“Wounded Children, Healing Homes”: Understanding Foster/Adoptive Child Crises

All parents experience crises and challenges. However, adoptive parents and guardians are faced with challenges that families raising birth children don’t share. And at times, these additional challenges can escalate into full-blown crises. Crises for children adopted or in a guardianship can be triggered by events, anniversaries, or even times of the year that remind children of losses or traumatic experiences. Common triggers for crises are:

- Birthdays
- Mother’s Day
- Moving
- Divorce of adoptive parents
- Illness or death of a parent or grandparent
- Visits from the social worker
- Visits with members of the birth family
- School assignments (the dreaded Family Tree, etc.)
- Transition to a new school/graduation from high school

Parents can prevent or alleviate foster- and adoption-related crises for most common triggers through strategies that help them anticipate and avoid triggers; promoting communication and understanding that the child is now safe and protected; and, expressing empathy and support as the child moves through his grief process. Generalized survival skills for parents include:

- Acknowledge the child’s grief. Don’t assume grief will disappear if losses are not discussed. The only way out of grief is “through.”
- Network with other adoptive & guardianship families. These families understand the challenges of parenting a traumatized child. Others may offer solutions that won’t be relevant or useful for these families.

Continued on page 7

Welcome New ORPARC Staff Members!

Sandy Carter Templeman
Family Support Specialist
Sandy joins the team of ORPARC as the new Family Support Specialist. She comes from an educational and work experience background in social services, training, program development, and business. She lived in Mexico for 13 years, is Spanish-speaking, and worked 10 years as the director of a Latino non-profit agency in Portland. She is an advocate for special needs children within the Special Education system. Sandy is the mother of a trans-racially adopted child and is very excited to be a part of ORPARC.

Carole Lattin
Administrative Assistant
Carole Lattin joins ORPARC as the new Administrative Assistant. In addition to home educating her children, Carole has volunteered in several capacities over the years and is currently the Outreach Coordinator for the Pink Phoenix Dragon Boat team, where you can also find her paddling in her free time. Carole is honored to serve as a part of the ORPARC team and looks forward to assisting adoptive families.
Grandparent Conferences & Retreats

**Klamath Falls**
Grandparents as Parents Conference of Klamath County
Friday, September 24 • 8:30 a.m. to 4:15 p.m.
New Horizon Fellowship
1909 Homedale Road, Klamath Falls, OR 97603
✓ Registration & Continental Breakfast at 8:30 am
✓ Lunch will be provided at no cost
✓ Conference is free to relative caregivers
✓ Caregivers from other counties are welcome

Contact Lloyd King at 541-891-0268, 1-877-215-4576, or e-mail Lloyd King at gapking@clearwire.net

**Salem**
7th Annual A Gift of Time Retreat
A weekend retreat for family caregivers and relatives raising a grandchild or other kin
Friday thru Sunday, August 27-29, 2010
Macleay Christian Center, Salem, Oregon

• Registration
• A Gift of Time Retreat
Janice Wolcott, Team Coordinator
PO Box 383, Dallas, OR 97338
503-831-5593 • 503-559-4001
jwolcpn@earthlink.net

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Thank you to our kind supporters!

ORPARC is a registered non-profit organization and welcomes donations. Please contact Audrey Riggs a 503-241-0799 x 20 or email ariggs@nwresource.org for more information.

- Dave Jackson of Willamette Express, moving and installation of library cabinets
- Kelly DeLany, donation of office equipment
- Janet Hazel, training at 2010 Grandparent Retreat
- Lis Baccigalupi of TechKnowSolve, database work
- Paula Scales, Kaiser matching pledge
- Lisa Beatty, donation
- Tami Brucker, donation

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**Friends of ORPARC**

In June a new project, “Friends of ORPARC,” was launched. The goals of the group are to help raise awareness and funds for ORPARC. The team is initially meeting every other month to develop ideas for fundraising and awareness opportunities for the organization.

