



# 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*

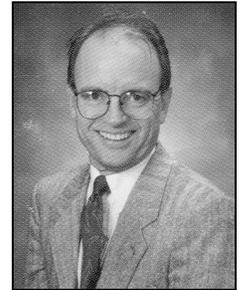
Volume XXIII

Spring 2005

ORPARC is a program of Northwest Resource Associates

## Workshop Comes in May to Portland and Bend

### Behavior Management Approaches for Adoptive and Foster Families



Presented by Dr. Richard Delaney, Ph.D., a nationally known speaker and author. Coming May 15<sup>th</sup> to Portland and May 21<sup>st</sup> to Bend (see page 3 for details). Sponsored by ORPARC and the PSU Child Welfare Partnership. Open to all state foster, adoptive and guardianship parents. Space limited, register soon.

### Conference in Eugene Touches Adoptive & Guardianship Family Needs

The Oregon Foster Parent Association (OFPA) is hosting a 3-day conference in Eugene on March 31<sup>st</sup> and April 1<sup>st</sup> & 2<sup>nd</sup>. Contact ORPARC for scholarship information. A partial list of workshops includes:

#### Social and Emotional Issues

- ✓ *You Can't Make Me! Dealing with Oppositional Defiance, Anger, and Power Struggles*
- ✓ *Please Sit Still and Pay Attention: Solving Distractibility and Fidgetiness in Students with ADD*
- ✓ *Building Conscience, Temptation Resistance, and Self-Control Skills in At-Risk Students*

#### Practical and System Information

- ✓ *Adoption Subsidies – Who, What, When, Where, & Why?*
- ✓ *Medical Benefits/Payments – Access Made Easy*
- ✓ *IEP & 504 – What That Means for You and Your Child*

For more information on the workshops, lodging, meals, fees, or to register please call 1-888-544-3402, e-mail OFPA at [ofpaoffice@aol.com](mailto:ofpaoffice@aol.com), or visit the OFPA website at [www.ofpa.com](http://www.ofpa.com).

### Calling All Therapists! Oregon Enters 3<sup>rd</sup> Year of Adoption-Specific Training for Mental Health Professionals

The Post Graduate Training Certificate Program in Therapy with Adoptive Families, a collaborative effort between ORPARC, DHS, and PSU, began at PSU in the fall of 2003. The impetus behind the program was the need identified by adoptive parents for more therapists who understand adoption issues and the challenges of adopting older children through the state system.

This 100-hour comprehensive training program covers 10 topics that enhance and increase therapists' skills in working with adoptive families and children.

If you know of a therapist or agency in your community who would benefit from this training, please have them contact Kelly DeLany at 503-241-0799 or e-mail [kdelany@nwresource.org](mailto:kdelany@nwresource.org).

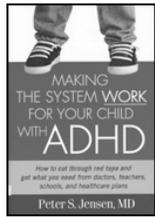
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# New in the Library



- 📖 *1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders* by Ellen Notbohm and Veronica Zysk
- 🎧 *Celebration of Family* Speaks to the beauty of family and the special relation of parents to their children (Audiotape & Compact Disk)
- 📖 *Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior* by John Taylor



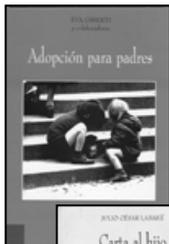
- 📖 *Eden's Secret Journal: The Story of an Older Child Adoption* by Brenda McCreight
- 📖 *For Love of a Child: Stories of Adoption* by Lisa Meadows Garfield
- 📺 *I Have Roots & Branches: Personal Reflections on Adoption* Featuring adoptees sharing their deepest thoughts and emotions on the adoption experience which has profoundly shaped their lives (DVD)
- 📖 *Making the System Work for Your Child with ADHD: How to cut through red tape and get what you need from doctors, teachers, schools, and healthcare plans* by Dr. Peter S. Jensen



- 📖 *Raise the Blue: The Practical and Humorous Guide to Foster and Kinship Care* by Marcia Sindone
- 📖 *Taking the Plunge: A Teen's Guide to Independence* by Laura Purdie Salas
- 📖 *The Family Book* by Todd Parr (Children's Book)
- 📖 *The Post-Adoption Blues: Overcoming the unforeseen challenges of adoption* by Drs. Karen J. Foli and John R. Thompson



## Nuevos materiales en español



- 📖 *Adopción: El nido anhelado* por Eva Rotenberg
- 📖 *Adopción para padres* por Eva Giberti y colaboradoras
- 📖 *Adopción. La caída del prejuicio, Proyecto de Ley Nacional de la Unión Civil* por varios colaboradores
- 📖 *Carta al hijo que entregué en adopción – Y ese mundo de padres e hijos* por Julio César Labaké

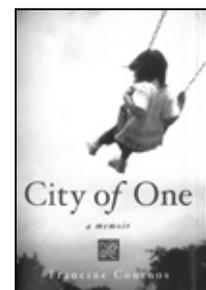


- 📖 *Cómo se vive "la adopción"* por Martha Caselli de Ferreyra
- 📖 *El Mundo de la Adopción: Reflexiones sobre una experiencia de la vida real* por Lynn C. Franklin con Elizabeth Feber
- 📖 *El Poder, el No Poder y la Adopción – Perspectivas éticas* por Eva Giberti y Adrián Grassi
- 📖 *La Adopción de Niños como Cuestión Social* por María Felicitas Elías



