



*Assisting families on their  
lifelong journey*

# The Journey

Oregon Post Adoption Resource Center  
(ORPARC)  [www.orparc.org](http://www.orparc.org) 

Volume XXVI

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ORPARC is a program of Northwest Resource Associates

## New ORPARC Program Manager

At the start of the new year, many of us make lists of goals and dreams that we would like to change. Some of us just list the things that we are thankful for or the people we want to think about in the coming year. At ORPARC we do this too.



Most of you know that Claudia Hutchison, the initial Director of ORPARC, left us in the fall to pursue some dreams of her own. As you are reading this she is sharpening her Spanish and traveling in the South Pacific. We will miss her and she will be often in our thoughts.

As we think of Claudia, we are also looking forward and making lists of ways to serve you more effectively in the future. And just like many of you, we too have new things to celebrate. ORPARC has a new Director, Kelly DeLany. Kelly has been working at ORPARC managing the Post Graduate Certificate in Therapy with Adoptive Families with Portland State University for the past two years. Now, in her new position as Director, she will be in charge of the day-to-day operations of all ORPARC services.

Kelly will be a wonderful predecessor to Claudia. She is an experienced manager having worked in both human service agencies and in private business. She has been a therapist for children and families in foster care and adoption. She is extremely knowledgeable about services available in Oregon and really knows how the DHS system operates. You will find Kelly a valuable resource.

In addition to her job, she is the mother of two very active girls. A graduate of the University of California, Santa Barbara, and St. Mary's College of California, she and her husband have called Portland home for the past 14 years.

Kelly has passion when it comes to serving adoptive families. She knows that children in foster care cannot heal without a family and she will do all that she can to assist your family in staying on target.

*Barbara Tucker Pearson  
Director, Northwest Resource Associates*

## "Dear ORPARC"

Families call ORPARC on a variety of topics from accessing community services to adoption-related issues. Many families can benefit from the knowledge and experience of skilled adoptive parents. We invite you to send in your questions, comments, and solutions about the issues you, as parents, have come up against. We hope to feature this as a regular item in upcoming newsletters.

## The Facts on Third Party Insurance

Did you know that when possible, adoptive parents should always add their child to their private insurance policy? This is true even when the child has Oregon Health Plan (OHP) coverage through their adoption assistance agreement with the Department of Human Services.

When a child has both private insurance and OHP coverage, it is important that the child's health care providers accept both insurance coverages. In this manner, the private insurance will be the primary payer for all covered services and OHP will cover any applicable deductible amounts and co-payments. There will be no out of pocket expenses for covered services.

*Laurie Price, DHS Medical Assistance  
Resource Coordinator*

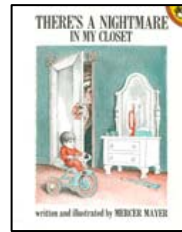


# New in the Library



## Children's Materials

- There's a Nightmare in My Closet* (by Mercer Mayer for kids 4 to 8)
- A Perfect Spring* (by Lark Carrier for young children)
- Little Heroes: FASD* (for young children)
- Little Heroes: Foster Care and Adoption* (for young children)
- Little Heroes: Sensory Integration and Behavior Problems in the Young Child* (for young children)



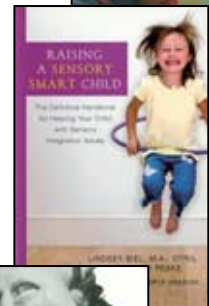
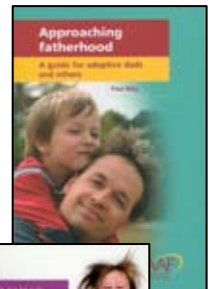
## Spanish Language Materials

- Los Pequeños Heroes: FASD* (para niños)
- La Crianza en Todo Terreno* (incluye DVD)



## Books for Parents

- Approaching Fatherhood: A guide for adoptive dads and others* (by Paul May)
- The Best I Can Be: Living with Fetal Alcohol Syndrome-Effect* (by Liz Kulp)
- Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury* (by Jodee Kulp)
- Families at Risk: A guide to understanding and protecting children and care providers involved in out-of-home or adoptive care* (by Jodee Kulp)
- The ADD Answer: How to help Your Child Now* (by Frank Lawlis)
- Parenting Someone Else's Child: The Foster Parents' How-To Manual* (by Ann Stressman)
- Raising A Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues* (by Lindsey Biel and Nancy Peske)
- Beneath the Mask: Understanding Adopted Teens* (by Debbie Riley with John Meeks)
- Achieving Success with Impossible Children* (by Dave Ziegler)
- Children of Open Adoption* (by Kathleen Silber and Patricia Martinez Dorner)
- Orphans of the Living: Stories of America's Children in Foster Care* (by Jennifer Toth)
- Swings Hanging from Every Tree: Daily Inspirations for Foster & Adoptive Parents* (by Susan Stone)

