ORPARC’s National Adoption Day Celebration… a Success!

Our “Open House Adoption Celebration” resulted in many big and beautiful smiles! Highlights included facepainting by Emiliaz Facepainting, The Loprinzi Family Violinists, and Fred Meyer’s “Fred Bear.” We are so grateful to our fantastic photographers Jennifer Lynn Photography and Kerry McQuaid Photography for their time and beautifully crafted family portraits, including candid photos by Jill Thornton Photography with prints by Washington Street DocuMart.

Much appreciated donors and friends included: In Memory of Alice Renner; Art a la Carte; Avenue 30; The Craft Factory; Craigmore Creations; Center for Adoption Support and Education (C.A.S.E.); The David Family; Franz Family Bakerie; G6 Airpark; Hello Gorgeous; Jockey Being Family/Jockey International; Ladies of the Club Book Club; The Learning Palace; Merry Kitchen; Melissa Hart; Oregon Post Adoption Resource Center (ORPARC) Staff; New Seasons Market – Grant Park; Papa Murphy’s Pizza; Play after Play; The Portland Aquarium; Portland Children’s Museum; Portland’s Culinary Workshop; Redmond Reams, PhD; Saint Cupcake; Slappy Cakes; and Thinker Toys.

We love and celebrate our helpful volunteers: Kathy & Zoe Steiner; Erin Burbridge; Sarah Cantor; Lisa, Anna & Sean Chronister; D.D. Thomas; Laraiha Williams; and PSU Intern Rachael Umpberger. Finally, a big thank you to Oregon’s adoptive families!

Voice for Adoption
SPEAKING OUT FOR OUR NATION’S WAITING CHILDREN

2014 Adoptive Family Portrait Project

In November, together with ORPARC, Voice for Adoption’s (VFA) 2014 Adoptive Family Portrait Project once again celebrated families who have adopted children from foster care. This annual project raises awareness among members of Congress about the real experiences of families adopting children who have spent time in the foster care system.

Seven participating families from Oregon shared their stories along with a family portrait. Each family was matched with a Senator or Representative from their home state or district. The portraits and stories were featured on display in the Capitol office of each family’s respective Senator or Representative during November, National Adoption Month. This is the fourth year Oregon had full participation from all seven of our members of Congress.

Congratulations and thank you to these special families, and the Oregon legislators, who participated!
New Online Adoptive Parent Support Group sponsored by ORPARC!

ORPARC’s new Online Parent Group is a welcoming, private web-based forum for Oregon’s adoptive and assisted guardianship families eligible for ORPARC services. Members can connect with other parent peers in a safe and convenient environment, moderated by ORPARC Family Support Specialists. Members can ask questions, share experiences, offer suggestions, and celebrate the joys and triumphs of adoptive parenting while supporting one another through the challenges. For more information or to join the private Facebook group, please contact Arah Gould, ORPARC Family Support Specialist, at 503-241-0799 or email agould@nwresource.org.

Meet Arah Gould!

ORPARC is delighted to officially introduce Family Support Specialist Arah Gould! While Arah has been with ORPARC for quite some time, she still might be a newer face to some. As a professional counselor, Arah brings incredible warmth and empathy to her work, and is enjoying getting to know Oregon’s adoptive and guardianship families.

Newsletter via email?

If you would like to receive our newsletter and mailings via email, please email orparc@nwresource.org with your name, address and email. Receiving the newsletter via email helps us curb our printing and mailing costs so that we can better serve families in other ways.

Support the growing ORPARC Library!

Fred Meyer Community Rewards Program

Fred Meyer customers can now link their Rewards Card to ORPARC by visiting: www.fredmeyer.com/communityrewards

Whenever a customer uses their Rewards Card at Fred Meyer, they will be helping ORPARC’s lending library for free! Visit the above website, click on “Link your Rewards Card Now,” and search for: Oregon Post Adoption Resource Center

Federal Adoption Tax Credit for Special Needs Adoptions

Since 2003, families who adopted a child with special needs from foster care could claim a federal adoption tax credit even if they had no adoption expenses. Children who receive adoption assistance/subsidy benefits are considered children with special needs. The tax credit was refundable for 2010 and 2011, but not for 2012 or future years. A refundable tax credit is one you get back regardless of what you owe or paid in taxes for the year. When the credit is not refundable, you receive only what you have in federal income tax liability. However, as of October 16, 2014, families who adopted children in 2010 or earlier will not benefit. The amount of credit for each child is based on the year the adoption finalized:

Year Adoption Finalized: 2014 = $13,190 | 2013 = $12,970 | 2012 = $12,650 | 2011 = $13,360

Although the credit isn’t refundable, families who finalized an adoption in 2014 are encouraged to submit IRS Form 8839 (“Qualified Adoption Expenses”) with their 2014 taxes even if they do not have tax liability. And while families will not receive an adoption credit refund with their 2014 taxes, the credit can be carried forward up to five (5) additional years, and families might benefit later if their tax situation changes or if the credit is made refundable in the future.

Families can now E-file their 2014 federal tax returns and include IRS Form 8839, which was not an option in previous years. Instructions for Form 8839 can be downloaded from the IRS website or you can call ORPARC to obtain both the instructions and Form 8839.

