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 Mid-Willamette Valley Consortium Mentor Project, their participating school districts are Salem/Keizer, Yamhill Carlton, N. Marion, St. Paul, Gervais, Woodburn, Mt. Angel, Silver Falls, N. Santiam, Jefferson, Cascade, Central, Dallas, Falls City, and Willamette ESD.

[Book Presentation](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/sk_bookpresentation.pptx) – The Teacher’s Ultimate Stress Mastery Guide

[Stress Management for Teachers](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/sk_stressmanagement.pptx)

[Trauma Sensitive Classroom](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/sk_traumasensitiveclassroom.pptx)

[Trauma Stewardship](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/sk_TraumaStewardshippresentation.pptx)

[Positive Mindset](https://www.oregon.gov/ode/schools-and-districts/grants/mentoring/Documents/sk_PositiveMindsetHabits.pptx)