Trust-Based Relational Intervention® (TBRI®) Training Highlight

ORPARC and partners were quite honored to have recently hosted Dr. David Cross from the Trust Based Relational Intervention® (TBRI®) Institute for a professional in-service training for DHS workers and ORPARC staff. This rare visit from Dr. Cross – and the outreach surrounding it – resulted in a committed group of DHS workers having the opportunity to learn directly from one of TBRI®’s founders. Regrettably, TBRI®’s other founder, Dr. Karyn Purvis, recently passed away after a long, courageous battle with cancer. Together as a group, we experienced firsthand the TBRI® principles of connecting with children who come from hard places while supporting the families working hard to parent them. A very family friendly approach, TBRI® is trauma-informed and quite compatible with the Collaborative Problem Solving model that many agencies in Oregon are utilizing. The tenets of TBRI® lie in supporting primary caregiving relationships to maximize a child’s ability to reconnect, attach and heal. TBRI® is having tremendous success in numerous states and is considered an evidenced-based treatment. The ORPARC library has a number of TBRI® books, DVD’s and other resources available, including our latest video acquisitions of a TBRI® Overview, Crianza Basada en la Confianza in Spanish, and TBRI® for Teens. To learn more about this empowering and effective philosophy, or for help in selecting TBRI® materials, please email orparc@nwresource.org or give us a call at 1-800-764-8367.

One Book at a Time: Help Build ORPARC’s Library through Fred Meyer Community Rewards

Hard-to-find books, unusual videos, adoption classics...ORPARC’s library maintains an unparalleled selection of specialty materials specifically chosen to assist Oregon’s state families, and the DHS workers and community partners who support them. Staying up to date with the latest in adoption, attachment, trauma and special needs resources is our goal – a goal you can help us meet! A wonderful group of individuals have already linked their Fred Meyer Rewards card to ORPARC, including most recently Yamhill County DHS worker Lindsey Vickers – thank you so much Lindsey! It does not cost anything to participate, but every cent generated and donated by Fred Meyer through your card purchases new materials for the ORPARC library (see page 2).

Please help us continue to build a library collection that Oregon can be proud of – plus directly benefit families! Contact us at orparc@nwresource.org and we’d be happy to help you link your card, or simply visit the Fred Meyer Community Rewards website at www.fredmeyer.com/communityrewards, click on “Link your Rewards Card Now,” and search for: Oregon Post Adoption Resource Center. Thank YOU and Fred Meyer for supporting the ORPARC library!

“I love using the ORPARC library. The staff know a lot about adoption and foster care issues. Whenever I have questions about different topics, they always have spot on suggestions and recommendations. I borrow books and DVDs when I’m training Foundations classes, whenever a provider needs information about a certain topic and whenever I feel I need more training myself. The Fred Meyer’s Reward Program directly contributes to the library I use regularly. This library is so valuable to me as a Child Welfare certifier that I felt I needed to do my part to keep it growing.”  
– Lindsey Vickers, DHS Social Service Specialist

Oregon Post Adoption Resource Center  
2950 SE Stark Street, Suite 130  
Portland, Oregon 97214  
① 503-241-0799 (telephone) • ① 800-764-8367 (toll-free) • ① 503-241-0925 (fax)  
✉ orparc@nwresource.org • ② www.orparc.org • ② Follow ORPARC on Facebook  
Office hours: Monday through Friday, 9:00 a.m. to 5:00 p.m.
Books for Parents and Professionals

- **The Fabric of Autism: Weaving the Threads Into a Cogent Theory**, by Judith Bluestone; *Donated by Maya Bartel, PSU Student Intern*
  Infused with rare insights into the impetus behind autistic behaviors, this book weaves the various threads of autism into a "make-sense" theory, hard won through personal experience and decades of study. From neuroscientific research, explanations of developmental processes and clinical outcomes emerge the probable causes of autism.

- **No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**
  by Daniel J. Siegel, MD and Tina Payne Bryson, PHD
  This book highlights the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. The authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth.

- **No-Drama Discipline Workbook: Exercises, Activities, and Practical Strategies to Calm the Chaos and Nurture Developing Minds**
  by Daniel J. Siegel, MD and Tina Payne Bronson, PhD
  The goal of this guide is simple: discipline less on "autopilot" by developing a set of principles and strategies based on your own family dynamics. These stories, reflections, and exercises will help you think more deeply about the way you communicate with your kids and provide opportunities for peaceful and nurturing conflict resolution.

