grief specific to caregivers, explain how caregiver loss is unique, and will have explored what can best help support caregivers in the grief process.

## **Parenting from the Heart and Brain**

**Presented by Tim Boettcher 1:30-4:45pm Set 1/CKC:PPLD**

Caregivers know that some children are more challenging than others to parent. When parenting a particular child or children becomes chronically unrewarding, caregivers' brains change. Through this change, blocked care occurs. Learn what blocked care is, how to parent these particularly challenging children, and move from blocked care to enjoyable and effective parenting. By the end of this session, participants will be able to describe what blocked care is, identify the impact of blocked care on caregivers and children, practice effective parenting strategies that help children and stop blocked care.

**Tim Boettcher** has been training foster parents in various regions of Oregon for the Child Welfare Partnership of Portland State University since 2016. This is a dream job for him which allows him to use his past experiences as an Oregon DHS caseworker, a classroom teacher and surrogate caregiver. Tim is an adult Third Culture Kid and having lived most of his life in Asia and Europe he has experienced multiple transitions as a child and adult. He has worked with children and families for over 25 years. The subjects he trains include Trauma Informed Parenting, Loss & Grief of Children in Care, Parenting with the Heart and the Brain, Effective Communication, Transitions for Youth in Care, Motivating Youth to make Positive Change, and many others.



## **Unique Challenges of Caregiving**

**Presented by Glenn Blankenship & Jeannette Davidson-Mayer 10:45am-12:30pm; continued 1:30-3:00pm**

This two-part workshop will focus on several unique challenges faced by caregivers. Issues to be covered include: how to go about placing a loved one into a care facility, how to address and handle difficult behaviors,



caring for those that have a dual diagnosis, how to assertively handle challenging interactions, how to properly care for someone who lacks understanding of social cues, as well as the effects of trauma on caregivers. We will also discuss some unique challenges faced by caregivers of military veterans. *(See presenter bio's below.)*

## **Client Rights and the Relationship to Self Determination**

**Presented by Glenn Blankenship & Julian Cantana 3:15-4:45pm**

The focus of this workshop will be around client rights, including the right to self-determination. We will explore how to put aside our own personal biases and honor the choices of our clients, even when these choices do not conform to what we or others consider to be normal societal expectations.



**Glenn Blankenship** LMSW, CSWA, a Social Worker for Signature Healthcare at Home, is a Master Level Social Worker licensed in both Idaho and Oregon. In 2004, while completing his Senior Year at Boise State University, Glenn was privileged to serve as a Social Work Intern for a local hospice company. This very positive experience shaped his future career path which has led Glenn to spend 12 of the last 14 years working as a Hospice Social Worker. Glenn has presented numerous times on the challenges faced by those suffering from Dementia or Alzheimer's, as well as the challenges faced by Caregivers in general. As he presents, Glenn enjoys sharing his many life experiences, which includes time spent on Active Duty in the Air Force, in a humorous and oftentimes straight forward and easy-to-understand manner. One of his future career goals is to serve other Veterans and Active Duty Military Members who suffer from Post-Traumatic Stress Disorder (PTSD). When not at work, Glenn enjoys a variety of physical activities, from riding his mountain bike to officiating high school

softball games. Glenn also enjoys spending time with his wife, Sherill, as well as his adult children and grandchildren.

**Julian Cantana** MSW, LMSW, is a social worker with Signature Healthcare at Home, and is licensed in the state of Idaho. He holds a bachelor's degree in education from Boise State University and a master's degree in social work from Northwest Nazarene University. Prior to working with Signature, Julian worked in a nursing home setting with short-term and long-term care patients for three years. During his graduate work at NNU, he was able to complete internships with Ada County Drug Court, St. Alphonsus Home Health & Hospice, and the Idaho State Veteran's Home. His social work experience has helped him to more appreciate the core social work values of service, dignity, compassion and human relationships. Julian takes a special interest in the consciousness of individuals after clinical death, understanding the special awareness, needs and communications of passing patients, and effective mediation for patients and families. When he is not helping patients and families achieve their goals, Julian enjoys spending time with his wife, Tenille, and playing with his 16-month-old son Samuel. He also enjoys playing chess, tennis, basketball, riding his bike and reading books about history, science, and Christian theology.

