

National Adoption Day a Success!



The National Adoption Day celebration, **Oregon Celebrates Adoption**, on Saturday, November 19, 2011 at the Lloyd Center Mall was tremendous fun! Festive entertainment abounded for all – engaging, interactive activities for children; so many cheerful Rose City clowns; exciting prizes; gorgeous family photos; heartfelt speakers; and an enthusiastic and appreciative crowd. We hope that this year’s event not only celebrated the joys of what adoption means for each child or family, but also created awareness about adoption in our communities. We are looking forward to celebrating with all of you again next year!



This event would not have been successful had it not been for all of our wonderful families, participants and volunteers. Whether you joined us to celebrate because adoption is a part of your life, or you are considering adding to your family through adoption, your presence made our hard work worthwhile. From the attendees, to the planning team, to the event volunteers and exhibitors, we couldn’t have done it without you! For those of you who were not able to attend, we hope that you can join us next year. Thank you for making this day as memorable as possible.



Sponsored by



Voice for Adoption

SPEAKING OUT FOR OUR NATION'S WAITING CHILDREN

2011 Adoptive Family Portrait Project

www.voice-for-adoption.org

In November 2011, Voice for Adoption’s (VFA) 2011 Adoptive Family Portrait Project celebrated families who have adopted children from foster care. The primary goal of the annual project is to raise awareness among members of Congress about the real experiences and needs of families adopting children who have spent time in the foster care system.

Six participating families from Oregon shared their stories along with a family portrait. Each family was matched by VFA 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 first year Oregon had full participation from all six of our members of Congress.



Congratulations and thank you to these special families who participated!

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

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

Follow ORPARC on Facebook
orparc@nwresource.org
www.orparc.org

Federal Adoption Tax Credit for Special Needs Adoptions



If you adopted in 2011 (or had expenses in 2010 or earlier for a non-finalized US adoption), you can most likely claim the adoption tax credit with your 2011 taxes. The IRS recently released Form 8839 and instructions, which are necessary to claim the credit. This year's instructions have additional information about the documentation required to file for the credit. To learn more about the 2011 credit, visit www.nacac.org/taxcredit/taxcredit2011.html. The IRS has also created a special page for the adoption tax credit and plans to post additional information there as necessary. For more information, visit <http://www.irs.gov/formspubs/article/0,,id=235825,00.html>.

New Adoptive Parent Support Groups

NAFA Salem Adoption Group Meeting

Sponsored by Northwest Adoptive Families Association

Meeting 3rd Tuesday of the month, 6:30-7:30 pm

Pringle Hall Community Center, Meeting Room

606 Church Street SE, Salem, OR 97301

Contact Christie Van Winkle, NAFA Board Member

541-990-8267, justaminion@gmail.com

www.facebook.com/SalemNAFA or <http://nafaonline.org>

The group is for previous, current and prospective adoptive parents. Meet other adoptive parents to share support, attend trainings, and learn about being the best parent you can be! Childcare will be determined by the group.

LGBTQ Adoptive Parent Support Group

Sponsored by Adoption Mosaic

Meeting 3rd Thursday of the month, 6:00-8:00 pm

Q Center, 4115 N Mississippi Ave., Portland, OR

971-533-0102 or info@adoptionmosaic.org

LGBTQ adoptive parents and families face unique challenges and concerns. Homophobia and heterosexism restrict access to support, services, and the social legitimacy necessary to create and sustain healthy families. The support group is facilitated by an Adoption Mosaic staff member and a parent of the LGBTQ community.

ORPARC can help develop or assist your support group. Visit www.orparc.org → "Support Services" → click and download "ORPARC's Role and Sample Training Topics." If you are aware of any new or updated support group information, please contact ORPARC at 503-241-0799/1-800-764-8367 or orparc@nwresource.org.

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: Scholarship program designed to provide youth who were adopted from foster care at or after the age of 13 with financial assistance in pursuing a college, vocational, or technical education. Applications available in spring 2012 at www.childrensactionnetwork.org.
- **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 training programs. The 2012-13 scholarship application is open from January 1 through March 31, 2012.
- **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. Deadline is Tuesday, January 31, 2012 at 5:00 p.m. PST.
- **Providing Effective Financial Aid Assistance to Students from Foster Care & Unaccompanied Homeless Youth:** The guide provides information for anyone who helps youth from foster care (including guardianship or older adopted youth) and unaccompanied homeless youth to secure financial aid for post-secondary education or training programs. The guide describes how to respond to the 2011-2012 FAFSA questions 52-57 that will determine federal financial aid status for these students. Visit <http://bit.ly/uk8BDC> for more information.

ORPARC Trainings

Visit www.orparc.org for updates

Provided in collaboration with Providence Child Center and Cascadia Training

ORPARC trainings are **free of charge** to DHS adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals.

Attention Deficit Hyperactivity Disorder

The Journey from Turbulent to Tranquil

Presented by Dr. Read Sulik, M.D.

