



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 XXV

Fall 2005

ORPARC is a program of Northwest Resource Associates

Upcoming Trainings

Advocating for Your Child's Educational Needs

During the first half of this two-hour training we will watch and discuss the issues highlighted in a 20-minute video on adoption awareness in the schools. The second half will be devoted to Special Education law, including changes that went into effect on July 1, 2005 and resources families can access for help.

Trainings at local DHS offices

6:30 to 8:30 p.m.

Astoria: Tuesday, August 30th

The Dalles: Tuesday, September 13th

Grants Pass: Wednesday, September 14th

Roseburg: Thursday, September 15th

Portland

Tuesday, September 27th

6:00 to 8:00 p.m.

Mult. Co. Public Library

Midland Branch

805 SE 122nd Avenue

La Grande

October 2005

Pendleton

October 2005

Time & date to be announced

*Check the ORPARC
website or call us!*

☆ Invite your child's teacher or a guest – Pizza and sodas provided – Call ORPARC to register ☆

Lifestory Books:

A Communication Tool

Thursday, October 13, 2005

6:30 to 8:30 p.m.

Beaverton Multi-Service Center

12901 SW Jenkins Road, Suite #B

Beaverton, OR 97005

Call ORPARC to register

(Entrance off Jenkins ¼ block NW of Cedar Hills Rd.)

Adoptive Families of Lane County

4th Annual Conference

Saturday, November 12, 2005 ♦ 9:00 a.m. to 5:00 p.m.

EWEB Training Center, 500 East 4th Street, Eugene

ORPARC will present the following two workshops:

~Talking with Children about Adoption~

~Transracial Adoption~

Call ORPARC for a Conference Brochure

There is no fee to attend this conference

Seventh Annual Shoulder to Shoulder Conference "Creating Hope for Children and Youth"

Wednesday, November 9, 2005 – Oregon Convention Center in Portland

Keynote Speaker: David Zeigler of Jasper Mountain will speak on
"The Aftermath of Traumatic Experience"

Conference Cost: \$50.00 – Scholarships available. Contact ORPARC.

Registration: Available online at www.dhs.state.or.us/training

ORPARC will present a **Stress Management** workshop. Other topics include bullying, adoptions, methamphetamine, and parenting.

More trainings on Page 3

☎ 503-241-0799 Telephone

☎ 800-764-8367 Telephone

☎ 503-241-0925 Fax

Oregon Post Adoption Resource Center

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Portland, Oregon 97205

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Kids Break Cycles of Abuse: Adoption Professional Reaps Vicarious Rewards

by Claudia Hutchison

Recent contacts by two of our state's older placed kids, now adults, served to remind me that most adopted children do grow into responsible citizens, in spite of abhorrent early histories and subsequent challenges to their adoptive parents. In fact, recent research indicates it is the lack of permanency, not the extent of abuse and neglect, which undermines a young person's ability to function well in society.



Here are my young visitors' stories: (names changed for privacy):

- Kevin, age 27, just returned to Oregon from a three month volunteer stint at an orphanage in Mexico, where he significantly improved both his mastery of Spanish and the quality of life for the young residents there. Under the loving guidance of the family who adopted him at age 13, Kevin has blossomed into an intelligent, moral, articulate gentleman any parent would be proud to call their son.
- After estrangement in her late teens from her adoptive parents, Suzanne returned - alone, frightened, and pregnant, to seek her family's assistance. Fast forward ten years - Suzanne (age 30) has completed her associates' degree, holds a responsible position in a medical office, and enjoys a healthy relationship with her son and her entire adoptive family. She is a valued participant in church and civic activities.

As my term at ORPARC draws to a close with my retirement this month, I wish to thank the wonderful families I have been so honored to serve. You have inspired me, humbled me, and amazed me by your commitment, energy, and unconditional love for the children placed into your safe keeping. For those of you struggling, my hope is that you will focus on the long term perspective - most of "our kids" do stabilize eventually. (Remember, the literature on prenatal alcohol exposure suggests improved outcomes in the late twenties.) Young people who have families to turn to fare best. Please don't ever give up - even if your child must live elsewhere for a time.

