



*Assisting families on their  
lifelong journey*

# The Journey

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

Volume XXXVI

Summer 2008

ORPARC is a program of Northwest Resource Associates

## Hi, we're ORPARC; we're here to help!

*Written by Kelly DeLany, ORPARC Program Manager*

As the staff here at ORPARC can attest, one of my quirks is that I sometimes take mindless pleasure in watching reality TV programs, and a favorite is Ghost Hunters. Every week the top notch technical team visits the home of an unlucky family who is struggling with unwanted and sometimes terrifying visitors. I love that they always introduce themselves as "Hi, we're TAPS; we're here to help." It occurred to me recently that this would be similar to the motto I would choose for ORPARC—"Hi, we're ORPARC and we're here to help." Many of you already know us for our services, our newsletter, trainings, referrals, website, or lending library. But did you know that some main services we provide are direct support, listening and problem solving? On staff, we have several master's level social workers, skilled in adoption and mental health, and an educational specialist who are here to help you navigate when the road gets bumpy. We take emails and calls Monday thru Friday, 9:00 a.m. to 5:00 p.m., and evening and weekend by appointment to assist you with anything from "where do I find a summer camp for my child?" to "what do I do if I think our adoption may be disrupting?" Some questions are resolved quickly; others require more time and assistance. Our professional staff provide supportive listening, problem solving assistance, case management, advocacy and parent consultation. Services are free and confidential. Consider us as your personal adoption advocates and case managers on your journey through adoption. We are here when you need us for as long as you need us. Who you going to call? ORPARC!

## Grandparent Resources

*Written by Hillary Hyde, ORPARC  
Family Support Specialist*



I admit it. I just turned 50 and have my AARP card. As much as we like to joke about becoming an official card carrying member (which defines becoming an old timer), AARP does a great job advocating on a variety of issues that impact older people. One area pertinent to many of you is a section of their website dedicated to grandparents raising grandchildren. This resource can be found at the following web location:

[www.aarp.org/families/grandparents/raising\\_grandchild](http://www.aarp.org/families/grandparents/raising_grandchild)

This grandparent section covers many topics—from public benefits to health insurance, legal options to financial planning and housing. They also have information on providing emotional support to grandchildren who have a parent in prison. This is a great site for information on services that may be available. In addition, there are a growing number of materials in the ORPARC library for grandparents and relatives, such as the "Oregon Legal and Resource Guides". And, there are more and more support groups which we hope you will check out!

*Please see other resources for grandparents and kinship providers on the last page of this newsletter.*

## **A GIFT OF TIME RETREAT è September 5 7, 2008 ♦ Macleay Christian Retreat, Salem**

***A Weekend Retreat for Family Caregivers & Grandparents and Relatives Who are Parenting Again***

Are you a family caregiver, grandparent caring for a grandchild, or someone caring for a relative child? Then **A Gift of Time** is a weekend retreat designed with you in mind! Participants can relax, meet new people, attend educational seminars, listen to music, visit with others, browse resource tables, get a massage, and enjoy wonderful meals all in a wonderfully peaceful setting. To register or for further retreat information, contact Janice, AGOT Team Coordinator, at 503 831 5583, 503 559 4001, or email [jwolcnp@earthlink.net](mailto:jwolcnp@earthlink.net). Some scholarships available; contact ORPARC.

☎ 503 241 0799 Telephone

☎ 800 764 8367 Telephone

☎ 503 241 0925 Fax

Oregon Post Adoption Resource Center

621 SW Morrison Street, Suite 450

Portland, Oregon 97205

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

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



## Summer Camps, Programs and Activities

Camp can be a great learning experience and a lot of fun for your child, or it can be stressful and challenging. By taking time to find the right camp, you can help promote a more positive experience for everyone. There are many different types of camps covering a variety of interests. A number of camps offer opportunities for children with special needs or in need of scholarships. We recommend that you research the camp and setting that best serve the needs of your child. Please call ORPARC if you would like a free Metro Parent Magazine Summer Education, Camps and Travel Guide, or for more information on camps. ORPARC has summer camp listings divided into the following categories:



- J Adoption specific Camps
- J Camps for Special Needs Children, Children with Disabilities and Illnesses
- J Other Camps for Children, Teens and Families
- J Suggest Camp Resources

Visit [www.orparc.org](http://www.orparc.org) to see ORPARC's complete summer camp listing on our homepage or call us at 503 241 0799/800 764 8367 if you would like us to send you a complete listing.

