



CLASS WILL BE LIMITED TO THE FIRST 30 PEOPLE WHO REGISTER

Schedule

April 3: 10:00 am to 5:00 p.m.
April 4: 8:00 am to 12:00 p.m.

Cost

\$75 OJDDA Association Members
\$100 Non-Association Members

Location:

DPSST

Registration

www.ojdda.org

Contact Information:

Heather Phillips:
hphillips@co.lincoln.or.us

THE OREGON JUVENILE DEPARTMENT DIRECTORS' ASSOCIATION

Presents

Professional Self Care & Field Safety for Juvenile Probation Staff

April 3 – 4, 2017



Your trainers will be Julie Bitz and Heather Phillips.

Julie is currently employed as a Juvenile Counselor II in the Clackamas County Juvenile Department. She has been employed there since 1998. Prior to her employment with Clackamas County, she was a Juvenile Counselor in Tillamook County. Julie has served as a trainer with OJDDA since 2000 and enjoys training fellow juvenile counselors around the state. She also chairs the Clackamas County Training Committee as well as being the training coordinator. She earned her Bachelor's Degree from the University of North Dakota with a double major in Criminal Justice and Substance Abuse. She has continued her education and knowledge base through national, state, and local trainings during the last 16 years. Julie is passionate about juvenile justice, working with victims, and incorporating evidence-based practices through her work with juveniles and their families.

Heather is currently a Juvenile Court Counselor II with the Lincoln County Juvenile Department. She was employed at the Union County Juvenile Department as a Juvenile Court Counselor II from 1997 until 2013 when she took the position in Lincoln County. She has been a member of the OJDDA training faculty since 2002 and is part of the team responsible for the initial statewide training for new probation officers. She enjoys networking, learning with her peers, and advocating for youth and services as it relates to rural communities. Heather graduated from Eastern Oregon University in June of 1991 with a Bachelor's Degree in Counseling Psychology with a special emphasis in drugs and alcohol. Heather has also designed curriculum and facilitated trainings for law enforcement, educational professionals and students.

Workplace Safety: While safety in the workplace takes on many forms and can look very different for individual agencies, everyone can agree that at the end of the day, we all want to go home safe. It's much more than, "Let's be safe out there." This training provides an overview of best practices that increase our personal safety when conducting office, field, and home visits. We will also examine safety tips and techniques specific to transporting clients and how to decrease our vulnerability to harm while off-duty.

Professional Self-Care: People are experiencing high levels of stress both in the workplace and at home. The problem is that this topic is rarely discussed in organizations because there doesn't seem to be any obvious solutions. New research in this area is yielding some amazing discoveries and providing some practical approaches to combat this problem. Paradigms will be challenged as we discuss a new definition of stress and brain research. Hope will be restored as we examine several simple steps to jumpstart, maintain, and increase our resilience to stress. Come with an open mind and leave with a new outlook