ORPARC Celebrates – National Adoption Month & Adoption Day!

The month of November, National Adoption Month, and Saturday, November 23rd, National Adoption Day, are special times here at ORPARC! We recognize and celebrate Oregon’s wonderful adoptive families, and the dedicated professionals who support them while also bringing awareness to the many children in foster care still waiting to find permanent, loving families. Learn more about the national efforts at www.NationalAdoptionDay.org.

ORPARC Foster & Adoptive Parent Library

At ORPARC’s recent library Open House, we were not only graced by visits from some lovely foster families and groups of incredibly dedicated DHS workers, but also two special guest authors and one illustrator appeared to show us firsthand the healing power of reading together with children. We invite you to check out the books of these wonderful authors below from the ORPARC library!

We were honored and blown away to have nationally known author and bullying expert Trudy Ludwig present a special reading of her book, The Invisible Boy. What an inspiring story about how inclusion and kindness can make a meaningful difference in someone's life! Trudy made us all feel special and "kindly included" just with presence here. She demonstrated how reading her book with children builds resilience and sparks conversation, both with kids and adults. Trudy really knows how to communicate with children and parents. We already had many of Trudy's books in our library, plus she kindly donated additional copies to our collection while she was here. Thank you, Trudy!

We'd like to give a big bear-sized thank you to generous local children’s author and Lewis & Clark College Graduate School of Counseling professor Peter Mortola and illustrator Mark Molchan for taking the time to come to our Library Open House to read The Bear Inside to a rapt group of workers and children! This amazing book about self-regulation helps children (ahem, and adults too!) understand how to honor and tame their bear inside. Peter and Mark explained their personal connections to the book, and illustrated how talking about our own bears helps children to manage their own behavior. Peter and Mark also donated books to the library. Thank you both - grrrrrrr!
Please join us at the 21st Annual Shoulder to Shoulder Conference at the Jantzen Beach Red Lion Hotel in Portland. Registration is now open. There is a Pre-Conference Event Sunday, 10/27 with the full conference commencing on Monday, 10/28. Registration cost is $75.00 by Wednesday, 10/16 and $95.00 starting on Thursday, 10/17. Continuing Education Credits and Certificates of Attendance available. Professional and adoptive/foster/kinship parent scholarships are available, applications due by Friday, 10/4.

Pre-Conference Event & Keynote Speakers

A Conversation About Diversity, Equity, and Inclusion and Why it Matters
Sunday, October 27, 2019
5:00pm to 8:00pm
Presented by Rekah Strong, MSW

From Dirt Roads to Ivy Walls: One Woman’s Story
Monday, October 28, 2019
12:20pm to 1:45pm
Presented by Richard Rose

Making Sense of Fragmented Lives
Monday, October 28, 2019 • 8:45am to 9:45am
Presented by Cinnamon Spear

Workshop Session A—10:00am-11:00am
• Maintaining Self in Community and College
• Attachment and Why it Matters Part I of II
• Transracial Adult Adoptee Discussion Panel
• Relative Caregivers & Navigating Triangulation
• The Experiences and Needs of LGBTQ Youth in Foster Care
• Managing Meltdowns Through Play: Building Connection with Children Experiencing Sensory Issues
• Preparing Children for Adoption

Workshop Session B—11:15am-12:15pm
• Communicating and Direct Work with Traumatized Children
• Attachment and Why it Matters Part II of II
• Parent Advisory Panel
• Five Tips to Parenting Teens
• Youth Empowerment Training
• Does Your Medicine Wheel have a Flat?
• All I Know is How I Feel and This Behavior Freaks me Out: Strategies for Minimizing Reactive Behavior in Your Children (and Yourself)

Workshop Session C—2:00pm-3:10pm
• Therapeutic Life Story Work
• Collaborative Problem Solving
• FASD and Other Neurobehavioral Conditions: Understanding a Brain-Based Approach
• Youth Panel
• Timelines for Reunification
• Transgender and Gender Diverse Youth: Affirming Care in Youth and Family-Centered Environments
• Allegations in Foster Care
• Every Day is a Celestastrophe: Building Resilience by Pausing to Notice What’s Going Well Even When it Feels Like it’s All Going Wrong

Workshop Session D—3:30pm-4:45pm
• Trust-Based Relational Intervention, Tools for Connecting with Children from Hard Places
• Getting Kids in Sync: Creating Sensory Rich Environments to Support Physical, Emotional, and Social Development
• A Disorganized Toddler in Foster Care: Healing and Change from an Attachment Theory Perspective
• Judge’s Panel
• What’s up with the hair? 2.0
• Teens and Screens: How to Help Adolescents Build Empathy and Connection in a Digital World
• Different, but not Abnormal
ORPARC Trainings

Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Spanish language interpretation is available upon request. Please request these services two weeks in advance.

