In 2018-2019 school year, the Oregon Mentoring Program (OMP) received a grant from OEA Choice Trust. This grant funded five OMP Pilot Projects to work on developing a culture of wellness in their mentors and beginning educators by building resiliency, understanding vicarious trauma and developing self-care strategies. These resources were developed by the OMP Pilot Projects.

These resources were submitted by the N. Coast Mentoring Consortium, their participating school districts are Astoria, Jewell, Knappa, Neah-Kah-Nie, Seaside and Tillamook.

[Professional Quality of Life Scale](https://proqol.org/uploads/ProQOL_5_English_Self-Score.pdf) (ProQOL)

[Self-care in Your Personal Life Questionnaire](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ncoast_personallifequestionnaire.pdf)

[Self-care in Your Workplace Questionnaire](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ncoast_worklifequestionnaire.pdf)

[Window of Tolerance](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ncoast_windowoftolerance.pdf)

Books that were used:

* "Childhood Disrupted" by Donna Jackson Nakazawa
* "The Age of Overwhelm" by Laura van Dernoot Lipsky
* "Trauma Stewardship" by Laura van Dernoot Lipsky
* "Building Resilient Teams" by Patricia Fisher
* "The Compassion Fatigue Workbook" by Francoise Mathieu