



*Assisting families on their
lifelong journey*

The Journey

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

Volume XXXI

Spring 2007

ORPARC is a program of Northwest Resource Associates

Farewell to Astrid

by Kelly DeLany, ORPARC Program Manager

Goodbyes and embarking on new ventures are two things that are never easy. And so we announce with mixed feelings that our beloved and much admired Western Region, Family Support Specialist, Astrid Dabbeni will be leaving us this month for new adventures and challenges. We are sad to see her go, and yet we are all very excited to see what unfolds in her future as she prepares to devote more of her time to the non-profit adoption organization she has founded, Adoption Mosaic. Astrid began at ORPARC almost eight years ago, soon after the agency's inception. She quickly evolved her role from energetic volunteer to committed and dynamic employee as a Family Support Specialist. I fondly remember the first time I met Astrid. I was working as an adoption therapist and she was meeting me to do outreach. She enthusiastically approached me with eyes shining and stated "Hi, I'm Astrid, and I'm adopted!" This has become a joke between us as I initially took a step back and thought in my therapist manner "I wonder why you say that?" I soon came to know that this statement reflected Astrid's heart and soul of who she is personally and professionally, and her ardent true calling and devotion to serve adoptive families and children.





Astrid helped lead, form and make ORPARC what it is today and she deserves much credit for the quality of services provided and the commitment to serving adoptive families. It would not be correct to state that our loss is someone else's gain when it comes to Astrid. She is everyone's gain in the field of adoption. Astrid, may the wind be at your back, the sun on your face, and the road rise up to meet you.

For more information about Adoption Mosaic or to contact Astrid, visit www.adoptionmosaic.org or e-mail astrid@adoptionmosaic.org.

Calling All Therapists!

Oregon Enters 4th Year of Adoption-Specific Training for Mental Health Professionals

The Post Graduate Training Certificate Program in Therapy with Adoptive Families, a collaborative effort between the Child Welfare Partnership, ORPARC, DHS, and PSU, began at PSU in the fall of 2003. This 100-hour comprehensive training program covers 10 topics that enhance and increase therapists' skills in working with adoptive families and children.

If you know a therapist or agency in your community who would benefit from this training, please have them contact Kellie Herold at 503-725-8539 or e-mail kellieh@pdx.edu.  www.ceed.pdx.edu/adoption 

Did you know...



Did you know that among the vital services ORPARC provides for families are support, advocacy, brief case management, consultation on child/parenting issues, and information and referral? All of our services are free of charge. We have a toll-free 800 number staffed by experienced staff with backgrounds in adoption, child welfare, mental health, and education issues. We field a variety of calls ranging from requests for phone numbers to other services, to adoption counseling referrals, to assistance with more serious matters such as behavioral and mental health issues with children. Sometimes a parent might just want to chat with someone who will listen about the difficult time they are having with their child. We are here for that too. ORPARC phone lines are open Monday thru Friday, 9:00-5:00 p.m.; Tuesday & Thursday until 7:00 p.m.

**NAFA's 2007 Campout
July 27-29, 2007**



Northwest Adoptive Families Association has reserved Barton Park, West for the 2007 NAFA Family Campout. This event will be a private party for NAFA families and friends. Visit www.nafaonline.org → "Calendar" to download a Registration Form. For questions, call Patti McMahan at 503-761-5003, Joni Radcliffe at 503-777-6593, or e-mail information@nafaonline.org.

- ☎ 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



Tax Information for 2006 Tax Year

Tax Credit Information
www.nacac.org/pub_taxcredit.html

Adoption Subsidy and Tax Information
www.nacac.org/subsidyfactsheets/taxes.html

Tax Time is just around the corner, and while some of you may not be thinking about tax time yet, others are already hard at work. This is a link to information from the North American Council on Adoptable Children (NACAC) which has updated information on the adoption tax credit and a small change from last year's information on the fact sheet related to adoption subsidy and claiming children as dependents.

If you finalized an adoption of a child with special needs in 2003*, 2004, or 2005, and you did not claim the federal Adoption Tax Credit, you should consider amending your tax return so you can take advantage of the credit. (*If you finalized an adoption of a child with special needs in 2003 you must amend that return by April 15, 2007.) NACAC provides information on determining if a family should amend their tax and then what they will need to do if they amend their taxes. They have also added information about the Additional Child Tax Credit which is a refundable credit if you are unable to take the full amount of the Child Tax Credit.

