



Assisting families on their
lifelong journey

The Journey

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

Volume XXXIV

Winter 2007/2008

ORPARC is a program of Northwest Resource Associates

Often Overlooked: Childhood Depression

By Lynne Herbert, LPC

The Attachment Center of Central Oregon



It's easy to notice when a child that is acting out requires therapy. Parents become concerned about aggression, oppositional behavior, and defiance and seek support not only for their child, but for themselves as well.

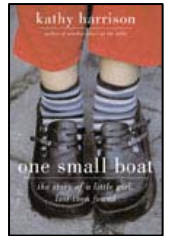
If a child is feeling down and their way of coping with emotions is by withdrawing or blaming and shaming themselves, depression can be less obvious and parents may be less likely to reach out for support. Parents may work to attempt to help their child to be more active and participatory, and underlying emotions and concerns can often be overlooked. A child who turns inward will be reluctant to reach out as well.

You can download important information about childhood depression, including indicators and interventions, from the ORPARC web site at www.orparc.org or call ORPARC at 1-800-764-8367 to have a hard copy mailed to you. If this does not effect your family but raises questions about a child you know, feel free to pass this information along. Just as a child who is acting out requires support, so does a child who copes by turning feelings inward.

Parent book review

One Small Boat by Kathy Harrison

Submitted by Reta Stutz



Harrison, the author of *Another Place at the Table*, does it again with an honest look at being a foster parent in her book, *One Small Boat*. Her goal is to tell the story of the children who have crossed her door step, but by doing this, she tells the story of what it is like to be a foster parent. It is an honest, hard look at the ups and downs of fostering and it answers the hard question all foster parents are asked... "So why do you do it?"

Harrison is able to elegantly show the struggles of dealing with biological parents, the over burdened (sometimes not caring) system, finding personal limits, and taking a careful, honest look at the difference between one's ego and what's best for a child. Her book also tells about the delight in helping children begin to heal, how important small steps are, the ability to see rewards in just a word or look, the need for foster parents to advocate for their children, and the importance of a safe, caring home. Both of Harrison's books are must reads if you ever wondered what it is like to foster or if you are already fostering and want to know you are not alone.

2007 Oregon recipients of the "Angels in Adoption Award"

Several outstanding adoptive parents and professionals, nominated by their Oregon Senators and Representatives, received the Congressional Coalition on Adoption Institute's (CCAI) "Angel in Adoption" awards at a gala event on October 26, 2007 in Washington, DC. The Angels in Adoption award program "provides for all the members of the US Congress to honor constituents who have enriched the lives of foster children and orphans."



Congratulations to these Oregon "Angels"

Jean Vanlue, selected by Representative Darlene Hooley
Mike and Teri Franell, selected by Representative Greg Walden
Jeannie Jin-Hyang Hong, selected by Senator Gordon Smith
Robert Whelan, selected by Representative Earl Blumenauer



For more information, and to read the full biographical descriptions of these "ordinary people doing extraordinary things," please visit www.orparc.org or www.ccaainstitute.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
Web site: www.orparc.org

Dave Thomas Foundation for Adoption Releases New Survey on Foster Care Adoption



In November, 2007, the Dave Thomas Foundation for Adoption commissioned Harris Interactive to understand Americans' attitudes about foster care adoption, their beliefs about the children waiting to be adopted, their perceptions of the system caring for these children, and their attitudes toward what a healthy living environment is for a child. Some key findings are:

- U.S. adults are considering foster care adoption more often than any other type of adoption, but misperceptions abound about the children waiting to be adopted and the foster care adoption process.
- Almost three quarters of American adults (72 %) have a very favorable opinion of adoption and almost two-thirds (69%) believe we as a society should be doing more to encourage foster care adoption.
- Although 89% of Americans are familiar with adoption in general, 79% are familiar with foster care adoption.
- Yet, given this large pool of potential adoptive parents who are both familiar with the issue and considering acting (48 million adults), 114,000 children still wait to be adopted from the U.S. foster care system.