Friday, **February 17, 2012** ♦ 9:00 a.m. to 4:00 p.m.
Providence Medford Medical Center, Mary Norbert Hall
1111 Crater Lake Avenue, **MEDFORD**, OR 97504



- ✓ Register at www.providence.org/classes. Click on "online class catalog" and search by class name for "Swindells Speaker Event – ADHD, Medford." To register by phone, please call 541-732-5958.
- ✓ Spanish translation is also available.
- ✓ 6.0 Continuing Education Units (CEUs) are available for a cost of \$25.00 for professionals (see below)
- ✓ Sponsored by Trust Management Services, ORPARC, Providence Child Center, and Cascadia Training

Read Sulik M.D. is a renowned child and adolescent psychiatrist and pediatrician and is considered one of the foremost experts in the diagnosis and treatment of Attention Deficit Hyperactivity Disorder (ADHD). Dr. Sulik will present a two-part lecture. "ADHD in Children and Adolescents" is designed to help parents, educators and providers understand what is needed to promote optimal wellness in children with ADHD. "The Ability to Soothe - 10 Essentials to calming anxious, angry and defiant children" is an interactive lecture with practical tools for caregivers and teachers to help ADHD children improve their ability to self-regulate. Dr. Sulik's expertise and insight will enlighten parents, providers and educators with the most current information on helping children with ADHD lead healthier, happier and more tranquil lives.

Presented by Dr. Julian Davies, The Center for Adoption Medicine, University of Washington

Wednesday, **April 4, 2012** ♦ 9:00 am to 4:00 pm
Department of Human Services
4600 25th Avenue NE, **SALEM**, OR 97301

Nature and Nurture of the Brain & Sleep and Brain Executive Function



This training combines: brain development, sleep & executive brain functions. First, how nature and nurture interact to shape brain development, the neurobiology of relationships and behavior, and how brain plasticity imparts risk and resilience, with an emphasis on intervention. Next, sleep physiology, why sleep is important, and how many of the prenatal and environmental factors impacting children can interfere with sleep will be reviewed. Finally, how the brain functions, specifically higher order learning, referred to as "executive functioning." Dr. Davies, Clinical Professor of Pediatrics at the University of Washington, co-directs the Center for Adoption Medicine.

- ✓ Registration will be open a month prior to the training at www.providence.org/classes or by calling 541-732-5958. Contact ORPARC at 1-800-764-8367 or orparc@nwresource.org for further training or registration details.
- ✓ Light snacks provided: Lunch is "on your own" from 12:00 noon to 1:30 p.m.; a cafeteria is on-site
- ✓ 6.5 Continuing Education Units (CEUs) are available at a cost of \$25.00 for professionals (see "Professionals" below)



The Misunderstood Child

Understanding Sensory Processing Disorder

Presented by Sharron Donnelly, MS, OTR/L

Tuesday, **May 29, 2012** ♦ 5:30 to 8:30 p.m.
Providence Cancer Center Amphitheater
4805 NE Glisan Street, **PORTLAND**, OR 97213

- ✓ 3.0 Continuing Education Units (CEUs) are available at a cost of \$25.00 for professionals (see "Professionals" below)

Thursday, **June 7, 2012** ♦ 5:30 to 8:30 p.m.
St. Vincent Medical Center Auditorium
9205 SW Barnes Road, **PORTLAND**, OR 97225

Depending on the training, others may attend trainings for minimal charge or on a space available basis. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation available upon request. Request these services two weeks in advance.

Professionals: Registration is separate at the Providence website above. Contact ORPARC at orparc@nwresource.org or 1-800-764-8367 to request Continuing Education Units (CEUs). \$25.00 fee will be collected at the training. *NWRA/Cascadia Training is a NBCC Approved Continuing Education Provider (Provider #: 6575). This workshop is approved by the NASW, Washington State Chapter (recognized by Oregon State Chapter) for Licensed Social Workers, Licensed Marriage and Family Therapists and Licensed Mental Health Counselors. (Provider number #1975-118).*



Community Partner 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 / Línea de entrenamiento: 971-673-1822

January 28	<i>CPR and First Aid</i>	18 de abril	<i>Ayudando a los Niños con las Visitas [Español]</i>
February 8	<i>Enhancing Teen Attachment</i>	April 27-28	<i>Behavior Crisis Management Training (2 days)</i>
February 25	<i>Behavior Crisis Management Training</i>	May 11	<i>CPR and First Aid</i>
March 21	<i>Positive Behavior Management</i>	May 21	<i>Fun and Creative Parenting</i>
April 9	<i>Managing Difficult Behaviors in Young Children</i>	June 6	<i>Caring for the Sexually Abused Child</i>