We are looking for smart and enthusiastic people from a variety of professions who would be able to meet six times a year and be willing to sponsor a house party or other simple fundraising event. We currently have a retired teacher, a deputy district attorney, an archivist, a stay-at-home parent, an attorney, and an anesthesia technician manager on the team. Please contact Audrey Riggs at 503-241-0799 x 20 or ariggs@nwresource.org for additional information.

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**Información para familias que hablan español**

Centro de Recursos Pos-adoptivos de Oregon (“ORPARC”)

Les recordamos que el Centro de Recursos Pos-adoptivos de Oregon (“ORPARC” en las siglas en inglés) tiene varios recursos para familias que hablan español. Dos miembros del equipo de ORPARC—Sandra y Miguel—hablan español y ofrecen apoyo familiar a los padres y les ayudan a resolver los asuntos y problemas que ustedes, como padres, enfrentan todos los días. La biblioteca de ORPARC tiene varios títulos en español sobre una variedad de temas y los materiales se prestan gratis con el envío pagado (vea la página 6 para nuevos materiales en la biblioteca). No duden en llamarnos si tienen cualquier pregunta sobre la adopción o si necesitan apoyo o ayuda para conectarse con recursos en el estado. Llámenos al número 503-241-0799 o 1-800-764-8367, extensiones 18 (Sandra) y 11 (Miguel).

**Grupos de Apoyo para Padres de Crianza y Padres Adoptivos**

- **Condado Multnomah**
  - Tercer miércoles del mes
  - 6:00 a 9:00 de la noche
  - DHS, 10225 East Burnside Street
  - Portland, Oregon 97211
  - Sra. Irene Phipps, 971-673-1838

- **Condado de Clackamas**
  - Primer jueves del mes
  - 9:00 a 11:30 de la noche
  - DHS, 315 South Beavercreek Road
  - Oregon City, OR 97045
  - Gloria Sandoval, 503-731-4120

- **Condado de Washington**
  - Cuarto miércoles del mes
  - 6:00 a 8:00 de la noche
  - DHS, 5350 NE Elam Young Parkway
  - Hillsboro, Oregon 97124
  - Sharon Espinal/Lupe Huerta, 503-681-6924
ORPARC Trainings
Visit www.orparc.org for updates

Metropolitan Region

Strategies for an itchy, smelly, loud, bright world:
Sensory Integration Challenges
Presented by Oregon Technical Assistance Corporation
Wednesday, September 15, 2010 • 9:30 am to 1:00 pm
Oregon Post Adoption Resource Center
2950 SE Stark Street, Suite 130, Portland, OR 97214

Beneath the Mask:
Understanding Adopted Teens
Presented by Debbie Riley, MA
Friday, October 22, 2010 • 9:00 am to 5:00 pm
Holladay Park Plaza, Penthouse Suite
1300 NE 16th Avenue, Portland, OR 97232
Collaboration with Cascadia Training

Western Region

Openness in Adoption
Supporting & Maintaining Connections with Birth Family
McMinnville
Thursday, September 23, 2010 • 6:30 to 8:30 pm
Department of Human Services
368 NE Norton Lane, McMinnville, OR 97128

Salem
October 2010 • 6:00 to 8:00 pm
Specific date and site to be determined
Call us or visit www.orparc.org for update

Beneath the Mask:
Understanding Adopted Teens
Presented by Debbie Riley, MA
Wednesday, October 20, 2010 • 9:00 am to 5:00 pm
Department of Human Services
2885 Chad Avenue, Eugene, OR 97408

Eastern Region

Openness in Adoption
Supporting & Maintaining Connections with Birth Family
Baker City
Monday, September 20, 2010 • 6:00 to 8:00 pm
Baker County Library
2400 Resort Street, Baker City, OR 97814

Bend
October 2010 • 6:00 to 8:00 pm
Specific date and site to be determined
Call us or visit www.orparc.org for update

Entrenamientos en español

Mainteniendo Relaciones Abiertas
Apoyar y mantener las conexiones con la familia biológica

Portland
Miércoles, 18 de agosto de 2010
6:00 a 8:00 de la noche
10225 East Burnside Street
Portland, Oregon 97216

Salem
Octubre de 2010
6:00 a 8:00 de la noche
Fecha y sitio se determinará.
Lámenos para más información.

