



Assisting families on their lifelong journey

The Journey

www.orparc.org

Volume XXXXXII

Summer/Fall 2013

ORPARC is a program of Northwest Resource Associates

National Adoption Awareness Month & National Adoption Day



November is National Adoption Month! This is a collective national effort to raise awareness of the more than 100,000 children in foster care waiting to find permanent, loving families. For more information about National Adoption Awareness Month, visit www.ChildWelfare.gov/adoption.



November 23rd is National Adoption Day! This annual, one-day event has made the dreams of thousands of children come true. To learn more, visit www.NationalAdoptionDay.org.



2013 Shoulder to Shoulder Conference – Strengthening Children & Families

Please join us at the 15th Annual Shoulder to Shoulder Conference at the Red Lion Hotel on the River in Jantzen Beach. There is a Pre-Conference Event on **Monday, November 18th** and the full conference will occur on **Tuesday, November 19th**. Visit the Shoulder to Shoulder Conference website at www.stsconference.com for information and registration. Registration and scholarships applications available September 16th. Registration cost is \$65.00 before November 1st. Continuing Education Units (CEUs) and Certificates of Attendance are available. Professional and adoptive/foster/kinship parent scholarships are available.



15th Annual Shoulder to Shoulder Conference
'Strengthening Children & Families'

November 18, 2013
Pre-Conference Event

WHERE: Red Lion Jantzen Beach Hotel-
downstairs ballroom
TIME: 6:30 – 9:00 pm | COST: \$20

November 19, 2013
Shoulder to Shoulder Conference

WHERE: Red Lion Jantzen Beach Hotel
TIME: 8:00 am – 5:00 pm

Conference Sponsors: Albertina Kerr, Boys & Girls Aid, CASA for Children, Children's Trust Fund of OR Foundation, Citizen Review Board, Department of Human Services, Juvenile Court Improvement Program, Morrison Child & Family Services, Native American Youth & Family Center, Oregon Foster Parent Association, Oregon Post Adoption Resource Center, Portland State University, Safe and Equitable Foster Care Reduction Project.



2013 10th Annual Adoptive Family Portrait Project

www.voice-for-adoption.org ♦ voiceforadoption@gmail.com

This November, ORPARC and Voice for Adoption (VFA) will once again celebrate families who have adopted children from foster care in the *2013 Adoptive Family Portrait Project*. The primary goal of the project is to raise awareness among members of Congress about the real experiences and needs of families that have adopted children who were in the foster care system. During the project, family stories and portraits are featured in the Washington, D.C. offices of the participating members of Congress for the month of November. For 2013, VFA hopes to particularly emphasize the importance of the sibling relationship. We want to congratulate and thank all of the Oregon participants for representing our state!

- ① 503-241-0799 telephone
- ① 800-764-8367 toll-free
- ① 503-241-0925 fax

Oregon Post Adoption Resource Center
2950 SE Stark Street, Suite 130
Portland, Oregon 97214

Follow ORPARC on Facebook
 orparc@nwresource.org email
 www.orparc.org website

Grandparent/Kinship/Relative Caregiver Retreats & Resources



Relative Caregiver Retreat 10th Annual A Gift of Time Retreat

A weekend retreat for family caregivers and relatives parenting again

Friday through Sunday, September 6-8, 2013 ♦ Macleay Christian Retreat, Salem, OR

A Gift of Time is a weekend retreat for those who have put their lives on hold to care for a loved one. Join others in similar situations for self-renewal, education and a break. Attendees have a chance to relax, meet new people and perhaps reconnect with old friends, attend educational seminars, listen to music, visit resource tables all in a delightfully peaceful setting. Contact Janice Wolcot at 503-831-5593 or email agiftoftimeoforegon@gmail.com.

Kinship Resources

Request or download ORPARC's Grandparent Resources. This guide covers several topics and organizations to assist you in your search and navigation of grandparent kinship resources and systems. Call ORPARC for a free copy or download this guide from:

www.orparc.org

Go to Web Resources → Specialized Topics
→ click on "Grandparent Resources"

National Family Caregiver Support Program

Grandparents or older individuals who are relative caregivers (grandparents, step-grandparents, or a relative by blood or marriage) who are 60 years of age or older and are the primary caregiver to the child (17 years younger) are eligible clients who can receive services under the FCSP. FCSP helps states develop multifaceted systems of caregiver support. For more information:

Department of Human Services

Seniors & People with Disabilities, Home & Community Supports
Voice/TTY: 1-800-282-8096



Angels In Adoption

Senator Ron Wyden has selected Portland KOIN TV anchor Jeff Gianola as his **Angel in Adoption** for 2013!