SOUTHERN REGION

January 26	<i>Loss and Grief</i>	Medford	541-776-6120 x 224, jennifer.neill@state.or.us
January 28	<i>Collaborative Problem Solving II</i>	Springfield	541-726-6644 x 2226, tammie.k.harris@state.or.us
January 30	<i>Helping Children with Visitation</i>	Klamath Falls	541-850-3650, denise.reyes@state.or.us
February 15	<i>Parenting a Child with Special Needs</i>	Grants Pass	541-474-3120 x 375, kyndra.burdis@state.or.us
February 21	<i>Strategies in Successful Fostering</i>	Roseburg	541-464-2077, jody.l.meza@state.or.us
February 25	<i>Creating Positive Behaviors in Teens</i>	North Bend	541-756-5500 x 251, frannie.mcmahon@state.or.us
March 7	<i>Parenting to a Child's Temperament</i>	Medford	541-776-5120 x 224, jennifer.neill@state.or.us
March 8	<i>Collaborative Problem Solving II</i>	Roseburg	541-464-2077, jody.l.meza@state.or.us
March 14	<i>Managing Difficult Behaviors in Young Children</i>	Gold Beach	541-247-5437 x 232, lain.ham@state.or.us
March 16-17	<i>Behavior Crisis Management Training (2 days)</i>	North Bend	541-756-5500 x 251, frannie.mcmahon@state.or.us
March 20	<i>Understanding the Sexual Behaviors of Children</i>	North Bend	541-756-5500 x 251, frannie.mcmahon@state.or.us
March 21	<i>CPR and First Aid</i>	Springfield	541-726-6644 x 2226, tammie.k.harris@state.or.us
March 21	<i>Fun and Creative Parenting</i>	Klamath Falls	541-850-3650, denise.reyes@state.or.us
April 7	<i>CPR and First Aid</i>	Medford	541-776-5120 x 224, jennifer.neill@state.or.us
April 15	<i>CPR and First Aid</i>	Roseburg	541-464-2077, jody.l.meza@state.or.us
April 17	<i>Fetal Alcohol Spectrum Disorder Fundamentals</i>	North Bend	541-756-5500 x 251, frannie.mcmahon@state.or.us
May 7	<i>Caregivers and Caseworkers Teaming</i>	Grants Pass	541-474-3120 x 375, kyndra.burdis@state.or.us
May 15	<i>Fetal Alcohol Spectrum Disorder Fundamentals</i>	North Bend	541-756-5500 x 251, frannie.mcmahon@state.or.us
May 16	<i>CPR and First Aid</i>	Springfield	541-726-6644 x 2226, tammie.k.harris@state.or.us
June 2	<i>Adoption Issues Throughout Life</i>	Klamath Falls	541-850-3650, denise.reyes@state.or.us
June 7	<i>Parenting Children w/ ADD/ADHD Advanced</i>	Roseburg	541-464-2077, jody.l.meza@state.or.us
June 19	<i>Enhancing Teen Attachment</i>	Lakeview	541-947-2273 x 329, lori.j.johnson@state.or.us

EASTERN REGION

February 16	<i>Fun and Creative Parenting</i>	Hermiston	541-564-4493, irma.deanda@state.or.us
February 28	<i>Helping Children with Visitation</i>	Hood River	541-386-2962 x 231, amanda.l.richardson@state.or.us
February 28	<i>The Continuum of Attachment</i>	Bend	541-693-8938, laura.j.eaton@state.or.us
March 10	<i>Creating Positive Behaviors in Teens</i>	Ontario	541-889-9194 x 328, andrea.j.lockner@state.or.us
March 13	<i>Executive Functions: Stop, Look and Listen</i>	Pendleton	541-966-0873, janelle.s.hines@state.or.us
March 20	<i>Caring for the Sexually Abused Child</i>	Bend	541-693-8938, laura.j.eaton@state.or.us
March 20	<i>Facilitating Developmental Attachment</i>	Enterprise	541-426-4558 x 227, leigh.bednar@state.or.us
March 27	<i>Facilitating Developmental Attachment</i>	The Dalles	541-506-5222, jennifer.r.garner@state.or.us
April 2	<i>Helping Children with Visitation</i>	Prineville	541-447-6207, jeanine.hilburn@state.or.us
April 3	<i>Child Development: Tweeners through Teen Years</i>	Boardman	541-481-2093 x 224, monica.l.gilbertson@state.or.us
April 14	<i>Motivating Youth to Make Positive Changes</i>	Hermiston	541-564-4493, irma.deanda@state.or.us
April 17	<i>Executive Functions: Stop, Look and Listen</i>	Baker City	541-523-6423 x 527, sandi.baer@state.or.us
April 18	<i>Collaborative Problem Solving</i>	Ontario	541-889-9194 x 328, andrea.j.lockner@state.or.us
April 19	<i>Collaborative Problem Solving</i>	John Day	541-575-0728 x 248, sarah.hatfield@state.or.us
April 24	<i>Memory: Development & Stimulation</i>	Hood River	541-386-2962 x 231, amanda.l.richardson@state.or.us
May 10	<i>Supporting Children Exposed to Domestic Violence</i>	Pendleton	541-966-0855, lidwinner.machado@state.or.us
May 15	<i>Early Childhood & Brain Development</i>	La Grande	541-963-8571 x 426, susan.lemon@state.or.us
May 19	<i>Behavior Crisis Management Training</i>	Prineville	541-447-6207, jeanine.hilburn@state.or.us
May 22	<i>Strategies in Successful Fostering</i>	The Dalles	541-506-5222, jennifer.r.garner@state.or.us



