Quarterly Message from Adoption/Guardianship Assistance Unit

Welcome to Spring adoption and guardianship families! We want to remind you that if you have adopted or are a guardian through our program, and your child(ren) is under the age of 18, the Oregon State Parks Department continues to extend the free camping at Oregon State parks to post adoptive and guardianship families residing in Oregon. If you need an updated verification form to send to the Parks Department, please contact your Coordinator listed below. Enjoy the beautiful weather and happy camping!

Parents’ Last Name   Adoption & Guardianship Assistance Coordinators
A-C           Rebecca Luckman 503-945-6729, rebecca.luckman@state.or.us
D-I           Michael Plumb 503-945-6632, michael.plumb@state.or.us
J-N           Scott Wickline 503-947-5311, scott.wickline@state.or.us
O-R           Cathy Reeves 503-945-5685, cathy.r.reeves@state.or.us
S-Z           Bonnie Klohs 503-947-5371, bonnie.klohs@state.or.us

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. Although the credit isn’t refundable, families who finalized an adoption in 2015 are encouraged to submit IRS Form 8839 (“Qualified Adoption Expenses”) with their 2015 taxes even if they do not have tax liability. Although families will not receive an adoption credit refund, the credit can be carried forward up to five (5) additional years, and families might benefit later if their tax situation changes. The amount of credit for each child is based on the year the adoption finalized:

2015=$13,400 | 2014=$13,190 | 2013=$12,970 | 2012=$12,650

For more information, forms and updates, contact ORPARC at 1-800-764-8367, visit www.nacac.org, or visit www.irs.gov.

NACAC Webinar Adoption Tax Credit

NACAC’s adoption tax credit expert, Josh Kroll, presented a webinar on the federal adoption tax credit on February 2nd. You can access the recorded webinar and learn the steps to file for the adoption credit. Although the focus of the webinar was on tax year 2015, it will also cover applying for the credit for adoptions as far back as 2012. Josh will explain what parents need to do to take advantage of the credit. The fee of the webinar is $15.00 for NACAC members & $20.00 for non-members. Payment is accepted by credit card or PayPal. To view this recorded webinar, visit www.nacac.org, "Conference & Training" "Webinars"
**Grandparent Retreats & Conferences**

### 10th Annual Grandparents (and elder relatives) Raising Grandchildren Retreat

- **How to be Your Child's Health Advocate**, presented by staff from Oregon Family-to-Family Health Information Center
- **Power of Words & Family Relationships**, presented by Joan Callendar Dingle
- **Navigating the IEP**, presented by Chris Bruno, Native American Parent Support
- **Birds and Bees: Talking with Grandchildren about Sexual Health**, presented by the Multnomah County Health Department
- **New Wisdom, New Roles as We Age**, presented by Mary Ellen Hoeh, VIEWS at Cascadia Older Adult Program

Join us for fun and educational activities, a place to learn about community resources that can help you, a place to meet other grandparents raising grandchildren, and a special day for you! Free lunch and door prizes offered. Contact Loriann McNeill at 503-988-8210 or email loriann.mcneill@multco.us for information and registration. This retreat is sponsored by the Multnomah County Family Caregiver Support Program of the Aging, Disability and Veterans Services Division.

### 12th Annual ‘A Gift of Time’ A Caregivers’ Retreat

**Friday, May 13, 2016 • 9:00 am-2:45 pm**
Gethsemane Lutheran Church
11560 SE Market Street, Portland, OR 97216

**Friday, May 13, 2016 • 9:00am-2:00pm**
Independent Event Center
555 S Main Street, Independence, OR 97351

This free conference, sponsored by NorthWest Senior & Disability Services, is for grandparents and other relatives raising grandchildren who reside in Marion, Polk, Tillamook, Clatsop and Yamhill counties. The conference will offer insightful information about the issues relative parents face and an opportunity to connect with others.

For more information or to register by telephone, contact Ladena Borchers at 503-304-3439 or Amy Crevola at 503-606-7620. Register online at Eventbrite at www.eventbrite.com/e/relatives-as-parents-conference-tickets-22545838209. The following individuals will present:

- **Joan Callander Dingle**, author of *Raising Children of Alcoholics & Drug Users* and *Second Time Around*, will share her own experience as a relative parent, and discuss simple changes that grandparents, and other parenting relatives, can make to stop power struggles with birth parents while de-stressing visitations (home, prison, social media, and holidays) for children/teens and themselves.

- **Justin Glaze**, Career & Education Coach, will field questions on high school & college success, taking the GED, and college/career paths. Justin is with Halo Program whose mission is to educate, lead, and inspire teens and young adults ages 16-24 in Polk County.

- **Rachel Freeburg**, MSW, CSWA is a mother of two young adults, a clinical social worker & mental health therapist serving at-risk families and teens with Trillium Family Services. She will teach and help the group explore ways to connect and communicate with tweens and teens through listening, managing boundaries, and collaborative problem-solving.

### 10th Annual Grandparents (and elder relatives) Raising Grandchildren Retreat

A weekend break for non-professional family caregivers and relatives-as-parents raising their children's children or other relative children.

Nestled against the majestic Cascade Mountains, Eagle Crest is a full-service destination resort located just outside the city of Redmond on 1700 acres. Caregivers will stay in rustic chalets with kitchen amenities and open living areas. They will have access to three outdoor pools, hot tubs, hiking trails, indoor lap pools, tennis courts and fitness centers. The registration fee of $75.00 will include the caregiver's conference, lodging for two nights and five meals. The conference will include a keynote speaker followed by breakout sessions with workshops geared toward a variety of caregiving needs. All caregivers are welcome to attend. The retreat begins at 4:00pm on Friday, June 3rd, and ends at 11:00am on Sunday June 5th. This annual statewide weekend break is for the following unpaid family caregivers: Caregiver of any age caring for someone 60 years old or older; Caregiver of any age caring for someone with Alzheimer’s or other dementing disease; A grandparent, great grandparent or relative 55 or older caring for grandchildren or kin under 19 years of age; Parent or relative 60 years and older caring for disabled adult child or kin. For information about registration, please contact Malheur Council on Aging & Community Services at 541-889-7651, email agiftoftime@mcoacs.org, or visit http://mcoacs.org/a-gift-of-time.
Empowering, Connecting & Correcting Principles

This presentation explains the principles of Trust-Based Relational Intervention® — a research-based approach with children who come from “hard places.” These are children who have been exposed to substances in utero or have suffered early abuse, neglect, or trauma. Harm during these critical stages of brain growth causes significant disruptions in a child’s development. Through years of research and experience with children around the world, Dr. Karyn Purvis offers a path of healing through a trust-based, relationship-based holistic approach.

