



The Journey

 www.orparc.org 

Volume XXXX

Summer 2009

ORPARC is a program of Northwest Resource Associates

State of Oregon Budget Cuts Affecting ORPARC

As many of you are aware, in April of this year, ORPARC received notice that our program was to be potentially eliminated through statewide budget cuts due to the projected state revenue shortfall. We at ORPARC immediately launched a "hit the ground running campaign" to save this valuable program on behalf of the over 7,000 adoptive families we serve. Through the combined efforts of ORPARC staff, state adoptive families, and community partners and professionals; through letter writing, meetings with Legislators, and testimony at eight Ways and Means hearings held statewide; the case was made with the State Legislature to save ORPARC. We are very thankful to report that we will continue to provide services, although with a 30% reduction to our budget. As of this writing, we are still working on the specific details with DHS Adoptions on how the reduction will affect ORPARC services. But here is a look at services that will probably remain:

- Information, Assistance, Referral to Services
- In-Depth Consultation, Advocacy and Support by Phone
- Parent Education and Trainings (6-8 a year statewide)
- Lending Library (replacement/acquisitions on hold)
- Support Groups (will assist with announcements as budget allows/will provide consultation by phone)
- Website and 1-800 number
- Newsletter 3 times a year or may publish short hard copy, with full copy on-line
- Continued outreach to new adoptive families each month with Welcome Letter and Brochure

We sincerely wish to thank all those who spoke out on behalf of continuing services for post adoptive families and who supported ORPARC through this time. We are grateful to the members of the Ways and Means Committee who worked diligently to support and maintain as many services as possible for Oregon families, children and those most in need. We hope that our service will continue far beyond this statewide budget crisis and look forward to assisting Oregon state adoptive and guardianship families for many years to come.

We've Moved!

After 10 years in downtown Portland, ORPARC has moved its office to the following address:

**2950 SE Stark Street, Suite 130
Portland, Oregon 97214**

Our new location is accessible to families, offering free on-street parking, a pleasant atmosphere, and our own training room. We invite families to visit us and we hope to see some of you at the upcoming *Collaborative Problem Solving* training being offered on Wednesday, August 12th from 6:00 to 8:30 p.m. (see page 3 for details). We look forward to serving you. Stop by and browse the library in person!

Newsletter via e-mail? We need your help in reducing costs.

Many of the families ORPARC serves have opted to receive our quarterly newsletter and mailings via e-mail. Opting to receive the e-newsletter helps curb our printing and mailing costs so that we can serve families better in other ways. If you would like to receive our newsletter and mailings via e-mail, please call or e-mail us at orparc@nwresource.org with your name and address, and write "E-mail Newsletter" in the subject line.

① 503-241-0799 telephone
① 800-764-8367 toll-free
① 503-241-0925 fax

Oregon Post Adoption Resource Center
2950 SE Stark Street, Suite 130
Portland, Oregon 97214

e-mail: orparc@nwresource.org
web site: www.orparc.org

A Gift of Time Retreat

August 28-30, 2009

Macleay Christian Retreat, Salem, Oregon

A Weekend Retreat for Family Caregivers & Grandparents
or other Relatives who are Parenting Again

Contact ORPARC for a possible scholarship to attend the retreat



For information please contact:
Janice Wolcott, Team Coordinator
PO Box 383, Dallas, OR 97338
☎ 503-831-5593 (home)
☎ 503-559-4001 (cell)
☎ 503-623-4704 (fax)
✉ jwolcpn@earthlink.net (email)



Celebrating, Educating and Encouraging Those Whose Lives Are Touched By Adoption

“Touched by Adoption” Teen Camp ‘09

August 28-30, 2009

Eagle Fern Camp ♦ Estacada, Oregon

Teens 13-18 years (adopted at any age) are invited to join others from around the northwest for a “Weekend to Remember!” Camp Fee is \$100 (\$20 non-refundable registration will hold place). Space is limited so register soon! Download a registration at www.choseninternational.org, click on “Events” tab. Mail registration form to:
Chosen International, 11860 SW Palermo Street, Wilsonville, OR 97070

11th Annual Clackamas County Foster, Adoptive and Kinship Family Picnic



August 4, 2009 ♦ 5:00 to 8:00 p.m.