The survey also found three areas where misconceptions which may discourage adoption out of foster care are common. These areas are beliefs about children in foster care, beliefs about the foster care process, and beliefs about the diversity of parents capable of adoption. In regard to beliefs about children in foster care, 45 percent of all respondents believe that children in foster care entered the system because of delinquent behavior. In fact, children enter the foster care system as victims of neglect, abandonment, or abuse.

In order to increase the number of Americans engaging in the foster care adoption process, efforts must be taken to provide an accurate picture of the available children waiting for adoption, the specific steps for the adoption process, and the diversity of individuals capable of adoption. In addition, key reforms must be implemented into the U.S. foster care system to ensure the adoption process is clear, efficient and responsive to the needs of prospective parents.

29th Annual American Adoption Congress Conference

2008 Portland, Oregon ~ March 26-29, 2008

“Adoption in the Global Community: Redefining Kinship in the 21st Century”

Portland Downtown Waterfront Marriott, 1401 SW Naito Parkway, Portland, Oregon 97201

Download 2008 Portland flyer, brochure, and scholarship information from www.americanadoptioncongress.org.

Adoptive/Foster Parent and Youth Program ~ March 27th

- *More Than Global – the Ever-expanding Constellation of Adoption*, Sharon Roszia, MS, BSW

Professionals' Day ~ March 28th

- *Lifelong Development Issues for Adopted People and Their Impact on Best Practices and Policies*, Dr. David Brodzinsky, PhD
- *Family Finding – a Set of Strategies Being Used Around the Country to Find Lifelong Supports for Children and Young People in America's Foster Care System*, Kevin Campbell

Celebrate Measure 58: 10-Year Anniversary of Access to Information for Oregon Adult Adoptees ~ March 29th

- *"The Baby Thief": Adoptive Mother/ Author Discovers the Truth About Adoption*, Barbara Bisantz Raymond, MS, BS, Writer
- *"Knock! Knock! Who's There?" How My Adoption Turned Me into a Stand-Up Comic*, Alison Larkin, Writer/Actor

A Resource Guide for Grandparents and Other Relatives Raising Children in Oregon

A publication by Oregon State University Extension Service, AARP and the Brookdale Foundation, this is a free publication containing a wealth of resources in Oregon. It includes information on meeting the physical, emotional and behavioral needs of your relative child; working with DHS Child Welfare; and assistance for families and resources. Request a free copy from the ORPARC library at 1-800-764-8367 or e-mail orparc@nwresource.org.

NAFA 2008 Calendar of Events

Download the Northwest
Adoptive Families Association's
2008 Calendar of Events
at www.orparc.org

Educational Scholarship ~ January 18, 2008 Deadline

A scholarship opportunity for young adult adoptees residing in Lane County
Presented by Adoption Connections of Oregon and Maan Family Humanitarian Service Scholarship

Download further information at the ORPARC web site at www.orparc.org
or contact Susan Barnhart (541-342-1953) or Michelle Cottrell (541-689-1932)
of Adoption Connections of Oregon or e-mail aco@peak.org.

ORPARC Winter Trainings

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

METROPOLITAN REGION

Transracial/Transcultural Issues in Adoption

Thursday, March 6, 2008 ♦ 6:00 to 8:00 p.m.
Holladay Park Plaza ~ Penthouse Suite
1300 NE 16th Avenue, Portland, OR 97232
✓ Refreshments and Pizza dinner provided

EASTERN REGION

Lifestory Books: A Communication Tool

Tuesday, February 12, 2008 ♦ 6:00 to 9:00 p.m.
Department of Human Services
1610 9th Court, Suite 500, Hood River, OR 97031
✓ Register with Amanda Richardson at 541-386-2962
✓ Hood River Foster/ Adopt Support Group
✓ Dinner and childcare provided

SOUTHERN REGION

Parenting Children Who Have Very Challenging Behaviors

Thursday, March 13, 2008 ♦ 6:30 to 8:30 p.m.
Department of Human Services, Large Conf. Room
909 Royal Court, Medford, OR 97504

ORPARC trainings are free-of-charge to DHS/state adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals. Others may attend trainings for minimal charge and/or on a space available basis. Reimbursement for childcare and travel expense are offered to ORPARC eligible families as funds allow; please request childcare and travel reimbursement upon registration. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Please request these services two weeks in advance.



