



## *SOUTHERN OREGON SUCCESS UPDATE*

December, 2020

**--Network Update: Family Voice, Peer Support, Preschool/K12 Summits and School Based Health Centers**

**--Peer Support Circle for Spanish Speaking Families Impacted by Wildfires**

**--New Program to Address Loneliness**

**--ACEs Training Sessions Available Online & Open Sessions in January & February**

**--Free Parent/Caregiver Classes & Workshops in January Through the Family Connection**

**--Join Us on Facebook**

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### **NETWORK UPDATE: FAMILY VOICE, PEER SUPPORT, PRESCHOOL/K12 SUMMITS AND SCHOOL BASED HEALTH CENTERS**

The Southern Oregon Success Innovation Network work groups are heading into 2021 with a great deal of momentum:

The Family Capacity for Resilience group is now recruiting for a regional **Family Advisory Council** to bring greater family voice into education, health care, human services, public safety, our business community and local/state government. Email invites for recommendations of council members will be sent out in early January.

The Early Childhood Supports group is working to expand **Parent/Caregiver Peer Support Groups**, including a possible regional partnership with the Family Independence Initiative to start early next year. A support group for Spanish speaking families impacted by the wildfires has been started in partnership with Rogue Valley Mentoring, La Clinica, SOESD Migrant Education, the Child Care Resource Network and AllCare (flyer below).

The Preschool/K12 Alignment group is planning for **two summits for Early Childhood Educators, Kindergarten teachers, elementary school administrators and parents/caregivers** in 2021. We're looking to clarify what "Kindergarten Readiness" means for all parties, and to develop strategies to make the transition into Kindergarten work well for all involved. Surveys to help in planning the summits will be sent out next month.

And the Human-Centered Equitable Services group has set a goal of having a **School Based Health Center in every school** in Jackson and Josephine counties over time. The data shows significantly more positive outcomes in schools that have SBHCs—better attendance, better educational outcomes and far better outcomes in Behavioral Health.

For more information on any of the work group efforts, email [peter\\_buckley@southernoregonssuccess.org](mailto:peter_buckley@southernoregonssuccess.org)

**LA LUCHA SIGUE**



# La Lucha Sigue

**Cuando: 16 de Diciembre**

**Hora: 6PM**

**Donde: ZOOM**

Cada día uno se enfrenta con problemas y preguntas que no sabemos entender.

No estás solo.

Juntos como comunidad, Podemos ayudarnos en empezar a entender nuestras historias en un espacio Seguro y de confianza.

**!Únete a nuestro círculo de ayuda para nuestra comunidad!**

Call or text

Phone #: 541-690-8724

Email: [info@rvmentoring.org](mailto:info@rvmentoring.org)



## NEW PROGRAM TO ADDRESS LONELINESS



**Options for People to Address Loneliness (OPAL) is a new program for older adults and people with disabilities provided by Rogue Valley Council of Governments Senior and Disability Services in both Jackson and Josephine Counties. We are currently providing this program in our Rogue Valley region as a result of having received temporary grant funding.**

Today, during COVID and the aftermath of two devastating fires, loneliness and social isolation is taking a significant toll on the physical and behavioral health of our older adults and people with disabilities. Symptoms of depression and anxiety, as well as other health issues, often accompany or follow.

OPAL counselors help participants find ways to feel more connected and supported and be more active in important areas of their life, through focusing on small goals, activity planning, relaxation exercises and connecting to new resources. These are important steps to maintaining and increasing participant's emotional and physical wellbeing.

Since the program started a month ago, OPAL participants have started walking, exercising, cooking, sewing and reading more, reconnecting to family, friends and neighbors, and connecting to important resources.

RVCOG is asking partner agencies to help us educate our community about this new OPAL Program.

**Please send referrals to Susan Jay Rounds, by phone to (541) 423-1363, email to [sjayrounds@rvcog.org](mailto:sjayrounds@rvcog.org), or by fax to 541-664-7927.**

## **ACES TRAININGS AVAILABLE ONLINE PLUS OPEN SESSIONS COMING UP IN JANUARY & FEBRUARY**

The Southern Oregon ACEs Training Team is offering its trainings online at no cost to groups, agencies, organizations and schools in Jackson and Josephine counties. The sessions provide an overview of how our brains and nervous systems develop, how we pass down traits from one generation to another, the breakthrough information contained in the Adverse Childhood Experiences study (ACEs) and how resilience is developed in individuals, families and communities.

The team has done over 400 presentations of the training to over 14,000 people in our region since 2016.

In addition to group trainings, open training session for anyone interested will be held via Zoom on Tuesday, January 26 and Tuesday, February 16 from 2:30pm to 4:30 pm. To register for the January session, [please go to this link](#). To register for the February session, [please go to this link](#).

