New ORPARC Program Manager

At the start of the new year, many of us make lists of goals and dreams that we would like to change. Some of us just list the things that we are thankful for or the people we want to think about in the coming year. At ORPARC we do this too.

Most of you know that Claudia Hutchison, the initial Director of ORPARC, left us in the fall to pursue some dreams of her own. As you are reading this she is sharpening her Spanish and traveling in the South Pacific. We will miss her and she will be often in our thoughts.

As we think of Claudia, we are also looking forward and making lists of ways to serve you more effectively in the future. And just like many of you, we too have new things to celebrate. ORPARC has a new Director, Kelly DeLany. Kelly has been working at ORPARC managing the Post Graduate Certificate in Therapy with Adoptive Families with Portland State University for the past two years. Now, in her new position as Director, she will be in charge of the day-to-day operations of all ORPARC services.

Kelly will be a wonderful predecessor to Claudia. She is an experienced manager having worked in both human service agencies and in private business. She has been a therapist for children and families in foster care and adoption. She is extremely knowledgeable about services available in Oregon and really knows how the DHS system operates. You will find Kelly a valuable resource.

In addition to her job, she is the mother of two very active girls. A graduate of the University of California, Santa Barbara, and St. Mary’s College of California, she and her husband have called Portland home for the past 14 years.

Kelly has passion when it comes to serving adoptive families. She knows that children in foster care cannot heal without a family and she will do all that she can to assist your family in staying on target.

Barbara Tucker Pearson
Director, Northwest Resource Associates

Families call ORPARC on a variety of topics from accessing community services to adoption-related issues. Many families can benefit from the knowledge and experience of skilled adoptive parents. We invite you to send in your questions, comments, and solutions about the issues you, as parents, have come up against. We hope to feature this as a regular item in upcoming newsletters.

The Facts on Third Party Insurance

Did you know that when possible, adoptive parents should always add their child to their private insurance policy? This is true even when the child has Oregon Health Plan (OHP) coverage through their adoption assistance agreement with the Department of Human Services.

When a child has both private insurance and OHP coverage, it is important that the child’s health care providers accept both insurance coverages. In this manner, the private insurance will be the primary payer for all covered services and OHP will cover any applicable deductible amounts and co-payments. There will be no out of pocket expenses for covered services.

Laurie Price, DHS Medical Assistance Resource Coordinator
## New in the Library

### Children's Materials
- **There's a Nightmare in My Closet** (by Mercer Mayer for kids 4 to 8)
- **A Perfect Spring** (by Lark Carrier for young children)
- **Little Heroes: FASD** (for young children)
- **Little Heroes: Foster Care and Adoption** (for young children)
- **Little Heroes: Sensory Integration and Behavior Problems in the Young Child** (for young children)

### Books for Parents
- **Approaching Fatherhood: A guide for adoptive dads and others** (by Paul May)
- **The Best I Can Be: Living with Fetal Alcohol Syndrome-Effect** (by Liz Kulp)
- **Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury** (by Jodee Kulp)
- **Families at Risk: A guide to understanding and protecting children and care providers involved in out-of-home or adoptive care** (by Jodee Kulp)
- **The ADD Answer: How to help Your Child Now** (by Frank Lawlis)
- **Parenting Someone Else’s Child: The Foster Parents’ How-To Manual** (by Ann Stressman)
- **Raising A Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues** (by Lindsey Biel and Nancy Peske)
- **Beneath the Mask: Understanding Adopted Teens** (by Debbie Riley with John Meeks)
- **Achieving Success with Impossible Children** (by Dave Ziegler)
- **Children of Open Adoption** (by Kathleen Silber and Patricia Martinez Dorner)
- **Orphans of the Living: Stories of America’s Children in Foster Care** (by Jennifer Toth)
- **Swings Hanging from Every Tree: Daily Inspirations for Foster & Adoptive Parents** (by Susan Stone)

