



The Journey

Volume 88

Winter 2024

ORPARC is a program of Northwest Resource Associates

Supporting Native Kids & Families AND Educating Ourselves: A new Tribal-specific Resource

“Culture is the answer to any health issue we have...Culture confers wellbeing.” ~Dr. Melissa Walls (Anishinaabe)

If you are parenting a Native child, or supporting Native families, ORPARC has new resources to assist! Besides our [Tribal library collection](#) showcasing Indigenous talent, [Tribal Resource pages](#) are available. The first place to seek resources for a young person in care is ALWAYS their Tribe or Nation, including the [nine strong federally recognized Tribes & Nations in Oregon](#). These new pages are just meant to supplement with additional examples of their rich culture and heritage.

The pages were curated with assistance from many different Native voices, including Native youth in care. Featuring stunning art from Steph Littlebird (Grande Ronde) and Mallery Quetawki (Zuni Pueblo), the pages have countless links on [Native Health & Wellbeing](#), [Heritage](#), [ICWA](#), [Parenting](#) and exciting topics like [Jingle Dance & Powwows](#). If you know of links to add, please let us know! Many thanks to [Tribal Affairs](#) for their support and inspiration around this project.

If you are supporting a Native child or youth, ORPARC would be happy to collect some resources specifically for them!

ORPARC Celebrated National Adoption Month 2023

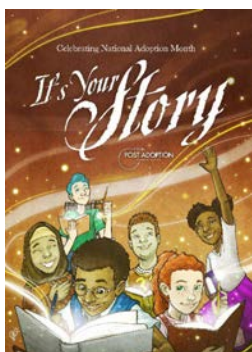


It's Your Story!

ORPARC celebrated the stories of adoptees, adoptive and guardianship families, from October to December, by making time for celebrations, connecting, and writing new chapters.

Big Thanks to our Community Partners, Donors & Volunteers for a spectacular event!

Continued on page 12 for a full list of sponsors and donors ...



SPECIAL DONORS

Adidas ~ Former Senator Chip Shields ~ Slumberkins ~ St. Vincent de Paul PDX



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

Hello Adoption and Guardianship Families! The Post Adoption and Guardianship Unit hopes your family finds time to slow down and rest with all of the busyness of life. We have big news: Ms. Cathy Reeves is now rightfully enjoying retirement. We have hired a new Coordinator, Sarah Koroush, who started with the team in January 2024! We are excited she has joined our team as she has years of experience working with families and is a great asset to our group. As such, we have rearranged our alphabet to incorporate her full-time position, so you may be working with a new coordinator. Our website has been updated with the changes. We are always happy to help in any way we can. Please feel free to reach out to us!

<https://www.oregon.gov/odhs/adoption/Pages/assistance.aspx>

With the changes in foster care rates, we are getting many requests for subsidy adjustments. Our program does not have an “automatic Cost of Living Adjustment [COLA]”. If your child’s needs have changed and your out-of-pocket expenses have increased, please feel free to reach out to us for a form to begin the process. Please have patience with us, as we have received many new requests and our response times/processing abilities aren’t what we would like them to be. As a gentle reminder, we are getting quite a few emails with information/updates from schools. Please make sure the schools your children are attending have updated parent contact information, so you aren’t missing out!

Thank you for your continued commitment to the children. Please let our unit know if there is any way we can help.



2023 Adoption Excellence Awards

Each year, the Children’s Bureau honors families, individuals, and organizations who have made a significant impact on the field. This year there were two Oregon recipients!

Meet Believe in Wonder



Foster adoptive parents [Brian & Josie Parker](#) have published more than 20 [children’s books](#), many with adoption themes. Through their work, they bring awareness to the critical role and relevance of people of color in literature. Read [more about the Parker Family](#).

Meet Jillana Goble



Foster adoptive parent & founder of [Every Child Oregon](#), Jillana Goble has provided meaningful support for thousands of foster & adoptive parents. Jillana has also authored [two books](#) about her experiences which serve as inspiration for other families. [Read more about Jillana](#).

ORPARC Trainings – Spring 2024 – registration open!



Healing Children with Books with Bijal Shah

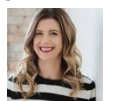
Friday, April 12, 2024 | Noon – 1:15pm
<https://www.orparc.org/training/online/2668>

Hope for the Journey Conference: Featuring Trust-Based Relational Intervention® (TBRI®) Method

April 2024 (live simulcast & online access links available)
<https://www.orparc.org/training/online/2674>

Compassionate Co-Parenting: Creating Connections with Birth and First Families with Robyn Gobel, MSW

Tuesday, May 7, 2024 | 10am-Noon
<https://www.orparc.org/training/online/2647>





ORPARC Trainings → Visit www.orparc.org for updates

ORPARC trainings are currently held online in a virtual format. 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 attendees of all ethnicities, gender identities, sexual orientations and faiths. Auxiliary aids and alternative forms of written materials are available to persons with different abilities and needs.

