

A Follow Up to Collaborative Problem-Solving, or Stop Yelling!!!!

By Kelly DeLany, ORPARC Program Manager



The other day, having lost patience with my child, I found myself raising my voice and yelling back at her, "Stop yelling at me!" Thankfully, the irony struck us both and we began to giggle. We were able to move on together to use our Collaborative Problem-Solving (CPS) skills to resolve the situation. Following the article I wrote for the December edition of The Journey, many of you let me know that you appreciated my honesty in sharing my own family struggles and parenting woes with a child who is very sensitive, becomes easily frustrated, and at times explosive.

I was really struck when people who know my family personally said "wow, I had no idea that "Molly" (names changed to protect the innocent), had those issues." My response: "Thanks, but actually it isn't Molly; it's 'Caroline' who is our challenging child." This was met with shocked expressions, as most perceive "Caroline" as a very shy, sweet child, which she is outside our home. I wonder if this happens to some of you too. Many children don't show the same behaviors in public that they do at home.

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10th Anniversary Celebration

Be our guest for wine, hor d'oeuvres, and music as the **Oregon Post Adoption Resource Center** celebrates 10 years of services to Oregon adoptive families.

Families Welcome

Wednesday, April 1st ◆ 6:00 to 8:00 p.m.
Holladay Park Plaza, Penthouse Suite
1300 NE 16th Avenue, Portland, OR

A small silent auction to benefit ORPARC

If you plan to attend, please **RSVP** to:
503-241-0799, 1-800-764-8367, or e-mail
orparc@nwresource.org

Beneath the Mask: Adoption through the eyes of adolescents

Presented by Debbie Riley, M.S.

Thursday, March 12, 2009

9:00 a.m. to 5:00 p.m.

See page 3 for training details



Newsletter via e-mail?

Many of the families ORPARC serves have opted to receive our quarterly newsletter and mailings via e-mail. Receiving the e-newsletter helps us curb our printing and mailing costs so that we can serve families better in other ways. If you would like to receive our newsletter and mailings via e-mail, please call or e-mail us with your name, address and e-mail.

A Follow Up to Collaborative Problem-Solving *(continued)*

CPS continues to work for us, and while, as you can tell from my opening statement, I'm still not a perfect parent, I now have a parenting tool that is very effective and has restored peace and hope to us as parents. And Caroline feels much better too. Now, when we start to get stuck or wound up for an explosion, I just remind her, "ok, let's slow down and use our problem solving skills," which is often enough to get her to switch gears and think the situation out with me. Her self-esteem has improved because she knows that she has a skill she can use now too.

So, I would again recommend that you check out CPS. At ORPARC, we plan to make it one of our permanent training offerings, and I would encourage you to read the book, *The Explosive Child*, by Ross Greene, find a training, or attend one of the many book discussion training groups offered statewide.



Upcoming Grandparent Conferences



Portland

3rd Annual Grandparents Raising Grandchildren Retreat

Wednesday, April 1, 2009
9:00 a.m. to 2:30 p.m.

New Columbia Learning Center
4605 North Trenton Street
Portland, OR 97203

- ✓ Call Loriann McNeill at 503-988-3646 for more information or to register
- ✓ This event is free and is sponsored by the Multnomah County Family Caregiver Program

Beaverton

Grandparents Raising Grandchildren

A Day for You

Thursday, April 2, 2009
9:30 a.m. to 2:30 p.m.

Beaverton Foursquare Church
13565 SW Walker Road, Beaverton, OR

- ✓ Call 503-615-4676 to register
- ✓ Sponsored by Washington County Disability, Aging & Veteran Services, Family Caregiver Support Program

Klamath Falls

Grandparent Conference in Klamath Falls

Friday, May 15, 2009
8:30 a.m. to 4:30 p.m.

New Horizon Fellowship Hall
1919 Homedale Road
Klamath Falls, OR 97603

- ✓ Contact Lloyd King at 541-891-0268 for information and registration
- ✓ Sponsored by Grandparents as Parents and Kinship Caregivers Support Group of Klamath Falls

Save the Date!



"Touched by Adoption"

presents

TEEN CAMP

August 28-30, 2009

Eagle Fern Camp

www.choseninternational.org



2008 Taxes

ORPARC has made available the listed items below pertaining to 2008 tax information produced by the North American Council on Adoptable Children (www.nacac.org), the National Foster Parent Association (www.nfpainc.org), and the Internal Revenue Service (www.irs.gov). Please visit the ORPARC website at www.orparc.org and click on "2008 Taxes" to download the free information or call us at 1-800-764-8367 to have copies of this material mailed to you.

