

Beneath the Mask: Adoption through the eyes of adolescents

Presented by Debbie Riley, M.S. on Thursday, March 12, 2009. See page 3 for training details.

Adoption influences and intensifies the normal tasks adolescents must accomplish (e.g. separation from parents, identity formation, decisions relating to sexuality, etc.). Struggling with this extra layer of challenges and reconciling their past and future identities can trigger mild and sometimes serious emotional/ behavioral issues both at home and school – particularly adopted teens who are raised by parents of a different race or culture. Debbie Riley facilitates a compelling training session, weaving in some of the teen-written excerpts included in her book, *Beneath the Mask: Understanding Adopted Teens*.



Collaborative Problem Solving and Peace on Earth (well, at least in the home!)

By Kelly DeLany, ORPARC Program Manager

At this time of year, my children begin to ask me, “Mom, what do you want for Christmas?” and I usually reply “Peace on Earth.” Then they say “no, really Mom, what do you want?” And then I say “no, seriously, Peace on Earth!” “Mom!” and then I finish with “ok, if I can’t have Peace on Earth, then I would really love to at least have Peace in Our Home.”

My children become a bit frustrated with me at this point because I haven’t named something concrete like fuzzy, pink bunny slippers or Guitar Hero, Aerosmith version, but they do stop for a moment to think about what I mean. I suppose if I were really doing my parenting job, I should explain to them how in the world this might happen. However, I think it is good to leave them guessing a bit about this, my most sincere holiday wish and how they might make it happen, so off they wander scratching their heads and wondering if I am sane.

On my part, I feel like my wish may very well be close to coming true this year, and I wanted to share about it in the hope it may help some of you. A few months ago, I began to hear quite a buzz about “Collaborative Problem Solving.” I saw a number of trainings being offered on it, and heard that it has promise as an evidenced based practice in mental health, so I began to read the book, in the ORPARC library, *The Explosive Child*, by Dr. Ross Greene, in which Collaborative Problem Solving™ (CPS) is articulated as a treatment model for explosive kids. You see, although my husband and I are not adoptive parents, we have a child who would be considered “challenging” and fits the criteria of an “explosive child” in our home on a daily basis. At times we have been at our wits end, and we have certainly felt at a loss in the parenting department as we have tried one discipline/parenting tool after another to no avail.

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Thank you families! At ORPARC we are trying to do our part in reducing costs in order to serve families more efficiently and more than 100 families responding to our fall 2008 newsletter request asking families to receive our newsletter via e-mail. We thank those families who made the switch and would like to appeal to more families. Please call/email us with your name, address, email and permission to send our newsletter via email.

Collaborative Problem Solving (continued from page 1)

According to the website at Center for Collaborative Problem Solving (<http://www.explosivechild.com>), the model has been used with children with a wide range of social, emotional, and behavioral challenges and in a variety of settings such as families, schools, and residential facilities. The model has also been applied to “ordinary” kids as well as to adults. The book explains that a variety of pathways from temperament to sensory integration dysfunction to learning disabilities can cause children to be “explosive” mainly because they are inflexible and have low frustration tolerance. The premise for this model is that children would do well if they could, but cannot because they lack the cognitive skills to do so. I was finally able to think, “you mean, I’m not a bad parent with faulty parenting skills?!”

So does CPS work? According to ThinkKids.org “...instead of helping adults get better at imposing their will and giving kids the incentive to comply, CPS helps kids and parents learn how to solve problems – homework, bedtime, teeth brushing, coming in from outside, waking up in the morning, turning off the computer or TV and coming in for dinner, interactions with certain people – together. CPS helps parents and kids figure out why these are problems in the first place. And CPS helps parents and kids work toward solutions that are mutually satisfactory. Along the way, kids – and sometimes adults, too – are learning how to be more flexible, better tolerate frustration, solve problems, and a whole bunch of other skills crucial for handling life’s challenges.”

After a month of practicing the problem solving steps from the book, our interactions with our child are much, much better, and the meltdowns fewer. This is not to say, it has been an overnight miracle, this as any parenting practice takes time, repetition and consistency, but I now have hope for our family peace, and we assist our child to shift gears without meltdowns. It is a win, win for us all. It is a mother’s wish being granted for “Peace on Earth” in this holiday season. So I encourage you to explore the book, audiotapes, video and DVD in the ORPARC library and hope that you all may find some “Peace.”



Dear ORPARC,

Thanks for the support via books, dvds, trainings and telephone assistance.

I feel very lucky to be a mom and to know help is out there when I need it.

I hope you will bring Deborah Gray back to Portland. Her books are the best I have read so far.

Steph

Help ORPARC by using these search & online purchase tools

With each search on GoodSearch.com or purchase from GoodShop.com or Avon’s BeautyFundraising.com, a percentage is donated to the charity, nonprofit or school of your choice. Follow the steps below.