TBRI: An Overview

This short video explains the principles & concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable children, adolescents, and their families. Trauma can impair language, sensory processing, and coping skills, and can lead to perplexing behaviors that are often mistaken for aggression or mental illness. This video features world-renowned experts who share research that documents how consistently positive experiences with loving caregivers can rewire a child’s brain for lasting change.

Crianza Basada en la Confianza

Esta serie está compuesta en dos DVD y ofrece una riqueza de sabiduría acerca de los comportamientos asociados con el trauma. Los doctores Purvis y Cross instruyen a las familias y cuidadores usando experiencias de la vida real para resolver los problemas y muestran unas habilidades y estrategias prácticas al aplicar los principios de la intervención relacional basada en la confianza (“TBRI” por sus siglas en inglés). Los padres en todo el mundo elogian al sistema de TBRI por haberles dado una esperanza en momentos de crisis y soluciones prácticas que pueden beneficiar a la toda la familia.
### New Parent Support Groups

**Download a complete list of support groups in the state of Oregon from the ORPARC website at [www.orparc.org ➔ “Announcements”](http://www.orparc.org).**

<table>
<thead>
<tr>
<th>County</th>
<th>Douglas County</th>
<th>Benton County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Group</td>
<td>It’s All Relative: A discussion group for relatives raising relatives</td>
<td>Grandparents as Parents Free Education and Support Group</td>
</tr>
<tr>
<td>Meeting Address</td>
<td>Rose Elementary School 948 SE Roberts Avenue, Roseburg, OR 97470</td>
<td>Old Mill Center for Children and Families 1650 SW 45th Place, Corvallis, OR 97333</td>
</tr>
<tr>
<td>Meeting Day/Time</td>
<td>2nd Monday of each month / 6:30-8:00pm</td>
<td>2nd Tuesday of each month / 1:00-2:30pm</td>
</tr>
<tr>
<td>Meeting Contact</td>
<td>Contact Patty Attaway at 541-671-7225, or email <a href="mailto:itsallrelative.roseburg@gmail.com">itsallrelative.roseburg@gmail.com</a></td>
<td>Contact Erica Crimp at 541-757-8068</td>
</tr>
<tr>
<td>Meeting Contact</td>
<td></td>
<td>Pre-registration is required</td>
</tr>
<tr>
<td>Meeting Information</td>
<td>A gathering of relatives raising relatives ~ grandparents, aunts, uncles, siblings, etc.</td>
<td>This no-cost education and support group offers an opportunity for grandparents who are raising their grand-children to connect with others going through similar experiences.</td>
</tr>
</tbody>
</table>

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### North American Council on Adoptable Children (NACAC)

#### Community Champions Network

Scholarships awarded to New or Existing Parent Support Groups

*Apply for a scholarship to attend NACAC's 2016 CCN Parent Leadership and Advocacy Training at the 2016 NACAC Annual Conference in Nashville, Tennessee!*

Support group leaders are invited to apply to attend the Community Champions Network (CCN) parent leadership and advocacy training at the 2016 NACAC annual conference in Nashville, Tennessee, **August 3-6, 2016**. The training, held in conjunction with the NACAC conference, will allow participants to attend two days of targeted leadership and advocacy training and participate in select conference workshops. Scholarships will be awarded to a limited number of leaders of new or existing parent support groups. Parent leaders will come together to learn leadership skills, advocacy strategies, and expand their capacities. Visit [www.nacac.org ➔ “Post-Adoption Support” ➔ “Community Champions Network”](http://www.nacac.org) to learn about the details and requirements. Visit [www.surveymonkey.com/s/2016JockeyScholarshipApp](http://www.surveymonkey.com/s/2016JockeyScholarshipApp) to apply for a scholarship and complete the application. Application is due by **Friday, April 22, 2016**. If you have questions or concerns, please feel free to contact Christina Romo, program coordinator, at 651-644-3036, ext. 17 or christinaromo@nacac.org.

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### Schylar Canfield-Baber Selected New Voice for Adoption Executive Director

Schylar Canfield-Baber has been selected as Executive Director of Voice for Adoption (VFA). Schylar has dedicated his professional and volunteer life to the belief that children and youth in the child welfare system need respect, support, and family. He has served as president of the board of Montana Court Appointed Special Advocates and is currently on the board of the ChildWise Institute, FosterClub, and the Protect Montana’s Kids Commission. From 2005 to 2009, Schylar was a leader at FosterClub, where he served as a program coordinator and held two All Star internships and most recently, he served as outreach manager for the Student Assistance Foundation. Visit [www.voice-for-adoption.org](http://www.voice-for-adoption.org) to learn more about Schylar and the organization’s development and advocacy for improved adoption policies and other updates.
**Community Resources, 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:**  
Metro Training Center, 1245 SE 122nd Avenue, Entry A, Portland, OR 97233

