



*Assisting families on their  
lifelong journey*

# The Journey

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

Volume XXIX

Fall 2006

ORPARC is a program of Northwest Resource Associates

## Talking to Kids about Adoption



*By Astrid Dabbeni ~ Adoption Mosaic*

*Astrid currently works at the Oregon Post Adoption Resource Center and is a co-founder of Adoption Mosaic, where she designs and leads workshops for adoptive parents. Astrid was adopted from Colombia at age 4.*

Recently I stumbled across a list in *Adoptive Families* magazine entitled “30 Things Adoptees Wish They Knew About Their Birthparents – But Often Are Afraid to Ask.” As an adopted person myself, I grew up with many of these questions. Some of the questions that stood out for me in particular were:

- Where was I born?
- Did my birthmother see me or hold me?
- What did my birthmother name me?
- How old were my birthparents when I was born?
- Do my birthparents love me?
- Do my birthparents think about me? Did they ever regret their decision?

The answers to these questions require basic, objective information. Yet they also call into play some very emotionally-loaded subjects. My response, as an adopted person who has never known her birthparents, was, “Are there really people who have access to this much information about themselves and/or their birthparents?”

From the day I was adopted at age 4, I felt it would hurt my parents’ feelings if I asked about my birth family. Where did this come from? I had never been told I shouldn’t talk about my birth family. I had never seen anyone get in trouble for asking about their birth family. Yet it did not feel right to bring up the subject. At a very young age I thought the rules of love specified that if you loved one set of parents you were disloyal to them by thinking about, let alone loving, another set of parents. Growing up, I fantasized about any and every possible equation of who my birthparents (mostly birthmother) were. I had both simple and emotionally loaded questions, however, I was too afraid to ask my adoptive parents *any* of my questions. → *Continued on page 2*

## 8th Annual Shoulder to Shoulder Conference “A Vision for the Future”

Thursday, November 16, 2006 ♦ 8:30 to 5:00  
Oregon Convention Center  
777 Martin Luther King, Jr. Boulevard  
Portland, OR 97232

✓ 32 Workshops offered ✓ Lunch included  
Morning Keynotes: Jane Malpass and  
Jane Thompson  
Lunch Keynote: Bruce Goldberg, M.D.  
Director of Oregon DHS  
Afternoon Keynote: Lynn Price

ORPARC will present the workshop **Long Term Success in Adoption** from 2:30 to 3:30 p.m. (*Workshop Series C*). To register for this conference, call 503-872-5598 or visit the DHS web site at <https://dhstraining.hr.state.or.us>. Visit [www.orparc.org](http://www.orparc.org) to download a complete schedule and registration form. The cost of the conference is \$55.00 prior to November 6th or \$75.00 after November 6th. ORPARC has several scholarships available to eligible DHS adoptive and assisted guardianship families. Please call ORPARC at 503-241-0799, 1-800-764-8367, or e-mail [orparc@nwresource.org](mailto:orparc@nwresource.org) to inquire about scholarships.

## Attachment is the Key to Success

Saturday, October 7th in Portland  
Presented by Dr. Dave Ziegler, Ph.D.  
*See details on Training Page Insert*

*Talking to Kids about Adoption, continued from page 1*

Whether or not an adoptive parent has some or all of the answers to these questions does not necessarily mean they know how to comfortably approach delicate subjects with their children. In fact, having a lot of information might be just as challenging, at different stages in the child's life, as having none. Many state adoptive parents carry the extra burden (and privilege) of presenting information in a way that makes sense to their child.

I have heard parents say, "But we have a very open relationship with our child and so of course my child knows and will always know he can talk to me about adoption." Even for families who feel they have an open dialogue with their children, it is important to remember that children go through stages in their lives when issues of loyalty flair up. How do you help your child achieve enough openness and confidence in you and your relationship to talk about adoption issues as they arise? The following points will help you get started:

- Tell the truth, and tell it often and early.
- Be age appropriate. Consult a therapist or adoption professional if needed.
- Don't wait until your child asks.
- Develop a Lifestory Book.
- Be aware of possible triggers such as birthdays and holidays.
- Be aware of eye contact. Children and adults are more likely to talk about sensitive issues when not making direct eye contact (e.g. in the car).

