



The Journey

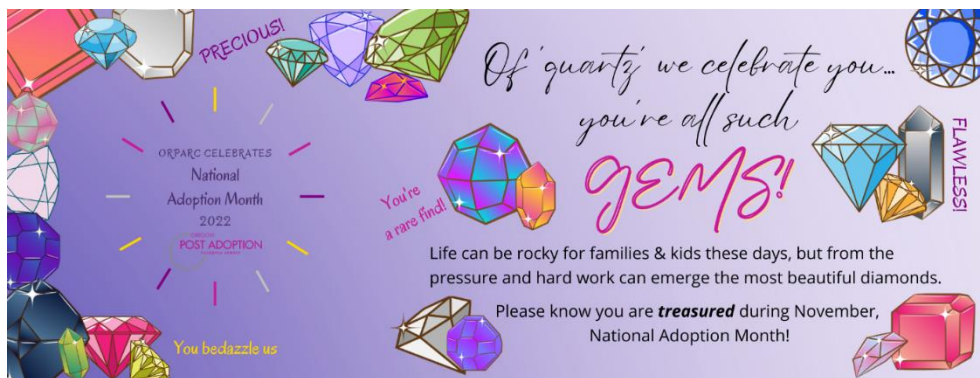
Volume 85

Winter-Spring 2023

ORPARC is a program of Northwest Resource Associates

ORPARC Celebrated National Adoption Month 2022

Families endure the most difficult circumstances. Like diamonds, we believe they can emerge from the hardest times even stronger! We celebrate and commend all our families – and those supporting them – as the precious, resilient gems and jewels that they are.



Message from Adoption/Guardianship Assistance Unit to all Guardianship & Adoptive Parents

Happy New Year, adoptive and guardian families! We hope the year end was full of joy, love and time with friends and family for you. The Adoption and Guardianship Assistance unit has welcomed Lindsay Williams back from her well used maternity leave. If you talk with her anytime soon, you may have to hear some quite valid bragging of how amazing and beautiful her own children are, too.

Most of our team has shifted from desk phones to cell phones, as part of the shift to remote work. For the desk phones that are still active, most are forwarded to cell phones. We expect all the desk phones to be deactivated in the near future (date not yet determined) when our desks get moved to a new location in our office building. At that time, cell phones will be the standard for all. Please let us know if we can be of support to you! You can find our contact information at:

<http://www.oregon.gov/DHS/CHILDREN/ADOPTION/Pages/Adoption-Guardianship-Assistance.aspx>

Culture Connection Collection...Coming Soon!



Later this spring, ORPARC will announce and debut the new Culture Connection Collection (CCC). Thanks to a Library Services and Technology Act (LSTA) grant through the State Library of Oregon, ORPARC was awarded a special opportunity to work with local Cultural Consultants - including a youth - with lived cultural, racial, parenting, and/or writing and illustrating experience to build this very special library collection aimed at supporting kids of color in care. We are so grateful to our funders and our Consultants! *Stay tuned for upcoming news!*



The CCC collection is made possible through a Library Services and Technology Act grant from the Institute of Museum and Library Services through the Library Services and Technology Act, administered by the State Library of Oregon. Institute of Museum and Library Services: <http://www.ims.gov>





The Importance of Culture, Race and Identity within a Child's Life Story



Join UK-based therapeutic life story workers and trainers Jenny Chigwende and Richard Rose as they share on the ways in which culture and race are critical to the formation of a child's identity, and how this impacts the child's understanding and processing of their own life story. Hear examples of how children can be supported in this process through therapeutic life story work and All About Me books.



Location	Time	Dates	Zoom Link
Virtual Training via Zoom	10:00am-12:30pm (PST)	Thursday February 23, 2023	Zoom link will be sent to registered participants

REGISTRATION:	https://www.orparc.org/training/online/1956 1-800-764-8367
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Introduction to Sexual Behaviors in Children – 3 parts (2 hours each)

This webinar is aimed at people who work with or care for children (pre-adolescents), highlighting some of the important facts and myths about sexual behaviors in children. This 3-part training will help participants:

- ✓ Consider and identify the differences between healthy, age-expected, and problematic sexual behavior in children (pre-adolescents)
- ✓ Identify criteria participants can use to evaluate a child's sexual behavior and identify when there is a need to consult or refer to specialist agencies
- ✓ Identify how to respond to sexual behavior in a supportive and positive way (initial responses)
- ✓ Identify why children display problematic or harmful sexual behavior
- ✓ Understand the purpose of the behavior and what needs are being met for the child

Presented by Robert G. Tucker, Director and Independent Social Work Consultant at RFT Training and Consultation, Ltd.





Location	Time	Dates	Zoom Link
Virtual Training via Zoom	11:00am-1:00pm (PST)	THREE (3) FRIDAYS March 10-17-24, 2023	Zoom link will be sent to registered participants

REGISTRATION:	https://www.orparc.org/training/online/1915 1-800-764-8367
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Questions?	Contact ORPARC at orparc@nwresource.org or 1-800-764-8367
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Continuing Education Credits are available. The cost and number of credits earned is determined by the specific training. Please request credits when registering. Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter).