Inside Transracial Families

*Conversation with
adoptee Isaac Etter (son) & Julie Etter (mom)*

Monday, February 26, 2024 | 10:00-11:30am

Virtual Training via Zoom*

**Zoom link will be sent to registered participants*



It's often difficult to see the full picture in adoption and foster care. Adoptees, fosterees and caregivers have individual and unique perspectives and struggles that don't get seen side by side. Inside Transracial Families is a window into the journey of an adoptive or resource/foster family with all the highs and lows.

Adoptive mother Julie Etter and son Isaac Etter open up to give adoption and foster care professionals and adoptive & resource/foster parents a window into their real-life struggles, lessons, and joys. They will share about their individual perspectives and how they learned to see each other's viewpoints.

REGISTRATION: <https://www.orparc.org/training/online/2544> or call 1-800-764-8367



ORPARC trainings listed below are provided in collaboration with Providence Swindells Resource Center

Navigating the Tough Stuff: Suicide Awareness and Prevention for LGBTQ+ Youth

Parent Workshop | February 28, 2024 | 6:00pm-7:30pm

Professional Workshop | April 10, 2024 | 9:30am-Noon

A training to explore the topic of suicide awareness and prevention for LGBTQ+ youth. Together we will look at:

- Where to find expert information
- Risk factors
- How to increase communication around suicide
- Protective factors that reduce risk

Building Bridges of Understanding: Gender, Sexuality and LGBTQ+ Identities

Professional Workshop | March 20, 2024 | 9:30am-Noon

Designed for professionals to foster a deeper comprehension of the diverse spectrum of gender and sexuality. Participants will gain the knowledge and skills to be effective allies, learning about the challenges faced by the LGBTQ+ population and resources to support future learning.

Trauma Informed Parenting Series*

(5 WEEKS)* with Emily Santiago, LEP, NCSP

**Can attend one or more weeks.*

Registration needed for each week.

Mondays | April 1st - April 29th | 6:00 PM -7:30 PM

- Week 1 - Introduction: Care for the Caregiver
- Week 2 - Brain Science and Behavior
- Week 3 - Emotional Regulation and Relationships
- Week 4 - Strategies: Collaborative Problem Solving and Mindfulness
- Week 5 - Collective Wellbeing, Building Community, Working with Schools

REGISTER: Scan QR code or contact Swindells

swindells@providence.org

503-215-2429



Spring Trainings with Suzie Kuerschner

Details coming soon...

1. **Fetal Alcohol Spectrum Disorder (FASD)**
2. **Attachment & Resiliency**



Calling All Transracial Parents! New free guide available!

Are you transracially parenting kids of color? Or, maybe you have family members who are? If so, you need all the resources available to ensure kids connect to and cultivate pride in their race, culture and heritage. Fortunately, we have some very helpful tools!

Besides our robust [Transracial Parenting/Cultural Diversity](#) and [Talking About Race](#) Resource pages, plus our library's [Culture Connection Collection](#), we have the brand-new [A Practical Guide to Transracial Adoption!](#) This guide was thoughtfully written and even personally autographed by transracial adoptee Isaac Etter, along with a section by his adoptive mom. His words are honest, inspiring and come straight from the heart. Besides stocking it in our library, ORPARC has FREE GUIDES to give away to those parenting transracially! Please email ORPARC Library (orparclibrary@nwresource.org) to request your free copy while supplies last.