For more information, forms and updates, contact ORPARC at 1-800-764-8367 or visit www.nacac.org. IRS information is available at www.irs.gov, type “Adoption Credit” in the Search box.
Nurturing Family Connections

This training will review helpful strategies for navigating family connections, offering ways to balance safety with a child’s need to connect with their “first” family. The training will summarize common challenges and roadblocks, along with the potential impact of social media on family connections. Participants will gain tools and ideas to strengthen adoptive and guardianship families, while connecting to their child’s history in a positive way.

Adoption Onstage!

What got you interested in writing plays about the adoption of a special needs child? My interest started when I led trainings for caseworkers and foster parents about the mental health of infants and toddlers in foster care. I wanted some way to communicate about the inside emotional life of a young child who had experienced trauma, the loss of a home and move to a new place; and what it felt like to be so young and helpless and not understanding the bigger world. So I wrote some monologues from the young child’s point of view and acted them out in the trainings. That led me to think of putting the monologues together into some sort of one-person stage play. At that time, I counseled adoptive parents when their relationships with their newly adopted child had gotten off-track. The parents had gone into the adoption with high hopes, eager to give their love, yet the child struggled to receive and reciprocate that love directly -- it was heartbreaking. As a playwright, I recognized that these two intersecting emotional narratives could provide a compelling play. That was the genesis of my first play “Shadows.”

Why do you think stage plays are a good vehicle for helping audiences learn more about trauma and adoption? We all want to see children as happy, and childhood as a carefree time. We tend to avoid the reality that for some children there is an overwhelming level of pain, confusion, terror, and helplessness. We do not want to see that or by contact with it feel overwhelmed ourselves. In the mainstream culture, adoption is still something of a mystery, especially the emotional experiences of those going through it.

Local psychologist Redmond Reams, PhD, speaks up on adoption, his upcoming play and the arts. When we go to live theatre we open ourselves up to learning about the inner lives of the characters we are going to see. If we know the play is a drama, then we ready ourselves to see and experience some painful emotions. Because it is live and not on a screen, it is a more real, immediate emotional experience.

You have written two plays about the same boy, Mark. How are they different? “Shadows” followed Mark from his abusive birth home to foster care to an adoptive home where he felt scared and didn’t yet trust his adoptive parents to be safe. We see Rachel and Tom move from their pain over a miscarriage, through the decision to adopt and welcoming Mark, to their frustration and pain over not connecting with him. In the last part of the play, all three learn how to connect better with some help. In “Threshold,” Mark, now five years old, feels safe with his parents but kindergarten looms and he fears the larger world. Tom and Rachel differ strongly over how much to push Mark versus to accommodate to his fears. Mark’s fear leads him to “run away” and the play looks at how all three learn how connection can help with fear and danger.

How can we go see “Threshold” if we want to? There will be two performances of “Threshold” on January 30, 2015 at Hipbone Studio (1847 East Burnside Street, Portland, OR 97214):
-7:00 pm: Featured with “The Conditions of Unconditional Love”
-9:00 pm: The play “Threshold” and post-play discussion

Tickets: https://www.boxofficetickets.com/bot/wa/event?id=238195

Download our complete newsletter at www.orparc.org
ORPARC Training – Save the Date!
Saturday, May 16, 2015 • 9:00 am to 3:00 pm
Portland Providence Medical Center
Cancer Center Amphitheater
4805 NE Glisan Street, Portland, OR 97213

What's new in the ORPARC Library

Books for Children and Teens
- Cory Stories: A Kid's Book about Living with ADHD
- Learning to Slow Down and Pay Attention: A Book for Kids About ADHD
- My Brother's a World-Class Pain: A Sibling's Guide to ADHD/Hyperactivity
- A Place in My Heart
- The Survival Guide for Kids with ADD or ADHD
- The Survival Guide for Kids with LD (Learning Differences)

Books for Parents & Professionals
- Ghosts from the Nursery
- Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys
- Twenty Life-Transforming Choices Adoptees Need to Make
- Wild Within: How Rescuing Owls Inspired a Family

DVDs
- The Dark Matter of Love (DVD)

Special thanks to the Patton family, Sue Clyde, and Toni Ferguson for donating so many of their wonderful, loved books to ORPARC!

‘Trusting’ May Be a Life-Long Process

by Bryan Post, www.postinstitute.com

Because of my own abandonment, foster care and adoption, I may struggle to trust other adults for the rest of my life simply because I’ve associated other people with fear and abandonment from my earliest moments. I don’t trust that anyone can meet my needs or keep me safe. My earliest imprints tell me that the best way to survive is by taking care of myself, not by letting someone else take care of me.