TWO FRIDAYS
April 21 & 28, 2023



9:00AM - 12:30PM
(PST)



HOPE
for the Journey
CONFERENCE
(Formerly the Empowered to Connect Conference)

Featuring Trust-Based Relational Intervention® (TBRI) Method
developed by Dr. Karyn Purvis and Dr. David Cross from the TCU Karyn Purvis Institute of Child Development

"Thank You for having this training... [We] have been involved with foster care for 16 years... This was one of the best trainings we have seen."
-2022 ORPARC Participant

Collaborative training sponsored by Show Hope and ORPARC

Show Hope's **Hope for the Journey Conference** seeks to **encourage and better equip** parents and caregivers meeting the everyday needs of children impacted by adoption and/or foster care. At its core, TBRI® works to promote trust, attachment, and connection between caregivers and children by addressing physical and emotional needs while also disarming fear-based behaviors.

Join ORPARC online for a FREE training opportunity

WHERE: Zoom Webinar

REGISTER: <https://www.orparc.org/training/online/1916> or
1-800-764-8367 | orparc@nwresource.org

- Friday, April 21:** ✓ An Introduction to Trust-Based Relational Intervention® (TBRI) (highlighting: *Trauma's Effect on Neurological Development*)
✓ Connecting Principles (highlighting: *Connecting & Stressful Experiences*)
- Friday, April 28:** ✓ Empowering Principles (highlighting: *Empowering in the Home*)
✓ Correcting Principles (highlighting: *Correcting Principles & Teens*)

Not available these dates & times? Contact ORPARC!*
*ORPARC has limited online access links for families who want to watch on their own schedule between April 14, 2023 until June 30, 2023. Access links provided on a first come, first serve basis, **prioritizing ORPARC eligible families.**

ORPARC trainings are free-of-charge for ODHS/state adoptive, resource (foster) and assisted guardianship families, ODHS/SNAC adoption professionals, and other participants as space allows. We welcome all ethnicities, genders, sexual orientations, and faiths. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.



Thursday, May 11, 2023
10:00 am - 1:00 pm (PST)

Strategies for More Child-Oriented Adoptive Transitions



Virtual Training via Zoom

A training for caseworkers, resource (foster) parents, adoptive parents, child therapists and other supporting providers.

A child's transition from foster to adoptive family is one of the most important events in a child's life. Yet the adults involved are often engaged in the complexities of trying to balance many needs of their own and the child welfare system. This training will focus on strategies to reorient the adoptive transition process to the attachment needs of the child. Many of these strategies may also be useful for transitions between foster placements or reunifications with birth families.



Presented by Redmond Reams, PhD, a Licensed Psychologist.

REGISTRATION: <https://www.orparc.org/training/online/1975> | **1-800-764-8367**



Response & Support Network (RSN)

ORPARC can now refer eligible adoptive and guardianship families in Multnomah & Washington Counties to the new Response & Support Network (RSN) program for a rapid, compassionate response. All services are FREE of charge!
Email orparc@nwresource.org to get referred today. Referrals can provide: In-home visits & support from Maple Star | Parent mentoring | Youth mentoring | Skills training for youth | On-call crisis support | Flexible funds for immediate needs (as available) | Referral to rapid mental health assessments & services through Catholic Community Services (*for families with OHP insurance*)

NEW! ORPARC Resource Pages & Video Shorts

Resource Pages - They're a Goldmine...Dig In!

ORPARC staff have been working hard behind the scenes curating yet more Resource pages on meaningful topics! Each Resource page is replete with recommended books, websites, articles and videos/ podcasts to bolster the good work all of you are doing in your own families, or with those you serve. New [Resource pages](#) include topics like [Resource Parent Grief](#), [Infertility & Miscarriage Grief](#), [Autism](#), [Mental Health](#), [Incarceration](#), [Parent & Professional Care](#), [Couples & Caregiving](#), and so many more!



ORPARC 'Short Supports' Video Series

ORPARC has debuted a series of playful, hand-illustrated, animated videos called Short Supports. Each Short Support is science-supported, expert-endorsed, and backed by the wisdom of those with lived and marginalized experience. Despite the tough topics the videos tackle like Grief & Loss, Attachment, Felt Safety, the power of Touch, Life Story, and more, we guarantee you will learn and smile while you watch! ORPARC Short Supports can be found on our topical [Resource pages](#) or on [YouTube](#).



A Chuukese Resource Collection: Built for Children & Families

Did you know that Oregon has a growing Chuukese population? Chuuk State, comprised of multiple islands, is one of the four federated States of Micronesia.

ORPARC is pleased to successfully rise to the challenge to grow our resources to better fit the needs of Chuukese children and families working with children welfare. We now have not only a collection of Chuuk specific library books - both those about Chuuk and bilingual Chuukese, including a dictionary - but we have curated a group of cultural, artistic and geographical resources that include legends, pictures, songs, and customs to help Chuukese children remain connected to their islands of origin. We also now have the All About Me book translated into Chuukese as well. We want to especially thank Dr. LJ Robert Rayphand for his masterpiece thesis *Túúttúnnapen Chuuk: Retelling Chuukese Stories in the Digital Age* that inspired ORPARC to dive into this project, and for his kindness in responding and sharing resources all the way from Chuuk. We leave you with one of his thought-provoking quotes from 2009:



"Every passing day is a history we left behind. Our days could be filled with either bad or good encounters, or may be a little bit of both. We always paint our yesterdays with black and white lines when they are bitter and sour. Happy days are drawn with colorful symbols highlighting fun and memories. We go on through the years remembering and sharing stories of our lives that may be passed down from generation to generation." - Dr. LJ Robert Rayphand



Additions to the ORPARC Library

Library usage is **free** to eligible families & professionals!