### \$4.00 PRESCRIPTIONS



With recent rising gas and food costs, families are looking for ways to balance their budgets. In recent months, several large retail chains have announced a new service which will help families to stretch their dollars. Wal Mart, Target and Fred Meyer have all announced programs to provide \$4 prescriptions for over 150 to 300 commonly filled prescriptions for a 30 day and in some cases 90 day supply. These include medications to treat some common conditions including asthma and depression. Take a minute to look and see if your prescription or your child's prescription is included in the list of covered medications. Here are links to each store's \$4 prescription benefit (listed alphabetically) and the generic drugs which are included:

Fred Meyer: <http://www.fredmeyer.com/pharmacy>  
<http://www.fredmeyer.com/generic>

Target: [http://sites.target.com/site/en/health/page.jsp?contentId=PRD03\\_004319](http://sites.target.com/site/en/health/page.jsp?contentId=PRD03_004319)  
[http://sites.target.com/images/pharmacy/pharmacy\\_4dollar\\_program\\_list.pdf](http://sites.target.com/images/pharmacy/pharmacy_4dollar_program_list.pdf)

Wal Mart: <http://www.walmart.com/pharmacy>  
[http://i.walmart.com/i/if/hmp/fusion/four\\_dollar\\_drug\\_list.pdf](http://i.walmart.com/i/if/hmp/fusion/four_dollar_drug_list.pdf)

### Newsletter via e mail?



Too much mail? If you would like to receive our newsletter in an electronic format via email, please contact us at [orparc@nwresource.org](mailto:orparc@nwresource.org), subject line

**"Email Newsletter"**



## SUMMER PICNICS

### PARENTING CONNECTIONS: THE RAFT

Sunday, August 10th ♦ 1:00 to 5:00 p.m.

Blue Lake Park, Multnomah Pavilions A & B

*Last names A M: Bring a side dish ♦ Last names N Z: Bring a dessert*

Hot dogs, hamburgers and beverages will be provided. Lunch will begin at 2:00 p.m. Barbeques are available if you want to bring other meats for your family or to share. There will be lawn games and other fun activities. Bring swimsuits, towels and fishing poles for the water activities: an interactive water "spray park," swimming, paddle boats, row boats, canoes, and fishing. Picnic tables are available under covered areas; feel free to bring blankets and lawn chairs in order to spread out in comfort. Contact Debbie at 503 761 4686 or [debbie@pctheraft.org](mailto:debbie@pctheraft.org) to RSVP or for further information about park admission.



### DESCHUTES CO. FOSTER/ADOPT SUPPORT GROUP

August 2008

Please check ORPARC website at [www.orparc.org](http://www.orparc.org) for updated details about this summer picnic.



### Adoption Connections of Oregon



### 7th Annual Adoption Conference November 7 9, 2008 ♦ Eugene

Adoption Connections of Oregon (ACO) will be sponsoring their 7th Annual Adoption Conference and featuring keynote speaker Jane Brown, who will be speak on the topic of "Adoptive Parenting and the Interweave of Adoption, Race, Ethnicity and Culture" as well as offering her Children's Playshops. For further conference information visit [www.adoptionconnectionsofOregon.org](http://www.adoptionconnectionsofOregon.org), call 541 345 4209, or e mail [aco@peak.org](mailto:aco@peak.org).