Hillendale Park in Oregon City

19260 Clairmont Way, Oregon City, OR

DHS will provide the hot dogs, hamburgers and beverages. Please bring desserts, chips and side dishes to share. This year’s picnic will feature Blaze, the Trailblazers’ mascot and as well as face painting and clowns from Rose City Clown Alley. Haircuts will be available. Please bring lawn chairs and blankets.
Sponsored by Clackamas County DHS.

New in the Library

Books for families and professionals

- 📖 *Brothers and Sisters in Adoption: Helping Children Navigate Relationships When New Kids Join the Family*
- 📖 *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*
- 📖 *Life Story Books for Adopted Children: A Family Friendly Approach*
- 📖 *The Organized Student: Teaching Children the Skills for Success in School and Beyond*
- 📖 *A Parent's Guide to Special Education*

Book for professionals

- 📖 *Handbook of Social Work in Child and Adolescent Sexual Abuse*

DVD for teens, families and professionals

- 📺 *Eternal High: A Teenager's Experience with Depression and Suicide that will Change Your Life*

Kids Won't Listen? Try This!

If you're a parent living with small children, you may often feel like you're invisible to your kids. After spending a day cajoling, reasoning, threatening and even screaming in an attempt to get your kids to behave, you may feel as if they never listen to you, much less respond. But all that talking is precisely the problem. If you feel like you're invisible, you're probably way too audible.

When it comes to discipline, silence often speaks louder than words. Many parents complicate the job of discipline by setting for themselves two goals instead of just one. Their first goal is to get the kids to do what they're

supposed to do, which is fine. But when kids don't respond right away, many parents add a second goal: getting the youngsters to accept, agree with, or even like the discipline. So Mom and Dad start reasoning, lecturing and explaining.

One Explanation Is Fine

All this extra talking accomplishes only two things—both of them bad. First, it aggravates the kids, and second, it says to the children that they really don't have to behave unless you can give them four or five reasons why they should.

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ORPARC Trainings

Collaborative Problem Solving

Wednesday, August 12, 2009
6:30 to 8:30 p.m. *Pizza dinner at 6:00 p.m.*
ORPARC Office
2950 SE Stark Street, Suite 130
Portland, OR 97214
See description on last page

Register at 503-241-0799/1-800-764-8367 or e-mail orparc@nwresource.org

Save the Date

Sherrie Eldridge coming to Portland!

ORPARC and Cascadia Training are bringing Sherrie Eldridge, author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, to Portland to present an all-day training on Wednesday, October 21st. On Tuesday, October 20th, ORPARC will host a special "Meet the Author" fundraising event with cocktails and book signing by Sherrie Eldridge.
Visit www.orparc.org for training and event updates!



Community Partner Summer 2009 Trainings



Adoption Mosaic

www.adoptionmosaic.org ♦ info@adoptionmosaic.org ♦ 971-533-0102

All Adoption Mosaic trainings are in Portland

<i>Transracial Parenting: Part A</i>	August 1
<i>Girls' Activity Group Parent Orientation</i>	September 12
<i>Strengthening Attachment with Your Child (Ages 0-6)</i>	September 12
<i>Movie Group (adult adoptee only)</i>	September 15
<i>Girls' Activity Group (6-week series for 1st graders)</i>	09/16-10/21
<i>What and When: Talking about Adoption with Your Child</i>	September 26
<i>Transracial Parenting: Part B</i>	October 3
<i>Sibling (not adopted) Activity Group Parent Orientation</i>	October 10
<i>Sibling (not adopted) Activity Group</i>	10/12-11/16
<i>Lifestory Books (Collaboration with NAFA)</i>	October 17
<i>Strengthening Attachment with Your Child (ages 7+)</i>	October 17

CWP NetLink Trainings

www.cwpsalem.pdx.edu

<i>Child Development</i>	August 25
<i>Promoting Permanency</i>	Sept. 17
<i>Internet Safety</i>	October 27
<i>Transiciones</i>	19 de noviembre
<i>Cargivers and the OSM</i>	December 15