Visit ORPARC online at www.orparc.org for up-to-date ORPARC and community partner training announcements, current newsletter, community events and articles of interest, adoptive parent support groups, and library orders.

WESTERN REGION

Talking with Children about Adoption

Part II (*continuation of Part I delivered on 08/16/2007*)
Thursday, January 17, 2008 ♦ 6:30 to 8:30 p.m.
Department of Human Services
450 Marine Drive, Suite 210, Astoria, OR 97103
✓ Clatsop County Foster/ Adopt Support Group
✓ To attend training and secure childcare, register with June Stanfield at 503-325-9179 ext. 304

Transracial/Transcultural Issues in Adoption

Tuesday, February 19, 2008 ♦ 6:00 to 9:00 p.m.
Beaverton DHS Child Welfare Office
Beaverton Multi-Service Center
12901 SW Jenkins Rd., Ste. B, Beaverton, OR 97005

ENTRENAMIENTOS EN ESPAÑOL

Reconociendo las señales del abuso de sustancias en los adolescentes

Miércoles, 16 de enero ♦ 6:00 a 8:00 de la tarde
Departamento de Servicios Humanos
1425 NE Irving Street, Edificio 200, Número 250
Portland, Oregon 97232
Grupo de apoyo para Padres de Crianza y Padres Adoptivos

Jueves, 6 de marzo ♦ 5:00 a 7:00 de la tarde
Departamento de Servicios Humanos
315 S Beaver Creek Road, Oregon City, OR 97045
Grupo de apoyo para Padres de Crianza y Padres Adoptivos

¡Familias de habla hispana!

El Centro de Recursos Pos-adoptivos de Oregon (“ORPARC”) tiene varios recursos en español. Si usted es una familia de habla hispana, pida nuestro boletín trimestral en español y consúltenos en cuanto a los recursos que podemos ofrecerle. No dude en llamar al número 1-800-764-8367 y pregunte por “Miguel” (extensión 11).

Community Partner Trainings

PSU Child Welfare Partnership Trainings → www.cwpsalem.pdx.edu

January 3/10/17/24	<i>Behavior Crisis Management Training (4-day, 12-hour training)</i>	Albany	541-961-2060
January 11-12	<i>Behavior Crisis Management Training (2-day training)</i>	Oregon City	503-731-3404
January 15	<i>Grief and Loss</i>	North Bend	541-756-5500 x 251
January 17	<i>Facilitating Development Attachment</i>	Salem	503-373-1200 x 592
January 19	<i>Allegations: Preventing & Surviving</i>	Gold Beach	541-247-5437 x 226
Enero 25-26	<i>Manejando los Crisis del Comportamiento [español]</i>	Portland	971-673-1840
January 26	<i>Irresistible Parenting Part II</i>	Medford	541-776-6120 x 251
Jan 31, Feb 7/14/21	<i>Behavior Crisis Management Training (4-day, 12-hour training)</i>	Portland	971-673-1822
February 1	<i>Sensory Integration</i>	Portland	971-673-1822
February 2	<i>Grief and Loss</i>	Newport	541-265-8557 x 538
February 7	<i>Birth Parent Issues: How to Help</i>	St. Helens	503-397-3292 x 8330
February 9	<i>Sexual Abuse: Strategies for Foster Parents</i>	Eugene	541-686-7555
February 19	<i>Loss and Grief: The Child and the Caregiver</i>	Portland	971-673-1822
February 20	<i>The Connection: The Child and the Birth Family</i>	The Dalles	541-506-5229
February 21	<i>The Connection: The Child and the Birth Family</i>	Hermiston	541-564-4493
February 21	<i>PTSD vs. ADHD</i>	McMinnville	503-472-4634 x 664
February 21	<i>Grief and Loss</i>	Tillamook	503-842-5571 x 304
February 21	<i>Facilitating Development Attachment: What You Need to Know</i>	Astoria	503-325-9179 x 328
February 25	<i>Irresistible Parenting Part III</i>	Medford	541-776-6120 x 251

