Assisting families on their lifelong journey

The Journey

Oregon Post Adoption Resource Center (ORPARC) www.orparc.org

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Sensory Integration

by Lynette Burke, Registered Occupational Therapist

Sensory integration, as described by Dr. Jean Ayres, is the organization of sensory information for ongoing use. It is the ability to receive and process information from all the senses (touch, movement, smell, taste, vision, and hearing), organize or integrate that information within the brain, and then respond in a meaningful way. Sensory integration provides the necessary foundation for more complex learning and behavior, including motor planning ability, attention, adaptive behavior, and academic learning.

For most of us, effective sensory integration happens automatically, unconsciously, or without effort. For some of us, the process is inefficient, demanding effort and attention with no guarantee of success. This inability to adequately analyze, organize and integrate sensory information is called Sensory Integration Dysfunction.

For most children, sensory integration develops in the course of ordinary childhood activities allowing adequate motor planning, adaptability to sensations, and learning to occur. But for some children, dysfunction happens in the central nervous system making it difficult for the child to respond to sensory information in a meaningful, consistent way. The child may also have difficulty using sensory information to plan and organize what he needs to do. The results of SI Dysfunction for a child may be evident in problems in learning, development, or behavior.

Some of the frequent signs of Sensory Integration Dysfunction include:

- Overly sensitive to touch, movement, sights, or sounds
- Under reactive to touch, movement, sights, or sounds
- Easily distracted
- Social and/or emotional problems
- Activity level that is unusually high or unusually low
- Physical clumsiness or apparent carelessness
- Impulsive, lacking in self control
- Difficulty making transitions from one situation to another
- Inability to unwind or calm self
- Poor self concept
- Delays in speech, language, or motor skills
- Delays in academic achievement

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Northwest Adoptive Families Association 2006 Conference on Adoption

Saturday, May 6, 2006
OR Convention Center, Portland

Keynote speaker: Deborah Gray, MSW, MPA, author of *Attaching in Adoption*. Ms. Gray is an experienced family therapist and clinical social worker who specializes in grief, trauma and attachment. There will be nine additional workshops covering a variety of topics of interest to all members of the adoption triad and professionals. Call 503-243-1356 or e-mail information@nafaonline.org.

Limited scholarships through ORPARC

Dear ORPARC,

"Unfortunately, I missed one of your trainings. How can I receive the information that was presented?" Jane

Dear Jane: Below is a list of things you can do in the event you missed a training:

- ✓ Call ORPARC. Talk with a family support specialist about resources.
- ✓ Request materials (handouts) presented at the training.
- ✓ Request a Library Topical List on the specific topic of the training.
- ✓ Visit our website. Look for a similar upcoming training in your area.
- ✓ Request the training in the future. We may be able to return to your area with the same training.

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

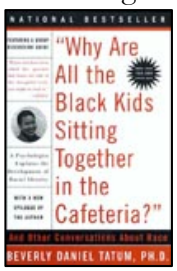
E-mail: orparc@nwresource.org
Website: www.orparc.org

New in the Library

Books

Connecting with Kids through Stories: Using Narratives to Facilitate Attachment in Adopted Children. Providing a thorough theoretical grounding and detailed information on therapeutic techniques and how to assess progress, this book shows parents how to create their own therapeutic stories to promote increased attachment and improved behavior in their child.

Me and My Families: A Handbook on Adoption and Foster Care for School Professionals. This booklet for teachers and other school personnel is intended to help educators create a learning environment that is sensitive to the needs of all children while attending to the particular needs of adopted and foster children.



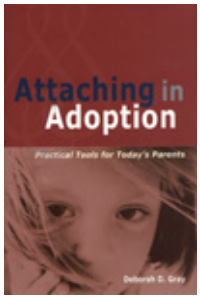
Why Are All The Black Kids Sitting Together in the Cafeteria? Tatum, a black woman, the mother of two, and a developmental psychologist at Mt. Holyoke College, explores the varieties of Americans' experience with racism in everyday life, demonstrating why talking about racism is so hard and what we can do to make it easier.

Videos & CDs

Me and My Families (Video)
This video focuses on three kids, one adopted as an older child, one whose parents are divorcing, and another whose family is more traditional. They all want to fit in and have friends, but discover life isn't that simple.