We encourage families to contact NACAC at 651-644-3036 with questions as well as visit the official IRS tax website on adoption tax credit for further information: <http://www.irs.gov/taxtopics/tc607.html>

Tax Information for Parents of Children with Disabilities

Please visit the ORPARC website to download the *2007 Tax Exemption for Parents of Children with Disabilities*, produced by the Oregon Department of Education.

Community Partner Trainings

Tools for Navigating the Emotional Journey with Your Child's Disability

April 10, 2007 ♦ 6:30 to 8:00 p.m.
Child Center Board Room
830 NE 47th Ave, Portland, OR 97213
To register or for additional information, please contact the Swindells Center at 503-215-2429, 1-800-833-8899 ext 52429, or email swindells@providence.org.

Impact of Prenatal Substance Exposure on Infants, Children and Families

Friday, May 11, 2007 ♦ 9:00 a.m. to 5:00 p.m.
Douglas County Fairgrounds
Umpqua & Pacific Conference Halls, Roseburg, Oregon
Training is free of charge. Download a conference brochure and registration form at www.co.douglas.or.us/dch
For question about the conference contact Marilyn at Douglas County Health and Social Services at 541-440-3563 or e-mail mjcarter@co.douglas.or.us.

Oregon Parent Training & Information Center → www.orpti.org

April 2	<i>Behaviors: IEP and the Law</i>	Salem	lskipworth@orpti.org
April 2	<i>Are we there yet? Part II Employment and Post Secondary</i>	Roseburg	jwiley@orpti.org
April 5	<i>What is ADHD?</i>	Moro	dhelman@orpti.org
April 5, 6	<i>IEP Partner Training</i>	Coos Bay	kriplinger@orpti.org
April 10	<i>Tools for Navigating the Emotional Journey with Your Child's Disability</i>	Portland	swindells@providence.org
April 10, 11	<i>IEP Partner Training</i>	Newberg	kriplinger@orpti.org
April 11	<i>Parent Professional Partnerships</i>	Springfield	lskipworth@orpti.org
April 12	<i>High School Transition, Life after High School; What does it all mean?</i>	Crane	dhelman@orpti.org
April 12	<i>Bullying</i>	Harrisburg	lskipworth@orpti.org
April 12, 18	<i>High School Transition, Life after High School; What does it all mean?</i>	Burns, Prineville	dhelman@orpti.org
April 16	<i>Becoming an Adult</i>	Cottage Grove	lskipworth@orpti.org
April 19	<i>Advocacy and Parental Rights</i>	Salem	lskipworth@orpti.org
April 19	<i>Understanding Special Education</i>	Madras	dhelman@orpti.org
April 19	<i>Aspergers and ADHD</i>	Bend	dhelman@orpti.org
April 28	<i>What Every Parent Needs to Know about Special Education</i>	Coos Bay	jwiley@orpti.org
May 7	<i>Advocacy: Supporting Your Child in Special Education</i>	Portland	vhaight@orpti.org

[Download a complete list of OrPTI trainings at www.orparc.org or visit www.orpti.org.]

ORPARC Spring Trainings

Register for trainings at:
☎ 503-241-0799 ☎ 1-800-764-8367
E-mail orparc@nwresource.org

METROPOLITAN REGION

How to Manage Stress and Keep it from Managing You

Thursday, April 19, 2007 ♦ 9:00 a.m. to 2:30 p.m.

Grandparent and Caregiver Relative Retreat

YWCA East 800 NE 8th St., Gresham, OR 97030

Free to all grandparents and relatives raising children living in Multnomah County. Call ORPARC for a Registration Form or download from www.orparc.org. Contact Stephanie or Jennifer at 503-988-3620 for more information.

Positive Parenting

Thursday, May 24, 2007 ♦ 11:30 to 1:00 p.m.

Held at the ORPARC office in downtown Portland
621 SW Morrison St., Ste. 450, Portland, OR 97205

✓ *Brown bag lunch* ✓ *Register with ORPARC*

✓ *ORPARC will validate parking*

Positive Parenting

Monday, June 11, 2007 ♦ 10:00 to 12:00 p.m.