(For more information visit www.AngelsInAdoption.org.) Gianola has been a longtime partner with DHS in his work with the "Wednesday's Child" program, now in its 28th year, featuring foster children waiting for adoptive families. Thank you and congratulations Jeff!



Adoption Connections of Oregon

12th Annual Conference Nurturing Attachment and Resilience in Adoption

November 2, 2013 ♦ 10:00 a.m. to 3:00 p.m.

Oregon Research Institute, 1776 Millrace Drive, Eugene, OR

Elaine Walters, founder of The Trauma Healing Project, will present on the following topics: *Developmental stages and the impact of trauma; how to recognize disrupted development and addressing needs; and, unblocking trauma through empathy and competence*. The cost is \$15 for ACO members and \$25 for non-members, lunch is included. Email aco@peak.org to register.



Portland State
UNIVERSITY

Graduate School of Education:
Continuing Education

Calling All Therapists! Certificate Program: Adoption & Foster Family Therapy

Oregon DHS, ORPARC, and PSU's Graduate Schools of Social Work & Education have created the Oregon Certificate Program in Adoption and Foster Family Therapy. The Certificate Program provides 100 hours of advanced education and training for licensed mental health professionals and child welfare professionals in the specialized theories and practices for addressing the needs of adopted children who have histories of abuse and neglect. In particular, mental health professionals learn how to identify and build on family strengths, and coach adoptive and foster families in alternative approaches, expectations and interactive strategies for helping their children. This program increases the number of accessible and affordable mental health professionals for adopted/foster children and their families. A directory of professionals who have completed this training certificate is available on the ORPARC website at www.orparc.org → Support Services → Directory of Professionals, Certificate Program.

If you know of a therapist who would benefit from this training, please have them contact Kellie Herold at 503-725-8539 or e-mail kellieh@pdx.edu. For additional information please visit online at www.pdx.edu/ceed/adoption.

ORPARC Trainings

Visit www.orparc.org for updates



The trainings below in Pendleton, Medford and Portland are offered in collaboration with other community partners. Please register for these trainings online at the following link or call 1-800-764-8367 with questions:

www.providence.org/classes → “online class catalog” → search for class by name cited below

Pendleton

- ① *In Equal Partnership: The “Other” IEP*
- ② *Care Notebook—Why do I Need One?*
- ③ *Behavior Support Planning & Processes*

Friday, September 20, 2013
8:30 a.m. to 2:30 p.m.

Blue Mountain Community College, Room ST-200
2411 NW Carden Avenue, Pendleton, OR 97801

This is collaborative training between ORPARC, Swindells Resource Center, and Oregon Technical Assistance Corporation (OTAC).

Class Name: Swindells Speaker Event - (The Other IEP/Behavior) - Pendleton

Medford

- ① *Collaborative Problem Solving*
- ② *Behavior Support Planning & Processes*

October 11, 2013 ♦ 8:30 a.m. to 4:00 p.m.

Providence Medford Medical Center
840 Royal Ave, Suite 110, Medford, OR 97504

This is a collaborative training between ORPARC, Swindells Resource Center, and OTAC.
Register with Kathy Keesee by calling 541-732-5958 or email Katherine.Keesee@providence.org

Portland

“Please, help me understand!”

A journey through the complex world of co-occurring pediatric mental health and developmental disability diagnoses

October 25, 2013 ♦ 10:00 a.m. to 3:00 p.m.

Providence Cancer Center Amphitheater
4805 NE Glisan Street, Portland, OR 97213

This is a collaborative training between ORPARC, Swindells Resource Center, and Oregon Family Support Network (OFSN).

Class Name: Swindells Speaker Event - Please, help me understand (mental health) - Portland

Spanish language interpretation is available for the above trainings. Please contact ORPARC at 1-800-764-8367. Se ofrece interpretación al español. Comuníquese con ORPARC al número 1-800-764-8367.

Register for the two trainings below by calling ORPARC at 1-800-764-8367 or email orparc@nwresource.org:

Astoria

Relative Issues in Adoption & Talking with Children about Adoption

September 10, 2013
5:30 to 9:00 p.m.

Department of Human Services
450 Marine Dr., Suite 210, Astoria

This training will occur at the Foster & Adoptive Support Group of Clatsop County. Contact Sarah Dielman at 503-325-9179 x 213 for further information about the support group.