Parenting Children Who May Never Leave Home (CD)
This workshop explores the realities of parenting children with disabilities who may never be independent. It presents strategies for finding appropriate services and schooling for children and young adults, advocating for change, and facing the physical and mental realities of aging parents caring for adult children.

Books by Upcoming Trainers



Deborah Gray

Probably the two most popular and most recommended books in our library on the subject of Attachment Disorders are Deborah Gray's *Attaching in Adoption* and Dave Ziegler's *Raising Children Who Refuse to be Raised*. Fortunately, both these authorities will be training in the next quarter (*see Training page*). Other books by Dave Ziegler are:

- *Achieving Success with Impossible Children: How to Win the Battle of Wills*, for parents working with challenging children
- *Traumatic Experience and the Brain*, describes the human brain, its structure and function

Dave Ziegler

ORPARC Staff Picks ⇨

Sensory Processing for Parents: From Roots to Wings
By Kim Lombardi, ORPARC Family Support Specialist

This video provides a succinct overview of working with children who struggle with sensory input. It speaks directly to parents by providing examples of parents working at home with children who struggle in sensory areas such as balance and motor coordination, eating issues, and too much sensory input. A general overview of the types of normal sensory processing guides viewers to an understanding of sensory related behaviors. This video also provides a sense of normalcy and gives parents incentive to seek ways to help their children function successfully.

ORPARC Spring Trainings

Registration required unless otherwise stated

Call 503-241-0799, 1-800-764-8367, or e-mail orparc@nwresource.org to register

METROPOLITAN REGION

Relative Issues in Adoption

Tuesday, May 9, 2006 ◆ 6:00 to 7:30 p.m.
Relatives Raising Children Support Group
5325 NE MLK, Jr. Boulevard, Portland, OR 97211
Group/training is open for relative caregivers only

Openness

Tuesday, May 16, 2006 ◆ 6:30 to 8:30 p.m.
DHS Adoptive Parent Support Group
Department of Human Services, East Branch
3618 SE 122nd Avenue, Portland, OR 97232
No need to register for this training

Internet Safety for Children

Tuesday, June 6, 2006 ◆ 5:30 to 7:30 p.m.
Multnomah County Library, Midland Branch
805 SE 122nd Avenue, Portland, OR 97233

SOUTHERN REGION

Relative Issues in Adoption

Tuesday, April 18, 2006 ◆ 12:30 to 2:30 p.m.
Employment Building
2075 Sheridan Avenue, North Bend, OR 97459

Advocating for Your Child's Educational Needs

Tuesday, April 18, 2006 ◆ 6:30 to 8:30 p.m.
Department of Human Services
2025 Sheridan Avenue, North Bend, OR 97459

Openness

Thursday, May 11, 2006◆ 6:30 to 8:30 p.m.
Klamath Falls ➔ Location to be announced
Check ORPARC website for updates

WESTERN REGION

Openness

Tuesday, April 25, 2006 ◆ 6:30 to 8:30 p.m.
Oregon Adoptive Parents Network (OAPN)
City Bible Church (217 Campus Address)
11765 SW Pacific Highway, Tigard, OR 97223

Talking with Children about Adoption

Saturday, May 20, 2006 ◆ 9:00 a.m. to 1:00 p.m.
Department of Human Services
3420 Cherry Avenue NE, Keizer, OR 97303

EASTERN REGION

How to Manage Stress and Keep it from Managing You

Tuesday, April 11, 2006 ◆ 6:00 to 8:00 p.m.
DHS Office Building
1610 9th Court, Hood River, OR 97031
Food and Childcare provided

Nurturing Attachments: Tools for Working with Adopted Children with Attachment Issues

Friday, June 9, 2006 ◆ 9:00 a.m. to 4:30 p.m.
Tamastslikt Cultural Institute
72789 Highway 331, Pendleton, OR 97801
Presenter: Deborah Gray, author of
Attaching in Adoption: Practical Tools for Today's Parents

- ✓ Adoptive, foster and guardianship families register with ORPARC; DHS/SNAC adoption staff on space available basis
- ✓ Professionals register with Cascadia at 1-800-298-6516 or www.cascadia-training.org