**BraveBrains: Help, Hope, and Healing for Children**

You already know and love her therapeutic children’s book *Riley the Brave*, so now is your chance to attend a FULL DAY of training with consultant, author, and educator Jessica Sinarski! Jessica has extensive training in and widely utilizes approaches such as brain-based parenting, Parent-Child Interaction Therapy, mindfulness, and neurofeedback. *Riley the Brave* and Jessica’s trainings especially focus on improving outcomes for those affected by adverse childhood experiences (ACEs) and trauma, empowering parents, teachers, and community professionals with brain-based knowledge and resources worldwide.

We are thrilled to have Jessica come train in Oregon and hope you’ll be to join us! Please register by contacting us at 503-241-0799 or orparc@nwresource.org

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<tr>
<th>Location</th>
<th>Time</th>
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<tr>
<td>Providence Willamette Falls Community Center</td>
<td>9:00am – 4:00pm</td>
<td>Thursday, September 26, 2019</td>
</tr>
<tr>
<td>519 15th Street, Oregon City, OR 97045</td>
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<tr>
<td>Providence Portland Medical Center Cancer Center Amphitheater</td>
<td>9:00am – 4:00pm</td>
<td>Friday, September 27, 2019</td>
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<td>4805 NE Glisan Street, Portland, OR 97213</td>
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**Trauma Informed Care for Caregivers**

Trauma is common in children in our society. Early childhood toxic stress affects development, even with the most loving parents. Please join Shauna Signorini, discussing the impact of trauma on child development, practical ways to intervene and move forward, and strategies in rebuilding the brain of a person who experience trauma. Please register at 541-732-5958 or with Katherine.Keesee@providence.org

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<tr>
<th>Location</th>
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<tr>
<td>Jackson County Health and Human Services</td>
<td>10:00am – 12:00pm</td>
<td>Monday, September 30, 2019</td>
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<tr>
<td>140 S Holly Street, Upstairs Conference Room, Medford, OR 97504</td>
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<tr>
<td>Providence Medford Medical Center</td>
<td>6:00pm – 8:00pm</td>
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<tr>
<td>1111 Crater Lake Avenue, Mary Norbert Hall, Medford, OR 97504</td>
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**Trauma Education: Science, Hope, and Healing Part II**

Tuesday, October 8, 2019 • 7:00pm – 9:00pm

Metro Training Center • 11826 NE Glisan Street, Portland, OR 97220

Trauma is common in children in our society and especially for those in the foster system. Early childhood toxic stress affects development. As we examine the effects of trauma on the developing brain and nervous system, we will learn practical ways to intervene and what you can do to help rebuild the brain of a person who has experienced trauma. Shauna Signorini is the parent of two young women and knows firsthand the challenges families face getting support, access, and information to help their children with mental health challenges. She has done parent peer support for almost 10 years and is currently the Project Lead for the Oregon Family to Family Health Information Center. Please register at D2.MetroTrainingCenter@state.or.us or by calling 971-673-1822.

**Transitions & Grief in Foster and Adopted Children (and Families)**

Wednesday, October 16, 2019 • Transitions: 9:00am – 12:00pm • Grief: 1:00pm – 4:00pm

Department of Human Services • 450 Marine Drive, 1st Floor Conference Room, Astoria, OR 97103

Please join facilitator Robyn Gobbel of Central Texas Attachment & Trauma Center for two free presentations entitled *Transitions: When Children Have to Move & Grief in Foster and Adopted Children (and Families).* The morning session will cover the neurobiology behind why transitions are so challenging, what adults can do to lessen the trauma of a transition, how to support children through the intensity of their feelings related to another transition, and the importance of open, honest, and authentic communication with even the youngest of children. The afternoon session will address the losses inherent in foster care and adoption, grief related to adoption (including ambiguous loss), understanding why children grieve for abusive and neglectful families, supporting children through big, confusing, and overwhelming feelings, and how to notice if our own feelings may be being triggered and preventing us from being full present for children.
Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Spanish language interpretation available upon request. Please request these services two weeks in advance.