Community Partner Trainings & Events



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

WESTERN REGION

25 de enero	<i>Ayudando a los Niños con las Visitas [Español]</i>	Hillsboro	503-681-6984, sharon.s.espinal@state.or.us
February 9	<i>CPR and First Aid</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
February 15	<i>Thriving in Stressful Times</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
February 16	<i>Adoption Issues Throughout Life</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
February 16	<i>Relative Caregivers</i>	St. Helens	503-366-8340, julie.a.nix@state.or.us
February 17	<i>The Foster to Adoption Shift</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
February 21	<i>Enhancing Teen Attachment</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
February 21	<i>Fetal Alcohol Spectrum Disorder Advanced</i>	Newport	541-265-8557 x 538, kelly.eoff@state.or.us
March 10	<i>CPR and First Aid</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
March 13	<i>Motivating Youth to Make Positive Changes</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
March 14	<i>Enhancing Teen Attachment</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
March 15	<i>The Continuum of Attachment</i>	Astoria	503-325-9179 x 328, suzanna.vermeul-wilson@state.or.us
March 20	<i>Methamphetamine Endangered Children</i>	Albany	541-791-5849, kim.e.elliott@state.or.us
March 31	<i>CPR and First Aid</i>	St. Helens	503-366-8340, julie.a.nix@state.or.us
April 10	<i>Transitioning Children with Sensitivity</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
April 11	<i>Caregivers and Caseworkers Teaming</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
April 12	<i>Memory: Development & Stimulation</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
14 de abril	<i>Primeros Auxilios [Español]</i>	Hillsboro	503-681-6984, sharon.s.espinal@state.or.us
April 17	<i>Managing Difficult Behaviors in Young Children</i>	Albany	541-791-5731, sarah.c.davis@state.or.us
May 4	<i>Facilitating Developmental Attachment</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us
May 10	<i>Strategies in Successful Fostering</i>	St. Helens	503-366-8340, julie.a.nix@state.or.us
May 23	<i>Child Development: Tweeners through Teen Years</i>	Salem	503-378-4784, erma.s.brundidge@state.or.us
June 4-5	<i>Behavior Crisis Management Training (2 days)</i>	Beaverton	503-277-6673, madeline.hodge@state.or.us
June 16	<i>CPR and First Aid</i>	Albany	541-791-5849, kim.e.elliott@state.or.us
June 22	<i>Strategies in Successful Fostering</i>	Oregon City	971-673-7361, julia.buzzard@state.or.us

NETLINK TRAININGS View NetLink training instructions at www.orparc.org or <https://dhslearn.hr.state.or.us>

<i>Caring for Children of Incarcerated Parents</i>	8:30 a.m. to 12:00 p.m.	Thursday, February 2
<i>Taking Note of Your Work with DHS</i>	5:30 p.m. to 9:00 p.m.	Tuesday, February 14
<i>Ayudando a los Niños con las Visitas [Español]</i>	5:30 p.m. to 9:00 p.m.	Martes, 23 de febrero
<i>Early Childhood and Brain Development</i>	5:30 p.m. to 9:00 p.m.	Thursday, March 15
<i>Ayudando a los Niños con las Visitas [Español]</i>	5:30 p.m. to 9:00 p.m.	Miércoles, 21 de marzo
<i>Child Development: Toddlers through Pre-Tweens</i>	8:30 a.m. to 12:00 p.m.	Thursday, March 29
<i>Parenting to a Child's Temperament</i>	8:30 a.m. to 12:00 p.m.	Thursday, April 5
<i>Child Development: Tweeners through the Teen Years</i>	5:30 p.m. to 9:00 p.m.	Tuesday, April 10
<i>Making the Most of Caseworker 30-day Visit</i>	8:30 a.m. to 12:00 p.m.	Thursday, May 3
<i>Caregivers and the Juvenile Court</i>	5:30 p.m. to 9:00 p.m.	Thursday, May 17
<i>Fomentando el Apegamiento Saludable [Español]</i>	5:30 p.m. to 9:00 p.m.	Jueves, 31 de mayo
<i>Managing Difficult Behaviors in Young Children</i>	5:30 p.m. to 9:00 p.m.	Tuesday, June 12
<i>Fomentando el Apegamiento Saludable [Español]</i>	5:30 p.m. to 9:00 p.m.	Miércoles, 13 de junio
<i>The Connection: The Child and the Birth Family</i>	8:30 a.m. to 12:00 p.m.	Thursday, June 21

Webcasts offered Free of Charge by the National Resource Center for Permanency and Family Connections

**True Colors: Building Connections
between Youth in Care and Mentors**

Wednesday, February 15th ♦ 10:00 to 11:00 a.m. PST

**Focusing on Well-Being: Developing a
Protective Factors Framework for Youth in Care**

Wednesday, February 29th ♦ 12:00 to 1:30 p.m. PST

Visit <http://www.nrcpfc.org/events/schedule.html> for more information.



Community Partner Trainings & Events



Oregon Parent Training and Information Center (OrPTI) is now a program under the umbrella of the r.i.s.e. Center. Please visit the r.i.s.e. Center website at www.orpti.org for more information about trainings and events.

