

FOUR RIVERS HEALTHY COMMUNITY CONFERENCE 2026



SEPTEMBER 17, 2026



**Rooted in Community:
Strengthening Connections
& Nourishing Wellbeing**

Presented By:



Schedule:

Event

2026 Four Rivers Healthy Community Conference

Location

Time

Registration & Continental Breakfast	Lobby	8:00-8:30 AM
Welcome & Housekeeping	River Rooms	8:30-8:45 AM
Keynote Andrea Williams, Oregon Food Bank	River Rooms	8:45-9:45 AM
Break		9:45-10:00 AM
Session One	Various Rooms	10:00-11:00 AM
Break		11:00-11:15 AM
Session Two	Various Rooms	11:15 AM-12:15 PM
Lunch		12:15-1:00 PM
DOHaD: The 100-Year Effect Liana Haywood, OHSU Moore Institute	River Rooms	1:00-1:45 PM
Break/Snack		1:45-2:00 PM
Session Three	Various Rooms	2:00-3:00 PM
Break		3:00-3:15 PM
Session Four	Various Rooms	3:15-4:15 PM
Closing, Drawings, Networking & Visit Booths		4:15-5:00 PM



Morning Keynote

Andrea Williams, Oregon Food Bank

BUILDING HEALTHIER, MORE RESILIENT COMMUNITIES



Andrea Williams (she/her) is the President of Oregon Food Bank. Previous to her current role, she served as OFB's Vice President, co-leading the organization's efforts to end hunger and its root causes. Andrea draws from her experiences as a Filipino-Japanese-white multiracial leader to guide her equity-driven work. With more than a decade of experience in community-based organizations and local government, she has held leadership roles at Causa — a leading immigrant rights organization — and Portland's Office of Community and Civic Life. Born and raised in Oregon, Andrea enjoys gardening with her husband and two young children at their Oregon City home.

During her keynote address, Andrea will explore how collaboration, belonging, and collective action can build healthier, more resilient communities. Drawing on the experience of the Ontario Community Food Center, she'll highlight the connections between food access, housing, healthcare, and the systems that shape our wellbeing, and inspire us to recognize our collective power to create meaningful change.

SESSION 1

10:00–11:00 AM



During Session ONE, you can find opportunities to learn about community resources and essential services. You can also explore topics related to living fully, personal growth, resilience, and moving from survival toward a stronger sense of purpose. The sessions provide insight into philanthropy, community responsibility, and building trust, along with important education on recognizing and preventing child sexual abuse through the Stewards of Children training. A community art activity adds a creative and reflective opportunity for participants to express themselves, connect with others, and engage in a meaningful hands-on experience.

Room	Session 1 10:00 AM–11:00 AM	Presented By:
Collins Gallery	Building Resource Bridges with 211 Info	Nickie Thornton & Amanda Sharkey
Owyhee River	Live Well–End Well: The Courage to Live Fully	Christine Soza
Snake River	H.R.1: Key Changes to Oregon Medicaid (OHP)	Yami Gonzalez
Malheur River	Overwhelm, Odyssey & You: The Hero's Journey from Survival to Emergence	Tammy Vogt
Harano Gallery	Philanthropy In a Fishbowl	Funders Panel
Museum Theater	Stewards of Children: Darkness to Light (Hour 1 of 2)	Cindy Lucht
Museum Lobby	Growing Together: A Community Art Project Help to Beautify the Ontario Community Food Center	Michael Paul & Eddie Melendrez
Payette River	Wellness Room	

BUILDING RESOURCE BRIDGES WITH 211 INFO

COLLINS GALLERY

Nickie Thornton & Amanda Sharkey

In this session, attendees will learn the powerful work of 211 Info as a community partner in connecting residents with the resources and social services they need to thrive. Partners will have time to network, review their current agency record/request to be added, and dig into the data dashboard provided by 211 Info. Hands-on and collaborative participation will take place.

Nickie Thornton and Amanda Sharkey are a part of the Outreach team for 211 Info. Amanda supports all of Eastern Oregon and resides in John Day. Nickie supports the Outreach team statewide, and is a native Central Oregonian, born and raised. We are excited to support this important work in the farthest eastern tip of Oregon.

LIVE WELL – END WELL: THE COURAGE TO LIVE FULLY

OWYHEE RIVER ROOM

Christine Soza, True North Awakening

What if talking about death wasn't about the end of life, but about discovering how to truly live? In this inspiring presentation, Christine Soza shares how our awareness of life's finite nature can be one of our greatest teachers.



Christine Soza, LPN Founder of True North Awakening
Certified End-of-life Doula and Community Educator
Lead Trainer for Doulagivers Institute

H.R. 1: KEY CHANGES TO OREGON MEDICAID (OHP)

SNAKE RIVER ROOM

Yami Gonzalez & Belle Shepherd, OHA

This presentation provides an overview of new federal H.R. 1 rules and how they impact Oregon Health Plan members. We'll cover major changes, including new work/activity requirements, more frequent eligibility renewals, shifts in coverage for certain non-citizen groups, and reductions in federal Medicaid funding. Attendees will learn what these changes mean for OHP members, impacts to expect, and the latest information available as Oregon prepares for implementation.