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

January 9	<i>High School Transition Night</i>	Sweet Home	lskipworth@orpti.org
January 10	<i>Dispute Resolution</i>	Prineville	dhelman@orpti.org
January 11	<i>IFSP, the Individualized Family Service Plan</i>	John Day	dhelman@orpti.org
January 15	<i>ADHD/Asperger's: What's Different, the Same, What Helps Both</i>	Salem	lskipworth@orpti.org
January 15	<i>Asperger's and ADHD</i>	Hood River	vhaight@orpti.org
January 16	<i>Asperger's and ADHD</i>	The Dalles	vhaight@orpti.org
January 16	<i>Understanding ADHD</i>	Philomath	lskipworth@orpti.org
January 17	<i>Dispute Resolution in Special Education</i>	Baker City	dhelman@orpti.org
January 23	<i>Are We There Yet? Moving to and Through Adulthood with a Disability</i>	Corvallis	lskipworth@orpti.org
January 31	<i>Does your child need an IEP or a Section 504 Plan? Two Federal Laws</i>	Portland	vhaight@orpti.org
February 9	<i>IEP Process and Advocacy through Effective Letter Writing</i>	Corvallis	lskipworth@orpti.org
February 11	<i>ADHD and Asperger's: What Different, the Same, What helps Both</i>	Lebanon	lskipworth@orpti.org
February 16	<i>Life after High School: Transition Issues for Students with Disabilities</i>	Eugene	lskipworth@orpti.org
February 19	<i>High School Transition Plans and Programs</i>	Salem	lskipworth@orpti.org
February 26	<i>What every Caregiver needs to know about the IEP</i>	Albany	lskipworth@orpti.org
March 6	<i>Are We There Yet? Transition from High School: Post-Secondary Options</i>	Milwaukie	vhaight@orpti.org
March 10	<i>Transition to Kindergarten</i>	Lebanon	lskipworth@orpti.org
March 11	<i>Is Your Child a Target of Bullying?</i>	Salem	lskipworth@orpti.org
March 12	<i>Grade to Grade Transition: Planning for Success</i>	Philomath	lskipworth@orpti.org
March 13	<i>Behaviors, FBA's and IEP's</i>	Corvallis	lskipworth@orpti.org
March 19	<i>Writing IEP Goals: Are Your Child's Adequate and Appropriate?</i>	Albany	lskipworth@orpti.org
March 20	<i>Planning, Organizing and Preparing for your Child's IEP</i>	Springfield	lskipworth@orpti.org

Contact OrPTI at 1-888-505-2673, 503-581-8156, or info@orpti.org

Lifebook Workshop (for parents only)

Sponsored by Northwest Adoptive Families Association (NAFA); offered in conjunction with Adoption Mosaic
 Saturday, February 23, 2008 ~ 9:00 a.m. to 4:00 p.m. → Legacy Meridian Park Hospital
 To register, contact Andrea Feltham at 503-636-0559 or akfeltham@comcast.net

Community Partner Trainings

Workshops for Parents of Teens presented by The Children's Program

Monthly discussion series given by various speakers on Tuesday evenings at 7:00 p.m. for parents on the importance of their role in raising teenagers. Workshops held at The Children's Program, 7707 SW Capitol Highway, Portland, OR 97219. Call 503-452-8002 to register or for more information. Cost is \$25.00 per person or per couple.

- January 8: *Fostering A Teenager's Motivation*
- February 5: *Supporting Your Teen's Passion*
- March 4: *Anger Management & Conflict Resolution*
- April 1: *Planning for the Summer*
- May 6: *High School Credit Alternatives & Credit Recovery*
- June 3: *Preparing for College*

Parent Empowerment Program ~ 10-week series presented by Tim O'Brien, LPC

Tuesdays, January 8-March 11 ♦ 6:00-8:00 p.m.

