



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 XXIV

Summer 2005

ORPARC is a program of Northwest Resource Associates

Summer's Here – Are You Ready?



Oregon is too beautiful a state to stay indoors this summer watching TV. Many community programs offer healthy, educational and recreational activities, and, of course, it's time for summer camp! This issue of *The Journey* looks at some adoption-related summer options for you and your family.

31st Anniversary Conference of the North American Council on Adoptable Children

Westin Convention Center Hotel, Pittsburgh, PA

August 3 – 6, 2005

<http://www.nacac.org/conference.html>

REGISTER NOW! This comprehensive adoption conference will feature nearly 100 workshops by expert professionals and parents addressing a wide variety of topics. Pre-conference sessions on Wednesday will provide an in-depth, day-long training experience on topics yet to be announced. The main conference, Thursday through Saturday, will include workshops and institutes covering topics such as:

- parenting
- race & culture in adoption (**taught by ORPARC's own Astrid Dabbeni!**)
- therapeutic techniques
- agency issues & concerns
- parenting children with challenges
- search/open adoption
- groups and activities for children and teens!

ORPARC has a small number of scholarships for state adoptive and guardianship families to attend. Please call us for more information.

Diane Malbin awarded "Social Worker of the Year"

At its 2005 annual conference, the Oregon branch of the National Assoc. of Social Workers honored Diane Malbin

for her nationally recognized educational and advocacy efforts in Alcohol



Related Neurodevelopmental Disorders. FASCETS, the treatment program Diane created, provides intervention services geared specifically for children affected by prenatal alcohol exposure, and for the families who care for them. Diane's booklets and video trainings are among the ORPARC library's most popular items.

To learn more about her publications and her services, please visit www.fascets.org.

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Summer Camp Resources

Camp can be a great learning experience and a lot of fun for your child – or it can be stressful and challenging. By taking time to find the right camp for your child, you can help promote a more positive experience for everyone.

Don't forget:

- *Plan Early* - to budget funds or apply for scholarships.
 - Need-based or "first come first served."
- *Know your child* -
 - Talk about hopes and expectations for this time "away."
 - Day camp or overnight camp?
 - Has she/he been away from home overnight before?
 - How tenuous is the attachment to home?
 - Is the placement fairly new?
 - Is the child secure in knowing that she/he will be coming back when the session is over?
 - What is the camp policy for family contact/homesickness, if overnight camp?
 - Should your child go to camp with a friend, or alone? A friend might provide needed security, but going alone might enhance your child's ability and opportunity to make new friends.



Camps for Special Needs Children

- Kiwanis Mt. Hood Camp 503-452-7416
www.mhkc.org/
- Camp Easter Seals 1-800-556-6020
http://or.easterseals.com/site/PageServer?pagename=ORDR_camping_recreation

Other Resources

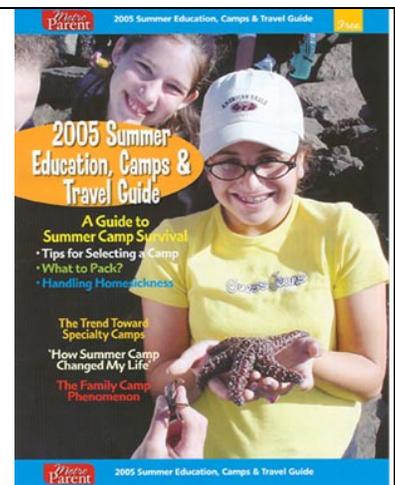
- *American Camping Association*
www.acacamps.org The only organization to accredit summer camps 1-800-428-CAMP.
- *The Oregonian* publishes a summer camp guide for the entire state. Call to ask for a "Back Copy" (\$1.50) 503-221-8240
- *African American Heritage Camp* in Colorado 303-756-4589, Barbara Nichols; Program of Colorado Heritage Camps
- *Camp To Belong: Camps for Foster/Adopted Siblings*, Colorado 303-791-0915
www.campbelong.org/campsideStories_kids.htm
- *Camp Safety Guide*
www.campsafetyguide.com

Types of Camps

- Environment, Science, Cultural Awareness, Computers, Horses, The Arts, Sports, Arts And Crafts, Outdoor Adventure, Gymnastics, etc.
- Colleges; Churches; YWCA; YMCA; 4-H clubs; Boy/Girl Scouts; Campfire; city/county park and rec. departments; school districts; special needs camps (e.g. the NW Autism Foundation; the American Lung Assoc. of OR for children with asthma) etc.



- *Metro Family Magazine* has a summer camp resource issue – call ORPARC to request a free copy.





Summer Reading



Here we are again: summer time. If it measures up to our glorious early spring, many of you will be spending time outdoors relaxing under the sun. If so, you'll probably want to be accompanied by a cool drink and a good book. You're on your own for the drink, but ORPARC can have the book delivered to your door, free of charge. And we're not talking about how-to, psychological texts on raising difficult children, but books with compelling and insightful stories, books with heart.

