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 East Columbia Collaborative, their participating school districts are David Douglas, Columbia Gorge ESD (representing N. Wasco Co. & Dufur), and Gresham Barlow.

[Agenda for Compassion Fatigue and Secondary Trauma](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_agendacgesd.docx)

[Compassion Fatigue and Secondary Trauma Finding Equanimity](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_CGESDWellness.pptx)

[Self-Care Questionnaire 2](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_WellnessQuestionnaire.docx)

[TEDTalk Capture Sheet](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_WellnessTEDtalkcapturesheet.docx)

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

[Self-Care in Your Workplace Questionnaire](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_SelfCareInYourWorkplace.docx)

[Self-Care in Your Personal Life Questionnaire](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_selfcarePersonalLife.docx)

[Agenda for New Educator Wellness Retreat](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_AgendaNewEducatorWellnessRetreat.docx)

[Wellness Retreat Story](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_WellnessRetreatStory.pptx) - Improving Instruction Through Educator-led Professional Learning

[New Teacher Retreat Presentation – Breaks](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_NewTeacherRetreatpptBreaks.pptx)

[Circles Activity](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_circles.pdf)

[GBSD Restorative Practices](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_GBSDrestorativepractices.pptx)

[Bringing Your Love of Music into the Classroom](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/ecc_BringLoveofMusicintoClassroom.pptx)