Please contact us with questions about the process at orparclibrary@nwresource.org or call 1-855-496-BOOK (2665)

New Chuukese/Chuuk Collection – Children’s Books



- ✿ Chuukese Folklore: Island bedtime stories and fairytales, by Jennene Christine Obremski
- ✿ Coconut Ratz & Kung Fu Cowboys: Tales of a Pacific Islander's Childhood, by Joakim Peter
- ✿ Counting in Chuukese: Language of the Chuuk Islands, by Gerard Aflague
- ✿ Far Island, My Island: The Land and Sea that Captured My Heart, by Jillian Short
- ✿ Feilo Leniomw Kúkkún Piik (Chuukese): Go Home Little Pig, by Lee Noto
- ✿ Maru: Chuukese, by Joe Efram

- ✿ Iten Ekkewe Onuw-Colors in Chuukese: The Language of the Chuuk Islands, by Mary Aflague
- ✿ My First Chuukese 200 Picture Word Book (with English translations), by Mary Aflague
- ✿ Opposites in Chuukese: With English Translations, by Gerald Aflague
- ✿ Sofia’s Promise, by Jillian Short
- ✿ The Biggest Soap, by Carole Lexa Schaefer
- ✿ Trukese (Chuukese) English Dictionary. Supplementary Volume: English Trukese and Index of Trukese Word Roots, by Ward Hunt Goodenough



Growing ORPARC Library’s Spanish Language Collection - With Gratitude to NNLM Region V!

Creciendo la Colección en Español de la Biblioteca ORPARC ¡Con Agradecimiento a la Región V de NNLM!

ORPARC’s library is delighted to receive a serendipitous opportunity with the Network of the National Library of Medicine (NNLM) Region V to expand our bilingual and/or Spanish language library materials through a Supplemental Collection Equity Award! Our Spanish language materials are outdated and long overdue for an expansion; the timing could not be better. We will be working with wonderful and skilled ORPARC MSW interns with direct cultural and Spanish language lived experience, supported by our Spanish speaking staff, to curate and grow the collection into a rich, therapeutic array of materials to boost health and wellbeing for Hispanic/Latinx children in foster care, guardianship and adoption. The collection will also support and uplift their Spanish speaking caregivers and kin providers. *¡Gracias NNLM Region V!*

Developed resources reported in this collection will be supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM013725 with University of Washington. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



Supporting Your Adoptive & Guardianship Family With KEEP

www.KEEPfostering.org/Oregon



Are you a state adoptive or guardianship family who would appreciate some professional guidance, peer camaraderie PLUS the opportunity for \$25 gift cards? Or, do you know of a family who could use a pick-me-up? You're in luck!

KEEP Support Groups are happening now for state adoptive and guardianship families statewide. More groups starting all the time! All state adoptive or guardianship families are eligible for a free KEEP referral through ORPARC. Please email orparc@nwresource.org to learn more or secure a slot! [KEEP also has groups](#) for resource (foster) families as well, including Spanish-speaking, Native American, LGBTQ+, and more. **ENJOY the informative [KEEP Video!](#)**



Additions to the ORPARC Library

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New Books Children



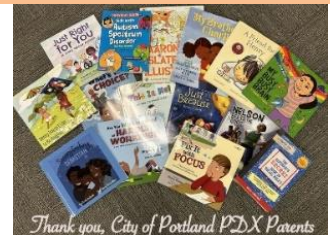
- ☺ Adopting a Little Brother or Sister by Holly Marlow
- ☺ Being Adopted by Stephanie Herbert
- ☺ Billy Moffle's Straight Lines by Mikenda Plant
- ☺ Can I Give You a Squish? By Emily Neilson
- ☺ Delly Duck: Why A Little Chick Couldn't Stay With His Birth Mother by Holly Marlow
- ☺ Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids by Kristen A Jenson
- ☺ Good Pictures, Bad Pictures Jr.: A Simple Plan to Protect Young Minds by Kristen A Jenson
- ☺ How to Make a Shark Smile by Shawn Achor
- ☺ I Love You When You're Angry by Erin Winters
- ☺ Jun and the Octopus by Ekkers
- ☺ Memory Jars by Vera Brosgol
- ☺ NowMaps Jr.: Adventure Stories to Help Young Kids Navigate Everyday Challenges & Grow in Caring & Kind Ways by Daniel J. Siegel
- ☺ NowMaps: A Tween's Guide to Learning About Your Thoughts, Navigating Big Emotions, and Being a Confident Kid by Daniel J. Siegel
- ☺ Riley the Brave's Sensational Senses: Help for Sensory and Emotional Challenges by Jessica Sinarski
- ☺ Room in the Nest: An inclusive foster care story by Holly Marlow
- ☺ So You've Adopted a Sibling by Holly Marlow
- ☺ Teach Your Dragon About Feelings by Steve Herman
- ☺ The Adopted Dragon by Steve Herman
- ☺ The Kid's Guide to Staying Awesome and In Control; Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner
- ☺ The Pawsons Celebrate!: Tales from Edgewood The World's Weirdest Town by Brain W. Parker
- ☺ When Aidan Became a Brother by Kyle Lukoff



Children's Books donated by City of Portland/Neurodiversity Books

Thank you!

