

## 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.

*continued on page 2*

**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.

**GoodSearch**

**GoodShop**

**Avon's  
BeautyFundraising.com**

➊ Visit [www.GoodSearch.com](http://www.GoodSearch.com)

➋ Search the web as normal

➋ Choose your cause (i.e., ORPARC)

➌ GoodSearch donates to your cause

➊ Visit [www.GoodShop.com](http://www.GoodShop.com)

➋ Shop online from 700 stores

➋ Choose your cause (i.e., ORPARC)

➌ Up to 30% donated to your cause

➊ Visit [www.BeautyFundraising.com](http://www.BeautyFundraising.com)

➋ Browse online, make purchases

➋ Register and enter an org. code 860023

➌ 15% of purchase donated to your cause

# ORPARC Winter Trainings

**Register for trainings at:**  
☎ 503-241-0799 ☎ 1-800-764-8367  
E-mail [orparc@nwresource.org](mailto: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](http://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 2009 ♦ *Specific date/time to be determined*

Department of Human Services

1937 West Harvard, Roseburg, OR 97470

*Specific training, date and time to be determined;*

visit [www.orparc.org](http://www.orparc.org) for training updates in the Southern Region

## 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](http://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](mailto:orparc@nwresource.org) for information. Visit [www.orparc.org](http://www.orparc.org) to link directly to the below online training sites.

- ❶ **Alaska Center for Resource Families** \_\_\_\_\_ ☞ [www.acrf.org](http://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*
- ❷ **American Academy of Child & Adolescent Psychiatry** \_\_\_\_\_ ☞ [www.aacap.org](http://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.*
- ❸ **Child Trauma Academy** \_\_\_\_\_ ☞ [www.childtraumaacademy.com](http://www.childtraumaacademy.com)  
*Bonding & Attachment in Maltreated Children, Surviving Childhood: An Introduction to the Impact of Trauma*
- ❹ **Foster Parent College** \_\_\_\_\_ ☞ [www.fosterparentcollege.com](http://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*
- ❺ **ThinkKids offering Podcasts** \_\_\_\_\_ ☞ [www.thinkkids.org](http://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