My future plans include a few years' residency in Costa Rica with my husband Don. We look forward to improving our Spanish and our golf game, and to seeking volunteer opportunities to strengthen local educational and social services. After September I can be reached at claudiah@adoptionconsulting.net.

Best wishes!

Farewell for Claudia Hutchison

Please stop by the ORPARC office the afternoon of Thursday, September 22nd, 3:00 to 6:00 p.m. to say goodbye to Claudia, our Program Manager. Punch, coffee and pre-dinner snacks served.
Children most welcome.



Adoption Awareness in the Schools

Be prepared to start fresh with your child's new teacher. ORPARC's Adoption Awareness in the Schools packet consists of materials that will help your child's teacher to be more inclusive when discussing families and giving assignments related to adoption. You will also learn to communicate with your child's teacher in a way that will encourage cooperation. Call ORPARC to receive a packet to share with your child's teacher.

Adoption Support Groups – First Line of Defense

ORPARC recently received this plea for help: “We need an emergency respite care placement for our son TODAY! We are exhausted and burned-out...”

Adoptive parents involved in support groups rarely reach this kind of crisis point. Why?

- ✓ Support group participants develop informal respite care exchanges.
- ✓ Support group parents learn about resources BEFORE they need them.
- ✓ Other adoptive parents provide appropriate empathy and helpful suggestions.
- ✓ Participants meet other parents who truly understand their unique challenges and frustrations.

Adoptive parent groups are often the first line of defense against parental burn-out and failed adoptions. Support groups can take on varied formats. Here are some of the variations in Oregon:

- A group in Pendleton met for years at a local church that donated their space, with child care provided on site. At the end of each session, the children would join the group for a 20-minute “snack time.” This opportunity for parents to meet and interact with each other’s kids led to some natural respite care exchanges and play dates.
- Curry County has had adoptive/foster parent get-togethers for the purpose of sharing resources along with encouragement. After an initial planning session last summer, several parents exchanged phone numbers and emails, and later connected to exchange baby care equipment, to set up kids’ play dates, and to ask each other about community resources.
- Hood River adoptive/foster parents meet monthly at the DHS office for educational seminars and support. DHS provides the meeting space and on site childcare. The local faith community lends support by providing dinners which church volunteers prepare and deliver. Twelve churches each sign up for a meal a year. Busy parents appreciate the convenience of being able to “just go.” No worries about preparing dinner first for themselves or their kids, or finding a babysitter.
- Washington County—Sharing of “Collective Wisdom.” A dedicated panel of 5 adoptive parents has formed “Adoptive Parents Network,” a resource for families who have adopted or are in the process of adopting through DHS. The group provides listening, support, sharing of experiences and guidance. The forum is relaxed and flexible, but also periodically hosts guest speakers.

ORPARC staff is available to assist in the start-up of new groups. We have several materials available that address development and continued success of adoptive parent groups.

ORPARC can provide mini-trainings to your adoption support group. Sample topics:

- Self Care for Busy Adoptive Parents
- Recruiting and Training Respite Care Providers
- Sex Education for Adoptive Families
- Lifestory Books
- Fetal Alcohol Syndrome/Effects
- Family Strategies to Promote Attachment
- Adoption and School Issues
- Raising Children in Multi-Cultural Homes
- Positive Parenting with Challenging Kids

Oregon Adoptive Parent Support Groups

ORPARC recommends that you contact the support group to verify meeting information

METROPOLITAN REGION (MULTNOMAH COUNTY)