Rockwood Community Center

18750 SE Stark Street, Portland, OR 97233

Presented to Loving Hearts RAPP Support Group

(RELATIVES AS PARENTS PROGRAM)

EASTERN REGION

Understanding Attachment

Presenter: Lynne Herbert, LPC, from the
Attachment Center of Central Oregon

Monday, April 23, 2007 ♦ 6:00 to 7:30 p.m.

DHS Child Welfare

457 NE Ochoco Plaza Drive, Prineville, OR 97754

Pre-registration is required!

Register with Jeanine Hilburn, 541-447-6207 ext 222

✓ *Crook County adoptive parents are invited*

✓ *Begins with pot-luck at 5:00 p.m.* ✓ *Childcare provided*

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

Positive Parenting *and* Relative Issues in Adoption: Grief & Loss

Saturday, June 2, 2007 ♦ 9:00 a.m. to 1:30 p.m.

Department of Human Services, Klamath Falls

700 Klamath Avenue, Klamath Falls, OR 97601

✓ *Pizza lunch provided* ✓ *Register with ORPARC*

WESTERN REGION

Lifestory Books: A Communication Tool

Saturday, April 14, 2007 ♦ 9:00 a.m. to 1:00 p.m.

Department of Human Services

4670 East 3rd Street, Tillamook, OR 97141

It Was Not Supposed To Be Like This

Thursday, April 26, 2007 ♦ 9:00 a.m. to 2:30 p.m.

2007 Grandparents Raising Grandchildren Conference

Queen of Peace Catholic Church

4227 Lone Oak Road SE, Salem, OR 97302

ORPARC is also sponsoring Joan Callander as keynote speaker at this conference. Keynote topic is:

The Truth about being a "Parenting" Grandparent, the hopes, the hype and what it means for you

(See conference details & registration information on page 5)

Rebuilding a Family

Monday, May 14, 2007 ♦ 9:00 a.m. to 11:00 a.m.

Department of Human Services

3420 Cherry Avenue NE, Keizer, OR 97303

Relatives as Parents Support Group

No registration required

ENTRENAMIENTO EN ESPAÑOL

Hablando con su hijo acerca de la adopción

Martes, 10 de abril de 2007

6:00 a 8:00 de la noche

Departamento de Servicios Humanos

2045 Silverton Road, Salem, OR 97303

Grupo de apoyo para Padres de Crianza y Padres Adoptivos

PSU Child Welfare Partnership Trainings

 www.cwpsalem.pdx.edu

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

Metropolitan

April 3, 4	9:00 a.m. to 4:00 p.m.	Behavior Crisis Management Training
April 24, 25	9:00 a.m. to 4:00 p.m.	Behavior Crisis Management Training
May 7, 8	9:00 a.m. to 4:00 p.m.	Behavior Crisis Management Training
May 12	9:00 a.m. to 4:00 p.m.	Parenting the Child with Attachment Disorders
May 18, 19	9:00 a.m. to 4:00 p.m.	Behavior Crisis Management Training
June 5, 6	9:00 a.m. to 4:00 p.m.	Behavior Crisis Management Training
June 16	9:00 a.m. to 3:00 p.m.	The Effects of Meth on our Vulnerable Population
June 18, 19	9:00 a.m. to 4:00 p.m.	Behavior Crisis Management Training
June 23	9:00 a.m. to 12:00 p.m.	More on Methamphetamine

Behavior Crisis Management Training
This training is crucial for new/current foster, adoptive and relative families. The trainings will occur twice a month in each region and are 2 full days long. Attendance is required on both days.
See complete description on web site.