# Community Partner Trainings & Events

## Center for Improvement of Child and Family Services

### Portland State University Child Welfare Partnership (CWP)

January 6	<i>Ten Tips for Parenting Teens</i>	Albany	541-791-5717
January 7	<i>The Foster to Adopt Shift</i>	Portland	971-673-1822
January 7	<i>Supporting Visitation</i>	Keizer	503-373-1200 x 345
January 7	<i>Thriving in Stressful Times</i>	Grants Pass	541-474-3120 x 375
January 8	<i>The Connection: the Child and the Birth Family</i>	Roseburg	541-464-2077
January 8	<i>What Color is Math? Children with Fetal Alcohol Spectrum Disorder</i>	Eugene	541-349-4459
January 13	<i>The Connection: the Child and the Birth Family</i>	St. Helens	503-397-3292 x 8330
January 13	<i>The Continuum of Attachment</i>	Redmond	541-388-6331
January 13	<i>Taking Note of Your Work with DHS</i>	Beaverton	503-277-6673
January 14	<i>Relatives as Caregivers</i>	Tillamook	503-842-5571 x 304
January 15	<i>Relatives as Caregivers</i>	Astoria	503-325-9179 x 328
January 17	<i>Creating Positive Behavior in Teens</i>	Roseburg	541-464-2077
January 17	<i>Enhancing the Caseworker/Caregiver Relationship</i>	St. Helens	503-397-3292 x 8330
January 17	<i>Caring for the Medically Fragile Toddler</i>	Keizer	503-373-1200 x 345
January 20	<i>Defensive Parenting</i>	Eugene	541-349-4459
January 20	<i>Parenting the Autism Spectrum Child</i>	Portland	971-673-1822
January 20	<i>Permanency Mediation of a Post Adoption Communication Plan</i>	North Bent	541-756-5500 x 25
January 21-22	<i>Behavior Crisis Management Training</i>	Portland	971-673-1822
January 24	<i>CPR and First Aid</i>	Phoenix	541-766-6120 x 251
January 24	<i>CPR and First Aid</i>	Beaverton	503-277-6673
January 28	<i>Collaborative Problem Solving</i>	Eugene	541-349-4459
January 30	<i>Caring for Medically Fragile Infants</i>	Ontario	541-889-9194
January 31	<i>Caring for Medically Fragile Toddlers</i>	Ontario	541-889-9194
January 31	<i>More on Meth</i>	Portland	971-673-1822
February 4	<i>Facilitating Developmental Attachment</i>	Portland	971-673-1822
February 5	<i>Caring for Medically Fragile Toddlers</i>	Keizer	503-373-1200 x 345
5 de febrero	<i>Pérdida y Pena ("Grief and Loss") Entrenamiento en español</i>	Eugene	541-349-4459
February 7	<i>Creating Positive Behavior in Teens</i>	Keizer	503-373-1200 x 345
February 9	<i>Effective Communication</i>	Roseburg	541-464-2077
February 10	<i>Making the Most of the 30-day Contact</i>	Beaverton	503-277-6673
February 12	<i>Thriving in Stressful Times</i>	Eugene	541-349-4459
February 13	<i>Universal Precautions</i>	Portland	971-673-1822
February 17	<i>CPR and First Aid</i>	McMinnville	503-472-4634 x 624
February 18	<i>CPR and Infection Control</i>	Eugene	541-349-4459
February 19	<i>Transitioning Children with Sensitivity</i>	Ontario	541-889-9194
February 20	<i>Living with Sexually Abused Children</i>	Clackamas	503-371-3404 x 4003
February 24	<i>Parenting a Special Needs Child</i>	Eugene	541-349-4459
February 24	<i>Taking Note of Your Work with DHS</i>	The Dalles	541-506-5222
February 26	<i>Blood Borne Pathogens</i>	Keizer	503-373-1200 x 345
February 26	<i>Enhancing the Caseworker/Caregiver Relationship</i>	Beaverton	503-277-6673

### CWP NetLink Trainings

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

Login at 6:00pm, Class begins at 6:30pm (2-2-1/2 hours). View NetLink training instructions at [www.orparc.org](http://www.orparc.org) or visit <https://dhslearn.hr.state.or.us>

January 15:	<i>Fetal Alcohol Spectrum Disorder 201</i>	July 16:	<i>Mental Health Diagnoses</i>
February 10:	<i>Attention Deficit Hyperactivity Disorder</i>	August 25:	<i>Child Development</i>
March 19:	<i>Caregivers and Juvenile Court</i>	September 17:	<i>Promoting Permanency</i>
April 28:	<i>Grief and Loss</i>	October 27:	<i>Internet Safety</i>
May 21:	<i>Incarcerated Parents</i>	19 de noviembre:	<i>Transiciones ("Transitions") Entrenamiento en español</i>
June 23:	<i>Confidentiality for Foster Parents</i>	December 15:	<i>Caregivers and the OSM</i>



# Community Partner Trainings & Events

Oregon Parent Training & Information Center (OrPTI)

Contact OrPTI at 1-888-505-2673, 503-581-8156, or [info@orpti.org](mailto:info@orpti.org), [www.orpti.org](http://www.orpti.org)