Announcing the second U.S. Graduating Class of the Therapeutic Life Story Work Certificate Program

As of September 2019, all of these providers are newly certified in Therapeutic Life Story Work:

- Kim Boyd, Pastor in **Newberg, OR**
- Nicole Galberth, Therapist at Creative Counseling Services, LLC, in **Gresham, OR**
- Cindy Holt, Social Worker at Love in the Name of Christ, in **Oregon City, OR**
- Mary Ann Johnson, DHS Worker, in **Estacada, OR**
- Susan Lemon, DHS Worker, in **La Grande, OR**
- Xiomara Sanchez, Therapist at the Balance Center for Children and Families, LLC, in **Tigard, OR**

**Earn YOUR Certificate in Therapeutic Life Story Work!**

ORPARC and international Life Story Work expert **Richard Rose** of Child Trauma Intervention Services in the UK are thrilled to debut the first and only U.S. based Certificate in Therapeutic Life Story Work. Hear Richard speak for yourself at the upcoming **2019 Shoulder to Shoulder Conference** as the keynote speaker!

**This certificate is currently only available in Australia and the UK!**

- Part I: October 29th – 31st 2019, 9:00am - 5:00pm
- Part II: December 3rd – 5th 2019, 9:00am - 5:00pm

Master’s level attendees and/or those with related child & family experience will train directly with Richard Rose to gain an in-depth understanding of the therapeutic life story work practice. This work has incredible healing potential for children or adults who have experienced trauma or hardships that impact their ability to grasp a cohesive life narrative. Interested? Contact us at ORPARC@nwresource.org

**Cost is $1,250 which includes:** 6 full days of training with complimentary CEUs, a copy of Richard’s book, awarding of the specialty Certificate, and all attendees who complete the series will be entered into a Directory of Therapeutic Life Story Work Certificate holders.

**Additions to the ORPARC Library**

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

**Books for Parents & Professionals**

1. The Art of Screen Time: How Your Family Can Balance Digital Media & Real Life
2. Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology
4. Deviced: Balancing Life and Technology in a Digital World
5. Differently Wired: Raising an Exceptional Child in a Conventional World
6. Emotional 911 for Parents: First Aid for Your Child's Emotional Scrapes and Scars
7. Fetal Alcohol Spectrum Disorder (Understanding Mental Health)
8. Foster and Adoptive Parenting: Authentic Stories that will Inspire and Encourage Parenting With Connection
11. Grandparenting the Children of Addicted Parents: Experiences and Wisdom for Kinship Carers
12. Healing Relational Trauma with Attachment-Focused Interventions: Dyadic Developmental Psychotherapy with Children and Families
13. Hope for Healing: A Parent's Guide to Trauma and Attachment
Additions to the ORPARC Library

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

**Books for Parents & Professionals (Continued)**

14. The Jamie Lee Curtis Audio Collection
15. Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges
16. The Little Book of Foster Care Wisdom: 365 Days of Inspiration and Encouragement for Foster Care Families
17. Pause and Reset: A Parent's Guide to Preventing and Overcoming Problems with Gaming
18. Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul
19. Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology
20. The Science of Parenting Adopted Children: A Brain-Based, Trauma-Informed Approach to Cultivating Your Child's Social, Emotional and Moral Development
22. Seven Core Issues in Adoption and Permanency: A Comprehensive Guide to Promoting Understanding and Healing in Adoption, Foster Care, Kinship Families and Third-Party Reproduction
24. Teenagers and Attachment: Helping Adolescents Engage with Life and Learning
25. Treating ADHD/ADD in Children and Adolescents: Solutions for Parents and Clinicians
26. The Unofficial Guide to Therapeutic Parenting: The Teen Years
27. What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life
28. Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention

**Books for Children & Youth**

1. Alphabreaths: The ABCs of Mindful Breathing
2. B is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings
3. Be Brave Little One
4. Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close: A Therapeutic Story with Creative Activities About Trust, Anger, and Relationships for Children Aged 5-10
5. Dear Girl
6. Elfa and the Box of Memories
7. Finding a Family for Tommy
8. Forever or a Day
9. Gentle Willow: A Story for Children About Dying
10. The Girl Who Ran: Bobbi Gibb, the First Woman to Run the Boston Marathon
11. Hey, Kiddo: How I Lost My Mother, Found My Father, and Dealt with Family Addiction
12. I Am Enough
13. I Am Human: A Book of Empathy
14. I Have a Question About Death: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs
15. I've Loved You Since Forever
16. I Wished for You: An Adoption Story
17. Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children; Designed to Improve Sleep, Manage Stress and Anxiety
18. The Invisible Boy
20. Morris and the Bundle of Worries
22. My Secret Bully
23. No Matter What
24. Nonni's Moon
25. The Rainy-Day Toddler Activity Book: 100+ Fun Early Learning Activities for Inside Play
26. Red in the Flower Bed: An Illustrated Children's Story about Interracial Adoption
27. Seeds and Trees: A Children's Book About the Power of Words
28. Silly Billy
29. The Skin You Live In
30. That's Me Loving You
31. You are My Happy
32. The Skin I'm In
33. The Thank You Book
34. Under the Foster Tree
Additions to the ORPARC Library
Library usage is **free** to eligible families & professionals!