Belle Shepherd (she/her) has served as an Innovator Agent with the Oregon Health Authority (OHA) for over 13 years, connecting OHA, providers, and community organizations to support Medicaid/OHP members through communication and access. She began her public health career in Hawaii as an HIV tester/educator and Harm Reduction practitioner before returning to Oregon in 2000. She later served as Public Health Director for Josephine and Jackson counties. Belle currently serves on the boards of United Way of Jackson County, Rogue Trans, and Mercy Flights. She lives in Medford with her husband and two cats and loves traveling to tropical places whenever she can!

Yami Gonzalez (she/her) is an Innovator Agent with the Oregon Health Authority, serving as a liaison between OHA, coordinated care organizations, and communities. A Malheur County native, Yami is passionate about elevating community voice and developing innovative solutions to complex challenges. She has over six years of experience in the Oregon Medicaid program, spanning eligibility, healthcare innovation, and policy. Yami holds degrees in BioHealth Sciences and Public Health from Oregon State University.

OVERWHELM, ODYSSEY & YOU: THE HERO'S JOURNEY FROM SURVIVAL TO EMERGENCE

MALHEUR RIVER ROOM

Tammy Vogt, Soul Together



Overwhelm can leave us emotionally numb, disconnected, and simply trying to get through the day. Drawing on the Hero's Journey and the Neuro-Relational Integration (NRI) model, this session explores how our nervous system responds to stress and why "the cave" is a necessary part of growth, not a sign of failure. Participants will gain practical tools for understanding emotional numbing, regulating their nervous system, and navigating life's hardest seasons with greater awareness, resilience, and hope, discovering how survival can become the pathway to emergence.

Tammy Vogt is a certified Neuro-Relational Integration™ (NRI) coach, executive and life coach, spiritual director, speaker, and community leader based in Ontario, Oregon. With more than 25 years of experience in leadership, coaching, and nonprofit development, she helps individuals, teams, and organizations navigate complexity with greater clarity, connection, and hope. Tammy specializes in Neuro-Relational Integration™ (NRI), a neuroscience-informed model that helps people better understand the connection between the brain, body, relationships, and lasting change. She is passionate about creating gracious space for transformative conversations that cultivate resilience, well-being, and deeper human connection.

PHILANTHROPY IN A FISHBOWL

HARANO GALLERY

Panel of Eastern Oregon Funders

This is an “o-fish-ial” invitation for funders and community members to dive into a fishbowl conversation about strengthening our shared impact in Malheur County and growing philanthropic commitment to rural. We’ll focus on engagement and collaboration as core strategies for resourcing and advancing shared priorities.

Participants in the Eastern Oregon Funders Forum (EOFF) have spent the last two days with Jordan Valley, Adrian, Vale, and Ontario, and are excited for further conversation with conference participants. Join this school of fish and see what surfaces! Goggles encouraged (to help us see); wetsuits optional (the waters will be warm).

STEWARDS OF CHILDREN: DARKNESS TO LIGHT (HOUR 1 OF 2)

MUSEUM THEATER

Cindy Lucht, TVCRN

Stewards of Children is an evidence-informed prevention training designed to empower adults to recognize, prevent, and respond to child sexual abuse. In this first hour of the two-part training, participants will explore the scope and impact of child sexual abuse, learn practical strategies for recognizing warning signs and creating safer environments, and begin developing the skills and confidence needed to take action. Participants will be encouraged to move from awareness to meaningful prevention through everyday choices and conversations.

Cindy Lucht has lived in and served the Treasure Valley for many years, Cindy has worked at Treasure Valley Children’s Relief Nursery for approximately 10 years and is a certified facilitator for Darkness to Light (D2L).

GROWING TOGETHER: A COMMUNITY ART PROJECT



MUSEUM LOBBY

*Michael Paul, Local Artist and
Eddie Melendrez, Artist & Community
Organizer for Oregon Food Bank*



Help create a piece of art that celebrates our community and imagines the future of the Oregon Food Bank’s new Ontario Community Food Center! Choose a prompt and draw, color, paint, or create—there’s no right or wrong way to participate: What helps our community grow; what belongs at everyone’s table; what makes our community great; or what are you most excited to see at the new Community Food Center? Your artwork could become part of a larger community installation displayed at the new Food Center when it opens in 2027.

Michael Paul is a trained visual artist specializing in traditional media, collage, and assemblage. His work has received awards in juried shows, been represented by fine art galleries, and acquired by collectors. He also holds a Master’s Degree in Creative Writing and has published poetry, essays, and articles in numerous literary journals and publications. Michael has performed his poetry at venues throughout his career and has authored six chapbooks and a full-length poetry collection.