- Adoption Support Group (DHS)
Janet Payne @ 503-731-4293 x 2296
- Infant/Toddler Support Group (DHS)
Carrie Boatwright @ 503-731-3147 x 2286
- East County Foster/Adopt Evening Support Group and Breakfast Gang (Parent-led)
Sheri Baker @ 503-667-4802
- Adoptive and Foster Parent Support Group (Kinship House)
Sue or Melissa, 503-460-2796
- Adoptive Dads Support Group (Heritage Adoption Services)
Deborah or Sheila @ 503-233-1099
- Adoptive Parent Support Group (Heritage Adoption Services)
Deborah or Sheila @ 503-233-1099
- Northwest Adoptive Families Association
503-243-1356 or information@nafaonline.org



New Support Group for Grandparents and Other Relatives Raising Children

2nd Tuesday of the month ♦ 6:00 to 7:30 p.m.
The Urban League Senior Service Center
5324 NE MLK Boulevard, Portland, OR 97211

✓ FREE Dinner for Adults and Kids

✓ FREE Childcare/Youth Activities

1st Meeting: Tuesday, September 13th

Orientation, planning future topics

2nd Meeting: Tuesday, October 11th

Children's Mental Health needs

RSVP one week in advance to
D'Norgia Price @ 503-988-5470 ext 24559
or Abby Kennedy @ 503-721-6779

GRUPOS DE APOYO PARA PADRES ADOPTIVOS/PADRES DE CRIANZA

- Condado de CLACKAMAS: Departamento de Servicios Humanos
Amber Isaac al número 503-657-2112 extensión 510
- Condado de MARION: Departamento de Servicios Humanos
Mary Torres al número 503-373-6800 extensión 2358
- Condado de MULTNOMAH: Departamento de Servicios Humanos
Vangie Sánchez al número 503-731-3147 (*grupo formando*)
- Condado de WASHINGTON: Departamento de Servicios Humanos
Ileana Villeda-Cortes al número 503-681-6924

WESTERN REGION

- Adoption Support Group (DHS)
Beth Girard @ 503-657-2112 x 210 (Clackamas county)
- Foster/Adoptive and Relative Care Givers (DHS)
Audrey Riggs @ 503-657-2112 x 300 (Clackamas county)
- Gladstone Grandparents Raising Grandkids Support Group (DHS)
Marcy Haun @ 503-657-2112 x 272 or Kristin Kenny @ 503-653-3622 (Clackamas)
- Clatsop County Foster/Adopt Support Group (DHS)
Suzanne Vermuel-Wilson @ 503-325-9179 x 328
- Columbia County Support Group for Foster, Relative & Adoptive Families (DHS)
503-397-3292—Janna M. Owens x 308 or Gail Mitchell x 317
- Linn County Foster Parent Association
Tannie Mowdy @ 541-928-0050
- Adoptive Parents Network (DHS)
Catherine Chase @ 503-646-7234 x 236 (Washington county)
- African-American Families through Adoption (Parent-led)
Pam or Rob Vergun @ 503-645-6642 (Washington county)

EASTERN REGION

- Deschutes County Foster/Adopt Support Group
Mary Hatfield @ 541-536-1355
- Harney County Foster/Adopt Support Group (DHS)
John Stauffer @ 541-573-2086 x 230
- Hood River Foster/Adopt Support Group (DHS)
Melody Hilton @ 541-386-2962 x 236
- Wasco County Foster & Adoptive Parent Association (DHS)
Teddie Hodges @ 541-298-5136 x 285

SOUTHERN REGION

- Coos County Foster Parent Association
Marge Scott @ 541-347-4224
- Klamath Adoptive Parent Support Group (DHS)
Mary Acklin @ 541-850-3664
- Adoptive Families of Lane County
Ajit Maan @ 541-344-1599
- Lane County Foster and Adoptive Parent Association (DHS)
Andrea Baum @ 541-946-1826

Respite Care for Oregon Families

Every county has a Lifespan Respite Care Coordinator to assist family caregivers in locating appropriate respite care. Contact ORPARC for your local Lifespan Coordinator's number.