ORPARC staff offer volumes of gratitude to the City of Portland PDX City Parent Group for continuing to enthusiastically support ORPARC's library by donating this wonderful array of neurodiversity-supportive books covering ADHD, Autism and more for kids in care! These books make great companions to ORPARC's newly updated [Resource](#) pages on [ADHD](#), [Autism](#), [Neurodiversity](#), and [Sensory Supports](#).



Thank you, City of Portland PDX Parents

New Books for Teens



- 📖 Daisy Woodworm Changes the World by Melissa Hart
- 📖 The Teenage Girl's Guide to Living Well with ADHD by Sonia Ali
- 📖 What I Carry by Jennifer Longo

New Information Packets & Non-Return Items



- 📄 Executive Function 101 by National Center for Learning Disabilities
- 📄 Mindfulness and Resilience (Adult Packet), ORPARC
- 📄 Mindfulness for Kids & Teens: Activities & More (Youth Packet), ORPARC
- 📄 Parenting Time: Strengthening and Preparing for Child-Parent Visits, ORPARC
- 📄 Riley the Brave's Sensational Senses Resource Bundle, Jessica Sinarski

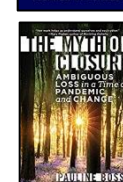
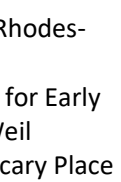
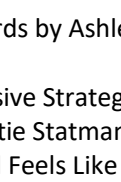
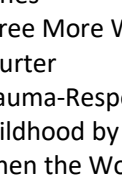
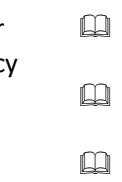
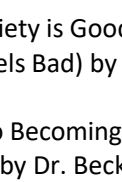
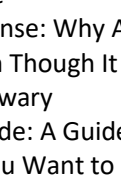
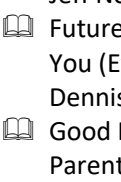
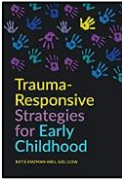
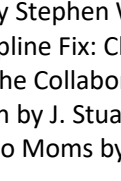
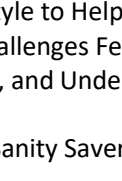
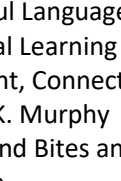
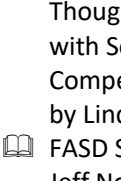
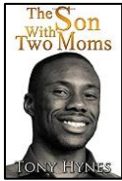
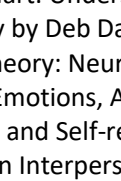
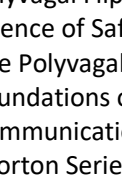
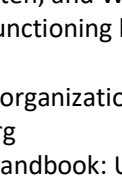
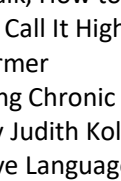
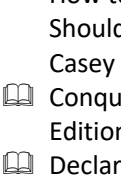
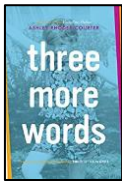
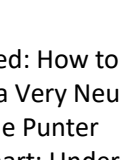
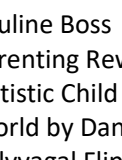
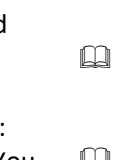
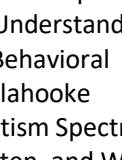
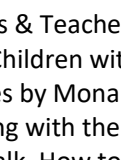
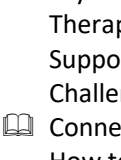
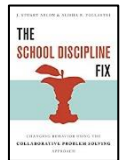
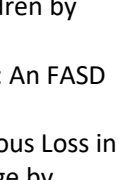
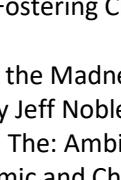
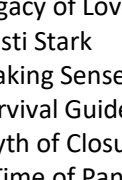
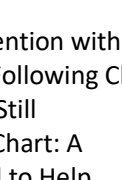
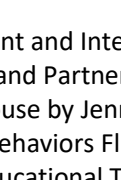
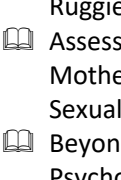
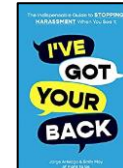
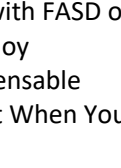
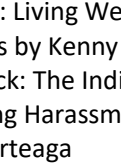
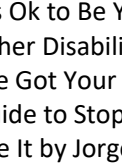
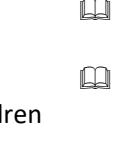
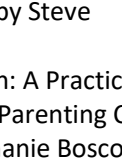
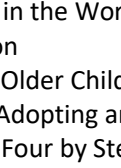
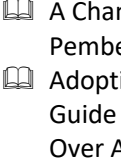
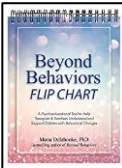
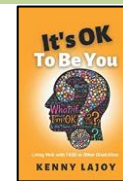
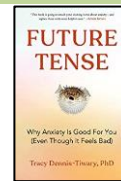
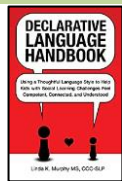
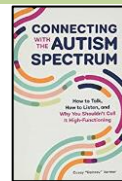
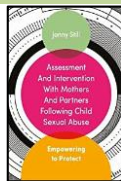
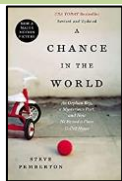


Additions to the ORPARC Library

Library usage is **free** to eligible families & professionals!

