



# The Journey

 [www.orparc.org](http://www.orparc.org) 

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## Social Security & Adoption

**Hello from the Central Office Adoption Assistance unit!** We are here with a series of helpful information for new and long time adoptive families.

*Question: Why do I need a new social security card and what are the steps to obtaining one for my adopted child?*

All adoptive parents need to apply for a new Social Security card for their adopted children. If you adopted previously and never did this, you still can.

Your child will need a social security card all throughout their life that accurately reflects their new legal adoptive name, in order to apply for things such as a driver's license, applying for a job, private or government medical coverage, college and other Federal benefits.

After your adoption is final, you need to take the **new original** birth certificate (which can take up to 8 weeks to receive after the adoption is final), an **original Order of Adoption** and a **photo of the child** to your local Social Security office. You can find more information through the Social Security website at <http://www.ssa.gov/ssnumber>. While you are there, Social Security will also be able to explain the process for applying for benefits if your child is eligible.

Once you receive the new Social Security card, check for accuracy in spelling and make sure the numbers match correctly. Then, send a copy to the Adoption Assistance unit. This information is required in order to provide your Federal Adoption Assistance benefits. Also, let your Coordinator know if you are receiving Social Security benefits. If you have any questions, you may contact any of us in the Central Office Adoption Assistance. Our contact information is below. Thank you, and have a fun, safe, happy summer!

Mail information to: HSB, 500 Sumer Street, E-71  
Salem, OR 97301  
Or fax information to: 503-945-6633

Caseload Distribution by Last Name of the Adoptive or Guardian Family			
Adoption Assistance	Guardianship Assistance	Coordinator	Telephone
A-C	A-G	Rebecca Luckman	503-945-6729
D-G	H-P	Scott Wickline	503-947-5311
H-L	Q-Z	Lorri Harris	503-945-6632
M-R		Gayle Bien	503-947-5370
S-Z		Cathy Reeves	503-945-5685

## Support the ORPARC Library!

**Fred Meyer Community**



### Rewards Program

Fred Meyer customers can now link their Rewards Card to ORPARC by visiting:

[www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards)

Whenever a customer uses their Rewards Card at Fred Meyer, they will be helping ORPARC's lending library for free! Visit the above website, click on "Link your Rewards Card Now," and search for:

**Oregon Post Adoption Resource Center**



## Voices from Foster Care

### A Brief Documentary

For her senior project, Westside Christian High School student Laura Leong approached ORPARC in her efforts to create a documentary. In her interviews, Laura captures the voices of both foster and adoptive families, and of a young adult who aged out of the system. We invite you to view her final video at [www.orparc.org/about/award/](http://www.orparc.org/about/award/) and hear firsthand the heartfelt words and stories that Laura has so beautifully captured and arranged. Thank you Laura for bringing awareness and inspiration to this important topic!

# Intentional Parenting: A Whole New Game, by Stacy Manning

*Stacy Manning is a registered nurse, post-adoption family coach, and educator. She and her husband are raising six teenagers, three adopted and three biological. In 2011, Stacy created Hope Connections, which provides family coaching sessions to current and prospective adoptive parents across the U.S., and offers workshops, sensory tools, and a hands-on learning system. In 2013, she wrote Adoptive Parent, Intentional Parent: A Formula for Building & Maintaining Your Child's Safety Net (a new addition to the ORPARC Lending Library). Learn more at <http://www.tohavehope.com>, or search for "HopeConnections" via Facebook, or email [stacy@tohavehope.com](mailto:stacy@tohavehope.com). Note: The following excerpt reprinted with permissions from the author.*



As a biological parent of three boys, I felt confident as a mom. I often said that when I died they could write on my headstone: "She was a good mom." When my boys were 2, 3, and 5, we adopted three girls from Russia—also 2, 3, and 5. My life changed drastically; many days I no longer felt like that good mom. It became clear to me that to be a good adoptive mother I had to do things very differently. I wasn't going to be able to rely on what worked before or parent the way I was raised.

Adopted children or those who have been in foster care have one thing in common—the loss of their original primary attachment. This huge loss creates many hurdles for children. It alters how they relate to the world and form relationships. Trauma, combined with the loss of a primary attachment figure, saddle some children with challenges. Many of these challenges can be invisible. Others are easier to see, including problematic behaviors, difficulties making friends and building relationships, and low self-esteem. These challenges are too often unexpected and misunderstood.

It is difficult to parent a child who has already lost a parent. The child's fear of experiencing another loss and his beliefs about whether he deserves love, combined with the effects of trauma, makes being an adoptive or foster parent a whole new ball game.

## **New Rules for an Old Game**

As adoptive and foster parents, we are most likely to succeed if we become intentional parents. Intentional parents:

- ♦ Meet children where they are, physically and psycho-logically. Intentional parents must seek to know their child's history and understand how abandonment and trauma shape children. They then make parenting choices based on that knowledge. The key to success is truly seeing the whole picture of the child.
- ♦ Parent differently than you thought you would. To give children a sense of safety, we need to start from emotional age 0, no matter how old they are. We need to protect their emotional safety, which can mean responding differently than we do with other children of the same age.
- ♦ Commit to parenting for as long as it takes. Children may have missed developmental steps, be behind in learning, or be less able to develop social skills and maintain relationships. Their emotional age often does not match their real age. They need and deserve as much time as it takes to catch up.
- ♦ Build a safety net for children. In a healthy biological family, an infant enters the world with a safety net based on her primary attachment. Children in foster care and adoption come with a net that is no longer intact. It is our job to create a safety system they can rely on. An effective net offers an unwavering assurance of the basic survival needs.