Four good books in the ORPARC library on this topic are:

- 📖 *Telling the Truth to Your Adopted or Foster Child*
- 📖 *Talking with Young Children about Adoption*
- 📖 *Lifebooks: Creating a Treasure for the Adopted Child*
- 📖 *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*

*The above article has been abbreviated and modified for this publication. To view the complete article visit [www.adoptionmosaic.org](http://www.adoptionmosaic.org) or e-mail Astrid at [astrid@adoptionmosaic.org](mailto:astrid@adoptionmosaic.org).*

## Upcoming Conferences by Community Partners

### Severe Autism Challenges: Emotional, Behavioral and Medical Approaches for Family Members

Saturday, September 30, 2006 ♦ 8:00 to 4:00 p.m.  
Ambridge Event Center, Marquam Room  
300 NE Multnomah Street, Portland, OR 97232  
Call 503-636-1676 to register

### Numbing the Pain: Strategies for Helping Adults and Adolescents with Trauma and Addiction

Friday, October 27, 2006 ♦ 8:00 a.m. to 5:00 p.m.  
Rogue Valley Medical Center, Smullin Auditorium  
2825 East Barnett Road, Medford, OR 97504  
Cost is \$30.00 ♦ Register by September 30th  
Call 541-774-7828 to register

### Impact of Prenatal Substance Exposure on Infants, Children & Families

Thursday, October 12, 2006 ♦ 8:50 a.m. to 4:00 p.m.  
Rogue Valley Medical Center, Smullin Education Center,  
2825 East Barnett Road, Medford, OR 97504  
Cost is \$35.00 ♦ Call 541-774-8095 to register

### Free Teleconferences on Child Trauma

The National Child Traumatic Stress Network is hosting a series of free teleconferences. For more information and to register for these calls, visit [www.nctsn.org](http://www.nctsn.org).

### Grandfamilies Lifeskills Development

*Sponsored by the Northwest Senior and Disability Services  
Family Caregiver Support Program*

Tuesdays, 10/03/06 thru 11/21/06 ♦ 6:30 to 9:00 p.m.  
Willamette Education Service District  
2611 Pringle Road, Salem, OR 97302

The cost for the class, including detailed manual, is \$20.00. Some scholarships are available to grandparents 60 years of age and older. Register by calling 503-373-2253. Contact Suzie Covert at 503-373-2253 with the Family Caregiver Support Program for additional information about the training.

### Grandparents Raising Grandchildren Conference (Tillamook)

Monday, November 6, 2006 ♦ 9:00 a.m. to 2:00 p.m.  
Oregon Department of Forestry  
505 3rd Street, Tillamook, OR 97141  
To register or for more information, contact  
Alison Smith at 504-842-2770 x 422.

### Grandparents Raising Children

A support network & 12-week course designed to ease the stresses of raising grandchildren in today's world.  
Mondays, 11/13/06 thru 02/12/07 ♦ 6:30 to 8:30 p.m.  
Silverton Hosp., 342 Fairview Street, Silverton, OR 97381  
To register, call Silverton Together at 503-873-0405

← Grandparents Raising Children →

# ORPARC Fall Trainings

Register for trainings at:

☎ 503-241-0799 ☎ 1-800-764-8367

E-mail [orparc@nwresource.org](mailto:orparc@nwresource.org)

## METROPOLITAN REGION

### Attachment is the Key to Success: How to Start Children on the Right Path

Dr. Dave Ziegler, Ph.D., SCAR Jasper Mountain  
Saturday, October 7, 2006 ♦ 9:00 a.m. to 4:00 p.m.  
The ARC of Multnomah-Clackamas, Board Room  
619 SW 11th Avenue, #106, Portland, OR 97205

This training is for respite care providers and adoptive, foster and guardianship parents. Dr. Ziegler's successful work with troubled youth has informed the perspective that attachment is the key to either social success or failure in life. Come learn how to start children on the right path.