13896 Meyers Road, Oregon City, OR 97045

Tuesdays, February 5-April 8 ♦ 6:30-8:30 p.m.

Lake Oswego Fire Dept., 300 "B" Ave., Lake Oswego, OR 97034

Classes are free of charge. Register with Tim O'Brien, LPC, at 877-840-0052 or tobrien_lpc@msn.com.

Program topics include: 1. Understanding Power in Family Systems 2. Understanding Components of Change 3. Identifying Ways Parents Give Up Power 4. Understanding Parental Guilt and Enabling 5. Identifying Sources of Parent Power 6. Prevention Strategies for Behavior Problems 7. Strategies to Reclaiming Parent Power

Trainings by Adoption Mosaic → www.adoptionmosaic.org

		Description below	Inquire price at registration
January 12	<i>Adopted Youth Activity Series: Ages 10 to 15</i>		
January 19	<i>What and When: Talking about Adoption with your Child</i>	9:00 am to 1:00 pm	\$40 person/\$70 couple
February 2	<i>Transracial Parenting Series (Part B)</i>	9:00 am to 1:00 pm	\$40 person/\$70 couple
February 23	<i>Adopted Youth Activity Services: First Graders</i>	Description below	Inquire price at registration
March 15	<i>Transracial Parenting Series (Part C)</i>	9:00 am to 1:00 pm	\$40 person/\$70 couple
March 15	<i>Adult Adoptee Panel of Transracial Adoptees</i>	2:00 p.m. to 4:00 pm	\$20 person/\$35 couple

E-mail info@adoptionmosaic.org or visit www.adoptionmosaic.org to register or for more information

Trainings in Portland

Adopted Youth Activity Series

Presented by Adoption Mosaic ~ www.adoptionmosaic.org

- ✓ January 12: Ages 10 to 15 (includes parent meeting & workshop)
- ✓ February 23: Woodstock Elementary School First Graders

These groups for adopted youth are led by a team of adult adoptees who bring with them years of experience in the adoption community as well as experience leading youth groups. Groups are formed by request and can be arranged by a group of parents, a school or other organization. Registration is limited; e-mail info@adoptionmosaic.org for information.

Teens & Drugs: What's the Story?

Sponsored by Marion County Health Department
Wednesdays, January 9th & 16th ~ 7:00 to 9:00 p.m.
Silverton Family Hospital Birthing Center, Room E
342 Fairview Street, Silverton, OR 97381

A 4-hour family workshop on adolescent alcohol, tobacco, marijuana, and other drug trends in Oregon and Marion County. This free training is appropriate for ages 12 and up. For more information call Yvonne Kays at 503-981-5851 or 503-566-2901.

Housing Conference, Planning for a Safe & Caring Environment for People Living with Autism Spectrum Disorder

Hosted by the Autism Society of Oregon and Easter Seals
Saturday, January 19th ♦ 8:30 a.m. to 4:00 p.m. Lunch served
Abernathy Center, 606 15th Street, Oregon City, OR 97045

\$25.00 for Pre-registration; \$35.00 the day of the event
Some scholarship money available for parents for respite care and travel reimbursement. Contact the Autism Society of OR at 1-888-288-4761 for information on scholarships or agenda, visit www.oregonautism.com → "Events"

Registration: Send a check, made payable to ASO, to: PO Box 396, Marylhurst, OR 97036; memo: *Housing Conference*

"FASD: INTO ACTION" A Three-day Session on Fetal Alcohol Spectrum Disorders

February 21-23, 2008 ♦ 9:00 a.m. to 4:00 p.m.
For professionals as well as parents of children with Fetal Alcohol Spectrum Disorder (FASD)

Mark Spencer Hotel
409 SW 11th Avenue, Portland, OR 97205

Cost is \$325.00 for three days
Download a Registration Form from the ORPARC web site at www.orparc.org or contact Wendy Temko, Administrative Assistant, FASCETS, at 503-621-1271 or e-mail wtemko@fascets.org