Eugene

The Adopted Child’s Perspective: Forming new attachments after trauma and foster care

October 12, 2013 ♦ 9:30 a.m. to 12:30 p.m.
Department of Human Services/CAF District 5
Field Services, Lucy Lahr Room, Conference Room 1
2885 Chad Drive, Eugene, OR 97408



Join local psychotherapist Dr. Redmond Reams for an engaging, informative discussion about attachment opportunities. Families will also have an optional opportunity to complete a research survey. Dr. Reams will guide state adoptive families parenting children of all ages in:

- ♦ Understanding the impact of past trauma & relationship disruptions
- ♦ Exploring what it means to children to allow new adults to care for them
- ♦ Discovering ideas for how to maximize attachment opportunities



Community Resources, Trainings & Events



Center for Improvement of Child and Family Services PSU Child Welfare Partnership ♦ www.cwpsalem.pdx.edu

METROPOLITAN REGION:

METRO TRAINING LINE: 971-673-1822

September 11	<i>Transitioning Children with Sensitivity</i>	October 2	<i>School, Homework and Success</i>
September 19	<i>Universal Precautions</i>	October 18	<i>Emotional Intelligence: What it is, Why we need it, ...and How we can get more of it</i>
25 de septiembre	<i>Cómo aprovechar al máximo las visitas de los ...trabajadores de caso cada mes [español]</i>	November 13	<i>Strong Parents/ Strong Children</i>
Sept. 27-28	<i>Behavior Crisis Management (2 days)</i>	November 23	<i>Trauma Informed Parenting</i>

EASTERN REGION

September 24	<i>Managing Difficult Behaviors in Young Children</i>	The Dalles	541-506-5222, jennifer.r.garner@state.or.us
September 28	<i>CPR & First Aid</i>	Ontario	541-889-9194 x 300, tammie.osorio@state.or.us
October 14	<i>Surviving & Thriving as a Caregiver</i>	Prineville	541-447-6207, jeanine.hilburn@state.or.us
October 15	<i>Loss and Grief</i>	La Grande	541-963-8571 x 426, susan.lemon@state.or.us
October 23	<i>Behavior: Pouting to Punching</i>	Hood River	541-565-3014, susan.lissman@state.or.us
October 24	<i>Behavior: Pouting to Punching</i>	Moro	541-565-3014, susan.lissman@state.or.us

SOUTHERN REGION

September 7	<i>CPR & First Aid</i>	Roseburg	541-464-2077, jody.l.meza@state.or.us
September 12	<i>Behavior: Pouting to Punching</i>	Springfield	541-726-6644 x 2234, marisol.palancares@state.or.us
September 17	<i>Strategies in Successful Fostering</i>	North Bend	541-756-5500 x 257, michael.r.craig@state.or.us
September 18	<i>CPR & First Aid</i>	Springfield	541-726-6644 x 2234, marisol.palancares@state.or.us
September 26	<i>Permanency Options for Caregivers</i>	Klamath Falls	541-850-3650, denise.reyes@state.or.us
September 26	<i>Parenting in the Digital Age</i>	Medford	541-858-3181 x 262, jennifer.raleigh@state.or.us
October 9	<i>Caring for the Sexually Abused Child</i>	Springfield	541-726-6644 x 2234, marisol.palancares@state.or.us
November 16	<i>Surviving & Thriving as a Caregiver</i>	Roseburg	541-464-2077, jody.l.meza@state.or.us
November 22	<i>The Significance of Siblings</i>	Springfield	541-726-6644 x 2234, marisol.palancares@state.or.us

WESTERN REGION

September 10	<i>Collaborative Problem Solving</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
Sept. 13-14	<i>Behavior Crisis Management (2 days)</i>	Albany	541-757-4121 x 230, randall.p.heiken@state.or.us
September 20	<i>Facilitating Developmental Attachment</i>	Oregon City	971-673-7361, julie.buzzard@state.or.us
September 28	<i>CPR & First Aid</i>	Oregon City	971-673-7361, julie.buzzard@state.or.us
September 30	<i>Confidentiality Issues for Caregivers</i>	Newport	541-265-8557 x 222, jamie.m.auborn@state.or.us
October 4	<i>Behavior: Pouting to Punching</i>	Oregon City	971-673-7361, julie.buzzard@state.or.us
October 8	<i>Parenting in the Digital Age</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
October 8	<i>Collaborative Problem Solving</i>	Astoria	503-325-9179 x 328, suzanna.vermeul-wilson@state.or.us
October 10	<i>Fetal Alcohol Spectrum Disorder Fundamentals</i>	Albany	541-791-5727, meghan.smith@state.or.us
October 19	<i>CPR & First Aid</i>	St. Helens	503-366-8340, julie.a.nix@state.or.us
November 12	<i>The Significance of Siblings</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
November 12	<i>Collaborative Problem Solving II</i>	Astoria	503-325-9179 x 328, suzanna.vermeul-wilson@state.or.us
November 20	<i>Caregiver's Guide to Bullies, Victims & Bystanders</i>	Oregon City	971-673-7361, julie.buzzard@state.or.us

NETLINK TRAININGS Training instructions & registration at <http://cwpsalem.pdx.edu/distance/resource.htm>