For more information, or to schedule a training session, email [peter\\_buckley@southernoregonsuccess.org](mailto:peter_buckley@southernoregonsuccess.org)

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## **FREE PARENT/CAREGIVER CLASSES OFFERED THROUGH THE FAMILY CONNECTION**

FreeEvent #TheFamilyConnection thefamilyconnect.org



Parenting With Hope©  
for Parents of Children Experiencing  
Disability and Behaviors  
Mondays 6-7:30pm  
January 11 – March 29, 2021  
RSVP: [tinyurl.com/PWHparenting](https://tinyurl.com/PWHparenting)

# Webinar en línea Grupo de apoyo para padres

Hacer de la Crianza  
de los Hijos un Placer©

Crianza de los Hijos©  
Abriendo Puertas©

## ¡Preinscríbese hoy!

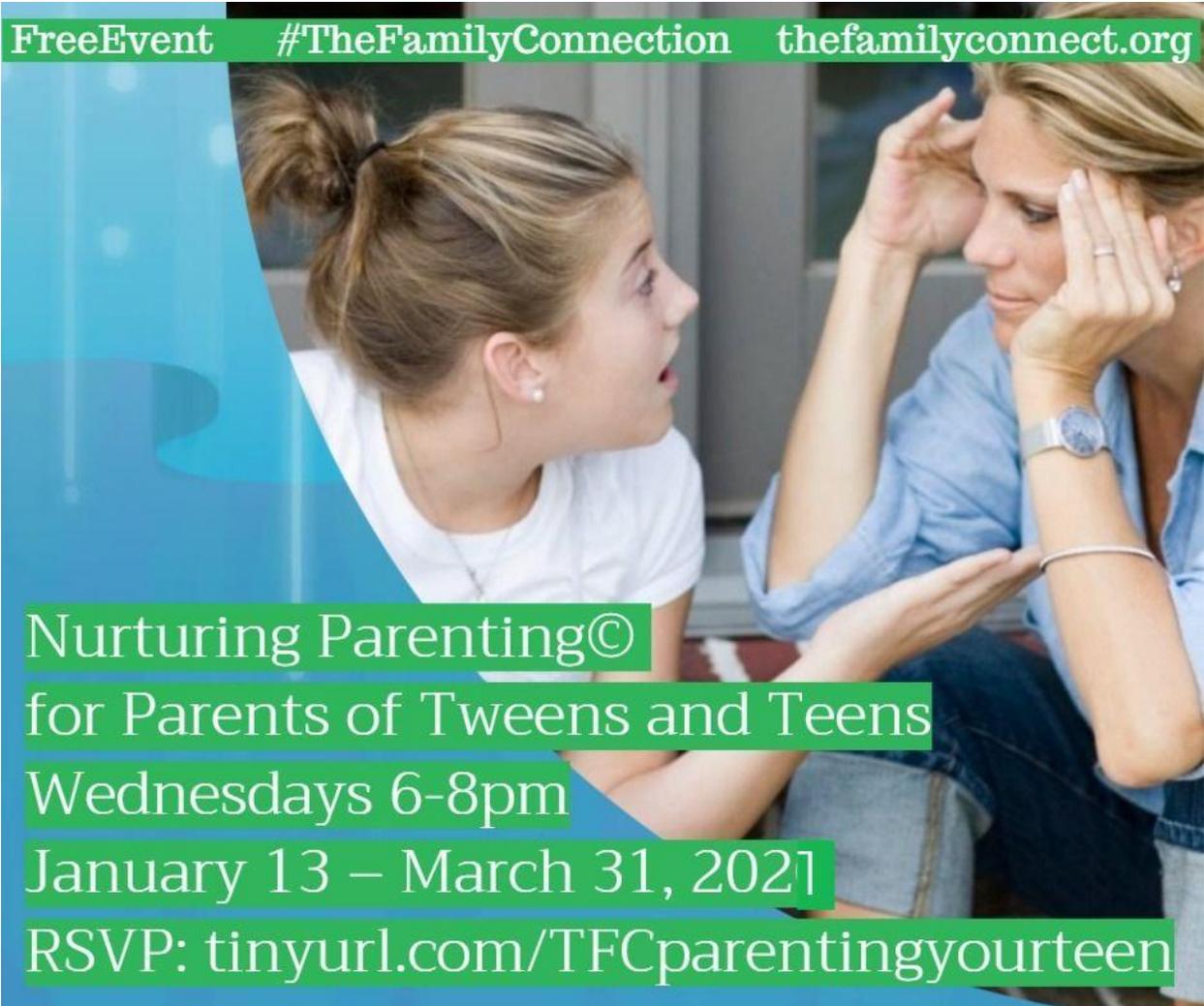
## Crianza de 0 a 10 años



◦ Cuidados personales ◦ Manejo del estrés y la ira ◦ Desarrollo del cerebro del niño pequeño ◦ Familias mixtas ◦ Criar niños bilingües y biculturales ◦ Conexión, reglas y rutinas ◦ Comunicación familiar ◦ Crianza positiva ◦ Disciplina y comportamientos

## RSVP: [tinyurl.com/claseparapadres](https://tinyurl.com/claseparapadres)

#TheFamilyConnection #ClasesGratisParaPadres #SurDeOregon #LugarDeCrianza



FreeEvent #TheFamilyConnection [thefamilyconnect.org](http://thefamilyconnect.org)