All this happens at the unconscious level, that is, at the level of physiology and brain chemistry. When I move into that fear state, my cortisol and adrenaline surge and my amygdala goes into high alert. This overloads the ability of my thinking brain, the prefrontal cortex, to correctly evaluate what’s really going on. However, the prefrontal cortex doesn’t usually just give up. Instead, it tries to explain this surge of emotion. Instead of thinking, “This situation has reminded me of the time when I was a baby and my mother went away,” it decides, “This person has said something so hurtful and hateful that I have to push him away and make sure he never comes back.” This explains those troubling moments in a relationship when one person says something innocent and the other becomes furious.
<table>
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<td>Facilitating Developmental Attachment</td>
<td>Umatilla</td>
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<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a></td>
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<td>Vicarious Trauma: Surviving as a Caregiver</td>
<td>The Dalles</td>
<td>541-565-3014</td>
<td><a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
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<td>February</td>
<td>Understanding the Sexual Behaviors of Children</td>
<td>Umatilla</td>
<td>541-564-4493</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a></td>
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<tr>
<td>February</td>
<td>Executive Functions: Stop, Look and Listen</td>
<td>La Grande</td>
<td>541-963-8571 x 426</td>
<td><a href="mailto:susan.lemon@state.or.us">susan.lemon@state.or.us</a></td>
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<tr>
<td>March</td>
<td>Caring for Children who have Experienced Trauma</td>
<td>Baker City</td>
<td>541-523-6423 x 527</td>
<td><a href="mailto:sandi.baer@state.or.us">sandi.baer@state.or.us</a></td>
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<tr>
<td>March</td>
<td>Foster Parents and the Juvenile Court</td>
<td>Prineville</td>
<td>541-447-6207</td>
<td><a href="mailto:jeanine.hillburn@state.or.us">jeanine.hillburn@state.or.us</a></td>
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<tr>
<td>March</td>
<td>Behavior: Pouting to Punching</td>
<td>Bend</td>
<td>541-548-9482</td>
<td><a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
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<td>Burns</td>
<td>541-575-0728 x 248</td>
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<td>Behavior: Pouting to Punching</td>
<td>Ontario</td>
<td>541-889-9194 x 317</td>
<td><a href="mailto:louise.schneider@state.or.us">louise.schneider@state.or.us</a></td>
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<td>March</td>
<td>Parenting to a Child’s Temperament</td>
<td>Umatilla</td>
<td>541-966-0857</td>
<td><a href="mailto:jyl.hobbs@state.or.us">jyl.hobbs@state.or.us</a></td>
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<td>March</td>
<td>Caregiver’s Guide to Bullies, Victims &amp; Bystanders</td>
<td>Hood River</td>
<td>541-565-3014</td>
<td><a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
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<td>April</td>
<td>Good Times for Tweens &amp; Teens</td>
<td>Madras</td>
<td>541-325-5580</td>
<td><a href="mailto:roya.neriche@state.or.us">roya.neriche@state.or.us</a></td>
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<tr>
<td>May</td>
<td>Helping Children with Visitation</td>
<td>Bend</td>
<td>541-548-9482</td>
<td><a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
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**Southern Region**

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<tr>
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<td>January</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x 2274</td>
<td><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
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<td>January</td>
<td>Helping Children with Visitation</td>
<td>Medford</td>
<td>541-858-3181 x 258</td>
<td><a href="mailto:stacy.fountain@state.or.us">stacy.fountain@state.or.us</a></td>
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<tr>
<td>January</td>
<td>Memory: Development &amp; Stimulation</td>
<td>Klamath Falls</td>
<td>541-850-6807</td>
<td><a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
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<td>January</td>
<td>Building Resilience for Children in Care</td>
<td>Springfield</td>
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<tr>
<td>February</td>
<td>Behavior: Pouting to Punching</td>
<td>Grants Pass</td>
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<td>February</td>
<td>Behavior: Pouting to Punching</td>
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<td>February</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
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<td><a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
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<tr>
<td>February</td>
<td>School, Homework and Success</td>
<td>Roseburg</td>
<td>541-464-2063</td>
<td><a href="mailto:mary.kay.skourup@state.or.us">mary.kay.skourup@state.or.us</a></td>
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<td>March</td>
<td>Facilitating Developmental Attachment</td>
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<td>541-726-6644 x 2274</td>
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<tr>
<td>March</td>
<td>Supporting Children Exposed to Domestic Violence</td>
<td>Medford</td>
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<td><a href="mailto:stacy.fountain@state.or.us">stacy.fountain@state.or.us</a></td>
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<td>Parenting Children with ADD/ADHD Advanced</td>
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<td>April</td>
<td>The Foster to Adoption Shift</td>
<td>Roseburg</td>
<td>541-464-2063</td>
<td><a href="mailto:mary.kay.skourup@state.or.us">mary.kay.skourup@state.or.us</a></td>
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<td>April</td>
<td>Strategies for Successful Fostering</td>
<td>Springfield</td>
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<td>April</td>
<td>Behavior Crisis Management Training (2 days)</td>
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<td>541-726-6644 x 2274</td>
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<td>541-464-2063</td>
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<tr>
<td>June</td>
<td>Helping Children with Visitation</td>
<td>North Bend</td>
<td>541-756-5500 x 259</td>
<td><a href="mailto:patrice.perez@state.or.us">patrice.perez@state.or.us</a></td>
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**Contact Information**

SOUTHERN REGION:
- Springfield: 541-726-6644 x 2274, cleopatra.mapfumo@state.or.us
- Medford: 541-858-3181 x 258, stacy.fountain@state.or.us
- Klamath Falls: 541-850-6807, lori.oconnor@state.or.us
- Roseburg: 541-464-2063, mary.kay.skourup@state.or.us
- North Bend: 541-756-5500 x 259, patrice.perez@state.or.us

EASTERN REGION:
- The Dalles: 541-565-3014, susan.lissman@state.or.us
- Prineville: 541-447-6207, jeanine.hillburn@state.or.us
- Prineville: 541-447-6207, jeanine.hillburn@state.or.us
- North Bend: 541-756-5500 x 259, lori.oconnor@state.or.us
- La Grande: 541-963-8571 x 426, susan.lemon@state.or.us

PSU Child Welfare Partnership
Center for Improvement of Child and Family Services
Community Resources, Trainings & Events
## Community Resources, Trainings & Events