Intentional parents build and maintain the net by responding in a sensitive, caring, and consistent way to the child's physical and psychological needs. This shows the child that we recognize and can meet his specific needs. By responding consistently and with care, we create and maintain an environment in which a child internalizes the belief that she is worthy of love, is capable of positively affecting the world, and has the potential to accomplish anything.

## **Create a Game Plan**

With biological children, we can sometimes rely on similar thinking patterns or shared past history. In adoption or foster care, parents typically have to be more intentional to help children heal. So to create a strong safety net, we must have a game plan. And the plan must be created and facilitated by the adoptive or foster parents; they are their children's best chance at healing.

**For more on the game plan and a formula for healing, read the full article at [www.orparc.org](http://www.orparc.org).**

# ORPARC Trainings

Visit [www.orparc.org](http://www.orparc.org) for updates

Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Spanish language interpretation available upon request. Please request these services two weeks in advance.

## Training in English

### Navigating Family Connections

Monday, September 15, 2014

6:00 to 8:00 p.m. ♦ Portland

DHS Adoption Support Group

Location to be determined. Contact ORPARC at 503-241-0799 or call the support group facilitators, Rene Hendricks (971-673-1866) or Donna Thomas (971-673-2087), for more information. This training will be presented by an ORPARC staff member.

This training will review helpful strategies for navigating family connections, offering ways to balance safety with a child's need to connect with their "first" family. The training will summarize common challenges and roadblocks, along with the potential impact of social media on family connections. Participants will gain tools and ideas to strengthen adoptive and guardianship families, while connecting to their child's history in a positive way.

## Entrenamiento en español

### Promoviendo la Salud Sexual en las Comunidades Latinas

Miércoles, 30 de Julio de 2014

6:00 a 8:00 de la noche ♦ Hillsboro

Grupo de Apoyo del DHS para Padres de Crianza y Padres Adoptivos

Departamento de Servicios Humanos, 5350 NE Elam Young Parkway, Hillsboro, OR 97124. Comuníquese con Lupe Huerta o Sharon Espinal al número 503-681-6924. El entrenamiento será presentado por Vikki Moore, Educadora del Programa del Departamento de Salud y Servicios Humanos del Condado de Washington en nombre de ORPARC.

Aprendan acerca de las maneras de responder las preguntas difíciles que los jóvenes pueden hacer y cómo enfrentar los obstáculos que se presentan que hacen difícil hablar con los niños y los jóvenes acerca del sexo y la sexualidad.

- ♦ Aprendan la diferencia entre el sexo y la sexualidad
- ♦ Aprendan más acerca de las enfermedades comunes que se transmiten sexualmente
- ♦ Siéntanse cómodos en un lugar donde puede realizar sus preguntas
- ♦ Aprendan lo que los jóvenes y adolescentes quieren escuchar de sus padres

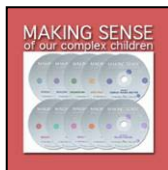
## What's new in the ORPARC Library

### Books for Parents and Professionals

- 📖 *Adoptive Parent Intentional Parent: A Formula for Building & Maintaining Your Child's Safety Net*
- 📖 *Attaching Through Love, Hugs and Play: Simple Strategies to Help Build Connections with Your Child*
- 📖 *Brainstorm: The Power and Purpose of the Teenage Brain*
- 📖 *The Grief Recovery Handbook*
- 📖 *Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom*
- 📖 *Inside Kinship Care: Understanding Family Dynamics and Providing Effective Support*
- 📖 *Inside Transracial Adoption: Strength-Based, Culture-Sensitizing Parenting Strategies for Intercountry or Domestic Adoptive Families That Don't Match*
- 📖 *Kaplan Scholarships 2014*
- 📖 *Keepers of the Children: Native American Wisdom and Parenting*
- 📖 *Life Cycles: Activities for Helping Children Live with Daily Changes and Loss*
- 📖 *Life Story Therapy with Traumatized Children: A Model for Practice*
- 📖 *One Kid at a Time*

### DVDs

- 📺 *Making Sense of Our Complex Children*, 10-DVD series by Heather Forbes
  - 📺 Volume 1: *Introductory Overview*
  - 📺 Volume 2: *Developmental Disabilities*
  - 📺 Volume 3: *Childhood Mental Health Disorders*
  - 📺 Volume 4: *Mood Disorders and Trauma*
  - 📺 Volume 5: *Complex Trauma and PTSD*
  - 📺 Volume 6: *Education and Trauma*
  - 📺 Volume 7: *Teenagers*
  - 📺 Volume 8: *Medication Madness*
  - 📺 Volume 9: *The Family*
  - 📺 Volume 10: *Moving Forward*



### Books for Children and Teens

- 📖 *Murphy's Three Homes: A Story for Children in Foster Care*
- 📖 *My Body, My Self for Boys: Revised Edition*
- 📖 *What's Happening to my Body? Book for Boys: Revised Edition*
- 📖 *What's Happening to my Body? Book for Girls: Revised Edition*
- 📖 *What If Someone I Know Is Gay?: Answers to Questions About What It Means to Be Gay and Lesbian (revision)*