### Taped-Live Presentations Available in Audiotape & CD Formats
- **Adolescents and Attachment Difficulties**, Three hours with Gregory Keck
- **Adolescents with Attachment Difficulties**, Gregory Keck
- **Attachment Issues for Children under Five Years Old**
- **Attachment Issues in Children from Infancy to Teens**
- **Birth Family and Adoptive Family Relationships**
- **Discipline and the Adopted Child with Special Needs**
- **Holly van Gulden – Keeping Families Healthy**, Three workshops by Holly van Gulden (“Keeping Healthy Siblings Healthy When One Child is Acting Out,” “Living with an Angry Child,” and “Shattered Dreams”)
- **Living with an Angry Child**, Holly van Gulden
- **Open Adoption Through the Years: What Are the Challenges?**
- **Parenting the Hurt Child**, Gregory Keck and Regina Kupecky
- **Respect, Responsibility and Commitment in Open Adoption**
- **Siblings Confusion: Were You, Are You, Will You Be My Sister/Brother?**, Joyce Maguire Pavao
- **Siblings: Always and Forever**

### DVD's
- **The Seven Core Issues in Adoption**
- **African-American and Biracial Hair Care**
- **Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families**
Upcoming ORPARC Trainings

Call ORPARC or visit www.orparc.org for locations  ♦  Registration required
Call 503-241-0799, 1-800-764-8367, or e-mail orparc@nwresource.org to register

Metropolitan Region (Portland)

**Talking to Children about Adoption**
Saturday, March 4, 2006 ♦ 9:00 a.m. to 1:00 p.m.
Holladay Park Plaza
1300 NE 16th Avenue, Portland, OR 97232
Presenters: Astrid Dabbeni, ORPARC and Melissa Smith-Hohnstein, LCSW, Kinship House

**Sensory Integration**
Monday, March 20, 2006 ♦ 10:00 a.m. to 2:00 p.m.
DHS Metro Training Center
1425 NE Irving Street, Ste 250, Portland, OR 97232
Presenter: Kersti Pettit-Kekel, Sensory Integration Specialist from OHSU Child Development Rehabilitation Center
- Panel of foster parents will also be presenting
- A pizza lunch will be provided at this training
This training is a collaboration between ORPARC and the PSU Child Welfare Partnership

Southern Region

**Lifestory Books: A Communication Tool**
Saturday, January 28, 2006 ♦ 9:30 a.m. to 1:30 p.m.
Department of Human Services, Conf. Room #1
1937 W Harvard Avenue, Roseburg, OR 97470

**Sensory Integration Problems**
Saturday, February 4, 2006 ♦ 9:30 a.m. to 3:30 p.m.
Presenter: Lynette Burke, Occupational Therapist
McKenzie Center
2885 Chad Drive, Eugene, OR 97408
This training is a collaboration between ORPARC and the PSU Child Welfare Partnership

Western Region

**Lifestory Books: A Communication Tool**
Clackamas Adoptive Parent Support Group
Thursday, February 23, 2006 ♦ 6:30 to 8:00 p.m.
Department of Human Services
315 S Beavercreek Road, Oregon City, OR 97045

**Attachment**
Saturday, March 11, 2006 ♦ 9:00 a.m. to 1:00 p.m.
DHS Building, Conference Room A
500 N Highway 30, St. Helens, OR 97051
Presenter: Melissa Smith-Hohnstein, LCSW, Kinship House

Eastern Region

**How to Manage Stress and Keep it from Managing You**
Thursday, February 2, 2006 ♦ 6:00 to 8:30 p.m.
State Office Building, Steens Mountain Room
809 West Jackson Street, Burns, OR 97720

**How to Manage Stress and Keep it from Managing You**
Friday, February 3, 2006 ♦ 2:00 to 4:30 p.m.
The Outpost Restaurant
155 West Main Street, John Day, OR 97845

**Sensory Integration**
Redmond ♦ March 2006
Presenters: Sue Sieffken, OT, and Lisa Cena, OT
St. Charles Medical Center,
Outpatient Rehabilitation Center
This training is a collaboration between ORPARC and the Child Welfare Partnership
**Call us or check ORPARC website @**
www.orparc.org for date, time and location

