Often Overlooked: Childhood Depression
By Lynne Herbert, LPC
The Attachment Center of Central Oregon

It’s easy to notice when a child that is acting out requires therapy. Parents become concerned about aggression, oppositional behavior, and defiance and seek support not only for their child, but for themselves as well.

If a child is feeling down and their way of coping with emotions is by withdrawing or blaming and shaming themselves, depression can be less obvious and parents may be less likely to reach out for support. Parents may work to attempt to help their child to be more active and participatory, and underlying emotions and concerns can often be overlooked. A child who turns inward will be reluctant to reach out as well.

You can download important information about childhood depression, including indicators and interventions, from the ORPARC web site at www.orparc.org or call ORPARC at 1-800-764-8367 to have a hard copy mailed to you. If this does not effect your family but raises questions about a child you know, feel free to pass this information along. Just as a child who is acting out requires support, so does a child who copes by turning feelings inward.

Parent book review

One Small Boat by Kathy Harrison
Submitted by Reta Stutz

Harrison, the author of Another Place at the Table, does it again with an honest look at being a foster parent in her book, One Small Boat. Her goal is to tell the story of the children who have crossed her door step, but by doing this, she tells the story of what it is like to be a foster parent. It is an honest, hard look at the ups and downs of fostering and it answers the hard question all foster parents are asked...“So why do you do it?”

Harrison is able to elegantly show the struggles of dealing with biological parents, the over burdened (sometimes not caring) system, finding personal limits, and taking a careful, honest look at the difference between one’s ego and what’s best for a child. Her book also tells about the delight in helping children begin to heal, how important small steps are, the ability to see rewards in just a word or look, the need for foster parents to advocate for their children, and the importance of a safe, caring home. Both of Harrison’s books are must reads if you ever wondered what it is like to foster or if you are already fostering and want to know you are not alone.

2007 Oregon recipients of the “Angels in Adoption Award”

Several outstanding adoptive parents and professionals, nominated by their Oregon Senators and Representatives, received the Congressional Coalition on Adoption Institute’s (CCAI) “Angel in Adoption” awards at a gala event on October 26, 2007 in Washington, DC. The Angels in Adoption award program “provides for all the members of the US Congress to honor constituents who have enriched the lives of foster children and orphans.”

Congratulations to these Oregon “Angels”
Jean Vanlue, selected by Representative Darlene Hooley
Mike and Teri Franell, selected by Representative Greg Walden
Jeannie Jin-Hyang Hong, selected by Senator Gordon Smith
Robert Whelan, selected by Representative Earl Blumenuer

For more information, and to read the full biographical descriptions of these “ordinary people doing extraordinary things,” please visit www.orparc.org or www.ccainstitute.org.
Dave Thomas Foundation for Adoption Releases
New Survey on Foster Care Adoption

In November, 2007, the Dave Thomas Foundation for Adoption commissioned Harris Interactive to understand Americans’ attitudes about foster care adoption, their beliefs about the children waiting to be adopted, their perceptions of the system caring for these children, and their attitudes toward what a healthy living environment is for a child. Some key findings are:

- U.S. adults are considering foster care adoption more often than any other type of adoption, but misperceptions abound about the children waiting to be adopted and the foster care adoption process.
- Almost three quarters of American adults (72%) have a very favorable opinion of adoption and almost two-thirds (69%) believe as a society should be doing more to encourage foster care adoption.
- Although 89% of Americans are familiar with adoption in general, 79% are familiar with foster care adoption.
- Yet, given this large pool of potential adoptive parents who are both familiar with the issue and considering acting (48 million adults), 114,000 children still wait to be adopted from the U.S. foster care system.

The survey also found three areas where misconceptions which may discourage adoption out of foster care are common. These areas are beliefs about children in foster care, beliefs about the foster care process, and beliefs about the diversity of parents capable of adoption. In regard to beliefs about children in foster care, 45 percent of all respondents believe that children in foster care entered the system because of delinquent behavior. In fact, children enter the foster care system as victims of neglect, abandonment, or abuse.