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Metro Training Line: 971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>April 16</td>
<td>Trauma Informed Parenting</td>
<td>541-889-9194 x 343, <a href="mailto:cecilia.e.garcia@state.or.us">cecilia.e.garcia@state.or.us</a></td>
</tr>
<tr>
<td>April 23</td>
<td>Trauma Informed Parenting</td>
<td>541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>May 2</td>
<td>Caring for Sexual and Gender Minority Youth</td>
<td>541-573-2086, <a href="mailto:miranda.i.wagner@state.or.us">miranda.i.wagner@state.or.us</a></td>
</tr>
<tr>
<td>May 11</td>
<td>Nurturing the Infant in Care: Birth to 24 Months</td>
<td>541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
</tr>
<tr>
<td>June 2</td>
<td>Connections: Children, Birth Families &amp; Caregivers</td>
<td>541-548-9492, <a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
</tr>
<tr>
<td>June 24-25</td>
<td>Behavior Crisis Management Training (2-days)</td>
<td>541-548-9492, <a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
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</table>

**EASTERN REGION**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15-16</td>
<td>Behavior Crisis Management Training (2-days)</td>
<td>Ontario: 541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>April 19</td>
<td>Understanding &amp; Responding to Sexual Behaviors</td>
<td>The Dalles: 541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>April 28</td>
<td>The Significance of Siblings</td>
<td>Burns: 541-573-2086, <a href="mailto:miranda.i.wagner@state.or.us">miranda.i.wagner@state.or.us</a></td>
</tr>
<tr>
<td>May 10</td>
<td>You and Them</td>
<td>Condon: 541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
</tr>
<tr>
<td>May 13</td>
<td>Loving and Letting Go</td>
<td>Redmond: 541-548-9492, <a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
</tr>
<tr>
<td>May 13</td>
<td>Parenting a Child with Special Needs</td>
<td>Redmond: 541-548-9492, <a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
</tr>
<tr>
<td>May 14</td>
<td>Behavior: Ponting to Punching</td>
<td>Redmond: 541-548-9492, <a href="mailto:patricia.hoda@state.or.us">patricia.hoda@state.or.us</a></td>
</tr>
<tr>
<td>May 17</td>
<td>Helping Children with Visitation</td>
<td>Pendleton: 541-546-4498, <a href="mailto:carol.caplinger@state.or.us">carol.caplinger@state.or.us</a></td>
</tr>
<tr>
<td>May 19</td>
<td>Parenting from the Heart and the Brain</td>
<td>Enterprise: 541-963-8571 x 426, <a href="mailto:susan.lemon@state.or.us">susan.lemon@state.or.us</a></td>
</tr>
<tr>
<td>June 14</td>
<td>Living Under the Influence of Addiction</td>
<td>La Grande: 541-963-8571 x 426, <a href="mailto:susan.lemon@state.or.us">susan.lemon@state.or.us</a></td>
</tr>
<tr>
<td>June 14</td>
<td>Behavior: Ponting to Punching</td>
<td>Hood River: 541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>July 18</td>
<td>Transitioning Children with Sensitivity</td>
<td>Baker City: 541-523-6423 x 521, <a href="mailto:hope.a.perkins@state.or.us">hope.a.perkins@state.or.us</a></td>
</tr>
<tr>
<td>August 4</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
<td>The Dalles: 541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>September 24</td>
<td>Trauma Informed Parenting</td>
<td>The Dalles: 541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
</tbody>
</table>

**ENTRENAMIENTOS EN ESPAÑOL**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 de abril</td>
<td>Primeros Auxilios de Infantes, Niños, Adultos</td>
<td>Portland: 971-673-1822</td>
</tr>
<tr>
<td>15 de junio</td>
<td>Comunicación Efectiva</td>
<td>Hillsboro: 503-681-6984</td>
</tr>
<tr>
<td>18 de junio</td>
<td>Apoyando a los niños expuestos a violencia doméstica</td>
<td>Springfield: 541-726-6644 extensión 2274</td>
</tr>
<tr>
<td>21 de septiembre</td>
<td>Creando un niño con Deficit de Atención</td>
<td>Portland: 971-673-1822</td>
</tr>
</tbody>
</table>

**NetLink Trainings**

<table>
<thead>
<tr>
<th>Morning NetLink Trainings</th>
<th>8:30 am to 12:00 noon</th>
<th>Evening NetLink Trainings</th>
<th>5:30 to 9:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foster Parents and the Juvenile Court</td>
<td>April 21</td>
<td>Relative Caregivers</td>
<td>April 12</td>
</tr>
<tr>
<td>Common Mental Health Issues for Teens in Care</td>
<td>May 5</td>
<td>Loss &amp; Grief of Children in Care</td>
<td>May 10</td>
</tr>
<tr>
<td>Promoting &amp; Maintaining Cultural Identities of Youth</td>
<td>June 16</td>
<td>Building Resilience for Children in Care</td>
<td>June 7</td>
</tr>
<tr>
<td>Children Can Hear</td>
<td>July 7</td>
<td>Enhancing Teen Attachment</td>
<td>July 12</td>
</tr>
<tr>
<td>Wishing for a peaceful mealtime?</td>
<td>August 11</td>
<td>Education Rights of Children and Youth</td>
<td>August 4</td>
</tr>
<tr>
<td>Self-Harm: Putting the Puzzle Pieces Together</td>
<td>September 15</td>
<td>Confidentiality: Not just a good idea, it's the law!</td>
<td>September 27</td>
</tr>
<tr>
<td>Vicarious Trauma: Surviving &amp; Thriving</td>
<td>October 15</td>
<td>Helping Children with Visitation</td>
<td>October 18</td>
</tr>
<tr>
<td>School, Homework and Success!</td>
<td>November 3</td>
<td>Loving and Letting Go</td>
<td>November 15</td>
</tr>
<tr>
<td>Caring for Sexual and Gender Minority Youth</td>
<td>December 1</td>
<td>Living Under the Influence of Addiction</td>
<td>December 13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entrenamientos en español — Mañana</th>
<th>8:30 a 12:00 del mediodía</th>
<th>Entrenamientos en español — Tarde</th>
<th>5:30 a 9:00 de la noche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ninguno</td>
<td>Tú y Yo</td>
<td>21 de septiembre</td>
<td>Viviendo Bajo la Influencia de Adicción</td>
</tr>
</tbody>
</table>

