



The Journey

Oregon Post Adoption Resource Center (ORPARC)
Centro de Recursos Posadoptivos de Oregon

Assisting families on their lifelong journey. Apoyando a las familias durante el transcurso de sus vidas.

Volume XX

Summer 2004

ORPARC is a program of Northwest Resource Associates

ORPARC Listens to Adoptive Parents

All ORPARC undertakings occur under the advisement of adoptive and guardianship parents. Families have informed us of the need for trainings on fetal alcohol syndrome, lifestory books, school advocacy, attachment strategies, and effective discipline, and we responded by developing workshops on these topics. The "Adoption Awareness for Educators" packet and the PSU Post Graduate Training in Adoption for Mental Health Providers are two ORPARC collaborations initiated in response to parent input. In addition, parents have guided our library acquisitions and our outreach to parent support groups.

Watch your mail for upcoming ORPARC meetings in your community. These are opportunities to meet with other local parents to give input in a group setting. All ORPARC families are invited to call or e-mail us at any time to give suggestions. We thank these adoptive parents who served as ORPARC advisors this year:

Klamath Falls

Gail Carpenter
Jeff & Christy Finnigan
Sue Kiser
Shannon & Ray Levy

Salem

Suzanne Lowe
Stephen & Amy Lewis
Beth Rolph
Lee Ann Ryals
Katherine Wenos

La Grande

Linda Douglas
Clint & Tracy Hett
Sheryl Hug
Annie & Greg Richmond
Roanna Tomlinson

Portland

Denise Spacial
Chris Blaske
James Bush &
Celessie Myers
Deborah Kaufman
Deanna Carey

Lincoln City

Christina & David Haun

Eugene

Gail Carr
Paul & Stella Darling
Denice Hermann &
Chuck Kennedy
Teri Lawrence
Jean Mackay
Carmen Nasholm
Lorraine Slattery
Judy & Ed Spangler

Thank You Outstanding Volunteers!



This past year, two outstanding individuals have given their time and effort to ORPARC projects. Both young women, adoptees themselves, have provided a sensitive voice and perspective on adoptive issues. Mottie Blaske has participated as a panel member at several ORPARC trainings to parents and professionals. Nina Yates assisted in updating ORPARC referral resources and contacting new adoptive families about ORPARC services. Mottie and Nina were honored guests at a recent luncheon attended by: their parents; Kathy Ledesma, DHS Adoption Manager; Matt Farah, the caseworker who placed Mottie with her family 16 years ago; and the ORPARC staff. Both of these young women are college graduates and plan to continue their education at the graduate level to prepare for careers working with children and families.

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Summer Reading




It's summer time – the time to put on shorts and shades, grab yourself a lemonade, kick back, and relax with a good book. We might have just what you're looking for. Dan Brown, John Grisham – who needs 'em? Check out this line-up of books new in 2004 to ORPARC's library.


 *Adoption Healing: A Path to Recovery.* This author/adoptee's unique perspective offers myths, facts, exercises, and quotes to augment chapters on a wide range of adoption related issues.


 *Adoption in America: Historical Perspectives.* This collection of essays by various writers examines adoption from social and historical contexts, charting its development and evolution in America from colonial times to the present.


 *The Adoption Reader: Birthmothers, Adoptive Mothers and Adopted Daughters Tell Their Stories.* Thirty-one personal essays and stories by women from all adoption triad perspectives are informed by the contemporary adoption movement and raise timely issues.


 *Birthright: The Guide to Search and Reunion for Adoptees, Birthparents, and Adoptive Parents.* This author, who located her birth family in 1988, addresses making the difficult decision to search, navigating the emotional turbulence of a reunion, dealing with the impact of the search on the adoptive parents, and more.



 *The Five Love Languages of Children.* We express love and understand it through physical touch, words of affirmation, quality time, gifts, or acts of service. Which describes your child?

 *The Oasis Guide to Asperger Syndrome: Advice, Support, Insight, and Inspiration.* What it is, what it looks like, how it's diagnosed, how to relate to having a child with AS, building the foundation for success, options & interventions, medication, special education basics, more.