## WESTERN REGION

### Lifestory Books: A Communication Tool

Wednesday, November 8, 2006 ♦ 6:00 to 8:00 p.m.  
DHS, 4670 East 3rd Street, Tillamook, OR 97141

Visit [www.orparc.org](http://www.orparc.org) or call 1-800-764-8367 to inquire about training announcements.

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.

## SOUTHERN REGION

### Talking with Children about Adoption

Thursday, November 9, 2006 ♦ 6:00 to 8:00 p.m.  
Location to be announced ♦ Brookings, Oregon

## EASTERN REGION

### Supporting Sibling Relationships within the Adoptive Family (Birth, Adoptive & Foster Children)

Monday, October 16, 2006 ♦ 6:00 to 8:00 p.m.

Department of Human Services  
103 SW Kinkade Road, Boardman, OR 97818  
✓ A potluck dinner begins at 5:30 p.m. ✓ Childcare provided  
Register with Tracy Kennedy at 541-481-2123

### Supporting Sibling Relationships within the Adoptive Family (Birth, Adoptive & Foster Children)

Date, time & location to be announced ♦ Enterprise, OR  
Register with April Bednar at 541-426-4558 x 227

## Oregon Parent Training & Information Center → [www.orpti.org](http://www.orpti.org)

October 4, 5	<i>IEP Partner Training</i>	Bend	<a href="mailto:kriplinger@orpti.org">kriplinger@orpti.org</a>
October 4	<i>What Parents Need to Know about the IEP</i>	St. Helens	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 5	<i>What Parents Need to Know about the IEP</i>	The Dalles	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 5	<i>Advocacy Rights and the New Regulations</i>	Medford	<a href="mailto:jwiley@orpti.org">jwiley@orpti.org</a>
October 9	<i>What Parents Need to Know about the IEP</i>	Albany	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
October 14	<i>Advocacy: Supporting Your Child in Special Education</i>	The Dalles	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 14	<i>Understanding No Child Left Behind</i>	Lincoln City	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
October 16	<i>Behaviors and the IEP</i>	Woodburn	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
October 19	<i>Advocacy</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 24	<i>What Parents Need to Know about the IEP</i>	Hillsboro	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 26	<i>What Parents Need to Know about the IEP</i>	Gresham	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 26	<i>Disability Awareness</i>	Grande Ronde	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
November 2/3	<i>IEP Partners</i>	Eugene	<a href="mailto:kriplinger@orpti.org">kriplinger@orpti.org</a>
November 7	<i>Advocacy: Supporting Your Child in Special Education</i>	Seaside	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
November 9	<i>Behavior</i>	Beaverton	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
November 9	<i>Behaviors that Interfere with Learning</i>	Grande Ronde	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
November 11	<i>Behaviors that Interfere with Learning</i>	Lincoln City	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
November 20	<i>Bullying</i>	Woodburn	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
November 30	<i>Asperger's &amp; ADHS: What's different, what's the same, what works</i>	Hillsboro/Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
December 7	<i>Asperger's &amp; ADHS: What's different, what's the same, what works</i>	Seaside	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>

# PSU Child Welfare Partnership Trainings

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

## Metropolitan *Register at 971-673-1822; trainings held at Metro Training Center, 1425 NE Irving Street, Suite 250, Portland*