Eddie Melendrez is a multifaceted individual, a community leader, artist, and advocate known for his dedication to community building, his artistic talent as a Chicano painter, and his commitment to social justice in Ontario, Oregon. Eddie is currently a Community Organizer with the Oregon Food Bank, serving southeast Oregon. His work with the Food Bank focuses on addressing root causes of food insecurity and ensuring access to food resources for communities in Malheur County.

SESSION 2

11:15 AM -12:15 PM



Session 2 offers a diverse range of learning opportunities focused on strengthening individuals, organizations, and communities. Participants can explore the ANCHOR model for building community resilience, learn core components of a trauma-informed community with an emphasis on safe, trusting, and trauma-aware relationships, and discover how the Rural Health Transformation Program can support successful community partnerships. The session also highlights inclusive facilitation skills for building community leadership, provides practical information on environmental health and food safety, and concludes the last hour of Stewards of Children: Darkness to Light, a two-hour training focused on preventing, recognizing, and responding to child sexual abuse.

Room	Session 2 11:15 AM-12:15 PM	Presented By:
Collins Gallery	ANCHOR: A Model for Building Community Resilience	Becky Wolery
Owyhee River	Core Components of a Trauma-Informed Community: Cultivating Safe, Trusting, and Trauma-Aware Relationships	Chris Blythe
Snake River	The Rural Health Transformation Program: Partnerships for Success	Sara Crowell
Malheur River	Building Community Leadership through Inclusive Facilitation Skills	Emily Hurd
Harano Gallery	Environmental Health and Food Safety	Evan Manger
Museum Theater	Stewards of Children : Darkness to Light (Hour 2 of 2)	Cindy Lucht
Museum Lobby	Growing Together: A Community Art Project Help to Beautify the Ontario Community Food Center	Michael Paul & Eddie Melendrez
Payette River	Wellness Room	

ANCHOR: A MODEL FOR BUILDING COMMUNITY RESILIENCE

COLLINS GALLERY

Becky Wolery
Insight Counseling



ANCHOR: Building Community Resilience Through Integration

Fragmented systems fail families. This session introduces ANCHOR, a six-component resilience framework designed to unite schools, healthcare, mental health, and community organizations around shared prevention goals. Learn how to: break down silos between sectors; build nervous system regulation into community response; shift from crisis intervention to prevention; connect families to integrated, coordinated care; and sustain your own resilience while doing this work. Grounded in neuroscience and rural community practice, ANCHOR gives cross-sector teams a common language and practical tools to strengthen individual and family resilience—together.

Becky Wolery is a clinical psychologist and licensed clinical social worker with fifteen years of experience building integrated mental health systems across rural communities. She is the founder and clinical director of Insight Counseling & Therapy, serving Malheur County, Oregon and Nampa, Idaho, and is the founder and board chair of Insight Matters, Inc., a prevention-focused nonprofit dedicated to strengthening community response to behavioral health. Her work bridges clinical practice, systems design, grant writing, clinician training, and cross-sector partnerships — connecting schools, healthcare providers, families, and community organizations toward shared resilience goals.

CORE COMPONENTS OF A TRAUMA-INFORMED COMMUNITY: CULTIVATING SAFE, TRUSTING, AND TRAUMA-AWARE RELATIONSHIPS

OWYHEE RIVER ROOM

Chris Blythe, Lifeways



This session introduces key principles of trauma-informed organizations, including safety, trust, choice, collaboration, and empowerment. Participants will explore how trauma and adversity affect engagement and well-being while learning practical strategies to build trust, create safe environments, strengthen collaboration, and promote voice and shared decision-making across programs and communities. Examples from healthcare, schools, social services, and faith-based settings will demonstrate how these principles can be applied in everyday practice.

Christopher Blythe is a Certified Clinical Trauma Professional and Qualified Mental Health Professional with master's degrees in Professional Counseling and Christian Studies. With over 18 years of clergy experience, he specializes in serious mental illness, complex trauma, personality disorders, and co-occurring substance use disorders. He is EMDR trained and integrates CBT, DBT, EMDR, and IFS-informed approaches, emphasizing resilience, meaning, hope, and respect for individual values and faith traditions.

Madison Thomas, MSW, is a Clinical Social Worker Associate at Lifeways serving adults in Malheur County. She specializes in personality disorders, addictions, co-occurring disorders, LGBTQ+ populations, and trauma. She is trained in DBT, CBT, and EMDR and holds a Certified Alcohol and Drug Counselor (CADC) credential.