Ontario
Martes, 21 de septiembre de 2010
6:00 a 8:00 de la noche
Departamento de Servicios Humanos
186 East Lane, Ontario, OR 97914

ORPARC trainings are free of charge to DHS adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals. Depending on the training, others may attend trainings for minimal charge or on a space available basis. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation available upon request. Request these services two weeks in advance.
# Community Partner Trainings & Events

## Center for Improvement of Child and Family Services

**PSU Child Welfare Partnership** • [www.cwpsalem.pdx.edu](http://www.cwpsalem.pdx.edu)

### Metropolitan Region

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>31 de julio</td>
<td>Primera Auxilios de Infantes, Niños y Adultos</td>
<td>1425 NE Irving, Suite 250, Portland</td>
<td>971-673-1822</td>
</tr>
<tr>
<td>Aug. 5/12</td>
<td>Positive Behavior Management</td>
<td>1425 NE Irving, Suite 250, Portland</td>
<td>971-673-1822</td>
</tr>
<tr>
<td>Aug. 13/14</td>
<td>Behavior Crisis Management</td>
<td>1425 NE Irving, Suite 250, Portland</td>
<td>971-673-1822</td>
</tr>
<tr>
<td>August 16</td>
<td>The Continuum of Attachment</td>
<td>1425 NE Irving, Suite 250, Portland</td>
<td>971-673-1822</td>
</tr>
</tbody>
</table>

### Western Region

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 12</td>
<td>Education Rights of Children and Youth</td>
<td>Salem</td>
<td><a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a>, 503-378-4784</td>
</tr>
<tr>
<td>August 24</td>
<td>Supporting Children Exposed to Domestic Violence</td>
<td>Albany</td>
<td><a href="mailto:sonya.villasenor@state.or.us">sonya.villasenor@state.or.us</a>, 541-967-2060</td>
</tr>
</tbody>
</table>

### Southern Region

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 29</td>
<td>Children who Experience Sexual Trauma</td>
<td>Roseburg</td>
<td><a href="mailto:jody.meza@state.or.us">jody.meza@state.or.us</a>, 541-464-2077</td>
</tr>
</tbody>
</table>

### Eastern Region

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 19</td>
<td>Children who Experience Sexual Trauma</td>
<td>Hermiston</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a>, 541-564-4493</td>
</tr>
<tr>
<td>August 19</td>
<td>Defensive Parenting</td>
<td>Hermiston</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a>, 541-564-4493</td>
</tr>
</tbody>
</table>

### NetLink Trainings

View NetLink training instructions at [www.orparc.org](http://www.orparc.org) or [https://dhslearn.hr.state.or.us](https://dhslearn.hr.state.or.us)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>City</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning and Evening NetLink Training Sessions</td>
<td>Enhancing Teen Attachment</td>
<td>8:30 a.m. to 12:00 p.m.</td>
<td>Bend</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Child Development: Parenting to a Child’s Temperament</td>
<td>July 29</td>
<td>La Grande</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Nurturing the Infant in Care: Birth through 24 Months</td>
<td>September 2</td>
<td>Ontario</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Child Development: Toddlers to Pre-tweens</td>
<td>October 28</td>
<td>Beaverton</td>
<td><a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Child Development: Tweens through the Teen Years</td>
<td>November 10</td>
<td>Portland</td>
<td><a href="mailto:dbethell@orpti.org">dbethell@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Loss and Grief - The Child and the Caregiver</td>
<td>December 9</td>
<td>Salem</td>
<td><a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Morning and Evening NetLink Training Sessions</td>
<td>5:45 p.m. to 8:45 p.m.</td>
<td>Condon</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Welcome to Special Education: The Basics</td>
<td>September 9</td>
<td>The Dalles</td>
<td><a href="mailto:rwortman@orpti.org">rwortman@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Are you there yet? Moving to and through Adulthood with a Disability</td>
<td>September 11</td>
<td>Bend</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Oregon Diploma</td>
<td>September 21</td>
<td>Beaverton</td>
<td><a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a></td>
</tr>
<tr>
<td></td>
<td>Bullying Awareness “Race to be Aware” Walk/Ran and Resource Fair</td>
<td>October 3</td>
<td>Salem</td>
<td><a href="mailto:dbethell@orpti.org">dbethell@orpti.org</a></td>
</tr>
</tbody>
</table>