January 6	<i>ABC's and IEP's: Reading, Literacy and Students with Disabilities</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
January 7	<i>Understanding RTI and PBIS</i>	Grants Pass	<a href="mailto:lbell@orpti.org">lbell@orpti.org</a>
January 13	<i>Are We There Yet? Moving to and through Adulthood with a Disability</i>	Beaverton	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
January 15	<i>Are We There Yet? Moving to and through Adulthood with a Disability</i>	Astoria	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
January 20	<i>Are We There Yet? Moving to and through Adulthood with a Disability</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
January 27	<i>Transition to Kindergarten</i>	Monmouth	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
January 27	<i>Bullying: Is Your Child a Target?</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
January 27	<i>IFSP, EI, ECSE: What does it all mean?</i>	Pendleton	<a href="mailto:rwortman@orpti.org">rwortman@orpti.org</a>
January 28	<i>IEP Goals: Are Your Child's Adequate and Appropriate?</i>	Albany	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
February 2	<i>Behaviors that Interfere with Learning</i>	Pendleton	<a href="mailto:rwortman@orpti.org">rwortman@orpti.org</a>
February 3	<i>Behaviors that Interfere with Learning</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
February 4	<i>Behaviors that Interfere with Learning</i>	Medford	<a href="mailto:lbell@orpti.org">lbell@orpti.org</a>
February 10	<i>Nothing is Delayed about Puberty</i>	Cottage Grove	<a href="mailto:kriplinger@orpti.org">kriplinger@orpti.org</a>
February 11	<i>IEP Goals: Are Your Child's Adequate and Appropriate?</i>	Eugene	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
February 12	<i>Is Your Child a Target of Bullying?</i>	Monmouth	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
February 17	<i>Does your child need an IEP or a Section 504 plan? What's the difference?</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
February 18	<i>Behaviors that Interfere with Learning</i>	Stayton	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
February 18	<i>Does your child need an IEP or a Section 504 plan? What's the difference?</i>	Beaverton	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
February 19	<i>Asperger's and ADHD: What's the same, what's different, what helps?</i>	Albany	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
February 25	<i>Behaviors that Interfere with Learning and Parent Professional Partnership</i>	Bend	1-888-505-2673
February 26	<i>IEP Goals: Are Your Child's Adequate and Appropriate?</i>	Corvallis	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
March 2	<i>504 and IDEA: What's the Difference?</i>	Pendleton	<a href="mailto:rwortman@orpti.org">rwortman@orpti.org</a>
March 4	<i>Transition to Kindergarten</i>	Grants Pass	<a href="mailto:lbell@orpti.org">lbell@orpti.org</a>
March 16	<i>High School Transition and Post-Secondary Options</i>	Monmouth	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
March 18	<i>Writing IEP Goals: Are Your Child's Goals Adequate &amp; Appropriate?</i>	Astoria	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
March 31	<i>High School Transition Night</i>	Albany	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
April 1	<i>High School Transition</i>	Eugene	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
April 1	<i>Are We There Yet? Transition from High School</i>	Medford	<a href="mailto:lbell@orpti.org">lbell@orpti.org</a>
April 6	<i>Are We There Yet? Moving to and through Adulthood with a Disability</i>	Pendleton	<a href="mailto:rwortman@orpti.org">rwortman@orpti.org</a>
April 7	<i>What Parents Need to Know about the IEP</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
April 8	<i>Transition to Kindergarten</i>	Roseburg	<a href="mailto:lbell@orpti.org">lbell@orpti.org</a>
April 9	<i>What Parents Need to Know about the IEP</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
April 15	<i>Understanding ADHD</i>	Stayton	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
April 16	<i>Behaviors that Interfere with Learning</i>	Corvallis	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
April 21	<i>Testing, Testing, 1, 2, 3: Statewide Assessments</i>	Astoria	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
April 23	<i>Understanding Response to Intervention &amp; Positive Behav. Intervention Sup.</i>	Albany	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
May 5	<i>RTI &amp; PBIS: School-wide Systems</i>	Astoria	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
May 6	<i>Can you hear me now? How to Communicate Effectively w/ your IEP Team</i>	Grants Pass	<a href="mailto:lbell@orpti.org">lbell@orpti.org</a>
May 19	<i>Asperger's and ADHD: What's the same, what's different, what helps?</i>	Corvallis	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
May 20	<i>ABC's and IEP's: Reading, Literacy and Students with Disabilities</i>	Beaverton	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
May 28	<i>Is Your Child a Target of Bullying?</i>	Albany	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>

## 2009 Adolescent Sexuality Conference ♦ Today's Youth – Tomorrow's Voice April 6 7, 2009 → Seaside Convention Center → Seaside, Oregon

The Adolescent Sexuality Conference is for: educators, health personnel, administrators, counselors, social and youth service workers, parents, clergy, teens, community members. For more information or to register contact:

Lila Duncan, STD Project Coordinator, HIV/STD/TB Program, Oregon Department of Human Services