### Direction Service

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

Direction Service is a non profit multi program family support agency located in Eugene, Oregon. Direction Service presently has four major programs: Family Support & Service Coordination, Information Services, Counseling Center, and Consortium for Appropriate Dispute Resolution in Special Education. Direct Service also publishes a yearly Summer Camp directory. This free 39 page directory gives a detailed description of summer camps that are "accessible"—some are specialty camps for children with various abilities/disabilities and some are for general interest. Download your free copy at [www.directionservice.org](http://www.directionservice.org).

### OFSN: COMMUNITY

### PARTNER HELPING YOU



Oregon Family Support Network (OFSN) is statewide non profit organization of families with children/teens who have behavior, emotional and mental health challenges. Their network of families throughout the state, offers support groups throughout the year, youth programs, advocacy training, and educational programs. They work with professionals and families in teaching how to navigate the mental health system. For more information about OFSN call 342 2876 in Eugene or 1 800 323 8521 toll free. Also check their website at [www.ofsn.org](http://www.ofsn.org).



FOR MORE INFORMATION, VISIT  
[AFAMILYFOREVERYCHILD.ORG](http://AFAMILYFOREVERYCHILD.ORG)

### A FAMILY FOR EVERY CHILD SEEKS FAMILY MENTORS

A Family for Every Child is seeking Family Mentors to guide new adoptive families who struggle with challenging behaviors from their child/ren. The Family Mentor would provide support to the family and offer advice on how to handle these behaviors. We are looking for parents who have experienced severe challenges with their own children, to help another family. Our program is also seeking volunteers for our family finding program. Volunteer positions include mining files (researching files to find lost friends and family), initial family contact (making calls to relatives and past contacts), and internet research (searching the internet to locate family). For these and more volunteer job descriptions, please contact Christy Obie Barrett at 541 954 9626.





# Community Partner Trainings & Events

## Lane County DHS Trainings

Camas Room, 1899 Willamette Street, Eugene, OR 97401

- § *Understanding the Impact of Abuse and Neglect on the Brain*  
Presented by Terri Schultz, RN  
Wednesday, July 9, 2008 ♦ 9:00 a.m. to 12:00 noon
- § *Drug and Alcohol Affected Families*  
Presented by Jay W. Wursher  
Wednesday, August 6, 2008 ♦ 9:00 a.m. to 12:00 noon



## Touched by Adoption Parent/Teen Conference

Presented by Chosen International  
Saturday, November 1, 2008

Keynote Speaker: Sherrie Eldridge  
Tualatin, Oregon

For more information visit

[www.choseninternational.org](http://www.choseninternational.org),

Some scholarships available; contact ORPARC

## PSU Child Welfare Partnership NetLink Trainings

[www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu), ¥ Login at 6:00pm, Class begins at 6:30pm (2 to 2 ½ hours in length)

Download NetLink training instructions at [www.orparc.org](http://www.orparc.org) or visit <https://dhslearn.hr.state.or.us>

- § *Documentation: Taking Note of Your Work with DHS*..... July 17, 6:30 to 9:00 p.m.
- § *Working with Teens*..... August 21, 6:30 to 9:00 p.m.
- § *Parenting Children with Special Needs*..... September 18, 6:30 to 9:00 p.m.
- § *Caregivers and the Oregon Safety Model*..... October 16, 6:30 to 9:00 p.m.
- § *Behavior Management: Collaborative Problem Solving*..... November 20, 6:30 to 9:00 p.m.
- § *What Color is Math? Understanding FASD*..... December 18, 6:30 to 9:00 p.m.