October 16, 23	10:00 a.m. to 12:00 noon	<i>Communication Skills (communication between parents and Child Welfare System)</i>
October 18, 25	6:30 p.m. to 9:00 p.m.	<i>Anger Management</i>
October 19, 26	6:30 p.m. to 9:00 p.m.	<i>The Effects of Domestic Violence on Children</i>
October 19	10:00 a.m. to 12:00 noon	<i>Impact on Children from AIDS Affected Families</i>
October 21	9:00 a.m. to 12:00 noon	<i>Parenting Sexually Reactive Children Under the Age of Ten</i>
October 21	1:00 p.m. to 4:00 p.m.	<i>Parenting the Sexually Reactive and/or Offending Adolescent</i>
October 28	9:00 a.m. to 3:00 p.m.	<i>The Effects of Methamphetamine on Our Most Vulnerable Population: A Systemic Approach</i>
November 18	9:00 a.m. to 4:00 p.m.	<i>Parenting Children with Attachment Disorders</i>
November 29	6:30 p.m. to 9:00 p.m.	<i>Positive Behavior Management and Documentation</i>
thru January 3		<i>5 Wednesdays, 11/29/06, 12/06/06, 12/13/06, 12/20/06, 01/03/2007</i>

## Eastern

October 3	<i>Medication Management, Diagnosis and DHS Policy</i>	Hermiston	541-564-4493
October 9	<i>Darkness to Light (Preventing Child Sexual Abuse)</i>	Bend	541-693-8935
October 10	<i>Emotional Development &amp; Attachment, 2<sup>nd</sup> Tuesday Educ Sup Grp</i>	Hermiston	541-564-4493
October 10	<i>Keeping Our Children Safe: Warning Signs of Sexual Predators at 2<sup>nd</sup> Tuesday Educational Support Group</i>	Hood River	541-386-2962 x 236
October 12	<i>Running Away at 2<sup>nd</sup> Thursday Educational Support Group</i>	Pendleton	541-276-9220 x 438
October 16	<i>Running Away at 3<sup>rd</sup> Monday Educational Support Group</i>	Hermiston	541-564-4493
October 24	<i>Basic Child Development isn't so Basic Anymore</i>	Prineville	541-447-6207 x 222
October 28	<i>Preparing to Care for Teens: Creating a Safe Space for Everyone</i>	Hermiston	541-564-4493
November 1	<i>Darkness to Light (Preventing Child Sexual Abuse)</i>	Redmond	541-693-8937
November 8	<i>What Color is Math? Children with FAS/E</i>	Baker City	541-523-5423 x 527
November 14	<i>Understanding and Responding to the Sexual Behavior of Children</i>	John Day	541-575-0728 x 224
November 14	<i>Relaxing the Grip of Anxiety &amp; Control, 2<sup>nd</sup> Tues. Educ Sup Grp</i>	Hermiston	541-564-4493
November 15	<i>Understanding and Responding to the Sexual Behavior of Children</i>	Prineville	541-447-6207 x 222
December 12	<i>Building Emotional Intelligence, 2<sup>nd</sup> Tues. Educational Sup Grp</i>	Hermiston	541-564-4493

## Western

10/03, 11/07	<i>Sensory Integration: An Overview &amp; Sensory Defensiveness</i>	Benton DHS	541-757-4121 x 230
October 18	<i>What Color is Math? Understanding FASD</i>	Yamhill DHS	503-474-5647
October 24	<i>Tuesdays with Tudie: Firesetting</i>	Lincoln DHS	541-265-8557 x 538
November 4	<i>Dealing with Difficult Teens</i>	Clatsop DHS	503-325-9179 x 328
November 4	<i>How Does Your Engine Run: A Program for Self-Regulation</i>	Columbia DHS	503-325-9179
November 4	<i>Basic Child Development Isn't So Basic Anymore</i>	Lincoln DHS	541-265-8557 x 538
November 7	<i>Understanding and Responding to the Sexual Behavior of Children</i>	Yamhill DHS	503-472-4634 x 647
November 7	<i>Sensory Integration: An Overview &amp; Sensory Defensiveness</i>	Benton DHS	541-757-4121 x 230
November 9	<i>Understanding and Responding to the Sexual Behavior of Children</i>	Marion DHS	503-373-1200 x 345
November 18	<i>Family Life Skills</i>	Marion DHS	503-373-1200 x 345
November 28	<i>Tuesdays with Tudie: Self Harm</i>	Lincoln DHS	541-265-8557 x 538
December 5	<i>PTSD vs. ADD/ADHD</i>	Benton DHS	541-757-4121 x 230
November 28	<i>Tuesdays with Tudie: Kinship Care</i>	Lincoln DHS	541-265-8557 x 538

