

ORPARC's National Adoption Day Celebration... a Success!

Our "Open House Adoption Celebration" resulted in many big and beautiful smiles! Highlights included facepainting by **Emiliaz Facepainting**, **The Loprinzi Family Violinists**, and Fred Meyer's "**Fred Bear**." We are so grateful to our fantastic photographers **Jennifer Lynn Photography** and **Kerry McQuaid Photography** for their time and beautifully crafted family portraits, including candid photos by **Jill Thornton Photography** with prints by **Washington Street DocuMart**.

Much appreciated donors and friends included: *In Memory of Alice Renner; Art a la Carte; Avenue 30; The Craft Factory; Craigmere Creations; Center for Adoption Support and Education (C.A.S.E.); The David Family; Franz Family Bakery; G6 Airpark; Hello Gorgeous; Jockey Being Family/Jockey International; Ladies of the Club Book Club; The Learning Palace; Merry Kitchen; Melissa Hart; Oregon Post Adoption Resource Center (ORPARC) Staff; New Seasons Market – Grant Park; Papa Murphy's Pizza; Play after Play; The Portland Aquarium; Portland Children's Museum; Portland's Culinary Workshop; Redmond Reams, PhD; Saint Cupcake; Slappy Cakes; and Thinker Toys.*



We love and celebrate our helpful volunteers: Kathy & Zoe Steiner; Erin Burbridge; Sarah Cantor; Lisa, Anna & Sean Chronister; D.D. Thomas; Laraiha Williams; and PSU Intern Rachael Umpberger. **Finally, a big thank you to Oregon's adoptive families!**

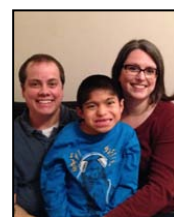


Voice for Adoption SPEAKING OUT FOR OUR NATION'S WAITING CHILDREN 2014 Adoptive Family Portrait Project

In November, together with ORPARC, Voice for Adoption's (VFA) 2014 Adoptive Family Portrait Project once again celebrated families who have adopted children from foster care. This annual project raises awareness among members of Congress about the real experiences of families adopting children who have spent time in the foster care system.

Seven participating families from Oregon shared their stories along with a family portrait. Each family was matched with a Senator or Representative from their home state or district. The portraits and stories were featured on display in the Capitol office of each family's respective Senator or Representative during November, National Adoption Month. This is the fourth year Oregon had full participation from all seven of our members of Congress.

***Congratulations and thank you to these special families,
 and the Oregon legislators, who participated!***



New Online Adoptive Parent Support Group sponsored by ORPARC!

ORPARC's new Online Parent Group is a welcoming, private web-based forum for Oregon's adoptive and assisted guardianship families eligible for ORPARC services. Members can connect with other parent peers in a safe and convenient environment, moderated by ORPARC Family Support Specialists.



Members can ask questions, share experiences, offer suggestions, and celebrate the joys and triumphs of adoptive parenting while supporting one another through the challenges. For more information or to join the private Facebook group, please contact Arah Gould, ORPARC Family Support Specialist, at 503-241-0799 or email agould@nwresource.org.

Meet Arah Gould!



ORPARC is delighted to officially introduce Family Support Specialist Arah Gould! While Arah has been with ORPARC for quite some time, she still might be a newer face to some. As a professional counselor, Arah brings incredible warmth and empathy to her work, and is enjoying getting to know Oregon's adoptive and guardianship families.

Newsletter via email?



If you would like to receive our newsletter and mailings via email, please email orparc@nwresource.org with your name, address and email.

Receiving the newsletter via email helps us curb our printing and mailing costs so that we can better serve families in other ways.

Support the growing ORPARC Library!

Fred Meyer Community Rewards Program

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



Federal Adoption Tax Credit for Special Needs Adoptions

Since 2003, families who adopted a child with special needs from foster care could claim a federal adoption tax credit even if they had no adoption expenses. Children who receive adoption assistance/subsidy benefits are considered children with special needs. The tax credit was refundable for 2010 and 2011, but not for 2012 or future years. A refundable tax credit is one you get back regardless of what you owe or paid in taxes for the year. When the credit is not refundable, you receive only what you have in federal income tax liability. However, as of October 16, 2014, families who adopted children in 2010 or earlier will not benefit. The amount of credit for each child is based on the year the adoption finalized:

Year Adoption Finalized: 2014 = \$13,190 | 2013 = \$12,970 | 2012 = \$12,650 | 2011 = \$13,360

Although the credit isn't refundable, families who finalized an adoption in 2014 are encouraged to submit IRS Form 8839 ("Qualified Adoption Expenses") with their 2014 taxes even if they do not have tax liability. And while families will not receive an adoption credit refund with their 2014 taxes, the credit can be carried forward up to five (5) additional years, and families might benefit later if their tax situation changes or if the credit is made refundable in the future.

Families can now **E-file** their 2014 federal tax returns and include IRS Form 8839, which was not an option in previous years. Instructions for Form 8839 can be downloaded from the IRS website or you can call ORPARC to obtain both the instructions and Form 8839.

