

- IF YOU NEED SOMETHING -

WHO YOU GONNA CALL?



I WANT TO CONNECT MORE

Your fellow board members are your **team!** Together, you can discuss confidential information that is off limits to anyone else. Meet for coffee. Zoom happy hour with them. Go for a walk and talk. And, ask your field manager for more ways to connect with CRB volunteers across the state.



I THINK I NEED TO REPORT ABUSE

If you witness suspected abuse either at a CRB review or in the community, call the Oregon Child Abuse Hotline directly at 1-855-503-SAFE. You do not need permission from your CRB field manager to do so, but you may call your field manager for support or to ask questions about reporting.



I'M HAVING TECHNICAL ISSUES

Contact the Volunteer Resource Coordinator at crb.volunteer.resources@ojd.state.or.us and make sure to let your field manager know what issues you are facing. There may be additional resources to help you.



I WANT TO GET MORE INVOLVED

Talk to your field manager! They can connect you with opportunities to do things like serve on committees, work on special projects, raise awareness, be a mentor to a new CRB volunteer, and more.



I NEED A BREAK

And you deserve a break! Compassion fatigue is real. If you could benefit from a leave of absence for a month or two, contact your field manager to arrange it. They will also be able to provide you with further resources for support and self-care.



I'M CONFUSED

When in doubt, your field manager is your go-to person for help with **any** question about **any** aspect of CRB service! If you have a training-related question, you can also reach out to the CRB trainer any time, including after hours.