## Southern

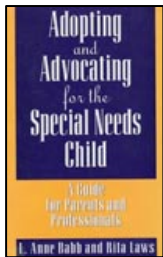
October 13	<i>Parenting Sexually Reactive Children Under the Age of Ten</i>	Lake DHS	541-947-2273 x 29
October 14	<i>Parenting Sexually Reactive Children Under the Age of Ten</i>	Klamath DHS	541-850-3585
October 28	<i>Addiction, Meth and its Aftermath</i>	Eugene	541-686-7555 x 5217
November 3	<i>Sensory Integration: An Overview &amp; Sensory Defensiveness</i>	Lake DHS	541-947-2273 x 29
November 4	<i>Sensory Integration: An Overview &amp; Sensory Defensiveness</i>	Klamath DHS	541-850-3585
Nov. 6 thru	<i>Becoming a Love and Logic Parent</i>	Eugene	541-686-7555 x 5217
December 11	<i>6 Mondays, 11/06, 11/13, 11/20, 11/27, 12/04 and 12/11</i>		
November 18	<i>Doing the Impossible and Being Effective</i>	Eugene	541-686-7555 x 5217
November 18	<i>Sensory Integration: The condition often mistaken for Disobedience</i>	Roseburg	541-440-3373



# Fall Library Recommendations

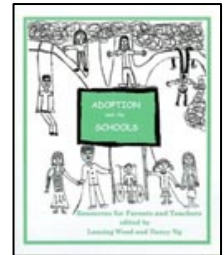


With the school year still fresh, now might be a good time to consider some of the school related items in the ORPARC library. The following titles include materials on school in general, adoption issues in school, and special education and learning difficulties. For a more comprehensive list, go to [www.orparc.org](http://www.orparc.org) then click on Library, and then click on either "Education – School Issues" or "Education – Special Education."

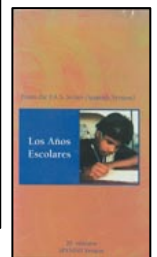
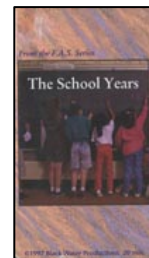


**Adopting and Advocating for the Special Needs Child: A Guide for Parents and Professionals** (222 pages) Covers such key topics as how to advocate within the educational system and cope when things go wrong. With tables, checklists, and references to additional resources.

**Adoption and the Schools: Resources for Parents and Teachers** (239 pages) Addresses a wide range of school situations faced by adoptive families including parent-teacher communication, transcultural considerations, Special Education, graduation, older child adoption, and more.



**F.A.S.: The School Years** (VHS) (20 minutes)  
Concentrates on the importance of meeting the needs of children with fetal alcohol exposure at both the classroom and school district levels. Practical ways of helping these children learn despite their differences are presented.  
(AVAILABLE in SPANISH - "Los Años Escolares - Series del Síndrome del Alcoholismo Fetal")



**Fundamentals of Home Schooling: Notes on Successful Family Living** (382 pages) Teaches parents how to nurture joyful learning through play; encourage through conversation; nourish student interest and a love for learning; enjoy a satisfying home school lifestyle; and launch their students into college, work, and adulthood.

**It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success** (359 pages)  
Provides strategies for teaching friendship skills in the classroom, home and community for children 6 through 17 with learning disabilities. Explores the causes and consequences of "social incompetence," then offers field-tested advice on how to help children work through daily social struggles and go from being picked on and isolated to becoming accepted and involved. Abbreviated version available in 90-minute DVD.

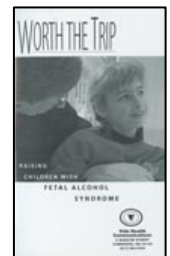
**Special Education: A Guide for Parents and Advocates** (A non-return item for you to keep)  
From Oregon Advocacy Center – Call ORPARC for a custom designed packet.