<i>Morning NetLink Trainings</i>	<i>8:30 a.m. to 12:00 noon</i>	<i>Evening NetLink Trainings</i>	<i>5:30 p.m. to 9:00 p.m.</i>
<i>Educational Rights of Children</i>	September 5	<i>Child Development: The Tween Puzzle</i>	September 19
<i>Supporting Children Exposed to Domestic Violence</i>	October 3	<i>Common Mental Health Disorders in Teens</i>	October 16
<i>Strong Parents/ Strong Children</i>	November 7	<i>Confidentiality Issues for Foster Parents</i>	November 13
<i>Motivating Youth to Make Positive Changes</i>	December 5	<i>Desarrollar la Capacidad de Recuperación de los Niños en Cuidado [español]</i>	20 de noviembre
		<i>Caring for Sexual and Gender Minority Youth</i>	December 18



Community Resources, Trainings & Events



NACAC Current & Past Webinars

Fees for each webinar are \$15 for NACAC members and \$20 for non-members. Fees are non-refundable. To learn more about membership, visit <http://www.nacac.org/about/membership.html>.



- ◆ **Healing from Food Insecurity: Beyond the Stash** → Thursday, September 19, 2013 ◆ 10:00 a.m.
Presented by Katja Rowell, M.D. Dr. Rowell will explore how a child's early experience with hunger or food insecurity can result in survival behaviors that continue in foster or adoptive families. The presentation will help parents understand the cause of the behaviors and explore how parents can respond to help their children heal from their past deprivation. This solution-oriented webinar will cover tips and strategies to reduce food anxiety and help the family build attachment over meals.

Webinars recorded in May and June 2013: Register and view a recorded version of a previous webinar. Certificates of attendance will be available.

- ◆ **Parenting Children Who Have Been Prenatally Exposed**
- ◆ **Understanding the Acting-Out Behavior of Your Adopted Children**
- ◆ **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know**



Oregon Technical Assistance Corporation

3886 Beverly Avenue NE, Building I, Suite 21, Salem, OR 97305-1373
☎ 503-364-9943 (telephone) ◆ ☎ 503-364-1939 (fax) ◆ 🌐 www.otac.org

OTAC provides Parent Training programs statewide. If you are interested or would like to speak to someone about an OTAC training program, please contact at the numbers listed above or visit www.otac.org.

Register for OTAC trainings at: www.otac.org → Click on "Upcoming training calendar and registration"

September 11-12 (2 days)..... *Facilitating a Person-Centered Process for Planning*Salem9:00 am to 4:00 pm
September 24-25 (2 days)..... *Two-Day Person-Centered Thinking (PCT)*Springfield9:00 am to 4:00 pm

New DVDs in the ORPARC Library

Library usage is available free to eligible families & professionals. Contact ORPARC to request materials.

- 📺 **Blended Perspectives Meeting Training Video:** *This video provides an example of the Blended Perspectives Meeting tool for the purpose of expanding permanency options for youth.*
- 📺 **Emancipated Youth Connections Project:** *This video shares participants' experiences through the 2008 project, "Emancipated Youth Connections Project."*
- 📺 **Kalani's Story** (originally produced by Epic Ohana): *Kalani, former foster care youth, tells how he was affected by his time in foster care as he reunites with birth family.*
- 📺 **Mobility Mapping Training Video:** *In this DVD, Kevin Campbell demonstrates using Mobility Mapping with a youth in foster care.*
- 📺 **Telling it Like It Is: Foster Youth and Their Struggle for Permanency:** *This video includes ten different digital stories of former foster youth as they search to find a permanent connection.*



Community Resources, Trainings & Events



Swindells Resource Center of Providence Child Center 2013 Community Education

Visit www.providence.org/classes, click on "online class catalog," and search by class name or location to register. Call 503-215-2429 or 1-800-215-2429 ext. 524 (toll-free), or email Swindells@providence.org for more information.

Salem Hospital Community Health Education Center, 939 Oak Street SE, Salem, OR 97301

Are You Talking to Me? What to do When the Words Don't Make Sense (Auditory Processing) Saturday, September 7

Hood River Library, Conference Room, Hood River, OR 97031

Autism 209 Webinar: Relationships, Puberty and Sexual Health Thursday, September 19

Resources in the Columbia Gorge Tuesday, October 15

Autism 210 Webinar: Highway to Hell or Stairway to Heaven? Parenting a Child with Autism Thursday, October 17

Autism 211 Webinar: Highway to Hell or Stairway to Heaven? Parenting a Child with Autism Thursday, November 21

Columbia Gorge Community College, 400 E Scenic Drive, Building #2, 3rd Floor, The Dalles, OR 97058