Trauma trainer extraordinaire Robyn Gobbel is at it again, helping to bolster our growing library collection with even more of her incredible webinars! **Thank you, Robyn!** Here are some short descriptions of Robyn’s latest webinars that we’ve added to our library; if you are interested in borrowing any of the materials that you see featured in the newsletter, please contact us at ORPARClibrary@nwresource.org or give us a call at 1-855-496-BOOK (2665).

Don’t miss out on your opportunity to see Robyn present **LIVE** on “Transitions: When Children Have to Move” and “Grief & Loss in Foster and Adopted Children” in Astoria on Wednesday, October 16. *(Full training details and registration instructions can be found on Page 3).*

1. **Choosing Therapeutic Activity Based on Neuro-Sensory Assessment**: Learn how various neuro-sensory dysfunctions present through child actions, practical tips to help with sleep, nutrition, activity level, co-regulation, and attachment, and encouraging compassion through identification of the “why” behind the undesired actions of many children.

2. **Creating Responsive Learning Environments at School and Home**: Understand the role and guiding principles of a Learning Environment Coordinator, understand the role of a Peace Room in a responsive elementary school, and hear examples of child-specific problem-solving and school-wide initiatives to address challenging behaviors in children.

3. **Emerge: Practical Tools to Find Calm in the Chaos**: By leaning into the latest brain science on regulation and self-compassion, this webinar will help you identify and harness already existing opportunities to practice moments of rest and regulation in order to strengthen your resilience and decrease burn-out.

4. **FASD and Other Drug Effects**: Learn about what it means to parent from a “neurobehavioral” perspective, how brain function and behavior are connected by delineating between primary and secondary characteristics, why some “very good” parenting techniques are ineffective with children who have brain differences, and what it means to provide accommodations for them as an alternative approach.

5. **Grief in Adopted Children**: This webinar will cover the losses inherent in adoption, grief related to adoption (specifically ambiguous loss), understanding why children grieve for abusive and neglectful families, how to support children through intense feelings, and how to notice if our own feelings may be preventing us from being fully present.

6. **Nervous System Know-How**: This webinar is dedicated to exploring the primary role your nervous plays in your parenting. Learn how to name the three adaptive responses of the autonomic nervous system, identify two signs of activation in the nervous system, and demonstrate two regulation skills that can settle the nervous system.

7. **Noticing Self: Capturing Moments for Parental Self Reflection**: This webinar outlines the necessity of being a reflective parent while offering practical ways to accomplish this. Discuss the attachment theory concept of reflective functioning, outline challenges to increasing self-reflection, and identify practical steps for becoming reflective in everyday life.

8. **Race and Development**: This webinar is for those parenting a child of color, working with children of color, or those who feel uncertain or uncomfortable about how to address the impact of race and racial awareness.

9. **Toxic Stress and the Developing Brain**: This webinar provides a basic theoretical foundation to the impact of toxic stress of the brain.
OTAC wants to meet your training needs! If you don’t see what you are looking for in our Course Catalog or Training Calendar, OTAC offers a variety of training opportunities across Oregon and

November 23......CPR & First Aid.................................Springfield......541-726-6644 x2274, cleopatra.mapfumo@state.or.us

WHERE TO FIND TRAINING OPPORTUNITIES

Metropolitan Region
1826 NE Glisan St, Portland, OR 97220
October 4-5......Behavior Crisis Management Training..........................Portland...........971-673-1822, D2.MetroTrainingCenter@state.or.us

Southwest Region
November 23......CPR & First Aid.................................Springfield......541-726-6644 x2274, cleopatra.mapfumo@state.or.us

Oregon City
November 2......CPR & First Aid.................................Oregon City......503-731-4167, nadine.bujosa@state.or.us

October 24......Understanding the Sexual Behaviors of Children......Albany ...............541-223-8704, kim.e.elliott@state.or.us

Western Region
October 10........Transitioning Children with Sensitivity............Salem ....................503-378-5298, ann.fortiz-crow@state.or.us

October 18........Facilitating Developmental Attachment...............Oregon City..............503-731-4167, nadine.bujosa@state.or.us

October 24......Understanding the Sexual Behaviors of Children......Albany ...............541-223-8704, kim.e.elliott@state.or.us

November 2......CPR & First Aid.................................Oregon City......503-731-4167, nadine.bujosa@state.or.us

November 2......Transitioning Children with Sensitivity............Beaverton .............503-277-6754, nicole.hall@state.or.us