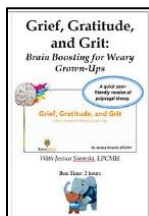
Please contact us with questions about the process at orparclibrary@nwresource.org or call 1-855-496-BOOK (2665)

New Books for Parents and Professionals

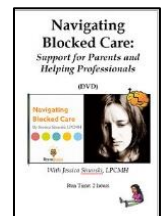


- 📖 A Chance in the World by Steve Pemberton
- 📖 Adopting Older Children: A Practical Guide to Adopting and Parenting Children Over Age Four by Stephanie Bosco-Ruggiero
- 📖 Assessment and Intervention with Mothers and Partners Following Child Sexual Abuse by Jenny Still
- 📖 Beyond Behaviors Flip Chart: A Psychoeducational Tool to Help Therapists & Teachers Understand and Support Children with Behavioral Challenges by Mona Delahooke
- 📖 Connecting with the Autism Spectrum: How to Talk, How to Listen, and Why You Shouldn't Call It High-Functioning by Casey Vormer
- 📖 Conquering Chronic Disorganization 2nd Edition by Judith Kolberg
- 📖 Declarative Language Handbook: Using a Thoughtful Language Style to Help Kids with Social Learning Challenges Feel Competent, Connected, and Understood by Linda K. Murphy
- 📖 FASD Sound Bites and Sanity Savers by Jeff Noble
- 📖 Future Tense: Why Anxiety is Good for You (Even Though It Feels Bad) by Tracy Dennis-Tiwary
- 📖 Good Inside: A Guide to Becoming the Parent You Want to Be by Dr. Becky Kennedy
- 📖 It's Ok to Be You: Living Well with FASD or Other Disabilities by Kenny LaJoy
- 📖 I've Got Your Back: The Indispensable Guide to Stopping Harassment When You See It by Jorge Arteaga
- 📖 Legacy of Love: Fostering Children by Dusti Stark
- 📖 Making Sense of the Madness: An FASD Survival Guide by Jeff Noble
- 📖 Myth of Closure, The: Ambiguous Loss in a Time of Pandemic and Change by Pauline Boss
- 📖 Parenting Rewired: How to Raise a Happy Autistic Child in a Very Neurotypical World by Danielle Punter
- 📖 Polyvagal Flip Chart: Understanding the Science of Safety by Deb Dana
- 📖 The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation (Norton Series on Interpersonal Neurobiology) by Stephen W. Porges
- 📖 The School Discipline Fix: Changing Behavior Using the Collaborative Problem Solving Approach by J. Stuart Ablon
- 📖 The Son with Two Moms by Mr. Tony Hynes
- 📖 Three More Words by Ashley Rhodes-Courter
- 📖 Trauma-Responsive Strategies for Early Childhood by Katie Statman-Weil
- 📖 When the World Feels Like a Scary Place by Abigail Gewirtz PhD

New DVDs



- 🎞️ Grief, Gratitude, and Grit: Brain Boosting for Weary Grown-Ups Webinar by Jessica Sinarski
- 🎞️ Navigating Blocked Care: Support for Parents and Helping Professionals by Jessica Sinarski





Community Resources, Trainings & Events



Oregon DHS Child Welfare Ongoing Caregiver Training Live Online TRAINING OPPORTUNITIES—2023

ORPARC is pleased to continue supporting ODHS live/online caregiver trainings with [library materials](#), [topical resource pages](#) and resource lists that compliment training topics for continued learning opportunities and training hours for resource parents. ORPARC's library has grown exponentially over the last year and now offers both digital and hard copy materials, with hundreds of children's books to choose from. Thank you, parents & workers, for your ongoing dedication to Oregon's children!



ODHS Child Welfare is excited to announce a menu of live/online training offerings for resource parents, relative caregivers, and adoptive and guardianship families in 2023! Training sessions will range between 1-3 hours long and will be hosted on Zoom. At least one topic will be hosted each month with simultaneous Spanish interpretation. All of these topics can be counted toward any ongoing training hours for recertification as an ODHS Child Welfare Certified Family.

