



THE OREGON JUVENILE DEPARTMENT DIRECTORS' ASSOCIATION

Presents

Professional Self-Care and Ethics

November 5, 2020



Professional Self Care

November 5, 2020 - 9:00a to 12:00p

12:00 to 1:00 pm - Lunch on your own

Ethics

1:00 p to 4:00 p

Cost

Members \$75

Non-Members \$100

Credit card or invoice payment options

(A cancellation fee of \$25 will be assessed for any cancellations made less than 10 days before the training start date.)

Location

Depoe Bay Fire Department
6445 Gleneden Beach Loop Rd.
Gleneden Beach, OR 97338

Recommended Lodging Option

Clarion Inn Surfrider Resort
3115 NW HWY 101
Depoe Bay, Oregon 97341
541.764.2311
gm.or228@choicehotels.com

Registration

www.ojdda.org

Contact Information:

Heather Phillips:

hphillips@co.lincoln.or.us

Heather Phillips: 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.

Rich Robison: Rich has served as an OJDDA trainer since 1997 having been certified as a trainer with both the National Council of Juvenile and Family Court Judges and the Oregon Department of Public Safety Standards and Training. Rich currently serves as the Juvenile Probation Officer Supervisor for the Polk County Juvenile Department where he supervises the day-to-day operations of the department. Rich obtained his Bachelor of Science Degree in Law Enforcement in 1989 from Western Oregon State College, which he followed up with a Master of Science Degree in Correctional Administration (with Honors) in 1991. Rich has been on staff as an Adjunct Instructor of Criminal Justice at his alma mater since 1994.

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.

Ethics: Typically, the erosion of ethics happens over time, but once it starts, it can be a slippery slope. The best way to prevent lapses in professionalism and ethical deterioration is very similar to how we would keep from getting sick with the flu: get an annual booster shot (i.e. training). In this presentation we will discuss the characteristics that make us professionals, various ethical dilemmas we may face in our career, and how to successfully avoid, or at least navigate, these traps.