



*Assisting families on their  
lifelong journey*

# The Journey

Oregon Post Adoption Resource Center  
(ORPARC)  [www.orparc.org](http://www.orparc.org) 

Volume XXVIII

Summer 2006

ORPARC is a program of Northwest Resource Associates

## New Free Metro Resource Is your teen in trouble with drugs?

Teen drug use is a serious problem faced by all types of families. Relationships are strained, parents are worried and stressed-out, and sons and daughters may be putting their lives at risk. A new clinic in downtown Portland offers free help to families in this situation. The Oregon Research Institute's Center for Family and Adolescent Research (CFAR) provides outpatient treatment programs for youth drug use. Qualifying families receive 12 to 26 sessions of individual and/or family therapy provided by Master- and PhD-level clinicians. One program provides assistance to Latino families with a drug-using teen (ages 13-18), including therapy sessions in English or Spanish. A second program provides counseling to youth (ages 13-20) who are current or recent users of methamphetamines. The third program addresses a question commonly asked by parents: "I know my child is in trouble with drugs, but s/he is *refusing* to go to counseling. What can I do?" CFAR can work with parents even when the youth (ages 15-20) refuses to come to the clinic. Parents of "treatment-resistant" youth receive up to 12 sessions of parent counseling designed to work on improving communication, recognizing the signs of use, reinforcing the youth's sober behaviors, reducing parental stress, and inviting the youth to treatment. Sons and daughters who later agree to join are offered 14 sessions of therapy.

Funded by the National Institute on Drug Abuse, services offered by CFAR are free and completely confidential. By participating in research assessments in addition to therapy, families help substance abuse researchers further refine treatment programs to help other families in the future. When parents contact CFAR, a staff member will describe the programs in detail and ask questions to find out if the treatments offered are a good match for the family's situation. CFAR can be reached at:

503-243-1065 telephone  
[cfarportland@ori.org](mailto:cfarportland@ori.org) e-mail  
[www.ori.org/CFAR/Portland](http://www.ori.org/CFAR/Portland) web

*By Erica M. Finstad, Ph.D., Project Manager & Clinical Supervisor  
Center for Family and Adolescent Research*

## Parenting the Very Difficult Child: The Keys to Being Successful

*Sponsored by the PSU Child Welfare Partnership*

Presented by Dave Ziegler, Executive Director of SCAR/Jasper Mountain and author of:

- *Raising Children who Refuse to be Raised*
- *Achieving Success with Impossible Children: How to win the battle of wills*

Saturday, July 15, 2006 ♦ 9:00 am to 4:00 pm  
Mid Columbia Medical Center Office Building  
1700 East 19th Street, The Dalles, OR 97058

Register with Mindy Rickman at 541-504-1320  
ext. 436 or [mindy.rickman@state.or.us](mailto:mindy.rickman@state.or.us)

### Dear ORPARC,



"It has been over eight months since our child's last IEP meeting, and school is out for the summer. When should I call to schedule another meeting?" – Darlene

Dear Darlene,

Because school administrators are around for much of the summer, you can call most weekdays to talk about setting up a meeting. Teachers and counselors and Special Education personnel usually report at least a week before students, and if you can schedule a meeting before school begins for your child, you might avoid disruptions and delays in services. If a meeting before school begins is not possible, schedule one as early in September as possible. Many parents schedule meetings in May for the next year even if the child will be attending a different school.



# Summer Clearance

## All Lending Library Materials Half Off!



That's right; for a limited time only, borrow any materials in ORPARC's lending library at half the regular price. Of course the regular price is \$0.00, so you pay absolutely nothing. Act now and get the lowest prices anywhere in Oregon. Nothing down, no monthly payments, and no shipping and handling. Below is just a sampling of our available inventory.