971-673-0163, [lila.m.duncan@state.or.us](mailto:lila.m.duncan@state.or.us) ♦ For registration and details please visit [www.asc-oregon.org](http://www.asc-oregon.org)



# Community Partner Trainings & Events

Oregon Parent Training & Information Center (OrPTI)

Contact OrPTI at 1-888-505-2673, 503-581-8156, or [info@orpti.org](mailto:info@orpti.org), [www.orpti.org](http://www.orpti.org)

## Adoption Mosaic

[www.adoptionmosaic.org](http://www.adoptionmosaic.org) ♦ [info@adoptionmosaic.org](mailto:info@adoptionmosaic.org) ♦ 971-533-0102

All Adoption Mosaic trainings are in Portland

- January 13 *Adoption Readiness: Preparatory Class for Adoptive Parents*
- January 13 *Movie Group (adult adoptee only)*
- January 20 *Kid/Youth Activity Group (6-week series beginning 01/20)*
- January 24 *What and When: Talking about Adoption with Your Child*
- January 31 *Strengthening Attachment with your Child*
- February 7 *Transracial Parenting Part B*
- March 10 *Movie Group (open to the adoption community)*
- March 14 *Transracial Parenting Part C and Adult Adoptee Panel*
- April 4 *Kid/Youth Activity Group Parent Orientation*
- April 6 *Kid/Youth Activity Group (6-week series, 5-7<sup>th</sup> graders)*
- April 18 *Transracial Parenting Part A*
- May 2 *What and When: Talking about Adoption with Your Child*
- May 12 *Movie Group (adult adoptee only)*
- May 16 *Transracial Parenting Part B*
- June 6 *Transracial Parenting Part C and Adult Adoptee Panel*

## Douglas County

Early Childhood Planning Coalition  
Trainings in Roseburg ♦ 541-440-7744

*Trainings intended for parents of children birth to 8 years of age*

### Nurturing Parenting

January 15 through March 19

### Parenting Now

January 26 through March 9

### Nurturing Parenting

February 3 through April 14

### Making Parenting a Pleasure

March 4 through May 13

### ★ Entrenamiento en español ★

**Haga que el ser padres sea un placer**

14 de enero a 18 de marzo

10 clases semanales ♦ 541-440-4781

## New Adoption Blog at Adoption Mosaic

<http://blog.adoptionmosaic.org/>

The goal of Adoption Mosaic's Community Pages is to create an inclusive online space to discuss current adoption trends, happenings and issues; be a resource for the community; and give a voice to constellation members. Come join the conversation!

## Lifestory Book Workshop

February 28, 2009 ♦ 9:00 a.m. to 4:00 p.m.

Legacy Meridian Park Hospital

19300 SW 65th Avenue, Tualatin, Oregon 97062

*Sponsored by Northwest Adoptive Families*

*Association ([www.nafaonline.org](http://www.nafaonline.org)). Pre-registration is required. Contact Andrea at [akfeltham@comcast.net](mailto:akfeltham@comcast.net) or 503 636-0559 for information or to register.*



## Fetal Alcohol Spectrum Disorders: Into Action

*Presented by Diane V. Malbin, MSW*

March 12-14, 2009 ♦ 9:00 a.m. to 4:00 p.m.

The Mark Spencer Hotel, Portland, OR

*Download a Registration Form and Conference Brochure at [www.orparc.org](http://www.orparc.org) → "Community partner trainings"*

*Call FASCETS at 503- 621-1271*

*or e-mail [wtemko@fascets.org](mailto:wtemko@fascets.org)*

## Parent Empowerment Program

January 13 through March 17, 2009

6:00 p.m. to 8:00 p.m.

Athey Creek Middle School, Rm. 04

2900 SW Borland Road

West Linn, OR 97068

*Presented by Tim O'Brien*

*Registration: West Linn Parks & Recreation, 503-557-4700*

## Understanding and Connecting with Your Teen

February 4 to March 11, 2009

*Presented by K. Grensky*

Umpqua Comm. College Campus

Wayne Crooch Hall, Room 18

1140 Umpqua College Road

Roseburg, OR 97470

*Sponsored by UCC Comm. Education  
Registration at 541-440-7744*

## Help for Parents of Picky Eaters

*Presented by Jeff Sosne, Ph.D.*

*and Rose Eagle, Ph.D.*

January 28, 2009 ♦ 6:00 to 7:30 p.m.