**Center for Improvement of Child and Family Services**  
**PSU Child Welfare Partnership**  
[Website Link](http://cwpsalem.pdx.edu)

### METROPOLITAN REGION:

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<td>Early Childhood &amp; Brain Development</td>
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<td>Relative Caregivers</td>
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<td>Behavior Crisis Management (2 days)</td>
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<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 14</td>
<td>Caring for the Sexually Abused Child</td>
<td>Salem</td>
<td>503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a></td>
</tr>
<tr>
<td>January 15</td>
<td>Parenting in the Digital Age</td>
<td>Salem</td>
<td>971-673-7361, <a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>January 22</td>
<td>CPR &amp; First Aid</td>
<td>Salem</td>
<td>503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>January 28</td>
<td>Managing Difficult Behaviors in Young Children</td>
<td>St. Helens</td>
<td>503-366-8330, <a href="mailto:brittany.stout@state.or.us">brittany.stout@state.or.us</a></td>
</tr>
<tr>
<td>January 30</td>
<td>Behavior Crisis Management Training (2 days)</td>
<td>Salem</td>
<td>503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a></td>
</tr>
<tr>
<td>February 10</td>
<td>Building Resilience for Children in Care</td>
<td>Astoria</td>
<td>503-325-9179 x 328, <a href="mailto:suzanna.vermeul-wilson@state.or.us">suzanna.vermeul-wilson@state.or.us</a></td>
</tr>
<tr>
<td>February 10</td>
<td>Executive Functions: Stop, Look and Listen</td>
<td>Beaverton</td>
<td>503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>February 11</td>
<td>Common Mental Health Issues for Teens in Care</td>
<td>McMinnville</td>
<td>503-474-5606, <a href="mailto:greg.reichenberger@state.or.us">greg.reichenberger@state.or.us</a></td>
</tr>
<tr>
<td>February 12</td>
<td>Methamphetamine Endangered Children</td>
<td>Clackamas</td>
<td>971-673-7361, <a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>February 21</td>
<td>CPR &amp; First Aid</td>
<td>Albany</td>
<td>541-791-5748, <a href="mailto:ilan.l.benson@state.or.us">ilan.l.benson@state.or.us</a></td>
</tr>
<tr>
<td>February 26</td>
<td>Adoption Issues throughout Life</td>
<td>Salem</td>
<td>503-378-4784, <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a></td>
</tr>
<tr>
<td>March 3</td>
<td>Caregiver's Guide to Bullies, Victims &amp; Bystanders</td>
<td>Dallas</td>
<td>503-831-6313, <a href="mailto:elli.k.kataura@state.or.us">elli.k.kataura@state.or.us</a></td>
</tr>
<tr>
<td>March 3</td>
<td>Emotional Intelligence: What is it, Why we need it</td>
<td>Tillamook</td>
<td>503-842-5571 x 306, <a href="mailto:sandra.d.koops@state.or.us">sandra.d.koops@state.or.us</a></td>
</tr>
<tr>
<td>March 10</td>
<td>Parenting a Child with Special Needs</td>
<td>Lincoln City</td>
<td>541-265-8557 x 222, <a href="mailto:jamie.m.auborn@state.or.us">jamie.m.auborn@state.or.us</a></td>
</tr>
<tr>
<td>March 14</td>
<td>CPR &amp; First Aid</td>
<td>McMinnville</td>
<td>503-474-5606, <a href="mailto:greg.reichenberger@state.or.us">greg.reichenberger@state.or.us</a></td>
</tr>
<tr>
<td>March 26</td>
<td>Strong Parents/Strong Children</td>
<td>Beaverton</td>
<td>503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>April 14</td>
<td>Vicarious Trauma: Surviving as a Caregiver</td>
<td>Beaverton</td>
<td>503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>April 16</td>
<td>Loss and Grief</td>
<td>Dallas</td>
<td>503-831-6313, <a href="mailto:elli.k.kataura@state.or.us">elli.k.kataura@state.or.us</a></td>
</tr>
<tr>
<td>April 16</td>
<td>Facilitating Developmental Attachment</td>
<td>Albany</td>
<td>541-791-5731, <a href="mailto:sarah.c.davis@state.or.us">sarah.c.davis@state.or.us</a></td>
</tr>
<tr>
<td>April 17</td>
<td>The Foster to Adoption Shift</td>
<td>Oregon City</td>
<td>971-673-7361, <a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>May 12</td>
<td>Caregiver's Guide to Bullies, Victims &amp; Bystanders</td>
<td>Beaverton</td>
<td>503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>May 12</td>
<td>Behavior: Pouting to Punching</td>
<td>Astoria</td>
<td>503-325-9179 x 328, <a href="mailto:suzanna.vermeul-wilson@state.or.us">suzanna.vermeul-wilson@state.or.us</a></td>
</tr>
<tr>
<td>May 18</td>
<td>Foster Parents and the Juvenile Court</td>
<td>Dallas</td>
<td>503-831-6313, <a href="mailto:elli.k.kataura@state.or.us">elli.k.kataura@state.or.us</a></td>
</tr>
<tr>
<td>May 26</td>
<td>Vicarious Trauma: Surviving as a Caregiver</td>
<td>Tillamook</td>
<td>503-842-5571 x 306, <a href="mailto:sandra.d.koops@state.or.us">sandra.d.koops@state.or.us</a></td>
</tr>
<tr>
<td>June 9</td>
<td>Child Development: The Tween Puzzle</td>
<td>Beaverton</td>
<td>503-277-6673, <a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>June 13</td>
<td>CPR &amp; First Aid</td>
<td>Oregon City</td>
<td>971-673-7361, <a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>June 15</td>
<td>Parenting in the Digital Age</td>
<td>Dallas</td>
<td>503-831-6313, <a href="mailto:elli.k.kataura@state.or.us">elli.k.kataura@state.or.us</a></td>
</tr>
</tbody>
</table>