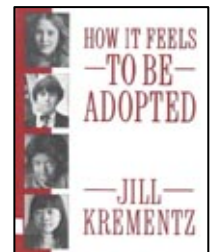
### Materials for Children

- 📖 **Adoption Stories for Young Children** - from the perspective of a 5-year-old boy who introduces us to his diverse friends and neighbors who have one thing in common: their families were all created through adoption
- 📖 **Benjamin Bear Gets a New Family** - deals with feelings many children experience regarding their relinquishment and adoption
- 📖 **Feelings** - a picture-book for young children presenting numerous one to two page scenarios that involve feelings
- 📖 **A Koala for Katie** - Katie pretends that she has adopted a teddy bear just as her parents adopted her.
- 📖 **Manners** - imaginative picture book demonstrates behavioral "do's and don'ts" for young children
- 📖 **What is a Feeling?** - uses pictures to help children put words to their wide range of feelings
- 📖 **Zachary's New Home: A Story for Foster and Adopted Children** - the story of a kitten explores emotions about moving from foster to adoptive family



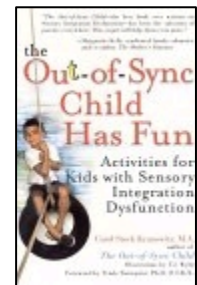
### Materials for Adolescents

- 📖 **Adopted Teens Only: A Survival Guide to Adolescence** - a guide for adopted teens that explores issues related to adoption experience (adoptive and birth parents, search and reunion, talking to parents, etc.)
- 📖 **How it Feels to be Adopted** - profiles nineteen young people who present both the good and the bad sides to being adopted
- 📺 **I Wonder ...Teenagers Talk About Being Adopted (video - VHS)** - 14 adopted teenagers respond to topics such as: difficult times, special memories, birth families, transracial/transcultural issues, how much they think about adoption, etc.
- 📖 **Parents Wanted** - a novel - 12-year-old Andy Fleck with ADD has a chance to escape his past but he can't keep himself from challenging every limit
- 📖 **Growing Up Adopted** - a striking collection of brief case studies, told in first person, based on lengthy interviews with eight children and six adults, all of whom were adopted as children - consciousness-raising, low-key, highly readable



### Materials for Parents

- 📖 **To Grandma's House We ... Stay** - guide for grandparents through the uncharted territories of parenting a second generation of children, offering practical solutions when traditional roles and relationships are redefined
- 📖 **Fundamentals of Home Schooling: Notes on Successful Family Living** - parents learn how to nurture joyful learning through play, encourage through conversation, nourish student interest and desire to learn
- 📖 **1-2-3 Magic: Managing Difficult Behavior in Children 2-12** - discipline children without arguing, yelling or spanking; handle misbehavior in public; deal with six kinds of testing and manipulation; and more (book, VHS, DVD)
- 📖 **The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction** - describes Sensory Integration Dysfunction and follows up with activities for the specific sensory systems
- 📖 **Talking With Young Children About Adoption** - for parents of children ages 2 to 10, discusses what to say to adopted children and when to say it and explores how kids respond to and incorporate adoption and what worries they have
- 📖 **Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past** - equips parents & professionals with the knowledge and tools to communicate with their adopted or foster child about the complex, troubling, and often painful aspects of his or her fragmented past
- 📖 **It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success** - provides strategies for teaching friendship skills in the classroom, home and community for children age 6 through 17 with learning disabilities; available in a 📖 359-page book or as a 📺 90-minute DVD presentation
- 📖 **The Challenge of Fetal Alcohol Syndrome** - experts from the fields of human services, education, and criminal justice respond by describing their solutions to the problem of this birth defect that has lifelong consequences



# ORPARC Summer Trainings

**Register for trainings at:**

☎ 503-241-0799 ☎ 1-800-764-8367

E-mail [orparc@nwresource.org](mailto:orparc@nwresource.org)

## METROPOLITAN REGION

**Relatives Raising Children Support Group**  
5325 NE MLK, Jr. Boulevard, Portland, OR 97211  
*Group/training is open for relative caregivers only*  
ORPARC will present 2 trainings:

### ❶ Grief and Loss

Tuesday, July 11, 2006 ♦ 6:00 to 7:30 p.m.