For more information, forms and updates, contact ORPARC at 1-800-764-8367 or visit www.nacac.org. IRS information is available at www.irs.gov, type "Adoption Credit" in the Search box.

ORPARC Trainings

Visit 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.

Navigating Family Connections

Thursday, February 12, 2015 ♦ 6:00 to 7:30 pm ♦ Clackamas

Adoption Support Group ♦ Facilitated by Beth Girard, 503-731-4096
Department of Human Services ♦ North Clackamas Child Welfare Office
16440 SE 82nd Drive, Clackamas, OR 97015

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.

Friday, February 13, 2015 ♦ 9:00 am to 3:00 pm

Portland Providence Medical Center ♦ Cancer Center

4805 NE Glisan Street, Portland, OR 97213

Collaboration between ORPARC & Swindells Resource Center

Bullying Symposium Bullying of Children with Special Health Needs: It Needs to Stop!

You are invited to attend this free event for families and caregivers. This symposium will help enhance awareness of the psychological and environmental factors that create bullying and school violence, particularly among children who experience special health needs.

9:00-10:30 am.....*Peer Relationships During a Unique Childhood: Skills for Surviving and Thriving*

10:45 am-12:00 noon.....*Panel of Experts*

12:00-3:00 pm.....*Resource Fair*

Register to attend this event at www.providence.org/classes, click on "online class catalog" and search by class name for "Swindells Center—Bullying! It must stop!—Portland." To register by phone, call 503-215-2429 or 1-800-833-8899 ext. 52429. Spanish language registration and interpretation services are available; please call 503-574-6595 before February 1st. Limited childcare is available for this event; call 503-215-5400 to reserve a space. There is a \$25.00 fee for a certificate of attendance.

Adoption Onstage!

Local psychologist Redmond Reams, PhD,

speaks up on adoption, his upcoming play and the arts.

What got you interested in writing plays about the adoption of a special needs child? My interest started when I led trainings for caseworkers and foster parents about the mental health of infants and toddlers in foster care. I wanted some way to communicate about the inside emotional life of a young child who had experienced trauma, the loss of a home and move to a new place; and what it felt like to be so young and helpless and not understanding the bigger world. So I wrote some monologues from the young child's point of view and acted them out in the trainings. That led me to think of putting the monologues together into some sort of one-person stage play. At that time, I counseled adoptive parents when their relationships with their newly adopted child had gotten off-track. The parents had gone into the adoption with high hopes, eager to give their love, yet the child struggled to receive and reciprocate that love directly -- it was heartbreaking. As a playwright, I recognized that these two intersecting emotional narratives could provide a compelling play. That was the genesis of my first play "Shadows."

Why do you think stage plays are a good vehicle for helping audiences learn more about trauma and adoption? We all want to see children as happy, and childhood as a carefree time. We tend to avoid the reality that for some children there is an overwhelming level of pain, confusion, terror, and helplessness. We do not want to see that or by contact with it feel overwhelmed ourselves. In the mainstream culture, adoption is still something of a mystery, especially the emotional experiences of those going through it.

When we go to live theatre we open ourselves up to learning about the inner lives of the characters we are going to see. If we know the play is a drama, then we ready ourselves to see and experience some painful emotions. Because it is live and not on a screen, it is a more real, immediate emotional experience.

You have written two plays about the same boy, Mark. How are they different? "Shadows" followed Mark from his abusive birth home to foster care to an adoptive home where he felt scared and didn't yet trust his adoptive parents to be safe. We see Rachel and Tom move from their pain over a miscarriage, through the decision to adopt and welcoming Mark, to their frustration and pain over not connecting with him. In the last part of the play, all three learn how to connect better with some help. In "Threshold," Mark, now five years old, feels safe with his parents but kindergarten looms and he fears the larger world. Tom and Rachel differ strongly over how much to push Mark versus to accommodate to his fears. Mark's fear leads him to "run away" and the play looks at how all three learn how connection can help with fear and danger.

How can we go see "Threshold" if we want to? There will be two performances of "Threshold" on January 30, 2015 at Hipbone Studio (1847 East Burnside Street, Portland, OR 97214):

-7:00 pm: Featured with "The Conditions of Unconditional Love"

-9:00 pm: The play "Threshold" and post-play discussion

Tickets: <https://www.boxofficetickets.com/bot/wa/event?id=238195>

Download our complete newsletter at www.orparc.org

ORPARC Training – Save the Date!
Saturday, May 16, 2015 ♦ 9:00 am to 3:00 pm
 Portland Providence Medical Center
 Cancer Center Amphitheater
 4805 NE Glisan Street, Portland, OR 97213



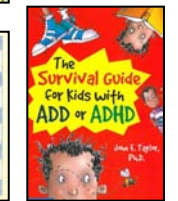
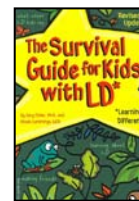
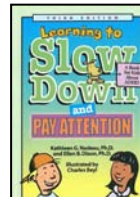
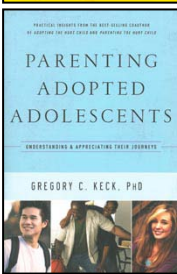
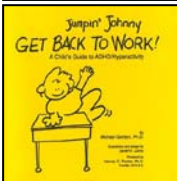
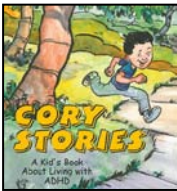
Special thanks to the Patton family, Sue Hyde, and Toni Ferguson for donating so many of their wonderful, loved books to ORPARC!