Fiction:

Storm Riders, from Oregon Book Award winner Craig Lesley, describes the relationship of Wade, a Native American adolescent with FAS, and his foster dad, who will not abandon Wade when troubles start.

Building the Bonds of Attachment Daniel Hughes, noted clinical psychologist, creates a fictional "composite" child, Katie, a fragmented, tormented, isolated girl in foster care who is filled with terror, rage, shame and despair.

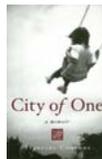
 ***The Ocean Within*** Adolescent novel about 11-year-old Elizabeth, the newest member of a big and boisterous family. She tries to stay apart, which leads to a showdown with the grandma she calls "Iron Woman."

Parents Wanted For readers 10 and up, it tells the story of 12-year-old Andy with ADD. Placed with parents looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit.

Memoir:

Ithaka The author's journey to a reunion with her biological parents and siblings raises many difficult questions adoptees face, revealing new ways of looking at the ties that bind us to each other and finally make us who we are.

City of One The author writes of her childhood in foster care, interweaving a tale of loss, abandonment, and despair bordering on hopelessness with a tale of a journey to wholeness.



The Velveteen Father Acclaimed journalist and novelist Jesse Green, at the age of 37, fell in love with a man who had recently adopted a baby boy: fatherhood suddenly fell into his lap. This is a warm, humorous and deeply personal book.

Twice Born Told at age 7 that she was adopted and never to discuss it, Betty Jean Lifton believed that her birth parents were dead. This is an account of her search and reunion with her birth parents and, ultimately, herself.

Whose Child? The author's adoption story, its effect on her life, her relationships, her self-esteem, and her use of food and other substances; and how her reunion with her birth family helped heal her wounds

A Child called "It" The autobiographical account of one of the most severe child abuse cases in California history, Mr. Pelzer, describes the unyielding determination that helped him survive his life-threatening plight.

Black Baby White Hands The struggle for identity of a

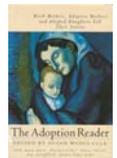


Black baby – separated from his mother at birth, adopted by a White family and reunited with his biological family in adulthood – is told here by the person who lived it.

Nothing Good Ever Happens to Me This is a moving and honest portrait of the struggles involved in an older child adoption that took ten years to complete and was complicated by a father who refused his consent.

Vignette:

The Adoption Reader 31 personal essays and stories by women from each side of the adoption triangle raise timely issues that illustrate its complexity.



Sacred Connections 24 biographical essays tell a variety of adoption stories from all points of the triad, graced not only by Koenig's eloquent prose, but by the crisp, revealing, black and white photography of Niki Berg.

For Love of a Child 20 stories in their own words from all members of the triad, including stories of international, domestic, kinship, infant, older child, sibling group, and open adoptions, and parents who gave birth after adopting.

Touched by Adoption Stories, letters and poems, from adoptees, adoptive parents, and birth parents weave a rich tapestry of adoptive life – life in foster care, search, reunion, loss and grief and affirmation.



Of Many Colors This coffee-table book documents the feelings and experiences of thirty-nine multiracial families who speak candidly about their lives, their relationships, and the ways they have dealt with issues of race.

Another Place at the Table This book recounts many of the author's nearly 100 foster child placements; it is a sometimes difficult, always compelling invitation into the lives of her ever-changing crew of troubled children.

More from the ORPARC Library

Video:

1-2-3 Magic: Effective Discipline for Children 2-12 Learn how to: handle misbehavior in public; exercise self-control and be an effective disciplinarian at the same time in this popular video.



Journey Through the Healing Circle

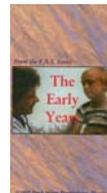
Animal characters dramatize the cause, diagnosis, and developmental challenges of children and adolescents with FAS and alcohol related conditions.

How Difficult Can This Be? Richard D. Lavoie leads a group of parents, educators, psychologists, and children through a series of exercises that cause frustration, anxiety, and tension; feelings all too familiar to children with learning disabilities. By dramatizing the classroom experience so vividly, Lavoie lets us see the world through the eyes of a child.

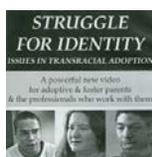


Parent 2 Parent: A Mentoring Program Rick Delaney and four foster parents discuss the spiritual and practical benefits of foster and adoptive parent mentoring, providing a glimpse at what is possible when experienced adoptive parents mentor parents who have just embarked on their journey with troubled adoptive children.

F.A.S.: The Early Years Emphasizing early intervention, experts explain the importance of developing a routine, communicating feelings, playing and preparing for school; help understand behaviors of children with FAS/FAE; and offer advice on how to handle typical situations.



F.A.S.: The School Years Learn from parents, teachers, and other experts how FAS/FAE children process information differently and how to help them in the classroom.



Adopted Person's Perspective: ORPARC video review by Nickey

Struggle for Identity

Being adopted I know I have had some struggles with identity. I was adopted by my grandma so I don't have all the same struggles as the people in this video. I do feel that this is a great video for parents who have adopted children from another race. I like this video because it has real people who have been in real situations, talking about what they went through and how they feel transracial adoptions should be handled.