### NETLINK TRAININGS

**Training instructions & registration at [Website Link](http://cwpsalem.pdx.edu/distance/resource.htm)**

<table>
<thead>
<tr>
<th>Morning NETLINK TRAININGS 8:30 a.m. to 12:00 noon</th>
<th>Evening NETLINK TRAININGS 5:30 p.m. to 9:00 p.m</th>
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<tbody>
<tr>
<td>Nurturing the Infant in Care: Birth to 24 Months</td>
<td>Relative Caregivers</td>
</tr>
<tr>
<td>January 22</td>
<td>January 13</td>
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<tr>
<td>Child Development: Toddlers through Pre-Tweens</td>
<td>Caregiver's Guide to Adolescent Sexuality</td>
</tr>
<tr>
<td>February 19</td>
<td>February 24</td>
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<tr>
<td>Child Development: The Tween Puzzle</td>
<td>Facilitating Developmental Attachment</td>
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<tr>
<td>March 26</td>
<td>March 31</td>
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<tr>
<td>Common Mental Health Issues for Teens in Care</td>
<td>Enhancing Teen Attachment</td>
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<tr>
<td>April 7</td>
<td>May 19</td>
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<tr>
<td>Child Development: Teens to Young Adulthood</td>
<td>Confidentiality Issues for Caregivers</td>
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<tr>
<td>April 23</td>
<td>June 25</td>
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<tr>
<td>Fetal Alcohol Spectrum Disorder Fundamentals</td>
<td>Permanency Options for Caregivers</td>
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<tr>
<td>May 14</td>
<td>July 14</td>
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<tr>
<td>Fetal Alcohol Spectrum Disorder Advanced</td>
<td>Educational Rights of Children</td>
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<tr>
<td>June 11</td>
<td>August 27</td>
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<tr>
<td>Loss and Grief</td>
<td></td>
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<tr>
<td>July 16</td>
<td></td>
</tr>
</tbody>
</table>

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*Page 6*
Swindells Resource Center of Providence Child Center
2015 Community Education

Visit www.providence.org/classes, click on “online class catalog,” and search by class name or location to register. Call 503-215-2429 or 1-800-833-8899 ext. 52429 (toll-free), or email Swindells@providence.org for more information.

Providence St. Vincent Medical Center, Souther Auditorium, 9135 SW Barnes Road, Portland, OR 97225
January 17 .............. Sibshops: Brothers & Sisters ages 8-12 with special development needs
Jan. 20-Feb. 24 ....... Developing Our Children’s Skills (6-week parenting class)
March 12 .............. How Language & Planning Strategies Support Children with Sensory Processing Disorders

Providence Portland Medical Center, Cancer Center Amphitheater, 4805 NE Glisan Street, Portland, OR 97213
January 22 .......... Sensory Strategies for Improving Behavior at Home and School
January 27 ......... Addressing Challenging Behavior in Community Settings (“Social Room” of Portland Medical Center)
February 12 ................. A Multidisciplinary Approach: Cognition, Auditory Processing and Attention
April 9 ............ Natural Medicine for SPD: Realistic Diet Changes & Nutritional Support for Your Sensory Kids
May 14 ........... Positive Discipline: Principles & Strategies for Your Family

Providence Newberg Medical Center, 1001 Providence Drive, Newberg, OR 97132
Jan. 19-Feb. 23 ....... Developing Our Children’s Skills (6-week class)

Best practices in diverse communities: Special Needs and Latino Families
Friday, January 23, 2015 ♦ 8:30 a.m. to 4:00 p.m.
Medford Public Library, Large Conference Room, 205 S Central Avenue, Medford, OR 97501
A free professional development symposium for caregivers of Latino children who experience disability. It will enhance awareness and identify culturally and linguistically appropriate strategies and best practice to support these children and families. Symposium speakers include:

- Registration & Resources (8:00 a.m.)
- Panel Discussion
- Latino Cultural Considerations and Beliefs
- Changing Demographics of the Oregon Latino Community
- Keynote Speaker: Use of Interpreters and Linguistically and Culturally Appropriate Evaluation Instruments
- Recruitment and Retention of Bilingual Employees/Providers

Register with Kathy Keesee, Swindells Resource Center, at 541-732-5958 or email katherine.keesee@providence.org. Spanish language registration and interpretation services are available.

Attachment-focused Parenting: Create a PLACE with your Children
Live Webinar: Thursday, February 5th ♦ 7:00-8:00 pm
Register at: www.adoptionlearningpartners.org

Secure parent-child attachments are essential to healthy child development, but often adoption can present challenges to the process. World renowned attachment expert Dr. Dan Hughes shares family-centered strategies using the PLACE framework (Playfulness, Love, Acceptance, Curiosity, Empathy). These strategies will help you learn how to connect to your child as a toddler, tween and teen and maintain a secure attachment relationship. Topics covered:

- Advice on connecting with your child through their development
- Expert insights into attachment and attunement
- Information on finding professional support and resources
Family and Community Together (FACT) is a family leadership organization for individuals and their families experiencing disability, working collaboratively to facilitate positive change in policies, systems, and attitudes through family support, advocacy, and partnerships.