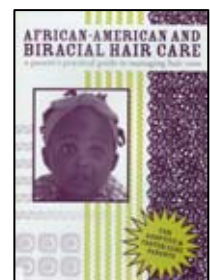


## Taped-Live Presentations Available in Audiotape & CD Formats

- Adolescents and Attachment Difficulties*, Three hours with Gregory Keck
- Adolescents with Attachment Difficulties*, Gregory Keck
- Attachment Issues for Children under Five Years Old*
- Attachment Issues in Children from Infancy to Teens*
- Birth Family and Adoptive Family Relationships*
- Discipline and the Adopted Child with Special Needs*
- Holly van Gulden – Keeping Families Healthy*, Three workshops by Holly van Gulden (“Keeping Healthy Siblings Healthy When One Child is Acting Out,” “Living with an Angry Child,” and “Shattered Dreams”)
- Living with an Angry Child*, Holly van Gulden
- Open Adoption Through the Years: What Are the Challenges?*
- Parenting the Hurt Child*, Gregory Keck and Regina Kupecky
- Respect, Responsibility and Commitment in Open Adoption*
- Siblings Confusion: Were You, Are You, Will You Be My Sister/Brother?*, Joyce Maguire Pavao
- Siblings: Always and Forever*

## DVD's

- The Seven Core Issues in Adoption*
- African-American and Biracial Hair Care*
- Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families*



# 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) to register

## Metropolitan Region (Portland)

### Talking to Children about Adoption

Saturday, March 4, 2006 ♦ 9:00 a.m. to 1:00 p.m.  
Holladay Park Plaza  
1300 NE 16th Avenue, Portland, OR 97232  
Presenters: Astrid Dabbeni, ORPARC and  
Melissa Smith-Hohnstein, LCSW, Kinship House

### Sensory Integration

Monday, March 20, 2006 ♦ 10:00 a.m. to 2:00 p.m.  
DHS Metro Training Center  
1425 NE Irving Street, Ste 250, Portland, OR 97232  
Presenter: Kersti Pettit-Kekel, Sensory Integration  
Specialist from OHSU Child Development  
Rehabilitation Center

- *Panel of foster parents will also be presenting*
- *A pizza lunch will be provided at this training*

This training is a collaboration between  
ORPARC and the PSU Child Welfare Partnership

## Western Region

### Lifestory Books: A Communication Tool

Clackamas Adoptive Parent Support Group  
Thursday, February 23, 2006 ♦ 6:30 to 8:00 p.m.  
Department of Human Services  
315 S Beaver Creek Road, Oregon City, OR 97045

### Attachment

Saturday, March 11, 2006 ♦ 9:00 a.m. to 1:00 p.m.  
DHS Building, Conference Room A  
500 N Highway 30, St. Helens, OR 97051  
Presenter: Melissa Smith-Hohnstein, LCSW,  
Kinship House

## Southern Region

### Lifestory Books: A Communication Tool

Saturday, January 28, 2006 ♦ 9:30 a.m. to 1:30 p.m.  
Department of Human Services, Conf. Room #1  
1937 W Harvard Avenue, Roseburg, OR 97470

### Sensory Integration Problems

Saturday, February 4, 2006 ♦ 9:30 a.m. to 3:30 p.m.  
Presenter: Lynette Burke, Occupational Therapist  
McKenzie Center  
2885 Chad Drive, Eugene, OR 97408  
This training is a collaboration between  
ORPARC and the PSU Child Welfare Partnership

## Eastern Region

### How to Manage Stress and Keep it from Managing You

Thursday, February 2, 2006 ♦ 6:00 to 8:30 p.m.  
State Office Building, Steens Mountain Room  
809 West Jackson Street, Burns, OR 97720

### How to Manage Stress and Keep it from Managing You

Friday, February 3, 2006 ♦ 2:00 to 4:30 p.m.  
The Outpost Restaurant  
155 West Main Street, John Day, OR 97845

### Sensory Integration

Redmond ♦ March 2006  
Presenters: Sue Siefken, OT, and Lisa Cena, OT  
St. Charles Medical Center,  
Outpatient Rehabilitation Center

This training is a collaboration between  
ORPARC and the Child Welfare Partnership

**Call us or check ORPARC website @  
[www.orparc.org](http://www.orparc.org) for date, time and location**

ORPARC trainings are free of charge to DHS adoptive, foster, and assisted guardianship families, and DHS/SNAC adoption professionals. Others may attend trainings for minimal charge on a space available basis. Childcare and Travel Expense reimbursement as funds allow; please request upon registration. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Please request these services two weeks in advance.

