



Oregon Family Support Network

Benton Staff

Brandy Hemsley, Regional Director
541-600-6395
brandyh@ofsn.net

Lisa Pattieshaw, Wraparound Family Partner
541-740-6306
lisap@ofsn.net

Lincoln Staff

Brandy Hemsley, Regional Director
541-600-6395
brandyh@ofsn.net

Signe Miller, Support Groups
541-505-2511
signem@ofsn.net

Jodie Pereira, Wraparound Family Partner
541-901-1175
jodiep@ofsn.net

Statewide Office

1300 Broadway St. NE
Suite 403
Salem, OR 97301
503-363-8068

Sandy Bumpus, Executive Director

October News and Updates

I hope everyone has made it through the “Back to School” rush OK and is ready for fall! This month our Benton County groups will meet on October 10th and the 24th. This is a change from our usual routine - since the last Tuesday of this month falls on Halloween, we’ve decided to meet on the 24th instead so families who Trick-or-Treat can enjoy their night without missing the group!

On the 10th our guest speaker will be OFSN Operations Manager Leah Skipworth. Leah has an extensive background as a trainer in special education topics, and will come prepared to discuss and answer questions about IEPs and the IEP process. Our topic for the 24th will be announced soon on our Facebook page and email list, so stay tuned for more info! The Lincoln country support groups will meet according to our regular schedule - please see page 2 for dates, times, and locations.

The Corvallis teen group meets on October 11th from 6-7:30 at Grace Lutheran Church. There will be board games, craft projects, and pizza and soda for dinner. Come enjoy some food and fun - siblings or friends are always welcome to come along. You’re also welcome to bring a deck of Magic, Pokemon, or other card games and play with friends.

Please check out our Facebook pages for Benton and Lincoln OFSN and give us a “like.” This is a great way to receive updates and information about local events and activities.

As always, please contact me by phone or email with any questions or needs you may have. Happy fall!

Warmly,
Brandy

Support, Education, and Teen Social Groups

Oregon Family Support Network is a family-run organization that provides support, education, and advocacy for families raising children who experience mental health or behavioral challenges.

At our groups you can:

- Connect with other parents, family members, and youth in a confidential and supportive setting.
- Get helpful information and exchange ideas with others.
- Share your experiences, successes, and frustrations with others who understand your journey.

Each meeting includes a family dinner and an educational speaker focusing on topics related to children's mental health, behavioral challenges, autism, and developmental diversity. Speakers are followed by support group time for those who wish to stay and participate.

Dinner and supervised children's activities are provided at no cost. Please provide 48 hours notice if you need child supervision.

Benton County

All meetings are held at Grace Lutheran Church on the corner of Kings and Harrison in Corvallis.

Support and Education group: Meets on the 2nd and last Tuesday of the month from 5:30-7:30 pm. No meetings in July or August.

Teen Social Group: For middle and high school students who experience autism. Friends and siblings are also welcome. Meets on the 2nd Wednesday of each month from 6-7:30 pm. Pizza, soda, and fun activities!

Lincoln County

Waldport

Meets on the first Friday of each month from 6pm-8pm

Location: Crestview Heights School, 2750 S Crestline Drive, Waldport

Newport

Meets on the second Thursday of each month from 6pm-8pm

Location: Ocean Spray Family Center, 1039 NW Nye Street, Newport

Toledo

Meets on the third Thursday of each month from 6pm-8pm

Location: Floweree Community Center at 321 SE 3rd Street, Toledo

Depoe Bay

Meets on the fourth Thursday of each month from 6pm- 8pm.

Location: Neighbors for Kids, 634 SE Hwy 101, Depoe Bay

Help Wanted

OFSN is looking for Youth Activity Leaders to provide supervision for children during our weekly support and education groups on the coast. Groups meet in Newport, Depoe Bay, Toledo, and Waldport. Please see <http://www.ofsn.org/about-us/employment/> for more information. To apply, contact Brandy Hemsley at brandyh@ofsn.net or 541-600-6395.

Upcoming advocacy opportunities:

Trillium Family Advisory Council

This group's mission is to improve services and experiences for youth and families at Trillium Family Services. The group meets on the first Monday of each month at the Corvallis Farm Home campus from 5:30-7pm. Dinner is provided and a stipend is provided to family members who attend. Contact Mary Buzzell at mbuzzell@trilliumfamily.org for more information.

Special Education Advisory Committee - Corvallis School District

The Corvallis School District's Special Education Advisory Committee meets to share information and provide feedback on special education services in our district. The group also shares resources with parents of students receiving special education services and works to enhance communication about special education issues among parents, school site councils, district administration, staff, and the community.

The group wishes to include parents from a variety of schools, parents with students of different ages and with differing needs. This enhances the benefit of our meetings, so please considering joining us! The meeting dates for this year are:

October 18th, November 21st, January 23rd, February 14th, March 14th, April 17th, and May 23rd.

Meetings are held from 12:00 – 1:30 pm at the Western View Center, 1435 SW 35th Street, unless an alternate location is announced. If you have questions about this committee or would like to learn more, please contact Bethany Henschied at 541-757-3932.

Classes, training opportunities, and community events:

FAFASD Webinars

Families Affected by Fetal Alcohol Spectrum Disorder (F.A.F.A.S.D) seeks to spread information, awareness, and hope for caregivers of people with FASD.