"Count Your Blessings"

A few thoughts from an Adoptive Parent Support Group Leader

During the holidays, we are often so rushed that we forget to stop and count our blessings. In foster, adoptive and blended families, we have so many things to coordinate. I remember when I had one of four siblings. Each sibling was in a different foster home and we were all juggling schedules to try to give each child quality time with parents, extended family, siblings, and still have quality time with the foster child that was in our home, and make time for OUR extended family. Wow, it was a challenge. I can only imagine what some of you are dealing with when you have several kids who might also have sibs in other homes. My hat is off to you.

As we hustle through the holidays it is important to remember to stop and count our blessings. It really does help take the focus off the things that are stressing us and put the focus on what is blessing us. My signature line in another email account is "2 Blessed 2 B Stressed." The impact of using this "sig line" is amazing. Sometimes I am starting to write a stressed email and notice my own sig line and stop and reframe my situation. Rather than looking at the situation through the lens of stress, I need to look at the same situation through the lens of my blessings.

On Thanksgiving, when my family got together, we wrote our blessings on construction paper leaf cut outs. Some of the things that were written brought home what is really important in life. During some traumatic times in my life, I came to the realization that there are only a handful of things in life that are truly important in the grand scheme of things. Life, Love, Faith, Family, Friends... The rest is gravy.

Sure our kids (and many of the things that come with them) give us some extra special stress. But we can only do so much! We cannot fix everything. Sometimes we need to just focus on what is good, and do what we can with the rest. Sometimes our hearts are broken and we feel we just cannot go on. I have learned the hard way that keeping my focus on the problem only holds on to the pain. Sure, we have to face it and deal with it, but it is so easy to keep our focus on the problem and the pain. This only keeps us reliving the trauma. We have to focus on what we did correctly, the love, the happy times, and the hope that things will go well as we move on from day to day, for the child who has gone home, for us as we move on after a heartbreak, or whatever the situation.

Some of you may be going through tough times this holiday season and need to look for the blessings that are surrounding you. Make a list of the wonderful things in your life, remember the blessings, hold on to the happy memories and let the sadness fade into the background. It is in getting through these struggles that we become stronger. Some of you may know the song "Count Your Blessings." "Count your blessings, name them one by one. Count your many blessing, see what God has done." It is true, and it is the secret to getting through stressful situations.

I hope that each and every one of you has a very blessed Christmas and holiday season.

Debbie Sharp, CFLE, President, Parenting Connections: The RAFT



Debbie Sharp, CFLE
President
PO Box 90822,
Portland, OR 97290
debbie@pctheraft.org
www.pctheraft.org

Parenting Connections: The RAFT is a private, faith-based, parent-led support group for kinship/non-kinship, foster and adoptive parents, relative care providers, and all those who provide support. Free childcare, offered after 5:50 p.m., is provided during the support/training session. The group meets on the third Saturday of the month from 6:00 to 7:30 p.m. at the East Hill Foursquare Church, Room A-15 (NW corner of main auditorium), located at 701 North Main Avenue, Gresham, OR 97030. There is a monthly pre-meeting event that takes place from 5:00 to 6:00 p.m. which may include a pizza night, movie, craft time or some other family-oriented event. Contact Debbie Sharp at 503-761-4686 or e-mail debbie@pctheraft.org for further information. All are welcome regardless of faith.



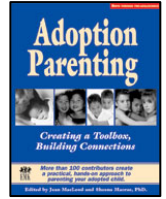
New in the Library

The following titles are recently acquired materials now available in our lending library.

