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March 16, 2020

To: ODDS Providers and Case Management Entities  
From: Lilia Teninty, Director, Office of Developmental Disabilities Services  
Subject: I/DD Workforce Appreciation Webinars

In honor of all the hard work done by every critical worker in the I/DD field during the past year, ODDS is proud to host a series of I/DD Workforce Appreciation Webinars in April.

These webinars are offered for free in recognition of the challenges of the past year, with the hope that these nationally renowned speakers will give staff in the I/DD workforce renewed energy and purpose. These motivational webinars were suggested by stakeholders and provider agencies as a way to give back to a workforce that has given so much of themselves this past year.

These trainings will count for Continuing Education Credits for Direct Support Professionals and other provider staff, including I/DD foster care provider staff, as well as for Services Coordinators and Personal Agents. Personal Support Workers (PSWs) who complete the webinar may earn Professional Development Certification elective credits. More details will be given during the webinars.

Captioning will be available for all webinars. Requests for other accommodations, including language interpretation, should be made to: [DD.DirectorsOffice@dhsosha.state.or.us](mailto:DD.DirectorsOffice@dhsosha.state.or.us).

Please indicate what language is needed and for what session. Sessions will be recorded for posting online.

The presenters and sessions are:

[Laura van Dernoot Lipsky](#), founder and director of The Trauma Stewardship Institute and author of *Trauma Stewardship* and *The Age of Overwhelm*. Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades.

Laura will offer a two-part session on the topic of: “**Navigating Amidst Overwhelming Times: How to Do This Work and Sustain.**”

**Session description:** This training and discussion will offer practical tools to help us sustain, individually and collectively, in the face of overwhelming, vicarious trauma or primary trauma. Whether this is related to our work, our personal lives, the pandemic, systematic oppression and structural supremacy surfacing in exceedingly painful ways, or the unfolding of the climate crisis, we will discuss what the consequences are as well as strategies for sustaining ourselves and each other. There will be a 90-minute foundational session (part 1) and a follow up 60-minute session (part 2) that is more of a question-answer and discussion that builds on, and dives deeper into, what was covered in Part 1. Each of these sessions will be repeated once.

**Laura’s sessions:**

**Monday, April 5:** 3 to 4:30 p.m.

Part One (90 minutes): [Zoom link](#)

**Wednesday, April 7:** 9 a.m. to 10:30 a.m.

Part One (one hour): [Zoom link](#)

**Tuesday, April 27:** 7 to 8 p.m.

Part Two (one hour): [Zoom link](#)

**Thursday, April 29:** 3 to 4 p.m.

Part Two (one hour): [Zoom link](#)

**Note:** Laura’s presentations are limited to 1,000 people per session. Please only attend Part One and Part Two once.

Laura would like you to know this will not be a lecture and her request will be for attendees, if possible, to have your camera on and be open to participate.

Live captioning link: <https://www.streamtext.net/player?event=DHSOHA>

[Lou Radja](#), award-winning motivational speaker and founder of Lou Radja Enterprises. Lou is co-founder and executive director of EduCongo, a U.S.-based nonprofit organization dedicated to providing funding and support for the schooling of underprivileged children of the Democratic Republic of Congo. Before establishing EduCongo, Lou developed culturally specific curriculum and worked to improve health outcomes and reduce health disparities for African Americans in Oregon as a member of the African American Health Coalition, Inc.

Lou will present on: “**Dancing in the Rain: Thriving in Challenging Times.**”

**Session description:** There is no doubt about it, we are living in unprecedented and challenging times. The great steps we are all taking in response to the pandemic, from social distancing to working from home, are not without side effects; isolation, stress, health challenges, burnout, mental health issue. Dancing in the Rain is a great opportunity for us to come together, hold space and unpack proven strategies to help us turn adversity into advantage; fill our own cup through self-care, be there in our impactful work for Oregonians with developmental disabilities who need us even more, and thrive.

**Lou’s sessions:**

All sessions same presentation (one hour).

**Monday, April 12:** 3 to 4 p.m.

[Zoom link](#)

**Friday, April 16:** 9 to 10 a.m.

[Zoom link](#)

**Wednesday, April 21:** 7 to 8 p.m.

[Zoom link](#)

Live captioning link: <https://www.streamtext.net/player?event=DHSOHA>