ADHD: What Families Need to Know Tuesday, September 24

Providence Portland Medical Center, 4805 NE Glisan Street, Portland, OR 97213

Stress Management: Mindfulness-Based Stress Reduction (MBSR) Basics 4 Mondays (09/16, 09/23, 09/30, 10/07)

Powerful Tools for Caregivers 6 Tuesdays (09/17, 09/24, 10/01, 10/08, 10/15, 10/22)

Stress Management: Mindfulness-Based Stress Reduction Basics: 5-Hour Silent Retreat Saturday, October 5

Providence St. Vincent Medical Center, Stanley Shafer Conf. Room 22-23, 9135 SW Barnes Road, Portland, OR 97225

Stress Management: Laughter is the Best Medicine Thursday, September 19

Anxiety: What a Parent Can Do Wednesday, October 2

Evergreen School District, Administration, 13501 NE 28th Street, Vancouver, WA 98668

The Misunderstood Child: Understanding Sensory Regulation Disorders Tuesday, October 15

Providence Medford Medical Center, 1111 Crater Lake Avenue, Medford, OR 97504

ADHD: What Families Need to Know Friday, November 8



619 SW 11th Avenue, Suite 102, Portland, OR
1-888-988-FACT (3228) ♦ www.factoregon.org ♦ info@factoregon.org

Understanding the IEP: Development, Process and Your Critical Role on the Team!

Beaverton	Oregon City	Bend-LaPine	Portland	Springfield
September 9th	September 17	September 23	September 24	November 9
6:00-8:30 pm	6:30-8:30 pm	5:30-7:30 pm	6:30-8:30 pm	10:30 am-1:30 pm
Beaverton City Library	Willamette Falls Community Center	Bend LaPine Public School District Office	Providence Cancer Amphitheater	The Arc of Lane County

These FREE trainings will cover: *Effective communication; How to understand the IEP; How the IEP is developed; Your involvement in the process; Tips and tools for being your child's #1 fan and advocate; and, Questions and Answers.* If you would like to register or have questions, call 1-888-988-3228 or email registration@factoregon.org.

Save the Date!

Oregon Disability MegaConference

Wednesday-Friday, October 16-18, 2013

Salem Conference Center

200 Commercial Street SE, Salem, OR

Visit www.oregonmegaconference.org for more information or call 503-581-2726

The Oregon Disability MegaConference is a coalition of disability organizations joining together to develop the only statewide disability MegaConference. The conference will feature 3 days of educational sessions, nationally acclaimed speakers, and offerings from outstanding exhibitors and vendors. This event is aimed at parents and family members, individuals experiencing disabilities, educators, community organizations, and agencies serving individuals across all disabilities.



Indian Health Services TeleBehavioral Health Center for Excellence Childhood Trauma in Indian Country

Presented by Dolores Subia BigFoot, Ph.D.

Director of Indian Country Child Trauma Center, University of Oklahoma Health Sciences Center

Although the 7-part series began in June 2013, participants can still attend the four remaining workshops outlined below. To participate in a workshop, visit https://ihs.adobeconnect.com/_a1137116237/childhoodtrauma → select "Enter as a Guest" → Enter your name (First and Last) → Passcode = **childhood**. No cost, no textbook, no travel.

- ♦ 09/25/2013..... *Honoring Children, Mending the Circle* ♦ 11/27/2013 *Honoring Children, Respectful Ways*
- ♦ 10/30/2013..... *Honoring Children, Making Relatives* ♦ 12/18/2013 *Honoring Children, Honoring the Future*



📞 971-533-0102 ♦ ✉ info@adoptionmosaic.org

🌐 www.adoptionmosaic.org

Adoption Mosaic trainings are in Portland

2nd Tuesday of the month (09/10, 10/08, 11/12, 12/10, 01/14, 02/11, 03/11, 04/08).....	<i>Adult Adoptee Discussion Group</i>
September 19.....	<i>Parent Orientation, Tween/Teen Group</i>
3rd Friday of the month (09/20, 10/18, 11/15, 12/20, 01/17, 02/21).....	<i>Tween/Teen Group</i>
September 21.....	<i>Parent Orientation, Youth Activity Group</i>
September 21.....	<i>Transracial Adult Adoptee Panel</i>
7 Mondays (09/23, 09/30, 10/07, 10/14, 10/21, 10/28, 11/04).....	<i>Youth Activity Group</i>
October 19.....	<i>Strengthening Attachment with Your Child (children 6 and younger)</i>
November 2.....	<i>What & When: Talking about Adoption with Your Child</i>
November 16.....	<i>Adoption Information Day</i>
November 23.....	<i>Adoption Readiness Part 1: Getting Started</i>
December 14.....	<i>Transracial Parenting Workshop</i>
December 14.....	<i>Adoption Readiness Part 2: Beyond the Basics</i>
February 2, 9 & 23.....	<i>African American Hair Care</i>
February 8.....	<i>Adoption Readiness Part 1: Getting Started</i>
February 8.....	<i>Strengthening Attachment with Your Child (children 6 and older)</i>
February 22.....	<i>Adoption Readiness Part 2: Beyond the Basics</i>
March 15.....	<i>Transracial Parenting Workshop</i>

LGBTQ Adoptive Parent Support Group

Facilitated by Adoption Mosaic

3rd Thursday of the month ♦ 6:00 to 8:00 p.m.