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Event dates and times are subject to change. Please check the website for the most up-to-date information.
**Community Resources, Trainings & Events**

**Center for Improvement of Child and Family Services**

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

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**SOUTHERN REGION**

- **April 19** — *Ten Tips for Parenting Teens* — North Bend — 541-756-5500 x 272, [whitney.warr@state.or.us](mailto:whitney.warr@state.or.us)
- **April 19** — *Common Mental Health Issues for Teens in Care* — Klamath Falls — 541-850-6807, [lori.oconnor@state.or.us](mailto:lori.oconnor@state.or.us)
- **April 21** — *Caring for the Sexually Abused Child* — Medford — 541-858-3181 x 261, [mendy.j.delong@state.or.us](mailto:mendy.j.delong@state.or.us)
- **May 2** — *Understanding & Responding to Sexual Behaviors* — Klamath Falls — 541-850-6807, [lori.oconnor@state.or.us](mailto:lori.oconnor@state.or.us)
- **May 2** — *Parent from the Heart and the Brain* — Springfield — 541-726-6644 x 2274, [cleopatra.mapfumo@state.or.us](mailto:cleopatra.mapfumo@state.or.us)
- **May 18** — *CPR & First Aid* — Springfield — 541-726-6644 x 2274, [cleopatra.mapfumo@state.or.us](mailto:cleopatra.mapfumo@state.or.us)
- **May 19** — *Caregiver's Guide to Adolescent Sexuality* — Grants Pass — 541-956-2983, [kyndra.burdiss@state.or.us](mailto:kyndra.burdiss@state.or.us)
- **May 24** — *Relative Caregivers* — Roseburg — 541-464-2063, [mary.kay.skourup@state.or.us](mailto:mary.kay.skourup@state.or.us)
- **June 1** — *Talking with Children about Difficult Issues* — Springfield — 541-726-6644 x 2274, [cleopatra.mapfumo@state.or.us](mailto:cleopatra.mapfumo@state.or.us)
- **June 2** — *Talking with Children about Difficult Issues* — Grants Pass — 541-956-2983, [kyndra.burdiss@state.or.us](mailto:kyndra.burdiss@state.or.us)
- **June 2** — *Vicarious Trauma: Surviving & Thriving* — Klamath Falls — 541-850-6807, [lori.oconnor@state.or.us](mailto:lori.oconnor@state.or.us)
- **June 22** — *Fun and Creative Parenting: Toddlers to Tweens* — Roseburg — 541-464-2063, [mary.kay.skourup@state.or.us](mailto:mary.kay.skourup@state.or.us)
- **June 22** — *Relative Caregivers* — Gold Beach — 541-247-3734, [sarah.a.sanders@state.or.us](mailto:sarah.a.sanders@state.or.us)
- **June 23** — *Relative Caregivers* — North Bend — 541-756-5500 x 272, [whitney.warr@state.or.us](mailto:whitney.warr@state.or.us)
- **June 27** — *Caregivers & Caseworkers Training* — Medford — 541-858-3181 x 261, [mendy.j.delong@state.or.us](mailto:mendy.j.delong@state.or.us)
- **July 21** — *Behavior: Pouting to Punching* — Klamath Falls — 541-850-6807, [lori.oconnor@state.or.us](mailto:lori.oconnor@state.or.us)
- **August 16** — *Connections: Children, Birth Families & Caregivers* — North Bend — 541-756-5500 x 272, [whitney.warr@state.or.us](mailto:whitney.warr@state.or.us)
- **August 22** — *Positive Behavior Management* — Klamath Falls — 541-850-6807, [lori.oconnor@state.or.us](mailto:lori.oconnor@state.or.us)
- **August 22** — *Effective Communication* — Roseburg — 541-464-2063, [mary.kay.skourup@state.or.us](mailto:mary.kay.skourup@state.or.us)

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**WESTERN REGION**

- **April 21** — *Methamphetamine Endangered Children* — Beaverton — 503-277-6673, [madeline.hodge@state.or.us](mailto:madeline.hodge@state.or.us)
- **April 26** — *Effects of Trauma on Learning in Children 0-18* — Albany — 541-967-2060, [sheritrofigruben@state.or.us](mailto:sheritrofigruben@state.or.us)
- **April 27** — *Education Rights of Children* — Salem — 503-378-4784, [erma.brundige@state.or.us](mailto:erma.brundige@state.or.us)
- **May 14** — *CPR & First Aid* — McMinnville — 503-474-5606, [greg.reichenberger@state.or.us](mailto:greg.reichenberger@state.or.us)
- **May 16** — *Caring for Children of Incarcerated Parents* — Salem — 503-378-4784, [erma.brundige@state.or.us](mailto:erma.brundige@state.or.us)
- **May 18** — *Vicarious Trauma: Surviving & Thriving* — Albany — 541-791-5734, [susan.juster@state.or.us](mailto:susan.juster@state.or.us)
- **May 21** — *CPR & First Aid* — Oregon City — 971-673-7361, [susan.juster@state.or.us](mailto:susan.juster@state.or.us)
- **July 4** — *Creating Positive Behaviors in Teens* — Albany — 541-791-5849, [kim.e.elliott@state.or.us](mailto:kim.e.elliott@state.or.us)
- **June 9** — *Children Can Hear* — Salem — 503-378-4784, [erma.brundige@state.or.us](mailto:erma.brundige@state.or.us)
- **July 6** — *Motivating Youth to Make Positive Changes* — Salem — 503-378-4784, [erma.brundige@state.or.us](mailto:erma.brundige@state.or.us)
- **July 26** — *Early Childhood & Brain Development* — Portland — 503-277-6673, [madeline.hodge@state.or.us](mailto:madeline.hodge@state.or.us)
- **August 3** — *Supporting Children Exposed to Domestic Violence* — Salem — 503-378-4784, [erma.brundige@state.or.us](mailto:erma.brundige@state.or.us)
- **August 20** — *CPR & First Aid* — Albany — 541-967-2060, [sheritrofigruben@state.or.us](mailto:sheritrofigruben@state.or.us)