Eastern Region

April 2	Defensive Parenting (presented by Don Darland, ORFPA)	Ontario	541-889-9194 x 314
April 3, 4	Behavior Crisis Management Training	Redmond	541-693-8937
April 3	Defensive Parenting (presented by Don Darland, ORFPA)	John Day	541-575-0728 x 224
April 4	Defensive Parenting (presented by Don Darland, ORFPA)	Burns	541-573-2086 x 230
April 10	2nd Tuesday Educational Support Group	Hood River	541-386-2962 x 231
April 10	2nd Tues. Educational Sup. Grp., Emotion Coaching Parenting Style (I)	Hermiston	541-564-4493
April 19	ADHD and Aspergers Syndrome: What's the Same, What's Different and What Helps Both in the Classroom	Bend	541-693-8937
April 19	Working as a Team for the IEP Meeting	Madras	541-475-2292 x 314
April 26	Transitions: Moving Children with Sensitivity	Bend	541-693-8937
April 27, 28	Behavior Crisis Management Training	Hermiston	541-564-4493
May 2	Behavior Crisis Management Training	Madras	541-475-2292 x 314
May 8	2nd Tuesday Educational Support Group	Hood River	541-386-2962 x 231
May 8	2nd Tues. Educational Sup. Grp., Emotion Coaching Parenting Style (II)	Hermiston	541-564-4493
May 16, 17	Beyond Tips, Clues and Guesses: How to parent the very difficult child	Redmond	541-447-6207 x 222
May 18, 19	Behavior Crisis Management Training	The Dalles	541-298-5136 x 5229
May 22, 23	Behavior Crisis Management Training	La Grande	541-963-8571 x 426
June 8, 9	Behavior Crisis Management Training	Burns	541-573-2086 x 230
June 12	2nd Tuesday Educational Support Group	Hood River	541-386-2962 x 231
June 12	2nd Tues. Educ. Sup. Grp., 7 Core Themes adopted/foster children	Hermiston	541-564-4493
June 22, 23	Behavior Crisis Management Training	Ontario	541-889-9194 x 314
June 26	Defensive Parenting (presented by Don Darland, ORFPA)	Prineville	541-447-6207 x 222
June 27	Defensive Parenting (presented by Don Darland, ORFPA)	Madras	541-475-2292 x 314
June 28	Defensive Parenting (presented by Don Darland, ORFPA)	Bend	541-693-8937

Western Region

April 13, 14	Behavior Crisis Management Training	Astoria	503-325-9179 x 328
April 21	The Effects of Meth on our Most Vulnerable Population	Oregon City	503-657-2112 x 512
April 27, 28	Behavior Crisis Management Training	Oregon City	503-657-2112 x 512
May 17	ADHD: The Foster Parent Survival Kit	Salem	503-373-1200 x 345
May 18, 19	Behavior Crisis Management Training	Newport	541-265-8557 x 538
May 30, 31	Behavior Crisis Management Training	McMinnville	503-472-4634 x 664
June 4, 5	Behavior Crisis Management Training	Hillsboro	503-646-7234 x 482
June 8, 9	Behavior Crisis Management Training	Salem	503-373-1200 x 345
June 14	What Color is Math? Children with Fetal Alcohol Spectrum Disorders	Albany	541-967-2060 x 217
June 19	It's All Relative When Raising Grandkids & Other Relatives Children	Salem	503-373-1200 x 345

Southern Region

4/6, 5/4 & 6/7	Feel Your Hands Are Tied? Discipline vs. Punishment (April 6th, May 4th, and June 11th)	Medford	541-776-6120 x 232
April 13, 14	Behavior Crisis Management Training	North Bend	541-756-5500 x 251
April 19	When Nothing Works... Try This	Lakeview	541-947-2273 x 29
April 25	Autism, Pervasive Developmental Disabilities & Aspergers Syndrome	Eugene	541-686-7555 x 5217
April 28	Attachment Issues: How to Help	Gold Beach	541-247-5437
April 30	The Same Family... But Different: Relative Care	Klamath Falls	541-850-3585
May 9, 10	Behavior Crisis Management Training	Grants Pass	541-474-3120
May 24	Working with Your Child's Therapist Part I	Lakeview	541-947-2273 x 29
June 1, 2	Behavior Crisis Management Training	Roseburg	541-440-3448
June 2	Managing Behavior Through Effective Communication	Klamath Falls	541-850-3664
June 21	Working with Your Child's Therapist Part 2	Lakeview	541-947-2273 x 29
June 22, 23	Behavior Crisis Management Training	Eugene	541-686-7555 x 5217
June 29	Managing Behavior Through Effective Communication	Gold Beach	541-247-5437

Grandparent/Relative News and Events



Grandparent & Caregiver Relatives Retreat

Thursday, April 19, 2007 ♦ 9:00 a.m.-2:30 p.m. ~ YWCA East, 600 NE 8th St., Gresham, OR 97030

Free to all grandparents and relatives raising children living in Multnomah County.

Call ORPARC for a Registration Form or download from www.orparc.org.