As a founding partner of the original program, ORPARC is thrilled to highlight this series of FREE advanced, evidence-based courses on specialized theories and practices to treat adopted and foster children and their families. Relevant for those working with children and families impacted by adoption, foster care, and relative care, and by child abuse, trauma and neglect. Program objectives:

- Increase effective, accessible and affordable mental health support for adopted/foster children and their families
- Prepare adoption-competent professionals skilled in using evidence-based strategies for the emotional, behavioral and mental health issues of children with histories of abuse, trauma and neglect
- Reduce the risk of adoptive, foster and guardianship family dissolution and disruption

Courses include:

- **Building Resiliency & Stability for Adoptive, Foster and Kinship Families**
- **Impact of Trauma, Abuse & Neglect on Child Neurodevelopment**
- **Fetal Alcohol Spectrum Disorder (FASD) & Other Drug Effects: Understanding & Application of a Brain-Based Approach for Adoptive & Foster Families**
- **Family-Based Therapeutic Strategies for Adoptive & Foster Families**
- **Treating the Continuum of Attachment Difficulties for Adoptive & Foster Families (2-day course)**
- **Essential Interventions for Adoptive & Foster Families**
- **Life Story Work: A Model for Recovery for Youth**

For more information visit: [www.cwpsalem.pdx.edu/adoption/index.html](http://www.cwpsalem.pdx.edu/adoption/index.html).
Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Spanish language interpretation available upon request. Please request these services two weeks in advance.

**SAVE THE DATE!**

**Fetal Alcohol Spectrum Disorders (FASD): It’s a Brain Thing!**

Friday, November 4, 2016  •  9:00am to 2:00pm
Deschutes County Fairgrounds Expo Center, 3800 SW Airport Way, Redmond, OR 97756

Collaboration between Swindells Resource Center & ORPARC

Swindells Resource Center, Deschutes County Health Services, Opportunity Foundation, Oregon Post Adoption Resource Center, The Confederated Tribes of Warm Springs, Early Learning Hub of Central Oregon, Central Oregon Disability Support Network among many other Central Oregon partners invite you to save the date, November 4, for a special event addressing FASD and the brain. Our experts will address the different behaviors and symptoms including memory and language comprehension. We will learn how FASD affects the individual experiencing it. The day includes speakers for families and professionals, a panel of experts, and a resource fair! Nate Sheets is a behavior consultant in the Willamette Valley and owner of Oregon Behavior Consultation and specializes in Fetal Alcohol Spectrum Disorders. His presentation will be designed specifically for professionals serving children and families. CEU's will be available for $50.00. Eileen Devine, a practicing LCSW and mother of a child with FAS, will share her expertise on Fetal Alcohol Spectrum Disorder FASD with families and primary caregivers. A certificate of attendance will be available for all who attend Eileen’s talk at no cost. Potential attendees or resource providers, please feel free to contact Michelle O'Donnell, Swindells Supervisor, by phone or email with questions at 503-215-2429 or 1-800-833-8899, ext. 52429, or email Michelle.O'Donnell@providence.org.

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**Swindells Resource Center**

Swindells Resource Center of Providence Child Center supports parents and caregivers of children who have special needs, developmental delays or disabilities. Swindells provides resources, information and education to communities throughout Oregon and SW Washington.

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 information about future Swindells events & trainings, visit [www.ProvidenceOregon.org/Swindells](http://www.ProvidenceOregon.org/Swindells).

<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Training</th>
<th>Location/Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>07/25-08/29</td>
<td>Developing our Children’s Skills, 6-week parenting class</td>
<td>Salem Health Community Health Education Center, Presented by Linda Sinclair, Autism Specialist, Beaverton Public Schools</td>
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<tr>
<td>August 9-10</td>
<td>Kadlec Autism Conference</td>
<td>Tri-Cities, Washington</td>
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<tr>
<td>August 9-10</td>
<td>PC/PA Conference</td>
<td>Corvallis</td>
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<tr>
<td>August 16</td>
<td>It’s a Brain Thing: Providing Cognitive Support for FASD &amp; Other Neurobehavioral Conditions</td>
<td>Salem Health Community Health Education Center, Presented by Nate Sheets, Oregon Behavior Consultation</td>
</tr>
<tr>
<td>August 25</td>
<td>Supporting Your Child in Special Education: Learn, Organize, Believe</td>
<td>Providence Portland Medical Center, Presented by Victoria Haight, Oregon Family Support Network (OFSN)</td>
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<tr>
<td>September 8</td>
<td>DD Summit</td>
<td>Salem</td>
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<tr>
<td>September 12</td>
<td>Mental Health First Aid</td>
<td>Providence St. Vincent Medical Center, Presented by Kathy Turner</td>
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<tr>
<td>September 24</td>
<td>Special Olympics</td>
<td>Nike World Headquarters, Beaverton</td>
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<tr>
<td>September 24</td>
<td>Buddy Walk</td>
<td>Portland</td>
</tr>
<tr>
<td>September 27</td>
<td>Developing our Children’s Skills, 6-week class</td>
<td>Providence Portland Medical Center, Presented by Linda Sinclair</td>
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<tr>
<td>September 30</td>
<td>ADHD</td>
<td>Providence Portland Medical Center, Presented by Aaron Tabacco</td>
</tr>
<tr>
<td>October 8</td>
<td>Sibshops</td>
<td>Newberg Christian Church</td>
</tr>
<tr>
<td>October 13</td>
<td>Sensory</td>
<td>Providence Portland Medical Center</td>
</tr>
<tr>
<td>October 13-14</td>
<td>Helping Our Toddlers Develop Children’s Skills</td>
<td>Albany, Presented by Linda Sinclair, Autism Specialist</td>
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<tr>
<td>October 15</td>
<td>Sibshops</td>
<td>Providence St. Vincent Medical Center</td>
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<tr>
<td>October 19</td>
<td>Autism 101</td>
<td>Providence Portland Medical Center</td>
</tr>
<tr>
<td>October 23-24</td>
<td>18th Annual Shoulder to Shoulder Conference</td>
<td>Red Lion Hotel on the River at Jantzen Beach</td>
</tr>
<tr>
<td>November 4</td>
<td>Fetal Alcohol Spectrum Disorders, FASD It’s A Brain Thing</td>
<td>Deschutes County Fairgrounds Expo Center, Presented by Nate Sheets &amp; Eileen Devine, LCSW</td>
</tr>
</tbody>
</table>
2016 Shoulder to Shoulder Conference
Strengthening Children & Families