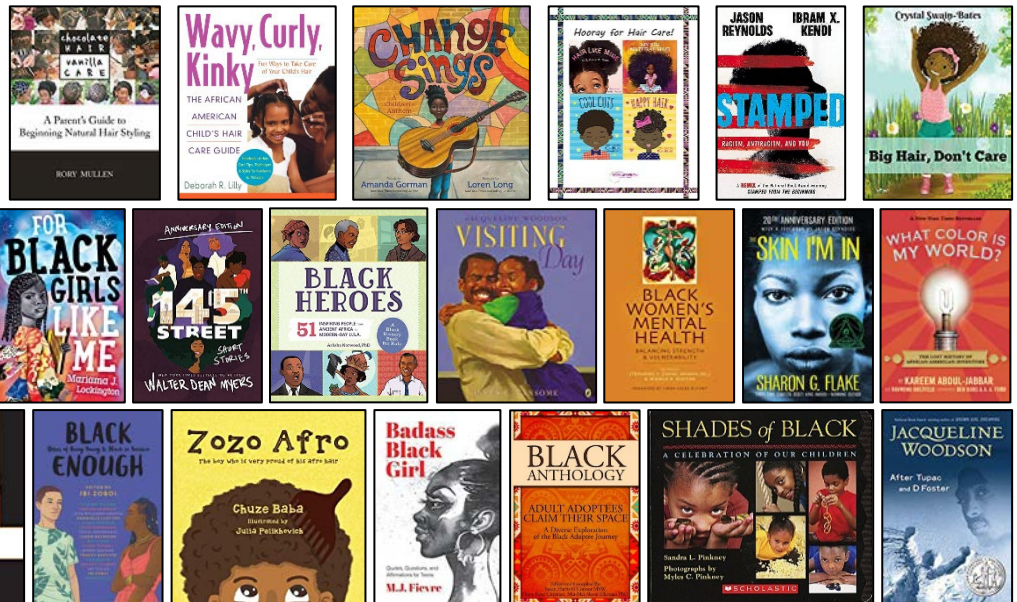


February is Black History Month

"Black History Month is a time for storytelling, celebration and hope."

~Sarah Glover, Former President of National Association of Black Journalists

It's a great time to admire some of the many wonderful books by and featuring African American authors and illustrators in ORPARC's library.



Supporting Your Adoptive & Guardianship Family With KEEP

<https://oregon.keepforfamilies.org/>



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 including Spanish-speaking, Native American, LGBTQ+, and more.

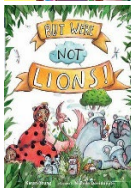
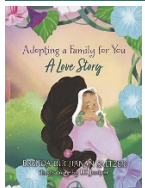
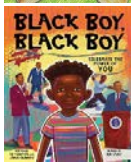
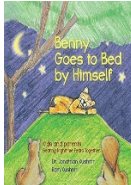
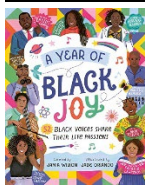
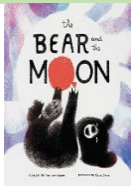


Additions to the ORPARC Library

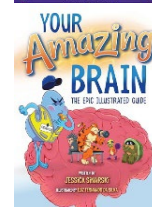
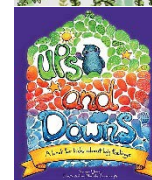
Library usage is **free** to eligible families & professionals!

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

New Materials for Children



- [A Dragon Needs His Sleep: A Story About The Importance of A Good Night's Sleep](#)
- [A Year of Black Joy: 52 Black Voices Share Their Life Passions](#)
- [Adopting a Dinosaur](#)
- [Adopting a Family for You: A Love Story](#)
- [Alfredo's Magic Wand: A Children's Book About Acute Flaccid Myelitis](#)
- [The Bear and the Moon](#)
- [Benny Goes to Bed by Himself: Kids and Parents Beating Nighttime Fears Together](#)
- [Black Boy, Black Boy: Celebrate Remarkable Moments in Black History with this Uplifting Story](#)
- [But We're Not Lions](#)
- [The Epic of Nicholas the Maker: Book Two: The Verdant King](#)
- [Eyes That Speak to the Stars](#)
- [Growing Together Across the Autism Spectrum: A Kid's Guide to Living With, Learning From, and Loving a Parent With Autism Spectrum Disorder](#)
- [I Call My Grandparents "Mom and Dad": Kayden is being raised by his grandparents and he is telling other children why grandchildren sometimes need to be raised by their grandparents.](#)
- [Listen, Learn, and Grow: A Whole Body Listening Larry Story to Help Kids Regulate, Listen, and Engage](#)
- [Mindful Bea and the Worry Tree](#)
- [Naomi and the Secrets of Going to Sleep](#)
- [Ups and Downs](#)
- [Wilson the Wombat and the Nighttime What-If Worries: A therapeutic book and a fun story to help support anxious and worried kids at bedtime](#)
- [Your Amazing Brain: The Epic Illustrated Guide](#)



Spanish Children's Materials / Materiales para niños en español



[Los límites corporales me hacen más fuerte](#) /Body Boundaries Make Me Stronger/

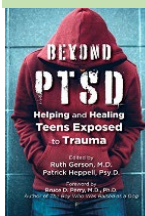


[Soy más fuerte que la ira](#) /I Am Stronger Than Anger/



[Adoptar un dinosaurio](#) /Adopting a Dinosaur/

New Materials for Teens



- [Beyond PTSD: Helping and Healing Teens Exposed to Trauma](#)
- [The DBT Skills Workbook for Teens: A Fun Guide to Manage Anxiety and Stress, Understand Your Emotions and Learn Effective Communication Skills](#)
- [Everything is OK](#)
- [Sensory: Life on the Spectrum: An Autistic Comics Anthology](#)
- [Welcome to St. Hell: My Trans Teen Misadventure: A Graphic Novel](#)



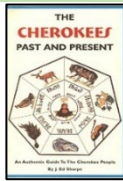


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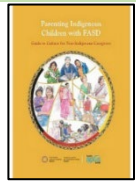
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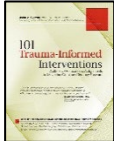
New Tribal Materials