December 4......Understanding the Sexual Behaviors of Children......Oregon City......503-731-4167, nadine.bujosa@state.or.us

Eastern Region
October 18-19......Behavior Crisis Management Training.............Redmond ...............541-903-2461, eva.pattree@state.or.us

ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS
19 de octubre.........Primeros Auxilios de Infantes, Niños y Adultos..........................Portland....................971-673-1822
20 de noviembre......Sobreviviendo y Prosperando Como Cuidador........................Netlink................ https://ilearn.oregon.gov

Morning NetLink Trainings 8:30 am to 12:00 noon Evening NetLink Trainings 5:30 pm to 9:00 pm
Building Resilience for Children in Care .....................October 17 Supporting Children Exposed to Domestic Violence............October 15
Fetal Alcohol Spectrum Disorder Fundamentals........November 14 Enhancing Teen Attachment ....................November 12
Motivating Youth to Make Positive Changes........December 5 Caring for the Sexually Abused Child........................December 3

Northwest Adoptive Families Association • www.nwadoptivefamilies.org
NAFA is made up of families from all types of adoption: foster, domestic, and international.
We provide support & education to families just beginning the adoption process through raising children to adulthood.

October 5 .............Baby & Toddler Care Class.................................8:30am – 4:30pm...........Legacy Emanuel Hospital, Portland
November 2 ...........First Ever NAFA Reunion.................................2:30pm – 5:30pm ...... Southwest Community Center, Portland

Collaborate. Educate. Empower.
2405 NE Front Street NE #120, Salem, OR 97301
① 503-364-9943 (phone) • ② 503-364-1939 (fax) • www.otac.org

OTAC offers a variety of training opportunities across Oregon and online, from classroom learning to hands on workshops and live webinars. OTAC wants to meet your training needs! If you don’t see what you are looking for in our Course Catalog or Training Calendar, please contact us to discuss your needs and we will do what we can to accommodate your training needs. Registration fee for most trainings is $55-$80.

October 4-5......Oregon ISP for Provider Organizations & Foster Providers ....................12:30pm - 4:30pm ......Newport
October 22...........Trauma Informed Approaches to Support People who Experience IDD .......9:00am - 4:00pm ......Portland
October 24...........Supporting Sexual and Gender Minorities who Experience IDD ...........9:00am - 1:00pm .... Oregon City
October 24-25......Person Centered Thinking for Services Coordinators & Personal Agents ....................9:00am - 5:00pm .... Pendleton
November 5........ Oregon ISP for Services Coordinators & Personal Agents ....................9:00am - 5:00pm .... Eugene
November 5........ Free Employer Resource Connection Workshop .....................................1:00pm - 3:00pm ...Hermiston
November 18-19..Person Centered Thinking for Services Coordinators & Personal Agents ....................8:30am - 4:30pm .... Medford
November 18........ Trauma Informed Approaches to Support People who Experience IDD .......9:00am - 4:00pm .... Oregon City
December 3-4......Person Centered Thinking for Services Coordinators & Personal Agents ....................9:00am - 5:00pm ...Woodburn
December 3........Social-Sexual Support: A Proactive Approach to Support People who Experience IDD .......9:00am - 1:00pm .... Beaverton
December 10......Mapping Healthy Relationships for Supporters of Children & Adults who Experience IDD .......9:00am - 1:00pm .... Gresham
December 13......Oregon ISP for Provider Organizations & Foster Providers ....................9:00am - 1:00pm ......Portland
December 16......Trauma Informed Approaches to Support People who Experience IDD ...........9:00am - 4:00pm .... Beaverton
Parenting a Second Time Around Support Group

Grandparents or relatives raising relative children are welcome to join the monthly support group. The group meets on the second Monday of the month from 10:00am - 12:00pm in the upstairs conference room at the NorthWest Senior and Disability Services building.

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<thead>
<tr>
<th>Meeting Date</th>
<th>Topic of Support Group Meeting</th>
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<tr>
<td>October 14, 2019</td>
<td>“The Rewards and Challenges of Parenting the Second Time Around”</td>
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<tr>
<td>November 18, 2019</td>
<td>“Kinship Care &amp; Financial Care” (Note Parenting a Second Time Around is not the second Monday this month, in honor of Veterans Day)</td>
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<tr>
<td>December 9, 2019</td>
<td>“Resources for Grandparents Raising Grandchildren in Oregon”</td>
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Support group topics may change without advanced notice. There is no need to register in advance for this support group if you are parenting a second time around. If you would like additional information about the group, please contact Suzy Deeds at 503-304-3429 or suzy.deeds@nwsds.org. You may also contact 503-304-3420 for additional information about the Relatives as Parents Program.

