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 Mentoring for Excellence, their participating school district is Portland Public.

[Action Plan](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_ActionPlan.docx)

[Discussion Log](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_discussionlog.docx)

[Sample Discussion Log](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_samplediscussionlog.docx)

[Self-Care Inventory](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_selfcareinventory.docx)

[Self-Care for Teachers](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_slefcareforteachers.docx)

[Self-Care Habit Ideas](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_selfcarehabitideas.docx)

[Proqol-V – Professional Quality of Life Scale](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_proqolv.docx)

[Proqol.org Helper Pocket Card](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_proqolorghelperpocketcard.pdf)

[Resilience Intro to Admin Mentors](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_ResilienceIntrotoAdminMentors.pptx) – Building Resilient Teams

[Self-Awareness, Strategy and Support](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_selfawarenessstrategysupport.pptx) – Teacher Mentors

[Social Support Changes](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_socialsupportchanges.pptx) – in the work & in us Teacher Mentors

[Why does Wellness Matter?](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_whydoeswellnessmatter.pptx) – Teacher mentor

[Trauma-Exposed Work](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/pps_traumaexposedwork.pptx) – Teacher mentors