Collaborative training between ORPARC, Cascadia Training, and the PSU Child Welfare Partnership

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

Metropolitan	*Trainings held at Metro Training Center, 1425 NE Irving Street, Suite 250, Portland* *Call 971-673-1822 to register*		
April 7 & 8	*Parenting the Child with Attachment Disorders Part I & II*		
April 25	*Transitioning to Adult Living*		
May 17 & 24	*Coping while you Care for Difficult Children*		
May 31	*First Get through the Day*, Presenter: David Zeigler	Training at Multnomah ESD	
June 21	*What Color is Math? Understanding FASD*		
Eastern			
April 8	*Good Grief! Living with Change and Loss*	The Dalles	541-298-5136 x 280
April 15	*Good Grief! Living with Change and Loss*	Hood River	541-386-2962 x 236
April 22	*Caregivers Alliance Conference – Malheur County* *Conference for foster, adoptive and relative providers*	Ontario	541-889-9194 x 314
Western			
April 12	*Cultural Awareness*	Hillsboro	503-646-7234 x 482
April 20	*Oppositional Defiant Disorder and Attachment*	Clackamas DHS	503-657-2112 x 512
April 25	*Tuesdays with Tudie: Reactive Attachment Disorder*	Lincoln DHS	541-265-8557 x 538
April 29	*Meeting the Needs Behind the Behavior*	Marion DHS	503-373-1200 x 345
May 6	*Family Lifeskills: Communication Rules, Discipline, Anger*	Polk DHS	503-623-8118
May 11	*Parenting Children with Sexual Behavior Problems*	Yamhill DHS	503-472-4634 x 664
May 18	*Working with Children with Fetal Alcohol Spectrum Disorder*	Clatsop DHS	503-325-9179 x 328
May 30	*Tuesdays with Tudie: ADHD, ADD, ODD*	Lincoln DHS	541-265-8557 x 538
June 27	*Tuesdays with Tudie: Positive Parenting*	Lincoln DHS	541-265-8557 x 538
Southern			
April 8	*Sensory Integration: What it is and Why it Matters*	Medford	541-776-6120 x 232
April 11	*Ages and Stages of Attachment*	Coos Bay	541-756-5500 x 251

The Oregon Parent Training and Information Center

www.orpti.org

Asperger's Syndrome and ADHD
Register with Victoria Haight at vhaight@orpti.org
April 22—The Dalles

Is Your Child a Target of Bullying?
Register with Leah Skipworth at lskipworth@orpti.org
May 9—Albany

What Parents Need to Know about the IEP
Register with Leah Skipworth at lskipworth@orpti.org
May 18—Medford

Working through Conflicts in Special Education
Register with Robin Wortman at rwortman@orpti.org
April 24—Brookings

IDEA 04
Register with Robin Wortman at rwortman@orpti.org

April 11—Albany
April 17—Seaside
April 21—John Day
April 22—Lincoln City
April 24—Woodburn
April 26—Hermiston
April 29—Bend
May 9—Ontario
May 12—Coos Bay
June 3—Portland

"Building Futures" Transition to Education and Employment Conference 2006
April 12-13—Salem

Oregon PTI 19th Annual Conference The Wave of the Future
May 5-7—Salishan Resort, Lincoln City

Limited scholarships available ◆ Contact ORPARC

Sensory Integration

(*continued from front page*)

Sensory Integration Dysfunction is suspected when the child exhibits one or more of these common symptoms with frequency, intensity, and duration. If a child is suspected of having a sensory integrative dysfunction, an evaluation can be conducted by a qualified occupational therapist using standardized testing, parent interview, and clinical observations of responses to sensory stimulation – posture, balance, coordination and eye movements. Treatment may be recommended based on the results. Treatment follows the child's lead using activities that challenge his or her ability to respond appropriately to sensory input by making a successful, organized response. Treatment helps the child build a strong foundation for the demands of more complex learning and motor skills as well as social skills and self-esteem.

The most important step in promoting sensory integration in children is to recognize that it exists and that it plays an important role in the development of a child. By learning more about sensory integration, parents, educators and caregivers can provide an enriched environment that will foster health, growth and maturation.

The following references are provided for those seeking more information:

Sensory Integration and the Child. Ayres, A. Jean, Ph.D. Los Angeles: Western Psychological Services, 1994.