### Oregon Parent Training & Information Center

Contact OrPTI at 1-888-505-2673, 503-581-8156, or info@orpti.org, www.orpti.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Training/Workshop</th>
<th>City</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 21</td>
<td>504 &amp; IDEA: What’s the Difference?</td>
<td>Bend</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td>July 27</td>
<td>Age of Majority and Social Security: Two topics parents should know about</td>
<td>La Grande</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td>August 3</td>
<td>Is Your Child a Target of Bullying?</td>
<td>Ontario</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td>August 10</td>
<td>Skills for Effective Parent Advocacy</td>
<td>Beaverton</td>
<td><a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a></td>
</tr>
<tr>
<td>August 11</td>
<td>Skills for Effective Parent Advocacy</td>
<td>Portland</td>
<td><a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a></td>
</tr>
<tr>
<td>August 20</td>
<td>Career Exploration Day, Oaks Park Amusement Park</td>
<td>Portland</td>
<td><a href="mailto:dbethell@orpti.org">dbethell@orpti.org</a></td>
</tr>
<tr>
<td>August 20</td>
<td>Walk to Work! When You Work You Win!, Oaks Park</td>
<td>Portland</td>
<td><a href="mailto:dbethell@orpti.org">dbethell@orpti.org</a></td>
</tr>
<tr>
<td>August 24</td>
<td>Welcome to Special Education: The Basics</td>
<td>Salem</td>
<td><a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a></td>
</tr>
<tr>
<td>August 25</td>
<td>Is Your Child a Target of Bullying?</td>
<td>Condon</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td>August 28</td>
<td>Saturday Sessions!</td>
<td>The Dalles</td>
<td><a href="mailto:rwortman@orpti.org">rwortman@orpti.org</a></td>
</tr>
<tr>
<td>September 9</td>
<td>Are we there yet? Moving to and through Adulthood with a Disability</td>
<td>Beaverton</td>
<td><a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a></td>
</tr>
<tr>
<td>September 11</td>
<td>Saturday Sessions!</td>
<td>Bend</td>
<td><a href="mailto:sshown@orpti.org">sshown@orpti.org</a></td>
</tr>
<tr>
<td>September 21</td>
<td>Oregon Diploma</td>
<td>Beaverton</td>
<td><a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a></td>
</tr>
<tr>
<td>October 3</td>
<td>Bullying Awareness “Race to be Aware” Walk/Ran and Resource Fair</td>
<td>Salem</td>
<td><a href="mailto:dbethell@orpti.org">dbethell@orpti.org</a></td>
</tr>
</tbody>
</table>

### Child Behavior Online Study

Are you a parent of a child between the ages of 5 and 18? If so, we need you to help us to learn more about the effects of drug and alcohol use during pregnancy. This anonymous online research takes approximately 20 minutes to complete and involves answering questions about your child’s history and behavior. Parents with children that were and also were not exposed to cigarettes, marijuana, alcohol, and methamphetamine during early development are needed. Adoptive parents, foster parents, and grandparents are all invited to participate. For more details, please contact Brian Piper, Ph.D., piperb@ohsu.edu, Department of Behavioral Neuroscience Oregon Health and Science University or visit [http://tinyurl.com/yjrfhva](http://tinyurl.com/yjrfhva).
Community Partner Trainings & Events

