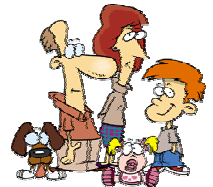




"THE JOURNEY"



OREGON POST ADOPTION RESOURCE CENTER (ORPARC)
CENTRO DE RECURSOS POSADOPTIVOS DE OREGÓN

because ADOPTION is a lifelong journey porque la adopción es un viaje de toda la vida

Volume XVII

Fall 2003

ORPARC is a program of Northwest Resource Associates

EXCITING NEWS FOR FAMILIES

ORPARC is starting its fifth year in service to state adoptive families. We want to be sure you are aware of our accomplishments and the services that might be helpful to you and your family.

- **ORPARC is not just for crisis calls.** Many parents call us to get assistance in matters as diverse as orthodontia, college scholarships, and accessing non-emergency assistance. We will gladly help you research many types of issues and services. Of course, we always welcome calls of any kind – urgent or not. Parents repeatedly tell us they appreciate that there is a place they can call just to be able to “talk things out.” We have a diverse staff with various kinds of personal and professional connections to adoption, and a growing resource database to put at your disposal.
- **The library is bigger and easier to use than ever.** Just a phone call, e-mail, fax or letter will bring our library items to your door. In addition to hundreds of books, we have many items available for people who don't have time or don't like to read – including video and audio tapes, and short brochures on special topics. Our librarian, John Bennett, will gladly consult with you to match the kind of information you're looking for to the format most suitable to your needs.
- **More therapists are being trained to work with adoptive families and children.** ORPARC has partnered with Portland State University to provide a Certificate program for therapists from all over the State. The first group of mental health providers to enter this program will start this September. They will graduate the following July, and their names will be available through ORPARC or your local DHS office.
- **Recursos en español.** Tenemos libros, videos y audios para padres y madres, y recursos para niños y adolescentes. Pida una lista completa de recursos en español, o llámenos y pregunte por Miguel.
- **More trainings and new training topics for adoptive families are being provided around the State.** See page 3 of this newsletter for our Fall training schedule. The spring topics are listed as well.

BACK-TO- SCHOOL TIME BRINGS UP PREDICTIBLE ISSUES

ADOPTION AWARENESS IN THE SCHOOLS

Be prepared to start fresh with your child's new teacher. Take advantage of ORPARC's Adoption Awareness in the Schools packet. It consists of a 16-minute video and written material that will help you and your child's educator to understand and avoid problems related to adoption.



The video will encourage your child's teacher to be more inclusive when discussing families and giving assignments related to families. You will also learn ways to communicate with your child's teacher in a way that will encourage cooperation.

Call ORPARC and we will mail you a packet to share at a school staff meeting, PTA meeting or to view with your child's own teacher.

SENSORY INTEGRATION – ARE YOU AWARE?

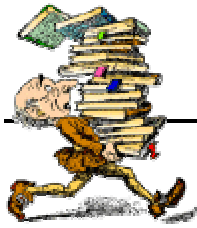
Sensory integration is new terminology to many parents, but the ways these problems show up may be very familiar. Parents often recognize the differences in development of physical and mental abilities between children. It is now recognized that our senses – touch, taste, smell, hearing and kinesthesia (a sense of how your body moves) can be late in developing or may be experienced very differently from child to child.

Noticeable behaviors may vary widely: noises are often too loud; the seams on socks are unbearable; the classroom is too stimulating, repetitive movements, the “wiggles and jiggles, are uncontrollable; or getting a response is hard. These behaviors are often a problem in the school where the need for structure is high. Children with these issues may benefit from the proper assistance. ORPARC's library has a great deal of information on sensory integration available to adoptive parents. See page 2, for titles on Sensory Integration that are new to our library.