THE RURAL HEALTH TRANSFORMATION PROGRAM: PARTNERSHIPS FOR SUCCESS

SNAKE RIVER ROOM

Sara Crowell, EOCCO • Kathleen Brown, EOU • David Starr & Emily York, Center M Connective



Interested in learning more about the Rural Health Transformation Program and how this five-year federal funding opportunity is transforming rural healthcare in Eastern Oregon? Join us to hear directly from two recent RHTP Catalyst Grant recipients with active projects in Malheur County. Presenters will share opportunities to get involved in their current work, key lessons learned from the application process, and actionable strategies for building strong partnerships for project success. There will also be an opportunity to network with peers and share ideas for collaborative regional RHTP initiatives for the next round of funding in 2028.

Sara Crowell, Eastern Oregon Coordinated Care Organization (EOCCO) is the Medicaid Quality and Innovation Manager at EOCCO. In her role, she oversees EOCCO's community benefit grant programs and supports EOCCO's Rural Health Transformation Program initiatives. **Kathleen Brown**, Eastern Oregon University (EOU) is the Associate Director of Early College Initiatives. She brings 14 years of dedicated service to Eastern Oregon University, with extensive leadership across Retention, First-Year Experience, and Early College Initiatives, including the management of multi-million dollar grants. **David Starr** and **Emily York**, Center M Connective, help to lead Center M Connective, an Oregon not-for-profit organization advancing solutions to improving maternal/child mental health. They will share about the Center M model for preventing perinatal mental health issues.

BUILDING COMMUNITY LEADERSHIP THROUGH INCLUSIVE FACILITATION SKILLS

MALHEUR RIVER ROOM

Emily Hurd, & Lisa Ladendorff, Northeast OR Network (NEON)

Creating spaces and opportunities for community can seem like a daunting task. This session looks at the logistics of creating an inclusive environment through group facilitation. It starts by taking a look at the stages of group development and ends with real-world application to fit a variety of situations. We hope folks will feel empowered to continue to build their community and apply this session to their daily lives.

Emily Hurd is a Training and HRSN Coordinator, bringing a strong background in social-services and community support. Throughout her career, she has provided advocacy to survivors of Domestic Violence and Sexual Assault. Provided low-income energy assistance through connecting individuals and families to essential resources and offered dependable administrative support across diverse service settings. **Lisa Ladendorff** is a Licensed Clinical Social Worker and trained Community Health Worker with more than 30 years of experience practicing and teaching Motivational Interviewing. Since 2017, she has served as NEON's Director of Training and Consulting Programs, strengthening skills across Community Mental Health, Behavioral Health, and Local Public Health settings. Lisa is passionate about the transformative power of Motivational Interviewing to support meaningful change while helping practitioners build compassion, confidence, and effectiveness.



ENVIRONMENTAL HEALTH AND FOOD SAFETY

HARANO GALLERY

Evan Manger, Baker County Health Department

This session provides an overview of food safety and proper food-handling practices for both private and public consumption. Participants will learn practical strategies for safe food preparation, storage, handling, and serving, with an emphasis on preventing foodborne illness and promoting healthy communities. Participants will also have an opportunity to access resources to obtain a Food Handler permit.

Evan Manger has a degree in Chemistry from Central Washington University. He started his career in stormwater treatment and made the switch to Public Health and became a Health inspector almost 4 years ago. Evan moved to the Treasure Valley right before his move to Public Health.

STEWARDS OF CHILDREN: DARKNESS TO LIGHT (HOUR 2 OF 2)

MUSEUM THEATER

Cindy Lucht, TVCRN

Building on the foundational concepts from Hour 1, participants will deepen their understanding of how adults can prevent, recognize, and respond to child sexual abuse. This session focuses on practical actions for creating safer environments, responding appropriately to concerns or disclosures, and strengthening prevention efforts within families, organizations, and communities. Participants will leave with greater confidence and concrete strategies to help protect children and support a culture of safety.

GROWING TOGETHER: A COMMUNITY ART PROJECT

MUSEUM LOBBY

Michael Paul, Local Artist, and Eddie Melendrez, Artist & Community Organizer for Oregon Food Bank

Help create a piece of art that celebrates our community and imagines the future of the new Oregon Food Bank's Ontario Community Food Center! Choose a prompt and draw, color, paint, or create—there's no right or wrong way to participate: what helps our community grow; what belongs at everyone's table; what makes our community great; or what are you most excited to see at the new Community Food Center? Your artwork could become part of a larger community installation displayed at the new Food Center when it opens in 2027.

Afternoon Keynote

**Liana Haywood, Oregon Health & Science University (OHSU)
Bob & Charlee Moore Institute for Nutrition & Wellness**

THE 100-YEAR EFFECT: HOW TO BUILD HEALTHIER FUTURE GENERATIONS NOW



Liana Haywood, M.P.H., communications manager for the Bob and Charlee Moore Institute for Nutrition & Wellness at OHSU, is a health and science communication professional with more than 20 years of experience in media relations, crisis communication, internal communications, community engagement, and program development. Her current work centers on the application and dissemination of research in the field of Developmental Origins of Health and Disease (DOHaD), with an emphasis on translating scientific evidence into community-informed tools, programs, and policy recommendations. She collaborates directly with communities to implement evidence-based interventions, with the goal of advancing health equity and improving population health.