2288 Liberty Street NE, Salem, OR 97301
503-581-8156 ♦ 1-888-505-2673 (toll-free)
503-391-0429 (fax)
1-888-891-6784 (Special Ed Help Line)
info@oregonrisecenter.org (email)

Date	Training/Workshop	City	Contact
January 24	<i>Behaviors that Interfere with Learning</i>	Corvallis	tpaul@oregonrisecenter.org
January 24-25	<i>Special Education Training Opportunity: IEP Partner Program</i>	Hillsboro	vhaight@oregonrisecenter.org
January 31	<i>Can You Hear Me Now?</i>	Beaverton	vhaight@oregonrisecenter.org
February 2	<i>What Parents Need to Know about the IEP</i>	Eugene	tpaul@oregonrisecenter.org
March 7-8	<i>Special Education Training Opportunity: IEP Partner Program</i>	Newport	lskipworth@oregonrisecenter.org
March 8	<i>Collaborative Meetings: Communicating Effectively with IEP Team</i>	Tillamook	tpaul@oregonrisecenter.org
April 5	<i>ADHD and Aspergers</i>	Corvallis	tpaul@oregonrisecenter.org
April 19	<i>Are We There Yet? High School Transition</i>	Albany	tpaul@oregonrisecenter.org
May 3	<i>IEP Goals: Are Your Child's Adequate and Appropriate?</i>	Albany	tpaul@oregonrisecenter.org
May 10	<i>Nothing is Delayed about Puberty!</i>	Tillamook	kriplinger@oregonrisecenter.org
May 11	<i>Advocacy Tools and Tips</i>	Springfield	maryannbarber.ofsn@yahoo.com
May 22	<i>Understanding Autism</i>	Corvallis	tpaul@oregonrisecenter.org
May 31	<i>Section 504 and IDEA: What's the same, what's different?</i>	Eugene	tpaul@oregonrisecenter.org



Adoption Mosaic trainings are in Portland
971-533-0102 ♦ info@adoptionmosaic.org
www.adoptionmosaic.org

<i>Adoption Readiness</i>	January 21-22
<i>Strengthening Attachment with Your Child (ages 0-6 years)</i>	January 28
<i>Strengthening Attachment with Your Child (age 7+)</i>	January 29
<i>Transracial Parenting</i>	February 11
<i>Birth Parent Panel</i>	February 25
<i>What and When: Talking with Your Child about Adoption</i>	March 10
<i>Adult Adoptee Movie Group</i>	March 13
<i>Adoption Readiness</i>	April 21-22
<i>Run Mama Run at Mt. Tabor Park in Portland</i>	May 13

Tourette Syndrome Association of Oregon and Washington

Discussion with Dr. Carol Mathews, MD.

Monday, January 30 ♦ 7:00 to 8:30 p.m.
Providence Cancer Center Amphitheater
4805 NE Glisan Street, Portland, OR 97213

Open forum discussion for the general public. Come learn more about Tourette Syndrome and associated disorders. This event is free. RSVP to tsaoregon@yahoo.com or call 206-621-2108.

The Parent Empowerment Program Series

<http://tim-obrien.com/empowerment.php>

To register, call 503-953-5329

Delivered by Tim O'Brien, LPC. English and Spanish series available. The Parent Empowerment Program (PEP) is a series of three modules containing 12 lesson plans. Emphasis of the PEP is placed on empowering parents to reclaim and retain their authority in the home. Parents, as opposed to social service agencies, are identified as the agents of change.

Mondays, 01/09-03/12

6:00 to 8:00 p.m.

Eastham Community School
1404 7th Street
Oregon City, OR 97045

Mondays, 03/26-05/28

6:00 to 8:00 p.m.

Eastham Community School
1404 7th Street
Oregon City, OR 97045

Programa de Capacitación para Padres

Serie de clases gratis que se enseñan en español para cualquier padre interesado en aprender dentro de un ambiente de apoyo. Llame a Linda Castañeda al número 503-869-2952 para registrarse o hacer preguntas. Los temas del programa incluyen: *Entender el poder de los sistemas familiares; Entender los componentes de cambio; Identificar las maneras en que los padres entregan el poder a los hijos; Comprender la culpabilidad que se sienten los padres y cómo capacitan a los hijos; Identificar fuentes de poder de los padres; Estrategias de prevención para problemas de comportamiento; Estrategias para reclamar el poder de los padres.*

Los lunes, 26 de marzo a 28 de mayo (10 clases)

6:00 a 8:00 de la noche

Eastham Community School,
1404 7th Street, Oregon City, Oregon 97045



Community Partner Trainings & Events



Webinar Trainings offered by The Center for Adoption Support and Education

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

The cost to attend the webinar is \$25.00. Please note that this webinar is in the evening 6:00 to 7:30 p.m. Pacific Time. Register at www.adoptionsupport.org/cal/index.php.

Same Family, Different Stories

Thursday, February 2, 2012 ♦ 5:00 to 6:30 p.m. (Pacific Time)

In adoptive families, a child may perceive his story as “better” or “worse” than his siblings; a child may have different feelings about being adopted than his sibling(s); an adopted child can feel jealous of the way his birth sibling is similar to their parents; a birth sibling can feel their adopted sibling gets “special attention.” Differences related to age at adoption, race, adoption-related information, post-placement contact with birth parents, and birth vs. adopted status can all present challenges for your family. This workshop will equip parents with strategies for effectively responding to these challenges to bolster each child’s well-being while promoting healthy sibling relationships. Presenters: Ellen Singer, LCSW-C and Allison Stearns, CASE Deputy Director, LCPC and adoptive parent.

Parenting Adopted Children with Anxiety Disorders

Thursday, February 23, 2012 ♦ 6:00 to 7:30 p.m. (Pacific Time)

In response to last September’s successful webinar, *Is it Adoption or Something Else?: Anxiety in Adopted Children and Adolescents*, presented by C.A.S.E. CEO, Debbie Riley and Dr. Erin Berman, clinical psychologist with the National Institute for Mental Health (NIMH), C.A.S.E. is pleased to present this follow-up webinar. Ms. Riley and Dr. Berman will explore strategies to help adopted children whose lives are seriously impacted by anxiety. Parents will have the opportunity to address specific questions and concerns, and will come away with a clear understanding of the dynamic between adoption experiences and anxiety, as well as effective treatments.