Contact Stephanie or Jennifer at 503-988-3620 for more information.



Grandparents Raising Grandchildren Conference

April 26, 2007 ♦ 9:00 to 2:30 p.m.

Queen of Peace Catholic Church

4227 Lone Oak Road SE, Salem, OR 97302

This free conference is for grandparents raising grandchildren, and other seniors parenting again, who reside in Clatsop, Marion, Polk, Tillamook, and Yamhill counties.

The conference will offer insightful information about the issues grandparents raising grandchildren face and the opportunity to connect with others. ORPARC is sponsoring Joan Callander as keynote speaker at this conference. To register, contact Barbara Masser with the Family Caregiver Support Program through NorthWest Senior & Disability Services at 503-378-6534. Sponsored by NorthWest Senior & Disability Services & Oregon Post Adoption Resource Center

*ORPARC has some scholarship and childcare funds available for eligible families. Contact ORPARC at 1-800-764-8367 for details.

Conference Agenda

9:00-9:30 a.m. ⇒ Registration

9:30-10:30 a.m. ⇒ Joan Callander, Keynote, *The Truth about being a Parenting Grandparent, the hopes, the hype and what it means for you*

10:45-11:45 a.m. ⇒ Bob Lewis, Marriage & Family Therapist, Salem Pastoral Counseling, *Unplanned Parenthood – Changes in Your Lifestyle*

12:00-1:00 p.m. ⇒ Kim Lucey, ORPARC, *It Wasn't Supposed to be Like This*

1:15-2:15 p.m. ⇒ Leah Skipworth, OrPTI, *Behaviors that Interfere with Learning*

Save the date! ⇒ A Gift of Time ⇒ September 7-9, 2007



A weekend retreat for family caregivers and grandparents/relatives. Those who are parenting again can take time for self-renewal and fellowship in a peaceful setting with others in similar situations. Attendees have a chance to relax, meet new people and perhaps reconnect with old friends, attend educational seminars, listen to music, visit with others, browse resource tables, receive a massage, and enjoy wonderful meals. Mark your calendars and plan now to attend this year with no worrying about anyone for a few days. Retreat will take place at Macleay Christian Retreat in Salem. Cost is \$50.00 per person, which includes 2 nights, 5 meals, social activities, and educational seminars. Scholarships available for ORPARC eligible families; call ORPARC at 1-800-764-8367 for details. Download a flyer at www.orparc.org or call 1-800-764-8367.

Kinship Care Legal Research Center www.abanet.org/child/kinshipcare.shtml

This web site from the American Bar Association is intended to serve as a toolkit for attorneys, judges, and other child-serving practitioners working with kinship families having difficulty navigating the complex existing and emerging legal issues. Topics covered include: Financial Assistance for Kinship Care Providers; Educational Consent and School Enrollment; Statutory Preferences for Relative Placement; Medical Consent; Kinship Navigator Programs; and Licensing Policies.

Parent & Teen Support



New →

Loving Hearts RAPP Support Group

(RELATIVES AS PARENTS PROGRAM)

Meets on 2nd Monday of each month
10:00 a.m. to 12:00 noon
Rockwood Community Center
18750 SE Stark Street, Portland, OR 97233

Adoptive Parent Support Group by ACES

Adoption Counseling and Education Services (ACES) hosts a **free** Support Group for Adoptive Parents on the 2nd Tuesday of each month, 6:00-7:30 p.m. Group is hosted by Gail Hardman-Woung, LCSW and meets at 3939 NE Hancock, Portland, OR 97212. (Hollywood Professional Center)
For more information call 503-314-8591 or e-mail info@adoptioncounselingservices.com.

Adopted Teen Girls Activity Group

Sponsored by Adoption Mosaic (www.adoptionmosaic.org)

Tuesdays, April 10 thru May 15, 2007 ♦ 7:00 to 8:30 p.m.
St. Mark's Presbyterian Church
9750 SW Terwilliger Boulevard, Portland, OR 97219
Cost: \$140.00 for the series; includes materials & snacks
Group curriculum is created for adopted girls ages 13-15. The Adopted Teen Girls Activity Group is facilitated by a team of adult adoptees and is designed to encourage the exploration and sharing of the adoption experience within a fun and structured environment.
E-mail info@adoptionmosaic.org to register.