Q Center, 4115 N Mississippi Avenue, Portland, OR

September 19 *Adoption, LGBTQ and the Schools*

October 17 *Guest Speaker, Estate Planning*

November 21 *Guest Speaker, Therapist*

December 19 *Planning for 2014 & Holiday Party*



Join Adoptive Families and top adoption experts in interactive webinars on all aspects of adoption and raising adopted children.

Adoptive Families has several webinars outlined below available for viewing. Visit www.adoptivefamilies.com/webinars.

- ♦ Parenting in Transracial Adoption
- ♦ Parenting After Older Child Adoption
- ♦ Skin and Hair Care
- ♦ Love Me, Feed Me
- ♦ Establishing a Healthy Feeding Relationship
- ♦ Caring for Your Child's Skin and Hair



Community Resources, Trainings & Events



Webinar Trainings offered by The Center for Adoption Support and Education

301-476-8525 ♦ 703-425-3703 ♦ caseadopt@adoptionsupport.org

Thanks to Jockey Being Family, Jockey International, the first 150 registration slots for webinars in the Strengthening Your Family series are FREE! Offer expires after first 150 registrations have been filled. Thereafter, regular registration fee is \$25.00. Register at www.adoptionsupport.org/cal/index.php.

- ADHD and the Adoptive Family..... Thursday, September 19th ♦ 10:00-11:30 am
- ADHD and the Adoptive Family (rebroadcast)..... Tuesday, September 24th ♦ 3:00-4:30 pm
- ADHD and the Adoptive Family (rebroadcast)..... Wednesday, September 25th ♦ 6:00-7:30 pm
- Too Many Losses, Too Soon: Loss and Grief among Foster and Adopted Children..... Thursday, October 17th ♦ 10:00-11:30 am
- Too Many Losses, Too Soon (rebroadcast)..... Monday, October 21st ♦ 3:00-4:30 pm
- Too Many Losses, Too Soon (rebroadcast)..... Tuesday, October 22nd ♦ 6:00-7:30 pm
- W.I.S.E. Up!sm for Parents: Empowering Children to handle Questions about Adoption..... Thursday, November 21st ♦ 10:00-11:30 am
- W.I.S.E. Up!sm for Parents (rebroadcast)..... Monday, November 25th ♦ 3:00-4:30 pm
- W.I.S.E. Up!sm for Parents (rebroadcast)..... Tuesday, November 26th ♦ 6:00-7:30 pm



Live & Recorded Webinars from Children's Home Society & Family Services

Visit www.chsfs.org to see a listing and register for Live & Recorded Webinars listed below
Children's Home Society & Family Services, 1605 Eustis Avenue, St. Paul, MN 55108

- ♦ Adopting a Child with HIV
- ♦ Be Attachable
- ♦ Adoption Options: International, Domestic and Waiting Child Programs
- ♦ Assessing Marital Relationships for Professionals
- ♦ Back to School! Helping Foster and Adopted Youth Transition
- ♦ Back to School! Part 2: Advocating for your child within the school system
- ♦ Cleft Lip and Palate
- ♦ Feeding and Nutrition Considerations for Children with Special Needs: An overview
- ♦ Feeding the First Year Home: Transitioning through feeding stages and to a new diet
- ♦ International Adoption Post-Placement Medical Visit 101
- ♦ International Adoption Referrals 101
- ♦ Introduction to Nutrition and Feeding for Internationally Adopted Children
- ♦ Language, Development and International Adoption
- ♦ Nourish, Nurture, Attach: The feeding relationship and adoption
- ♦ Nutrition and Institutionalized Children
- ♦ Post-Placement 101: The First Year Home
- ♦ Promoting Healthy Racial Identity in Adoptive and Foster Youth
- ♦ Whose story is this? Protecting your child's privacy



Northwest Adoptive Families Association ♦ 2013 Calendar of Events

NAFA is a non-profit, all volunteer support group for pre- and post-adoptive families, and is actively involved in education, advocacy and support for member families in Oregon and SW Washington. \$25 annual membership includes a subscription to the NAFA quarterly newsletter. Visit www.nafaonline.org.