Providence Swindells Resource Center Are You Talking to Me?

What to do When the Words Don’t Make Sense: Understanding Auditory Processing Disorders

Tuesday, February 21, 2012 ♦ 6:30 to 8:00 p.m. ♦ Providence Cancer Center Amphitheater, 4805 NE Glisan St., Portland



Please join us as Patricia Pieper, Au.D., pediatric audiologist at Providence Neurodevelopmental Center for Children, discusses auditory processing disorders in children. Her presentation is designed for parents, caregivers, educators and health care providers. Patti will talk about the diagnosis and treatment of auditory processing disorders and will share practical ways to help children who struggle with this communication disorder. Join us to learn: what auditory processing is and why it's important; signs that a child may have an auditory processing disorder; and, how these disorders are diagnosed and treated.

Register at www.providence.org/classes. Click on “online class catalog” and search by class name for “Swindells Speaker Event – Are You Talking to Me? – Portland.” To register by telephone, call 503-215-2429. This workshop is free of charge thanks to the generosity of our donors. If you wish to receive a certificate of attendance, a \$25.00 fee will be charged.

Fetal Alcohol Spectrum Disorder: Into Action

Presented by Diane V. Malbin, MSW

Thursday thru Saturday, February 2-4, 2012 ♦ 9:00 a.m. to 4:00 p.m.
The Mark Spencer Hotel, 409 SW 11th Avenue Portland, OR 97205

Three-day training on fetal alcohol spectrum disorder for parents and professionals who live and/or work with children, adolescents, or adults with Fetal Alcohol Spectrum Disorders. The cost of the 3-day training is \$395.00. Contact Wendy Temko at 503-621-1271 or email wtemko@fascets.org for registration and information. This training is sponsored by FASCETS (www.fascets.org).



Northwest Adoptive Families
Association

NAFA’s Play Group 01/21; 03/17; 05/19
Baby & Toddler Care Class 02/04; 05/19
NAFA Roller Skating Party February 24
Attachment & Bonding March 9
NAFA Swim Party April 28
Adoption Triad Panel May 11
NAFA Family Campout July 13-15

For more information, visit www.nafaonline.org



Community Partner Trainings & Events



To register and for more information on these upcoming events, please visit the “Events” page on the FACT website at www.factoregon.org.

What To Know When Behavior Is a Concern at School

Thursday, January 26, 2012
10:00 a.m. to 12:00 p.m.

Multnomah County East Hill Church
Main Auditorium—A-15
701 North Main Avenue
Gresham, OR 97030

- ♦ What are your child’s rights
- ♦ What is a Functional Behavior Assessment
- ♦ What is considered “suspension”
- ♦ What is AND How to Write a Positive Behavior Plan
- ♦ How to use a Person-Centered Plan to support a child

The IEP: The Important Role a Parent Has On The IEP Team!

Wednesday, February 1, 2012
4:00 to 6:00 p.m.

Clackamas County Dev. Disabilities
Public Services Building
2051 Kaen Road, Room 153
Oregon City, OR 97045

- ♦ Understand the IEP and how it is developed
- ♦ Your involvement in the process
- ♦ Tips & Tools for being your child’s #1 Fan and Advocate
- ♦ Questions and Answers

The IEP: The Young Years

Children transitioning Kindergarten to 5th Grade

Saturday, February 4, 2012
9:00 a.m. to 1:00 p.m.

United Way Building
619 SW 11th Avenue, Portland, OR
\$10.00 registration fee (includes lunch). No parent will be turned away due to hardship.

- ♦ Involvement on the IEP team—the important role you play
- ♦ Importance of having vision for the future
- ♦ Understand the process and development of an IEP
- ♦ Tips and tools for successful communication and collaboration
- ♦ Approaches to conflict/dispute resolution

Teens and Drugs: What’s the Story?

- ✓ Monday, January 23, 2012 ♦ 6:30 to 9:30 p.m.
Regis High School Library, 550 W Regis St., Stayton, OR
- ✓ Monday, February 27, 2012 ♦ 6:30 to 9:30 p.m.
Salem Hospital, 393 Oak Street SE, Building D, Salem, OR
- ✓ Monday, April 23, 2012 ♦ 6:30 to 9:30 p.m.
Silverton Hospital, Fam. Birthing Ctr., 342 Fairview St., Silverton
- ✓ Monday, May 29, 2012 ♦ 6:30 to 9:30 p.m.
Regis High School Library, 550 W Regis St., Stayton, OR



This is a 3-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon, facts about marijuana and other drugs, problem gambling and other addictions, prevention, intervention and resources. The workshop is open to interested community members, ages 12 and up. Parents attend with your teens. To register, call 503-981-2461.

Los jóvenes y las drogas: Qué onda?