Non-Return Items for Grandparents and Other Adoptive Relatives

If you have adopted or are the guardian of a relative, two publications in ORPARC's library might be of interest to you. These are non-return items that we can send you to keep. While the focus of both of these publications is on grandparents, they both have information that applies to other relative caregivers as well.

Sticking Together: Kinship Care & Financial Care is a handbook from the National Endowment for Financial Education and Child Welfare League of America, focusing primarily on grandparents raising

grandchildren. It examines legal, emotional, social, financial and medical considerations and covers such basic needs as food, clothing, shelter, education, child care, transportation and medical and dental care.

The first half of ***Oregon's Legal Guide for Grandparents and Other Relatives Raising Children – 2005*** helps caregivers understand their legal rights in a number of situations. The second half offers practical suggestions for dealing with such things as school registration, medical insurance, financial assistance (food stamps, SSI, respite care, etc.), housing considerations, violence in the family, etc. It also includes an 11 page list of resources and a five page glossary.

If you are interested in receiving any of the above materials, please call or email us



Training Opportunities

ORPARC's classes will begin in September. Please check our website and your mailbox for notices. BUT many excellent, cost-free workshops for adoptive and guardian parents are offered in the summer months. Here's a sampling:

Offered by OR Parent Training Institute

(www.orpti.org):

- *What Parents Need to Know About State Assessments* – Beaverton, June 9, 4-6p

Offered by PSU Child Welfare Partnership

(www.cwpsalem.pdx.edu):

Metro Region: 1425 NE Irving St, Portland

- *PTSD in Children and Adolescents*, June 6, 13, 20, 27, 10a-12p
- *Understanding Sensory Integration*, June 8, 11:30a-1:30p
- *Typical Teen Diagnoses*, June 22, 9a-12p
- *Why Won't They Ever Listen?* June 11 & 24, 9a-4p; teens welcome to attend with parent

Western Region:

- *Attachment Disorders in Traumatized Children*, Yamhill DHS, June 1, 9a-4p
- *OR Intervention System* – (management of children whose behavior makes them a danger to self or others) Linn Co DHS – June 8 & 9, 9a-4p
- *Trauma and Healing*, Lincoln DHS, June 28, 11a-1p or 6-8p

Eastern Region:

- *Setting Safe and Secure Limits*, Hermiston DHS, June 9, 6:30-8:30p
- *What Color is Math? Children with Fetal Alcohol Syndrome and Effects*, Madras DHS, June 22, 9a-2p

(Eastern Region cont'd)

- *OR Intervention System* – (management of children whose behavior makes them a danger to self or others), Ontario DHS, June 9 & 19, 8a-5p
- *I've Got a Behavior Kid... Now What Do I Do?*, 2 locations: John Day DHS, July 7, 5:30-7:30p; Burns DHS, July 8, 5:30-8:30p



Southern Region:

- *Family Life Skills: Focus on Teens*, Medford, June 18, 9a-3p
- *Fetal Alcohol Spectrum Disorder*, **Diane Malbin**, Coos Bay, Sept 15, 9a-3p. *Mark your calendars and register soon for this very popular trainer!*

Southern Region Foster Parent Conference, Bandon Comm. Center, June 10, 1-5p and June 11, 9a-5p. Will feature many excellent workshops such as "Grief and Loss." For details and registrations, contact Judy Garrett at 541-476-4416,

jgarrett@grantspass.org.



Interactive, multi-media trainings are available on-line through the "**Foster Parent College**." Topics include: *Sleep Problems, Eating Disorders, Fire-Setting, Sexualized Behaviors, Running Away, Wetting and Soiling*. PSUCWP is able to provide the tuition fees for state adoptive and foster parents, as funds allow. Visit the site to find the class you want

(www.fosterparentcollege.com); then contact your region's PSUCWP training coordinator to get set up (www.cwpsalem.pdx.edu).





Your Family's Health

Did you know that 2/3 of U.S. adults are obese or overweight? Or that serious health impairments linked to obesity, such as heart disease, diabetes and strokes, are increasingly seen in younger and younger Americans?

Experts forecast declines in health and life expectancy if the current 30-year trend towards obesity continues. Obesity cuts lives short by five to twenty years, with people who become obese as children suffering especially early deaths.*

Let's include family health and nutrition in our summer plans, and incorporate healthy eating practices into our family routines. Remember, parents are the child's best teachers, and much of what we teach is through example. Let's improve our own

efforts at reining in our expanding waistlines and step up our calorie-burning activities.

Turn off the TV. Provide healthy meals. Monitor your children's food intake. And most important, set an example yourself.

*New England Journal of Medicine, 03-17-2005.

Family Dinnertime Promotes Healthier Teens

In addition to helping children learn better eating habits, the ritual of regular shared family meals has also been linked with lower incidences of depression, suicide, and drug and alcohol abuse by teens. Recent findings of a University of MN study also correlate the shared family meal with better grades, especially among teen girls.