



The Journey

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

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

Volume XXII

Winter 2004-2005

ORPARC is a program of Northwest Resource Associates

We've Moved! Come visit us any time

Feel free to stop by between 9:00 a.m. and 5:00 p.m. to meet our staff and browse our library. December is a great time to come downtown to see the holiday lights and to shop.

- ✓ *Bring your children*
- ✓ *We serve snacks and hot apple cider in December*
- ✓ *We're on the MAX line directly in front of Pioneer Square*
- ✓ *We validate parking; call for specifics*

621 SW Morrison Street, Suite 450 – Portland

What are you waiting for?

Post adoption research shows most families wait too long before asking for assistance. (Groze, V. *Successful adoptive families: A longitudinal study of special needs adoption*). The following is an excerpt from an adoptive mother's comment:

"I wish I had known that connecting with ORPARC would be so much more than just having access to a treasure trove of excellent resource materials. As a foster (and later adoptive) parent of three special needs children, we spent the last nine years just keeping up with our sweet, but very "busy" little people. Now that they are school age, we have "discovered" ORPARC. Of course, you were there waiting for us, even sending us newsletters that were put aside with other books, magazines and mail that went unread. Many of us make the mistake of not seeing our need to use the support offered by ORPARC. We think our experience parenting birth kids will be enough to raise our adopted children. We have come to realize there is a lot to learn if we truly want to know our children's hearts and how to help them grow up whole and healthy."

Atención familias de habla hispana

Les invitamos a que nos visiten en el centro de Portland durante el mes de diciembre entre las 9:00 de la mañana a 5:00 de la tarde. Habrá bocadillos. Conocerán a nuestro personal y los recursos en español en la biblioteca que ofrecemos tales como libros para adultos y niños, videos y audios. El Centro también ofrece entrenamientos los cuales pueden pedir que sean traducidos al español o pedir que les visitemos a su grupo de apoyo en particular. Llámennos al número 1-800-764-8367 o escribannos un correo electrónico (e-mail) a la dirección de orparc@nwresource.org para saber más de nuestros servicios.



Nuevo video en español

¡Ayudando a los Niños Hiperactivos con Deficiencia de Atención (DDA)!

Este video le ofrece varias técnicas para ayudar a los estudiantes con DDA.

Nuevo Grupo de Apoyo para Padres Adoptivos se reúne en Clackamas

~ Primer martes del mes ~

~ 4:00 a 5:30 de la tarde ~

315 South Beavercreek Road
Oregon City, OR 97045

Lláme a Kelly Selis al número 503-657-2112 extensión 258 para información

☎ 503-241-0799 Telephone
☎ 800-764-8367 Telephone
☎ 503-241-0925 Fax

Oregon Post Adoption Resource Center
621 SW Morrison Street, Suite 450
Portland, Oregon 97205

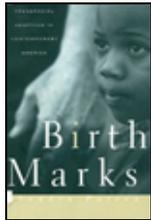
E-mail: orparc@nwresource.org
Website: www.orparc.org



New in the Library



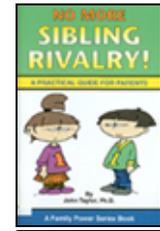
Books



-  *Birth Marks: Transracial Adoption in Contemporary America*, by Sandra Patton
-  *City of One: A memoir of a childhood in foster care*, by Francine Curnos

Booklets

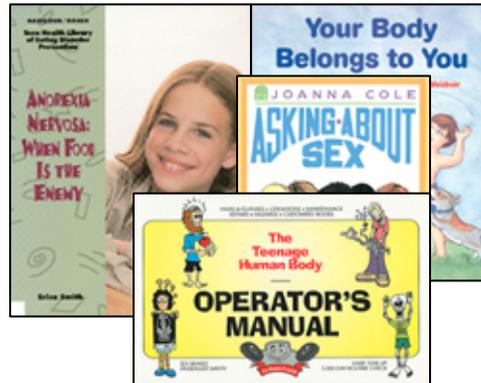
-  *Helping Hands and Smiling Faces: Getting Cooperation of Household Chores*, by John Taylor
-  *No More Sibling Rivalry: A Practical Guide for Parents*, by John Taylor



Videos



-  *The Baby Dance*, An adoption movie featuring Stockard Channing and Laura Dern
-  *The School Success Kit: Answers to A.D.D.*, From John Taylor



ORPARC has materials for children and teens on health and safety issues

Attention Caseworkers and Other Professionals

“A person is NEVER too old to be adopted.”

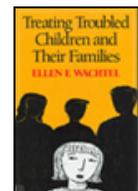
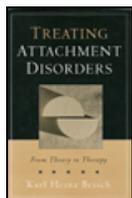
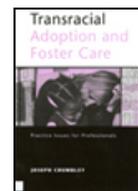
Oregon Governor Ted Kulongoski
Shoulder to Shoulder Conference
November 4, 2004.

This theme, reiterated at last month’s national CWLA Adoption conference, is the central tenet of the newly released 34-minute video “*Finding Forever Families*,” produced by the Dave Thomas Foundation for Adoption. With inspiring case studies and “how to” approaches, this video will walk caseworkers and other child advocates through successful strategies for finding families for teens. Check it out from the ORPARC library.