- ✓ REGISTRATION: <https://www.oregon.gov/dhs/CHILDREN/FOSTERPARENT/Pages/training-ongoing-online.aspx>
- ✓ QUESTIONS? Please email: FosterFamily.Supports@dhs.oha.state.or.us

Date	Time	Description
02/21/2023	6:30-8:30pm	Court Hearings: The What and the Why
02/22/2023	6:30-7:30pm	Citizen Review Board Hearings: What Resource Parents Need to Know
02/23/2023	10:00-11:00am	Accessing Services and Support
02/28/2023	1:00-3:00pm	Why ICWA/ORICWA Matters
03/01/2023	10:00am-12:00pm	Developing Open and Effective Communication in Resource and Adoption Families
03/02/2023	9:00am-3:00pm	Parenting Ages 0-3: High Risk Infants
03/06/2023	6:00-8:30pm	Managing Difficult Behaviors in Young Children
03/07/2023	9:00-11:00am	Building Your Understanding of ICWA/ORICWA
03/07/2023	6:00-7:30pm	Question, Persuade, Refer (QPR) Introduction to Suicide Prevention Skills for Resource
03/08/2023	10:00am-12:00pm	Resource Family Adoption and Guardianship Assistance Training
03/09/2023	9:00am-12:00pm	Passages: The long and (sometimes) windy road from the Teenage Years to Adulthood
03/13/2023	10:00am-12:30pm	The Tween Puzzle
03/14/2023	9:00-11:00am	Question, Persuade, Refer (QPR) for Resource Parents
03/15/2023	9:00am-12:00pm	Youth Thrive: Adolescent Development and Youth Resiliency
03/15/2023	6:00-9:00pm	Relative Resource Parenting
03/16/2023	6:30-8:30pm	Moral Distress
03/30/2023	5:30-8:30pm	Love and Logic



Providence Children's Health Swindells Resource Center

Swindells Resource Center

503-215-2429 | swindells@providence.org

Events and trainings from Swindells Resource Center are online and **free** of cost for parents and caregivers.

- Mar 18; Apr 22; May 20; Jun 10 ... 10:30-11:30am.....*Sibshops: For brothers & sisters of children with special developmental needs*
- March 15th 6:00-7:00pm*Healthcare Advocacy*
- March 16th 6:00-8:00pm*SafetyNet: Smart Cyber Choices*
- April 3rd & 10th 6:30-8:00pm*Youth Suicide Awareness and Prevention*
- April 26th 6:00-7:00pm*One Page Profiles for the Medical Setting*



Recorded Webinars: <https://nacac.org/get-training/recorded-trainings/>

Upcoming Webinars: <https://nacac.org/get-training/upcoming-trainings/>

- ♦ *Adoption Tax Credit Webinar* FREE 02/27/2023..... 12:00-1:15 pm (PST)
 - ♦ *Advocating for Adoption Assistance Webinar* FREE 03/21/2023..... 10:00-11:15 am (PST)
- Save the date for the 2023 in-person NACAC Conference: July 18-21, 2023, Kansas City, Missouri



Free Parenting Series



Session 1: Overview of STEP
1/19 @ 3:30

Session 2: Sleep
3/2 @ 3:30

Session 3: Tantrums
4/13 @ 3:30

Session 4: Eating, Pooping
5/4 @ 3:30

PEDAL

Programs of Evaluation Development And Learning

Does your child struggle with Sleep, Tantrums, Eating, or Pooping? If so, please join Dr. Lisa Herzig, Developmental Pediatrician at PEDAL Clinic, for a free virtual webinar series on STEP (Sleep, Tantrums, Eating, Pooping)

- Sessions will be 1 hour
- Attend all four sessions, or choose the ones you are most interested in
- Zoom link will be sent the week before the session
- Spanish translation provided
- Sessions will be recorded for families who are unable to attend
- Registration is Required – [Register Here](#)
- Questions? Contact 541.241.8970 or me.johnson@hdesd.org



Oregon Family-to-Family Health Information Center (ORF2FHIC)

Please contact ORF2FHIC with any questions at Contact@oregonfamilytofamily.org or call 1-855-323-6744
Se habla español
<https://www.ohsu.edu/oregon-family-to-family-health-information-center>

HERO Kids Drop In Call

3rd Tuesday of the month from 12 noon till 1:00 pm
No registration necessary! All are invited to ask questions, request assistance, or make suggestions about the new HERO Kids Registry. Join via [Zoom](#)
Meeting ID: 873 5253 5725 | Passcode: 693496



GRANDFAMILIES & KINSHIP SUPPORT NETWORK

A National Technical Assistance Center

Grandfamilies & Kinship Support Network

<https://www.gksnetwork.org/>

The Unique Dynamics of Shared/Co-Parenting in Kinship Families

March 14, 2023 | 11:00 am - 12:30 pm Pacific Time

Dr. Joseph Crumbley will share co-parenting strategies that are working with success in kinship/grandfamilies

Intersection of Kinship Care and Culture: African & Caribbean Communities in America

April 12, 2023 | 11:00 am - 12:30 pm Pacific Time

Collaboration Strategies for Tribes, or Non-Native Service Providers Working with Tribes, to Support Kinship Families

May 10, 2023 | 11:00 am - 12:30 pm Pacific Time



nurture.
inspire.
empower.

The Center for Adoption Support and Education

www.adoptionsupport.org

Case Adoptee Author Series: Essay/Poetry Reading with Author Matthew Anthony

March 7, 2023 | 4:00 - 5:30 pm (Pacific Time) | [Register Here](#)



Strengthening Your Family

Monthly Webinar Series

The first 600 registrations are FREE each month thanks to Jockey Being Family and Jockey International. 30 days of extended access is included in your registration. Certificates of Attendance and Continuing Education Credits are available. Visit <https://adoptionsupport.org/syfwebinars/>

*After free registration fills, it is just \$15 to attend and/or receive extended access

MARCH: Helping Your Foster or Adopted Child Transition to Adulthood: What No One Ever Told You!