Decades of research show that nutrition and environment before and during pregnancy and in the first years of life not only affect our own health, but play a major role in determining the likelihood of adult chronic disease for our children—and for their children. We call this connection between generations the 100-Year Effect. Join us to watch a condensed version of a new documentary highlighting research from OHSU and told through the experiences of one rural Oregon community. Explore how the choices, systems and environments we create today can shape health outcomes for generations to come.

Learn more and request a screening at www.100yeareffect.com

THE
100
Year
EFFECT

SESSION 3

2:00–3:00 PM



Session 3 offers participants a variety of topics focused on strengthening community connection, resilience, and wellbeing. Sessions explore the Village Effect and the power of community support, Burns Paiute Tribe food sovereignty, and strategies for empowering rural youth through connection and leadership. Participants can also learn about improving 24/7 access to food and essential supplies, using poverty-informed communication strategies with community health partners, and the evolving role of doulas as humanized birth workers.

Room	Session 3 2:00 –3:00 PM	Presented By:
Collins Gallery	The Village Effect – How Community Helps Us Thrive	Lisa Dickard & Amber Dailey
Owyhee River	Burns Paiute Tribe: Food Sovereignty	Jenna Witzleben
Snake River	Building Trust, Growing Leaders: Empowering Rural Youth Through Connection, Collaboration, and Community Resilience	Jon Buckridge
Malheur River	Nourishing Wellbeing Around the Clock: 24/7 Access to Food & Essential Supplies	Amy Church & Wasi Khan
Harano Gallery	Print vs. Oral Culture Communication Skills: Poverty-Informed Strategies for Community Health Partners	Lindsey McConnell–Soong
Museum Theater	The Perinatal Evolution: Doulas as Humanized Birth Workers	Dr. Sandra Helena Hernandez, Phd., M.Ed., Doula
Payette River	Wellness Room	

THE VILLAGE EFFECT - HOW COMMUNITY HELPS US THRIVE

Strong families thrive through meaningful relationships, support, and opportunities to learn and grow together. This session explores how playgroups, parent education, youth programs, and community partnerships strengthen family well-being, reduce isolation, and build resilience. Participants will learn how collaboration and connection create protective factors that help children, families, and communities thrive.

Lisa Dickard has over 20 years of experience supporting families in both urban and rural communities. She is passionate about creating welcoming environments where families feel supported, valued, and empowered to thrive. Lisa believes every family has strengths to build upon and that meaningful connections are key to positive outcomes for children and families. She enjoys spending time with her husband, children, and grandchildren.

Amber Dailey holds an MBA from Hope International University and previously served as a Montessori preschool director in Hawaii. She is Board Chair of the Malheur County Parent Council FACE and serves as Children's Ministry Director at Ontario Community Church alongside her husband, Patrick. As parents and community advocates, Amber and Patrick are passionate about bringing compassion, education, and support to families.

COLLINS GALLERY

*Lisa Dickard & Amber Dailey,
Building Healthy Families*

BURNS PAIUTE TRIBE: FOOD SOVEREIGNTY

This session provides an overview of the Burns Paiute Tribe's Food Sovereignty Program, highlighting its community garden, educational programs, and efforts to strengthen local food systems. Participants will learn about the program's goals, community impact, and plans for the future.

Rhonda Holtby is a member of the Wadatika Band of Northern Paiutes, and her people are also the Siksika (Blackfeet). One of her many accomplishments during her 14 years of working for the Tribe has been revamping the unused community garden into a robust vegetable garden.

Ashlie Presley is a fifth-generation resident of Harney County and has been the Garden Steward for the Burns Paiute Tribe since July 2024. She co-leads the distribution of vegetables harvested from the garden to tribal members and helps lead workshops for tribal members about cooking skills, plant care, and health care.

Jenna Witzleben is our Food Sovereignty Planner. Since 2024, Jenna has been leading the development of the 5-year Food Sovereignty Plan and supporting the team during workshops and events.

Suzanne Settle is our Emergency Services Director. She has worked for the Tribe for two years, overseeing food sovereignty, energy, and IT infrastructure projects.

OWYHEE RIVER ROOM

*Rhonda Holtby, Ashlie Presley, Jenna Witzleben,
Suzanne Settle - Burns Paiute Tribe*

BUILDING TRUST, GROWING LEADERS: EMPOWERING RURAL YOUTH THROUGH CONNECTION, COLLABORATION, AND COMMUNITY RESILIENCE

SNAKE RIVER ROOM

Jon Buckridge, YouthLine

Strong communities are built with youth, not simply for them. This interactive workshop explores how authentic relationships, trusted adult connections, and youth leadership serve as powerful protective factors for suicide prevention, particularly in rural communities. Participants will examine barriers to building trust, learn practical strategies grounded in radical inclusion, collective care, and upstream prevention, and engage in collaborative activities that promote meaningful youth partnership. Attendees will leave with actionable tools to strengthen social connection, foster youth leadership, reduce stigma, and create resilient, community-driven approaches that empower young people to help shape lasting solutions for suicide prevention across Oregon.