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**Human/Equine Awareness & Relationship Training**

**Pairing Collaborative Problem Solving and Equine Facilitated Learning**

- **8 Saturdays, April 30th through June 18th** — *9:00am-12:00pm*
- **Big Star Ranch, Inc., Beavercreek, OR**

The H.E.A.R.T. series is a unique 8-week series. Each week starts with Collaborative Problem Solving (CPS) training, an innovative, compassionate, evidenced based approach to understanding and helping people with behavioral challenges. Down in the barn, the H.E.A.R.T. series continues, giving participants an opportunity to learn and practice CPS with assistance from our equine partners. Fee is: $530 per person. Contact Kate O’Kelley at 503-388-5612 with training questions, special fee arrangements, or registration.
Swindells Resource Center of Providence Child Center
Serving families of children with special needs
2016 Community Education

Visit [www.providence.org/classes](http://www.providence.org/classes) ➔ “Find a class or event” ➔ “REGISTER” and search by class name or location. Call 503-215-2429 or 1-800-833-8899 ext. 52429 (toll-free), or email swindells@providence.org for more information.

<table>
<thead>
<tr>
<th>Date</th>
<th>Training Title</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>04/23/2016</td>
<td>Sibshops: Brothers &amp; Sisters, ages 8-12, of kids with Special Development Needs</td>
<td>Providence Child Center, Multipurpose Room 803 NE 47th Avenue, Portland, OR 97218</td>
</tr>
<tr>
<td>05/04/2016</td>
<td>Pediatric Dentistry for Children with Special Health Care Needs</td>
<td>Providence Portland Medical Center, Social Room 4805 NE Glisan Street, Portland, OR 97218</td>
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<tr>
<td>05/14/2016</td>
<td>Sibshops: Brothers &amp; Sisters, ages 8-12, of kids with Special Development Needs</td>
<td>Newberg Christian Church 2315 Villa Road, Newberg, OR 97132</td>
</tr>
<tr>
<td>05/20/2016</td>
<td>Kid's Health &amp; Fitness Days and Resource Fair</td>
<td>Providence Park (visit <a href="http://www.providence.org/classes">www.providence.org/classes</a>)</td>
</tr>
<tr>
<td>05/23/2016</td>
<td>Schools Out, Now What?</td>
<td>Providence Portland Medical Center 4805 NE Glisan Street, Portland, OR 97218</td>
</tr>
<tr>
<td>05/24/2016</td>
<td>Kid's Health &amp; Fitness Days and Resource Fair</td>
<td>Providence Park (visit <a href="http://www.providence.org/classes">www.providence.org/classes</a>)</td>
</tr>
<tr>
<td>06/04/2016</td>
<td>Kids Day Out and Resource Fair</td>
<td>Newberg (visit <a href="http://www.providence.org/classes">www.providence.org/classes</a>)</td>
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<tr>
<td>08/08/2016</td>
<td>Autism Conference</td>
<td>Kadleck Kennewick (visit <a href="http://www.providence.org/classes">www.providence.org/classes</a>)</td>
</tr>
<tr>
<td>09/09/2016</td>
<td>Mental Health Summit</td>
<td>Salem (visit <a href="http://www.providence.org/classes">www.providence.org/classes</a>)</td>
</tr>
<tr>
<td>09/30/2016</td>
<td>Attention Deficit Hyperactivity Disorder (ADHD)</td>
<td>Providence Portland Medical Center 4805 NE Glisan Street, Portland, OR 97218</td>
</tr>
</tbody>
</table>

**Promoting Positive Pathways to Adulthood** (PPPA) is an online knowledge translation initiative consisting of 10 hour-long training modules, and is available to service providers without charge. The modules are designed to build the capacity of direct service providers who are working with youth and young adults aged 14-29 who have mental health difficulties, and their families. Each module includes information on key topics, video clips of young adults and service providers, interactive questions throughout, and a quiz leading to a certificate of completion or continuing education credits at the end.

The skill-building modules are based on a positive youth development and empowerment framework and each incorporates video segments featuring young people with behavioral health service experience, service providers, and family members; interactive exercises; knowledge tests; and, downloadable resources and references. To support knowledge translation into practice, an accompanying toolkit includes practice scenarios, video segments with discussion questions, role plays, and questions that invite participants to apply their learning to practice in their local context.

A video trailer introduces the training and an informational brochure provides details of the content of each of the modules. You can access these resources and the modules at: [http://pathwaysrtc.pdx.edu/proj-ppta](http://pathwaysrtc.pdx.edu/proj-ppta).

For more information please contact co-principal investigators: Pauline Jivanjee ([jivanjee@pdx.edu](mailto:jivanjee@pdx.edu) or 503-725-5015) and Eileen Brennan ([brennane@pdx.edu](mailto:brennane@pdx.edu) or 503-725-5003).
Community Resources, Trainings & Events

April is Autism Awareness Month

Autism Society of Oregon ♦ 1-888-Autism-1 (288-4761) ♦ 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.

April 17 ........ 14th Annual Autism Walk ............................................ Oaks Amusement Park, SE Portland
April 30 ......... Color the Blues for Autism ........................................ Max Square, La Grande
May 7 .......... 3rd Annual Central Oregon Autism Walk ......................... Highland Baptist Church, Redmond

Northwest Adoptive Families Association

NAFA is offering a one-year complimentary membership to State Adoptive Families. Contact ORPARC for a Membership Form.