## The Children's Program ~ Portland Trainings

7707 SW Capitol Highway, Portland, OR 97219, 503 452 8002, [childrensprogram@qwest.net](mailto:childrensprogram@qwest.net)

Download a Registration Form from [www.orparc.org](http://www.orparc.org) or visit [www.childrensprogram.com](http://www.childrensprogram.com)

- § *Fractions, Decimals and Percents Review for 6th and 7th graders*..... July 22 24, 10:30 to 11:45 am
- § *Basic Algebra Fundamentals Refresher for 8th 10th graders*..... July 22 24, 12:30 to 2:00 p.m.
- § *Improve Study Skills While Preparing for the Written Driver's Permit Test...* *Dates/times to be determined*
- § *Enrich Your Marriage—Improve Your Parenting*..... July 26, 9:00 a.m. to 12:00 noon
- § *Study Skills Class for Middle/High School Students: 9, 10, 11, 12 grades*..... August 11 14, 9:30 to 11:30 a.m.
- § *Study Skills Class for Middle/High School Students: 6, 7, 8 grades*..... August 18 21, 9:30 to 11:30 a.m.
- § *Improve Your Child's Memory: A Workshop for Parents*..... August 19, 6:00 to 8:00 p.m.
- § *AD/HD Beginner's Group Therapy Program*..... October 6, 7:00 p.m.



## Adoption Mosaic

Visit [www.adoptionmosaic.org](http://www.adoptionmosaic.org), e mail Silvia at [info@adoptionmosaic.org](mailto:info@adoptionmosaic.org),

or call 971 533 0102 for information or to download a training registration form

- § *Movie Group: "Martian Child" (Open to adoption community)*..... July 8, 6:00 p.m.
- § *What and When: Talking about Adoption with Your Child*..... July 12, 9:00 a.m. to 1:00 p.m.
- § *Transracial Parenting: 3 Part Series Workshop: A, B and C*..... August 9 (A); October 4 (B), and November 8 (C), 9:00 am 1:00 pm
- § *Adoptee Panel discussion to follow "Part C" of workshop series*
- § *Strengthening Attachment with Your Child*..... August 16, 9:00 a.m. to 12:00 noon
- § *Youth Activity Group*..... September—date to be determined
- § *Lifestory Book Workshop (full day workshop in collaboration with NAFA)...* September—date to be determined



## Parent Empowerment Program

Presented by Tim O'Brien. For more information or to register, contact Tim O'Brien at 1 877 840 0052

Thursdays, July 3rd—September 4<sup>a</sup> 6:00 8:00 p.m.

Prince of Life Lutheran Church

13896 South Meyers Road, Oregon City, OR 97045

# New Grandparent and Relative Support Groups



LINCOLN COUNTY

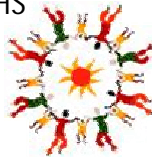
## Lincoln County Grandparents Raising Grandchildren Support Group

*Sponsored by Lincoln County Health and Human Services*

1st Tuesday of month ♦ 11:30 to 1:00 p.m.  
Lincoln County Health and Human Services  
Downstairs Conference Room

36 SW Nye Street, Newport, OR 97365

Contact: Sharon Muir, Lincoln County HHS  
541 265 4179 x 2307  
[smuir@co.lincoln.or.us](mailto:smuir@co.lincoln.or.us)



POLK COUNTY

## GrandPARENTING Again

*Sponsored by NorthWest Senior & Disability Services and Family Caregiver Support Program*

1st Wednesday of month ♦ 7:00 to 8:30 p.m.

Healing Hearts Counseling Center

110 N Monmouth Avenue, Suite 104A

Monmouth, OR 97361

Contact: Sherry Sullens, 503 838 6456

*This is a new support group for grandparents and other seniors who are raising children. The group is facilitated by Sherry Sullens, licensed child and family therapist and alcohol and drug counselor.*

KLAMATH COUNTY

## Grandparents as Parents and Kinship Caregivers Support Group of Klamath Falls

1st Wednesday of month ♦ 11:30 a.m.

1931 Homedale Road, Klamath Falls, OR 97603

Contact: Lloyd King, 541 891 0268,  
1 877 215 4576 (toll free)  
[gapking@clearwire.net](mailto:gapking@clearwire.net)

UMATILLA COUNTY

## Milton Freewater Relatives as Parents

*Sponsored by Head Start & DHS*

4th Wednesday of month ♦ 6:00 to 8:00 p.m.