The Children's Program

7707 SW Capitol Highway

Portland, OR 97219

*Call 503-452-8002 "Option 1" to reserve a space*



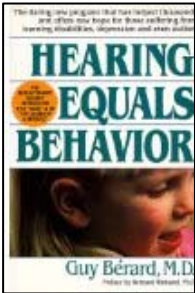


# What's new in the ORPARC Library?

The following materials are new to ORPARC's library since our last newsletter.



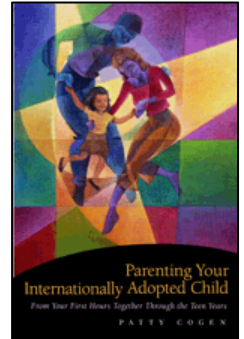
## Books for Parents and Professionals



**Hearing Equals Behavior**, by Guy Berard. Berard suggests that even minute distortions and irregularities in hearing can affect how a person acts. He offers treatments for dyslexia, autism, etc. and claims a 93% cure rate for depression in a 10-day treatment.

**Parenting Your Internationally Adopted Child**, by Patty Cogen. This book has much that is relevant to domestic adoptions as well, including bonding; development of a positive self image; handling sleep and meal time problems, resistance to house rules; etc.

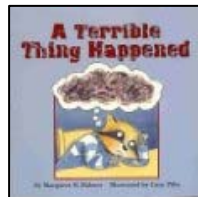
**Understanding Southeast Asian Cultures**, Chareundi Van-Si. Examines the cultures of Indochina – Vietnam, Cambodia, and Laos.



## Children's Book

**A Terrible Thing Happened:**  
**A story for children who have witnessed violence or trauma**  
by Margaret Holmes

This gently told and tenderly illustrated story of a young raccoon who sees something terrible is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword for parents and other caregivers offers suggestions for helping traumatized children.



## DVDs

**Living on the Fault Line: Where Race and Family Meet** (78 minutes). Nine transracially adoptive Vermont families address some of the complex challenges and emotional costs such families face as children of color grow up where racial discrimination, stereotyping, misconceptions, and white privilege are often unspoken and undeniable realities.



**Parenting the Explosive Child** (2 hours). Drs. Ross Greene and Stuart Ablon address specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills.

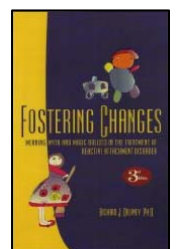
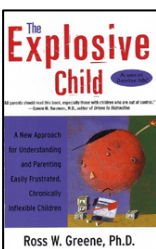
## Compact Disc (CD)

**The Right Fit: Finding Effective Help for Families with Attachment Challenged Children.** This interview on finding the right kind of help for children with attachment challenges explores how to find effective professionals.

## Revised Editions of books we carried in earlier editions

**The Explosive Child, 3rd Edition** by Ross W. Greene. Dr. Greene describes the factors that contribute to "inflexible-explosive" behavior and offers a procedure parents can follow to slowly achieve results where other plans have failed.

**Fostering Changes: Myth, Meaning and Magic Bullets in Attachment Theory**, by Richard Delaney. This edition addresses parents' concerns about RAD, and offers ways to help children reduce acting-out, express feelings and needs in words, negotiate differences, and enhance positive encounters with parents.



## Booklet for Placement Professionals

**The Permutations of Permanency: Making Sensible Placement Decisions**, by Richard Delaney. This booklet is an introduction to the process of making sensible and sensitive placement decisions.

## **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.

NONPROFIT ORG  
US POSTAGE  
PAID  
PORTLAND OR  
PERMIT NO  
2053

Northwest Resource Associates  
Oregon Post Adoption Resource Center  
621 SW Morrison Street, Suite 450  
Portland, OR 97205-3863