- ✦ [The Cherokee Nation Resource Bundle](#) (Children)
- ✦ [The Cherokees Past and Present: An Authentic Guide To The Cherokee People](#) (Children)
- ✦ [The First Oregonians, Second Edition](#)
- ✦ [Parenting Indigenous Children with FASD: Guide to Culture for Non-Indigenous Caregivers](#)

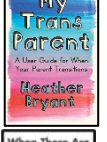
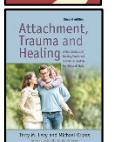
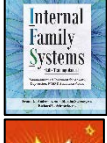
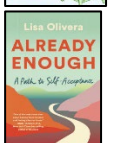
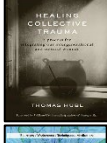
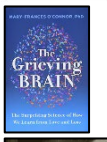
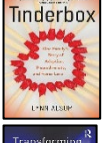
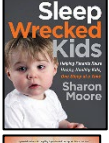
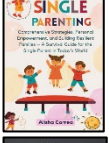


New Materials for Parents and Professionals



- ✦ 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward
- ✦ 15 Poems to Healing & Recovery
- ✦ Adopting On Your Own: The Complete Guide to Adoption for Single Parents
- ✦ Already Enough: A Path to Self-Acceptance
- ✦ Attachment, Trauma, and Healing; Understanding and Treating Attachment Disorder in Children, Families, and Adults
- ✦ The Basics - Children From Hard Places; Disarming Fear and Rewiring the Brain: Master Lecture Series (DVD)
- ✦ Case Studies That Can Help; Tools for Behavioral Change: Master Lecture Series (DVD)
- ✦ CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders Children in Care
- ✦ Creating Creating Safe Spaces of Belonging in our Homes (DVD)
- ✦ Essential FASD Supports Training (Video)
- ✦ The Grieving Brain: The Surprising Science of How We Learn from Love and Loss
- ✦ Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds
- ✦ Healthy Sleep Habits, Happy Child, 5th Edition: A New Step-by-Step Guide for a Good Night's Sleep
- ✦ Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

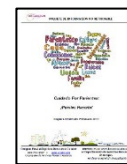
- ✦ Levels of Response; What to Do When the Train Goes Off the Rails: Master Lecture Series (DVD)
- ✦ Middle School Superpowers: Raising Resilient Tweens in Turbulent Times
- ✦ My Trans Parent; A user guide for when your parent transitions
- ✦ Neurotransmitters; How Trauma Harms the Brain: Master Lecture Series (DVD)
- ✦ Oppositional, Defiant & Disruptive Children and Adolescents: Non-Medication Approaches for the Most Challenging ODD Behaviors
- ✦ Parenting with Theraplay®: Understanding Attachment and How to Nurture a Closer Relationship with Your Child
- ✦ Single Adoptive Parents
- ✦ Single Parenting: Comprehensive Strategies, Personal Empowerment, and Building Resilient Families – A Survival Guide for the Single Parent in Today's World
- ✦ Sleep Wrecked Kids: Helping Parents Raise Happy, Healthy Kids, One Sleep at a Time
- ✦ Tinderbox: One Family's Story of Adoption, Neurodiversity, and Fierce Love
- ✦ Transforming Despair to Hope: Reflections on the Psychotherapeutic Process with Severely Neglected and Traumatized Children
- ✦ Whatever Next?: On Adult Adoptee Identities
- ✦ What's Your Grief?: Lists to Help You Through Any Loss
- ✦ When There Are No Words: Repairing Early Trauma and Neglect From the Attachment Period With EMDR Therapy



Spanish Materials for Parents & Professionals / Materiales para padres y profesionales en español



- ✦ [Una boca sana para su bebé](#) [A Healthy Mouth for Your Baby]
- ✦ [Niños con Déficit de Atención e Hiperactividad: Estrategias Diarias](#) [Children with ADHD: Daily Strategies]
- ✦ [Criar a niños pequeños: Una guía para usar la disciplina positiva y criar a niños con buena autoestima](#) [Raising Toddlers: A Guide to Using Positive Discipline and Raising Children with Good Self-Esteem]
- ✦ [¡Presta atención! Para pensar conéctate](#) [Heads Up]
- ✦ [Fortalecimiento y Preparación para las Visitas de Padres e Hijos](#) [Parenting Time]
- ✦ [Cuidado Por Parientes: ¡Puedes Hacerlo!](#) [Kinship Care: You Can Do This!]
- ✦ [Recursos Para Padres: Despedidas y Duelo](#) [Resource Parent Goodbyes & Grief]





Community Resources, Trainings & Events



nurture.
inspire.
empower.