### Libros en español para padres

- 📖 *Entendiendo los comportamientos sexuales en la niñez: Lo que es natural y saludable*
- 📖 *Niños y adolescentes difíciles*
- 📖 *Sopa de Lágrimas: Una receta para sanar después de una pérdida*



# Community Resources, Trainings & Events



## Save the Dates!

### 16th Annual Shoulder to Shoulder Conference 'Strengthening Children & Families'

October 27, 2014  
Pre-Conference Event

October 28, 2014  
Shoulder to Shoulder Conference

Like us on Facebook | Follow us on Twitter | Connect with us on LinkedIn



REGISTRATION INFORMATION  
On the Shoulder to Shoulder Webpage  
<http://www.stsconference.com>

**Scholarship application open in August 2014**

## Parent Support Groups Summer Picnics & Events

### Portland

#### DHS Adoption Support Group

Summer Parks & Potluck

Monday, July 21st, 5:30-7:30 → Laurelhurst Park  
Monday, August 18th, 5:30-7:30 → Peninsula Park  
Call Rene Hendricks at 971-673-1866 for information

#### Grupo de Apoyo para Padres de Crianza y Padres Adoptivos del DHS

Actividad de verano en Julio y Agosto  
Comuníquese con Irene Phipps al número  
971-673-1838 para más información

#### LGBTQ Adoptive Parent Support Group

Summer Social & Picnic

Saturday, July 12th, 4:30- 6:30  
Call Astrid Dabbeni at 971-533-0102 for information

### Newberg

#### Parent Caregiver Support Group

Family Friends Picnic → Dundee Billick Park  
Saturday, July 19th, 11:00-2:00

Call Deana VandenHoek at 503-537-1471 for information



## NACAC Conference & 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>.



### 40th Annual Conference → Permanency Matters: A Family for Growing Up and Growing Old

Register at [www.nacac.org](http://www.nacac.org) or call 651-644-3036

3 all-day pre-conference training sessions on July 23rd ♦ Full Conference: July 24-26  
Sheraton Kansas City Hotel at Crown Center, 2345 McGee Street, Kansas City, Missouri

*Co-sponsored by Midwest Foster Care and Adoption Association*

The conference is a wonderful learning and networking opportunity for adoptive, foster and birth parents, child welfare professionals, adoptees, foster care alumni, kinship providers, and other child advocates. If you have been touched by adoption, you will benefit from attending this conference! The conference has sessions designed to inspire, inform, and encourage all members of the adoption community, including adoptive parents raising children with special needs; professionals seeking families for older children; mental health or other professionals supporting adoptive, foster, and kinship families; parents who have adopted internationally or privately; parents considering adoption; adopted persons; and others with personal or professional connections to adoption.

**Current & Past Webinars:** NACAC is hosting an ongoing series of webinars on a variety of topics. The following past webinars can be purchased to view by visiting [www.nacac.org](http://www.nacac.org). Certificates of Attendance provided upon request.

- ♦ Adoption Tax Credit
- ♦ Parenting the Hurt Child
- ♦ Healing from Food Insecurity: Beyond the Stash
- ♦ Parenting Children Who Have Been Prenatally Exposed
- ♦ Understanding The Acting-Out Behavior of Your Adopted Children
- ♦ The Teen Years: Brain Development, Impact of Trauma on Growth, Strategies
- ♦ Helping Children Heal from Trauma: What Parents/Caregivers Need to Know
- ♦ "I'll Tell Them When They're Older Because..." Talking to Children about Their History



# Community Resources, Trainings & Events



## Center for Improvement of Child and Family Services PSU Child Welfare Partnership ♦ [www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu)

### EASTERN REGION

July 14	<i>Helping Children with Visitation</i>	Madras	541-325-5580, <a href="mailto:roya.leriche@state.or.us">roya.leriche@state.or.us</a>
July 17	<i>Parenting in the Digital Age</i>	Hood River	541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a>
July 26	<i>CPR &amp; First Aid</i>	Boardman	541-481-9482 x 224, <a href="mailto:monica.l.gilbertson@state.or.us">monica.l.gilbertson@state.or.us</a>
August 5	<i>Relative Caregivers</i>	Ontario	541-889-9194 x 317, <a href="mailto:louise.schneider@state.or.us">louise.schneider@state.or.us</a>
August 19	<i>Helping Children with Visitation</i>	Redmond	541-548-9494, <a href="mailto:mikaela.d.wiley@state.or.us">mikaela.d.wiley@state.or.us</a>
September 8	<i>Caregivers &amp; Caseworkers: Heart of Child Welfare</i>	Prineville	541-447-6207, <a href="mailto:jeanine.hilburn@state.or.us">jeanine.hilburn@state.or.us</a>
September 15	<i>Positive Behavior Management</i>	Bend	541-548-9494, <a href="mailto:mikaela.d.wiley@state.or.us">mikaela.d.wiley@state.or.us</a>
September 20	<i>Trauma Informed Parenting</i>	The Dalles	541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a>
September 23	<i>Facilitating Developmental Attachment</i>	John Day	541-575-0728 x 248, <a href="mailto:sarah.hatfield@state.or.us">sarah.hatfield@state.or.us</a>
September 30	<i>Executive Functions: Stop, Look and Listen</i>	Hermiston	541-564-4498, <a href="mailto:carol.caplinger@state.or.us">carol.caplinger@state.or.us</a>
October 15	<i>The Important Role of Dads</i>	Moro	541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a>
October 16	<i>Emotional Intelligence: What it is, Why we need it</i>	La Grande	541-963-8571 x 426, <a href="mailto:susan.lemon@state.or.us">susan.lemon@state.or.us</a>
October 16	<i>Foster Parents and the Juvenile Court</i>	Burns	541-575-0728 x 248, <a href="mailto:sarah.hatfield@state.or.us">sarah.hatfield@state.or.us</a>
October 20	<i>Common Mental Health Issues for Teens in Care</i>	Ontario	541-889-9194 x 317, <a href="mailto:louise.schneider@state.or.us">louise.schneider@state.or.us</a>
October 30	<i>The Significance of Siblings</i>	Redmond	541-548-9482, <a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a>
November 6	<i>Parenting in the Digital Age</i>	Boardman	541-481-9482 x 224, <a href="mailto:monica.l.gilbertson@state.or.us">monica.l.gilbertson@state.or.us</a>
November 13	<i>Caregiver's Guide to Bullies, Victims &amp; Bystanders</i>	The Dalles	541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a>

