

## About

VOICES events are organized by BIPOC adoptees for our community, emphasizing empowerment through skill-building, leadership, and civic engagement. Built on integrity and mutual aid, our Container of Care framework is intended to provide support and foster trust and connection. As a pathway towards a trauma-informed event, Internal Family Systems and embodiment practitioner, Jacque Fitzgerald (M.Ed., IFS), founder of Resonance Institute ([www.resonanceinstituteptdx.com](http://www.resonanceinstituteptdx.com)) will provide session leads/facilitators a brief training on nervous system regulation techniques to share in their sessions. We prioritize collaboration with professionals who share lived experiences of BIPOC adoptees.

## Mental Health Support

The following mental health providers will be available for support throughout this conference on the following days:

### Saturday, July 27, 2024

- Sara Hirschhorn, LPC | [www.restoringhopeeug.com](http://www.restoringhopeeug.com)
- Erin McCall, M.Ed, M.S., LPC | [www.brightbeginningspdx.com](http://www.brightbeginningspdx.com)
- Beth Yu Simpson, MSW, LICSW | [www.aireroots.com](http://www.aireroots.com)
- Cheryl Forster, Psy.D. | [www.bookmarkconnections.com](http://www.bookmarkconnections.com)
- Diego Vitelli, LMFTA | [www.adopteefocusedtherapy.com](http://www.adopteefocusedtherapy.com)
- Alisha Bennett, LCSW | [www.integrativetherapynyc.com](http://www.integrativetherapynyc.com)
- Alexándrea Evans Oneal, Psy.D | [www.quipptherapy.com](http://www.quipptherapy.com)
- Michelle Linden, Graduate Student Counselor in Training

Kannon Elizabeth, LCSW, LICSW will be available for on site emergencies this day.

## Mental Health Support Cont.

**Sunday, July 28, 2024**

- Marianne Ferguson, LCSW | [www.psychotherapywithmarianne.com](http://www.psychotherapywithmarianne.com)
- Diego Vitelli, LMFTA | [www.adopteefocusedtherapy.com](http://www.adopteefocusedtherapy.com)
- Sara Hirschhorn, LPC | [www.restoringhopeeug.com](http://www.restoringhopeeug.com)
- Alisha Bennett, LCSW | [www.integrativetherapynyc.com](http://www.integrativetherapynyc.com)
- Alexándrea Evans Oneal, Psy.D | [www.quippttherapy.com](http://www.quippttherapy.com)
- Michelle Linden, Graduate Student Counselor in Training

Ways to access this support will be provided during the conference.

## In Case of an Emergency

**If you have a mental health emergency, we encourage you to do one or more of the following:**

- Call Multnomah County at 503-988-4888 or Toll-free: 800-716-9769
- Call Lifeline at (800) 273-8255 (National Crisis Line)
- Call 911 - Go to the emergency room of your choice
- Call your therapist and/or counselor
- Call your support network (friends, family, or folks you trust)

### Nearby Emergency Room

- Legacy Emanuel Medical Center Emergency Room, 2801 N Gantenbein Ave, Portland, OR 97227

**Important Note:** Event organizers are not mental healthcare providers, but advocates of VOICES include volunteers who are certified in mental health fields. They will be on site during the VOICES conference and available for support. Therapy will not be provided at this conference. Please visit our deactivation room 323 on the third floor for additional support.