1. Federal Adoption Tax Credit for Special Needs Adoptions (NACAC)
2. Tax Issues Related to Adoption Assistance and Adoption (NACAC)
3. 2008 Federal Tax Benefit Guide (NFPA)
4. Qualified Adoption Expenses—Form 8839 and Instructions (IRS)

Children Needed

Children that qualify:

Locations:

Participation involves:

Compensation:

Contact:

- Boys and Girls, 7-9 years old, with and without history of methamphetamine exposure
- Study will be conducted in Eugene, Albany, Salem and Portland
- One interview with parent/legal guardian about child
- One visit where child will play pen-pencil and video games
- \$50 gift card to Toy-R-Us and Tram Pass and Bus Fare (or Parking)
- Brian Piper at 503-418-0182 or e-mail piperb@ohsu.edu



ORPARC Trainings

Visit www.orparc.org for updates



Western Region

Advocating for Your Grandchild in the School System

Washington County Grandfamilies Conference
Thursday, April 2, 2009 ♦ 9:00 a.m. to 2:30 p.m.
Beaverton Foursquare Church
13565 SW Walker Road, Beaverton, OR 97005
Registration required; call 503-615-4676 to register

Lifestory Books: A Communication Tool

Adopting-Oregon's Kids Support Group
Tuesday, April 28, 2009 ♦ 12:00 noon to 1:00 p.m.
Barbara Roberts Building, Room 285
500 Summer Street, Salem, OR 97301
Questions? Contact Roberta Lincoln at 503-947-5214.

Southern Region

Collaborative Problem Solving

Saturday, March 14, 2009 ♦ 1:00 to 4:00 p.m.
DHS, 1937 West Harvard, Roseburg, OR 97471
This training will follow the scheduled PSU Child Welfare Partnership training entitled Parenting the Special Needs Child occurring from 9:00 am-12:00 pm. Register by calling Jody Meza at 541-464-2077.

Relative Issues in Adoption: Grief and Loss

Klamath Falls Grandparent Conference
Friday, May 15, 2009 ♦ 8:30 a.m. to 4:30 p.m.
Contact Lloyd King at 541-891-0268 for questions and registration

Register for trainings at:

☎ 503-241-0799 ☎ 1-800-764-8367

E-mail orparc@nwresource.org

Metropolitan Region

Relative Issues in Adoption: Grief and Loss

Grandparents and Relatives as Parents Support Group
Tuesday, March 10, 2009 ♦ 6:00 to 7:30 p.m.
5325 NE Martin Luther King Blvd., Portland, OR 97211
Dinner and childcare provided, reservations required. Contact
D'Norgia Price at 503-280-2638 or Chris Hennel at 503-721-6779.

Beneath the Mask:

Adoption through the eyes of adolescents

Thursday, March 12, 2009 ♦ 9:00 a.m. to 5:00 p.m.
Holladay Park Plaza, Penthouse Suite
1300 NE 16th Avenue, Portland, OR 97232
Presented by Debbie Riley, M.S., author of *Beneath the Mask*.
Debbie Riley is an author and Executive Director of
The Center for Adoption Support and Education.

Estate Planning and Tax Issues for Adoptive and Guardian Families

Monday, March 16, 2009 ♦ 6:00 to 8:00 p.m.
Holladay Park Plaza, Penthouse Suite
1300 NE 16th Avenue, Portland, OR 97232
Presented by Janice Hazel, Attorney at Law

Internet Safety for Children

Parenting Connections: The RAFT Support Group
Saturday, April 18, 2009 ♦ 6:00 to 7:30 p.m.
East Hill Foursquare Church, Office Complex South
539 North Main Avenue, Gresham, OR 97030
Questions? Contact Debbie at 503-761-4686 debbie@pctcraft.org.

Eastern Region

Collaborative Problem Solving

April/May 2009 ♦ Sherman, Gilliam or Wheeler county
Visit www.orparc.org for training updates

ORPARC trainings are free of charge to DHS adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals. Depending on the training, others may attend trainings for minimal charge or on a space available basis. Childcare and travel expense reimbursement are offered to 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 available upon request. Request these services two weeks in advance.

Summer Camp Resource Guide

Camp can be a great learning experience and great fun for your child or it can be stressful and challenging. By taking time to find the right camp, you can help promote a more positive experience for everyone. There are many different types of camps covering a variety of interests. A number of camps offer opportunities for children with special needs or in need of scholarships. ORPARC recommends that you research the camp and setting that best serve the needs of your child. The online camp listing will be divided into the following categories:

- Adoption-specific Camps
- Camps for Special Needs Children, Children with Disabilities and Illnesses
- Other Camps for Children, Teens and Families
- Suggest Camp Resources

Visit www.orparc.org to see ORPARC's complete Summer Camp Resource Guide which can be downloaded after April 1, 2009. You can also call us at 503-241-0799/800764-8367 or e-mail us at orparc@nwresource.org if you would like us to send you a complete copy. Also, keep your eyes out for the annual *Oregonian Summer Camp Guide* printed **March 15**.

Voice for Adoption

Voice for Adoption (VFA) develops and advocates for improved adoption policies. VFA works closely with federal and state legislators, as well as other child welfare organizations, to make a difference in the lives of the 129,000 children in foster care who are waiting to be adopted and the families who adopt children from foster care. VFA also provides weekly e-mail updates to its members and partners on adoption, foster care, and child welfare news, resources, and legislation, as well as updates on VFA's activities. If you would like more information about Voice for Adoption or would like to receive weekly e-mail updates, please visit www.voice-for-adoption.org.

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