Thanks in great part to a generous donation from the Hanna Andersson Corporation, ORPARC now has a section in its library for professionals who serve our state adoptive families. The following list is a brief depiction of what we have. Please visit our website for additional titles.



-  *Handbook of Attachment*, edited by Jude Cassidy and Phillip R. Shaver
-  *Psychological Assessment of Sexually Abused Children and Their Families*, by William N. Friedrich
-  *Psychological Trauma*, by Bessel A. van der Kolk
-  *Transracial Adoption and Foster Care: Practice Issues for Professionals*, by Joseph Crumbley
-  *Treating Attachment Disorders: From Theory to Therapy*, by Karl Heinz Brisch
-  *Treating Children with Sexually Abusive Behavior Problems*, by Jan Ellen Burton and Lucinda A. Rasmussen
-  *Treating Troubled Children and Their Families*, by Ellen F. Wachtel



Please visit our website to find monthly featured materials from our library.

Upcoming ORPARC Trainings

★ Courses taught by ORPARC staff and other professionals. ★

★ Registration required. Call 503-241-0799, 1-800-764-8367, or e-mail orparc@nwresource.org. ★

Specific times and locations to be announced.

Please check our website or call us for details on upcoming trainings.

Family Strategies for Improving Attachment

Saturday, March 12, 2005 – Redmond

Saturday, March 19, 2005 – Baker City

April 2005 – Portland

Attachment Issues in the Home

Thursday, March 24, 2005 – Oregon City

Lifestory Books: A Communication Tool

March 2005 – Portland

April 2005 – Salem

Discipline and Consequencing

Saturday, March 5, 2005 – Medford

Saturday, April 16, 2005 – Gold Beach

Behavior Management Approaches

Collaboration between ORPARC and the PSU Child Welfare Partnership

National expert and author Dr. Richard Delaney teaches parents and professionals to understand the underlying causes of abused children's challenging behaviors and develop appropriate responses for helping children learn acceptable behaviors.

May 15, 2005 – Portland ♦ May 21, 2005 – Bend



ORPARC trainings are free to state adoptive, guardian and foster parents. Childcare and Travel Reimbursement are available as funds allow. Request prior to training. Events are held in accessible locations. Please request auxiliary aids, translation/interpretation services, and alternative forms of written materials for persons with disabilities at least two weeks in advance.

Additional Trainings of Interest

These two organizations offer excellent trainings in all regions of the state.

Please contact them directly for specific details.

PSU Child Welfare Partnership

(Visit www.cwpsalem.pdx.edu/foster for more information.)

Helping Children Attach in Your Foster or Adoptive Home ♦ Relatives as Caregivers ♦ Looking Back: Learning from a Former Foster Child's Experiences ♦ The Teen Brain ♦ Caring for the Caregiver ♦ Sensitive Transitions ♦ The Science of Successful Parenting

Contact Information

Metropolitan: Sandra McIlhenny, 503-731-3134 x 1

Southern: Kristie Bishop, 541-687-7373 x 382

Western: Marlene Tuthill, 503-842-5571 x 319

Eastern: Mindy Rickman, 541-504-1320 x 436

Oregon Parent Training and Information Center

(Visit www.orpti.org for information.)

Transition Basics for Students with Disabilities and their Families ♦ How Behavior is Addressed in the IEP ♦ Behaviors That Interfere with Learning ♦ Transition from High School/ Age of Majority Issues ♦ Transition: Postsecondary Options for Education and Employment ♦ Behavior in the IEP

Are Your Teens "Home Alone"?

Do you recall from your own teen years the connotations surrounding the back seat of the family station wagon? A recent study published in *Pediatrics* confirms *the family home*, not the family car, is where minor children are having sex, and that youth unsupervised for 30 or more hours a week were more likely to be sexually active than those left unsupervised for 5 or fewer hours a week. And conceiving babies is only one undesirable consequence. The exploding rates of sexually transmitted diseases in the age 15-24 population poses serious compromises for these young persons' futures.

The importance of adequate parental supervision is documented in the new book: *Home-Along America*, by Mary Eberstadt (available in ORPARC library). Eberstadt not only warns that "absent parents are practically an invitation to early sexual initiation," but also asks parents to consider the "causal chain ...in which home-alone teenagers pick up alcohol and drug habits that ...make it easier to act on feral behaviors, including suicide."

Teens, as all children, need time with caring adults to feel safe, and to develop healthy relationships and protective self esteem. Consider your child's individual maturity level and put into place a carefully crafted "check-in" plan if you must leave a teen unsupervised for brief periods.



Scholarships Available

The Chafee Education and Training Voucher (ETV) assists current or former foster care youth with post-secondary education and training. Youth may be eligible to receive up to \$5,000 per year. Eligibility:

- Currently in or have been in DHS or Tribal foster care for at least 180 days (six months) after their 14th birthday.
- Apply for ETV funds prior to age 21 (*If a youth is participating in the ETV program at age 21, they may continue to receive assistant to age 23*).

Obtain applications at
www.osac.state.or.us/chafeeetv