What's new in the ORPARC Library

Books for Children and Teens

- 📖 *Cory Stories: A Kid's Book about Living with ADHD*
- 📖 *Jumpin' Johnny Get Back to Work: A Child's Guide to ADHD/Hyperactivity*
- 📖 *Learning to Slow Down and Pay Attention: A Book for Kids About ADHD*
- 📖 *My Brother's a World-Class Pain: A Sibling's Guide to ADHD/Hyperactivity*
- 📖 *A Place in My Heart*
- 📖 *The Survival Guide for Kids with ADD or ADHD*
- 📖 *The Survival Guide for Kids with LD (Learning Differences)*

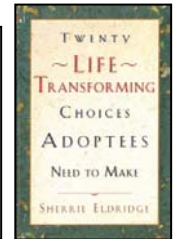


Books for Parents & Professionals

- 📖 *Ghosts from the Nursery*
- 📖 *Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys*
- 📖 *Twenty Life-Transforming Choices Adoptees Need to Make*
- 📖 *Wild Within: How Rescuing Owls Inspired a Family*

DVDs

- 📺 *The Dark Matter of Love (DVD)*



'Trusting' May Be a Life-Long Process

by Bryan Post, www.postinstitute.com

Because of my own abandonment, foster care and adoption, I may struggle to trust other adults for the rest of my life simply because I've associated other people with fear and abandonment from my earliest moments. I don't trust that anyone can meet my needs or keep me safe. My earliest imprints tell me that the best way to survive is by taking care of myself, not by letting someone else take care of me.

All this happens at the unconscious level, that is, at the level of physiology and brain chemistry. When I move into that fear state, my cortisol and adrenaline surge and my amygdala goes into high alert. This overloads the ability of my thinking brain, the prefrontal cortex, to correctly evaluate what's really going on. However, the prefrontal cortex doesn't usually just give up. Instead, it tries to explain this surge of emotion. Instead of thinking, "This situation has reminded me of the time when I was a baby and my mother went away," it decides, "This person has said something so hurtful and hateful that I have to push him away and make sure he never comes back." This explains those troubling moments in a relationship when one person says something innocent and the other becomes furious.



Community Resources, Trainings & Events



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

EASTERN REGION

February 12	<i>Facilitating Developmental Attachment</i>	Umatilla	541-564-4493, irma.deanda@state.or.us
February 12	<i>Vicarious Trauma: Surviving as a Caregiver</i>	The Dalles	541-565-3014, susan.lissman@state.or.us
February 12	<i>Understanding the Sexual Behaviors of Children</i>	Umatilla	541-564-4493, irma.deanda@state.or.us
February 26	<i>Executive Functions: Stop, Look and Listen</i>	La Grande	541-963-8571 x 426, susan.lemon@state.or.us
March 2	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
March 9	<i>Foster Parents and the Juvenile Court</i>	Prineville	541-447-6207, jeanine.hilburn@state.or.us
March 9	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
March 12	<i>Behavior: Pouting to Punching</i>	Bend	541-548-9482, patricia.hoda@state.or.us
March 16	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
March 17	<i>Behavior: Pouting to Punching</i>	Burns	541-575-0728 x 248, sarah.hatfield@state.or.us
March 18	<i>Behavior: Pouting to Punching</i>	Ontario	541-889-9194 x 317, louise.schneider@state.or.us
March 19	<i>Parenting to a Child's Temperament</i>	Umatilla	541-966-0857, jyl.hobbs@state.or.us
March 24	<i>Caregiver's Guide to Bullies, Victims & Bystanders</i>	Hood River	541-565-3014, susan.lissman@state.or.us
March 30	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
April 6	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
April 13	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
April 20	<i>Good Times for Tweens & Teens</i>	Madras	541-325-5580, roya.leriche@state.or.us
April 20	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
April 27	<i>Caring for Children who have Experienced Trauma</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
May 21	<i>Caregiver's Guide to Bullies, Victims & Bystanders</i>	La Grande	541-963-8571 x 426, susan.lemon@state.or.us
May 21	<i>Helping Children with Visitation</i>	Bend	541-548-9482, patricia.hoda@state.or.us