NAFA Bounce!........................................04/17; 2:00-3:30pm; RSVP to ibid@hevanet.com by 04/15 ..................JJ Jump—Clackamas
Waiting Families ....................................05/04, 08/03, 11/02, 7-8:30 pm ................................................Contact Diane at diane@nafaonline.org
Baby & Toddler Care Class ...............05/21, 10/01, 8:30 am-4:30 pm ..................................................Contact Mary at mary@nafaonline.org
NAFA Annual Campout ......................07/15-07/17/2016, Nehalem Bay State Park, Nehalem Oregon........Contact Sue at sue@nafaonline.org

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

A 3-day Workshop for Parents & Professionals ♦ Presented by Nancy Hall

June 23-25, 2016 (Thursday-Saturday) ♦ 9:00am-4:00pm

The Mark Spencer Hotel, 409 SW 11th Avenue, Portland, OR 97205

This workshop provides information about Fetal Alcohol and other neurobehavioral conditions (FA/NB), and the effects of alcohol and other drugs on behaviors of children, adolescents and adults. FA/NB are brain-based conditions with behavioral symptoms. The workshop will provide current research and a framework to support application of a brain-based approach. The goal is to increase understanding, reduce frustration, expand options and enhance collaboration across systems. Cost is $395.00 for parents and $495.00 for professionals. There are limited partial scholarships available. Contact Wendy Temko, 503-621-1271, wtemko@fascets.org for registration questions.

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.

1. Central Oregon Disability Support Network (CODSN): Deschutes, Crook and Jefferson counties, 541-548-8559, dianna@codsnon.org
2. Creating Opportunities: Polk, Yamhill and Marion counties, 503-559-3674
3. Families Engaging and Thriving Together (FEATT): Serving Douglas County, 541-670-2750, jill@featt.org
5. Families for Community: Jackson and Josephine counties, kimberly@familiesforcommunity.org
6. ROCCOS Family Network: Gilliam, Wheeler, Morrow, Grant, Harney, and Lake counties, dana@roccosfamilynetwork.org
7. Families Connected: Lane County, 541-343-5256, laura.dahill@arclane.org
### Community Resources, Trainings & Events

**Oregon Family to Family Health Information Center**

Oregon Family to Family Health Information Center helps all Oregon families to navigate the complex world of special health care needs. Staff members are family members who have first-hand experience raising a child or youth with physical health, emotional, behavioral or developmental challenges. Staff helps parents find programs, services & support, and they are knowledgeable about navigating insurance and health care systems for children with special needs. Whether it is asthma, ADHD, anxiety, autism, epilepsy or another health issue that keeps your child going back to the doctor time after time.

[Contact Information]

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resources and More</td>
<td>April 18</td>
<td>9:30-11:00am</td>
<td>207 NE Park Street, Enterprise, OR</td>
</tr>
<tr>
<td>Resources and More</td>
<td>April 19</td>
<td>2:30-4:00pm</td>
<td>2725 7th Street, Baker City, OR</td>
</tr>
<tr>
<td>Becoming Your Child’s Health Advocate</td>
<td>April 20</td>
<td>12:00-1:30pm</td>
<td>502 W Standard Avenue, Hermiston, OR</td>
</tr>
<tr>
<td>Resources and More</td>
<td>April 21</td>
<td>5:00-6:30pm</td>
<td>135 S Main Street, Condon, OR</td>
</tr>
</tbody>
</table>

**FACTOregon**

Empowering families experiencing disability.

[Contact Information]

<table>
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<tr>
<th>Event</th>
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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surfing through the Waves of Special Needs: A new community group for parents!</td>
<td>April 18</td>
<td>6:00-8:00pm</td>
<td>Florence</td>
</tr>
<tr>
<td>It Starts with a Dream: Introduction to Person-centered Planning and the One-page Profile</td>
<td>April 19</td>
<td>10:00am-12:30pm</td>
<td>Medford</td>
</tr>
<tr>
<td>Understanding Special Education &amp; IEP: Development, Process, and Your Important Role</td>
<td>April 19</td>
<td>5:00-6:30pm</td>
<td>Portland</td>
</tr>
<tr>
<td>Brokerage 101 Forum</td>
<td>April 19</td>
<td>6:30-8:30pm</td>
<td>Portland</td>
</tr>
<tr>
<td>Understanding Early Intervention and Early Childhood Special Education</td>
<td>April 20</td>
<td>1:00-2:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>Understanding Special Education and Your Important Role on the IEP Team</td>
<td>April 20</td>
<td>5:30-7:30pm</td>
<td>Baker City</td>
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<tr>
<td>Families Connected Monthly Parent Dinner Night with FACT</td>
<td>April 21</td>
<td>6:00-8:00pm</td>
<td>Springfield</td>
</tr>
<tr>
<td>Behavior: Supports, Strategies and Success</td>
<td>April 26</td>
<td>6:00-7:45pm</td>
<td>Gresham</td>
</tr>
<tr>
<td>Preparing for a Successful Transition to Kindergarten</td>
<td>April 28</td>
<td>10:30am-12:30pm</td>
<td>Klamath Falls</td>
</tr>
<tr>
<td>Understanding Special Education and the IEP/Behavior and the IEP</td>
<td>April 28</td>
<td>5:30-8:00pm</td>
<td>Madras</td>
</tr>
<tr>
<td>Breaking Barriers: Life Beyond Labels Conference</td>
<td>April 29</td>
<td>9:00am-5:00pm</td>
<td>Redmond</td>
</tr>
<tr>
<td>IEP Tools Workshop</td>
<td>May 2</td>
<td>5:00-7:00pm</td>
<td>Beaverton</td>
</tr>
<tr>
<td>Launch: Preparing for the Transition into Adulthood</td>
<td>May 5</td>
<td>5:30-8:00pm</td>
<td>Newberg</td>
</tr>
<tr>
<td>FACT Special Education Regional Conference: Families, Educators &amp; Community Partners</td>
<td>May 7</td>
<td>8:00am-4:30pm</td>
<td>Newport</td>
</tr>
<tr>
<td>It Starts with a Dream: Introduction to Person-centered Planning and the One-page Profile</td>
<td>May 11</td>
<td>6:00-8:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>Dream Big Dreams with FACT!</td>
<td>May 19</td>
<td>5:00-7:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>Families Connected Monthly Parent Dinner Night with FACT</td>
<td>May 19</td>
<td>6:00-8:00pm</td>
<td>Springfield</td>
</tr>
<tr>
<td>IEP Tools Workshop</td>
<td>May 23</td>
<td>5:00-7:00pm</td>
<td>Hillsboro</td>
</tr>
<tr>
<td>3rd Annual Transition Fair: Passport to a Healthy Future</td>
<td>June 4</td>
<td>10:00am-3:00pm</td>
<td>Portland</td>
</tr>
</tbody>
</table>