The Center for Adoption Support and Education

www.adoptionsupport.org

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/syfwwebinars/>

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

Strengthening Your Family Monthly Webinar Series

Using Sensory Integration Strategies to Increase Understanding and Peace at Home	How to Address "Common" Issues Facing LGBTQ+ Families and Keeping Up Contemporary LGBTQ+ Language	Fetal Alcohol Spectrum Disorders: Symptoms and Strategies	Foster Care Panel: Experts with Lived Experience Discuss Best Practices in the Foster Care System
February 22, 2024 10:00-11:30am (PST)	March 21, 2024 10:00-11:30am (PST)	April 18, 2024 10:00-11:30am (PST)	May 16, 2024 10:00-11:30am (PST)

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

<https://www.ohsu.edu/oregon-family-to-family-health-information-center>



Se habla español

Please contact ORF2FHIC with any questions at

contact@oregonfamilytofamily.org

or call 1-855-323-6744

- ♦ **Introduction to Oregon Health Plan's benefits for children and youth** | February 20, 2024 | [Register here](#)
 - ♦ **Tall or Small: Supporting your child to be themselves no matter their age or size** | February 28, 2024 | [Register here](#)
- Check out the ORF2FHIC's [Facebook page for current trainings.](#)



Competency • Legacy • Community

Adoption Mosaic

www.adoptionmosaic.com | ☎971-231-7184 | events@adoptionmosaic.com



[We the Experts: Adoptee and Adoptee Ally Speaker Series](#)

February 17..... *Partners of Adoptees*
 March 9..... *Adoptee Actors*
 April 13..... *LGBTQIA+ Adoptees + Reunion*
[Conscious Adoption: Parent Courses](#)
Giving caregivers, guardians, and parents tools and resources to best support the adoptees in their lives.

May 11..... *Alternative Healing Modalities*
 May 18..... *Adult Children of Adoptees- Adoptive Relationships*
[Better Together](#)
A weekly group consultation of adoptive parents, adult adoptees, and birth parents.



Families Rising

(Formerly North American Council on Adoptable Children)

<https://wearefamiliesrising.org/>

- **Adoption Tax Credit Information:** <https://wearefamiliesrising.org/adoption-tax-credit/>
- **[Advocating for Adoption Assistance Webinar](#)** | March 5, 2024 @ 12:00 pm - 1:00 pm (Pacific) | ONLINE | FREE
- **[Families Rising Adoption and Foster Care Conference](#)** | July 17-18, 2024 | ONLINE | \$160 -200
- **Upcoming Events:** <https://wearefamiliesrising.org/upcoming-webinars/>



Community Resources, Trainings & Events



Northwest Adoptive Families Association (NAFA) Annual Family Campout 2024 Friday, July 12 - Sunday, July 14, 2024

The 2024 NAFA Campout will be at Nehalem Bay Campground near Manzanita, Oregon. Reservations can be made starting 6 months prior to your arrival date. That means reservations can be made through <https://www.reserveamerica.com> starting January 12th for a July 12 arrival date. The NAFA board will reserve some campsites in the A & B loops for use by NAFA members. Watch your email for information about available NAFA campsites.



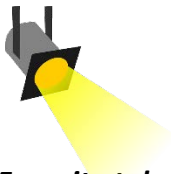
For any questions or further contact: <http://www.nwadoptivefamilies.org/contact-2>

Training in Adoption Competency (TAC)

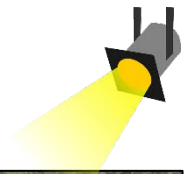
FREE nationally accredited training!



Cohort #3 is half-way through the 9-month rigorous, nationally accredited Training in Adoption Competency (TAC) offered through the Center for Adoption Support & Education (C.A.S.E.) and available in Oregon through ORPARC. Learn more at <https://www.orparc.org/training/tac> or email TAC@nwresource.org. Applications for [TAC Cohort #4](#) opening in summer 2024! In each newsletter issue we highlight a proud, accomplished TAC graduate.



TAC Therapist Spotlight Meet this newsletter's therapist spotlight, adoptee Jessica Blodgett, M.A., LPC



Favorite takeaways from TAC?

My favorite part about TAC was the information provided on the different perspectives of everyone within the adoption kinship network. This information was eye-opening as an adoptee and made me think about my adoption from my birth parents and adoptive family point of view. I've never done that before.

Your experience with your TAC colleagues?

I enjoyed meeting everyone virtually in the cohort. We all got along well and were supportive of each other whenever we disclosed personal information.

What has TAC meant to you as an adoptee?

I believe more TAC-trained therapists are needed in the field. As an adoptee, it is difficult to talk with a therapist who doesn't approach therapy through the lens of adoption. Having more TAC-trained therapists will provide adoptees the opportunity to fully process the trauma around their adoption and the aftermath.

Your practice focus area?