SOUTHERN REGION

January 21	<i>CPR & First Aid</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
January 22	<i>Helping Children with Visitation</i>	Medford	541-858-3181 x 258, stacy.fountain@state.or.us
January 26	<i>Memory: Development & Stimulation</i>	Klamath Falls	541-850-6807, lori.oconnor@state.or.us
January 28	<i>Building Resilience for Children in Care</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
February 9	<i>Behavior: Pouting to Punching</i>	Grants Pass	541-956-2983, kyndra.burdiss@state.or.us
February 17	<i>Behavior: Pouting to Punching</i>	North Bend	541-756-5500 x 259, patrice.perez@state.or.us
February 18	<i>Effects of Trauma on Learning in Children 0-18</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
February 23	<i>Effects of Trauma on Learning in Children 0-18</i>	Klamath Falls	541-850-6807, lori.oconnor@state.or.us
February 24	<i>School, Homework and Success</i>	Roseburg	541-464-2063, mary.kay.skourup@state.or.us
March 11	<i>Facilitating Developmental Attachment</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
March 16	<i>Supporting Children Exposed to Domestic Violence</i>	Medford	541-858-3181 x 258, stacy.fountain@state.or.us
March 18	<i>CPR & First Aid</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
March 23	<i>Parenting Children with ADD/ADHD Advanced</i>	Klamath Falls	541-850-6807, lori.oconnor@state.or.us
April 4	<i>Trauma Informed Parenting</i>	Medford	541-858-3181 x 258, stacy.fountain@state.or.us
April 7	<i>The Foster to Adoption Shift</i>	Roseburg	541-464-2063, mary.kay.skourup@state.or.us
April 20	<i>Strategies for Successful Fostering</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
April 21	<i>Facilitating Developmental Attachment</i>	North Bend	541-756-5500 x 259, patrice.perez@state.or.us
April 24-25	<i>Behavior Crisis Management Training (2 days)</i>	Klamath Falls	541-850-6807, lori.oconnor@state.or.us
25 de abril	<i>Crianza Divertida y Creativa</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
May 20	<i>CPR & First Aid</i>	Springfield	541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
May 20	<i>Fetal Alcohol Spectrum Disorder Fundamentals</i>	Klamath Falls	541-850-6807, lori.oconnor@state.or.us
June 2	<i>Caregivers and Caseworkers Teaming</i>	Roseburg	541-464-2063, mary.kay.skourup@state.or.us
June 23	<i>Helping Children with Visitation</i>	North Bend	541-756-5500 x 259, patrice.perez@state.or.us



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, D2.MetroTrainingCenter@state.or.us

January 14	<i>Behavior: Pouting to Punching</i>	March 28	<i>CPR & First Aid</i>
January 24	<i>Trauma Informed Parenting</i>	April 2	<i>Nurturing the Infant in Care: Birth to 24 Months</i>
February 11	<i>Early Childhood & Brain Development</i>	April 9	<i>Caring for the Sexually Abused Child</i>
February 25	<i>Relative Caregivers</i>	May 1	<i>Parenting to a Child's Temperament</i>
February 27-28	<i>Behavior Crisis Management Training (2 days)</i>	May 13	<i>Permanency Options for Caregivers</i>
18 de marzo	<i>Comunicación Efectiva</i>	June 4	<i>Foster Parents and the Juvenile Court</i>

WESTERN REGION

January 14	<i>Caring for the Sexually Abused Child</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
January 15	<i>Parenting in the Digital Age</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
January 22	<i>CPR & First Aid</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
January 28	<i>Managing Difficult Behaviors in Young Children</i>	St. Helens	503-366-8330, brittany.stout@state.or.us
January 30-31	<i>Behavior Crisis Management Training (2 days)</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
February 10	<i>Building Resilience for Children in Care</i>	Astoria	503-325-9179 x 328, suzanna.vermeul-wilson@state.or.us
February 10	<i>Executive Functions: Stop, Look and Listen</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
February 11	<i>Common Mental Health Issues for Teens in Care</i>	McMinnville	503-474-5606, greg.reichenberger@state.or.us
February 12	<i>Methamphetamine Endangered Children</i>	Clackamas	971-673-7361, julia.buzzard@state.or.us
February 21	<i>CPR & First Aid</i>	Albany	541-791-5748, dan.l.benson@state.or.us
February 26	<i>Adoption Issues throughout Life</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
March 3	<i>Caregiver's Guide to Bullies, Victims & Bystanders</i>	Dallas	503-831-6313, elli.k.kataura@state.or.us
March 3	<i>Emotional Intelligence: What is it, Why we need it</i>	Tillamook	503-842-5571 x 306, sandra.d.koops@state.or.us
March 10	<i>Parenting a Child with Special Needs</i>	Lincoln City	541-265-8557 x 222, jamie.m.auborn@state.or.us
March 14	<i>CPR & First Aid</i>	McMinnville	503-474-5606, greg.reichenberger@state.or.us
March 26	<i>Strong Parents/ Strong Children</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
April 14	<i>Vicarious Trauma: Surviving as a Caregiver</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
April 16	<i>Loss and Grief</i>	Dallas	503-831-6313, elli.k.kataura@state.or.us
April 16	<i>Facilitating Developmental Attachment</i>	Albany	541-791-5731, sarah.c.davis@state.or.us
April 17	<i>The Foster to Adoption Shift</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
May 12	<i>Caregiver's Guide to Bullies, Victims & Bystanders</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
May 12	<i>Behavior: Pouting to Punching</i>	Astoria	503-325-9179 x 328, suzanna.vermeul-wilson@state.or.us
May 18	<i>Foster Parents and the Juvenile Court</i>	Dallas	503-831-6313, elli.k.kataura@state.or.us
May 26	<i>Vicarious Trauma: Surviving as a Caregiver</i>	Tillamook	503-842-5571 x 306, sandra.d.koops@state.or.us
June 9	<i>Child Development: The Tween Puzzle</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
June 13	<i>CPR & First Aid</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
June 15	<i>Parenting in the Digital Age</i>	Dallas	503-831-6313, elli.k.kataura@state.or.us