### ❷ How to Manage Stress and Keep it from Managing You

Tuesday, September 12, 2006 ♦ 6:00 to 8:00 p.m.

### Sensory Integration

Monday, August 14, 2006 ♦ 10:00 a.m. to 2:00 p.m.

DHS Metro Training Center

1425 NE Irving St., Suite 250, Portland, OR 97232

Register for training at 971-673-1822

*Collaboration with PSU Child Welfare Partnership*

## WESTERN REGION

### Lifestory Books

Thursday, August 17, 2006 ♦ 6:30 to 8:30 p.m.

DHS, 450 Marine Drive, #210, Astoria, OR 97103

### Advocating for Your Child's Educational Needs

Wednesday, September 20, 2006 ♦ 6:00 to 9:00 p.m.

DHS, 119 NE 4th Street, Newport, OR 97365

## SOUTHERN REGION

### Supporting Sibling Relationships within the Adoptive Family (Birth, Adoptive & Foster Children)

Thursday, September 14, 2006 ♦ 6:30 to 8:30 p.m.

DHS, 909 Royal Court, Medford, OR 97504

## EASTERN REGION

### Heart to Heart Conference—Baker City

Keynote Speaker: Dave Ziegler, SCAR Jasper Mtn.

ORPARC will present two trainings:

### ❶ Openness in Adoption: Supporting and Maintaining Connections with Birth Family

### ❷ Advocating for Your Child's Educational Needs

Thursday, Sept. 28: 12:30 p.m. to 5:00 p.m.

Friday, Sept. 29: 8:00 a.m. to 2:45 p.m.

*Lunch provided on Friday, September 29th*

Sunridge Best Western ☎ 541-523-6444

1 Sunridge Lane, Baker City, OR 97814

*Adoptive/foster families register with ORPARC*

*Sponsored by Baker County CASA, Inc. with support from ORPARC and the PSU Child Welfare Partnership*

ORPARC trainings are free of charge to DHS adoptive, foster and assisted guardianship families, and DHS/ SNAC adoption professionals. Others may attend trainings for minimal charge on a space available basis. Childcare and travel expense reimbursement as funds allow; please request upon registration. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Please request these services two weeks in advance.

## Other Community Trainings

*Following trainings/events are for parents of children with disabilities*

July 13	<i>Everyday Courage (one-day theatrical workshop)</i>	Beaverton	503-973-5130
July 13-15	<i>Fetal Alcohol Spectrum Disorders: Into Action (3-day training)</i>	Portland	503-621-1271
July 19-20	<i>"In Our Shoes"—2006 Oregon Conference on Direct Supports</i>	Corvallis	<a href="http://www.directsupports.com">www.directsupports.com</a>
July 22	<i>Swim Clinic at the Beaverton Swim Center</i>	Beaverton	503-973-5130
August 5	<i>ZooWalk for Autism Research and Treatment</i>	Portland	<a href="http://www.zoowalk.com/Portland">www.zoowalk.com/Portland</a>
August 14	<i>Healthy Kids Learn Better Summer Institute</i>	Ashland	503-378-3600 x 425
August 14	<i>Oregon Technology Access Program Summer Institute in Seaside</i>	Seaside	541-440-4776
August 17	<i>Everyday Courage (one-day theatrical workshop)</i>	Portland	503-973-5130
September 30	<i>NW Down Syndrome Association Buddy Walk at Rose Quarter</i>	Portland	<a href="mailto:wtrout@nwdsa.org">wtrout@nwdsa.org</a>
October 3	<i>The Importance of Play in Your Child's Development</i>	Portland	503-215-2429
October 12-13	<i>Problem Student, Problem-Solver Workshop</i>	Portland	800-545-5736
October 19	<i>Washington Co. Developmental Disabilities Resource Fair</i>	Beaverton	Sunset Presbyterian Church
October 27-28	<i>11th Annual United Cerebral Palsy Family Conference</i>	Wilsonville	503-777-4166