## **Our Central Command Post – Adaptive Homes for Cognitive Disabilities**

**Presented by Jeannette Davidson-Mayer 1:30-3:00pm**

When her husband DeWayne, a combat veteran, returned from military service in Iraq, the family began to realize the side effects of war would be lifelong. Never knowing what will be in store yet needing a routine with consistency, they have learned to overcome and adapt to an ever-changing "new normal." Come learn how a stick-built home can be flexible and meet the needs of those with cognitive challenges.

## **Service Animals and the Americans with Disabilities Act (ADA)**

**Presented by Jeannette Davidson-Mayer 3:15-4:45pm Set 1/CKC:PPLD**

Service animals are an essential part of everyday life for many people with disabilities. For some, a service dog is necessary for their livelihood and personal safety. A service animal is individually trained to do work for the benefit of a single individual with a disability defined by the American's with Disabilities Act. Join the conversation while learning about Rights and Responsibilities that go along with owning a service animal.

**Jeannette Davidson-Mayer** is an author, veteran caregiver, and military family advocate. She is a graduate of the University of Phoenix and has spent over ten years working in human resources, public relations and as a business builder. While Jeannette's husband DeWayne, a combat veteran, was serving in Kirkuk, Iraq he used five of his nine lives. Traumatic Brain Injury (TBI) wasn't a known medical issue yet. Jeannette soon noticed that her husband wasn't functioning like his old self. Slowly, she developed a caregiver strategy for supporting her husband's TBI, Post Traumatic Stress (PTSD), and now signs and symptoms of Chronic Traumatic Encephalopathy (CTE). This was accomplished by creating "Our Central Command Post," aka the kitchen (!) to support what little bits of DeWayne's independence and plan for success she was able. Learn more details in Jeannette's book, *Our Central Command Post*.

Jeannette's role as an Elizabeth Dole Foundation Fellow Alumni is advocating on behalf of military caregivers nationwide. She shares knowledge with other Military Families to help them realize their own personal strength and encourage them to keep moving forward on their own personal path. Jeannette also shares the importance of incorporating children into the healing process, how this offers greater rebuilding powers and ensures our children are not forgotten in the process. As a part of Four-Star Alliance/America's Warrior Partnership, Jeannette's primary goal is focusing on recreational therapy's benefits in supporting needed successes for our Military Families, as well as creating their own "Central Command Post" that defines their family dynamic. Jeannette is member of the VFW Auxiliary, Team Rubicon – State Planner for Idaho, Saint Alphonsus Community & Foundation Board, Ontario and Chairman of the Boise VA Patient Advocacy Committee. She is also a proud two-time recipient of the President's Volunteer Service Award for her work with Team Rubicon in response to Disaster Services.



## **Panel Discussion – Spectrums of Abuse & Understanding Protective Services: 3:15-4:45pm**

Caregivers will learn about abuse and neglect investigations, Oregon/Idaho Abuse rules, their duty to report, and the importance of conducting abuse investigations using a trauma-informed approach.

**Panelists: Brian Beck, Heather Brown, David Goldthorpe, Rene' Kesler, and Leah Mack**

**Brian Beck** is a supervisor for the Oregon Department of Human Services, Aging & People with Disabilities Program in Districts 13/14. Brian supervises Adult Protective Services, which includes a team of 8 APS Investigators covering Malheur, Baker, Grant, Harney, Union and Wallowa Counties. Brian and his team are responsible for investigating abuse &/or neglect allegations involving anyone 65+, and people with physical disabilities.