503-786-6082 • 1-888-988-FACT (3228)
info@factoregon.org • www.factoregon.org

January 15, 2015: Transition to Adulthood

January 15, 2015: Launch: Preparing for the Transition into Adulthood

January 20, 2015: Preparing for a Successful Transition to Kindergarten

January 21, 2015: FACT Meet-and-Greet over Coffee and Snacks

January 22, 2015: How County and Community Supports Come Together to Make a Whole Life (Panel)

January 22, 2015: Understanding the IEP: Development, Process and Your Critically Important Role

January 25, 2015: Friends & Family Access Mornings @ Portland Children’s Museum

January 27, 2015: Preparing for a Successful Transition to Kindergarten

February 8, 2015: Sensory-friendly Performance of Northwest Children’s Theater’s “The Jungle Book"

February 5, 2015: Preparing for a Successful Transition to Kindergarten

February 10, 2015: It Starts with a Dream: Use a Person-centered Planning Approach to Create a One-page Profile

February 17, 2015: DD Advocacy Days: Focus on Employment with Oregon APSE

February 17, 2015: Preparing for a Successful Transition to Kindergarten

February 22, 2015: Friends & Family Access Mornings @ the Portland Children’s Museum

March 9, 2015: DD Advocacy Days: Focus on Families with Oregon Consortium of Family Networks

**FACT Special Education Regional Conference for Families, Educators and Community Partners!**

Saturday, February 28, 2015 • 8:30 a.m. to 4:30 p.m. • Register at www.factoregon.org/calendar

Seven Feathers Casino Resort, 146 Chief Miwaleta Lane, Canyonville, OR 97417

Free for family members & caregivers | $25.00 for professionals | Meals included

For questions, please call 503-786-6020 ext. 308, 1-888-988-3228, or email registration@factoregon.org.

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**NACAC Webinars**

Fees for each webinar are $15 for NACAC members and $20 for non-members. Fees are non-refundable. Learn more at: http://www.nacac.org/about/membership.html

**Current & Past Webinars:** NACAC is hosting an ongoing series of webinars on a variety of topics. The following past webinars can be purchased to view by visiting www.nacac.org.

- Healing from Food Insecurity: Beyond the Stash
- Helping Children Manage Feelings and Behaviors
- Parenting Children Who Have Been Prenatally Exposed
- Helping Children Heal from Trauma: What Parents/Caregivers Need to Know
- “I’ll Tell Them When They’re Older Because…” Talking to Children about Their History
- The Teen Years: Brain Development, Impact of Trauma on Growth, Strategies
- Understanding The Acting-Out Behavior of Your Adopted Children
- Adoption Tax Credit
- Parenting the Hurt Child

**Advocating for Adoption Assistance**

Free Webinar • February 2, 2015 • 12:00 p.m. (Pacific Time)

Presented by Josh Kroll, NACAC Adoption Subsidy Resource Center Coordinator

Register at https://attendee.gotowebinar.com/register/505046739308534530

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**Save the Date!**

**“Touched by Adoption” Teen Camp**

Labor Day Weekend
September 4-6, 2015

For more information and updates about Chosen International events, visit: www.choseninternational.org
Oregon Family to Family Health Information Center
The Oregon Family to Family Health Information Center (HIC) provides information to families who are navigating the complex world of special health care needs. We are family members ourselves, who have first-hand experience raising a child or youth with a chronic health condition, developmental delay or disability, or emotional/behavioral challenges. For more information, call 1-855-323-6744, email contact@oregonfamilytofamily.org, or visit www.oregonfamilytofamily.org.

Servicios para familias de habla hispana:
Muchas familias en Oregon comparten la experiencia de tener un hijo con necesidades especiales o enfermedades crónicas, y puede ser de ayuda hablar con alguien que ha estado en su situación. Cuando se comunica al Centro de Información de Salud “Familia a Familia” de Oregon, se conecta con un miembro de familia con experiencia como la de usted. Ofrecemos información, educación y recursos en cualquier lugar del estado. Se le puede ayudar a entender y navegar los sistemas que sirven a su hijo.

Llame a los contactos que siguen para ayuda:   El área de Medford/Swindells Center: Kathy Keesee, 541-732-5958
Las otras áreas del estado de Oregon: Teresa Gómez, 1-855-323-6744

Oregon Technical Assistance Corporation
3886 Beverly Avenue NE, Building I, Suite 21, Salem, OR 97305-1373
☎ 503-364-9943 (telephone) • ☎ 503-364-1939 (fax) • ☝️ www.otac.org

OTAC promotes full participation in community life for individuals with disabilities, seniors and their families through the delivery of training, technical assistance and related services. If you are interested or would like to speak to someone about an OTAC training program, please contact at the numbers listed above or visit www.otac.org. Some OTAC trainings have a cost to participants. Registration and information at www.otac.org ➔ Click on “Training Information.”

Oregon Consortium of Family Networks (OCFN)
Families building community; Creating futures
OCFN is a project of the Oregon Council on Developmental Disabilities and the Office of Developmental Disability Services.

