

Mission

ThinkFirst Oregon, located in Portland, Oregon, is part of a national nonprofit organization committed to reducing brain and spinal cord injuries nationwide.

The mission of ThinkFirst Oregon is to educate Oregon youth, as well as community members, about preventable injury.

This is accomplished by providing classroom presentations, through partnering with teachers and retirement communities to teach prevention strategies, by selling low cost safety helmets, and by participating in community events throughout the state of Oregon.



Teaching Oregon's Community Members to Use Their Minds to Protect Their Bodies.

Vision

Our Vision is to help develop safety habits in Oregonians and minimize the risk of sustaining permanent brain or spinal cord injuries that generally result in disability or death.



ThinkFirst

Oregon

Make good choices — use your mind to protect your body!

Contact us today

Thinkfirst@ohsu.edu

(503) 494-5353

www.ohsu.edu/thinkfirst

thinkfirst

OHSU's ThinkFirst Oregon

Brain & Spinal Cord Injury Prevention



Volunteer Opportunities

ThinkFirst Volunteer Opportunities

ThinkFirst Oregon volunteers make a difference



Help Oregon's youth learn to make safe choices.

Volunteer Today

Apply to become an official OHSU ThinkFirst volunteer today. Contact ThinkFirst Oregon located at Oregon Health & Science University.

Email: thnkfrst@ohsu.edu

Phone: (503) 494-5353

Web: www.ohsu.edu/thinkfirst

Event Volunteer

Event Volunteering requires a minimal commitment of three to five hours.

This position is ideal for busy teens, college students, adults, and senior citizens, who want to interact with the public in a positive way, but are limited by time.

Volunteers may play safety games or activities with youth, teach community members about preventing brain and spinal cord injury, and properly fit bike helmets to participant's heads.

School Presenter

School presenting requires four hours of training and a six month to one year commitment.

This position is ideal for college students, adults, and senior citizens.

Position requirements include speaking skills, the ability to present in front of small and large groups of kids and teens, and the desire to teach injury prevention methods.

Volunteers may cover safety topics such as safety helmets, violence prevention, recreation safety, and brain and spinal cord anatomy.

Program Intern

Program intern requires a commitment of 40 to 120 hours. This position is ideal for teens or college students.

Position requirements vary, but communication skills, both verbal and written are essential for this position. Additionally, interns must be self-motivated and able to work on projects with limited supervision.

Volunteers may participate in a variety of projects, including grant writing, curriculum design, document creation, and special projects.

Falls Prevention Coach for Seniors

Falls prevention coach requires eight hours of training, and an additional sixteen hours to teach a falls prevention class.

Position requirements include communication and facilitation skills, the ability to present in front of both small and large groups, and the desire to work with senior citizens to help reduce the rate of falls.

Coaches must be self-motivated, reliable, and able to work with a diverse population.

