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2010 First Federal Internships

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Spring 2010

## Yamhill County Commission on Children and Families

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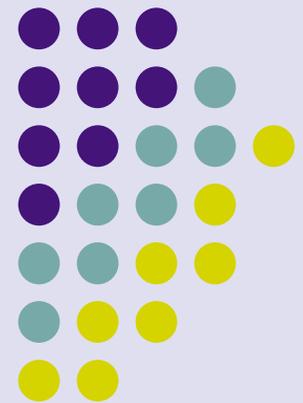
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# Portfolio

Christina Michael

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**Yamhill County Commission  
on Children and Families**





# Description of Internship

- Coordination of all aspects of a community based Suicide Prevention Training Program. “**Q**uestion **P**ersuade and **R**efer (QPR)”. Gatekeeper training helps community members learn how to respond when they think someone is contemplating suicide. This position assists the Suicide Prevention Coalition by scheduling trainings, supporting the volunteer trainers so trainings can happen and marketing these trainings to the general community as well as specific targeted groups. This position serves as part of a match for a state grant to pay for the training of trainers, participant take home materials and publicity. This position is in the Yamhill County Commission on Children and Families.

# Commission on Children and Families



- **Vision**

- In Yamhill County, we envision a community where children and families are safe, strong and supported.

- **Mission**

- The Yamhill County Commission on Children and Families promotes wellness of children and families by facilitating access to needed supports;
- stimulating community mobilization; and
- organizing a plan to improve positive outcomes.

- **Guiding Principles**

- To recognize that family is the most important resource when it comes to serving children
- To be inclusive and culturally diverse
- To monitor and evaluate all we do
- To be responsive and innovative
- To be prevention focused and strength based
- To be community driven/based
- To model inclusive decision making
- To strengthen partnerships and seek collaborations
- To utilize natural circles of influence of members and staff