**David Goldthorpe** was raised in Meridian, Idaho, spending his early years on a family farm. He later attended BYU and married the girl of his dreams. He completed law school at Willamette University in Salem. David's first criminal justice job was as a Corrections Officer in Boise, Idaho. After passing the bar exam, he was employed with the Marion County DA's office, and worked as a Judicial Clerk in Multnomah County Circuit Court. David knew he wanted to spend the rest of his career in a courtroom after the first day! He served as the Clatsop County District Attorney, and in 2016 became the **Malheur County District Attorney**. Serving the community is a privilege and an honor, and David's first priority is to provide public safety. He serves on many local boards, and values community involvement. He and his wife have four beautiful children.

**Leah Mack** has a B.A. in Secondary Education, a M.Ed. in Educational Leadership and is a Certified Public Manager. She was a teacher for 25 years at both the secondary and post-secondary levels, and then began a career in Child Welfare. She first worked in Arizona as an investigator and supervised an investigation unit. She retired from Arizona and moved to Oregon in 2016, going to work for the Oregon Department of Human Services, Child Welfare Program. She has been a protective services worker, permanency worker, screener, and a supervisor. She is currently a Certification / SSA Supervisor in District 14 Child Welfare covering Grant, Harney and Malheur Counties. In her free time, Leah enjoys camping, boating and riding motorcycles. She and her husband Gary have been married for 31 years, and together they have 3 children and 2 grandchildren.



**Heather Brown** is a Compliance Specialist and QA Auditor for Lifeways, Inc. in Malheur County, and a part-time screener and investigator for the Lifeways Mental Health and I/DD programs. She assists caregivers with questions about Investigating, Oregon/Idaho Abuse rules, expectations around their duty to report. Heather has an associate's degree in Business Administration and is working toward her bachelor's degree in Business Administration and Health Care Management. She has three children and lives in Payette, Idaho. She has several family members with I/DD diagnoses, which fuels the passion for her work. She enjoys road trips with her husband and children, and spending time with her cats.

**Rene' Kesler** is a full-time Malheur County Mental Health and Intellectual/Developmental Disability (I/DD) Investigator at Lifeways, Inc. She assists clients and caregivers with questions related to investigations, abuse rules, and their duty to report. Before becoming a designee of the State of Oregon, Mrs. Kesler worked with high-risk populations as an I/DD Service Coordinator, I/DD Adult Foster Home Licensur, I/DD Eligibility Specialist, Brokerage Personal Agent, and Head Start Pre-School Teacher. Mrs. Kesler conducts training as requested and is a lifelong learner. As an advocate for children, she has served as a CASA volunteer (5 yrs.). She was a school bus driver for over 20 years. Rene' has a Bachelor of Arts from Eastern Oregon University in Anthropology, Sociology, and Health. She is certified and serves as a Critical Incident Stress Responder (2014) and is a Connect Postvention Suicide Trainer in Malheur County. She assists in various training and boards as needed, works with community partners and is civic-minded. Mrs. Kesler is one of four co-owners of Kesler Farms Inc. in Nyssa Oregon, enjoys traveling, singing and the arts and spending time with family with an emphasis on enjoying time with her 13 grandchildren.







## **Understanding Trauma and Trauma Informed Care Set 1/CKC:HSN**

**Presented by Whitney Hayden and Orquidea Erickson 3:15-4:45pm**

This presentation will explore many aspects of trauma. We will define trauma and the prevalence of trauma within a typical population and discuss the ACE study (Adverse Childhood Experiences). We will address how traumatic events can impact an individual's neurodevelopment, social / emotional / cognitive development, the increased risk for high-risk behaviors, and increased risk of serious medical conditions. During the presentation we will also examine Trauma-Informed Care (TIC) and how we can better serve our clients that have experienced trauma. It is important for providers to understand how trauma can impact an individual's day-to-day life, their ability to engage and socialize, as well as the importance of accessing behavioral health services. We will also briefly touch on vicarious trauma and the importance of self-care for care givers.

**Whitney Hayden** (pictured above) MSW, QMHP, received her undergraduate degree from the College of Idaho and obtained a master's degree in social work from Northwest Nazarene University. She has enjoyed working in the social work field for 15 years. Whitney is currently working at Lifeways in Ontario Oregon as a supervisor for the ACT (Assertive Community Treatment) and ACM (Adult case management) programs.