Login at 6:00pm, Class begins at 6:30pm (2-2-½ hours). View NetLink training instructions at www.orparc.org or <https://dhslearn.hr.state.or.us>

Adoption Counseling & Educational Services

www.adoptioncounselingservices.com

<i>The Effects of Neglect, Abuse, Attachment Disruption on the Developing Brain</i>	September 11—October 2
<i>Children's Social Skills and Self-Esteem Groups; Girls' Group 9-12 years old</i>	September 12—October 3
<i>Children's Social Skills and Self-Esteem Groups; Boys' Group 6-9 years old</i>	September 12—October 3
<i>Adoptive Parent Support Group (6-week series)</i>	September 14—October 28
<i>Parent Self-Care; Creating Foreground for Daily Life</i>	September 18 & 25
<i>Adoption Readiness Series</i>	September 19-20
<i>Expressive Arts/Process Group for Adopted Teenagers (8-week group discussion)</i>	October 1—November 19
<i>Managing Children's PTSD Symptoms within the Family</i>	October 9—October 30
<i>Children's Social Skills and Self-Esteem Groups; Girls' Group 6-9 years old</i>	October 10—November 7

Fetal Alcohol Spectrum Disorders: Into Action

Presented by Diane V. Malbin, MSW
October 15-17 ♦ 9:00 am to 4:00 pm
The Mark Spencer Hotel, Portland, OR
Registration Form and Conference Brochure at www.orparc.org → "Community partner trainings"
Call 503- 621-1271 or e-mail wemko@fascets.org

Save the Date!

2009 Shoulder to Shoulder Conference
November 2, 2009

The Children's Program www.childrensprogram.com

Study Skills Class for High School Students..... August 17-20
Study Skills Class for Middle School Students..... August 24-27

Building Futures Conference in Salem October 26-27

Sponsored by OR Department of Education, Office of Student Learning and Partnerships, Oregon's Competitive Employment Project, Office of Vocational Rehabilitation Services and Oregon Parent Training and Information Center

Autism Society of Oregon www.oregonautism.com

Autism Awareness Day with the Portland Beavers at PGE Park August 1
ASO hosting Special Education Law & Advocacy Training with Pete Wright of Wrightslaw October 29



Community Partner 2009 Trainings

Oregon Parent Training & Information Center



Contact OrPTI at 1-888-505-2673, 503-581-8156, or info@orpti.org, www.orpti.org

Date	Training/Workshop	City	Contact
August 18 & 25	<i>IEP Partner Training</i>	Portland	kriplinger@orpti.org
August 26	<i>Behaviors and the IEP</i>	Willamina	lskipworth@orpti.org
September 5	<i>Advocacy: Supporting Your Child in Special Education</i>	Hood River	vhaight@orpti.org
September 9	<i>Bullying: Is Your Child a Target?</i>	Beaverton	vhaight@orpti.org
September 22	<i>EI/ECSE, What do these mean?</i>	Hillsboro	vhaight@orpti.org
October 3	<i>What Parents Need to know about the IEP</i>	Hood River	vhaight@orpti.org
October 10	<i>Saturday Sessions: A Day of Learning</i> <i>This event is designed for parents of children with disabilities to help you learn to successfully navigate special education and prepare your child for the future</i>	Redmond	dbethell@orpti.org
October 13	<i>Anxiety and Related Disorders</i>	Beaverton	vhaight@orpti.org
October 21	<i>Understanding Asperger's Syndrome</i>	Beaverton	vhaight@orpti.org
November 7	<i>Can You Hear Me Now? Communicating Effectively with your IEP Team</i>	Hood River	vhaight@orpti.org
November 19	<i>Understanding ADHD</i>	Beaverton	vhaight@orpti.org