LIVE ACCESS: March 16, 2023 | 10:00-11:30 am (Pacific Time)

[Register Here](#) | Use coupon code FOSTER at checkout to receive your FREE registration



APRIL: Unpacking Autism: The Impact of Understanding

April 20, 2023 | 10:00-11:30 am (Pacific Time)

MAY: The Intersectionality of Race, Culture and Adoption

May 18, 2023 | 4:00-5:30 pm (Pacific Time)



Visit the following link to view New 2023 Webinars sponsored by All Children—All Families (ACAF)

<https://www.thehrcfoundation.org/professional-resources/all-children-all-families-online-learning-offerings>

All Children—All Families (ACAF), a program of the Human Rights Campaign Foundation (HRC), hosts an annual live webinar series from January to August each year. Registration is open to ALL at no cost, we hope to see you there! The 2023 Field Forward Webinar Series is now live! Use the links below to register or [download the PDF](#) of the 2023 Webinar Series. All webinars are recorded and added to [ACAF's Webinar Archive](#) for on-demand access. There are currently over 40 recorded webinars from which to choose.

MARCH 2023

Using a Racial Equity Lens 2.0: Best Practices for Black & Brown LGBTQ2S+ Youth Care
Wednesday, March 1, 2023 | 10:00am PST

https://hrc-org.zoom.us/webinar/register/WN_E5Vz8qEESjgDcqx8T3v6Q

Native & Indigenous LGBTQIA2S+ Youth in Child Welfare
Friday, March 24, 2023 | 10:00am PST

https://hrc-org.zoom.us/webinar/register/WN_epKDYJ0wT2WVSPeSbC1uVA

APRIL 2023

Introduction to LGBTQ+ Inclusion
Wednesday, April 19, 2023 | 10:00am PST

https://hrc-org.zoom.us/webinar/register/WN_xxiDTBDSt6CTzQPuz20Og

Allyship and Accessibility- Understanding the Intersection of Autism and LGBTQ+ Identity
Wednesday, April 26, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_5dlL6oVnRBWGTvH2S7g1Pw

MAY 2023

Best Practices for Serving LGBTQ+ Youth
Monday, May 8, 2023 | 10:00am PST

https://hrc-org.zoom.us/webinar/register/WN_Rx2FacoaSViwbW6mEL_fHQ



JUNE 2023

Best Practices for Serving LGBTQ+ Parents
Tuesday, June 6, 2023 | 10:00am PST

https://hrc-org.zoom.us/webinar/register/WN_EaL1kdNWRxiqC0tgOPPkSw

Putting Intersectionality into Practice
Monday, June 26, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_DpblluZpSvyz9Ree9uaf2w

JULY 2023

Best Practices at the Intersection of Child Welfare, Faith, and LGBTQ+ Youth and Families
Thursday, July 13, 2023 | 12:00pm PST

https://hrc-org.zoom.us/webinar/register/WN_OzhL7pveRiGfxfZN1XmA

Optimizing Your Engagement w LGBTQ+ Foster-Adoptive Parents
Wednesday, July 19, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_fSxvr55fQ3OkHsLk3ZcEFw

AUGUST 2023





Best Practices and Considerations When Placing Transgender, Non-Binary, and Gender Expansive Youth in Congregate Care Settings
Wednesday, August 9, 2023 | 10:30am PST

https://hrc-org.zoom.us/webinar/register/WN_LSHVVGSCS6ir1RqIKTZPw

Building an Organizational Framework for Diversity, Equity, and Inclusion
Monday, August 14, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_BOSE5g3qSLiO5aiKaKq44w

New Materials in the ORPARC Library

-  Sam Is My Sister by Ashley Rhodes-Courter
-  Determined To Be Dad: A Journey of Faith, Resilience, and Love by Steve Disselhorst
-  Families Can by Dan Saks/ Brooke Smart (Illustrator)
-  Magic Lessons; Celebratory and Cautionary Tales about Life as a (Single, Gay, Transracially Adoptive) Dad by Joseph Sadusky





Training in Adoption Competency (TAC) FREE nationally accredited training!

Are you a licensed (or in licensure) mental health therapist who is also an adoptee or foster alum? Or of color? Or bilingual and/or with multicultural experience? Or, do you work in a very underserved area of the state? If so, we invite you to learn more about this rigorous, nationally accredited Training in Adoption Competency (TAC) offered through Center for Adoption Support & Education (C.A.S.E.), and available in Oregon through ORPARC. We are accepting inquiries from candidates for the September 2023 Cohort #3. Learn more at <https://www.orparc.org/training/tac> or email TAC@nwresource.org. Stay tuned! In each upcoming newsletter, ORPARC will spotlight a recent TAC therapist graduate.



Therapist Name: Yajaira Hernandez-Trejo
Practice: Healing Sol Therapy
Location: Serves Salem area in person
Contact: karla@healingsol.org | 503-867-8681



What inspired your interest in TAC? As I engaged in my clinical practice, I remembered conversations with people who were adopted or in the foster system. I knew their experience had a certain uniqueness I wanted to support.