The ARC of Multnomah/Clackamas has recruited and trained over 50 well qualified respite care providers, who have had criminal background checks, First Aid/CPR, and additional training. Many have degrees in social work and extensive lifetime experience to serve families with behavioral or emotionally challenged children. For more information, contact Nina White at 503-223-7279 or nwhite@thearcmult.org.

A new website for Oregonians with disabilities, and their families, includes a county by county respite provider list:

<http://www.disabilitycompass.org>

New Guide for Kids Raised by their Grandparents

A booklet entitled "Questions to ask yourself: A Book For Kids, Like You, Who Live With Their Grandparents," helps children answer some of the questions that they and others ask. It contains helpful resources for understanding their own family dynamic. Contact ORPARC to receive this free, non-return item.



Don't miss these trainings sponsored by the PSU Child Welfare Partnership

Fetal Alcohol Spectrum Disorder

by Diane Malbin

Coos Bay: Thursday, September 15th

9:00 a.m. to 3:00 p.m.

Register with Frannie McMahon
at 541-756-5500

Eugene: Saturday, October 8th

9:00 a.m. to 3:00 p.m.

Register with Florence Blas
at 541-686-7555

Travel/childcare reimbursement to eligible adoptive/guardian families. Contact ORPARC.

Child Neglect and Brain Trauma: Practical Strategies for Working with Children and Youth

by Dr. Bruce Perry

Medford: October 21, 2005

8:00 a.m. to 4:00 p.m.

Register with Becky Longie
at 541-774-8200

See videotapes listed below

Scholarships, travel and childcare reimbursement available to eligible adoptive/guardian families. Contact ORPARC for more details.

Eastern Oregon Heart to Heart Conference

Sponsored by Baker County CASA
with support from

PSU Child Welfare Partnership

Thur/Fri, September 29th & 30th

9 a.m. to 4:00 p.m.

Best Western Sunridge Inn
One Sunridge Lane, Baker City

Register with Mary Collard
at 541-523-5437 or 541-403-0405

For a complete list of trainings offered by the PSU Child Welfare Partnership, visit the following web site:

www.cwpsalem.pdx.edu/foster

"Understanding Childhood Trauma"

ORPARC has a series of videotapes in which Dr. Bruce Perry discusses childhood trauma. This series, intended for professionals, includes seven 29-minute tapes, but there is an eighth tape for parents, 44 minutes long, entitled "A Parent's Guide to Identifying and Responding to Childhood Trauma."

★SAVE THE DATE★

NACAC Family Engagement Project Because Children Need Families

Monday, October 10, 2005 ♦ 9:00 to 11:00 a.m.
Portland Building – Mezzanine Level Auditorium
1120 SW Fifth Avenue, Portland, Oregon

Several young adults and adoptive, foster and kinship caregivers will share their personal stories with an audience of local, state and federal policy leaders and others interested in child welfare. We will also discuss the recommendations of the Pew Commission on Children in Foster Care to improve outcomes for kids.

If you would like to attend, please RSVP to Amy Miller, Juvenile Rights Project via e-mail at amym@jrplaw.org.

This event is co-sponsored by the North American Council on Adoptable Children (NACAC) and the Juvenile Rights Project.

Familias de habla hispana

Un nuevo año de entrenamientos está por empezar. El Centro ha planeado varios entrenamientos para los meses del otoño los cuales son:

- *Automantenimiento del estrés*
- *Abogando por las necesidades educacionales de su niño*
- *Adopción Transracial*
- *El Libro de la Vida: Una herramienta de comunicación*
- *Hablando con los niños acerca de la adopción*

Los entrenamientos de arriba se ofrecerán en inglés. Si usted desea asistir a uno de estos entrenamientos y necesita servicio de interpretación/traducción, favor de llamarnos. Le recordamos que tenemos varios recursos en español en nuestra biblioteca. Y varios grupos de apoyo para los padres de habla hispana están mencionados en la página insertada de este boletín. Llámennos al número 503-241-0799 o 1-800-764-8367 (número gratis) y pregunte por “Miguel” para saber más.