- 1 Visit www.GoodSearch.com
- 3 Search the web as normal

- 2 Choose your cause (i.e., ORPARC)
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- 1 Visit www.BeautyFundraising.com
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ORPARC Winter Trainings

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

Metropolitan Region

Beneath the Mask: Adoption through the eyes of adolescents

Presented by Debbie Riley, M.S.

Thursday, March 12, 2009 ◆ 9:00 am-5:00 pm

Portland. Training site to be determined;

visit www.orparc.org for a site update

Debbie Riley is an author and Executive Director of The Center for Adoption Support and Education in Burtonsville, Maryland

Southern Region

Training to be announced

March 14, 2009 ◆ 1:00 to 4:00 pm

Department of Human Services

1937 West Harvard, Roseburg, OR 97470

The ORPARC training will following the scheduled PSU Child Welfare Partnership training entitled "Parenting the Child with Special Needs," presented by Penny Jordan, from 9:00 am to 12:00 noon.

Western Region

How to Manage Stress and Keep it from Managing You

Tuesday, February 24, 2009 ◆ 9:00 am-12:00 noon

Department of Human Services, Conference Room

177 SW Oak Street, Dallas, OR 97338

Eastern Region

Talking with Children about Adoption

Tuesday, February 10, 2009 ◆ 10:00 am-12:00 noon

Webinar training; training to occur on the Internet

Visit www.orparc.org for webinar update

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 & 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 & alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request these services 2 weeks in advance.

Online Web-based Trainings

Community Partner Trainings

The following organizations offer trainings available online for free or minimal cost. These trainings may be applicable for both foster and adoptive parents. ORPARC has set aside limited funds to reimburse eligible adoptive and assisted guardianship families to take online trainings; contact us at 503-241-0799, 1-800-764-8367, or e-mail orparc@nwresource.org for information. Visit www.orparc.org to link directly to the below online training sites.

- ① **Alaska Center for Resource Families** www.acrf.org
The Amazing Human Brain & Human Development, Animal Cruelty, Drugs of Abuse: What Every Parent Needs to Know, Inside the Teenage Brain, The Internet for Parents: The Good, the Bad, and the Ugly, Neglect: Hole in the Middle, Positive Parenting for Foster Parents, The Young Child in Foster Care: Development & Growth
- ② **American Academy of Child & Adolescent Psychiatry** www.aacap.org
ADHD, Disaster Resources, Kids and Pop Culture, and Interviews regarding: Antipsychotics and Endocrinology; Anxiety Disorders and Medication; Autism; Bipolar Disorder; Child and Adolescent Psychiatry; Depression and Antidepressants; Divorce and Children; Mental Health, Professionals, and Insurance; Oppositional Defiant Disorder; Substance Abuse; and more.
- ③ **Child Trauma Academy** www.childtraumaacademy.com
Bonding & Attachment in Maltreated Children, Surviving Childhood: An Introduction to the Impact of Trauma
- ④ **Foster Parent College** www.fosterparentcollege.com
Various trainings under fall under the primary topics of Behavior Management, Parenting Strategies, Advanced Parenting Workshops, Agency Staff Training, CASA/GAL Advocates
- ⑤ **ThinkKids offering Podcasts** www.thinkkids.org
Free online Collaborative Problem Solving approaches in the format of podcasts with Drs. Greene and Ablon

Save the date! ☞ Washington County Grandfamilies Conference ~ April 2, 2009

Grandfamilies State Law and Policy Resource Center → <http://grandfamilies.org>

The Grandfamilies State Law and Policy Resource Center is a collaboration between Casey Family Programs, the American Bar Association's Center on Children and the Law, and Generations United.

The Grandfamilies State Law and Policy Resource Center serves as a national legal resource created to educate individuals about state laws and legislation in support of grandfamilies and to assist interested state legislators, advocates, caregivers, attorneys, and other policymakers in exploring policy options to support relatives and the children in their care both within and outside the child welfare system. This resource center consists of:

- a searchable database of current laws and pending legislation;
- topical analyses, which include summaries and comparisons of state laws, legislative trends, and practical advocacy and implementation information;
- powerful personal stories from grandfamilies; and
- other relevant internet resources.

Additionally, the American Bar Association and Generations United staff are available to provide technical assistance and training to state policymakers and advocates or other interested parties.

The Grandfamilies State Law and Policy Resource Center supports Casey Family Program's 2020 Vision for comprehensive change in the child welfare system. The Resource Center includes links to laws giving preference to placement with relatives, making it less likely that children will enter the formal system in the first place. Subsidized guardianship and other laws promote the placement of children, who already are in non-relative foster care, with relatives. Casey Family Program's primary goal is to ensure that every child has a safe, permanent family. By the year 2020, Casey and its partners will work to reduce the number of children in foster care by 50 percent and improve self-sufficiency of those who remain in the system.

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