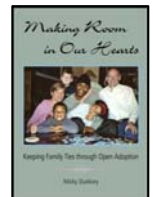
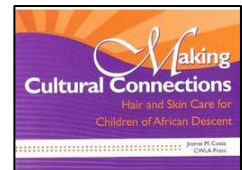


New Books for Parents

- 📖 **Adoption Parenting: Creating a Toolbox, Building Connections** looks at ways to effectively parent children affected by FASD, trauma and PTSD, sensory integration, speech and language delays.
- 📖 **Because I Loved You: A Birthmother's View of Open Adoption** This handbook is also a memoir, offering to birth families and adoptive families, advice and guidance through various stages of the experience. The author shares the ups and downs of her own story and that of her now adult son.
- 📖 **Cheers! Here's to the Baby! A Birth Mother's Discovery of Fetal Alcohol Syndrome** reveals the struggles and heartbreaks of a loving single mother who unknowingly made a terrible mistake that forever altered the potential of her youngest son, Danny. She discovered that it was necessary to educate Danny's teachers and other service providers about his birth defect, even though it was the direct result of her consumption of alcohol during pregnancy.



- 📖 **The Connected Child** intended to help adoptive parents build bonds of affection and trust with their adopted child, effectively deal with any learning or behavioral disorders, and discipline lovingly without making the child feel threatened.
- 📖 **The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are** explores the role of interpersonal relationships in forging key connections in the brain. It presents a new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual.
- 📖 **Educator's Diagnostic Manual of Disabilities and Disorders** provides short descriptions of nearly a thousand disabilities and disorders that might qualify students for services under IDEA 2004, and, in a few cases, relates their significance to classroom practice.
- 📖 **Making Cultural Connections: Hair and Skin Care for Children of African Descent** a guide to the unique hair and skin care needs of children of African heritage written specifically for adoptive or foster families caring for children of African or Caribbean descent.
- 📖 **Making Room in Our Hearts: Keeping Family Ties through Open Adoption** based on interviews with over 100 adopted children; birth and adoptive parents; extended families; and professionals to help both adoptive and birth parents address their fears and concerns, while offering them support to put the child's psychological and spiritual needs at the forefront.
- 📖 **Nurture: The Essence of Intervention for Individuals with Fetal Alcohol Syndrome** profiles, through photographs and biographical sketches, 56 children and adults medically diagnosed with prenatal exposure to alcohol and 35 parents, birth and adoptive, who care for such children.
- 📖 **Straight Talk about Psychiatric Medications for Kids** explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize benefits; and when to consider other treatments.
- 📖 **Therapeutic Parenting: It's A Matter of Attitude** a handbook for parents of children with attachment issues, offering things to consider, techniques, examples interventions, anecdotes and pearls of wisdom.
- 📖 **Weaving a Family: Untangling Race and Adoption** looks at the contemporary American family through the lens of race, race through the lens of adoption, and all – race, family, and adoption – within the context of the changing meanings of motherhood.



New Books for Kids

- 📖 **Forever Fingerprints** Young, imaginative Lucie is excited to feel a baby moving in her Aunt's tummy but it makes her wonder why her birth parents didn't keep her, which gives her parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. For ages 4-8, it includes two pages of "Parent Tools and Activities."
- 📖 **The Kissing Hand** for children, 4-8, it tells of Chester Raccoon, who doesn't want to go to school because it will take him away from his mother and his familiar world. His mother assures him that "we all have to do things we don't want to do." It's not an adoption story, but it might be helpful to any child temporarily separated from home or loved ones.

New DVDs

- 📺 **I Don't Understand Why: A Search for Meaning** shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty's when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.
- 📺 **Putting the Pieces Together: Lifebook Work with Children** demonstrates what lifebooks are, what they are not, and what they should include; when and how to get started; who should contribute; and most importantly; why they are so indispensable in the lives of adopted and foster children.
- 📺 **Struggle for Identity – Special Edition** contains the original *Struggle for Identity: Issues in Transracial Adoption*, plus a new twenty-minute follow up video, *A Conversation 10 Years Later*. Through sequences of adoptees and their parents discussing similar issues, the viewer is able to hear the compelling and thought provoking voices of experience.