Ongoing Classes/Events in Clatsop, Marion, Polk, Tillamook & Yamhill

**Active Parenting of Teens** (8-week class for adults) ................................................................. Marion County .................................................................................................................. For information call 503-566-2925
**Beyond the Basics—Stress Relief Group Class** ................................................................. Woodburn ..................................................................................................................... Contact Elizabeth at 971-983-5212
**Families in Action** (6-week family education class) ................................................................. Silverton ...................................................................................................................... Contact Jan at 503-873-0405
**Family Life-skill Development** ....................................................................................... Marion County ........................................................................................................... Contact Jean Lasater at 503-588-5825
**Decisive Parenting: Powerful Tools for Parents of Teens** ....................................................... Dallas ......................................................................................................................... Call Juvenile Department at 503-623-2349
**Love and Logic** ................................................................................................................ Silverton ...................................................................................................................... Contact Jan at 503-873-0405
**Making Parenting a Pleasure** (parents with children 0-8) ....................................................... Silverton ...................................................................................................................... Contact Jan at 503-873-0405
**Second Time Around** (grandparents raising grandchildren) ................................................... Tillamook ......... Contact Ardath Stout at 503-842-8201 ext. 321
**Second Time Around** (grandparents & other relatives) ........................................................ Silverton ...................................................................................................................... Contact Jan at 503-873-0405
**Social Skills for Children with Asperger’s or Autism** ............................................................. Silverton ...................................................................................................................... Contact Jan at 503-873-0405
**Strengthening the Family** ................................................................................................. Silverton ...................................................................................................................... Contact Jan at 503-873-0405

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**Adoption Mosaic**

**Adoption Readiness (2-day class)** .................................................................................. July 31 & August 1
**Movie Group:** “Off and Running” (Adult adoptee only) ....................................................... September 14
**Non-Adopted Sibling Kids’ Group, Parent Orientation** ...................................................... September 18
**African-American Hair Care** (3-class series) ................................................................. July 19, Oct. 3, Oct. 17
**Non-Adopted Sibling Kids’ Group** (6-class series) ............................................................. September 20
**Common Threads Adult Adoptee Group** (6-class series) .................................................. September 20
**Transracial Parenting** (all-day class) ................................................................................ September 25
**Birth Mother Panel** ...................................................................................................... October 2
**Strengthening Attachment with Your Child** (children ages 0-6) ......................................... October 16
**Lifestory Books: Tools for Telling their Histories** (one-day class) .................................. October 30

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**Adoption Connections of Oregon**

**A Day at the Ballpark**

Sunday, August 1st at 2:05 p.m.

ACO will be the featured non-profit group at The Eugene Emerald’s game vs. Spokane Indians. Tickets are $9 each and $3 will go to ACO. Group tickets will be in the same section. More details to follow...contact a board member today to order your tickets. Email aco@peak.org for questions.

ACO trainings are in Lane County

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**Holt International**

**Classes**
**How to Talk with Your Child About Adoption** ................................................................. Sept. 25, Nov. 13
**Location:** Oregon Branch Office Conference Room
9320 SW Barbur Boulevard, #100, Portland, OR 97219
**Cost:** $25 per individual or couple
**Register:** Beth Miller at 503-244-2440, bethm@holtinternational.org

**Holt Summer Picnics:** RSVP online or contact Sally at 888.355.HOLT x 137
**Location:** Portland...................................................................................................... Eugene
**Where:** Camp Angelos, Lodge ........................................................................................ Camp Harlow
**When:** Saturday, July 17, 2010 .................................................................................... Saturday, August 7, 2010
**Time:** 11:00 a.m. to 3:00 p.m. ................................................................................... 11:00 a.m. to 3:00 p.m.

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**Foster and Adoptive Parent Association of Lane County**

**2010 Summer Picnic**

Sunday, August 22nd 1:00 to 5:00

Richardson Park in Fern Ridge
Picnic theme is Hawaiian Luau.
There will be food and fun things to do for the entire family. Dress up in Hawaiian attire or come as you are and have a great time.
Please register or email questions to Christina Sutton at fosterfamily_picnic@yahoo.com and list your name, phone number and number of adults and children that will be attending.