① 503-241-0799 Telephone
① 800-764-8367 Telephone
① 503-241-0925 Fax

Oregon Post Adoption Resource Center
621 SW Morrison Street, Suite 1225
Portland, Oregon 97205

E-mail: orparc@nwresource.org
Website: www.orparc.org

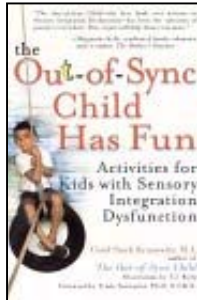


New in the Library



THE OUT-OF-SYNC CHILD HAS FUN

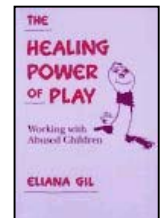
By Carol Stock Kranowitz, Book Review by K. Morris-Jacobson



This book is so true to its title that the entire family will want to join in! With names like “Shaving Cream Car Wash” and “Billions of Boxes,” who could resist! Kranowitz, (author of *The Out-of-Sync Child*, 1998, and educator on Sensory Integration Dysfunction) has amassed a collection of practical and therapeutic games, exercises and activities that will tempt and tantalize even the most sensory challenged. Her sources include parents of SI kids, teachers, therapists and her own teaching expertise. Easy to use and reference, the book is divided into sections applicable to each sensory area, followed by a well-stocked appendix. Kranowitz also includes enough basic information to educate and inform readers new to the subject of sensory integration. A good choice for almost any parent, this book reminds us that time with our kids is best spent having fun together!

Also new in our library from Carol Stock Kranowitz is *Answers to Questions Teachers Ask About Sensory Integration* (63 pages). If your child has a Sensory Integration Dysfunction, this might become an invaluable tool in working with the people who work with your child. Other library additions are:

- 📖 *The Healing Power of Play: Working with Abused Children* by Eliana Gil, the author of two other books and two videos in our library, is designed to help children work through trauma using their main mode of expression, play. It is book for therapists and parents alike.
- 📖 *Imagining Adoption: Essays on Literature and Culture* edited by Marianne Novy, is a collection of serious essays on adoption culture and the ways that adoption is portrayed in literature.



- 📖 3 Books by Betty Jean Lifton, *Lost & Found: The Adoption Experience*, and *Journey of the Adopted Self*, and *Twice Born: Memoirs of an Adopted Daughter*, are welcome additions to a booklist that has too long been without works by this seminal voice in the field of adoption.

- 📖 *Pandora's Hope: Poems and Prose about Being Adopted* by Penny Callan Partridge, herself adopted and an adoptive mother, is just what its title

implies, hopeful, accessible poems and prose about being adopted and the sometimes-scary business of exploring one's history.

- 📖 *Parenting the Hurt Child* by Gregory Keck and Regina M Kupecky, the authors of *Adopting the Hurt Child*, explores attachment disorders and control issues, as well as parenting techniques.
- 📖 *Touched by Adoption*, edited by Nancy Robinson, is a collection of stories and poems from 75 well-known authors, poets, and playwrights, all of whom were adopted, adoptive parents, or birth parents of adopted children. The stories are varied in terms of race, religion, and ethnic background and create a wide-ranging picture of the adoption experience.

November is Adoption Awareness Month Join Us for a Movie!



The world of adoption can be filled with painful themes that are difficult for adoptees to discuss directly with their parents – and for parents to discuss with their adopted children. Sometimes discussing a character in a movie is easier than talking directly about our own lives. ORPARC is planning a series of “movie discussion nights” in Lane and Multnomah Counties. We will show and discuss a mainstream movie, such as “Secrets and Lies” or “Second Best” that has a strong adoption theme.

Look for flyers or check out our website for updates on this project.

For a categorical library list, please see our [website](#) or request a list by calling 503-241-0799, 1-800-764-8367 (toll-free), or e-mail orparc@nwresource.org.





ORPARC Fall 2003 Training Schedule

☆ All courses taught by ORPARC staff. Pre-registration required. Call 503-241-0799, outside Portland area 1-800-764-8367, or e-mail orparc@nwresource.org to register. ☆

ADOPTION AND SCHOOL ISSUES

This course will address two areas, adoption issues in the classroom, and Special Education Law and your rights as an advocate for your child. Learn how you can partner with your child's school to advocate for adoption sensitive curriculum and assignments.

FAMILY STRATEGIES FOR IMPROVING ATTACHMENT

This seminar offers practical techniques parents can build into daily family life to jump-start and strengthen attachments

COMMUNICATING WITH YOUR CHILD

ABOUT ADOPTION AND SENSITIVE ISSUES

Have you wondered how to share your child's adoption story with them? Learn how Life Story Books, movies, therapists and other resources help with the communication gap.