My area of focus is working with adoptees who need help processing their adoption, incorporating EMDR, and possibly one day neurofeedback.

Contact information: Jessica Blodgett, MS, LPC, Trauma Healing NW, LLC, 4800 SW Meadows Road, Suite 300, Lake Oswego, OR 97035 | 971-201-1720 | jessica@traumahealing-nw.com





Community Resources, Trainings & Events



Oregon Department of Human Services

Oregon DHS Child Welfare Ongoing Caregiver Training Live Online TRAINING OPPORTUNITIES—2024

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 2024! 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/odhs/providers-partners/foster-care/Pages/training-schedule.aspx>
- ✓ QUESTIONS? Please email: resource.familytraining@odhsoha.oregon.gov

- 02/12/2024; 6-8 p.m. -- Healthy Relationships for Teens
- 02/13/2024; 6-8 p.m. -- ICWA/ORICWA: Building Your Understanding
- 02/13/2024; 6-8 p.m. -- Spanish *Latinx QPR Training (en Español)*
- 02/21/2024; 6-8 p.m. -- Adoption & Guardianship Assistance Programs
- 02/21/2024; 6-8 p.m. -- Strategies to Support Children's Unique Needs
- 02/22/2024; 6-7:30 p.m. -- Trauma-Informed Co-Parenting for Success
- 02/27/2024; 1:30-3:30 -- Social & Cognitive Emotional Competencies
- 03/05/2024; 10-12 pm -- Understanding Child Sexual Behavior
- 03/06/2024; 6-8 p.m. -- Creating Family Dynamics
- 03/13/2024; 12-1 p.m.-- Accessing Services & Support for Parents
- 03/13/2024; 10-12 pm -- Supportive Ideas for Relative Families
- 03/13/2024; 5-7 p.m. -- LGBTQIA2S+ Teens: Support Basics
- 03/14/2024; 9 a.m.-12pm -- Adoption: ODHS Process Overview
- 03/20/2024; 6-8 p.m. -- Exploring Parenting Tools Long Term Solutions
- 03/20/2024; 9-11 a.m.- Openness/Mediation for Adoption/Guardianship
- 04/02/2024; 5:30-8 p.m.- Understanding Impact Trauma on Youth Foster
- 04/03/2024; 6-8 p.m. -- Importance of Positive Parent-Child Relationship
- 04/03/2024; 10-12 p.m. -- Relative Resource Parenting
- 04/04/2024; 6-8 p.m. -- Why Culture Matters & Cultural Agreements
- 04/09/2024; 6-8:30 p.m. -- New Suitcase Parenting Knowledge & Skills –
- 04/10/2024; 6-8:30 p.m. -- Understanding Youth Challenging Behaviors
- 04/16/2024; 6-8:30 p.m. - Nurturing Youth's Cultural / Racial / Ethnic Needs and Sexual Orientation / Gender Identity and Expression
- 04/17/2024; 10-12 pm -- Adoption & Guardianship Assistance Programs
- 04/17/2024; 6-7 p.m. -- CRB Hearings: What Parents Need to Know
- 04/23/2024; 9-11 a.m. -- Adverse Childhood Experiences (ACEs)
- 04/24/2024; 6-8:30 p.m. -- Stewards of Children: Darkness to Light
- 04/25/2024; 5:30-8 p.m. -- Parenting Youth Who've Experienced Trauma
- 04/30/2024; 6-8:30 p.m. -- Developing & Sustaining Relationships

Metro Area Families – ODHS Spring Wellness Event

Get Creative

- Make a journal
- Start an All About Me book
- Arts and Crafts

COLORFUL WONDERLAND

A SPRING WELLNESS ADVENTURE

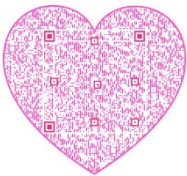
MARCH 16TH
1 PM - 4 PM

EAST FAMILY SERVICE CENTER
11826 NE GLISAN STREET | PORTLAND, OR 97220

Move Your Body

- Dance with fun props
- Learn new ideas to keep your body moving

REGISTRATION
Scan/Click:



D2Resource.ParentTraining@odhsoha.oregon.gov

Bloom into Spring

- Paint a pot
- Plant a flower
- Take it home
- Watch it grow!



Providence Children's Health

Swindells Resource Center

For more information: swindells@providence.org or 503-215-2429

Workshops	Date Time	Registration
<i>Powerful Tools for Caregivers: A 6-week workshop</i>	Every Thursday, 02/22 – 03/28 6:00 pm – 8:00 pm	REGISTER HERE
<i>The Science and Practice of Co-Regulation</i>	Wednesday, 03/13 6:00-7:30pm	REGISTER HERE
<i>Understanding and Supporting Childhood Anxiety</i>	Wednesday, 4/10 6:00 – 7:30 pm	REGISTER HERE



Congratulations Therapeutic Life Story Work International (TLSWi) Certificate Graduates - Cohort #8 Complete!