 *Touched by Adoption: Stories, Letters and Poems.* Stories, letters and poems, from adoptees, adoptive parents, and birth parents weave a rich tapestry of adoptive life.


 *Whose Child? An Adoptee's Healing Journey From Relinquishment Through Reunion...and Beyond.* The author's adoption story in terms of its effect on her life, her relationships, her self-esteem, and her use and abuse of food and other substances; and how her reunion with her birth family helped heal her wounds.



Consider the following for your children.

 *The Fall of Freddie the Leaf.* This illustrated children's book, uses the allegory of Freddie, a leaf on a tree, who changes with the passing seasons and the coming winter, to help children or anyone come to grips with death and life.

 *The Long Journey Home.* This illustrated children's book tells of a young boy separated from his mother who begins a perilous search to find her. It is about love and loss, trauma and trust.

 *Tear Soup: A Recipe for Healing after Loss.* Written and illustrated in the style of a children's book but intended for adults as well, this book uses the extended metaphor of making soup to examine processing grief, from many possible perspectives.



Remember that we also have videos and audiotapes covering a wide range of topics related to adoption and guardianship. If you're traveling this summer, audiotapes can help you pass the hours and teach you something at the same time. For a complete list, go to our web site at www.orparc.org and click on Lending Library. Then scroll down to Library Materials by Type and click on Videotapes or Audiotapes to see what is available. If you don't have Internet access, call and we'll try to hook you up with a tape that addresses your needs.



Thumb Through A Magazine!

**Borrow or
Subscribe Yourself!**

Several excellent magazines help busy parents short on reading time keep informed of trends, research, and policies, as well as parenting tips and techniques specifically geared towards adoptive, guardianship and foster families. These are some of the available magazines through the ORPARC library, as well as by subscription:

- *Family Matters*: Monthly publication FREE to all state adoptive and pre-adoptive families. If you are not receiving this great resource, subscribe by contacting the Special Needs Adoption Coalition at 503-542-2392, or send an e-mail to adoption@boysandgirlsaid.org with your name and complete mailing address.
- *Fostering Families TODAY*: Although the name says foster families, this publication has been widely recognized for its broad coverage of family issues. The magazine has offered a discounted price of \$15.00 if you mention ORPARC. Subscribe on line at www.adoptinfo.net by entering "yes" in the "gift" box and writing in you are an ORPARC family, or by phone at 1-888-924-6736.
- *Adoptalk*: Members of the North American Council on Adoptable Children depend upon this quarterly newsletter for up to date information on legislation, advocacy, and trends in state adoptions. Individual membership is \$45.00 a year, with discounts for more than one year, as well as special rates for parent groups and organizations. Visit www.nacac.org or call 651-644-3036 for more information.

ORPARC 2004-2005 Training Schedule

ORPARC is developing the 2004-2005 fall, winter and spring training schedule. Look for it in our next newsletter, or check our website for upcoming trainings throughout the state.

Upcoming Training Topics for 2004-2005

- Adoption Awareness in the Schools
- Communicating With Your Child About Adoption
- Discipline and Consequencing
- Family Strategies for Improving Attachment
- Lifestory Books
- Talking to your Children about Adoption

Sample Training Topics Available to Support Groups Upon Request

- Crisis Intervention: Skills for Everyday Use
- Preparation For Adulthood
- Raising Children in Multicultural Homes
- Recruiting and Training Respite Care Providers
- Tips For Parenting Children Who Learn Differently

Summer Trainings by ORPARC Partners

PSU Child Welfare Partnership

The PSU Child Welfare Partnership sponsors trainings **statewide**. Visit www.cwporegon.com/foster for more information on other trainings in your region.

- June 19, 2004: It's a Secret: Parenting the Sexually Reactive Child, Grants Pass, Register: 541-474-3120.
- June 23, 2004: Promoting Positive Behavior, Medford, Register: 541-776-6120.
- July 28, 2004: Life Story Books: The Greatest Gift, Eugene, Register: 541-686-7555.
- August 9, 2004: Developing Magic, Baker DHS, Register: 541-523-6423 ext. 227.
- August 10, 2004: Developing Magic, Grant DHS, Register: 541-575-0728 ext. 247.
- August 14, 2004: The Defiant Child, Grants Pass, Register: 541-474-3120.
- August 17, 2004: Advocating for Children in the School System, Roseburg, Register: 541-440-3373.