In order to increase the number of Americans engaging in the foster care adoption process, efforts must be taken to provide an accurate picture of the available children waiting for adoption, the specific steps for the adoption process, and the diversity of individuals capable of adoption. In addition, key reforms must be implemented into the U.S. foster care system to ensure the adoption process is clear, efficient and responsive to the needs of prospective parents.

29th Annual American Adoption Congress Conference
2008 Portland, Oregon ~ March 26-29, 2008
“Adoption in the Global Community: Redefining Kinship in the 21st Century”
Portland Downtown Waterfront Marriott, 1401 SW Naito Parkway, Portland, Oregon 97201
Adoptive/Foster Parent and Youth Program ~ March 27th
- More Than Global – the Ever-expanding Constellation of Adoption, Sharon Roszia, MS, BSW
Professionals’ Day ~ March 28th
- Lifelong Development Issues for Adopted People and Their Impact on Best Practices and Policies, Dr. David Brodzinsky, PhD
- Family Finding – a Set of Strategies Being Used Around the Country to Find Lifelong Supports for Children and Young People in America’s Foster Care System, Kevin Campbell
Celebrate Measure 58: 10-Year Anniversary of Access to Information for Oregon Adult Adoptees ~ March 29th
- “The Baby Thief”: Adoptive Mother/Author Discovers the Truth About Adoption, Barbara Bisantz Raymond, MS, BS, Writer
- "Knock! Knock! Who's There?" How My Adoption Turned Me into a Stand-Up Comic, Alison Larkin, Writer/Actor

A Resource Guide for Grandparents and Other Relatives Raising Children in Oregon
A publication by Oregon State University Extension Service, AARP and the Brookdale Foundation, this is a free publication containing a wealth of resources in Oregon. It includes information on meeting the physical, emotional and behavioral needs of your relative child; working with DHS Child Welfare; and assistance for families and resources. Request a free copy from the ORPARC library at 1-800-764-8367 or e-mail orparc@nwresource.org.

Educational Scholarship ~ January 18, 2008 Deadline
A scholarship opportunity for young adult adoptees residing in Lane County
Presented by Adoption Connections of Oregon and Maan Family Humanitarian Service Scholarship
Download further information at the ORPARC web site at www.orparc.org or contact Susan Barnhart (541-342-1953) or Michelle Cottrell (541-689-1932) of Adoption Connections of Oregon or e-mail aco@peak.org.
Register for trainings at:
- 503-241-0799  1-800-764-8367
E-mail orparc@nwresource.org

**METROPOLITAN REGION**

**Transracial/Transcultural Issues in Adoption**
Thursday, March 6, 2008  6:00 to 8:00 p.m.
Holladay Park Plaza ~ Penthouse Suite
1300 NE 16th Avenue, Portland, OR 97232
✓ Refreshments and Pizza dinner provided

**EASTERN REGION**

**Lifestory Books: A Communication Tool**
Tuesday, February 12, 2008  6:00 to 9:00 p.m.
Department of Human Services
1610 9th Court, Suite 500, Hood River, OR 97031
✓ Register with Amanda Richardson at 541-386-2962
✓ Hood River Foster/Adopt Support Group
✓ Dinner and childcare provided

**SOUTHERN REGION**

**Parenting Children Who Have Very Challenging Behaviors**
Thursday, March 13, 2008  6:30 to 8:30 p.m.
Department of Human Services, Large Conf. Room
909 Royal Court, Medford, OR 97504

ORPARC trainings are free-of-charge to DHS/state adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals. Others may attend trainings for minimal charge and/or on a space available basis. Reimbursement for childcare and travel expense are offered to ORPARC eligible families as funds allow; please request childcare and travel reimbursement upon registration. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Please request these services two weeks in advance.

Visit ORPARC online at [www.orparc.org](http://www.orparc.org) for up-to-date ORPARC and community partner training announcements, current newsletter, community events and articles of interest, adoptive parent support groups, and library orders.