### SOUTHERN REGION

July 10	<i>Parenting a Child with Special Needs</i>	North Bend	541-756-5500 x 259, <a href="mailto:patric.perez@state.or.us">patric.perez@state.or.us</a>
July 14	<i>Helping Children with Visitation</i>	Madras	541-325-5580, <a href="mailto:roya.leriche@state.or.us">roya.leriche@state.or.us</a>
July 16	<i>CPR &amp; First Aid</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
July 21	<i>Adoption Issues Throughout Life</i>	Klamath Falls	541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a>
July 28	<i>Helping Children with Visitation</i>	Roseburg	541-464-2063, <a href="mailto:mary.kay.skourup@state.or.us">mary.kay.skourup@state.or.us</a>
August 7	<i>Methamphetamine Endangered Children</i>	Klamath Falls	541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a>
August 13	<i>Ten Tips for Parenting Teens</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
August 19	<i>Parenting in the Digital Age</i>	North Bend	541-756-5500 x 259, <a href="mailto:patric.perez@state.or.us">patric.perez@state.or.us</a>
August 27	<i>Methamphetamine Endangered Children</i>	Pendleton	541-966-0866, <a href="mailto:gay.d.davis@state.or.us">gay.d.davis@state.or.us</a>
September 13	<i>Motivating Youth to Make Positive Changes</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
September 13	<i>CPR &amp; First Aid</i>	Roseburg	541-464-2063, <a href="mailto:mary.kay.skourup@state.or.us">mary.kay.skourup@state.or.us</a>
September 17	<i>CPR &amp; First Aid</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
September 20	<i>Motivating Youth to Make Positive Changes</i>	Medford	541-858-3181 x 262, <a href="mailto:jennifer.raleigh@state.or.us">jennifer.raleigh@state.or.us</a>
September 27	<i>Creating Positive Behaviors in Teens</i>	North Bend	541-756-5500 x 259, <a href="mailto:patric.perez@state.or.us">patric.perez@state.or.us</a>
September 27	<i>Trauma Informed Parenting</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
September 29	<i>Behavior Crisis Management Training</i>	Grants Pass	541-956-2983, <a href="mailto:kyndra.burdish@state.or.us">kyndra.burdish@state.or.us</a>
October 8	<i>Fetal Alcohol Spectrum Disorder Fundamentals</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
October 22	<i>Fetal Alcohol Spectrum Disorder Advanced</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
October 24-25	<i>Behavior Crisis Management Training (2 days)</i>	Grants Pass	541-956-2983, <a href="mailto:kyndra.burdish@state.or.us">kyndra.burdish@state.or.us</a>
October 27	<i>Supporting Children Exposed to Domestic Violence</i>	Klamath Falls	541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a>
November 9	<i>Caregiver's Guide to Bullies, Victims &amp; Bystanders</i>	Roseburg	541-464-2063, <a href="mailto:mary.kay.skourup@state.or.us">mary.kay.skourup@state.or.us</a>
November 12	<i>Permanency Options for Caregivers</i>	Gold Beach	541-756-5500 x 259, <a href="mailto:patric.perez@state.or.us">patric.perez@state.or.us</a>
November 13	<i>Parenting a Child with Special Needs</i>	Redmond	541-548-9495, <a href="mailto:robin.toth@state.or.us">robin.toth@state.or.us</a>
Nov. 14-15	<i>Behavior Crisis Management Training (2 days)</i>	North Bend	541-756-5500 x 259, <a href="mailto:patric.perez@state.or.us">patric.perez@state.or.us</a>
November 19	<i>Emotional Intelligence: What it is, Why we need it</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
November 19	<i>CPR &amp; First Aid</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>
December 2	<i>Parenting in the Digital Age</i>	Klamath Falls	541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a>
December 10	<i>Caregiver's Guide to Bullies, Victims &amp; Bystanders</i>	Springfield	541-726-6644, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a>



# Community Resources, Trainings & Events



## Center for Improvement of Child and Family Services PSU Child Welfare Partnership ♦ [www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu)

### **METROPOLITAN REGION:** METRO TRAINING LINE: 971-673-1822, [D2.MetroTrainingCenter@state.or.us](mailto:D2.MetroTrainingCenter@state.or.us)