## Book Review: City of One by Francine Cournos

*City of One* is an insightful memoir by Francine Cournos about the loss of her parents and her life in foster care. It's an account of triumph over adversity and of healing. Cournos, now a professor of clinical psychiatry, has the rare ability to remember and express with clarity how she thought as a child. Her honest examination of the unconscious beliefs she developed as a response to trauma is a gift to any foster or adoptive parent, searching for clues to their own child's difficulties. It is a story full of compassion for children left to cope on their own with unacknowledged grief, and for adults who find this grief so difficult to contemplate. This compelling narrative is for anyone concerned with understanding the difficult and dangerous journey of a child who has lost a parent. (Review by Nina Yates)



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

# Upcoming ORPARC Trainings

Call ORPARC or visit [www.orparc.org](http://www.orparc.org) for locations. Registration required.  
Call 503-241-0799, 1-800-764-8367, or e-mail [orparc@nwresource.org](mailto:orparc@nwresource.org).

## Lifestory Books: A Communication Tool

Portland: Saturday, March 5th ♦ 10:00-2:00 p.m.  
Salem: Saturday, April 23rd ♦ 10:00-3:00 p.m.

This training offers assistance to families and professionals who want to begin creating a Lifestory Book or who want to more fully develop an already existing Lifestory Book. Learn about the importance of Lifestory Books, where to start, “do’s and don’ts,” how to make the information age appropriate and much more.

## Behavior Management Approaches for Adoptive and Foster Families

Co-sponsored by ORPARC and the PSU Child Welfare Partnership. Open to DHS foster, adoptive and guardianship parents.

Portland: Sunday, May 15th ♦ 1:00-5:00 p.m.  
Bend: Saturday, May 21st ♦ 8:30-4:00 p.m.  
*Call Cassie at 541-388-2072 to arrange independent childcare at Munchkin Manor*

With humor and insight, Dr. Richard Delaney helps parents and professionals understand the underlying causes of challenging behaviors of abused and neglected children. He then guides the audience towards the use of this understanding in developing appropriate responses and effective techniques for helping children to learn more acceptable behaviors.

## Discipline and Consequencing

Medford: Saturday, March 5th ♦ 10:00-4:00 p.m.  
Gold Beach: Saturday, April 16th ♦ 10:00-4:00 p.m.

Learn new tools and practical plans that avoid power struggles, put the parent in control, promote family values, and build self-esteem. Workshop will include a little theoretical and a lot of practical discussion of problem behaviors and various methods of making changes.

## Family Strategies for Improving Attachment

Redmond: Saturday, March 12th ♦ 9:00-1:00 p.m.  
Baker City: Saturday, April 9th ♦ 9:00-1:00 p.m.  
Portland: Saturday, April 23rd ♦ 1:00-5:00 p.m.

This training offers practical techniques parents can build into daily family life to jump-start and strengthen attachments. Learn how to identify moments & create situations to improve family ties.

## Attachment Issues in the Home\*

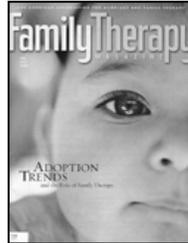
Oregon City: Thursday, March 24th ♦ 6:30-8:00 pm  
DHS Parent Support Group  
*\*Open only to Clackamas County DHS adoptive parents  
No registration required  
Call Beth at 657-2112 ext. 210 to reserve childcare*

This is a 2-hour presentation and discussion of how parents can affect their child’s ability to attach. The focus is on daily activities and planned actions by the parents in the every-day household setting.

ORPARC trainings are free to state adoptive, assisted guardianship and foster parents, and to DHS/SNAC professionals. Fees for others. Childcare and Travel Reimbursement as funds allow. Request prior to training. Accessible locations. Please request auxiliary aids, translation/ interpretation services, and alternative forms of written materials two weeks in advance.

## Attention Adoption Professionals

ORPARC has purchased several copies of the May/June 2004 issue of Family Therapy Magazine, which is dedicated to “Adoption Trends and the Role of Family Therapy.” This journal of the American Association for Marriage and Family Therapy contains the following articles on adoption:



- ✓ *The Many Faces of Adoption*
- ✓ *The Unfinished Adoption Legislative Agenda*
- ✓ *Transracial Adoptions*
- ✓ *Resisting the Deficit View of Adoption*
- ✓ *Word Power*
- ✓ *The Challenges of Adopted Teens*
- ✓ *Want to Work With Adoptive Families?*
- ✓ *Special Issues in Adoption*

This magazine, reserved for professionals, can be checked out of the ORPARC library.

## Familias de habla hispana

El Centro de Recursos Posadoptivos de Oregón ha agregado 8 nuevos materiales en español que tratan sobre diferentes aspectos de la adopción. (Véan página 2 de este boletín con título de “Nuevos materiales en español”). Ahora hay 57 diferentes materiales en español – libros, libros para niños y adolescentes, videos y audios – que tratan los temas de adopción, la crianza de niños, y los varios síndromes que afectan a los niños de necesidades especiales. Estamos a su servicio para proveerles apoyo y les invitamos a que utilicen los recursos de nuestra biblioteca.

Varios entrenamientos empiezan en el mes de marzo y se dan hasta mayo. Si desea asistir a un entrenamiento y necesita servicio de interpretación o traducción, llámenos al número 503-241-0799 (área de Portland), 1-800-764-8367 (número gratis) y pida hablar con Miguel.

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