Quarterly Workshops for Adopted Girls Ages 8-11

Sponsored by Adoption Counseling & Educational Services
Saturday May 12, 2007 ♦ 9:30 a.m. to 12:00 p.m.
Gail Hardman-Woung, LCSW ☎ 503-314-8591

Multi-Ethnic Family Connections

The Oregon Family Support Network (OFSN) has been funded by the Black United Fund to begin an innovative support group for families in rural Oregon who have members of ethnic minorities. Support group meetings will occur via telephone conference from 8:00 to 9:00 p.m. on the 2nd Monday of each month (02/12, 03/12, 04/09, 05/14, 06/11, 07/09, 08/13, 09/10, 10/08, 11/12 and 12/10). Parents will be able to share experience, strength and hope with other parents. Register by calling 1-800-323-8521. Contact David Hitt, Information Coordinator, at 1-800-323-8521 or e-mail davidofsn@yahoo.com for more information. Download a support group flyer at the ORPARC web site.



Support
Groups

For a complete statewide list of Adoptive Parent Support Groups, visit the ORPARC website at www.orparc.org, → "Support Groups" and then click [Quick Reference](#).

KidsHealth ⇨ www.kidshealth.org

From Nemours Foundation

Find doctor-approved health information for children on the web

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has been on the Web since 1995—and has been accessed by about 300,000,000 visitors.

KidsHealth has separate areas for parents, kids, and teens—each with its own design, age-appropriate content, and tone. There are thousands of in-depth features, articles, animations, games, and resources—all original and all developed by experts in the health of children and teens. Visit www.kidshealth.org for more information.





New in the Library



It has been a year since we've run a "New in the Library" page, and we've purchased a lot of materials since then. Check out the following titles.

CDs

The following CD's are taped presentations from the NACAC conference of 2006 in Long Beach, CA:

- 📀 **Building Bridges: Improving Educational Outcomes for Foster and Adopted Children and Teens** "Building Bridges" has two components: teaching foster and adoptive parents to advocate for their children in schools, and informing school personnel about issues facing foster/adoptive youth.
- 📀 **Finding Inner Peace when Coping with Special Needs and Difficult Children** Transform chaos into calm by taking care of yourself while coping with difficult and special needs children. Learn ancient principals of mindfulness (how to live in the moment) and how to find peace, even in the face of a screaming child. Based on a book about a mother who finds peace while seeking help for her emotionally disturbed adopted son
- 📀 **Honoring Sibling Relationships** Shows how parents, advocates and professionals can ensure that siblings have the opportunity to grow up together, and when they do not, that relationships & bonds are honored, valued & protected.
- 📀 **Innovative Adoptive and Foster Parent Groups across the Country (2 CD's)** Learn ways to identify the needs of and deliver support to parents in support groups, conduct a needs assessment, develop a plan, have a clear vision, stay energized, and be proactive.
- 📀 **Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny** Shows how to bring more laughter into both home life and work life, particularly in areas that were previously viewed as not particularly funny.
- 📀 **Model Post Adoption Service Programs (2 CD's)** Panelists representing four states with effective post-adoption programs discuss the services they offer families, including successes, challenges and lessons learned.
- 📀 **Parenting with Humor** This session provides a reminder that if we can process our parenting experience with laughter, we can find joy in the midst of whatever life throws our way.
- 📀 **Transracial Support Groups: Gaining Cultural Confidence through Community Connections** This presentation focuses on how transracial adoptive family support groups and parents can create positive ties to a child's birth heritage and facilitate racial, ethnic, and cultural connections through community outreach and programming.

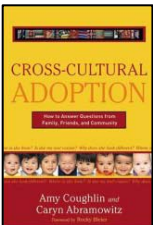


DVDs

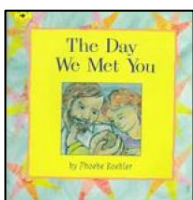
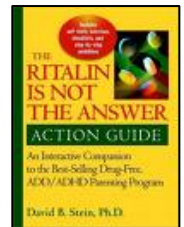
- 📀 **First Steps for Strengthening Adoptive Families** Can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents or adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families.
- 📀 **The Meth Epidemic** PBS's FRONTLINE presents a fascinating, horrific look at methamphetamine addiction in the US, but it provides no information about the effects on children of prenatal exposure to the drug or any parenting advice for those who have adopted children so exposed.