July 16	<i>Helping Children with Visitation</i>	Oct. 13 & 20	<i>Positive Behavior Management</i>
July 26	<i>CPR &amp; First Aid</i>	18 de octubre	<i>Primeros Auxilios de Infantes, Niños y Adultos</i>
August 15-16	<i>Behavior Crisis Management Training (2 days)</i>	October 28	<i>Effects of Trauma on Learning in Children 0-18</i>
August 20	<i>Caregiver's Guide to Bullies, Victims &amp; Bystanders</i>	November 7	<i>Loss and Grief</i>
September 9	<i>Parenting in the Digital Age</i>	November 12	<i>Collaborative Problem Solving</i>

### **WESTERN REGION**

July 8	<i>Effects of Trauma on Learning in Children 0-18</i>	Albany	541-791-5727, <a href="mailto:meghan.smith@state.or.us">meghan.smith@state.or.us</a>
July 8	<i>Effects of Trauma on Learning in Children 0-18</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>
July 10	<i>Emotional Intelligence: What it is, Why we need it</i>	Salem	503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a>
July 22	<i>Emotional Intelligence: What it is, Why we need it</i>	St. Helens	503-366-8340, <a href="mailto:julie.a.nix@state.or.us">julie.a.nix@state.or.us</a>
August 5	<i>Managing Difficult Behaviors in Young Children</i>	Salem	503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a>
August 12	<i>Facilitating Developmental Attachment</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>
August 13	<i>Effects of Trauma on Learning in Children 0-18</i>	Dallas	503-623-3030 x 225, <a href="mailto:april.barrett@state.or.us">april.barrett@state.or.us</a>
September 9	<i>Methamphetamine Endangered Children</i>	Tillamook	503-842-5571 x 306, <a href="mailto:sandra.d.koops@state.or.us">sandra.d.koops@state.or.us</a>
September 9	<i>Caregiver's Guide to Bullies, Victims &amp; Bystanders</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>
September 16	<i>Strong Parents/ Strong Children</i>	Astoria	503-325-9179 x 328, <a href="mailto:suzanna.vermeul-wilson@state.or.us">suzanna.vermeul-wilson@state.or.us</a>
September 18	<i>Helping Children with Visitation</i>	Salem	503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a>
September 23	<i>Parenting Children with ADD/ADHD</i>	Albany	541-791-5849, <a href="mailto:kim.e.elliott@state.or.us">kim.e.elliott@state.or.us</a>
September 24	<i>Parenting in the Digital Age</i>	Newport	541-265-8557 x 222, <a href="mailto:jamie.w.auborn@state.or.us">jamie.w.auborn@state.or.us</a>
September 26	<i>Facilitating Developmental Attachment</i>	Oregon City	971-673-7361, <a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a>
October 3	<i>Foster Parents and the Juvenile Court</i>	Oregon City	971-673-7361, <a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a>
October 7	<i>Effects of Trauma on Learning in Children 0-18</i>	St. Helens	503-397-3292 x 9328, <a href="mailto:nolan.gibson@state.or.us">nolan.gibson@state.or.us</a>
October 14	<i>On the Move – Aging Out of Foster Care</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>
October 15	<i>Behavior: Pouting to Punching</i>	Salem	503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a>
October 15	<i>Relative Caregivers</i>	Dallas	503-623-3030 x 225, <a href="mailto:april.barrett@state.or.us">april.barrett@state.or.us</a>
October 16	<i>Effects of Trauma on Learning in Children 0-18</i>	McMinnville	503-474-5606, <a href="mailto:greg.reichenberger@state.or.us">greg.reichenberger@state.or.us</a>
October 16	<i>The Important Role of Dads</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>
October 21	<i>Managing Difficult Behaviors in Young Children</i>	Albany	541-791-5748, <a href="mailto:dan.l.benson@state.or.us">dan.l.benson@state.or.us</a>
November 6	<i>Effects of Trauma on Learning in Children 0-18</i>	Tillamook	503-842-5571 x 306, <a href="mailto:sandra.d.koops@state.or.us">sandra.d.koops@state.or.us</a>
November 11	<i>School, Homework and Success</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>
November 12	<i>Fetal Alcohol Spectrum Disorder Advanced</i>	Salem	503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a>
December 9	<i>Child Development: Teens to Young Adulthood</i>	Beaverton	503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a>

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

<i>Morning NetLink Trainings</i>	8:30 a.m. to 12:00 noon	<i>Evening NetLink Trainings</i>	5:30 p.m. to 9:00 p.m.
<i>Effects of Trauma on Learning in Children 0-18</i>	July 24	<i>Parenting from the Heart and the Brain</i>	July 8
<i>School, Homework and Success</i>	August 7	<i>Caregiver's Guide to Adolescent Sexuality</i>	August 21
<i>Making the Most of Caseworker Monthly Visits</i>	September 11	<i>Tome Nota de su Trabajo con DHS (español)</i>	28 de agosto
<i>Self-Harm: Putting the Puzzle Pieces Together</i>	October 2	<i>Foster Parents and the Juvenile Court</i>	September 23
<i>Vicarious Trauma: Surviving &amp; Thriving as Caregiver</i>	Nov. 20	<i>Executive Functions: Stop, Look and Listen</i>	October 9
<i>Taking Note of Your Work with DHS</i>	December 18	<i>Criando al Niño con ADD/TDHD (español)</i>	23 de octubre
		<i>Living Under the Influence of Addiction</i>	November 18
		<i>Child Development: Teens to Young Adulthood</i>	December 11



# Community Resources, Trainings & Events



## Swindells Resource Center of Providence Child Center 2014 Community Education

Visit [www.providence.org/classes](http://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](mailto:Swindells@providence.org) for more information.