OR Parent Training & Information Center

Oregon PTI educates and supports families and professionals in building partnerships that meet the needs of children & youth with disabilities. Visit www.orpti.org.

- June 8, 2004: What Parents Need to Know about Statewide Assessments, Register at 541-886-9235 or e-mail Robin Wortman at rvortman@orpti.org.

Northwest Adoptive Families Association

E-mail information@nafaonline.org or visit the NAFA website at www.nafaonline.org for more trainings.

- June 14, 2004: Taking Charge Discussion Group, Legacy Emanuel Hospital.
- July 9-11, 2004: NAFA Family Campout.
- July 17, 2004: First Year of Life for Adoptive Families, Register: 503-413-4840.

Parent Comment Box

Advice from Sheri Baker

East Multnomah County Parent Support Group Leader

“It is so hard to get busy parents to attend a support group, but it is the best thing for them! The group is a place where we can share and problem solve; where we come to see that just because a parent is having a challenge does not mean they aren’t a great adoptive or foster parent. In a support group you realize you are not alone, and you learn from others’ mistakes and experiences. Being in a support group expands your ‘toolbox’ of parenting techniques and also can lead to respite care resources.”

Visit the ORPARC website at
www.orparc.org to find a
support group in your area.



Mini-Grants for Parent Support Groups!

The Collaboration to AdoptUSKids announces a new funding cycle for Parent Support Group Mini-grants of up to \$4,000 each! The grants may be used to fund new or existing support groups in the development of new programs or the expansion of existing programs. Existing groups may use the grant to assist with events such as a training, a picnic, or a media event. Application and materials are posted at www.adoptuskids.org. Applications must be received by July 1., 2004. Grant awards will be announced late August or early September with projects to begin October 1, 2004. Groups who received grants in the previous two funding cycles are not eligible. For further information contact Sylvia R. Franzmeier at 281-353-7459 or sfranzmeier@adoptuskids.org.

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¡Atención familias de habla hispana!

¿Quiénes somos?

El Centro de Recursos Posadoptivos de Oregon (CRPO) es un servicio que se extiende a las familias que han finalizado una adopción de un niño/niña por medio del sistema del estado de Oregon, Departamento de Servicios Humanos (DSH). El CRPO es un programa de Northwest Resource Associates, con sede en Seattle, Washington. La oficina se encuentra en el centro de la ciudad de Portland.

¿Qué hacemos?

Cuando una familia se comunica con el CRPO, el personal evaluará su situación y necesidad. El servicio incluye apoyar a las familias con información y referencias, una biblioteca, entrenamientos, y asistencia para encontrar grupos de apoyo y otros recursos. Toda información es confidencial y no se comparte con ninguna otra persona o agencia a menos que se obtenga el permiso de la familia. No se cobra para ningún servicio del CRPO.



Información y referencias

Un directorio de recursos se mantiene que incluye: terapeutas que trabajan con niños adoptivos/niños en el sistema de crianza, padres adoptivos/padres de crianza, recursos de guardería profesional, grupos de apoyo, grupos relacionados con la adopción, campamentos, programas de escuelas públicas, agencias y programas de educación especial, y programas de emancipación.



Entrenamiento

Los entrenamientos se llevan a cabo en todas regiones del estado de Oregon y son gratuitos para las familias adoptivas, familias de crianza, y profesionales del DSH. Si usted desea asistir a un entrenamiento y desea un intérprete en español, favor de comunicar su pedido a nosotros. Los futuros entrenamientos se publican en nuestro Boletín tan bien como nuestro sitio de Web.

Biblioteca



La biblioteca consiste de libros, videos, cintas de audio, artículos y paquetes de información. No se cobra para prestar los materiales a las familias. Los recursos se prestan a las familias por un período de tres semanas y se mandan por correo común. Véase el lado siguiente para ver una lista de materiales en español.



Horas de atención

La oficina está abierta lunes a viernes de las 9:00 de la mañana hasta las 5:00 de la tarde. Si desea visitarnos, favor de llamarnos de antemano para poder atenderle mejor.