# PSU Child Welfare Partnership Trainings

☐ [www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu)

## Metropolitan *Register at 971-673-1822; trainings held at Metro Training Center, 1425 NE Irving Street, Suite 250, Portland*

July 12–Aug. 9	6:30 p.m. to 9:30 p.m.	<i>Positive Behavior Management and Documentation (5 Wednesdays)</i>
July 21	9:30 a.m. to 2:30 p.m.	<i>The Heart of the Matter: Basic Child Development isn't so Basic Anymore</i>
August 7	9:30 a.m. to 12:00 p.m.	<i>The IEP Dance: Learning the Steps</i>
September 21	10:00 a.m. to 12:00 noon	<i>Fire Safety Plans (Panel of Presenters)</i>
September 22	9:00 a.m. to 12:00 noon	<i>Working with Sexually Reactive and Sexually Offending Girls</i>
September 23	9:00 a.m. to 3:00 p.m.	<i>Parenting Skills with Traumatized Children</i>
September 30	9:00 a.m. to 3:00 p.m.	<i>Understanding the Child with Oppositional Defiant Disorder</i>
October 16, 23	10:00 a.m. to 12:00 noon	<i>Communication Skills (between parents and Child Welfare professionals)</i>
October 19	10:00 a.m. to 12:00 noon	<i>Impact on Children from AIDS Affected Families (Other training location)</i>
October 21	9:00 a.m. to 12:00 noon	<i>Parenting Sexually Reactive Children Under the Age of Ten</i>
October 21	1:00 p.m. to 4:00 p.m.	<i>Parenting Sexually Reactive and/or Offending Adolescent</i>

## Eastern

July 11	<i>Toxic Shame at the 2nd Tuesday Educational Support Group</i>	Hermiston	541-564-4493
July 15	<i>Parenting the Very Difficult Child: The Keys to Being Successful</i>	The Dalles	541-504-1320 x 436
July 20	<i>What Color is Math? Children with FAS/E</i>	Hermiston	541-564-4493
August 2	<i>Understanding and Responding to the Sexual Behavior of Children</i>	La Grande	541-963-8571 x 273
August 3	<i>Understanding and Responding to the Sexual Behavior of Children</i>	John Day	541-575-0728 x 224
August 4	<i>Understanding and Responding to the Sexual Behavior of Children</i>	Burns	541-573-2086 x 230
August 8	<i>Connections at the 2nd Tuesday Educational Support Group</i>	Hermiston	541-564-4493
August 10	<i>Fire-Setting at the 2nd Thursday Educational Support Group</i>	Pendleton	541-276-9220 x 438
August 14	<i>"Good Grief!" Living with Change and Loss</i>	Boardman	541-481-9482 x 224
August 15	<i>"Good Grief!" Living with Change and Loss</i>	Pendleton	541-276-9220 x 438
August 15	<i>"Good Grief!" Living with Change and Loss</i>	Hermiston	541-564-4493

## Western

July 25	<i>Tuesdays with Tудie: Positive Parenting II</i>	Lincoln DHS	541-265-8557 x 538
August 22	<i>Tuesdays with Tудie: Positive Parenting III</i>	Lincoln DHS	541-265-8557 x 538
September 16	<i>Survival Strategies: Working as a Team</i>	Lincoln DHS	541-265-8557 x 538
September 26	<i>Tuesdays with Tудie: Wetting and Soiling</i>	Lincoln DHS	541-265-8557 x 538
September 28	<i>PTSD vs. ADD/ADHD</i>	Polk DHS	503-623-8118 x 256
September 30	<i>Achieving Success for Foster, Adoptive and Relative Parents</i>	Salem	<i>To be announced</i>
October 24	<i>Tuesdays with Tудie: Fire-setting</i>	Lincoln DHS	541-265-8557 x 538