- Waiting Families Sep. 13, Nov. 15, 7-8:30 pm Contact Diane Slaughter, nafawait@gmail.com or 503-819-5209
- Baby & Toddler Care Class October 5, 8:30 am-4:30 pm Contact Brenda Bonk, adoptnafa@gmail.com
- Salem Neighborhood Group 3rd Tuesday/month, 6:00-7:00 pm Contact Christie Van Winkle, justaminion@gmail.com, 541-990-8267

Fetal Alcohol & Other Neurobehavioral Conditions: Understanding & Application of a Brain-Based Approach

A 3-day workshop for parents & professionals. Presented by Diane V. Malbin, MSW

Thursday-Saturday, October 17-19, 2013 ♦ 9:00 am to 4:00 pm ♦ The Mark Spencer Hotel, 409 SW 11th Ave. Portland

This training is for professionals, parents and caregivers who live and/or work with children, adolescents, or adults with Fetal Alcohol Spectrum Disorders (FASD) or other neurobehavioral conditions. The workshop provides information about FASD and the effects of alcohol and other drugs on behaviors of children, adolescents and adults. FASD is a brain-based, neurobehavioral condition. The workshop will educate you on the current status of research for identification and on a best practices approach for treatment and accommodations. The goal is to increase understanding, reduce frustration, and expand options. Cost is \$395.00. Download a registration form at www.fascets.org or contact Wendy Temko at 503-621-1271 or wtemko@fascets.org for questions and registration information.



Community Resources, Trainings & Events



The Children's Program Fall/Winter 2013 Trainings

To register call 503-977-0877 or visit www.childrensprogram.com ♦ 7707 SW Capitol Highway, Portland, OR 97219



- Beginners AD/HD Group for Ages 7-12* Parent Meetings: 2 Mondays, October 21 & December 16, 7:00-8:15 pm
Student Sessions: 8 Thursdays beginning October 24 (no class 11/28), 5:00-6:15 pm
- Pay Attention to Attention Group* Parent Meetings: 2 Tuesdays, November 5 & January 21, 5:00 pm
Student Sessions: 8 Tuesdays beginning November 12 thru January 7, 5:00-6:00 pm
- Skills for School Success 6-7-8-9th Graders* Parent/Student Sessions: 3 Mondays (11/25, 12/02, 12/09), 5:00-6:30 pm
- De-Stress & Chill: Mindfulness Stress Reduction—Middle School Girls* Parent Session: Wed., October 16, 5:00-6:00 pm
Student Sessions: 8 Wednesdays beginning October 23 (no class 11/27), 5:00-6:30 pm
- Jedi Training Class* 8 Tuesdays beginning October 1 thru November 19, 3:45-4:45 pm
- Yoga Calm Friendship Group* 8 Mondays beginning September 30 thru November 18, 4:00-5:30 pm
- Parenting Your Active and Reactive 4-6 Year Old* 3 Parent Classes: Wednesdays (11/06, 12/04, 01/08), 7:00-8:15 pm
3 Parent-Child Classes: Thursdays, (11/07, 12/05, 01/09), 4:00-4:45 pm
- Strategy Games for Students 9-11 Years* Visit www.childrensprogram.com for schedule
- Mind Target: Mindful Attention Class—Middle School Boys* Parent Session: Wednesday, February 19, 2014
Student Sessions: 8 Wednesdays beginning February 26, 2014 (no class 03/26), 5:00-6:30 pm
- Lead Into College for 11-12th Graders* Visit www.childrensprogram.com for schedule



- ♦ 1-855-323-6744 (toll-free)
- ♦ 503-931-8930 (línea en español)

Oregon Family to Family Health Information Center

The Oregon Family to Family Health Information Center (HIC) provides information to families who are navigating the complex world of special health care needs. We are family members ourselves, who have first-hand experience raising a child or youth with a chronic health condition, developmental delay or disability, or emotional/behavioral challenges. For more information, call 1-855-323-6744, email contact@oregonfamilytofamily.org, or visit www.oregonfamilytofamily.org.

OR F2F HIC Family Tip Sheet

Oregon Family to Family has added a new family tip sheet to their website. Visit www.oregonfamilytofamily.org and check out the great tips written by family members like you. If you don't have internet access, call OR F2F at 1-855-323-6744 to receive a copy of the following:

- ♦ When Insurance Doesn't Pay
- ♦ Durable Medical Equipment
- ♦ Partnering with Providers
- ♦ Getting to the Conference
- ♦ Getting to know your child's Intensive Care Mgr.

Great News for Oregon's Kids!