**WESTERN REGION**

**Talking with Children about Adoption**
Part II (continuation of Part I delivered on 08/16/2007)
Thursday, January 17, 2008  6:30 to 8:30 p.m.
Department of Human Services
450 Marine Drive, Suite 210, Astoria, OR 97103
✓ Clatsop County Foster/Adopt Support Group
✓ To attend training and secure childcare, register with June Stanfield at 503-325-9179 ext. 304

**Transracial/Transcultural Issues in Adoption**
Tuesday, February 19, 2008  6:00 to 9:00 p.m.
Beaverton DHS Child Welfare Office
Beaverton Multi-Service Center
12901 SW Jenkins Rd., Ste. B, Beaverton, OR 97005

**ENTRENAMIENTOS EN ESPAÑOL**

**Reconociendo las señales del abuso de sustancias en los adolescentes**

Miércoles, 16 de enero  6:00 a 8:00 de la tarde
Departamento de Servicios Humanos
1425 NE Irving Street, Edificio 200, Número 250
Portland, Oregon 97232
Grupo de apoyo para Padres de Crianza y Padres Adoptivos

Jueves, 6 de marzo  5:00 a 7:00 de la tarde
Departamento de Servicios Humanos
315 S Beavercreek Road, Oregon City, OR 97045
Grupo de apoyo para Padres de Crianza y Padres Adoptivos

**¡Familias de habla hispana!**

El Centro de Recursos Post-adoptivos de Oregon (“ORPARC”) tiene varios recursos en español. Si usted es una familia de habla hispana, pida nuestro boletín trimestral en español y consúltenos en cuanto a los recursos que podemos ofrecerle. No dude en llamar al número 1-800-764-8367 y pregunte por “Miguel” (extensión 11).
Community Partner Trainings

PSU Child Welfare Partnership Trainings ➔ www.cwpsalem.pdx.edu

January 3/10/17/24  Behavior Crisis Management Training (4-day, 12-hour training)  Albany  541-961-2060
January 11-12  Behavior Crisis Management Training (2-day training)  Oregon City  503-731-3404
January 15  Grief and Loss  North Bend  541-756-5500 x 251
January 17  Facilitating Development Attachment  Salem  503-373-1200 x 592
January 19  Allegations: Preventing & Surviving  Gold Beach  541-247-5437 x 226
Enero 25-26  Manejando los Crisis del Comportamiento [español]  Portland  971-673-1840
January 26  Irresistible Parenting Part II  Medford  541-776-6120 x 251
Jan 31, Feb 7/14/21  Behavior Crisis Management Training (4-day, 12-hour training)  Portland  971-673-1822
February 1  Sensory Integration  Newport  541-265-8557 x 538
February 2  Grief and Loss  St. Helens  503-397-3292 x 8330
February 7  Birth Parent Issues: How to Help  Eugene  541-686-7555
February 9  Sexual Abuse: Strategies for Foster Parents  Portland  971-673-1822
February 19  Loss and Grief: The Child and the Caregiver  The Dalles  541-506-5292
February 20  The Connection: The Child and the Birth Family  Hermiston  541-564-4493
February 21  The Connection: The Child and the Birth Family  McMinnville  503-472-4634 x 664
February 21  PTSD vs. ADHD  Tillamook  503-842-5571 x 304
February 21  Irresistible Parenting Part III  Medford  541-776-6120 x 251

Oregon Parent Training & Information Center ➔ www.orpti.org

January 9  High School Transition Night  Sweet Home  lskipworth@orpti.org
January 10  Dispute Resolution  Prineville  dhelman@orpti.org
January 11  IFSP, the Individualized Family Service Plan  John Day  dhelman@orpti.org
January 15  ADHD/Asperger’s: What’s Different, the Same, What Helps Both  Salem  lskipworth@orpti.org
January 15  Asperger’s and ADHD  Hood River  vhaight@orpti.org
January 16  Asperger’s and ADHD  The Dalles  vhaight@orpti.org
January 16  Understanding ADHD  Philomath  lskipworth@orpti.org
January 17  Dispute Resolution in Special Education  Baker City  dhelman@orpti.org
January 23  Are We There Yet? Moving to and Through Adulthood with a Disability  Corvallis  lskipworth@orpti.org
January 31  Does your child need an IEP or a Section 504 Plan? Two Federal Laws  Portland  vhaight@orpti.org
February 9  IEP Process and Advocacy through Effective Letter Writing  Corvallis  lskipworth@orpti.org
February 11  ADHD and Asperger’s: What Different, the Same, What helps Both  Lebanon  lskipworth@orpti.org
February 16  Life after High School: Transition Issues for Students with Disabilities  Eugene  lskipworth@orpti.org
February 19  High School Transition Plans and Programs  Salem  lskipworth@orpti.org
February 26  What every Caregiver needs to know about the IEP  Albany  lskipworth@orpti.org
March 6  Are We There Yet? Transition from High School: Post-Secondary Options  Milwaukie  vhaight@orpti.org
March 10  Transition to Kindergarten  Lebanon  lskipworth@orpti.org
March 11  Is Your Child a Target of Bullying?  Salem  lskipworth@orpti.org
March 12  Grade to Grade Transition: Planning for Success  Philomath  lskipworth@orpti.org
March 13  Behaviors, FBA’s and IEP’s  Corvallis  lskipworth@orpti.org
March 19  Writing IEP Goals: Are Your Child’s Adequate and Appropriate?  Albany  lskipworth@orpti.org
March 20  Planning, Organizing and Preparing for your Child’s IEP  Springfield  lskipworth@orpti.org