**Students Like Me: Teaching Children with Fetal Alcohol** (VHS) (39 minutes)  
Gives elementary and special education teachers a clear understanding of what Fetal Alcohol Syndrome is, how it affects children's learning and behavior, and what can be done to modify classroom environments and teaching methods to allow children with FAS to learn.

**Understanding Learning Disabilities: How Difficult Can This Be** (DVD or VHS available) (70 minutes) Richard 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, he lets us see the world through the eyes of a child. Later, participants discuss strategies for working more effectively with learning disabled children.

**Worth the Trip** (VHS) (49 minutes)  
A hopeful and practical outline for helping children prenatally affected by alcohol. Intended for parents, teachers and professional working with kids, it is supportive of caregivers and clearly cherishes the children in the process.



**Wrightslaw: Special Education Law** (354 pages)  
This "Complete Reference to Special Education Legal Rights and Responsibilities" shows what the law says about IEP requirements, evaluations, rights and responsibilities of parents and schools, and much more. It might appear daunting at first glance but a careful examination of the table of contents and a reading of the early chapters will help parents negotiate its eddies and backwaters. NOTE: The entire text of this book is also available at ORPARC on a CD ROM from which you can print sections you would like to keep. Also from Wrightslaw ([www.wrightslaw.com](http://www.wrightslaw.com)), **From Emotions to Advocacy: The Special Education Survival Guide** (248 pages plus 118 pages of appendices)

## Adoptive and Other Parent Support Groups

Listed below are four featured parent support groups – English- and Spanish-speaking. A statewide listing of support groups is featured on our web site. If you are interested in starting a support group in your area, contact ORPARC for materials and assistance.

### **Parenting Connections: The RAFT (Relative, Adoptive, & Foster Family Team)**

Parenting Connections: The RAFT, which meets in Gresham on the 3rd Saturday of each month, from 6:00-7:30 p.m., is forming a sub-group specifically for Relative Care Providers that will meet separately—once a quarter—the same day and time as regular meetings. Members of this sub-group will continue to meet with the larger group on all other meeting dates. Contact Debbie at 503-761-4686 or e-mail [pctheraft@aol.com](mailto:pctheraft@aol.com) for further details.

### **Washington County Adoptive Parent Support Group**

Please join us the 2nd Thursday of every month from 6:30-8:30 p.m. at the Beaverton DHS Multi Service Center, 12901 SW Jenkins Road. Our group serves as a resource for adoptive and pre-adoptive families who are in the process of adopting through DHS. The group is lead by adoptive parents in partnership with DHS staff. New families are welcome. Please come and let us know what issues are important to you! Contact Julie Miller at 503-642-2490 or [julieinmotion@yahoo.com](mailto:julieinmotion@yahoo.com) for more information.

### **Juntos Podemos (“Together We Can”)**

Se reúne los viernes de las 6:30 a 8:30 de la noche en 2475 Lancaster Drive NE, #B9, Salem. Juntos Podemos apoya a las familias que tienen un niño con alguna incapacidad de desarrollo. La meta es apoyar a las familias de la comunidad hispana al proveerles información acerca de recursos y servicios disponibles a ellas, y ayudarles a construir redes de comunicación y apoyo. Juntos Podemos es un programa del Human Services Research Institute. Comuníquese con Alejandra al número 503-566-7727 o [areyes@hsri.org](mailto:areyes@hsri.org) para más información.

### **Grupo de Apoyo para Padres**

Existe esperanza cuando el ser padre es difícil. Un grupo de apoyo gratuito para padres que discutir asuntos relacionados con la crianza de sus niños. Somos “Padres apoyando a Padres”. Se reúne los jueves de las 6:00 a 8:00 de la noche en la YMCA de Salem. Se ofrece guardería de niños. Comuníquese con 503-581-9922 para más información.