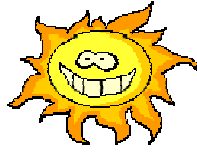
## Southern

July, TBA	<i>The Aftermath of Meth (call Josephine DHS for date, time)</i>	Josephine DHS	541-474-3120 x 340
July 26	<i>What Color is Math? Children with FAS/E</i>	Lake DHS	541-947-2273 x 29
July 27	<i>What Color is Math? Children with FAS/E</i>	Klamath DHS	541-850-3585
August 11	<i>Survival Strategies for Dealing with a Threatening Environment</i>	Lake DHS	541-947-2273 x 29
August 12	<i>Survival Strategies for Dealing with a Threatening Environment</i>	Klamath DHS	541-850-3585
August 14	<i>Grief and Loss</i>	Gold Beach	541-247-5437 x 227
September 13	<i>When Behavior Modification and Consequence Don't Work!</i>	Eugene	541-686-7555 x 5217
October 28	<i>Addiction, Meth and its Aftermath</i>	Eugene	541-686-7555 x 5217

# Oregon Parent Training & Information Center

☐ [www.orpti.org](http://www.orpti.org)

July 7	<i>What is the OrPTI? — ¿Qué es el OrPTI?</i>	Medford	503-581-8156 x 210
July 13	<i>Behavior Workshop — Taller sobre Comportamientos</i>	Salem	503-581-8156 x 210
July 15	<i>The IEP Process — El Proceso del IEP</i>	Cornelius	503-581-8156 x 210
July 21	<i>Advocacy, Rights and Responsibilities</i>	Salem	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
August 30	<i>504/IDEA A Comparison</i>	Corvallis	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
September 27	<i>Parent/Professional Partnership</i>	Corvallis	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
September 28	<i>Transition to Kindergarten</i>	Portland	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
October 4	<i>What Parents Need to Know about the IEP</i>	St. Helens	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>



## Summer Picnics

### Parenting Connections: The RAFT RELATIVE, ADOPTIVE, AND FOSTER FAMILY TEAM (formerly Foster Parent Connections)

Saturday, August 26, 2006 ♦ 11:30 a.m. to 5:00 p.m.  
Mt. Scott Park on SE 72nd Avenue/Harold, Portland

- What to bring? Last names...
- A-M: Main & side dish
  - N-Z: Dessert
- The RAFT will provide beverages, tableware

- ✓ *Good eats and family fun*
- ✓ *An opportunity to meet other RAFT families*
- ✓ *Learn about support/training resources in the area*

We will eat at 12:00 noon. Activities such as face painting, lawn games, and other activities will be from 1:00 to 4:00 p.m. Recreation center offers activities such as swimming, basketball, skating rink, and more. RSVP requested to Debbie at 503-761-4686 or e-mail [TPCTheRAFT@fpconnect.org](mailto:TPCTheRAFT@fpconnect.org). Visit The RAFT's website at [www.fpconnect.org](http://www.fpconnect.org) for more information.



### Adoptive Families of Lane County (AFLC)

#### Annual Summer Picnic

Saturday, August 19, 2006  
1:00 to 4:00 p.m.

The picnic will be held at Bethel Community Park in Eugene. The park is bordered by Avalon Avenue, Legacy Street, and Haviture Way. It is directly south of Meadow View Elementary School off Barger Drive. Bring a picnic lunch. AFLC will provide the drinks and entertainment. Contact Maryjean at 541-343-6173 for more information.

## Para nuestras familias de habla hispana (Área Metropolitana)

Un mensaje del Centro de Familias y Adolescentes ("Center for Family and Adolescent Research")

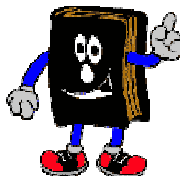
### ¿Teme que su adolescente esté usando drogas?