**Orquidea Flores** MS LPC Intern, QMHP, has a master's degree in counseling from Northwest Nazarene University and has been working in the mental health field for 8 years. Orquidea is the outpatient program manager for the Lifeways Ontario office.

## **Making Connections Through Empathy**

**Presented by Carla Kautz and Amy Beitia 1:30-3:00pm Set 1/CKC:PPLD**

This interactive session will prepare caregivers to support the individuals they serve by enhancing their knowledge and communication skills for better mental health. We will explore and learn ways to communicate empathy, a vital skill to add to your caregiving toolkit. Participants will gain an understanding of, examine and learn techniques to demonstrate empathy. You will learn to recognize the importance of empathic and reflective listening, incorporate the use of silence in communication, and discuss how to motivate others using these techniques.

**Carla Kautz** QMHP, LMSW, CSWA completed her Bachelor's degree in Social Work in 2016, and her Master's degree in Social Work in 2017, at Northwest Nazarene University. Carla is currently a Licensed MSW and is working towards clinical licensure as a Clinical Social Work Associate. Carla has held numerous positions in social services including Head Start, Treasure Valley Children's Relief Nursery, Heart 'n' Home Hospice, and an internship at Snake River Correctional Facility. She is currently working for Lifeways as a Mental Health Clinician and Crisis Worker in Ontario, OR, and Weiser, ID. Throughout these experiences, Carla has had the opportunity to provide empathy to a diverse population and has experienced positive outcomes as a result. Carla has learned through personal and professional experiences the importance of empathy and effective communication for building positive, strong relationships. Carla is a native Idahoan and enjoys rural, country living and spending quality time with family and friends.







**Amy Beitia** LCSW earned her Bachelor's degree in Criminal Justice Administration from Boise State University in 2005. She is a Phi Alpha honor graduate from Northwest Nazarene University with a Master of Social Work in 2014. She is a Clinician on the Adult Mental Health and Crisis teams at Lifeways, providing individual, couple and family therapy for all ages in the Ontario and Weiser offices. Amy has an eclectic background with ten years of experience working with veterans, refugees, abuse victims, child welfare, substance abuse, acute psychiatric care, the judiciary systems, and severe and persistent mental illness. Her passion is serving those in rural communities by guiding them through their journey. Additionally, Amy enjoys sharing knowledge about the profession with others by mentoring and teaching, as well as working with community partners. Amy enjoys spending time with her family, being outdoors, lifting weights, and resetting life at hot yoga.

### **Lessons in Empathy – Step into My Shoes** Presented by Whitney Hayden, Laurie Smith and Jaime Mordhorst 1:30-3:00pm

Join us for a series of simulated experiences designed to build empathy for and heighten sensitivities to the needs of others. Experience firsthand how difficult and frustrating it is to complete simple tasks and otherwise negotiate the world around you when you have vision or hearing loss, have difficulty manipulating objects, and other symptoms of aging or disease.



Oregon Association for the  
Education of Young Children



Malheur County



Veterans Service Office



**Brought to you by the Caregiver Alliance,  
Four Rivers Healthy Community, and our Sponsors.**

**The Caregiver Alliance** is an informal, interdisciplinary group working to support and encourage caregivers in our community. Through our combined efforts we're able to offer this top-notch educational opportunity close to home. Goals for the conference are to enhance caregiving skills, present an array of resources, encourage and support caregivers, and honor those who have dedicated themselves to the task of caregiving. Join other caregivers in learning valuable new skills in a relaxed and supportive atmosphere. In addition to all the wonderful workshops, lunch will feature a variety of table topics for informal discussions and networking.

**Caregiver Industry Marketplace** Enjoy visiting with vendors, learning about new resources, take part in a silent auction to help support the conference, and more! Interested in being a vendor? Talk to Jaime at 541-889-7553.