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**Newsletter via e-mail?**

If you would like to receive our newsletter and mailings via e-mail, send an e-mail to ORPARC at orparc@nwresource.org with your name and address, and write “Email Newsletter” in the subject line. Receiving the e-newsletter will help ORPARC curb printing and mailing costs. And, it is also better for the environment!
What's new in the ORPARC Library?

Books for Parents

- Attachment-Focused Parenting
- Attention Deficit Disorder: A Different Perception
- Behavior with a Purpose: Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth
- Beyond Consequences, Logic, & Control, Volume 2
- Caring for Drug-Exposed Infants (DVD also)
- From Fear to Love: Parenting Difficult Adopted Children
- The Great Behavior Breakdown: Lying, stealing, defiance, incessant chatter
- Help I’ve Been Adopted
- Keys to Parenting an Adopted Child
- Practical Guide to Caring for Children and Teenagers with Attachment Difficulties
- Ninety-Nine Ways to Drive Your Child Sane
- The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep
- Recognizing and Managing Children with Fetal Alcohol Syndrome/Effects
- Siblings in Adoption and Foster Care
- Sleepless in America: Is Your Child Misbehaving...or Missing Sleep?
- Take Charge of Your Child’s Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens
- Ticklebelly Hill: Grandparents Raising Grandchildren
- Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families

DVDs and VHS tapes for Parents

- Calming the Tempest: Helping the Explosive Child (DVD)
- Caring for Drug-Exposed Infants (DVD)
- Parenting the Traumatized Child and Understanding the Traumatized Child (2 DVDs)
- True/Not True: When Memory Can Be Trusted (VHS & DVD)
- Understanding Children with Disrupted Attachment, Parenting Children with Disrupted Attachment, and Caring for Children with Disrupted Attachment (3 DVDs)

Children’s Books

- Something to Tell the Grandcows
- The Blue Day Book for Kids: A Lesson in Cheering Yourself Up
- The Ultimate guide to Grandmas & Grandpas
- Let’s Talk About Living with a Grandparent

Materials for Children of LG BTQ Parents

- And Tango Makes Three
- Antonio’s Card/La tarjeta de Antonio (bilingual)
- Best Best Colors: Los mejores colores (Anti-Bias Books for Kids) (Spanish Edition)
- Daddy, Papa, and Me
- Heather Has Two Mommies
- Living in Secret
- Mommy, Mama, and Me
- Mama and Mum are Getting Married
- One Dad, Two Dads, Brown Dad, Blue Dads
- The Sissy Duckling

Nuevos materiales en español

- La Crianza en Todo Terreno (un libro que incluye un DVD)
- Esperanzas para el Autismo y Dificultades de Comportamiento y Aprendizaje: Un trabajo en progreso
- Guía completa de la dyslexia: Para familiares y educadores
- Niños y Adolescentes Difíciles: Soluciones a problemas de conducta y de crecimiento mediante la terapia en tiempo breve
- Mi hijo se distrae en la escuela: Mitos y realidades sobre el déficit de la atención
- Hiperactivo Impulsivo Distraído...¿Me conoces? Guía acerca del déficit atencional para padres, maestros y profesionales (segunda edición)

Visit www.orparc.org ➔ “Lending Library” to download categorical lists of library materials. Call 503-241-0799/1-800-764-8367 or email us at orparc@nwresource.org with your library order. Non-return information packets can be ordered directly from the website.
“Wounded Children, Healing Homes” ~ Understanding Foster/Adoptive Child Crises