Jon Buckridge is the Eastern Oregon Outreach Coordinator for YouthLine, Oregon's peer-to-peer youth crisis and support line. For more than 15 years, he has served young people throughout the Western Treasure Valley as a coach, high school teacher, youth advocate, and foster parent. Jon is passionate about strengthening community partnerships, empowering youth leadership, and building protective factors that promote resilience and suicide prevention, particularly in rural communities. He lives in Eastern Oregon with his spouse, daughter, two dogs, three cats, seven chickens, and, despite persistent rumors, no actual partridge in a pear tree.

NOURISHING WELLBEING AROUND THE CLOCK: 24/7 ACCESS TO FOOD & ESSENTIAL SUPPLIES

MALHEUR RIVER ROOM

Wasi Khan, Galaxux Inc. Amy Church, ODHS

Food pantries have limited hours. We will explore how food banks and pantries might expand their capacity to provide food and essential items outside of normal operating hours. The Food Locker Pilot will provide secure smart lockers that give families 24/7 access to food and essential supplies — no appointment, no waiting room, no dependence on volunteer hours. The Food Locker App can support a variety of locker types and processes; it is easy to customize for each locker location to allow for the most flexibility. Community members can request an emergency food box or essential item(s) and pick it up when it makes sense for them. This session demonstrates the Eastern Oregon rollout of the pilot concept, and discusses how partners might bring lockers to their communities.



Wasi Khan is President & CEO of Galaxux Inc., a Federal 8(a) and Oregon MBE certified technology firm based in Salem, OR, founded in 2003. Wasi developed the Community Resource Network (CRN) platform in 2014 and launched the first CRN in Marion County in 2016, then worked closely with Amy Church of the Oregon Department of Human Services to implement the CRN Network across the state. Today, the network spans four regional CRNs covering 55% of Oregon's population, with more than 1,600 active members, 450+ participating organizations, and 2,700+ community requests submitted. CRN Locker is the network's newest innovation, extending resource access to 24-hours a day. **Amy Church** is the statewide Volunteer Program Manager with the Oregon Department of Human Services (ODHS). Amy has championed the Community Resource Network across the state, supporting new community launches and connecting state resources with local networks to strengthen Oregon's safety net for individuals and families.

PRINT VS. ORAL CULTURE COMMUNICATION SKILLS: POVERTY-INFORMED STRATEGIES FOR COMMUNITY HEALTH PARTNERS

HARANO GALLERY

Lindsey McConnell-Soong, U of I



There is no question that communication is a key component of community outreach, health access and education, and resource assistance. But how critically are we considering the communication styles of our priority populations? Research connecting communication style and social class can provide a deeper understanding of how low-income, low-resourced community members receive information. Participants in this session will assess their personal skills on the spectrum of print vs oral communication, learn the key components of each style, and consider evidence-based strategies for more effectively engaging with people living in the crisis of poverty.

Lindsey McConnell-Soong is a Regional Health Agent for University of Idaho Extension. As Beegle Certified Poverty Coach and former trauma therapist, she provides community partners with training and resources for effectively addressing poverty and health in our communities. She is passionate about creating system-level change that ensures all community members have what they need to thrive.

THE PERINATAL EVOLUTION: DOULAS AS HUMANIZED BIRTH WORKERS

MUSEUM THEATER

*Dr. Sandra Helena Hernandez,
Phd., M.Ed., Doula*

Have you ever heard about humanized birth? What do you know as reproductive justice? Is it true that a community doula as a Traditional Health Worker could support doctors to save lives? If you feel intrigued by these statements and are questioning how birth has changed from old midwifery traditions to the modern medicated process, come and join us. Let's discover together the beauty, challenges, and game-changers shaping the perinatal evolution!

Dr. Sandra Helena Hernandez, Ph.D., M.Ed., is a psychologist, doula trainer and mentor, and founder/director of Doulas Latinas International and THE-TREE & Praxis Institute. Her work focuses on humanized birth, prenatal bonding, perinatal psychology, trauma, and reducing maternal and child health disparities. She developed the Doulas Latinas Program to train culturally and linguistically responsive doulas as public health agents and has helped lead initiatives serving thousands of families and individuals. Dr. Hernandez has collaborated with the Oregon Health Authority (OHA) since 2009 and currently serves on Oregon's Traditional Health Workers Commission.