# PSU Child Welfare Partnership Trainings

 [www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu) 

<b>METRO</b>	Thursdays: Jan. 12-Feb. 19	<i>Positive Behavior Management and Documentation</i>		
	February 11	<i>Parenting the Sexually Abused Child</i>		
	February 22, March 1	<i>Effects of Domestic Violence on Children</i>		
	February 22	<i>Relatives as Caregivers</i>		
	February 23 & March 3	<i>Communications (communicate with your child's birth family, caseworker, teacher, doctor, etc.)</i>		
<i>Trainings held at Metro Training Center, 1425 NE Irving Street, Suite 250, Portland ♦ Call 503-731-3134 x 1 to register</i>				
<b>EASTERN</b>	January 21	<i>Developmental Touchpoints: Understanding the Behaviors of Neglected &amp; Maltreated Children</i>	Baker City	541-523-6423 x 227
	February 28	<i>What Color is Math? Children with Fetal Alcohol Syndrome and Effects</i>	Hood River	541-386-2962 x 236
	February 23	<i>"Good Grief!" Living With Change and Loss</i>	Redmond	541-504-1320 x 436
	February 25	<i>Positive Behavior Management</i>	The Dalles	541-298-5136 x 280
<b>WESTERN</b>	January 28	<i>The Science of Successful Parenting</i>	Marion DHS	503-378-6800 x 2284
	January 31	<i>Tuesdays with Tудie, Eating Disorders</i>	Lincoln DHS	541-265-8557 x 538
	February 7	<i>Tuesdays with Tудie, Safe Parenting</i>	Lincoln DHS	541-265-8557 x 538
	February 9	<i>"It's All Relative"...Help for Kinship Caregivers</i>	Clackamas DHS	503-657-2112 x 512
	February 16	<i>Brain Function and Attachment</i>	Yamhill DHS	503-472-4634 x 664
	February 22	<i>Brain Function and Attachment</i>	Tillamook DHS	503-842-5571 x 304
<b>SOUTHERN</b>	January 28	<i>Effective Parenting Strategies for Traumatized Children</i>	Roseburg	541-440-3373 x 358
	January 28	<i>Sensory Integration: Why it is So Important to Foster and Adoptive Children</i>	Coos Bay	541-756-5500 x 251
	February 23	<i>The Angry Child: How to Parent Children with Reactive Attachment Disorder</i>	Medford	541-776-6120 x 232
	February 25	<i>The Angry Child: Dealing with Resistance</i>	Lakeview	541-947-2273 x 29
	February 27	<i>The Seven Habits of Highly Effective Caregivers</i>	Roseburg	541-440-3373 x 358
	February 28	<i>ADD/ADHD: New Approaches to an Old Problem</i>	Gold Beach	541-247-5437 x 227

## The Oregon Parent Training and Information Center

 [www.orpti.org](http://www.orpti.org) 

### Understanding the IEP

Register with Victoria Haight @ [vhaight@orpti.org](mailto:vhaight@orpti.org)

January 17—Hillsboro  
January 18—Multnomah ESD

### Navigating the Special Education Process

Register with Donna Helman @ [dhelman@orpti.org](mailto:dhelman@orpti.org)

January 18—Arlington  
February 17—Hermiston  
February 17—Milton-Freewater  
March 10—To be announced  
March 16—Prineville  
March 16—Condon

### AD/HD and Asperger's Syndrome: What's Different, What's the Same, and What Helps Both in the Classroom

Register with Donna Helman @ [dhelman@orpti.org](mailto:dhelman@orpti.org)

January 20—Baker City  
January 20—Madras

### What Parents Need to Know about the IEP

Register with Leah Skipworth @ [lskipworth@orpti.org](mailto:lskipworth@orpti.org)

February 27—Coos Bay  
February 27—Grants Pass  
March 4—Corvallis (Title: IEP Process & Product)

## Introducing Kim Lombardi, LCSW ORPARC Family Support Specialist



Prior to joining the team at ORPARC, Kim worked for the Department of Human Services for six years as a permanency worker and consultant/trainer. Her primary focus was adoption and permanency. In that role, Kim trained and consulted caseworkers on permanency planning decisions and best practice with adoption placement and transition.