Lifebook Workshop (for parents only)
Sponsored by Northwest Adoptive Families Association (NAFA); offered in conjunction with Adoption Mosaic
Saturday, February 23, 2008 ~ 9:00 a.m. to 4:00 p.m. ➔ Legacy Meridian Park Hospital
To register, contact Andrea Feltham at 503-636-0559 or akfeltham@comcast.net
Community Partner Trainings

**Workshops for Parents of Teens presented by The Children’s Program**

Monthly discussion series given by various speakers on Tuesday evenings at 7:00 p.m. for parents on the importance of their role in raising teenagers. Workshops held at The Children’s Program, 7707 SW Capitol Highway, Portland, OR 97219. Call 503-452-8002 to register or for more information. Cost is $25.00 per person or per couple.

- January 8: *Fostering A Teenager’s Motivation*
- February 5: *Supporting Your Teen’s Passion*
- March 4: *Anger Management & Conflict Resolution*
- April 1: *Planning for the Summer*
- May 6: *High School Credit Alternatives & Credit Recovery*
- June 3: *Preparing for College*

**Parent Empowerment Program ~ 10-week series presented by Tim O’Brien, LPC**

Tuesdays, January 8-March 11 ♦ 6:00-8:00 p.m.
13896 Meyers Road, Oregon City, OR 97045

Tuesdays, February 5-April 8 ♦ 6:30-8:30 p.m.
Lake Oswego Fire Dept., 300 “B” Ave., Lake Oswego, OR 97034

Classes are free of charge. Register with Tim O’Brien, LPC, at 877-840-0052 or tobrien_lpc@msn.com.


### Trainings by Adoption Mosaic ➔ www.adoptionmosaic.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Start Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 12</td>
<td>Adopted Youth Activity Series: Ages 10 to 15</td>
<td>9:00 am</td>
<td>Silverton Family Hospital Birthing Center, Room E</td>
<td>$40 person/$70 couple</td>
</tr>
<tr>
<td>January 19</td>
<td>What and When: Talking about Adoption with your Child</td>
<td>9:00 am</td>
<td>Silverton Family Hospital Birthing Center, Room E</td>
<td>$40 person/$70 couple</td>
</tr>
<tr>
<td>February 2</td>
<td>Transracial Parenting Series (Part B)</td>
<td>9:00 am</td>
<td>Silverton Family Hospital Birthing Center, Room E</td>
<td>$40 person/$70 couple</td>
</tr>
<tr>
<td>February 23</td>
<td>Adopted Youth Activity Services: First Graders</td>
<td>9:00 am</td>
<td>Silverton Family Hospital Birthing Center, Room E</td>
<td>$40 person/$70 couple</td>
</tr>
<tr>
<td>March 15</td>
<td>Transracial Parenting Series (Part C)</td>
<td>2:00 p.m.</td>
<td>Silverton Family Hospital Birthing Center, Room E</td>
<td>$20 person/$35 couple</td>
</tr>
<tr>
<td>March 15</td>
<td>Adopted Adoptee Panel of Transracial Adoptees</td>
<td>2:00 p.m.</td>
<td>Silverton Family Hospital Birthing Center, Room E</td>
<td>$20 person/$35 couple</td>
</tr>
</tbody>
</table>

E-mail info@adoptionmosaic.org or visit www.adoptionmosaic.org to register or for more information.