SESSION 4

3:15–4:15 PM



Session 4 offers participants a range of topics focused on strengthening community support, behavioral health, inclusion, and access to resources. Participants can explore strategies for connecting early childhood programs with inclusion and infant / early childhood mental health supports; learn about home care and veteran services; and discover how the Community Resource Network strengthens rural Eastern Oregon. Additional sessions cover the High Desert Crisis Intervention Team; connecting with Oregon Health Plan Assisters; behavioral safety assessment and restorative justice in schools; and chair yoga techniques for relaxation and stress reduction.

Room	Session 4 3:15 –4:15 PM	Presented By:
Collins Gallery	Building the Bridge: Connecting Early Childhood Programs with Inclusion and Infant/Early Childhood Mental Health Supports	Erica Trinidad-Teran & Janice Grengs
Owyhee River	Supporting Independence: Home Care Services & Veteran Care Options	T.J. Westphal
Snake River	Rooted in Community: How the Community Resource Network Strengthens Rural Eastern Oregon	Amy Church & Wasi Khan
Malheur River	Overview of High Desert Crisis Intervention Team (CIT)	Kailee Evans
Harano Gallery	Oregon Health Plan Assisters: Who They Are, and How to Connect with Them	Levi Anderson
Museum Theater	Behavioral Safety Assessment and Restorative Justice in Schools	Kevin Purnell
Museum Lobby	Wind Down with Chair Yoga	Vivian Hensley
Payette River	Wellness Room	

BUILDING THE BRIDGE: CONNECTING EARLY CHILDHOOD PROGRAMS WITH INCLUSION AND INFANT AND EARLY CHILDHOOD MENTAL HEALTH SUPPORTS

Early childhood educators are supporting children with a wide range of needs and may benefit from additional resources and support. This session will introduce services available through the Pyramid Model, Coordinated Care Resources and Referral, and Infant and Early Childhood Mental Health Consultation (IECMHC). Presenters will share how these supports can help create inclusive environments, strengthen relationships between adults and children, support children's social-emotional development, and provide educators with tools and guidance. Participants will learn how to access these resources and how collaboration among early childhood partners can help create supportive environments where every child feels welcomed and included.

Janice Gengs has a passion for teaching children. She has worked in the field of education for over 25 years. Janice taught K12 for seven years and has served as an Inclusion Specialist for Eastern Oregon Child Care Resources for 3 years. As an Inclusion Specialist, she delivers training and technical assistance to early educators to help them understand the meaning behind the challenges they may encounter in their work with children and assist them in developing strategies and universal routines that enable all children to find a sense of belonging and inclusion in the preschool classroom.

Erica Trinidad-Teran is an Infant and Early Childhood Mental Health Consultant with Malheur Education Service District, where she collaborates with early childhood programs to support children's social-emotional development and create inclusive environments where all children feel a sense of belonging. With a background in child development, Erica enjoys partnering with early childhood professionals to better understand children's needs, strengthen relationships, and support positive experiences for young children and their families

COLLINS GALLERY

*Erica Trinidad-Teran & Janice Gengs,
Mal ESD*



SUPPORTING INDEPENDENCE: HOME CARE SERVICES & VETERAN CARE OPTIONS

Supporting Independence: Home Care Services & Veteran Care Options. This session provides an overview of FRHC's home care and caregiver support services, with a focus on options available to veterans. Participants will learn about available resources, support services, and care options designed to help individuals maintain independence and improve quality of life at home.

T.J. Westphal - Veteran Outreach Specialist is a U.S. Army combat veteran who served eight years as an Infantryman, including deployments to Kosovo and Iraq. For more than 15 years, has worked to support veterans through roles with the VA, county government, behavioral health organizations, and nonprofits. T.J. currently leads Family Resource Home Care's veteran outreach efforts across multiple states, helping veterans and their families access healthcare, benefits, and support services they have earned through their service

Shawna Sauer is the Branch Manager at Family Resource Home Care in Ontario, Oregon. Since entering the healthcare field in 2012, she has developed a deep passion for serving others and supporting individuals in maintaining their quality of life. Shawna is proud to be part of an organization that makes a meaningful difference in the community and is continually seeking opportunities to grow as a leader and enhance the ways we serve those who rely on our care.

OWYHEE RIVER ROOM

*T.J. Westphal & Shawna Sauer, Family Resource
Home Care*



ROOTED IN COMMUNITY: HOW THE COMMUNITY RESOURCE NETWORK STRENGTHENS RURAL EASTERN OREGON

SNAKE RIVER ROOM

*Amy Church and Chris Black, ODHS
Wasi Khan, Galaxux Inc./ CRN*

The Community Resource Network (CRN) is a real-time, community engagement platform that connects local resources to unmet community needs -- the ones that can't be served through traditional safety net programs. Across Eastern Oregon, CRN has fulfilled hundreds of requests: urgent electricians in winter, school fees, transportation, medical equipment, household goods, etc. This session shows how the Eastern Oregon CRN (EOCRN) was launched in Union, Baker, and Wallowa Counties, and what we've learned about strengthening rural community connections and resilience.