TLSWi

We are proud to announce that another cohort of the Certificate in Therapeutic Life Story Work has completed the 6-day intensive training with international expert Richard Rose. We were also pleased to have multiple participants representing lived experience. **Way to go graduates!**

This exemplary group of therapists, parents and providers put in extensive time and effort to learn how to engage creatively with the Rose Model of life story work. ORPARC was particularly pleased to welcome the dynamic duo from [Believe in Wonder](#) and the creative founder of [Tapestry Life Connections](#), all adoptive parents. Plus, the full team from our dear partners at the [Catholic Community Services Family Search & Engagement program](#), as well as yet another fine practitioner from the Permanency Services Program at our other longtime partner [Boys & Girls Aid](#). Both programs focus on helping our children and youth foster healthy relationships, develop permanent connections, and better understand their life stories. Another participant also joined us from our other wonderful partners and neighbors at [Higher Ground Counseling](#) who offer specialized counseling along with neurofeedback.

Learn more about [earning TLSWi certification here!](#)

Congratulations to the full cohort!

- | | | |
|------------------|------------------|-------------------|
| Andy Alvarez | LaTrece Gaither | Josie Parker |
| Amelia BamBam | Summer Hermann | Jonathan Pleasant |
| Maya Bartel | Susan Hight | Brittney Reineke |
| Coralie Cosgrove | Marsha Leonard | Tawny Townsend |
| Sarah Donley | Celeste Malone | Heather Villegas |
| Cristina Duarte | Chelsea Oakerson | Trina Wheeldon |
| Alison Foraker | Brian Parker | Helen Zapletal |

The NEW ORPARC Directory of Professionals

ORPARC is quite proud to debut our new combined [Foster Adoption Competency Directory](#), complete with a mapping feature! The directory includes a listing of therapeutic professionals who have completed foster-adoption competency either through:

- 1) The retired Portland State University Certificate in Foster & Adoptive Family Therapy,
- 2) [Therapeutic Life Story Work \(TLSWi\) certification](#),
- 3) [Training in Adoption Competency \(TAC\)](#), and
- 4) A distinct section featuring all BIPOC practitioners.

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

[Home](#) / [Support](#) / [Find a therapist](#)

ORPARC Directory of Professionals

- PSU CWP All items
- TLSWi All items
- TAC All items
- BIPOC All items

A listing of professionals who have completed foster-adoption competency either through Therapeutic Life Story Work certification (TLSWi), Training in Adoption Competency (TAC), or the previous Portland State Certificate in Foster & Adoptive Family Therapy programs (PSU CWP).



See page 3 for more LGBTQ+ trainings!

BLOOM WORKS PARTICIPANTS WANTED

Dates: January 29-April 1, 2024
Virtual Sessions

Paid Research Opportunity about LGBTQ2SIA+ in Foster Care

Were you a LGBTQ2SIA+ foster youth* in Oregon?

Bloom Works is seeking queer youth participants ages 18-30 who were in Oregon foster care for any length of time; as well as families who have cared for queer youth in Oregon.

Were you a foster parent to a LGBTQ2SIA+ child in Oregon?



*Currently 18-30 years old



- 1) Fill out the super short survey
(Scan QR codes or click links below to short surveys for both LGBTQ+ youth and caregivers)

- 2) If selected, Bloom Works will contact youth/caregivers about a 1 hour interview & **\$100 giftcard!**

[LGBTQ2SIA+ youth survey link \(from Oregon foster care\)](#)

[Affirming foster/adoptive families survey link of LGBTQ2SIA+ youth](#)

Who we are: Bloom Works, on behalf of the Child Welfare Playbook Working group, is researching how child welfare agencies can prioritize safety for LGBTQ2SIA+ youth. We acknowledge the sensitivity of this work, and will abide by principles of ethical and trauma-informed research. **Questions?** queer-safety@bloomworks.digital

All Children-All Families



Visit the following link to view archived webinars presented by All Children—All Families (ACAF)

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

All Children—All Families (ACAF), a program of the Human Rights Campaign Foundation, hosts an annual live webinar series each year. Registration is open to ALL at no cost, we hope to see you there! All webinars are recorded and added to [ACAF's Webinar Archive](#) for on-demand access. Below is a sample of the more than over 40 recorded webinars from which to choose.