### Adopted Youth Activity Series

Presented by Adoption Mosaic ~ www.adoptionmosaic.org

- January 12: Ages 10 to 15 (includes parent meeting & workshop)
- February 23: Woodstock Elementary School First Graders

These groups for adopted youth are led by a team of adult adoptees who bring with them years of experience in the adoption community as well as experience leading youth groups. Groups are formed by request and can be arranged by a group of parents, a school or other organization. Registration is limited; e-mail info@adoptionmosaic.org for information.

### Teens & Drugs: What’s the Story?

Sponsored by Marion County Health Department

Wednesdays, January 9 & 16th ~ 7:00 to 9:00 p.m.
Silverton Family Hospital Birthing Center, Room E
342 Fairview Street, Silverton, OR 97381

A 4-hour family workshop on adolescent alcohol, tobacco, marijuana, and other drug trends in Oregon and Marion County. This free training is appropriate for ages 12 and up. For more information call Yvonne Kays at 503-981-5851 or 503-566-2901.

### Housing Conference, Planning for a Safe & Caring Environment for People Living with Autism Spectrum Disorder

Hosted by the Autism Society of Oregon and Easter Seals

Saturday, January 19th ♦ 8:30 a.m. to 4:00 p.m. Lunch served
Abernathy Center, 606 15th Street, Oregon City, OR 97045
$25.00 for Pre-registration; $35.00 the day of the event

Some scholarship money available for parents for respite care and travel reimbursement. Contact the Autism Society of OR at 1-888-288-4761 for information on scholarships or agenda, visit www.oregonautism.com ➔ “Events”

Registration: Send a check, made payable to ASO, to: PO Box 396, Marylhurst, OR 97036; memo: Housing Conference

### “FASD: INTO ACTION”

A Three-day Session on Fetal Alcohol Spectrum Disorders

February 21-23, 2008 ♦ 9:00 a.m. to 4:00 p.m.

For professionals as well as parents of children with Fetal Alcohol Spectrum Disorder (FASD)

Mark Spencer Hotel
409 SW 11th Avenue, Portland, OR 97205
Cost is $325.00 for three days

Download a Registration Form from the ORPARC web site at www.orparc.org or contact Wendy Temko, Administrative Assistant, FASCETS, at 503-621-1271 or e-mail wttemko@fascets.org
“Count Your Blessings”
A few thoughts from an Adoptive Parent Support Group Leader

During the holidays, we are often so rushed that we forget to stop and count our blessings. In foster, adoptive and blended families, we have so many things to coordinate. I remember when I had one of four siblings. Each sibling was in a different foster home and we were all juggling schedules to try to give each child quality time with parents, extended family, siblings, and still have quality time with the foster child that was in our home, and make time for OUR extended family. Wow, it was a challenge. I can only imagine what some of you are dealing with when you have several kids who might also have sibs in other homes. My hat is off to you.

As we hustle through the holidays it is important to remember to stop and count our blessings. It really does help take the focus off the things that are stressing us and put the focus on what is blessing us. My signature line in another email account is “2 Blessed 2 B Stressed.” The impact of using this “sig line” is amazing. Sometimes I am starting to write a stressed email and notice my own sig line and stop and reframe my situation. Rather than looking at the situation through the lens of stress, I need to look at the same situation through the lens of my blessings.

On Thanksgiving, when my family got together, we wrote our blessings on construction paper leaf cut outs. Some of the things that were written brought home what is really important in life. During some traumatic times in my life, I came to the realization that there are only a handful of things in life that are truly important in the grand scheme of things. Life, Love, Faith, Family, Friends... The rest is gravy.

Sure our kids (and many of the things that come with them) give us some extra special stress. But we can only do so much! We cannot fix everything. Sometimes we need to just focus on what is good, and do what we can with the rest. Sometimes our hearts are broken and we feel we just cannot go on. I have learned the hard way that keeping my focus on the problem only holds onto the pain. Sure, we have to face it and deal with it, but it is so easy to focus on the problem and the pain. This only keeps us reliving the trauma. We have to focus on what we did correctly, the love, the happy times, and the hope that things will go well as we move on from day to day, for the child who has gone home, for us as we move on after a heartbreak, or whatever the situation.