Chris Black is the Oregon Department of Human Services District Manager for Union, Baker, and Wallowa Counties. Chris and his team were instrumental in implementing the EOCRN and continues to be an active partner.

Amy Church is the statewide Volunteer Program Manager with ODHS. Amy has championed the Community Resource Network across the state, supporting new community launches and connecting state resources with local networks to strengthen Oregon's safety net.

Wasi Khan is President & CEO of Galaxux, Inc., a Federal 8(a) and Oregon MBE-certified technology firm based in Salem, OR, founded in 2003. Wasi developed the Community Resource Network platform in 2014 and launched the first CRN in Marion County in 2016, then worked closely with the Oregon Department of Human Services to implement the network across the state. Today, the network spans four regional CRNs covering 55% of Oregon's population, with more than 1,600 active members, 450+ participating organizations, and 2,700+ community requests submitted.

OVERVIEW OF HIGH DESERT CRISIS INTERVENTION TEAM (CIT)

MALHEUR RIVER ROOM

Kailee Evans, High Desert CIT



High Desert Crisis Intervention Team (CIT) has been established in our area since 2015. CIT is a collaborative program that includes stakeholders from all over our valley. The goal of CIT is to bring together law enforcement, first responders, mental health providers, health care, educators, and community resources to best serve the people in our area who may be experiencing crisis. We would give an overview of CIT and do some interactive examples of what active listening and de-escalation training looks like.

Kailee Evans has been involved with High Desert CIT since 2015 and has been the CIT Coordinator since 2019. Kailee has a background as an educator and has been in the corrections field since 2013. Kailee is the Team Lead for the Peer Support/Critical Incident Stress Management Team at Snake River Correctional Institution, which supports 1,000 employees. Kailee has a passion for seeing our community work together to help those who may be experiencing crisis or setbacks.

OREGON HEALTH PLAN ASSISTERS: WHO THEY ARE AND HOW TO CONNECT WITH THEM

HARANO GALLERY

*Alma Ponce, Cristina Hernandez,
Maria Vargas, and Levi Anderson,
Oregon Health Authority*

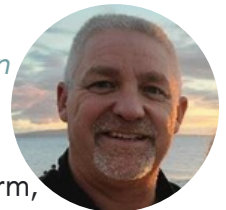
We'll showcase what certified OHP Assistors do, introduce the organizations involved, and highlight how additional organizations can join the team.

Office of Community Health and Engagement – Oregon Health Authority's Office of Community Health and Engagement (OCHE) has built a one-of-a-kind network of community partner organizations serving every county in Oregon. OCHE's regional and statewide team provide support to a diverse network of partners. Together, we strive for a stronger, healthier Oregon. Through passion and collaboration, we elevate both the beauty in diversity and unique community needs.

BEHAVIORAL SAFETY ASSESSMENT AND RESTORATIVE JUSTICE IN SCHOOLS

MUSEUM THEATER

*Kevin Purnell, Mal ESD
School Safety & Prevention*



Malheur County Schools utilize the Salem-Keizer Cascade Behavioral Safety (Threat) Assessment (BSA) protocol to identify situations that may pose a risk of violence or harm, assess the level of concern, and develop appropriate safety and supervision strategies. BSA teams follow an evidence-based assessment process while intentionally addressing bias and equity. This session will explore how Level 1 and Level 2 protocols are used to promote student and staff safety while supporting students of concern.

Kevin Purnell spent 37 years as a teacher, coach, and administrator in both private and public education. He spent the first five years teaching middle school and high school students at a private Christian school in Gresham, Oregon. He and his wife Heidi moved east to Prairie City, Oregon, in 1989, where they began a family, and Kevin taught students in grades 6–12 for 13 years. In 2002, Kevin became Principal/Superintendent of the k–12 Prairie City School District. After 5 years at the helm, Kevin accepted a high school principal job in Adrian, Oregon. Kevin served as the Adrian High School Principal for 11 years and District Superintendent for 3 years. In February 2022, Kevin began working at the Malheur Education Service District in Vale, Oregon, as the School Safety and Prevention Specialist, serving school districts in Lake, Harney and Malheur Counties.

WIND DOWN WITH CHAIR YOGA

MUSEUM LOBBY

Vivian Hensley



Unwind, release the day, and reconnect with yourself through a gentle, restorative Chair Yoga session. This calming practice combines mindful breathing, easy seated stretches, gentle movement, and relaxation techniques designed to ease tension in the body and quiet the mind. No yoga experience or getting down on the floor is required. Whether you've had a busy day or simply need a moment to pause, this session offers a peaceful way to transition from activity into rest. Come as you are, breathe deeply, move gently, and leave feeling refreshed, relaxed, and ready for a restful evening.

THANK YOU
FOR
ATTENDING

**FOUR RIVERS
HEALTHY COMMUNITY
CONFERENCE**



SCAN HERE FOR SESSION DOCUMENTS

***if provided by presenter**