Grupos de apoyo para familias de crianza y familias adoptivas de habla hispana.

Hillsboro: Se reúne el cuarto jueves de cada mes de las 6:30 a 8:30 de la tarde en la oficina del Departamento de Servicios Humanos, 5920 NE Ray Circle, Hillsboro, Oregon 97124. Para más información, comuníquese con Vangie Sánchez al número 503-648-8951.

Salem: Se reúne el tercer jueves de cada mes de las 6:30 a 8:30 de la tarde en la oficina del Departamento de Servicios Humanos, 3420 Cherry Avenue NE, Keizer, Oregon 97303 (al norte de Salem). Para más información, comuníquese con Helen Villastrigo al número 503-373-0396.

Invitamos a las familias adoptivas a que se comuniquen con nosotros. Si desea hablar con alguien en español, o desea recibir información en español, favor de comunicar su pedido a nuestra oficina al llamar el número 503-241-0799 o mandarnos un correo electrónico. Favor de preguntar por "Miguel".

¡Llámenos!



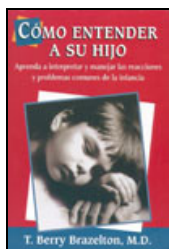
Centro de Recursos Posadoptivos de Oregon
621 S.W. Morrison Street, Suite 1225 ♦ Portland, Oregon 97205
☎ 503-241-0799 ♦ ☎ 1-800-764-8367 ♦ ☎ 503-241-0925 Fax
✉ orparc@nwresource.org ♦ www.orparc.org

¡Escríbanos!



Materiales en español

☆ Llámenos o escribanos para pedir un material. ☆



📖 La Adopción Explicada A Mis Hijos ***Nuevo***

📖 Claves Para Criar A Un Hijo Adoptado - Guías Para Padres

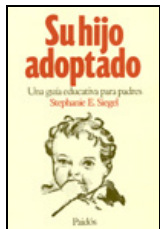
📖 Cómo entender a su hijo: Aprenda a interpretar y manejar las reacciones y problemas comunes de la infancia

📖 El niño sin nombre: La lucha de un niño por sobrevivir ***Nuevo***

📖 El niño perdido: La continuación edificante del *Niño Sin Nombre* ***Nuevo***

📖 La Crianza Práctica de los Hijos: Una guía paso a paso para formar hijos responsables y hogares felices

📖 Haga Resplander Las Virtudes De Sus Hijos - Técnicas Para Ser Los Mejores Papás Del Mundo ***Nuevo***



📖 Maneras maravillosas para amar a un adolescente

📖 Síndrome de déficit atencional

📖 SOS Ayuda Para Padres: Una Guía Práctica para Manejar Problemas de Conducta Comunes y Corrientes ***Nuevo***

📖 Su hijo adoptado: Una guía educativa para padres ***Nuevo***

📖 todo sobre TUS HIJOS desde bebé hasta los 12 años

↓ Libros para niños ↓



📖 Mi Cuerpo es MÍO

Un libro para enseñar a los niños pequeños cómo resistir el contacto incómodo

📖 Por Favor Di!

Un cuento para niños sobre el abuso sexual

Videos

📺 Juntos contra el abuso

📺 Síndrome del Alcoholismo Fetal: Los Años Preescolares

📺 Síndrome del Alcoholismo Fetal: Los Años Escolares

Cintas de audio

🎧 La Crianza Práctica de los Hijos

Los materiales que figuran en esta lista componen una muestra de lo que hay en la biblioteca. Si usted desea saber de todos los materiales en español que hay, favor de llamarnos y podemos mandarle una lista impresa, o siempre puede visitar nuestro sitio de Web de www.orparc.org, presionar "Library" (Biblioteca), "Recursos en español", para obtener una lista completa.

Si a usted le interesa un material de la biblioteca, puede llamarnos al número 503-241-0799 o 1-800-764-8367 y preguntar por "Miguel", o puede mandar un correo electrónico a orparc@nwresource.org con su pedido. Le invitamos a sugerir nuevos títulos y materiales para la biblioteca. Si usted sabe de algún título o recurso que no figura en la lista, no dude en comunicarse con nosotros acerca de su recomendación.