**Entrainamientos en español**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entendiendo el Proceso de Educación Especial</td>
<td>19 de abril</td>
<td>6:00-8:00pm</td>
<td>Medford</td>
</tr>
<tr>
<td>Entendiendo el Proceso de Educación Especial: Apoyo, Estrategias y Disciplina</td>
<td>28 de abril</td>
<td>5:30-8:00pm</td>
<td>Madras</td>
</tr>
<tr>
<td>Taller de consejos y herramientas para el IEP</td>
<td>2 de mayo</td>
<td>5:00-7:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>Taller de consejos y herramientas para el IEP</td>
<td>23 de mayo</td>
<td>5:00-7:00pm</td>
<td>Hillsboro</td>
</tr>
</tbody>
</table>

**The Children’s Program Spring 2016 Groups, Classes & Workshops**

To register call 503-977-0877 or visit [www.childrensprogram.com](http://www.childrensprogram.com) • 7707 SW Capitol Highway, Portland, OR 97219

**Beginners AD/HD Group for Ages 7-12**

- Parent Meetings: 04/06 & 06/08; 8 Student Sessions: Mondays, 04/13-06/01

**Making Sense of Educational Support Groups**

- Thursday, 04/26; 6:30-8:30pm

**Parenting Anxious Children: Strategies and Support**

- Monday, 05/16; 5:30-7:30pm
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

C.A.S.E. webinars are a valuable resource for both parents and professionals. Join C.A.S.E. for their monthly LIVE-STREAM “Strengthening Your Family” webinars, or choose an IN-DEMAND webinar and view it at time of purchase. Both options include access to accompanying PowerPoint presentations and a Certificate of Completion (obtained upon request.) Thanks to Jockey Being Family and Jockey International, the first 300 registrations are FREE for our monthly LIVE-STREAM webinars. Join us for inspiration, education and answers.

Search and Reunion: Focus on Birthfathers ................................................................. April 21, 2016 / 4:00-5:30pm / $25
Ready by 21: A Realistic Approach to Helping Foster Youth Transition to Adulthood ........................................ May 19, 2016 / 4:00-5:30pm / $25
Adoptive Fathers: Empowering the Male Voice ................................................................ June 16, 2016 / 4:00-5:30pm / $25
Taking the Fear Out of Adoption .................................................................................. In-demand / $10
W.I.S.E. UP! for Parents: Empowering Children to Handle Questions/Comments about Adoption ............................................ In-demand / $10
Beneath the Mask: Understanding Adopted Teens ......................................................... In-demand / $10

**LGBTQ Resources**

ORPARC maintains a comprehensive list of LGBTQ-related resources outlined in the categories below. In this issue appears Education and Scholarship and Health & Wellness resources. Contact ORPARC to receive a complete list.

- Adoption Resources—Education, Information, Support, Training & Research
- Adoption Resources—National Publications featuring topics for LGBTQ adoptive families
- Business and Written Resources for LGBTQ Parenting
- Civil and Equality Organizations—Oregon & National
- Education and Scholarship Resources
- Health & Wellness—Oregon & National
- Legal & Tax Resources—Oregon & National
- Retirement Communities & Resources—Oregon & National
- Support Groups—Oregon, Email Listservs, Online Groups, National Groups
- Support Resources and Camps for LGBTQ Children or Children of LGBTQ Parents
- Therapeutic Resources—Oregon

**New Announcements:**

- **The Gay Fatherhood Study:** Please contact Adam McKee, Washington State University, at 509-432-6987 or adam.mckee@wsu.edu.
- **Trans Youth Support Group:** Groups for trans youth to explore identity development, find community, and discuss challenges in a supportive environment. Groups will last 6-8 weeks. Contact Pacific Psychology & Comprehensive at 503-352-2400 ext. 8023.

**Research in Social Supports for Ethnic and Cultural Identity in Adoption**

Research study seeking volunteers to participate in a study of social supports for ethnic and cultural identity for bi-racial and multi-racial transracially adopted individuals. Potential participants should meet the following criteria:

- Self-identify as Bi-racial or Multi-racial, and are between the ages of 20 and 65
- Have been adopted into a White home and their parents identify as White or European American
- Have been raised in either a Multi-racial or predominantly monoracial community, and reside in the Pacific Northwest
- Participants’ adoptions must have been domestic as opposed to international

Participants’ commitment will be an initial meeting to outline study parameters and sign necessary consent forms followed by a 5-minute self-identification assessment, a 90-minute interview, and time to review their comments after they are transcribed. Each study participant will receive a $25.00 gift card from Starbucks. Please contact: Stephen T Wilson at 360- 584-8007 or email swilson@smith.edu.
2016 Adoption-related Summer Camps

Camp to Belong NW ……………………
June 24-July 1
A summer camp dedicated to uniting brothers and sisters who are placed in separate foster, adoptive or kinship homes. Visit www.camptobelongoregon.org.

Heritage Domestic Adoption Camp ..
August 4-7

Heritage Adult Adoptee Retreat …
July 29-31
Heritage Camps for Adoptive Family will again be hosting the 2nd annual Adult Adoptee Retreat in the summer of 2016. The location is to be determined, but it will be somewhere in the Denver metropolitan area.