<i>Augmentative Communication in the Home: Successful Communicator.....</i>	Providence Portland Med Center .....	Wed., July 30
<i>Augmentative Communication in the Classroom: Tools &amp; Techniques.....</i>	Providence Portland Med Center .....	Wed., August 13
<i>Brothers and Sisters of People with Special Needs .....</i>	Providence St. Vincent Med Center .....	Thu., August 21
<i>Stress Management: Mindfulness-Based Stress Reduction Basic.....</i>	Portland-Barnes Road Prof. Bldg. ....	September 8, 15, 22 & 29
<i>Stress Management: Mindfulness-Based Stress Reduction Basic.....</i>	Providence Portland Med Center .....	Wed., September 10



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



### Reserve Your Spot at the 2nd Annual FACT Family Pool Party!

Sunday, July 20 ♦ 6:15-8:15 p.m.

Wilson Outdoor Pool

1151 SW Vermont Street, Portland, OR 97219



<i>Understanding Guardianship of People with Disabilities.....</i>	Portland .....	Monday, August 11
<i>1st Annual Early Childhood Inclusion Summer Institute .....</i>	Monmouth.....	Tue-Fri, August 12-15
<i>Understanding the IEP and Your Critically Important Role on the Team!.....</i>	Beaverton .....	Monday, September 15
<i>Dyslexia: A Fresh Start for the Fall, presented by ORBIDA .....</i>	Hillsboro.....	Saturday, September 20



## The Center for Adoption Support and Education In Demand Webinar Series

301-476-8525 ♦ 703-425-3703 ♦ [caseadopt@adoptionssupport.org](mailto:caseadopt@adoptionssupport.org)

C.A.S.E. webinars are a valuable resource for both parents and professionals. C.A.S.E. has made 6 of their best selling webinars available to viewers ANYTIME with their new Pay-Per-View option. For \$25, viewers can access any of the following IN DEMAND webinar recordings 24/7. Viewers will have access to the accompanying PowerPoint presentations and can obtain a certificate of completion upon request.

1. *Beneath the Mask: Understanding Adopted Teens*
2. *Open Adoption: What it Is and What it Isn't*
3. *S.A.F.E. at School: Support for Adoptive Families by Educators*
4. *Talking with Children about Adoption*
5. *Too Many Losses, Too Soon: Loss and Grief among Foster and Adopted Children*
6. *W.I.S.E. UP! for Parents: Empowering Children to Handle Questions/Comments about Adoption*



### Newsletter via email?

If you would like to receive our newsletter and mailings via email, please call us at 1-800-764-8367 or email [orparc@nwresource.org](mailto:orparc@nwresource.org) with your name, address and email.



### Northwest Adoptive Families Association

NAFA is offering a one-year complimentary membership to State Adoptive Families. Visit [www.nafaonline.org](http://www.nafaonline.org) for more information or contact ORPARC for a Membership Form.



# Community Resources, Trainings & Events



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

*Most Adoption Mosaic trainings are held in Portland*

Adult Adoptee Discussion Group .....	July 10, August 7, September 4
LGBTQ Adoptive Parent Support Potluck.....	July 12
Write Around Portland at Adoption Mosaic.....	July 3-31, August 27
Adoptee Youth Activity Group – Parent Orientation.....	September 20
Adoptee Youth Activity Group.....	September 22
Adoptee Youth Activity Group.....	September 29



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

Visit [www.chsfs.org](http://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

- ♦ Adoption Information Meeting: International, Domestic and Waiting Child Programs
- ♦ Am I "Good Enough?" Adoption and Self-Esteem
- ♦ Assessing Marital Relationships for Professionals
- ♦ Be Attachable
- ♦ Birth Family: The Past Meets the Present
- ♦ Conspicuous Families: Supporting Your Child's Racial/Ethnic Identity
- ♦ Debt-free adoption
- ♦ So, you're thinking about adoption?
- ♦ Understanding the Adoption Tax Credit
- ♦ Whose story is this? Protecting your child's privacy



*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](http://www.adoptivefamilies.com/webinars). Most of the webinar recordings are currently only available as Windows Media files.

- |                    |   |
|--------------------|---|
| Upcoming Webinars: | ♦ LGBT Family Building through Surrogacy or Adoption..... July 15th, 12:00 pm EDT |
| Past Webinars:     | ♦ Caring for Your Child's Skin and Hair   |
|                    | ♦ Establishing a Healthy Feeling Relationship                                     |
|                    | ♦ Getting Started in Independent Adoption   |
|                    | ♦ Inside Transracial Adoption   |
|                    | ♦ Love Me, Feed Me  |
|                    | ♦ Parenting After Older Child Adoption  |
|                    | ♦ Parenting in Transracial Adoption   |
|                    | ♦ Skin and Hair Care  |
|                    | ♦ Talking about Adoption with Children  |



## The Children's Program Spring 2014 Trainings

To register call 503-977-0877 or visit [www.childrensprogram.com](http://www.childrensprogram.com) ♦ 7707 SW Capitol Highway, Portland, OR 97219