Fetal Alcohol & Other Neurobehavioral Conditions: Understanding & Application of the FASCETS Brain-Based Approach

October 17-19, 2019 (Thursday-Saturday) • 9:00am-4:00pm
The Mark Spencer Hotel, 409 SW 11th Avenue, Portland, OR 97205
Contact Nathalie Brassard at nb brassard@fascets.org for registration.

$450.00 for parents or $550.00 for professionals; limited partial scholarships & student rates are available.

This workshop, designed for both parents and professionals, provides information about Fetal Alcohol/Neurobehavioral Conditions (FA/NB) and the effects of alcohol and other drugs on the brains and behaviors of children, adolescents and adults. FA/NB are brain-based, neurobehavioral conditions with behavioral symptoms. The workshop will educate you on a best practices approach for increasing understanding of FA/NB, reducing frustration, and expanding options. Case examples of successful accommodations are central to this training.

“We are families and youth working together to promote mental, behavioral, and emotional wellness for other families and youth through education, support, and advocacy.”

4275 Commercial Street SE, Suite 180, Salem, OR 97302 • ① 503-363-8068 • ② 1-800-323-8521 • ③ www.ofsn.org

October 4.........Wraparound 101...........................................................................................................9:00am - 12:00pm ............Enterprise
October 16-17.....Journey to Advocacy................................................................................................9:00am - 2:00pm ............Newport
October 21 – 25....Peer Delivered Service (PDS) Foundations for Family Support Specialists...............9:00am - 5:00pm ............The Dalles
Community Resources, Trainings & Events

Swindells Resource Center of Providence Child Center
Serving families of children with special needs

Click here to register for events by Swindells Resource Center. Events are free of cost for parents and caregivers. If you have any questions or need assistance registering, please call 503-215-2429 or email swindells@providence.org

What is a Healthy Gut? The Mystery Within
Thursday, October 3, 2019 • 6:00pm - 8:00pm • Providence St. Vincent • 9135 SW Barnes Road, Portland, OR 97225
Dr. Matthew Riley, pediatric gastroenterologist, will discuss strategies for improving your child’s health through food, including what we know and don’t know about the human microbiome and its role in health and disease and evidence-based gut health strategies to treat digestive symptoms in children with complex health care needs, with a question and answer portion. Register online here.

Managing Caregiver Stress
Tuesday, October 8, 2019 • 10:00am - 12:00pm • Providence Portland Medical Center • 4805 NE Glisan Street, Portland, OR 97213
Tuesday, November 5, 2019 • 6:00pm - 8:00pm • Providence St. Vincent • 9135 SW Barnes Road, Portland, OR 97225
Please join us for this workshop focused on tools to take care of yourself as well as helping you manage the daily stresses you face while caring for your child or grandchild. Some of the skills you will learn are managing caregiver stress, recognizing personal signs and symptoms of stress, identifying stress reducers and practice relaxation tools, being able to manage emotions and handle challenges ahead, and making an action plan.

The Misunderstood Child: Understanding & Treating Sensory Processing Disorder
Thursday, October 17, 2019 • 7:00pm - 9:00pm • Providence Portland Medical Center • 4805 NE Glisan Street, Portland, OR 97213
This presentation will provide an introduction on Sensory Processing Disorder, including sensory processing disorder challenges, ingredients of an effective sensory diet, the impact of sensory processing on attention, learning, behaviors, and social interaction, and take-away tools to help children get “in sync” in the classroom, home, or clinic.

Problem Solving Sensory Strategies for Home & School
Saturday, October 19, 2019 • 7:00pm - 9:00pm • Providence St. Vincent • 9135 SW Barnes Road, Portland, OR 97225
This presentation on sensory strategies will feature the importance of understanding your child’s sensory differences, the need for your own self-care and self-regulation, how to support your child’s social-emotional development, the idea of a sensory lifestyle, and problem-solving tools for everyday situations.

Sibshops: for Brothers and Sisters, ages 5-12, of Children with Special Developmental Needs
Saturday, October 12, 2019 • 9:30am - 11:30am • Providence St. Vincent • 9205 SW Barnes Road, Portland, OR 97225
Saturday, November 9, 2019 • 9:30am - 12:00pm • Providence St. Vincent • 9205 SW Barnes Road, Portland, OR 97225
Saturday, December 14, 2019 • 9:30am - 12:00pm • Providence Portland Child Center • 4805 NE Glisan Street, Portland, OR 97213
Siblings can share stories, give and receive support, as well as have fun with children who have similar experiences. Register soon to reserve a spot for your child by calling 503-215-2429, space is limited.