Nurturing Parenting©  
for Parents of Tweens and Teens  
Wednesdays 6-8pm

January 13 – March 31, 2021

RSVP: [tinyurl.com/TFCparentingyourteen](http://tinyurl.com/TFCparentingyourteen)

FreeEvent #TheFamilyConnection thefamilyconnect.org

Mothers, Babies & Toddlers©

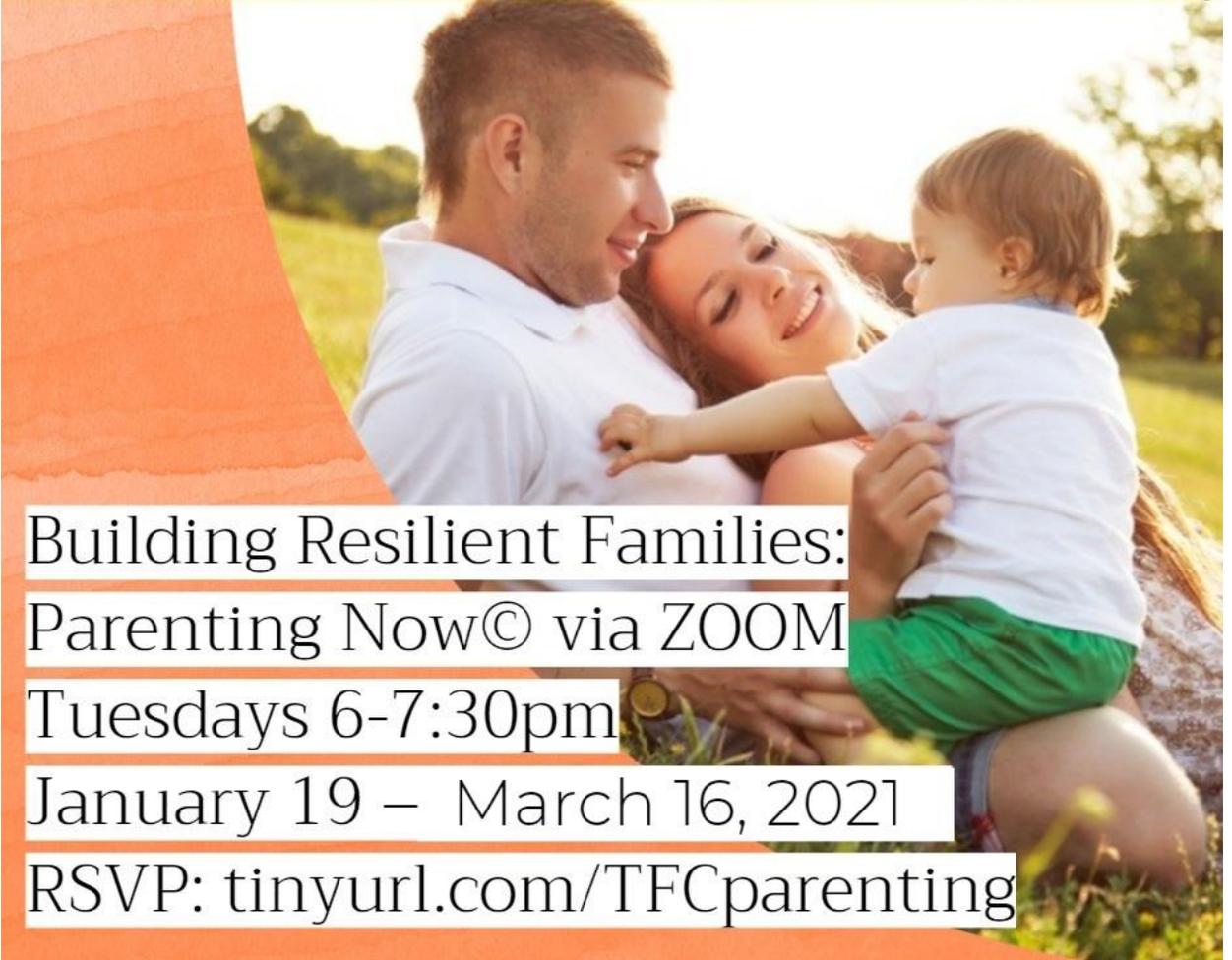
6 workshops

Thursdays 6-7:30pm

January 14 – February 18, 2021

RSVP: [tinyurl.com/mothersandbabies](https://tinyurl.com/mothersandbabies)

FreeEvent #TheFamilyConnection thefamilyconnect.org



Building Resilient Families:  
Parenting Now© via ZOOM  
Tuesdays 6-7:30pm  
January 19 – March 16, 2021  
RSVP: [tinyurl.com/TFCparenting](https://tinyurl.com/TFCparenting)

## JOIN US ON FACEBOOK

The Facebook page for Southern Oregon Success features almost daily postings of events taking place in our region and information shared from all over as part of our learning community efforts on what works and what doesn't in helping kids and families thrive.

If you do Facebook, check us out and Like us at [Southern Oregon Success](#).

If you do not wish to receive future Updates from Southern Oregon Success, please email [peter\\_buckley@southernoregonsuccess.org](mailto:peter_buckley@southernoregonsuccess.org) with the subject line of "Unsubscribe"

DECEMBER, 2020