Some of you may be going through tough times this holiday season and need to look for the blessings that are surrounding you. Make a list of the wonderful things in your life, remember the blessings, hold on to the happy memories and let the sadness fade into the background. It is in getting through these struggles that we become stronger. Some of you may know the song “Count Your Blessings.” “Count your blessings, name them one by one. Count your many blessing, see what God has done.” It is true, and it is the secret to getting through stressful situations.

I hope that each and every one of you has a very blessed Christmas and holiday season.

Debbie Sharp, CFLE, President, Parenting Connections: The RAFT

Parenting Connections: The RAFT is a private, faith-based, parent-led support group for kinship/non-kinship, foster and adoptive parents, relative care providers, and all those who provide support. Free childcare, offered after 5:50 p.m., is provided during the support/training session. The group meets on the third Saturday of the month from 6:00 to 7:30 p.m. at the East Hill Foursquare Church, Room A-15 (NW corner of main auditorium), located at 701 North Main Avenue, Gresham, OR 97030. There is a monthly pre-meeting event that takes place from 5:00 to 6:00 p.m. which may include a pizza night, movie, craft time or some other family-oriented event. Contact Debbie Sharp at 503-761-4686 or e-mail debbie@pctheraft.org for further information. All are welcome regardless of faith.
New in the Library

The following titles are recently acquired materials now available in our lending library.

**New Books for Parents**

- **Adoption Parenting: Creating a Toolbox, Building Connections** looks at ways to effectively parent children affected by FASD, trauma and PTSD, sensory integration, speech and language delays.

- **Because I Loved You: A Birthmother’s View of Open Adoption** This handbook is also a memoir, offering to both families and adoptive families, advice and guidance through various stages of the experience. The author shares the ups and downs of her own story and that of her now adult son.

- **Cheers! Here’s to the Baby! A birth Mother’s Discovery of Fetal Alcohol Syndrome** reveals the struggles and heartbreaks of a loving single mother who unknowingly made a terrible mistake that forever altered the potential of her youngest son, Danny. She discovered that it was necessary to educate Danny’s teachers and other service providers about his birth defect, even though it was the direct result of her consumption of alcohol during pregnancy.

- **The Connected Child** intended to help adoptive parents build bonds of affection and trust with their adopted child, effectively deal with any learning or behavioral disorders, and discipline lovingly without making the child feel threatened.

- **The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are** explores the role of interpersonal relationships in forging key connections in the brain. It presents a new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual.

- **Educator’s Diagnostic Manual of Disabilities and Disorders** provides short descriptions of nearly a thousand disabilities and disorders that might qualify students for services under IDEA 2004, and, in a few cases, relates their significance to classroom practice.

- **Making Cultural Connections: Hair and Skin Care for Children of African Descent** a guide to the unique hair and skin care needs of children of African heritage written specifically for adoptive or foster families caring for children of African or Caribbean descent.

- **Making Room in Our Hearts: Keeping Family Ties through Open Adoption** based on interviews with over 100 adopted children; birth and adoptive parents; extended families; and professionals to help both adoptive and birth parents address their fears and concerns, while offering them support to put the child’s psychological and spiritual needs at the forefront.

- **Nurture: The Essence of Intervention for Individuals with Fetal Alcohol Syndrome** profiles, through photographs and biographical sketches, 56 children and adults medically diagnosed with prenatal exposure to alcohol and 35 parents, birth and adoptive, who care for such children.

- **Straight Talk about Psychiatric Medications for Kids** explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize benefits; and when to consider other treatments.

- **Therapeutic Parenting: It’s A Matter of Attitude** a handbook for parents of children with attachment issues, offering things to consider, techniques, examples interventions, anecdotes and pearls of wisdom.

- **Weaving a Family: Untangling Race and Adoption** looks at the contemporary American family through the lens of race, race through the lens of adoption, and all – race, family, and adoption – within the context of the changing meanings of motherhood.