The Center for Adoption Support and Education
www.adoptionsupport.org ➔ Education & Resources ➔ For Parents & Families ➔ Webinars

Webinar of the Month
Cultivating Racial Awareness for Transracial Adoptive Families
October 17, 2019
10:00am – 11:30am
Presented by Angela Tucker (The Adopted Life)

In-demand webinars available any time for a small fee of $10.00
• Beneath the Mask: Understanding Adopted Teens
• Emotional Regulation and Relaxation Techniques for Parent and Child I & II
• Empowering Children to Handle Questions/Comments about Adoption
• Parenting Your Child/Teen with Fetal Alcohol Spectrum Disorder (FASD)
• Taking the Fear Out of Open Adoption
• Talking with Children about Adoption
• Too Many Losses, Too Soon: Loss and grief among foster and adopted children
• We are still Family: Supporting Relationships between Separated Siblings
Meeting and delivering trainings on the topics of Transition to Adult Health Care, Healthcare Advocacy, and Resources and More. Please call 855-323-6744 or email signorin@ohsu.edu for more information.

Contact a parent partner for help finding resources and information, navigating systems, and connecting to others. Lydia, dennehy@ohsu.edu  
Charles, scharles@ohsu.edu  
Kayleigh, bitzk@ohsu.edu  
Shauna, signorin@ohsu.edu  
Margaret (bilingual Spanish), maes@ohsu.edu

Keeping Track
Have you ever spoken to your child’s doctor’s office, insurance company, or school and forgotten to write down what was said and who said it? Recalling details is important and being able to back them up is vital as you coordinate care. If it isn’t written down, you can’t prove it happened. Here are a few quick tips:

- Keep notes on a calendar (paper or digital) and save it each year.
- Save insurance bills, IEP notes, etc. you receive in the mail in a 3-ring binder. Buy an inexpensive 3-hole punch and keep it and your binder near where you open mail.
- Use your phone to take screen shots of important notes.
- Use our Tracker Sheet found here.

Upcoming Workshops
Your Child’s Health Care: Become a Strong Advocate to Help Your Child with Special Needs
Tuesday, October 1, 2019 • 6:00pm - 7:30pm  
4181 E Street, Springfield, OR 97478

Explore ways to manage insurance issues, learn about appeals, gain tips to communicate effectively with your child’s providers, learn how to help your children advocate for themselves, and much more.

Oregon Consortium of Family Networks (OCFN)
OCFN consists of 6 family-driven organizations around the state that help connect families and build communities for children and youth who experience disability. Each of these networks creates opportunities for families to connect in many ways such as fun activities in the community, one-to-one conversations, small group conversations, or through learning/training activities.

1. Bridging Communities: Jackson and Josephine counties, 541-690-6542, info@bcoregon.org
2. Central Oregon Disability Support Network (CODSN): Deschutes, Crook, and Jefferson counties, 541-548-8559, dianna@codsn.org
3. Creating Opportunities: Polk, Yamhill, and Marion counties, 503-559-3424, support@creatingops.org
5. Family and Community Together (FACT): serves all 36 Oregon counties, 503-786-6082, support@factoregon.org
6. Families Connected: Lane County, 541-343-5256 x113, laura.dahill@arclane.org

DARKNESS TO LIGHT
Prevention training featuring real people and real stories about protecting children from sexual abuse.

Stewards@D2L.org • www.d2l.org/education/stewards-of-children/ • 843-965-5444
October 9........Stewards of Children Sexual Abuse Training.................................................................1:00pm - 4:00pm .............Roseburg
October 11........Stewards of Children Sexual Abuse Training............................................................12:30pm - 2:30pm ..........Lincoln City
October 22........Stewards of Children Sexual Abuse Training............................................................6:30pm - 9:00pm ..........Gresham
November 7.......Stewards of Children Sexual Abuse Training...........................................................5:00pm - 8:00pm ..........La Pine
November 13......Stewards of Children Sexual Abuse Training............................................................9:00am - 12:00pm ........Roseburg
November 16......Stewards of Children Sexual Abuse Training............................................................1:00pm - 3:30pm ..........Newport
December 11......Stewards of Children Sexual Abuse Training...........................................................1:00pm - 4:00pm ..........Roseburg
The Human Rights Campaign’s All Children—All Families initiative has launched a series of 60-minute webinars featuring agency leaders and expert trainings, highlighting promising practices in serving LGBTQ children, youth, and families. These webinars are available online, free of cost, in the Online Learning Archive.