Any observations about your cohort? They were a wonderful group! It was amazing to get to know clinicians from all over the state. The ability to learn tips from each other and improve the clinician I am, was wonderful.

Why is this competency important? When I learned about trauma, foster adoption was often mentioned. Since I am dedicated to supporting children going through the process, I knew this was another area I needed to gain knowledge in. There is an increasing number of people who are directly or indirectly impacted by foster adoption. It's crucial I continue to educate myself to better support those I work with.

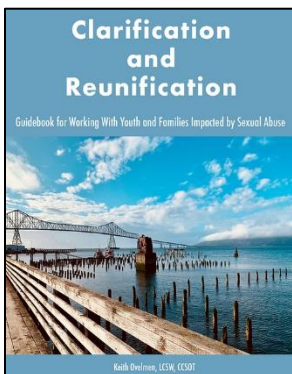
Noteworthy TAC takeaways? Clinicians are always willing to support one another in a myriad of ways. From the content, continue to focus on being client-centered and strength-based because the foster adoption journey is not linear. It allows for supporting people with a lot of imagination and creativity!

What are your other areas of expertise? I work with monolingual/bilingual Spanish-speaking clients, families, and young children. Collaborative problem-solving, mindfulness and yoga are also part of my supporting clients' needs.

Hopes for your growing practice? I wish to continue to grow my practice so there can be more clinicians of diverse backgrounds, different languages and skills for the children and families that need therapeutic support.

Higher Ground Counseling: Supporting Youth & Families Impacted by Sexual Abuse

<https://www.highergroundcounseling.com/>



ORPARC was so grateful to connect with Higher Ground Counseling who donated copies of their timely new book to ORPARC's library. This book pairs well with the upcoming [Rob Tucker training on Sexual Behaviors](#). Specifically, this therapy group is united around the goal of supporting and treating children and families statewide who have experienced sexual harm. In addition, they incorporate neurofeedback as part of the treatment. They are the only program who works with families to both treat the child who experienced harm, the family who is impacted, and the child or youth who has acted out. Through that process, when possible, they help families move towards a clarification and reunification process. In fact, that is the title of their founder's new book in our library,



[Clarification and Reunification: Guidebook for Working With Youth and Families Impacted by Sexual Abuse](#) by Keith Ovelmen LCSW, CCSOT. We are grateful to Higher Ground for their kind donation – we'll also be giving away a free copy of their book at the [Rob Tucker trainings](#)!



Community Resources, Trainings & Events



A Home Within (AHW): Volunteer Therapists Needed!

By Laura Orgel, PhD

Youth in foster care often get transferred from one therapist to the next just as they are beginning to build a little trust. Most have already experienced many losses and unwelcome transitions. They need continuity, not more disruptions. AHW's mission is to meet this need. We provide foster- and former foster youth with longer-term, deeper, and more transformative therapy than is usually available to them. We do this by recruiting licensed, private practice therapists who commit to seeing one client, pro bono, for as long as it takes.

In return, therapists get immense satisfaction from earning the trust of a vulnerable young person, watching them get to know themselves in new ways, and seeing them grow stronger and better able to meet the challenges they face.

AHW therapists join a vibrant, national community of like-minded therapists with access to a wide range of free training, including regular online CE programs. They join a professionally led Consultation Group, where they get help and inspiration when cases get tough. Local gatherings help them feel connected and expand their professional networks.

I've been a volunteer with A Home Within since 2009, and Portland's Clinical Director since 2015. I'm still in touch with my first long-term AHW client, who was 12 when we started working together. After 15 years in state custody, she is now married, a homeowner, and a manager at a business she believes in. We get together sometimes to catch up, and to reminisce about all the changes she's been through. Because, as she put it, I'm "the only other person who remembers all those things!"

Hopefully you are intrigued and want to help. If you have questions, please contact me at laurajoanorgel@gmail.com. Or, if you're ready, please fill out the therapist Volunteer Application at <https://www.ahomewithin.org/offer-therapy/>. If you are a parent or provider, please keep A Home Within www.ahomewithin.org in mind as a potential resource.

UPDATED 2023 ORPARC RESOURCE GUIDES

Request through the ORPARC library!

Call 1-855-496-BOOK (2665) or email ORPARCLibrary@nwresource.org.

2023 Financial Aid Resource Guide

Information about Educational Grant and Loan opportunities, Scholarships, and Mentoring Programs for Oregon former foster youth.



2023 Summer Camp Resource Guide



KINDREDMATTERS

Kindred Matters: Shaping Strong Family Connections

<https://www.kindredmatters.org/>

KINnect Events – Regular spaces for siblings living separated to be together. Events occur either on Saturdays or Sundays during the school year on a bi-monthly basis in the greater Portland, Salem, Eugene and Bend areas. To be eligible to participate, siblings must be living separated from at least one sibling. To refer a sibling group, please contact the KINnect coordinator in your area.

Family Camp 2023 Dates-

Session 1: Suttle Lake March 30-April 2
Session 2: Canby Grove May 26-29



Sibling Camp 2023 Dates

Session 1: Suttle Lake June 23-25
Session 2: Camp Magruder August 14-18