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

<u>Morning NetLink Trainings</u>	<u>8:30 a.m. to 12:00 noon</u>	<u>Evening NetLink Trainings</u>	<u>5:30 p.m. to 9:00 p.m.</u>
<i>Nurturing the Infant in Care: Birth to 24 Months</i>	January 22	<i>Relative Caregivers</i>	January 13
<i>Child Development: Toddlers through Pre-Tweens</i>	February 19	<i>Caregiver's Guide to Adolescent Sexuality</i>	February 24
<i>Child Development: The Tween Puzzle</i>	March 26	<i>Facilitating Developmental Attachment</i>	March 31
<i>Common Mental Health Issues for Teens in Care</i>	April 7	<i>Enhancing Teen Attachment</i>	May 19
<i>Child Development: Teens to Young Adulthood</i>	April 23	<i>Confidentiality Issues for Caregivers</i>	June 25
<i>Fetal Alcohol Spectrum Disorder Fundamentals</i>	May 14	<i>Permanency Options for Caregivers</i>	July 14
<i>Fetal Alcohol Spectrum Disorder Advanced</i>	June 11	<i>Educational Rights of Children</i>	August 27
<i>Loss and Grief</i>	July 16		



Community Resources, Trainings & Events



Swindells Resource Center of Providence Child Center 2015 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 1-800-833-8899 ext. 52429 (toll-free), or email Swindells@providence.org for more information.

Providence St. Vincent Medical Center, Souther Auditorium, 9135 SW Barnes Road, Portland, OR 97225

January 17 *Sibshops: Brothers & Sisters ages 8-12 with special development needs*

Jan. 20-Feb. 24 *Developing Our Children’s Skills (6-week parenting class)*

March 12 *How Language & Planning Strategies Support Children with Sensory Processing Disorders*

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

January 22 *Sensory Strategies for Improving Behavior at Home and School*

January 27 *Addressing Challenging Behavior in Community Settings (“Social Room” of Portland Medical Center)*

February 12 *A Multidisciplinary Approach: Cognition, Auditory Processing and Attention*

April 9 *Natural Medicine for SPD: Realistic Diet Changes & Nutritional Support for Your Sensory Kids*

May 14 *Positive Discipline: Principles & Strategies for Your Family*

Providence Newberg Medical Center, 1001 Providence Drive, Newberg, OR 97132

Jan. 19-Feb. 23 *Developing Our Children’s Skills (6-week class)*

Best practices in diverse communities: Special Needs and Latino Families

Friday, January 23, 2015 ♦ 8:30 a.m. to 4:00 p.m.

Medford Public Library, Large Conference Room, 205 S Central Avenue, Medford, OR 97501

A free professional development symposium for caregivers of Latino children who experience disability. It will enhance awareness and identify culturally and linguistically appropriate strategies and best practice to support these children and families. Symposium speakers include:

- ♦ Registration & Resources (8:00 a.m.)
- ♦ Panel Discussion
- ♦ Latino Cultural Considerations and Beliefs
- ♦ Changing Demographics of the Oregon Latino Community
- ♦ Keynote Speaker: Use of Interpreters and Linguistically and Culturally Appropriate Evaluation Instruments
- ♦ Recruitment and Retention of Bilingual Employees/Providers

Register with Kathy Keese, Swindells Resource Center, at 541-732-5958 or email katherine.keese@providence.org. Spanish language registration and interpretation services are available.



Webinar Series for Adoptive Families

Attachment-focused Parenting: Create a PLACE with your Children

Live Webinar: Thursday, February 5th ♦ 7:00-8:00 pm

Register at: www.adoptionlearningpartners.org

Secure parent-child attachments are essential to healthy child development, but often adoption can present challenges to the process. World renowned attachment expert Dr. Dan Hughes shares family-centered strategies using the PLACE framework (Playfulness, Love, Acceptance, Curiosity, Empathy). These strategies will help you learn how to connect to your child as a toddler, tween and teen and maintain a secure attachment relationship. Topics covered:

- ♦ Advice on connecting with your child through their development
- ♦ Expert insights into attachment and attunement
- ♦ Information on finding professional support and resources



Community Resources, Trainings & Events



Family and Community Together (FACT) is a family leadership organization for individuals and their families experiencing disability, working collaboratively to facilitate positive change in policies, systems, and attitudes through family support, advocacy, and partnerships.