<i>Strategy Games Class</i> .....	Students ages 13-17 years.....	August 4-5-6; 9:00 am to 12:00 noon
<i>Mind Target Class for Boys ages 8-11</i> ...	Class meets 6 times .....	07/09, 07/16, 07/30, 08/06/, 08/13, 08/20; 5:00-6:00pm
<i>Skills for Middle School Success</i> .....	Session 1: Parent Meeting.....	August 5; 4:00-5:30 pm
	Parent/Student #1 Motivation .....	August 12; 4:00-5:30 pm
	Parent/Student #2 Attention & Mindfulness..	August 13; 4:00-5:30 pm
	Parent/Student #3 Managing Academic Life...	August 14; 4:00-5:30 pm
<i>Skills for Middle School Success</i> .....	Session 2: Parent Meeting.....	August 11; 4:00-5:30 pm
	Parent/Student #1 Motivation .....	August 19; 4:00-5:30 pm
	Parent/Student #2 Attention & Mindfulness..	August 20; 4:00-5:30 pm
	Parent/Student #3 Managing Academic Life...	August 21; 4:00-5:30 pm





# Community Resources, Trainings & Events



- ◆ 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](mailto:contact@oregonfamilytofamily.org), or visit [www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org).

### Servicios para familias de habla hispana:

Muchas familias en Oregon comparten la experiencia de tener un hijo con necesidades especiales o enfermedades crónicas, y puede ser de ayuda hablar con alguien que ha estado en su situación. Cuando se comunica al Centro de Información de Salud “Familia a Familia” de Oregon, se conecta con un miembro de familia con experiencia como la de usted. Ofrecemos información, educación y recursos en cualquier lugar del estado. Se le puede ayudar a entender y navegar los sistemas que sirven a su hijo.

Llame a los contactos que siguen para ayuda: El área de Medford/Swindells Center: Kathy Keese, 541-732-5958  
Las otras áreas del estado de Oregon: Teresa Gómez, 1-855-323-6744

## A Peer to Peer Parent Group Collaborative Problem Solving Parent Series

*Workshops for parents and other caregivers of children with challenging behaviors: Understanding our children better.*

**Newberg (Location to be determined)**

- CPS 1 → 3 Tuesdays (07/08, 07/15, 07/22) ◆ 9:00 am-12:00 noon  
*Introduction to Collaborative Problem Solving—Philosophy, Thinking Skills, 3 Plans, Proactive Planning, How to Begin?*
- CPS 2 → 3 Tuesdays (07/29, 08/05, 08/12) ◆ 9:00 am-12:00 noon  
*In-depth look at 3 plans and how to use them*

In addition, there will be a Support Group in the Park, so kids can play while parents talk, being offered for those who want support with CPS on Thursdays, 10:00 am to 12:00 noon. The focus will be on practice, role-playing, review, and self-care.

Space is limited. Please pre-register with Jan Urton, Yamhill County Family Support Partner, at 503-435-9107 or 503-434-7462. Co-Sponsored with Yamhill Co. Family & Youth Programs and OFSN.

## Child Behavior Online Study (Ages 0-18)

Are you an adoptive or foster parent? If so, you are needed to help us learn more about the effects of recreational and prescription drug use during pregnancy. This anonymous online research takes approximately 30 minutes and involves answering questions about your child’s history and behavior. Parents with children that were and also were **not** exposed to drugs during early development are needed.

<https://www.surveymonkey.com/s/allparentsurvey>

For more details, please contact Melissa Birkett, PhD, Department of Psychology, Northern Arizona University, at [melissa.birkett@nau.edu](mailto:melissa.birkett@nau.edu), or Brian Piper, PhD, Husson University School of Pharmacy, at [piperbj@husson.edu](mailto:piperbj@husson.edu).



## 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](http://www.otac.org)

OTAC promotes full participation in community life for individuals with disabilities, seniors and their families through the delivery of training, technical assistance and related services. 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](http://www.otac.org). Some OTAC trainings have a cost to participants. Registration and information at [www.otac.org](http://www.otac.org) → Click on “Training Information.”

*Planning for “What’s Next?”* ..... July 10, 6:00-8:00 pm.....Astoria  
*Structure in the Home and Community, a Simple Approach*..... July 14, 5:45-7:45 pm..... Eugene  
*Structure in the Home and Community, a Simple Approach*..... August 6, 5:30-7:30 pm ..... Milwaukie



# 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*

**NRCPPC Teleconferences/Webinars:** NRCPPC 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. NRCPPC 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.

**NRCPPC Webcasts:** NRCPPC 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.

Visit [www.nrcppc.org](http://www.nrcppc.org) and click on "Teleconferences/Webinars and Webcasts" for a complete listing.

## Family Network Summer Events

### Central Oregon Disability Support Network

Support Group – Meets Monthly  
Bend: 4th Tuesday of the month, 6:00-7:30 p  
C.A.S.T. for Kids (Fishing Day)  
Prineville: Sunday, July 13, 9:00 am-2:00 pm



### Family and Community Together (FACT)

WOU Early Childhood Inclusion Institute  
-Monmouth: August 12-15  
-Hillsboro: September 20  
Dyslexia-Fresh Start for Fall  
Online Learning Opportunities at [www.factoregon.org](http://www.factoregon.org)



### ROCCOS Family Network

Parent Trainings  
-Positive Behavior Support: August  
-Special Education Summit: September  
Community Workshops  
-Person-First Awareness: August  
Events and Activities  
-Coffee Connections/Cool Conversations: Ongoing  
-Meet Us at the Movie (Outdoor): August