TIPS FOR PARENTING CHILDREN

WHO LEARN DIFFERENTLY

Learn how to effectively parent and partner with children who have some degree of neurological damage due to prenatal alcohol or drug exposure, early trauma, and/or early neglect.

DISCIPLINE AND CONSEQUENCING

Learn tools & practical plans that avoid power struggles, help the parent be in control, promote family values, and build self-esteem. Workshop will include a theoretical and a lot of practical discussion of problem behaviors and various methods of making changes.



LAKEVIEW

Adoption and School Issues

Wednesday, September 10, 2003 - 6:30 to 8:30 p.m.

Communicating with Your Child About Adoption and Sensitive Issues

Wednesday, October 8, 2003 - 6:30 to 8:30 p.m.

First Baptist Church, 910 N 2nd Street, Lakeview, OR 97630

KLAMATH FALLS

Adoption and School Issues

Thursday, September 11, 2003 - 6:30 to 8:30 p.m.

Communicating with Your Child About Adoption and Sensitive Issues

Thursday, October 9, 2003 - 6:30 to 8:30 p.m.

DHS Office, 700 Klamath Avenue, Klamath Falls, OR 97601

PORTLAND

"Shoulder to Shoulder" Conference (Co-sponsored by ORPARC)
Friday, November 14, 2003 - Portland Airport Sheraton Hotel
"Advocating for Children in Changing Times" is the theme of this year's "Shoulder to Shoulder" conference for adoptive and foster parents, caseworkers, and community partners. Workshops will offer practical skills for in-home application on topics as:

- ✓ Parenting children from substance-abusing families
- ✓ Accessing mental health services
- ✓ Advocating for your child's special educational needs

DHS Administrators will present information on the current state of child welfare. For more info and on-line registration, go to <http://dhstraining.hr.state.or.us>. State adoptive families may request fee reimbursement from ORPARC by **OCTOBER 30, 2003**.



EUGENE

Adoption and School Issues

Tuesday, September 16, 2003 - 7:00 to 9:00 p.m.

Communicating with Your Child About Adoption and Sensitive Issues

Tuesday, October 21, 2003 - 7:00 to 9:00 p.m.

Family Strategies for Improving Attachment

Tuesday, November 18, 2003 - 7:00 to 9:00 p.m.

DHS Office, 1899 Willamette Street

Eugene, OR 97401

HOOD RIVER

Tips for Parenting Children

Who Learn Differently

Tuesday, October 14, 2003

6:00 to 8:00 p.m.

DHS Office, 910 Pacific Avenue

Hood River, OR 97031

LA GRANDE

Discipline and Consequencing

Saturday, November 1, 2003

10:00 a.m. to 4:00 p.m.

CEU Credit Hours Offered

DHS Office, 1901 Adams Avenue

La Grande, OR 97850

Please see our website or winter newsletter for upcoming trainings in winter & spring!






Free to state adoptive and foster parents and state adoption staff. A nominal fee will be charged to all others. Childcare and Travel Reimbursement are available as funds allow. All events sponsored by ORPARC are held in accessible locations. Auxiliary aids, translation/ interpretation services and alternative forms of written materials are available to persons with disabilities. Please request these services at least two (2) weeks in advance.

Check out the ORPARC website. It's easy to use and contains useful information about our program and the services ORPARC offers adoptive families.



What's in the ORPARC website?

www.orparc.org

 About ORPARC	Who we are, the services we offer, and the adoptive families we serve.
 Training	ORPARC sponsored trainings and other trainings throughout the state of Oregon. Please see Page 3 of this newsletter for a list of upcoming fall trainings.
 Lending Library	A complete list of our library materials – books, audios, videos, children's materials, and more – and description of how to order materials to be delivered to your home.
 Support Resources	Adoption, foster care, grandparent/relative, multiracial/multicultural, and parent related support throughout the state of Oregon.
 Web Resources	ORPARC partners and affiliations, state and national adoption resources, and adoption resources with specialized topics/clientele.
 Our Staff	Meet the ORPARC staff members beginning with Program Manager, three Family Support Specialists, and one Administrative Coordinator.
 Contact Us	All the ways that you can contact ORPARC. Please feel free to call us at 503-241-0799, 1-800-764-8367 (toll-free), e-mail us at orparc@nwresource.org , or stop by our office!