Holt International Adoptee Camp …
July 17-21
Camp for international, transracial, or transcultural adoptees, ages 9-16. Campers share experiences while exploring issues of adoption, race, & identity development.

Holt International Day Camp ………
July 20
A single-day program of workshops, activities, and games for international, transracial or transcultural adoptees 5-8 years old and their parents. Visit www.holtinternational.org for more information.

NAFA Annual Campout ……………….
July 15-17
A no-host camping weekend brought to you NAFA. Camp will be held at Nehalem Bay State Park. Visit www.nafaonline.org for more information. Make your own reservation by calling 1-800-452-5687.

Oregon Technical Assistance Corporation
3886 Beverly Avenue NE, Building I, Suite 21, Salem, OR 97305-1373
① 503-364-9943 (telephone) ② 503-364-1939 (fax) ③ 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 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.” The application for the below Mentorship Program is due April 29, 2016.

Behavior Training and Mentorship Program: Series of trainings focusing on Positive Behavior Support and Person Centered Values
May 16-17 ……………Session 1: Skill Enhancement Training …………………… 9:00am-5:00pm …………………… La Grande
May 18-19 ……………Session 2: Behavior Specialist Training …………………… 9:00am-5:00pm …………………… Pendleton
May 20 …………………Session 2: Behavior Specialist Training …………………… 9:00am-3:00pm …………………… Pendleton
June-Sept 2016 ………Behavior Specialist Mentorship …………………… All selected participants will be required to attend sessions 1 & 2

Oregon Family Support Network
1300 Broadway Street NE, Suite 403, Salem, OR 97301
① 503-363-8068 ② 1-800-323-8521 ③ www.ofsn.org

Serving Benton, Clackamas, Central Oregon, Lincoln, Lane, Polk, Yamhill, and Washington counties

May 2 ……………………Collaborative Problem Solving Overview for Families (4 weeks) ………5:30pm-7:30pm …………………………… Salem
May 5 ……………………Children’s Mental Health Awareness Day ……………………10:00am-2:00pm ……………………… Capitol in Salem
May 13 ……………………Youth Mental Health First Aid ……………………8:30am-5:30pm ……………………… Cottage Grove
May 19 & 20 …………“Trauma: The What, Why and How We Can Respond” ……………………9:00am-3:00pm ……………………… McMinnville
May 20 ……………………Adult Mental Health First Aid ……………………8:30am-5:30pm ……………………… Eugene
May 24 / 25 …………Adult Mental Health First Aid ……………………8:30am-12:45pm / 7:30-11:45am …………………… Salem
June 24 ……………………Introduction to Collaborative Problem Solving (CPS) ……………………8:30am-12:30pm ……………………… Eugene
July 26 / 27 …………Youth Mental Health First Aid ……………………8:30am-12:30pm / 7:30-11:30am …………………… Salem
August 23 / 24 …………Youth Mental Health First Aid ……………………8:30am-12:30pm / 7:30-11:30am …………………… Salem
September 20 / 21 ……Adult Mental Health First Aid ……………………8:30am-12:30pm / 7:30-11:30am …………………… Salem
Q: My child's early years were spent in a home that was chaotic and unpredictable. Later, he lived in several foster care homes before coming to live with us. Today is our four-year anniversary of being adopted but I find myself still frustrated on a daily basis. After four years, he still continues to be a disruptor in our home and anything I do to try to make life a positive experience for him, he flips it around to be negative and chaotic. Please help!

A: Congratulations on your four-year adoption anniversary! One of the first thoughts that came to mind when I read your question was that you can take a child out of the trauma, but getting the trauma out of the child takes much effort. Your child's early history impacted his blueprint of the meaning of family and of life.

When children grow up in traumatic homes, that kind of environment is the familiar and they come to believe this is "normal." They just assume that this is the way life is for everybody. A deep subconscious imprint is formed and they live out of this blueprint for the rest of their lives, unless it is consciously changed.

For children growing up in the type of environment your son experienced, their definition of what love and family means is skewed and distorted. Listed in the left-hand column are words that describe your son's early blueprint of love and family. Conversely, children who grow up in loving, predictable, and emotionally sensitive homes, develop blueprints for love and family that are much more in line with reality. In the right-hand column below are words that define what these children perceive as love and family.

Your son is still living out of this early blueprint, despite being in your home for four years. That is why it feels like he is sabotaging and disrupting everything you do to create a loving environment for him. Your family is uncomfortably juxtaposed between the left-hand column and the right-hand column listed in the chart above.

Some children learn to redefine their blueprints simply through repetition and time. Other children, however, need more intentional and conscious work to finally let go of distorted blueprints. Why? It all depends on the depth of the trauma, the child's perception of the traumatic experiences, and the child's personality type. It isn't a reflection of you being a "good" or "bad" parent. It's just the nature of trauma.

Bringing a negative blueprint up to the child's conscious awareness can be a valuable exercise in helping him change these early definitions. Take a large sheet of white poster board or paper and draw the chart given above. When your son is in a calm state, go through these two sides of the chart with him. Add in more about his early life story and help him see that what he experienced years ago is influencing his life today.

Tell him that your job is to help him learn what the true definition of family is. It also helps to take responsibility for not being there early on to protect him from these traumatic experiences. Although it wasn't your "fault," our children need someone to take responsibility for what happened to them in order for them to move forward in their healing journeys. When you can say, "I'm so sorry I wasn't there to protect you and give you everything you deserved as a baby/toddler. I so wish I was able to have been there for you!" from a heart-centered, authentic place, it helps him to know you really understand him.

Keep this poster up in your house and when he starts to go back into these old patterns and that old blueprint takes over, lovingly remind him of what true family is all about. It is important to not just talk about this old blueprint but to show it visually, as shown in this chart. Most children with trauma need visual communication along with auditory communication to have it make more sense and for it to be retained within their memory systems.

Trauma recovery is a life-long developmental process. Keep connecting with the left-hand column to understand how to bring him into the right-hand column!