### Creating Opportunities

Ice Cream Social Meet & Greet  
-Monmouth, Polk Co.: July 7  
-McMinnville, Yamhill Co.: July 14  
-Keizer, Marion Co.: July 21  
Strengthening Family & Friends  
-Dallas, Polk County: July 8, 6:30 pm  
"Happy to be Me" Regional Event  
-Salem, Marion Co.: August 16



### Families Connected

2nd Annual Summer Coop  
-Multiple dates and locations  
-Contact [sydney.shook@arclane.org](mailto:sydney.shook@arclane.org)



### Families for Community

TGIF Bowling, Fridays at 4:00 pm  
-Lava Lanes, Medford  
Annual Waterslide/Potluck Event  
-Emigrant Lake Waterslides  
Highway 66, Ashland, July 17, 6:00-9:30 pm





## 2014 Adoption-related Summer Camps

- Camp to Belong NW** August 25-30 (*Session 2*). A summer camp dedicated to reuniting brothers and sisters who are placed in separate foster, adoptive or kinship homes. Visit [www.campbelongoregon.org](http://www.campbelongoregon.org) for more information.
- Chosen International** December 30-January 1. *"Touched by Adoption" Winter Teen Camp* (adopted teens ages 13-19 adopted domestically or internationally at any age). Visit [www.choseninternational.org](http://www.choseninternational.org) for more information.
- Heritage Family Camp** *Domestic Adoption Camp*, July 24-27. A camp for children adopted transculturally through domestic adoption. Additional camps offered for children adopted transracially from other cultures. Visit [www.heritagecamps.org](http://www.heritagecamps.org).
- Holt International** *Adoptee Camp*, July 13-17. A camp for international or transracial adoptees ages 9-16. Campers share experiences while exploring issues of adoption, race, and identity development. *Day Camp*, July 16. A single-day program of workshops, activities and games for adoptees and their parents to help foster new skills to talk about adoption. Visit [www.holtinternational.org](http://www.holtinternational.org) for more information.



**NAFA Campout 2014**, July 11-13, Nehalem Bay State Park, Oregon Coast. Join your NAFA friends at the beach! If you aren't able to come for the whole weekend, join NAFA for the day on Saturday, July 12th. Call Reservations Northwest at 1-800-452-5687 or visit [www.oregonstateparks.org](http://www.oregonstateparks.org). Cost per camping site is \$32.00 a night. Day use is available for \$5.00 per vehicle. Visit [www.nafaonline.org](http://www.nafaonline.org) for more information.



### **Let's Go Camping!** **Oregon Parks & Recreation Department**

*Let's Go Camping!* is a fun-filled weekend camping adventure for families NEW to camping and families that could use a refresher. For families without their own equipment, *Let's Go Camping!* provides a tent, sleeping bags, sleeping bag liners, mattress pads and use of a camp stove for the weekend at no extra cost. There are 12 weekend events scheduled at various state parks. Campers can choose to arrive on Friday afternoon after 4:00 p.m. or by 10:00 a.m. on Saturday morning when activities begin. Events end by 12:00 noon on Sunday. One vehicle is allowed per family. There is an event focused on Latino families held at Nehalem Bay state park on July 25-27.

These are very secure events with ranger-led activities, staff members and trained volunteers on hand to assist you around the clock. These events have been very popular with single parents, families on a budget, and seniors. The cost for the entire family is \$30 for the weekend. Pre-registration and payment are required. Call 1-888-953-7677 to register and/or for more information. Families bring their own food. Please, no pets, alcohol or electronic games. Come have fun, make some great memories with your family outdoors! Visit:

[http://oregonstateparks.org/index.cfm?do=thingstodo.dsp\\_letsGoCamping](http://oregonstateparks.org/index.cfm?do=thingstodo.dsp_letsGoCamping)

There are also new *Let's Go* activities held this summer in nearby Oregon state parks which include: kayaking, canoeing, hiking, stargazing, birding, or fishing for a few hours. The equipment, instruction and leadership is provided so families can relax and enjoy the day. Activities are open to ages 8 and up (children under 14 need an adult with them), and almost all are free! To find upcoming activities near you, visit [www.oregonstateparks.org](http://www.oregonstateparks.org) and click on "Things To Do" or call 1-800-551-6949.

### ***¡Vamos a Acampar!***

#### ***Parque Estatal de Nehalem Bay***

*¿Tiene usted curiosidad sobre acampar?  
¿No tiene el equipo para necesario?*

El Departamento de Parques y Recreo del estado de Oregon ofrece una excursión de campamento lleno de diversión para participantes de todas edades. Con equipo adicional, lecciones prácticas, y mucho más, el programa *¡Vamos a Acampar!* ("*Let's Go Camping!*") hace que acampar sea fácil, agradable y divertido para toda la familia. Las actividades se enfocan en:

- ✓ *Lección básica de acampar*
- ✓ *Caminatas por senderos naturales e identificación de plantas*
- ✓ *Historias y cuentos*
- ✓ *Cocina en olla de hierro y seguridad contra los incendios*

El campamento específico para familias latinas:  
Sábado y Domingo, 26 a 27 de julio de 2014  
Parque Estatal de Nehalem Bay

Inscripción y más información:  
Favor de llamar al número gratis 1-888-953-7677 o visite [www.oregonstateparks.org](http://www.oregonstateparks.org) y haga un clic en "*Let's Go Camping!*"