Starting January 2014, several preventive health services for children will be covered by most health plans, including Oregon Health Plan (OHP) and those bought through the new Cover Oregon Health Insurance Marketplace. For a complete list of these new covered services, visit www.oregonfamilytofamily.org and download the August 2013 version of the OR F2F newsletter.

Understanding the Affordable Care Act

Join the YouToons as they walk through the basic changes in the way Americans will get health coverage and what it will cost starting in 2014 when major parts of the Affordable Care Act, also known as "Obamacare," go into effect. This show was written and produced by the Kaiser Family Foundation and narrated by Charlie Gibson, former anchor of *World News with Charlie Gibson*. To view this easy-to-understand explanation of the new law, visit:

<http://kff.org/health-reform/video/youtoons-obamacare-video/>





Community Resources, Trainings & Events



**National Resource Center for
Permanency and Family Connections**
Silberman School of Social Work at Hunter College



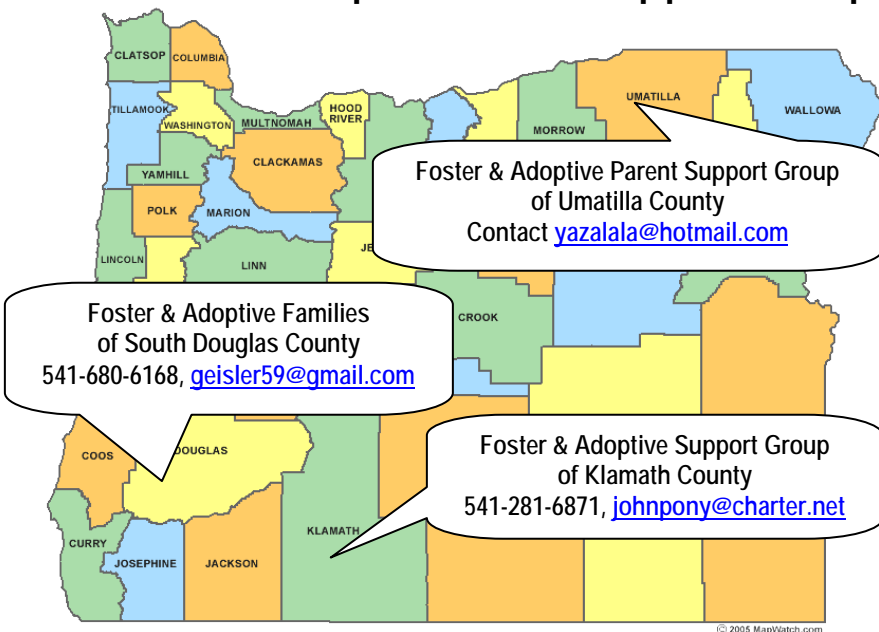
*A Service of the Children's Bureau
& A Member of the T/TA Network*

NRCPCF Teleconferences/Webinars: NRCPCF teleconferences/webinars provide a forum for participants to share their experiences in implementing improved child welfare practices and learn about national trends and research findings. Each teleconference/webinar concludes with a question and answer period. Most teleconferences include a webinar option, allowing participants to view a presentation online while listening via phone. NRCPCF teleconferences are free of charge and are open to state program managers in foster care and adoption, as well as anyone working, involved, or interested in the field of child welfare.

NRCPCF Webcasts: NRCPCF offers a series of free webcasts for state program managers in foster care and adoption and for others working, involved, or interested in the field of child welfare. These webcasts allow participants to view a streaming video of presenters who discuss topics of interest in child welfare, provide resources, and respond to participant questions. Most webcasts are held on Wednesdays from 3:00 to 4:00 PM EST.

Visit www.nrcpcf.org and click on "Teleconferences/Webinars and Webcasts" for a complete listing.

New Foster/Adoptive Parent Support Groups



Save the Adoption Tax Credit!

Save the Adoption Tax Credit is the effort of a national collaboration of organizations and individuals called the Adoption Tax Credit Working Group that have united to support by advocating for the adoption tax credit. If you would like to learn more or understand how you can help advocate to ensure the adoption tax credit remains permanent, visit www.AdoptionTaxCredit.org.



The Parent Empowerment Program

Wednesdays, Sep. 25 thru Oct. 13, 2013, 6:00-8:00 pm
Eastham Community Center, 1404 7th Street, Oregon City

Program topics include: *Understanding Power in Family Systems; Understanding Components of Change; Identifying Ways Parents Give Up Power; Understanding Parental Guide and Enabling; Identifying Sources of Parent Power; Prevention Strategies for Behavior Problems; and, Strategies for Reclaiming Parent Power.*

This training is appropriate for parents interested in learning in a supportive environment. The cost is \$199.00 per person (half price for military members). Contact Tim O'Brien at 503-853-6843 or email tobrien_lpc@msn.com for additional questions or to register.