**Continuing Education Units (CEU's):** TVCC will award *up to* .925 CEU's (9.25 hours of instruction) for an additional \$20 for those who attend the full conference (includes Friday night). Submit proof of attendance with payment no later than Friday, May 10th to: TVCC SBDC, Attn: Jimsie Crouch, 650 College Blvd, Ontario OR 97914 or call 541-881-5772. [sbdc@tvcc.cc](mailto:sbdc@tvcc.cc)

### **Miscellaneous:**

Travel Directions: [www.4RCC.com](http://www.4RCC.com) Lodging, Dining and Tourism: [www.ontariochamber.com](http://www.ontariochamber.com)  
For more information call Jane 541-805-9693 or visit: [www.4RHC.org](http://www.4RHC.org) Tickets at Eventbrite!

## Yes, Sign Me Up!

**Registration Information:** Select your workshops and pay online <http://www.4rhc.org/> or complete the information below and email it to [jane.padgett@state.or.us](mailto:jane.padgett@state.or.us), or mail to 186 East Lane Suite 5, Ontario, OR 97914, or fax to 541-889-7505. Call Jane 541-805-9693 if you have questions!

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (wk/cell) \_\_\_\_\_ Phone: (hm/cell) \_\_\_\_\_

E-mail: \_\_\_\_\_

✓ **Mark the boxes next to your workshop selections!**

Friday, May 3 <sup>rd</sup> – Pre-Conference Workshops 5:30-8:30pm						
<input type="checkbox"/> <b>Darkness to Light, Stewards of Children</b>				<input type="checkbox"/> <b>Promoting &amp; Maintaining Cultural Identities of Youth</b>		
Saturday, May 4 <sup>th</sup> – Conference Workshops						
<input type="checkbox"/> <b>Keynote: Thoughtful Empathy: Gift &amp; Burden</b>						
<b>Morning</b>	<input type="checkbox"/> <b>Resilience</b> <i>(documentary film about toxic stress, neuroscience, and the ACE Study)</i>	<input type="checkbox"/> <b>Loving &amp; Letting Go</b>	<input type="checkbox"/> <b>Practicing Self Empathy: The Airplane Method</b>	<input type="checkbox"/>	<input type="checkbox"/> <i>Sign up for both sections!</i> <b>Unique Challenges of Caregiving</b>	<input type="checkbox"/>
	<input type="checkbox"/> <i>Sign up for both sections!</i> <b>Links Between Social Emotional Development &amp; Learning</b>	<input type="checkbox"/> <i>Sign up for both sections!</i> <b>Parenting from the Heart &amp; Brain</b>	<input type="checkbox"/> <b>Making Connections Through Empathy</b>	<input type="checkbox"/> <b>Lessons in Empathy – Step into My Shoes</b>	<input type="checkbox"/> <i>Continued</i> <b>Unique Challenges of Caregiving</b>	<input type="checkbox"/> <b>Our Central Command Post – Adaptive Homes for Cognitive Disabilities</b>
<b>Afternoon #2</b>	<input type="checkbox"/> <i>Continued</i> <b>Links Between Social Emotional Development &amp; Learning</b>	<input type="checkbox"/> <i>Continued</i> <b>Parenting from the Heart &amp; Brain</b>	<input type="checkbox"/> <b>Panel Discussion – Spectrums of Abuse &amp; Understanding Protective Services</b>	<input type="checkbox"/> <b>Understanding Trauma and Trauma-Informed Care</b>	<input type="checkbox"/> <b>Client Rights &amp; Self-Determination</b>	<input type="checkbox"/> <b>Service Animals and the Americans with Disabilities Act (ADA)</b>

## Payment Information:

Return with payment to **Caregiver Alliance, 186 East Lane, Suite #5, Ontario OR 97914.**

Price includes workshop materials, continental breakfast & lunch. *No refunds after April 19<sup>th</sup>.*

**Amount Enclosed: \$** \_\_\_\_\_

☐ Registration **\$35**; after April 26<sup>th</sup> cost is **\$40**

☐ Students **\$25** (must be currently enrolled)

☐ I am receiving a Scholarship from: \_\_\_\_\_





**Caregiver Alliance**  
**186 East Lane, Suite #5**  
**Ontario OR 97914**