☎ 503-786-6082 ♦ ☎ 1-888-988-FACT (3228)

✉ info@factoregon.org ♦ 🌐 www.factoregon.org

January 15.... Transition to Adulthood.....	5:30-8:00 pm	Tigard
January 15.... Exceptional Learner Resource Fair.....	5:00-8:00 pm	Molalla
January 15.... Launch: Preparing for the Transition into Adulthood.....	5:30-8:30 pm	Tigard
January 20.... Preparing for a Successful Transition to Kindergarten.....	5:30-7:00 pm	Redmond
January 21.... FACT Meet-and-Greet over Coffee and Snacks.....	5:00-6:00 pm	Tillamook
January 22.... How County and Community Supports Come Together to Make a Whole Life (Panel).....	6:00-7:30 pm	Gresham
January 22.... Understanding the IEP: Development, Process and Your Critically Important Role.....	6:30-8:30 pm	Burns
January 25.... Friends & Family Access Mornings @ Portland Children's Museum.....	8:30-9:30 am	Portland
January 27.... Preparing for a Successful Transition to Kindergarten.....	5:30-7:00 pm	Bend
February 5.... Preparing for a Successful Transition to Kindergarten.....	5:30-7:00 pm	Clackamas
February 8.... Sensory-friendly Performance of Northwest Children's Theater's "The Jungle Book".....	4:00-6:00 pm	Portland
February 10... It Starts with a Dream: Use a Person-centered Planning Approach to Create a One-page Profile	5:30-7:30 pm ..	Sweet Home
February 17 .. DD Advocacy Days: Focus on Employment with Oregon APSE.....	9:30 am-1:30 pm	Salem
February 17 .. Preparing for a Successful Transition to Kindergarten.....	5:00-7:30 pm	St. Helens
February 22 .. Friends & Family Access Mornings @ the Portland Children's Museum.....	8:30-9:30 am	Portland
March 5..... Preparing for a Successful Transition to Kindergarten.....	6:00-8:30 pm ..	Lane County
March 9..... DD Advocacy Days: Focus on Families with Oregon Consortium of Family Networks.....	9:30 am-1:30 pm	Salem

FACT Special Education Regional Conference for Families, Educators and Community Partners!

Saturday, February 28, 2015 ♦ 8:30 a.m. to 4:30 p.m. ♦ Register at www.factoregon.org/calendar

Seven Feathers Casino Resort, 146 Chief Miwaleta Lane, Canyonville, OR 97417

Free for family members & caregivers | \$25.00 for professionals | Meals included

For questions, please call 503-786-6020 ext. 308, 1-888-988-3228, or email registration@factoregon.org.



Save the Date!

"Touched by Adoption" Teen Camp

Labor Day Weekend
September 4-6, 2015

For more information and updates about Chosen International events, visit:

www.choseninternational.org



NACAC Webinars

Fees for each webinar are \$15 for NACAC members and \$20 for non-members. Fees are non-refundable. Learn more at:

<http://www.nacac.org/about/membership.html>

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.

- ♦ Healing from Food Insecurity: Beyond the Stash
- ♦ Helping Children Manage Feelings and Behaviors
- ♦ Parenting Children Who Have Been Prenatally Exposed
- ♦ 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
- ♦ The Teen Years: Brain Development, Impact of Trauma on Growth, Strategies
- ♦ Understanding The Acting-Out Behavior of Your Adopted Children
- ♦ Adoption Tax Credit
- ♦ Parenting the Hurt Child

Advocating for Adoption Assistance

Free Webinar ♦ February 2, 2015 ♦ 12:00 p.m. (Pacific Time)

Presented by Josh Kroll, NACAC Adoption Subsidy Resource Center Coordinator

Register at <https://attendee.gotowebinar.com/register/505046733908534530>



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, or visit 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



Oregon Technical Assistance Corporation

3886 Beverly Avenue NE, Building I, Suite 21, Salem, OR 97305-1373
① 503-364-9943 (telephone) ◆ ① 503-364-1939 (fax) ◆ 📧 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. Some OTAC trainings have a cost to participants. Registration and information at www.otac.org → Click on “Training Information.”



Oregon Consortium of Family Networks (OCFN)

Families building community; Creating futures

OCFN is a project of the Oregon Council on Developmental Disabilities and the Office of Developmental Disability Services.

There are seven family-driven organizations that are working hard all around the state to connect families and build communities for children and youth who experience disability. Each of these networks creates opportunities for families to connect in many ways such as through fun activities in the community, one-to-one conversations, small group conversations, or through learning/training activities. Contact the Family Network in your area for more information.

1. **Central Oregon Disability Support Network (CODSN):** Serving Deschutes, Crook and Jefferson counties.
Contact: 541-548-8559, dianna@codsn.org
2. **Creating Opportunities:** Serving Polk, Yamhill and Marion counties. Contact: 503-559-3674
3. **Families Engaging and Thriving Together (FEATT):** Serving Douglas County. Contact: 541-670-2750, jill@featt.org
4. **Family and Community Together (FACT):** Serving Clackamas, Clatsop, Columbia, Hood River, Lincoln, Multnomah, Tillamook, Wasco and Washington counties. Contact: 503-786-6082; 1-888-988-3228 ext. 302
5. **Families for Community:** Serving Jackson and Josephine counties. Contact: kimberly@familiesforcommunity.org
6. **ROCCOS Family Network:** Serving Gilliam, Wheeler, Morrow, Grant, Harney, and Lake counties.
Contact: dana@roccosfamilynetwork.org
7. **Families Connected:** Serving Lane County. Contact: 541-343-5256, laura.dahill@arclane.org



Community Resources, Trainings & Events



The Center for Adoption Support and Education *Strengthening Your Family Webinar Series*

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

Strengthening Your Family is designed to help foster and adoptive families learn valuable skills to build strong families. Thanks to Jockey Being Family/Jockey International, the first 150 registrations for each month's webinar are FREE! The offer expires after the first 150 registrations have been filled. Thereafter, regular registration fee is \$25.00. Register ONCE and receive EXTENDED ACCESS to attend each webinar. The first LIVE broadcast will be recorded and then made available during a series of days during the week following each webinar. Registration for any webinar in the *Strengthening Your Family* Webinar Series includes this extended access.