Milton Freewater Public Library, Albee Room  
8 SW 8th Avenue, Milton Freewater, OR 97862

Contact: Dee J. Balmer (541 938 4925 ext. 238),  
Susan Phillips (541 938 0255)  
Lindsay Holmes (541 938 0255)

*This project promotes positive youth development by supporting the critical needs of the "relatives as parents."*

## New Support Group for LGBT Foster/Adoptive Families in Clackamas County

*For LGBT families located in Clackamas, Columbia, Multnomah, Washington & Yamhill counties*



## Pride and Joy: Adoption Support for LGBT Families

Meets the 4th Saturday of the month ♦ 1:00 p.m.

Childcare provided by Northwest Nannies

Contact Tia Encinas at 503 201 6993 or e mail Tia at [djcrystal@cmeproductions.net](mailto:djcrystal@cmeproductions.net) for more information

This is a new Metro Area foster/adoption support group for lesbian, gay, bi and transgender families

## New Parent Support Groups

JOSEPHINE COUNTY

### Rogue Valley Parent Support Group

*Sponsored by Chosen International*

1st Sunday of month ♦ 2:30 to 4:30 p.m.

Oregon Health Management Services Building

(entry from the "H" Street parking lot only)

For information contact Cynthia Bigelow at

[cjbigelow@choseninternational.org](mailto:cjbigelow@choseninternational.org)

*Group facilitated by two family therapists who specialize in working with adoptive families and adoptees*



### Oregon Family Support Network

1st and 3rd Saturdays of each month

3:30 to 5:30 p.m.

Contact Denise Galusha

541 784 6593

[dgalusha97470@hotmail.com](mailto:dgalusha97470@hotmail.com)

DOUGLAS COUNTY

Please visit the ORPARC website at [www.orparc.org](http://www.orparc.org) è "Support Groups" to see a listing of statewide foster, adoptive, relative and grandparent support groups, support groups for parents of children or family members dealing with disability or mental health issues, or to see statewide Oregon Family Support Network support groups. Also, please see how ORPARC can help develop or assist your support group.

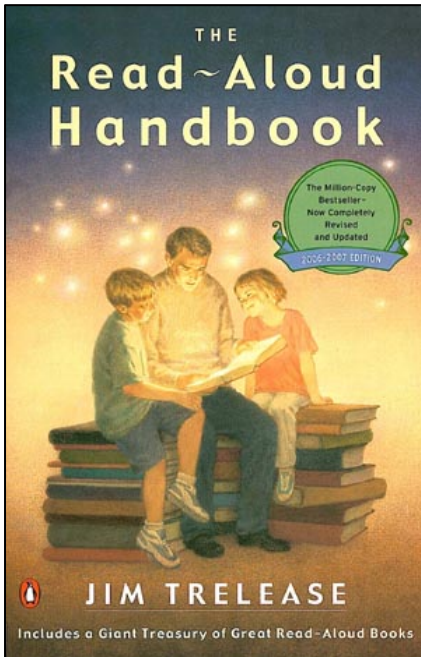


# What's new in the ORPARC Library?



- J **Bond with your child!**
- J **Improve your child's grades, vocabulary, knowledge and reading ability!**
- J **Enhance your child's social life!**
- J **All this in a single, easy and fun daily exercise!!**

If these claims seem too good to be true, read on, because according to Jim Trelease (*The Read Aloud Handbook*), research shows that reading aloud to your child can produce nearly miraculous results.



- § Children who are read aloud to at least 3 times a week are almost twice as likely to score in the top 25% in reading.
- § Children understand at a higher reading level than they read – kids who read at the first grade level can understand books written at fourth grade level if those books are read to them.
- § Reading aloud to children substantially improves their reading skills as well as their written, oral and auditory skills.
- § The more children are read to, the more they read on their own.
- § The more children read (and are read to), the greater their vocabulary.
- § The more children read, the more they understand when they read.
- § The more children read, the longer they stay in school.