There are seven family-driven organizations that are working hard all around the state to 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 through fun activities in the community, one-to-one conversations, small group conversations, or through learning/training activities. Contact the Family Network in your area for more information.

   Contact: 541-548-8559, dianna@codsn.org
2. Creating Opportunities: Serving Polk, Yamhill and Marion counties. Contact: 503-559-3674
3. Families Engaging and Thriving Together (FEATT): Serving Douglas County. Contact: 541-670-2750, jill@featt.org
5. Families for Community: Serving Jackson and Josephine counties. Contact: kimberly@familiesforcommunity.org
   Contact: dana@roccosfamilynetwork.org
7. Families Connected: Serving Lane County. Contact: 541-343-5256, laura.dahill@arclane.org
Community Resources, Trainings & Events

The Center for Adoption Support and Education

Strengthening Your Family Webinar Series
301-476-8525 • 703-425-3703 • caseadopt@adoptionsupport.org

Strengthening Your Family is designed to help foster and adoptive families learn valuable skills to build strong families. Thanks to Jockey Being Family/Jockey International, the first 150 registrations for each month’s webinar are FREE! The offer expires after the first 150 registrations have been filled. Thereafter, regular registration fee is $25.00. Register ONCE and receive EXTENDED ACCESS to attend each webinar. The first LIVE broadcast will be recorded and then made available during a series of days during the week following each webinar. Registration for any webinar in the Strengthening Your Family Webinar Series includes this extended access.

Effective Communication with Adopted Teens: Beneath the Mask (Part 2) January 22, 2015
What Prospective and Adoptive Families Should Know about Fetal Alcohol Syndrome Disorder February 19, 2015
Desperately Seeking Attachment: Parenting Traumatized Children and Teens (Part 2) April 16, 2015
Search and Reunion in Domestic and International Adoption May 14, 2015
Relating to Relatives: Adoption and the Extended Family June 18, 2015

Autism Society of Oregon (ASO)
PO Box 396, Marylhurst, OR 97036
☎ 1-888-288-4761 • info@autismsocietyoregon.org
🌐 www.autismsocietyoregon.org

Oregon has one of the highest rates of autism in the U.S. If you haven’t already, you will meet someone with autism. People with autism want to lead fulfilling lives and make a meaningful contribution to society. Together, we can make that happen. Visit www.autismsocietyoregon.org for more information about ASO and support groups in Oregon.

Understanding the Spectrum of Housing Options
Saturday, January 31, 2015 • 9:00 a.m. to 5:00 p.m.
Providance Medical Center, Cancer Ctr. Amphitheater
4805 NE Glisan Street, Portland, OR 97213
Free training for adults, parents, caregivers or anyone interested in exploring the possibilities for finding the right fit housing for someone on the autism spectrum. Lunch is on your own. Register at www.autismsocietyoregon.org.

Summer Camp & Resource Fair
Saturday, February 21, 2015 • 12:00 to 4:00 p.m.
Providence Medical Center, Social Room
4805 NE Glisan Street, Portland, OR 97213
It may be cold, but it’s time to start thinking about what kids (and adults) will be doing during summer vacation. This event is FREE but you must RSVP by calling 503-636-1676 or email events@autismsocietyoregon.org.

The Children’s Program Winter 2015 Trainings
To register call 503-977-0877 or visit www.childrensprogram.com • 7707 SW Capitol Highway, Portland, OR 97219

Beginners AD/HD Group (Intensive Weekend Format) February 6-7
Pay Attention to Attention (Intensive Weekend Format) February 13-14-15
Beginners AD/HD Group for Ages 7-12 (Weekly Format) 2 Monday Parent Meetings: 04/20 and 06/08; 8 Thursday Student Sessions: 04/23, 04/30, 05/07, 05/14, 05/21, 05/28, 06/04, 06/11
The Right M.O.V.E.S.: Guidelines for Successful Parenting March 7
Yoga Calm Friendship Class 8 Mondays: 01/26, 02/02, 02/09, 02/16, 02/23, 03/02, 03/09, 03/16
Jedi Training Class 8 Tuesdays: 01/27, 02/03, 02/10, 02/17, 02/24, 03/03, 03/10, 03/17
Workshop for College-bound Student and Parents 3 Mondays: 02/23 (parents), 03/02 (students), 03/09 (parents & students)
Tantrums, Meltdowns and Rage Tuesday, February 24
Parenting Your Active and Reactive 4-6 Year Old Class Parents meet Wednesdays from 7:00-8:15 pm
January 14 ........ Behaviors and the IEP ............................................................... 9:30 am-12:30 pm .............. Salem
January 21 ........ Wraparound 101 ................................................................. 9:30 am-12:30 pm .............. Salem
January 28 ........ Family Leaders ................................................................. 10:00 am-4:00 pm ................... Salem
February 5 ...... IEP Basics ............................................................................ 5:00-8:00 pm .......................... Eugene
February 6 ...... Wraparound 101 ................................................................. 2:00-5:00 pm .......................... Pendleton
February 7 ...... Behaviors and the IEP .......................................................... 9:00 am-12:00 pm .................. Pendleton
February 7 ...... 504 Plan or IEP? ................................................................. 1:00-4:00pm ........................... Pendleton
February 18 ...... 504 Plan or IEP? ................................................................. 9:30 am-12:30 pm .................... Salem
February 19 ...... Intro to the Family Partner Role in Wraparound .................. 10:00 am-1:00 pm .............. Eugene
February 23-27 .. Foundations for Family & Young Adult Peer Support Providers ... 9:00 am-5:00 pm ...................... Salem
March 5 ........ Behaviors and the IEP ............................................................... 5:00-8:00 pm .......................... Eugene
March 6 ........ Monthly 1st Friday Game Night ............................................. 6:30-9:30 pm .............. LifeWorks, Hillsboro
March 18 ........ IEP Basics ............................................................................. 9:30 am-12:30 pm .............. Salem