Core Curriculum (90-minute webinars)

- Introduction to LGBTQ+ Inclusion
- Best Practices in Serving LGBTQ+ Parents
- Best Practices in Serving LGBTQ+ Youth

Serving LGBTQ Youth (60-minute webinars)

- Recruiting Affirming Foster & Adoptive Parents for LGBTQ Youth
- LGBTQ Youth Mental Health Today
- Advocating for LGBTQ Youth with Disabilities
- Supporting Trans & Gender-Expansive Youth
- Supporting Bisexual & Pansexual Youth

Special Topics (60-minute webinars)

- Traditionally Religious AND LGBTQ-Affirming: How Social Workers Can Help Families Be Both
- Neither//Nor: Stories of Life Beyond Binary Gender
- Putting Intersectionality Into Practice

Serving LGBTQ Parents (60-minute webinars)

- LGBTQ Parents Speak Out: Fostering Youth
- Innovative Strategies for LGBTQ Parent Recruitment
- Guiding Principles for Conducting LGBTQ Affirming Homestudies
- Caring for LGBTQ Youth: An Introduction for Foster Parents

Young Adult LGBTQ+ Peer Support Group



A peer-led mental health support group for LGBTQ2SIA+ individuals ages 18-30. This group is offered free of charge on a drop-in basis.

- **Schedule:** Second & fourth Thursdays of every month
- **Time:** 7:00 - 8:30 PM Pacific Time
- **Format:** Online via Zoom
- **Register** [Here](#)

New support group!

ORPRAC Celebrated National Adoption Month 2023

Continued from page 1



Please note the generous, kind-hearted donors and volunteers who made National Adoption Month celebrations possible. Many are dear friends, neighbors or partners. Please thank them directly and visit their businesses if you can. We are lucky to have such a supportive community who recognizes the important work and stories of our children, youth and families!

Big Thanks to our Community Partners & Volunteers!

Much Appreciated Donors

- Acting for Kids & Teens
- Al's Garden & Home
- Alpacas of Oregon
- Annie Bloom's Books
- Baker & Spice
- Ballyntyne Farm
- Basics Market
- Beard's Framing (Raleigh Hills)
- Brown Butter Bakery
- Bullwinkle's
- Children's Program
- Classical Ballet Academy
- Documart
- Dragon Theater
- Drake's 7 Dees Garden Center
- Enchanted Forest
- Higher Ground Counseling
- Hollywood Theatre
- Jan's Books
- Japanese Garden
- Kingpins
- Langer's Entertainment
- Matt Dishman Community Center
- McMenamin's
- Movement Gym
- Northwest Children's Theater
- New Seasons
- Oaks Park
- Oregon Symphony
- Paloma Clothing
- Plumper Pumpkin Patch
- Portland Center Stage
- Portland Goat Parties
- Project Linus
- Redland Family Farm
- Red Tail Golf Center
- Rock Haven Climbing Gym
- ScienceWorks
- Skyhook Ninja Fitness
- Starbucks—Hillsboro
- The Circuit Bouldering Gym
- The Portland Ballet
- Triskelee Farm
- University of Oregon Museum of Natural History
- Western Pet Supply
- Wildlife Safari

Adidas Employee Store Invitation

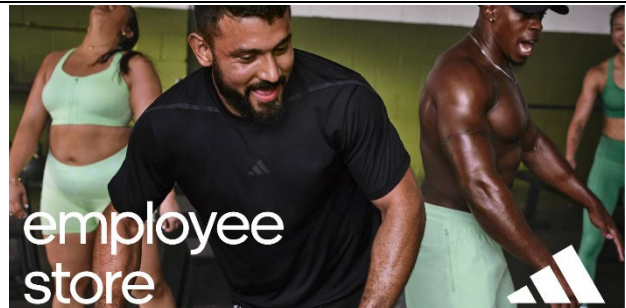
special offer from one of our donors

ADIDAS EMPLOYEE STORE FEBRUARY 2024 INVITATION

February 1 - March 3, 2024

Please present this invitation for entry.

Invited guests may bring up to 4 additional friends or family members per visit.



STORE HOURS

MON - FRI: 10AM - 9PM

SAT - SUN: 9AM - 9PM

STORE ADDRESS

2701 NW Vaughn St., Suite 290

Portland, OR 97210

CONTACT

adiEmployeeStore@adidas.com

(971) 234-8536



Local law requires retailers to charge a nominal fee for each bag provided to our customers. We recommend bringing your own bag to save on the bag fee.

The Employee discount of 50% off is only valid at the adidas Employee Store located at 2701 NW Vaughn St. Offer cannot be used in conjunction with any other coupon, discount, or promotion except as otherwise expressly permitted. Not valid for purchases of gift certificates. Offer has no cash value. adidas reserves the right to change terms and conditions, substitute offer of equal or greater value, end offer at any time without notice, and decline offer to any consumer adidas believes, in its sole discretion, may resell adidas product. Additional restrictions and exclusions may apply, see store for details. Void where prohibited. © 2024 adidas America, Inc. adidas, the 3-Stripes logo and the 3-Stripe mark are registered trademarks of adidas. adidas America 5055 N. Greeley Avenue, Portland OR 97217 www.adidas.com