A Family for Every Child presents Family Finding

Family Finding is a partnership of DHS, CASA and A Family for Every Child that works together to build support systems for foster youth to enable their future success. Teens age out of the foster care system at the age of 18 and many have no where to go and no one to turn to. They are less likely to succeed as productive members of society due to their lack of support. Family Finding teams work together to find relatives who have lost contact with the youth. Through the Family Finding program, often over 50 relatives are found per child. Some of these relatives offer a place for the youth to go during holidays, take them to reunions, assist them in getting through college, or even become a permanent placement. Teens also report a deeper understandings of who they are and a greater sense of belonging. This is an exciting new program that has found success around the country and is making history with its forward strides to build support for foster youth. Consider joining the Family Finding team.

www.afamilyforeverychild.org



To join the Family Finding team,
contact:

Christy Obie-Barrett
1047 Pinewood Terrace
Eugene, OR 97405
☎ 541-683-5769
☎ 541-954-9626 (cell)
✉ CBObie@aol.com

Oregon Post Adoption Resource Center

☎ 1-800-764-8367
 ☎ 503-241-0799 (Portland)

2008 Calendar

✉ orparc@nwresource.org
 🌐 www.orparc.org

Winter



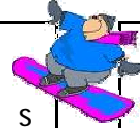
January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



February

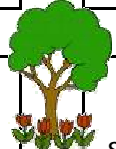
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	



March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Spring

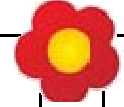


April

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May


S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Summer



July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Fall

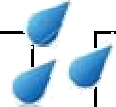


October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November is National Adoption Awareness Month



*Assisting families on their
lifelong journey*

Oregon Post Adoption Resource Center

A Program of Northwest Resource Associates

621 SW Morrison Street, Suite 450, Portland, Oregon 97205
① 503-241-0799 ♦ ① 800-764-8367 toll-free ♦ ① 503-241-0925 fax

🌐 www.orparc.org ♦ 📧 orparc@nwresource.org

Office hours: Monday through Thursday ~ 9:00 a.m. to 5:30 p.m.
Friday ~ 9:00 a.m. to 5:00 p.m.

What is ORPARC?	The Oregon Post Adoption Resource Center (ORPARC) is a non-profit program contracted to provide services for Oregon DHS adoptive and assisted guardianship families. All services are provided free of charge.
Who can use ORPARC?	<ul style="list-style-type: none">▪ Oregon DHS adoptive and assisted guardianship families▪ Oregon DHS adoption staff▪ Oregon Special Needs Adoption Coalition staff▪ Oregon families who have adopted children through any state foster care system
What does ORPARC provide?	<ul style="list-style-type: none">▪ information, assistance and referral▪ in-depth consultation, advocacy and support▪ parent education and trainings▪ lending library▪ quarterly newsletter▪ assist in development and support of adoptive parent support groups
Information, assistance and referral	ORPARC refers families to local and regional resources such as therapists, support groups, mentor families, community services, educational programs, recreational program, and respite care providers, and when needed, research resources. ORPARC maintains a database of statewide resources to assist families in accessing services.
Consultation, advocacy and support	Professional staff provide supportive listening, problem-solving assistance. ORPARC also provides brief case management, advocacy and parent consultation.
Parent education and training	ORPARC offers trainings throughout the state at no charge to eligible users. Translation services and special accommodations are also available.
Quarterly newsletter	ORPARC distributes a quarterly newsletter to inform eligible users of upcoming ORPARC and community partner trainings and events, and features topical articles and library materials.
Lending library	ORPARC maintains a lending library of materials related to adoption, guardianship, parenting, child development, and special needs. Materials are mailed free of charge with return postage paid. Materials include: books, audiotapes/CDs, videotapes/DVDs, information packets, articles and pamphlets, and Spanish language materials
Support groups	ORPARC maintains a list of support groups statewide. ORPARC can assist in forming new groups and enhancing existing groups.
Recursos en español (Spanish language resources)	El Centro de Recursos Pos-adoptivos de Oregon ("ORPARC") ofrece servicios, un boletín trimestral, y entrenamientos a las familias calificadas para recibir nuestros servicios. No duden en llamarnos y pedir información y recursos en español.