**New Books for Kids**

- **Forever Fingerprints** Young, imaginative Lucie is excited to feel a baby moving in her Aunt’s tummy but it makes her wonder why her birth parents didn’t keep her, which gives her parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. For ages 4-8, it includes two pages of “Parent Tools and Activities.”

- **The Kissing Hand** for children, 4-8, it tells of Chester Raccoon, who doesn’t want to go to school because it will take him away from his mother and his familiar world. His mother assures him that “we all have to do things we don’t want to do.” It’s not an adoption story, but it might be helpful to any child temporarily separated from home or loved ones.

**New DVDs**

- **I Don’t Understand Why: A Search for Meaning** shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty’s when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.

- **Putting the Pieces Together: Lifebook Work with Children** demonstrates what lifebooks are, what they are not, and what they should include; when and how to get started; who should contribute; and most importantly; why they are so indispensable in the lives of adopted and foster children.

- **Struggle for Identity – Special Edition** contains the original Struggle for Identity: Issues in Transracial Adoption, plus a new twenty-minute follow up video, A Conversation 10 Years Later. Through sequences of adoptees and their parents discussing similar issues, the viewer is able to hear the compelling and thought provoking voices of experience.
A Family for Every Child presents
Family Finding

Family Finding is a partnership of DHS, CASA and A Family for Every Child that works together to build support systems for foster youth to enable their future success. Teens age out of the foster care system at the age of 18 and many have no where to go and no one to turn to. They are less likely to succeed as productive members of society due to their lack of support. Family Finding teams work together to find relatives who have lost contact with the youth. Through the Family Finding program, often over 50 relatives are found per child. Some of these relatives offer a place for the youth to go during holidays, take them to reunions, assist them in getting through college, or even become a permanent placement. Teens also report a deeper understandings of who they are and a greater sense of belonging. This is an exciting new program that has found success around the country and is making history with its forward strides to build support for foster youth. Consider joining the Family Finding team.

www.afamilyforeverychild.org

To join the Family Finding team, contact:

Christy Obie-Barrett
1047 Pinewood Terrace
Eugene, OR 97405
Tel: 541-683-5769
Tel: 541-954-9626 (cell)
Email: CBObie@aol.com
What is ORPARC?
The Oregon Post Adoption Resource Center (ORPARC) is a non-profit program contracted to provide services for Oregon DHS adoptive and assisted guardianship families. All services are provided free of charge.

Who can use ORPARC?
- Oregon DHS adoptive and assisted guardianship families
- Oregon DHS adoption staff
- Oregon Special Needs Adoption Coalition staff
- Oregon families who have adopted children through any state foster care system

What does ORPARC provide?
- Information, assistance and referral
- In-depth consultation, advocacy and support
- Parent education and trainings
- Lending library
- Quarterly newsletter
- Assist in development and support of adoptive parent support groups

Information, assistance and referral
ORPARC refers families to local and regional resources such as therapists, support groups, mentor families, community services, educational programs, recreational program, and respite care providers, and when needed, research resources. ORPARC maintains a database of statewide resources to assist families in accessing services.

Consultation, advocacy and support
Professional staff provide supportive listening, problem-solving assistance. ORPARC also provides brief case management, advocacy and parent consultation.

Parent education and training
ORPARC offers trainings throughout the state at no charge to eligible users. Translation services and special accommodations are also available.

Quarterly newsletter
ORPARC distributes a quarterly newsletter to inform eligible users of upcoming ORPARC and community partner trainings and events, and features topical articles and library materials.

Lending library
ORPARC maintains a lending library of materials related to adoption, guardianship, parenting, child development, and special needs. Materials are mailed free of charge with return postage paid. Materials include: books, audiotapes/CDs, videotapes/DVDs, information packets, articles and pamphlets, and Spanish language materials.

Support groups
ORPARC maintains a list of support groups statewide. ORPARC can assist in forming new groups and enhancing existing groups.

Recursos en español (Spanish language resources)
El Centro de Recursos Pos-adoptivos de Oregon ("ORPARC") ofrece servicios, un boletín trimestral, y entrenamientos a las familias calificadas para recibir nuestros servicios. No duden en llamarnos y pedir información y recursos en español.