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ORPARC trainings are free of charge to DHS adoptive, foster, and assisted guardianship families, and DHS/SNAC adoption professionals. Others may attend trainings for minimal charge on a space available basis. Childcare and Travel Expense reimbursement as funds allow; please request upon registration. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Please request these services two weeks in advance.
PSU Child Welfare Partnership Trainings

www.cwpsalem.pdx.edu

Thursdays: Jan. 12-Feb. 19 Positive Behavior Management and Documentation
February 11 Parenting the Sexually Abused Child
February 22, March 1 Effects of Domestic Violence on Children
February 22 Relatives as Caregivers
February 23 & March 3 Communications (communicate with your child’s birth family, caseworker, teacher, doctor, etc.)

Trainings held at Metro Training Center, 1425 NE Irving Street, Suite 250, Portland  Call 503-731-3134 x 1 to register

January 21 Developmental Touchpoints: Understanding the Behaviors of Neglected & Maltreated Children  Baker City  541-523-6423 x 227
February 28 What Color is Math? Children with Fetal Alcohol Syndrome and Effects  Hood River  541-386-2962 x 236
February 23 “Good Grief!” Living With Change and Loss  Redmond  541-504-1320 x 436
February 25 Positive Behavior Management  The Dalles  541-298-5136 x 280

January 28 The Science of Successful Parenting  Marion DHS  503-378-6800 x 2284
January 31 Tuesdays with Tudie, Eating Disorders  Lincoln DHS  541-265-8557 x 538
February 7 Tuesdays with Tudie, Safe Parenting  Lincoln DHS  541-265-8557 x 538
February 9 “It’s All Relative”…Help for Kinship Caregivers  Clackamas DHS  503-657-2112 x 512
February 16 Brain Function and Attachment  Yamhill DHS  503-472-4634 x 664
February 22 Brain Function and Attachment  Tillamook DHS  503-842-5571 x 304

January 28 Effective Parenting Strategies for Traumatized Children  Roseburg  541-440-3373 x 358
January 28 Sensory Integration: Why it is So Important to Foster and Adoptive Children  Coosburg  541-756-5500 x 251
February 23 The Angry Child: How to Parent Children with Reactive Attachment Disorder  Medford  541-776-6120 x 232
February 25 The Angry Child: Dealing with Resistance  Lakeview  541-947-2273 x 29
February 27 The Seven Habits of Highly Effective Caregivers  Roseburg  541-440-3373 x 358
February 28 ADD/ADHD: New Approaches to an Old Problem  Gold Beach  541-247-5437 x 227

The Oregon Parent Training and Information Center

www.orpti.org

Understanding the IEP
Register with Victoria Haight @ vhaight@orpti.org
January 17—Hillsboro
January 18—Multnomah ESD

Navigating the Special Education Process
Register with Donna Helman @ dhelman@orpti.org
January 18—Arlington
February 17—Hermiston
February 17—Milton-Freewater
March 10—To be announced
March 16—Prineville
March 16—Condon

AD/HD and Asperger’s Syndrome:
What’s Different, What’s the Same, and What Helps Both in the Classroom
Register with Donna Helman @ dhelman@orpti.org
January 20—Baker City
January 20—Madras

What Parents Need to Know about the IEP
Register with Leah Skipworth @ lskipworth@orpti.org
February 27—Coos Bay
February 27—Grants Pass
March 4—Corvallis (Title: IEP Process &Product)
Introducing Kim Lombardi, LCSW
ORPARC Family Support Specialist

Prior to joining the team at ORPARC, Kim worked for the Department of Human Services for six years as a permanency worker and consultant/trainer. Her primary focus was adoption and permanency. In that role, Kim trained and consulted caseworkers on permanency planning decisions and best practice with adoption placement and transition.