Lunes, 19 de marzo de 2012
6:30 a 9:30 de la noche
Wellspring Center
1475 Mount Hood Avenue
Woodburn, Oregon 97071

Un taller **gratis** de 3 horas en total que trata sobre las tendencias del uso de alcohol, el tabaco, y otras drogas en los adolescentes en el estado de Oregon. Se distribuirá información de prevención, intervención y recursos sobre la marihuana y otras drogas y adicciones. Para personas 12 años y mayor. Padres, favor de acompañar a su adolescente. Llame al número 503-981-2461 para registrarse.



Easter Seals Oregon

www.or.easterseals.com

Easter Seals Parenting Classes are taught in English and Spanish, using the “Make Parenting a Pleasure” curriculum. Classes are free to families with members on the Oregon Health Plan and certificates are available upon completion of the class. Classes are held at different locations in Marion and Polk Counties. Certificates will be awarded upon completion of all classes. Limited childcare provided for Spanish classes. For more information or to register call (503) 485-2185 for English classes and (503) 370-8990 for Spanish Classes.

Making Parenting a Pleasure..... -6 Fridays, April 20th through May 25th, 4:30 to 7:00 p.m., Salem

-6 Fridays, June 1st through July 6th, 4:30 to 7:00 p.m., Salem

Haciendo la paternidad un placer.... -4 Sábados, 3 de marzo a 24 de marzo, 10:00 de la mañana a 3:00 de la tarde, Woodburn

-4 Sábados, 2 de junio a 23 de junio, 10:00 de la mañana a 3:00 de la tarde, Salem



Community Partner Trainings & Events



The Children's Program Winter 2012 Trainings

To register call 503-452-8022 #1 or visit www.childrensprogram.com ♦ 7707 SW Capitol Highway, Portland, OR 97219

- ✓ **AD/HD Beginners Group for Ages 7-12**—Three Monday parent meetings; January 16th, February 13th and March 22nd; 10 Thursday student sessions, weekly beginning January 19th; 7:00 p.m. This group teaches children struggling with self-control and/or attention (AD/HD) to work productively and play appropriately within group settings that approximate classroom and social situations. This program introduces behavioral, cognitive, and social skills that are reinforced through specially designed recreational activities. The group model encourages peer support and enables the children to learn from each other. Parents observe the class to learn and then apply the concepts at home. The ten 90-minute Thursday student sessions are observed by parents. The three Monday evening parent classes provide additional information regarding parenting and teacher strategies and the opportunity to discuss what was observed in class. Cost: \$650 for 13 session package. Student sessions ONLY may be covered by health insurance.
- ✓ **From "I don't want to" to "Yes, I will" for 3rd-8th Graders**—Four Tuesdays, 5:00-6:15 pm weekly beginning January 17th for 3rd through 5th graders; 6:30-7:45 pm weekly beginning January 17th for 6th thru 8th graders. This class is designed to help parents and their children reverse negative attitudes and rebuild a positive work ethic. Families will establish better habits, more positive attitudes and avoid the conflicts around chores, homework and other life responsibilities. Most importantly the children will learn to evaluate their own motivations and understand the factors that feed procrastination and avoidance. Cost: \$220 for the 4 session package.
- ✓ **Jedi Training**—Eight Wednesdays, 4:00-5:00 p.m., beginning January 18th. This is a more physically challenging Yoga Calm class for boys age 7-11 to develop strong hearts, minds and bodies. Cost: \$180.
- ✓ **Pay Attention to Attention**—Two Monday Parent Meetings at 7:00 pm, February 6 and April 2nd; Eight Tuesday student sessions, 5:00-6:00 pm weekly beginning February 14th. This group is designed for elementary aged children with primary weaknesses in effortful/executive/"everyday" attention. There are eight 60 minute student sessions and two additional parent meetings. Student sessions are billable to health insurance. Cost: \$400. Please note: children with self-control/attention problems are better served in the AD/HD Beginner's Group. Registration packet available at www.childrensprogram.com or (503) 452-8002 #2.
- ✓ **Yoga Calm Ages 7-12 Years**—Eight Mondays, 4:00-5:00 pm beginning January 16th. This series of yoga-based activities is designed for children with attention, social, or learning differences as a way to develop personal awareness and specific strategies to maintain focus, and manage emotions and impulses. Through games, breathing, relaxation, and story-telling techniques students learn to develop self-control, release energy, increase strength, improve concentration and confidence, and enhance social/emotional awareness. Over time Yoga Calm skills and practices develop greater health, self-mastery, and well-being. Cost: \$180.
- ✓ **Pre-School Yoga and Social-Emotional Skills Training**—Eight Tuesdays, 1:30-2:30 pm beginning January 17th. 8-week class for 3-6 year olds and their parents combines a Family Coaching component so Yoga Calm principles can be used at home. We will integrate physical, emotional and cognitive experiences with simple breathing techniques to calm young minds and bodies. Yoga poses and sequences will build physical strength and flexibility. Social-emotional games will help with life skills and relaxation techniques. Storytelling and singing create happy and healthy young hearts. Cost: \$180.