**Featured Webinars Include:**

- Introduction to LGBTQ Cultural Competency
- Supporting Trans & Gender Expansive Youth
- Risk Factors & Health Disparities Among Gender-Expansive Youth
- The Facts About HIV Today
- Caring for LGBTQ Youth (For Caregivers)
- Supporting Bisexual & Pansexual Youth

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**Family Skate Night**

Sunday, October 13, 2019 • 5:00pm - 7:00pm • Oaks Park Roller Rink • 7805 SE Oaks Park Way, Portland, OR 97202

Several times a year, UCP takes over the Oaks Park roller rink, and literally EVERYONE (parents, friends, employees, kiddos, and anyone else who wants to join us!) can participate. Mobility devices such as wheelchairs and walkers are welcome, but anyone else must be wearing skates to accompany someone on the rink. RSVP online here.

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**Pumpkin Patch Family Event**

Saturday, October 5, 2019 • 10:00am-2:00pm • Green Bridge Garden • 3730 Jefferson Scio Drive SE, Jefferson, OR 97352

Families must register by October 1st then check in at our welcome booth any time from 10:00am to 1:00pm for free entry into the pumpkin patch. We will be there rain or shine, please bring money for food, drinks, and pumpkins. Enjoy the corn maze, hay ride, duck races, and more. Space is limited, register online at www.creatingops.org

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**Sky’s the Limit!**

Saturday, October 19, 2019 • Redmond Airport • 2522 SE Jesse Butler Circle #17, Redmond, OR 97756

A realistic “dress rehearsal” of traveling by airplane for people who experience disability. Participants receive boarding passes, go through TSA security, and board an actual Alaska Airlines plane that taxies on the runway. Strictly limited to the number of people the plane holds and all TSA and airline rules apply. Participants must sign up and provide passenger information in advance. Open to all ages, priority to people with air travel planned. Please contact ASO for an intake form at 503-636-1676 or by email at Events@AutismSocietyOregon.org

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**4th Annual Southern Oregon Autism Bowl**

Saturday, October 19, 2019 • 9:00am-11:30am • Lava Lanes • 2980 Crater Lake Highway, Medford, OR 97504

Registration includes two games of bowling, bowling shoes, breakfast, and a 2019 Autism Bowl t-shirt, plus there will be raffles, resource tables, and fun! Prizes awarded for top scoring team, most individual strikes, and largest number of registered team members. Adults are $25/person, children are $20/person. For more information, please contact Rhonda Smerdon at RhondaS@AutismSocietyOregon.org or 541-261-8357. Register online here.
Training Highlight: Oregon Parent Leadership Conference

MAGIC! That is what happens when you bring foster, adoptive, guardianship, and kinship caregiver parent leaders (plus a few community partners) together from ALL around the state of Oregon to EMPOWER and SUPPORT one another. ORPARC staff and the incredible superhero training duo Barb Clark and Kim Stevens from the North American Council on Adoptable Children (NACAC) (in partnership with Jockey Being Family®) are in awe of the 40+ parents who dedicated their time to learning about supporting one another through this intensive two-day summit in September. Thank you NACAC and Jockey!

We were honored to host Representative Alissa Keny-Guyer, of District 46 in Multnomah County, who started the training off strong with her inspirational messages, followed by a warm-hearted Friday appearance from DHS Foster Care Manager, Greg Westbrook. It was also a delight to have music therapists Melissa Potts of Willamette Music Therapy Services and Jessica Steinhebel of Sound Wellness Music Therapy, LLC share how music therapy can benefit kids, along with some music wellness techniques for parents to use. Another special guest was Marissa Depner, an adopted teen who touched all of our hearts with her bravery in sharing her foster care and adoption story. Finally, the Fifty Licks Ice Cream truck provided one of the most delicious contributions to wrap up this two-day training extravaganza on a sweet note! These folks are far from the only contributors that helped to make this one-of-a-kind training so special. Heartfelt thanks also go to:

- Harry King of Five Directions Medicine and his student, Alex Hung, for their rejuvenating shoulder massages during the training, sponsored in part by the generous Cox Insurance.
- Olga Ward of Beaverton Neurofeedback, LLC for demonstrating therapeutic, neurofeedback services.
- Pizzicato and Laurelhurst Market for keeping training participants well-fed with delicious food.
- Project Linus sent snuggly blankets home for every foster and adoptive child with attending parents.
- Oregon DHS, Market of Choice (thank you, floral department!), and Selfie Pod Photo Booth also played major roles in helping to put on this training.

The biggest shout out and thank you of all goes to the parents who attended and brought such depth, compassion, and dedication to caring for our state’s children! ORPARC was over the moon to host this group of special, talented folks from all over Oregon (and Vancouver too!). We look forward to seeing what the training participants will bring back and integrate into their own communities statewide!