- Effective Communication with Adopted Teens: Beneath the Mask (Part 2)* January 22, 2015
- What Prospective and Adoptive Families Should Know about Fetal Alcohol Syndrome Disorder* February 19, 2015
- Desperately Seeking Attachment: Parenting Traumatized Children and Teens (Part 1)* March 19, 2015
- Desperately Seeking Attachment: Parenting Traumatized Children and Teens (Part 2)* April 16, 2015
- Search and Reunion in Domestic and International Adoption* May 14, 2015
- Relating to Relatives: Adoption and the Extended Family* June 18, 2015



Autism Society of Oregon (ASO)
PO Box 396, Marylhurst, OR 97036
☎ 1-888-288-4761 ♦ ✉ info@autismsocietyoregon.org
🌐 www.autismsocietyoregon.org

Oregon has one of the highest rates of autism in the U.S. If you haven't already, you will meet someone with autism. People with autism want to lead fulfilling lives and make a meaningful contribution to society. Together, we can make that happen. Visit www.autismsocietyoregon.org for more information about ASO and support groups in Oregon.

Understanding the Spectrum of Housing Options

Saturday, January 31, 2015 ♦ 9:00 a.m. to 5:00 p.m.

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

Free training for adults, parents, caregivers or anyone interested in exploring the possibilities for finding the right fit housing for someone on the autism spectrum. Lunch is on your own. Register at www.autismsocietyoregon.org.

Summer Camp & Resource Fair

Saturday, February 21, 2015 ♦ 12:00 to 4:00 p.m.

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

It may be cold, but it's time to start thinking about what kids (and adults) will be doing during summer vacation. This event is FREE but you must RSVP by calling 503-636-1676 or email events@autismsocietyoregon.org.



The Children's Program Winter 2015 Trainings

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

- Beginners AD/HD Group (Intensive Weekend Format)* February 6-7-8
- Pay Attention to Attention (Intensive Weekend Format)* February 13-14-15
- Beginners AD/HD Group for Ages 7-12 (Weekly Format)* 2 Monday Parent Meetings: 04/20 and 06/08; 8 Thursday Student Sessions: 04/23, 04/30, 05/07, 05/14, 05/21, 05/28, 06/04, 06/11
- The Right M.O.V.E.S.: Guidelines for Successful Parenting* March 7
- Yoga Calm Friendship Class* 8 Mondays: 01/26, 02/02, 02/09, 02/16, 02/23, 03/02, 03/09, 03/16
- Jedi Training Class* 8 Tuesdays: 01/27, 02/03, 02/10, 02/17, 02/24, 03/03, 03/10, 03/17
- Workshop for College-bound Student and Parents* 3 Mondays: 02/23 (parents), 03/02 (students), 03/09 (parents & students)
- Tantrums, Meltdowns and Rage* Tuesday, February 24
- Parenting Your Active and Reactive 4-6 Year Old Class* Parents meet Wednesdays from 7:00-8:15 pm



Community Resources, Trainings & Events



Oregon Family Support Network

Serving Benton, Clackamas, Central Oregon, Lincoln, Lane, Polk, Yamhill, and Washington counties
1300 Broadway Street NE, Suite 403, Salem, OR 97301
☎ 503-363-8068 ♦ ☎ 1-800-323-8521 ♦ 🌐 www.ofsn.org

January 14	Behaviors and the IEP	9:30 am-12:30 pm	Salem
January 21	Wraparound 101	9:30 am-12:30 pm	Salem
January 28	Family Leaders	10:00 am-4:00 pm	Salem
February 5	IEP Basics	5:00-8:00 pm	Eugene
February 6	Wraparound 101	2:00-5:00 pm	Pendleton
February 7	Behaviors and the IEP	9:00 am-12:00 pm	Pendleton
February 7	504 Plan or IEP?	1:00-4:00pm	Pendleton
February 18	504 Plan or IEP?	9:30 am-12:30 pm	Salem
February 19	Intro to the Family Partner Role in Wraparound	10:00 am-1:00 pm	Eugene
February 23-27	Foundations for Family & Young Adult Peer Support Providers	9:00 am-5:00 pm	Salem
March 5	Behaviors and the IEP	5:00-8:00 pm	Eugene
March 6	Monthly 1st Friday Game Night	6:30-9:30 pm	LifeWorks, Hillsboro
March 18	IEP Basics	9:30 am-12:30 pm	Salem



☎ 971-533-0102 ♦ ✉ info@adoptionmosaic.org
🌐 www.adoptionmosaic.org

Unless otherwise stated, events are held at SE Uplift Building, 3534 SE Main Street, Portland, OR