Before her employment at DHS, Kim received her Master’s of Social Work from Portland State University and received her Clinical Licensure after completing supervision with the Post Adoption Family Therapy team at DHS. In her free time, Kim likes to be outdoors whenever possible hiking or camping. She also enjoys spending time with family and working on home projects. Kim is a welcomed addition to our staff.

Foster Parent College

Foster Parent College, a program of SocialLearning.com, provides online training for foster, adoptive, kinship, and birth parents. Courses provide valuable information, insights and advice from experts on dealing with serious child behavior problems. PSU Child Welfare Partnership is able to provide scholarships for state adoptive parents, as funds allow. Contact your region’s PSU Child Welfare Partnership coordinator if you are interested in these trainings (www.cwpsalem.pdx.edu).

Respite Scholarships from Lifespan Respite Care

Lifespan Respite of Multnomah County currently has 34 scholarships in the amount of $200 each for qualifying families who reside in Multnomah County. The purpose of the financial assistance fund is to provide a subsidy for caregivers to assist with the cost of qualified respite care services for family members. Please contact ORPARC at 503-241-0799 or e-mail us at orparc@nwresource.org for details about qualifying for this scholarship.

Atención familias de habla hispana!

Hay más que 100 materiales en español disponibles para familias de habla hispana. Estos materiales tratan sobre temas tales como desorden de déficit de atención, síndrome de alcoholismo fetal, e ideas y soluciones prácticas para la crianza de niños. Visite nuestro sitio web www.orparc.org o llámenos para saber más sobre nuestros recursos y servicios.

Entrenamientos en español

16 Consejos para trabajar con profesionales
18 de enero ♦ 6:00 a 8:00 de la tarde
La comunicación es crucial
15 de febrero ♦ 6:00 a 8:00 de la tarde
10225 East Burnside, Portland, OR 97216
Registrarse con Vangie Sánchez, ☎ 971-673-1840

Síndrome de alcoholismo fetal
14 de marzo ♦ 5:30 a 7:30 de la tarde
Departamento de Servicios Humanos
315 S Beavercreek Road, Oregon City, OR 97045
23 de marzo ♦ 6:30 a 8:30 de la tarde
DSH, 3420 Cherry Avenue NE, Keizer, OR 97303

Newsletter via e-mail?

Too much mail? If you would like to receive our newsletter in an electronic format via e-mail, please contact us at orparc@nwresource.org, subject line “E-mail Newsletter.”
Is your child eligible? Developmental Disabilities Defined
DD services may be able to provide much needed additional support or respite services to your child

**Mental Retardation**
Established by Law ORS Chapter 427
Must use AAMR, 1977

1. Must be determined to be in place by the 18th birth date.
2. IQ 69 is cap for clearly defining mental retardation.
3. IQ span 70-75 *may be* eligible as a person with mental retardation if, a significant impairment to adaptive functioning exists that is *directly* related to the issues of mental retardation (#6 on right).
4. This adaptive impairment *cannot* be primarily related to any of the following: mental/emotional disorder, sensory impairments, substance abuse, personality disorder, learning disability, ADHD.

**Other Developmental Disabilities**
Established by federal definition, State of Oregon develops guidelines for interpretation

1. Must be determined to be in place by the 22nd birth date.
2. IQ scores are not used in verifying the presence of a non-mental-retardation developmental disability.
3. Must have either an *official medical or clinical diagnosis* of the disability, and a significant impairment to adaptive functioning that is *directly* related to the specific disability.
4. This adaptive impairment *cannot* be primarily related to any of the following: mental/emotional disorder, sensory impairments, substance abuse, personality disorder, learning disability, ADHD.
5. In the State of Oregon, the developmental disability *must* have its genesis in the brain.
6. The support needs of the person *must* be “similar to that required by individuals with mental retardation.” (OAR 411-320-0020(21) i.e., self-care, receptive language, expressive language, learning, mobility, self-direction, and a need for multiple, specialized supports indefinitely.

For more information and/or for referral to your local office of Developmental Disabilities, please call ORPARC at 503-241-0799, 1-800-764-8367 (toll-free) or e-mail us at orparc@nwresource.org.