Building Futures Conference

Secondary Transition to
College and Employment

A statewide conference designed for students,
families and professionals

October 26-27, 2009

Salem Conference Center

200 Commercial Street SE, Salem, Oregon

Who should attend:	Students and young adults with disabilities, parents and professionals.
More information:	Please visit OrPTI's web site at: www.orpti.org ; or call OrPTI toll free at 1-888-505-2673.
Linguistic Accommodations:	If you need assistance in a language other than English, please contact the OrPTI Main Office - to request an interpreter, translator or translations.
<i>Español:</i>	Si usted necesita ayuda en otro idioma que no sea inglés, por favor comuníquese con nosotros para solicitar un intérprete, traductor o traducciones.
Who is Oregon PTI?	OrPTI is a federally funded Parent Training and Information Center for the state of OR with the mission of educating and supporting parents, families & professionals in building partnerships that meet the needs of children/youth with disabilities, ages birth to 26.
OrPTI Contact Information:	2288 Liberty Street, NE, Salem, OR 97301 503.581.8156 ♦ 1.888.505.2673 ♦ www.orpti.org ♦ info@orpti.org

Building Futures is for anyone who has an interest in supporting individuals with disabilities as they transition from school to life. This includes Secondary Educators, Post Secondary Educators, Vocational Rehabilitation Counselors, Special Educators, therapists, counselors, service providers, job developers, and other rehabilitation specialists, and especially secondary students with disabilities and their families. Throughout the two-day event there will be presentations by regional and national experts on issues surrounding secondary transition and assistive technology.

Sponsored by Oregon Department of Education, Office of Student Learning and Partnerships, Oregon's Competitive Employment Project, Office of Vocational Rehabilitation Services and the Oregon Parent Training and Information Center.



Community Partner News and Events

News from OrPTI



Contact OrPTI at 1-888-505-2673, 503-581-8156, or info@orpti.org, www.orpti.org

New Graduation Requirements

Governor Kulongoski signed HB 2061 PDF into law on April 1, 2009. This law is a technical fix which waives the increased graduation credit requirements for some students. The increased graduation requirements were passed by the 2005 Legislature and set to go into effect July 1, 2009. These requirements are one additional English credit (for a total of 4) and one additional mathematics credit (for a total of 3). This waiver only applies to students who began ninth grade during the 2005-2006 school year, attended school consecutively during the 2006-2007, 2007-2008 and 2008-2009 school years and who will receive their diploma prior to July 1, 2010. This law is binding and has immediate effect. OAR 581-022-1130, which outlines the diploma implementation timeline, will be revised in June to reflect the change.

Oregon Zoo VIP Evening

Recognizing that most kids enjoy the zoo, but some have a harder time than others getting there, the Oregon Zoo is inviting children (birth to 18 years) with disabilities and chronic or terminal illnesses, plus their immediate families, to a free evening as a VIP at the zoo on Wednesday, August 26, 2009, from 4:00 to 8:00 p.m. The Zoo is offering this experience for free as a community service, since medical expenses often prevent these families from enjoying a night out as a family.

Participating organizations are helping families get invited. You must register through one of the organizations to attend. As part of these special events, participants will receive:

- Free admission to the zoo, free train rides and free access to the Chimpanzee Challenge Maze (extra fee-based summer attraction)
- Complimentary popcorn
- Animal contact with a variety of animals at the Family Farm
- Special performances of the popular Wildlife Live animal show on the main stage
- Costumed characters around zoo grounds
- 25% discount at all zoo restaurants and food stands

RSVPs for the VIP Safari will only be accepted through partners. To register, contact the OrPTI Salem office at 1-888-891-6784 extension 105 or e-mail dbethell@orpti.org.

26th Annual Pacific Northwest Institute on Special Education and the Law October 5-7, 2009 ♦ Doubletree Hotel Seattle Airport, Seattle, WA ♦ www.uwschoollaw.org

Learn from local and national experts in Special Education Law. Your Institute registration fee includes 4 general sessions, 16 workshops, 2 hosted lunches, morning coffee, refreshment breaks, a dessert reception and a conference manual. Workshop topics include:

- New 2009 FERPA Regulations: Implications for Parents, Students, Schools, and Attorneys
- Parents and Their Rights under the IDEA and Related State Law

Optional Pre-Institute Mini-Course topics include:

- Section 504, the ADA and Disability Discrimination
- Behavior and Discipline Issues for Students with Special Needs



Community Partner 2009 Trainings

Center for Improvement of Child and Family Services

Child Welfare Partnership



Date	Training Description	District No.	Location	Registration ①
August 3	<i>Defensive Parenting</i>	District 14	Ontario	541-889-9194
August 6	<i>Common Mental Health Disorders in Teens</i>	District 6	Roseburg	541-464-2077
August 10	<i>Parenting Children with ADD/ADHD 101</i>	District 7	Port Orford	541-756-5500 x 251
August 12	<i>The Connection: The Child and the Birth Family</i>	District 5	Eugene	541-349-4459
August 13	<i>The Continuum of Attachment</i>	District 2	Portland	971-673-1822
August 13	<i>Ten Tips for Parenting Teens</i>	District 11	Klamath Falls	541-850-3650
August 20	<i>Common Mental Health Disorders in Teens</i>	District 10	Redmond	541-388-6331
August 25	<i>Transitioning Children with Sensitivity</i>	District 8	Grants Pass	541-474-3120 x 375
August 27	<i>Fetal Alcohol Spectrum Disorder 201</i>	District 2	Portland	971-673-1822

Training by District

Ever wondered what is actually going to be covered in a specific training? Here is the best way to get the full scoop on a training you are interested in attending:

- Step 1:** Visit the CWP website at <http://cwpsalem.pdx.edu/foster/>
- Step 2:** Location your county under the drop down Training Directory.
- Step 3:** Scroll down the page until you locate the title of the training you are interested in...but don't ignore the others along the way that might be of interest.
- Step 4:** Read the description, locate the contact person, call or email and register!

Beyond your county:

Be sure to check out trainings available in neighboring counties that are of interest to you. NetLinks are listed in every county's drop down menu. You can attend from home, so don't limit your training to live training. CWP is now offering two NetLinks a month, one in the day and one in the evening for maximum availability. These can be done from home, so there is no travel required!

For a list of upcoming NetLinks and information on how to register and how NetLink works, go to <http://cwpsalem.pdx.edu> and click on Distance Training and check out the topics, print out a schedule, find out how to access materials, learn about resources for NetLinks, and get yourself on board with the technology of the future!

New Child Welfare Partnership Trainings

Parenting the ADD/ADHD Child 201.

Presented by Jennifer Scholes, MA

In order to attend this class, participants will need to have attended either *Parenting Children with ADHD: Working with Challenges and Strengths of Children with ADHD* offered through the Child Welfare Partnership or have completed the free online course found at <http://www.answers4families.org/family/grandparent-caregivers/health-care/overview-attention-deficit-hyperactivity-disorder>.

Internet Safety for Caregivers (NetLink Training), Presented by Mark Schwier and Micah Persons

Tuesday, August 25, 2009; 5:45 to 9:00 p.m. Register at <https://dhslearn.hr.state.or.us>. Log on at 5:45-6:00 p.m. from your home computer or your local Child Welfare office.

Child Development, Presented by Jennifer Scholes, MA

Watch for dates and times in future CWP calendars or online at www.cwpsalem.pdx.edu/foster.

Children of Incarcerated Parents, Presented by Jennifer Scholes, MA

Watch for dates and times in future CWP calendars or online at www.cwpsalem.pdx.edu/foster.

Kids Won't Listen? Try This!

Continued from page 2

One explanation is fine. But the mistake many parents make is trying to reason with their kids as if they were "little adults," and too often adult logic does not impress or motivate young children. Once you say "No" to an obnoxious behavior, you should save your breath. Further pleading will irritate you more and give the child a chance to continue the battle—and the behavior.

Source: ParentMagic Newsletter by Dr. Thomas Phelan © 2009
Simple, straightforward parenting advice and helpful tips from Dr. Phelan's award-winning, best-selling 1-2-3 Magic Parenting Program. To learn more visit 123Magic.com.



New Online Adoption Community

The National Adoption Center launched a new online community for members of the adoption community including, professionals, birth & adoptive parents, adoptees and others. The goal of the site is to offer a safe place for people to share stories, information, support and education for those involved in the adoption process. To visit the online community, visit the following link: <http://nationaladoptioncenter.ning.com/>.