Before her employment at DHS, Kim received her Master's of Social Work from Portland State University and received her Clinical Licensure after completing supervision with the Post Adoption Family Therapy team at DHS. In her free time, Kim likes to be outdoors whenever possible hiking or camping. She also enjoys spending time with family and working on home projects. Kim is a welcomed addition to our staff.

### Foster Parent College

📧 [www.fosterparentcollege.com](http://www.fosterparentcollege.com) 📧

Foster Parent College, a program of SocialLearning.com, provides online training for foster, adoptive, kinship, and birth parents. Courses provide valuable information, insights and advice from experts on dealing with serious child behavior problems. PSU Child Welfare Partnership is able to provide scholarships for state adoptive parents, as funds allow. Contact your region's PSU Child Welfare Partnership coordinator if you are interested in these trainings ([www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu)).

### Respite Scholarships from Lifespan Respite Care

Lifespan Respite of Multnomah County currently has 34 scholarships in the amount of \$200 each for qualifying families who reside in Multnomah County. The purpose of the financial assistance fund is to provide a subsidy for caregivers to assist with the cost of qualified respite care services for family members. Please contact ORPARC at 503-241-0799 or e-mail us at [orparc@nwresource.org](mailto:orparc@nwresource.org) for details about qualifying for this scholarship.

## !Atención familias de habla hispana!

Hay más que 100 materiales en español disponibles para familias de habla hispana. Estos materiales tratan sobre temas tales como desorden de déficit de atención, síndrome de alcoholismo fetal, e ideas y soluciones prácticas para la crianza de niños. Visite nuestro sitio web [www.orparc.org](http://www.orparc.org) o llámenos para saber más sobre nuestros recursos y servicios.

### Entrenamientos en español

#### 16 Consejos para trabajar con profesionales

18 de enero ♦ 6:00 a 8:00 de la tarde

#### La comunicación es crucial

15 de febrero ♦ 6:00 a 8:00 de la tarde

10225 East Burnside, Portland, OR 97216

Registrarse con Vangie Sánchez, ☎ 971-673-1840

#### Síndrome de alcoholismo fetal

14 de marzo ♦ 5:30 a 7:30 de la tarde

Departamento de Servicios Humanos

315 S Beavercreek Road, Oregon City, OR 97045

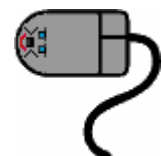
23 de marzo ♦ 6:30 a 8:30 de la tarde

DSH, 3420 Cherry Avenue NE, Keizer, OR 97303



### Newsletter via e-mail?

Too much mail? If you would like to receive our newsletter in an electronic format via e-mail, please contact us at [orparc@nwresource.org](mailto:orparc@nwresource.org), subject line "E-mail Newsletter."



## Is your child eligible? Developmental Disabilities Defined

DD services may be able to provide much needed additional support or respite services to your child

### Mental Retardation

Established by Law ORS Chapter 427

Must use AAMR, 1977

1. Must be determined to be in place by the 18th birth date.
2. IQ 69 is cap for clearly defining mental retardation.
3. IQ span 70-75 *may be* eligible as a person with mental retardation **if**, a significant impairment to adaptive functioning exists that is *directly* related to the issues of mental retardation (#6 on right).
4. This adaptive impairment cannot be primarily related to any of the following: mental/emotional disorder, sensory impairments, substance abuse, personality disorder, learning disability, ADHD.

### Other Developmental Disabilities

Established by federal definition, State of Oregon develops guidelines for interpretation

1. Must be determined to be in place by the 22nd birth date.
2. IQ scores are not used in verifying the presences of a non-mental-retardation developmental disability.
3. Must have either an official *medical or clinical diagnosis* of the disability, **and** a significant impairment to adaptive functioning that is *directly* related to the specific disability.
4. This adaptive impairment cannot be primarily related to any of the following: mental/emotional disorder, sensory impairments, substance abuse, personality disorder, learning disability, ADHD.
5. In the State of Oregon, the developmental disability must have its genesis in the brain.
6. The support needs of the person must be “similar to that required by individuals with mental retardation.” (OAR 411-320-0020(21) i.e., self-care, receptive language, expressive language, learning, mobility, self-direction, and a need for multiple, specialized supports indefinitely.

For more information and/or for referral to your local office of Developmental Disabilities, please call ORPARC at 503-241-0799, 1-800-764-8367 (toll-free) or e-mail us at [orparc@nwresource.org](mailto:orparc@nwresource.org).