Do you remember a parent reading aloud to you when you were young? It's a warm, soothing experience for the child and for the parent. Some children are uncomfortable with direct eye contact and are resistant when adults speak directly to them. They tend to be less intimidated riding in a car or being read to. Being read to is fun and helps kids associate pleasure with reading. What better way to build comfort and attachment with your child than reading to him or her in close proximity on a daily basis.

This book isn't adoption or special needs focused, but most of us know that children who have been in the foster care system are statistically less successful in school than their peers. According to Lee Tobin McClain, in an article entitled "Why Read Aloud?" (*Fostering Families Today* May/June 2006), children in foster care are more than twice as likely to drop out of high school and only 3 percent of them graduate from college. She says "We can't change all the reasons why, but building reading skills is one big step in the right direction."

In *The Read Aloud Handbook*, Trelease shares why, how, when, and what to read aloud to your children. The why (it helps your child in school and life, helps your relationship with him or her, and it's fun) is reason enough to make a habit of it. The how includes a list of do's, don'ts, tips on luring kids away from TV, reading to adolescents as well as toddlers, etc. When? Now! The what includes a 104 page list of recommended read aloud books (not all good books are ideal for reading aloud) based on type, topic, and age level.

Consider these Do's and Don'ts. Do choose picture books and books with rhythm and rhyme for younger kids. Do provide paper and crayons for doodling if your child has a hard time keeping still. Do read to your teenager. Do read slowly enough that your child can follow along. Do preview the book ahead of time. Don't be unnerved by questions during the story. Don't withhold reading to your child as a consequence for behavior. Don't ask kids to choose between TV and your reading to them. For a complete list of Trelease's Do's and Don'ts, visit [http://www.treleaseonreading.com/rah\\_ch4.html](http://www.treleaseonreading.com/rah_ch4.html)

*The Read Aloud Handbook* is available in the ORPARC library. For a complete list of new library materials (since our spring newsletter), visit [www.orparc.org](http://www.orparc.org) è "New in the Library" link on homepage.

By John Bennett, ORPARC Resource Specialist

## The Grandfamilies State Law and Policy Resource Center

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

The Grandfamilies State Law and Policy Resource Center is a collaboration between Casey Family Programs, the American Bar Association's Center on Children and the Law, and Generations United. The resource center consists of a searchable database of current laws and pending legislation; topical analyses, including summaries and comparisons of state laws, legislative trends, and advocacy/implementation information; and personal stories from grandfamilies.

### **KINSHIP REPORTER**

[www.cwla.org/programs/kinship/reporter.htm](http://www.cwla.org/programs/kinship/reporter.htm)

Kinship caregivers, grandfamilies, and child welfare personnel may be interested in reading the online newsletter *Kinship Reporter* from the Child Welfare League of America. Two issues of the newsletter have been published, and they include a variety of articles that address the issue of kinship care from national as well as personal perspectives.



## Calling All Therapists!

**Certificate Program: Adoption & Foster Family Therapy**

The Oregon Department of Human Services, ORPARC, and Portland State University's Graduate Schools of Social Work and Education have created The Oregon Certificate Program in Adoption and Foster Family Therapy. The Certificate program provides 100 hours of advanced education and training for licensed mental health professionals (at the master's level) in the specialized theories and practices for addressing the needs of adopted children who have histories of abuse and neglect. In particular, mental health professionals learn how to identify and build on family strengths, and coach adoptive and foster families in alternative approaches, interactive strategies and expectations for helping their children develop and thrive.

This important program increases the number of accessible and affordable mental health professionals for adopted and foster children and their families. A directory of mental health professionals who have completed this training certificate is available on the ORPARC website.

If you know of a therapist who would benefit from this training, please have them contact Kellie Herold at 503 725 8539 or e mail [kellieh@pdx.edu](mailto:kellieh@pdx.edu).



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621 SW Morrison Street, Suite 450  
Portland, OR 97205-3863