Oct. 19, 5 pm, 1-hour webinar

FASD and the Criminal Justice System: A Review for Caregivers and Professionals by Jerrod Brown, Ph.D

Cost: \$10. Webinar will be archived and link sent to all participants.

To learn more, read presenter bios, and to register, please visit: <http://fafasd.org/workshops-and-training/>

Active Parenting of Middle Schoolers - Albany Class

Do you want to reduce family conflicts and teens' negative behaviors and attitudes? In this 6-week class, join other parents and learn how to better understand your teen in this Active Parenting of Middle Schoolers class.

Increase your abilities in communication, supervision, conflict resolution and positive discipline, while enjoying the support of other parents experiencing similar issues.

This class will begin meeting on Wednesday, October 11, 2017, from 6:30-8:30pm at Memorial Middle School in Albany. This is a free class and is taught in partnership with C.H.A.N.C.E., the IHN, and Greater Albany Public Schools. If you wish to register, please call (541) 917-4899 or (541) 917-4884.

Youth Mental Health First Aid Training

Youth Mental Health First Aid is a free eight-hour course to train parents, school staff, and other adults who interact with adolescents on a regular basis.

In Albany:

Wednesday, October 4, 2017

8:00 a.m. to 5:00 p.m.

Linn-Benton-Lincoln ESD

In Lebanon:

Friday: October 13, 2017

Lebanon Community Schools District Office-Board Room 485 South 5th St., Lebanon

Takeaways From the Training:

- YMHFA Certification and Participant Manual
- 5-Step Action Plan to help adolescents in both crisis and non-crisis situations
- Insight and basic knowledge into common mental health and addiction challenges
- Connections to appropriate mental health and addiction services and support
- Strengthening of skills and abilities on how to identify and reach out to adolescents in distress or crisis

Space is limited and registration is required. For more information about Mental Health First Aid please contact:

Linn County Health Services

541-967-3819

prevention@co.linn.or.us

Funding for this course is provided by:

Project AWARE-C Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) and Linn County Health Services

Online Safety - No Grownup Left Behind!

Many families are concerned about their youth and their safety online, particularly when using social media. Cyberwise is a website where adults can learn about digital citizenship, Internet safety, security, privacy, cyberbullying, and other topics related to online safety for youth.

For more information, please visit:

<http://www.cyberwise.org>

Independent Living Skills Classes - Jackson Street Youth Services, Corvallis

Our friends at Jackson Street Youth Services are offering a FREE five week course on Independent Living Skills for youth ages 15-18. The next session will be held from October 11th through November 8th on Wednesday nights from 5:30 pm-7:00 pm.

Sessions will be held at Jackson Street's Program Office, 555 NW Jackson Ave, Corvallis OR 97330. Dinner will be provided each night, and there will be a nightly raffle for everyone who attended that session. It is not necessary to attend all five sessions, however if a youth completes all 5 sessions, they will receive a certificate of completion and a \$25 gift card of their choosing!

Topics will include:

Resume Building and Interview Skills
Money Management
Question, Persuade, Refer Training
Healthy Eating
Self-Care and Stress Management

To register, or for more information, please contact Evangelina Torres at 541-243-4514 or 541-754-2404.

Join OFSN Trainer Shawna Canaga for a free training: “Trauma: The What, Why, and How We Can Respond”

In this intro to trauma training we will discuss various types of trauma a person can experience and its affects on their brain, body, and health. We will explore trauma related behaviors commonly seen and also learn how to identify ways we can reduce episodes of re-traumatization, or re-triggering, of survivors of traumatic events.

Date/Time: Friday, October 27th, 2017 from 9:00am – 4:00pm

Location: Old Mill Center for Children and Families, Ramsey Room, 1650 SW 45th Place, Corvallis

Cost: Free! Water and morning snacks provided. Participants will be on their own for lunch.

This training is brought to you in collaboration with Benton County Health Department.

Nurturing Parenting - Philomath

When: Wednesdays from October 4th - December 13th from 6-7:30pm.

Where: Clemens Primary School, 555 S. 19th Street

The instructor will choose lessons to fit the group's interests. Topics might include:

- Knowing what to expect based on your child's age
- Understanding your child's feelings and use positive
- Exploring ways of looking at discipline, rewards, and punishments
- Deciding when parents should be in charge and when to support your child's growing independence

For families with children ages 3-10. Free child care and dinner start at 5:30 PM. Free children's books for everyone!

Cost is \$30 (\$45/ couple), with flexible payment and reduced fee available. To register, Please call Laura at Strengthening Rural Families, 541-929-2535. This class is provided with support from the City of Philomath.

Healthy Sprouts Class - Pbilomath

Stories • Songs • Outdoor Play • Crafts • Healthy Snack

Thursdays, Oct. 5th - Nov. 16th from 9:15-11:15am

This class is for parents along with children ages 3 to 5 years (younger siblings are welcome). A parent or primary caregiver must be present. Each class includes a relevant parent discussion.

Where: Clemens Primary School, 555 S. 19th Street, Philomath. Pre-Registration Required.

Registration online: pi.oregonstate.edu/healthyyouth, or by calling 541-929-2535.

NAMI Family and Friends class - Albany

NAMI Family & Friends is a free 4-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition.

October 28, 2017. It will be held from 12:00pm - 4:00pm at Albany Public Library, 2450 14th Ave. SE, Albany, OR 97322.

Register On-Line at: <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Friends>

Call: (541) 745-2064

Email: nami.mv.training@gmail.com