Continued from page 1

- Don’t overreact to behaviors; not all behaviors are related to adoption or foster care.
- Don’t under-react to adoptive-related issues. Your child may be afraid to express his sadness regarding earlier losses or traumas, fearing that you will interpret this as an act of disloyalty.
- Get as much information as possible about the child’s birth family and history.
- Communicate openly and honestly about the child’s history. Encourage the child to have realistically positive feelings about his birth family. He must feel good about his “roots” to enjoy positive self-esteem.
- Remember the child is able to love more than one set of parents at the same time. Your child should not be asked to choose. It is natural and expectable that he will have strong feelings for people who have cared for him or who should have cared for him.
- Be alert for reactions to trauma-related triggers.
- Much of the child’s grief and anger regarding abandonment and divided loyalties are directed toward the birth mother. This anger is often transferred to the adoptive mother (a dynamic known as “splitting”). The mother/child relationship can become very strained. For two-parent households, parents should balance who is doing the limit setting and keep communication open to avoid splitting.
- Choose your battles and win the war. You can’t work on everything at once. Avoid control battles.

Raising children is rewarding but stressful business. Adoptive and guardianship parents are vulnerable to even higher levels of stress related to raising children. Some of the added stressors for these families include:

- Unmet expectations regarding adoption or guardianship and family life
- Feelings of failure and resulting guilt
- The impact of adoption or guardianship on other relationships (with the spouse, other children in the family, extended family, close friends)
- Coping with child’s needs or challenging behaviors
- Dealing with multiple service providers (or the lack of adoption competent service providers)
- School issues
- Difficulty in finding substitute caregivers to provide occasional respite or relief
- Managing either openness in the relationship with primary parents or the lack of a relationship with birth parents (including the psychological, rather than physical, presence of birth family members)


Calling All Therapists!
Certificate Program in Therapy with Adoptive and Foster Families

Adoptive families, encourage your therapist to learn about this wonderful program!

The Oregon Department of Human Services, Oregon Post Adoption Resource Center and Portland State University’s Graduate Schools of Social Work and Education have developed The Oregon Certificate Program in Adoption and Foster Family Therapy. The Certificate program provides 100 hours of advanced education and training for licensed mental health professionals (at the master’s level) in the specialized theories and practices for addressing the needs of adopted children who have histories of abuse and neglect.

This important program increases the number of accessible and affordable mental health professionals for adopted/foster children and their families. A directory of mental health professionals who have completed this training certificate is available on the ORPARC website.

Please contact Kellie Herold at 503-725-8539 or e-mail kellieh@pdx.edu for more information.

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On Wednesday, September 15th, Oregon Technical Assistance Corporation (OTAC) will be delivering a training on behalf of ORPARC entitled “Strategies for an itchy, smelly, loud, bright world: Sensory Integration Challenges” (see training details on page 3). Below is short description of the services and mission of OTAC.

OTAC is a non-profit organization established in 1984 to provide training and technical assistance to organizations/agencies who support individuals with disabilities, seniors, and families. OTAC training programs are founded on the values and principles of person centered thinking and Positive Behavior Support. OTAC’s work with families provides training that will help them to better understand and respond to their child’s unmet needs for daily essentials such as communication, predictability, fun, belonging and well-being in a proactive, non-aversive way. With the family and others who provide supports, OTAC facilitates the development of life plans that focus on a person’s unique interests, strengths, gifts and resources as a foundation for all aspects of planning. For more information, please visit the OTAC website at www.otac.org or contact Mary Anne Seaton at maseaton@otac.org.

Descripción en español
La Corporación de Asistencia Técnica de Oregon (“OTAC” en las siglas en inglés) es una organización no lucrativa que promueve la participación plena en la vida comunitaria de personas con incapacidades, adultos mayores, y sus familias por medio de la entrega de capacitación, asistencia técnica, y otros servicios relacionados. OTAC se ha comprometido a ayudar en el desarrollo de apoyos y sistemas asociados que permitan a los individuos con cuidado de largo plaza a vivir la vida al máximo. El miércoles, 15 de septiembre, OTAC presentará un entrenamiento sobre la Integración Sensorial en la oficina de ORPARC (vea los detalles en la página 3 del boletín). Interpretación al español disponible; favor de avisar a ORPARC con anticipación al llamar 503-241-0799 extensión 11 o 18.