February 21 ...... What and When: Talking About Adoption with Your Child .... 9:00 am-4:00 pm ..................... Portland
March 21 ........ Transracial Parent Workshop ............................................... 9:00 am-4:00 pm ..................... Portland

Love and Life
Start Date: February 4, 2015
Wednesday evenings for 1.5 hours • A Safe Place Family Justice Center

“Love and Life” is a trauma recovery group that meets once a week and is focused on building healthy relationship skills, self-esteem and resiliency. Topics include: communication, coping skills, boundaries, intimacy, trust and emotion regulation. The group is intended for high school girls, ages 14-17.

This is a closed, 16-week group. A closed group means that the same girls will meet for all 16 sessions. To enroll or for more information, please contact Cat Koch, Group Facilitator, at 503-894-2041. Registration and screening closes on January 28, 2015.

Therapeutic Interventions and Parenting Techniques for Children with Developmental Delays, Attachment and Trauma Disorders
Presented by the Center for Healing Relationships, LLC
15645 SE 114th Avenue, Building 4, Suite 201, Clackamas, OR 97015
② 503-303-5911 • denise.best@rocketmail.com • www.denisebest.org
Part One—Basic Interventions:
The “why” of behaviors and Developmental Delays
January 31st or February 7th • 9:00 am-4:30 pm

Part Two—Therapeutic Parenting for Attachment, Trauma, Grief and Loss Issues
February 21st or February 28th • 9:00 am-4:30 pm

There is a cost to this training; inquire at registration. Register at 503-303-5911 or email denise.best@rocketmail.com.
**Community Resources, Trainings & Events**

**Save the Date ➔ 11th Annual ‘A Gift of Time’ Retreat**
Friday thru Sunday, May 8-10, 2015 • Macleay Christian Retreat, Salem, OR

*A weekend retreat for family caregivers and grandparents as parents raising their children’s children*

*A Gift of Time* is a weekend retreat for those who have put their lives on hold to care for a loved one. Join others in similar situations for self-renewal, education and a break. Relax, meet new people, reconnect with old friends, attend educational seminars, listen to music, visit resource tables, receive a massage and enjoy wonderful meals. Retreat offerings include: Resource fair to learn about various community resources; Professional entertainers; Arts, crafts and massages; and, Seminars for family caregivers of adults, special needs children, and relatives parenting again.

Total cost for two nights, double room, and five meals is $65.00 (early bird special). For information about registration, please contact Janice Wolcot, Event Coordinator, at 503-831-5593 or email agiftoftimeoforegon@gmail.com.

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**2nd Annual Time to THRIVE**

The HRC and co-presenting conference partners are excited to present *Time to Thrive*, the 2nd Annual National Conference promoting safety, inclusion and well-being for LGBTQ youth. The deck continues to be stacked against young people growing up LGBTQ in America. The impact of family rejection, bullying, and daily concern for safety weigh heavily on our youth. By engaging a broad audience of youth-serving professionals, we can create a thriving LGBTQ youth population. Visit [www.timetothrive.org](http://www.timetothrive.org) to register.

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**Scholarships and Education Information for Youth**

- **Oregon House Bill 3471**: Effective January 1, 2012, Oregon’s universities and community colleges will waive tuition for youth under age 25 who are now or were in foster care for at least 12 months between the ages of 16 and 18. To qualify, youth must start their post-secondary education within three years of exiting care, graduating from high school, or earning a GED, whichever is earliest.

- **The Fostering a Future Scholarship**, [www.childrensactionnetwork.org](http://www.childrensactionnetwork.org): This national scholarship program is designed to provide financial assistance to youth who were adopted from foster care at or after age 13 in pursuing a college, vocational, or technical education.

- **Foster Care to Success (FCS)**, [http://fc2success.org](http://fc2success.org): 100 new scholarships are awarded each year which can be renewed for five years or until the scholar receives a bachelor’s degree, or to students in technical programs.

- **Point Foundation**, [www.pointfoundation.org](http://www.pointfoundation.org): Point Foundation empowers promising LGBTQ students to achieve their full academic and leadership potential, despite the obstacles often put before them, to make a significant impact on society. Point Scholarships are awarded on a “last provider” basis. Point fills in the gaps and provides funds not provided by other scholarships, grants, etc.

- **Pride Foundation**, [www.pridefoundationscholar.org](http://www.pridefoundationscholar.org): Scholarships awarded to build leadership and promote diversity in the LGBTQ and straight-ally communities. Scholarships may be used for any post-secondary education including nontraditional degrees, trade or technical programs, community colleges, 4-year public and private universities, and accredited certificate programs.

- **Improving Higher Education Outcomes for Students from Foster Care**, [http://www.casey.org/supporting-success/](http://www.casey.org/supporting-success/): College provides an opportunity for young people to secure good jobs, advance in their careers, achieve economic independence and build important social networks. For youth from foster care, college can mean freedom from their past and the ability to choose a future rich with possibilities.