February 21	What and When: Talking About Adoption with Your Child	9:00 am-4:00 pm	Portland
March 21	Transracial Parent Workshop	9:00 am-4:00 pm	Portland



256 Warner Milne Road
Oregon City, OR 97045

☎ 503-654-2288

☎ 888-654-2288 (crisis line)

✉ info@cwsor.org

🌐 www.cwsor.org

Love and Life

Start Date: February 4, 2015

Wednesday evenings for 1.5 hours ♦ A Safe Place Family Justice Center

“Love and Life” is a trauma recovery group that meets once a week and is focused on building healthy relationship skills, self-esteem and resiliency. Topics include: communication, coping skills, boundaries, intimacy, trust and emotion regulation. The group is intended for high school girls, ages 14-17.

This is a closed, 16-week group. A closed group means that the same girls will meet for all 16 sessions. To enroll or for more information, please contact Cat Koch, Group Facilitator, at 503-894-2041. Registration and screening closes on January 28, 2015.

Therapeutic Interventions and Parenting Techniques for Children with Developmental Delays, Attachment and Trauma Disorders

Presented by the Center for Healing Relationships, LLC

15645 SE 114th Avenue, Building 4, Suite 201, Clackamas, OR 97015

☎ 503-303-5911 ♦ ✉ denise.best@rocketmail.com ♦ 🌐 www.denisebest.org



Part One—Basic Interventions:

The “why” of behaviors and Developmental Delays

January 31st or February 7th ♦ 9:00 am-4:30 pm

Part Two—Therapeutic Parenting for

Attachment, Trauma, Grief and Loss Issues

February 21st or February 28th ♦ 9:00 am-4:30 pm

There is a cost to this training; inquire at registration. Register at 503-303-5911 or email denise.best@rocketmail.com.



Community Resources, Trainings & Events



Save the Date → 11th Annual 'A Gift of Time' Retreat
Friday thru Sunday, May 8-10, 2015 ♦ Macleay Christian Retreat, Salem, OR
A weekend retreat for family caregivers and grandparents as parents raising their children's children

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. Relax, meet new people, reconnect with old friends, attend educational seminars, listen to music, visit resource tables, receive a massage and enjoy wonderful meals. Retreat offerings include: Resource fair to learn about various community resources; Professional entertainers; Arts, crafts and massages; and, Seminars for family caregivers of adults, special needs children, and relatives parenting again.

Total cost for two nights, double room, and five meals is \$65.00 (early bird special). For information about registration, please contact Janice Wolcot, Event Coordinator, at 503-831-5593 or email agiftoftimeoforegon@gmail.com.

TIM = TO THRIVE



HUMAN RIGHTS CAMPAIGN FOUNDATION

PROMOTING SAFETY, INCLUSION AND WELL-BEING FOR LGBTQ YOUTH...EVERYWHERE!

FEBRUARY 13-15, 2015 | PORTLAND, OR

Hilton Hotel, 921 SW 6th Avenue, Portland, OR

2nd Annual Time to THRIVE

The HRC and co-presenting conference partners are excited to present **Time to Thrive**, the 2nd Annual National Conference promoting safety, inclusion and well-being for LGBTQ youth. The deck continues to be stacked against young people growing up LGBTQ in America. The impact of family rejection, bullying, and daily concern for safety weigh heavily on our youth. By engaging a broad audience of youth-serving professionals, we can create a thriving LGBTQ youth population. Visit www.timetothrive.org to register.

Scholarships and Education Information for Youth



- **Oregon House Bill 3471:** Effective January 1, 2012, Oregon's universities and community colleges will waive tuition for youth under age 25 who are now or were in foster care for at least 12 months between the ages of 16 and 18. To qualify, youth must start their post-secondary education within three years of exiting care, graduating from high school, or earning a GED, whichever is earliest.
- **The Fostering a Future Scholarship,** www.childrensactionnetwork.org: This national scholarship program is designed to provide financial assistance to youth who were adopted from foster care at or after age 13 in pursuing a college, vocational, or technical education.
- **Foster Care to Success (FCS),** <http://fc2success.org>: 100 new scholarships are awarded each year which can be renewed for five years or until the scholar receives a bachelor's degree, or to students in technical programs.
- **Point Foundation,** www.pointfoundation.org: Point Foundation empowers promising LGBTQ students to achieve their full academic and leadership potential, despite the obstacles often put before them, to make a significant impact on society. Point Scholarships are awarded on a "last provider" basis. Point fills in the gaps and provides funds not provided by other scholarships, grants, etc.
- **Pride Foundation,** www.pridefoundationscholar.org: Scholarships awarded to build leadership and promote diversity in the LGBTQ and straight-ally communities. Scholarships may be used for any post-secondary education including nontraditional degrees, trade or technical programs, community colleges, 4-year public and private universities, and accredited certificate programs.
- **Improving Higher Education Outcomes for Students from Foster Care,** <http://www.casey.org/supporting-success/>: College provides an opportunity for young people to secure good jobs, advance in their careers, achieve economic independence and build important social networks. For youth from foster care, college can mean freedom from their past and the ability to choose a future rich with possibilities.