The Out-of-Sync Child: Recognizing and Coping with Sensory Integrative Dysfunction. Kranowitz, Carol Stock, M.A. New York: Skylight Press Book, 1998.

SenseAbilities: Understanding Sensory Integration. Trott, Maryann Colby et al. Tucson, AR: Therapy Skill Builders, 1993.

Or contact:

Advanced Pediatric Therapies
4444 SW Multnomah Boulevard
Portland, OR 97219
✆ 503-245-5639 Telephone
✆ 503-245-6013 Fax

New Adoptive Parent Support Groups (Josephine/Coos)

Adoptive and Foster Families of Josephine County

Sponsored by SOASTC, ORPARC and Josephine County Foster Parent Association
Thursday, April 27, 2006 ◆ 6:30 to 8:30 p.m.
SOASTC
715 Ramsey Avenue, Grants Pass, OR 97527
☆ Pizza and soft drinks provided ☆
Call Kristen to RSVP @ 541-956-4943 x 1106

Grandparents ROCK

(**R**aising **O**ur **C**hildren's **K**ids)
Sponsored by CARE Connections and Area Agency on Aging
Friday, April 28, 2006 ◆ 5:30 to 7:30 p.m.
The Newmark Center
2110 Newmark Avenue, Coos Bay, OR 97420
☆ Childcare and dinner provided ☆
Call Char to RSVP @ 541-266-0806

Reminder of Some Existing Parent Support Groups:

African-American Families Through Adoption

Welcoming families with children having the same ethnic or different background as themselves. Children who were adopted benefit from connecting to other children who were adopted. Support group meets in Portland Metropolitan area.
Call Pam and Rob Vergun at 503-645-6642

Spanish-speaking Adoptive/Foster Parent Support Groups

- ✓ CLACKAMAS: Segundo martes del mes de las 5:30 a 7:00, Amber Isaac, 503-657-2112 x 510
- ✓ MARION: Cuarto jueves del mes de las 6:30 a 8:30, Helen Villastrigo, 503-378-4392
- ✓ MULTNOMAH: Tercer miércoles del mes de las 6:00 a 8:00, Vangie Sánchez, 503-731-3147
- ✓ WASHINGTON: Cuarto jueves del mes de las 6:30 a 8:30, Ileana Villeda-Cortes, 503-681-6924

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. There are many different types of camps covering a variety of interests and formats. A number of camps offer opportunities for children with special needs or in need of scholarships. We recommend that you research the camp and setting that best serve the needs of your child. Several resources below offer helpful suggestions on questions to ask camps to ensure a good fit for your child. Please call ORPARC if you would like a free Metro Parent Magazine Summer Education, Camps and Travel Guide, or for more information on camps.

Camps for Special Needs Children

- Easter Seals Oregon, Rogue Valley Day Camp, for families who have children with disabilities or special needs, 800-244-5289, http://or.easterseals.com
- Kiwanis Mt. Hood Camp, for children and adults with disabilities, 503-452-7416, www.mhkc.org
- Royal Family Kids Camps, Faith based camps for abused/neglected children. Multiple sites in Oregon, www.rfkc.org

Adoption Specific Camps

- Camp To Belong: Camps for Foster/ Adopted Siblings (Colorado), 303-791-0915, www.camptobelong.org
- Colorado Heritage Camps for Adoptive Families, www.heritagecamps.org

Other Resources

- The Oregonian publishes a summer camp guide for the entire state. Call and ask for a "Back Copy" ($1.50) at 503-221-8240 or visit the Summer Camp Guide on Oregon Live www.oregonlive.com/ospecials
- Metro Parent Summer Education, Camps & Travel Guide 2006, features section for underserved youth and those needing financial assistance, www.metro-parent.com
- NW Kids "Camps and Activities" www.nwkids.com
- American Camping Association, the only organization to accredit summer camps, 800-428-CAMP, www.acacamps.org
- Camp Safety Guide www.campsafetyguide.com
- OMSI Residential Science Camps and Adventures, Science Classes www.omsi.edu/classes
- YDay Camp www.ychildcare.org
- YMCA Camp Collins www.campcollins.org
- YMCA Camp Silver Creek & Greider www.salemymcacamps.com