El uso de drogas por parte de los adolescentes es un problema serio que enfrenta todo tipo de familias. Los lazos familiares se debilitan, los padres se preocupan y se encuentran bajo mucha tensión y los mismos adolescentes se arriesgan. Existe una nueva clínica en Portland que ofrece ayuda gratis a las familias que enfrentan esta situación. El Centro de Familias y Adolescentes realiza estudios de investigación y programas de tratamiento para jóvenes que usan drogas. Las familias que califican reciben 12 a 26 sesiones de terapia individual o familiar. El Proyecto VISTA provee ayuda a familias hispanas con adolescentes de 13 a 18 años de edad, incluyendo sesiones de terapia en inglés o español. Los servicios ofrecidos por el Centro de Familias y Adolescentes son gratuitos y confidenciales. Al contactar al Centro de Familias y Adolescentes se les dará información detallada. Puede contactar al Centro de Familias y Adolescentes al número 503-243-1065 (teléfono), [cfarportland@ori.org](mailto:cfarportland@ori.org) (email), o [www.ori.org/CFAR/Portland](http://www.ori.org/CFAR/Portland) (sitio web).

### ORPARC "Information Packets"

Information packets are what we refer to as the "cliff notes" version of a topic and are ideal if you don't have a lot of time to invest in reading an entire book. Plus, the information packet is yours to keep! Call us or visit online at [www.orparc.org](http://www.orparc.org) to order and see titles of existing information packets. New information packets:

- *Achieving Long Term Success in Adoption*
- *Effective Discipline*
- *Parenting Children Who Have Been Exposed to Methamphetamine*
- *Transracial Parenting (available July 18<sup>th</sup>)*



### "Paquetes Informativos" de ORPARC

El Centro de Recursos Posadoptivos de Oregon tiene nuevos paquetes informativos sin costo en español. Si usted no tiene el tiempo de leer un libro completo sobre algún tema, los paquetes informativos son una manera buena de adquirir un conocimiento básico. Los paquetes informativos en español que tenemos son:

- *Cómo ayudar a niños y niñas que han sido sexualmente abusados*
- *Desorden del Síndrome Alcohólico Fetal*
- *Enlaces familiares*
- *Libros de la Vida: Una herramienta de comunicación*

## Do you have a troubled child or teen at home?

**TALK IT OVER** with other families who understand

A support group for families with a child or teen with mental illness, substance abuse, or a serious behavior problem.

**Date:** Last Wednesday of each month

**Time:** 6:00 to 7:30 p.m.

**Location:** Child Center, Providence Portland Medical Center  
830 NE 47th Avenue, Portland, OR 97213

**Contact:** Margaret Puckette, Trillium Family Services  
☎ 503-813-7741

## Caregiver Retreat

*Sponsored by Legacy Caregiver Services*

**Thursday, August 24, 2006 ♦ 8:30 a.m. to 3:00 p.m.**

Trinity Episcopal Cathedral  
147 NW 19th Avenue, Portland, OR 97209  
Call 503-413-8018 to receive a brochure

## YOUTHLINE

**1-877-553-TEEN (8336)**

🖥 [www.oregonyouthline.com](http://www.oregonyouthline.com) 🖥

Oregon Partnership's YouthLine is a free and confidential 24-hour youth crisis, counseling, and referral line, with referrals for the entire state of Oregon. Teen volunteers skilled in peer counseling techniques answer the line Monday thru Friday, 4:00-10:00 p.m. Adults who also answer Oregon Partnership's Alcohol and Drug HelpLine in addition to 1-800-784-2433 answer during all other hours.

### Newsletter via e-mail?

If you would like to receive our newsletter in an electronic format via e-mail, please contact us at [orparc@nwresource.org](mailto:orparc@nwresource.org), subject line "E-mail Newsletter."