Post Adoption Birthparent Contact Survey

This survey is being conducted by a graduate student at Eastern Illinois University

If you adopted an unrelated child from foster care, your input is needed for a survey on post adoption birthparent contact. Michelle Roberts, a foster and adoptive parent herself, is doing a graduate thesis on post adoption contact in foster care adoptions. Even if you have had no contact with your child's birthparents, your input is valuable to the study. The online survey takes less than 10 minutes to complete and contains no identifying information. As a special thank you, you will be entered into a drawing for a chance to win a \$100 gift certificate to the store of your choice. Please take a moment to help with this study. Visit www.AdoptionStudy.org for the online survey or contact Michelle at meroberts2@eiu.edu if you would prefer to have a paper survey mailed to you. Your help is greatly appreciated!

New Grandparent Support Group! Grandparents Raising Grandkids Support Group

Connecting Grandparents who have similar challenges and issues while growing in the role of parenting again.

- When:** The group meets once a month at Gentog for one hour. Participants are welcome to join at any time.
- Where:** Gentog, 11535 SW Durham Road Tigard, OR 97224
- Who:** Grandparent or relative (by blood, marriage, or adoption) who is 55 years of age or older, lives with a child, and is the primary caregiver to the child. The child has to be 17 years of age or younger.
- Cost:** The support groups are free of charge.
- Format:** The support group will provide both encouragement and education. It will be led by professional counselors. Those who attend will not only walk away encouraged, but will be provided with a program that teaches self care and parenting skills.
- Contact:** Lindsay Bong, MA, 14833 SW 72nd Avenue, Tigard, OR 97224, 503-684-6289, mistymtnfamily@yahoo.com



Topics to be discussed include:

- Legal Issues for Grandparents Raising Grandkids
- Discipline Then and Now
- Resources for Grandparents Raising Grandkids
- Helping Grandchildren Deal with Stress/ Loss/ Grief
- Technology and My Grandchild's Internet Safety
- Self Care for Grandparents Raising Grandkids
- Helping Your Grandchild in School
- Healing My Relationship with My Adult Child
- Affordable Fun

Sponsored by the Family Caregiver Support Program through Washington County Disability, Aging and Veteran Services and are being facilitated by professional counselors from Misty Mountain Family Counseling Center.



Collaborative Problem Solving



This 2-hour training provides an overview of the Collaborative Problem Solving [CPS] model, as described in the book *The Explosive Child*. Dr. Ross Greene developed this model specifically for children who are inflexible and become easily frustrated, leading to explosive anger or melt downs. Utilizing the CPS model has been found to help reduce and alleviate explosive or meltdown behavior, as parents and kids learn to solve problems together in ways that are mutually satisfying and help reduce conflict.

CPS has been applied to “ordinary” kids as well as to children with disabilities or mental health issues, and used with children with a wide range of social, emotional and behavioral challenges. It can also be used by school staff which allows for consistency in the child’s life.

In this training we will explore reasons why your child becomes easily frustrated, how to work through the frustrating moments, and how to take a proactive approach in preventing the explosive behavior. We will also go over the steps of Collaborative Problem Solving. Come join us and learn with other parents and caregivers how this model can be applied in your home.

Presenter: Nicole Russell, MSW, ORPARC Family Support Specialist
Nicole is currently a family support specialist with Oregon Post Adoption Resource Center. She recently graduated with her Masters in Social Work from Portland State University. She is also the recipient of the NASW 2009 Community-Based Practice Award. She has worked with children, youth, and families in various capacities. After receiving her bachelor’s degree, she worked within a school-based mental health program, providing support in behavior supported classrooms within elementary schools.

When: Wednesday, August 12, 2009
Time: 6:30 to 8:30 p.m.; *Pizza dinner at 6:00 p.m.*
Where: ORPARC Training Room
2950 SE Stark Street, Suite 130
Portland, OR 97214

**Register by contacting ORPARC at 1-800-764-8367 or email
orparc@nwresource.org**

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