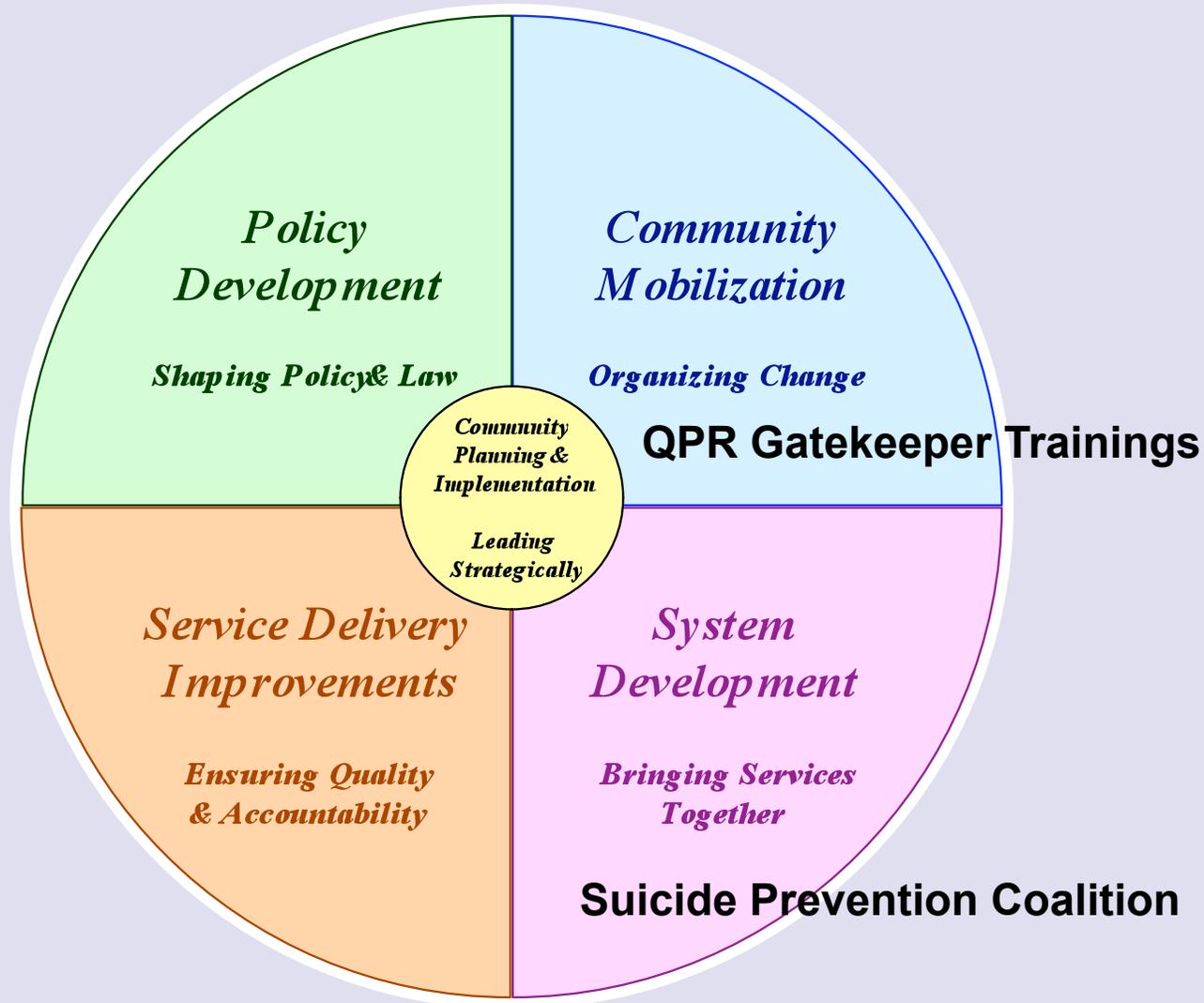
# Suicide Prevention Coalition



- Community members working towards suicide prevention and awareness
- Programs:
  - QPR Question Persuade and Refer
  - ASIST Applied Suicide Intervention Skills Training



# Where I Fit In



# My Internship



- Garrett Lee Smith Grant
  - [Grant objectives and expectations](#)
  - QPR Goal:3 trainings/year
- Three QPR trainings
  - April 8<sup>th</sup> Community QPR at the Presbyterian Church in Mac
  - May 6<sup>th</sup> QPR for Education and Psych majors Linfield College
  - May 13<sup>th</sup> Community QPR at Newberg Christian Church

# Marketing



- Methods: E-mail, newspaper, fliers, Facebook
- Examples of Fliers
  - [April 8th Community QPR](#)
  - [May 6th Linfield QPR](#)
  - [May 13th Community QPR](#)

# Compiling Survey Information



- The GLS grant requires surveys to be filled out by participants following each training. After each training I compiled the data from the surveys so that we could use the information to make improvements on the program.
  - [April 8th QPR survey compilation](#)
  - [May 6th QPR survey compilation](#)
  - [May 13th QPR survey compilation](#)



# Projects other than QPR

- Suicide Prevention Coalition
  - Public Awareness
    - Real High School Musical (helped create survey)
    - Resource fair (set up and sat at booth)
- Reading for All
  - Sorting books
  - Delivering boxes for book drive
  - Helping out at events and assisting in finding volunteers

# IDST 387 Interdisciplinary Internship



- Three reflections: beginning, middle, end
  - [Reflection 1](#)
  - [Reflection 2](#)
  - [Reflection 3](#)
- Presentation
  - [First Fed Powerpoint Presentation](#)
- Final Reflection
  - [Overall Reflection](#)

# Special Thanks



This internship has been such a wonderful experience for me and a real confidence builder. I really want to thank the ladies of the CCF office Marilyn, Caren, and Michelle for making me feel like a part of the CCF family. I also want to thank Jeff Peterson for organizing the classroom portion of the internship and First Federal for providing the generous stipend that made this all much more possible!