Books



- 📖 **Cross-Cultural Adoption: How to Answer Questions from Family, Friends, and Community** Geared toward families who have adopted internationally, this book might offer insights to families who have adopted US kids.
- 📖 **Empowering Grandparents Raising Grandchildren: A Training Manual for Group Leaders** This 14-session workshop includes tips on communicating effectively with kids on drugs, sex, dealing with loss and abandonment, developing and maintaining self-esteem, dealing with their special behavior problems, and appropriate ways of instilling and maintaining rules in the home.
- 📖 **Fidget to Focus: Sensory Strategies for Living with ADD** Sensory systems strategies based on the personal experiences of hundreds of people, strategies that involve "respectful, effective fidgeting" among other things. The 84 page body is followed by 42 pages of Appendixes including a 20 page workbook.
- 📖 **How to Compromise with Your School District without Compromising Your Child** Offers "must-do's" and "must-don'ts" in advocating for your child; strategies on how to prepare for an IEP meeting; what to do when children don't get crucial services; and how to avoid due process.
- 📖 **IEP and Inclusion Tips for Parents and Teachers** Learn how to prepare for IEP meetings, create legally correct and educationally sound IEPs, ensure access to the general curriculum, track educational progress, and form effective parent-school partnerships.
- 📖 **Learning the Dance of Attachment** This guide to raising adopted children, with chapters devoted to specific developmental stages rather than chronological age, is easy tool for parents to use.
- 📖 **Ritalin Is Not the Answer & Ritalin Is Not the Answer Action Guide** These books are clearly opposed to the use of medication to treat ADHD. There is much research in support of each side in this controversy, so it would benefit any parent to examine the issues before accepting/rejecting any course of treatment.
- 📖 **Writing Measurable IEP Goals and Objectives** The title pretty much describes what this book attempts to teach.



Children's Books

- 📖 **The Day We Met You** This warmly illustrated book to be read to very young children tells a generic story of a mother and father's preparations for bringing an infant home to be adopted.
- 📖 **Finding the Right Spot** This beautifully illustrated story, for kids who can't live with their parents, offers children a chance to think about their feelings and understand them better. It also provides a two-page "Note to Caregivers" by professionals for help in facilitating conversation.
- 📖 **Happy Adoption Day** Written in verse, it presents images of a family who has adopted internationally.
- 📖 **A Sister for Matthew** Mathew, is a young boy whose parents decide to adopt a baby girl from China.

A Caring Place (Eugene)

Caring Place is a FREE therapeutic respite care center for foster children from ages 6 weeks through 6 years. It meets at the First Congregational Church in Eugene (23rd and Harris) from 2:00 to 5:00 p.m. on Tuesdays and Thursdays. It provides a wonderful opportunity for children to receive some one-on-one attention and to learn social skills. Staffed by the Relief Nursery and trained volunteers, this is a great resource not only for foster kids but also for foster parents who need a break. Biological and adopted children of foster parents are eligible to attend (if there is an enrolled foster child in their home). For more information or to register a foster child, please call Libbie Marshall at 541-686-7555, extension 5222.

Mobility International USA (MIUSA, www.miusa.org)

MIUSA is currently accepting applications from young people with disabilities to take part in an international exchange program June 20 through July 5, 2007 to Costa Rica entitled: US/Costa Rica: Youth Leadership and Cross-Cultural Perspectives on Disability Rights Exchange Program. If you are a young person with a disability—or know someone who is—between the ages of 18-24, from a culturally diverse background and are an inexperienced international traveler we encourage you to apply. Apply at: www.miusa.org/exchange/costarica07

IEP Research Opportunity for OR & WA Families

Mary Anne Linden and Nancy Wolfe are doing a research study on communication and IEP meetings. They would like the opportunity to attend your IEP meeting where they would sit quietly and take notes, but NOT participate. Call 866-396-6902 to learn more about their project. *(Calling the number listed will reach Lesley University in Cambridge, MA, however, Nancy Wolfe resides in Oregon.)*

¡Atención familias de habla hispana!

Si usted desea recibir nuestro boletín en español, llámenos al número 1-800-763-8367 y pregunte por “Miguel” o envíenos un correo electrónico a orparc@nwresource.org.