Silvertown Together

421 S Water Street, Silverton, OR 97381
☎ 503-873-0405 ♦ ☎ 503-873-6452 (fax)
🌐 www.silvertontogogether.com 🌐



- ✓ **Make Parenting a Pleasure**—An intensive 12-session course for parents with children age 0-8, especially good for those with many stressors in their lives who are interested in changing their family dynamics. Fee: \$15.00/family.
- ✓ **Parenting with Love and Logic**—A 7-session course for all parents, especially of children age 4-14, who want practical techniques for less stressful, more effective parenting and more ease in family life. Offered twice a year. Fee: \$30/person or \$40/couple.
- ✓ **Families Talking about Changes**—A 2-session workshop for girls in 4th thru 6th grade and their parents. Offers a safe environment in which to discuss the changes with puberty and sets in place a foundation for communicating about sensitive subjects. Fee: \$10.00.
- ✓ **Families in Action (ATTENTION, PARENTS OF TEENS!)**—A 6-session family education class, including a component for parents of teens and pre-teens, a component for youth age 12-17, and childcare for younger siblings. Designed to help parents and teens improve their relationships and learn how to deal with the pressures facing youth today (dating, rumors, alcohol & drugs). Fee: \$35/family.
- ✓ **Strengthening Families Program 10-14 (ATTENTION, PARENTS OF PRE-TEENS AND YOUNG TEENS!)**—A 7-week course for the whole family. Separate sessions for parents, pre-teens/teens (ages 10-14) and families. Includes fun, interactive activities for all. Designed to increase family communication skills, prevent problem behavior and improve your relationship with your teen. Cost: Free
- ✓ **Esforzando a la Familia [Español]**—Un curso de 10 sesiones para padres que trata sobre los desafíos únicos de familias inmigrantes y de minoría. El curso incluye actividades divertidas y juegos constructivos. Se ofrece transporte gratis en Silverton. No hay costo.
- ✓ **Second Time Around**—A series of workshops for grandparents and other relatives raising children. Topics include: It Wasn't Supposed To Be Like This, Rebuilding a Family, Discipline is Not a Dirty Word, Protecting and Planning for Your Child's Future.



Research Studies and Announcements



FREE Neuropsychological Evaluation for Teens between 12 and 16 years of age who have been diagnosed on the Fetal Alcohol Spectrum

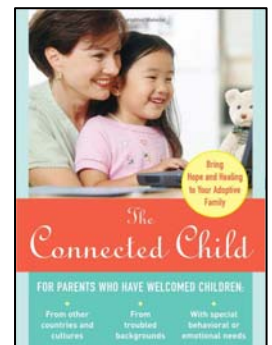
Parent Lisa McCrea Jones, student of Clinical Psychology through George Fox University, is seeking teen participants between 12 and 16 years of age who have been diagnosed on the fetal alcohol spectrum **OR** those who have confirmed prenatal alcohol exposure to participate in a **FREE** neuropsychological evaluation. The evaluation will include intelligence, learning and memory, executive functions, and adaptive behavior. Evaluation scores can be released to a licensed psychologist of the parent's choice, or a school to tailor treatment planning. Ms. McCrea Jones can also provide the parent or caregiver with specific feedback about their teen's strengths and areas of support based upon her assessment with the teen. Participation in this study would be appreciated and will contribute greatly to fetal alcohol spectrum disorder (FASD) research. Please contact Lisa McCrea Jones at 509-701-2338 or ljones04@georgefox.edu.

Adoptive and Foster Parent Class

Saturdays, January 7th through March 24th ♦ 5:30 to 7:30 p.m.

Village Baptist Church, Willamette Room A, 330 SW Murray Boulevard, Beaverton, OR 97005

A class for adoptive or foster parents who have welcomed children from other countries and cultures, from troubled backgrounds, or with special behavioral or emotional needs into their families. The class will teach how to build bonds of affection and trust with their child, effectively deal with any learning or behavioral disorders, and discipline their child with love without making him or her feel threatened. The class will have teachings from the author of *The Connected Child*, Karyn B. Purvis, Ph.D. Local professional counselors will also be available to answer questions.



- What to bring to class:
- ♦ Karyn Purvis's book "The Connected Child" and "Created to Connect Study Guide" (available for free at www.empowerdtoconnect.org)
 - ♦ Notebook for taking notes

Please address questions and confirmation of your attendance to salonzdrantan@comcast.net. Childcare is not provided at this time. Preview videos with content from our class at <http://empowerdtoconnect.org/content-types/video/>.



Voice for Adoption Celebrates Adoptive Families and Honors the Oregon Post Adoption Resource Center during National Adoption Month

On November 14, 2011 Voice for Adoption (VFA), a special needs adoption advocacy organization, presented their 2011 awards recognizing important contributions to the child welfare field. VFA selected the **Oregon Post Adoption Resource Center (ORPARC)** as the recipient of the **2011 Drenda Lakin Memorial Award for Continuing Service to Adoptive Families**. This award honors an individual, state, or nonprofit organization, whose programs provide valuable adoptive family support after adoptions are finalized. In 2006 the VFA board of directors created this award to honor the memory of Drenda Lakin, one of VFA's founding board members and an inspirational and dedicated advocate for children. Voice for Adoption's board of directors wish to extend their congratulations to each of the recipients of this year's VFA adoption awards. Here at ORPARC, we are honored to have received this award. Thank you to the many parents and community partners who have expressed their appreciation of ORPARC services over the years! We are equally honored to be able to serve you.



Newsletter via email?

If you would like to receive our newsletter and mailings via e-mail, please call us or email orparc@nwresource.org with your name, address and email. Receiving the newsletter helps us curb our printing and mailing costs so that we can serve families better in other ways.