Please join us at the 18th Annual Shoulder to Shoulder Conference at the Red Lion Hotel on the River in Jantzen Beach. There is a Pre-Conference Event on Sunday, October 23rd and the full conference will occur on Monday, October 24th. Registration and scholarships applications opened on August 22nd. Registration cost is $75.00 by October 9th and $95.00 on/after October 10th. Continuing Education Credits and Certificates of Attendance are available. Professional and adoptive/foster/kinship parent scholarships are available.

Conference Registration: www.stsconference.com/registration
Conference Scholarships: www.stsconference.com/scholarships

FACT Oregon
Empowering families experiencing disability.

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 / 1-888-988-3228 • www.factoregon.org

Entrenamientos en español
20 de septiembre...Entiendo el Proceso de Educación Especial [el Plan Individual de Educación].............6:00-7:30pm..........Canby

Children’s Program

Summer 2016
Groups, Classes & Workshops
Registration: Call 503-977-0877 or visit www.childrensprogram.com
Beaverton-Hillsdale Highway, Suite 300, Portland, OR
✓ Conversations with Children about Gender, Dan Munoz, Ph.D. September 2016; $50 per adult/family.
✓ Skills for School Success for 6-7-8th Graders, Allan Cordova, Ph.D. August 15-16-17, 9:30-11:00am. $240 per adult.

42nd Annual Conference
Nashville, Tennessee
August 4-6, 2016

Pre-Conference Event on August 3, 2016
Sheraton Music City Hotel
777 McGavock Pike, Nashville, Tennessee
Visit www.nacac.org for conference details
Co-Hosted by Harmony Family Center and the Tennessee Department of Children’s Services
Center for Improvement of Child and Family Services
PSU Child Welfare Partnership • www.cwpsalem.pdx.edu

METROPOLITAN REGION:
Metro Training Line: 971-673-1822, D2.MetroTrainingCenter@state.or.us
Metro Training Center, 1245 SE 122nd Avenue, Entry A, Portland, OR 97233

July 19 Caring for the Sexually Abused Child October 28-29 Behavior Crisis Management Training (2 days)
August 13 CPR & First Aid November 1 Nurturing the Infant in Care: Birth to 24 months
August 30 What Your Mother Said November 18 Managing Difficult Behaviors in Young Children
September 20 The Foster to Adoption Shift December 8 Connections: Children, Birth Families and Caregivers
October 11 Collaborative Problem Solving

EASTERN REGION
July 22-23 Behavior Crisis Management Training (2 days) Hermiston 541-564-4493, irma.deanda@state.or.us
July 26 Transitioning Children with Sensitivity Baker City 541-523-6423 x 521, hope.a.perkins@state.or.us
August 3 Effects of Trauma on Learning in Children 0-18 The Dalles 541-506-5222, tracy.l.gower@state.or.us
September 22 Living Under the Influence of Addiction Hermiston 541-564-4496, jodine.frost@state.or.us
September 24 Trauma Informed Parenting The Dalles 541-506-5222, tracy.l.gower@state.or.us
September 28 Supporting Children Exposed to Domestic Violence John Day 541-575-0728, sarah.harfield@state.or.us
October 13 Loving & Letting Go Burns 541-573-2086 x 225, stacie.m.cooley@state.or.us
October 15 Trauma Informed Parenting Ontario 541-889-9194 x 314, louise.schneider@state.or.us
October 18 Caring for the Sexually Abused Child Baker City 541-523-6423 x 521, hope.a.perkins@state.or.us
October 20 Loving & Letting Go Boardman 541-481-9482 x 224, monica.l.gilbertson@state.or.us
November 8 Parenting to a Child’s Temperament Hermiston 541-564-4496, jodine.frost@state.or.us
November 16 Strategies in Successful Fostering The Dalles 541-506-5222, tracy.l.gower@state.or.us

SOUTHERN REGION
July 21 Behavior: Pouting to Punching Klamath Falls 541-850-6807, lori.oconnor@state.or.us
August 16 Connections: Children, Birth Families & Caregivers North Bend 541-756-5500 x 272, whitney.warr@state.or.us
August 20 Positive Behavior Management Klamath Falls 541-850-6807, lori.oconnor@state.or.us
August 22 Effective Communication Roseburg 541-464-2063, mary.kay.skourup@state.or.us
August 26-27 Behavior Crisis Management Training (2 days) Medford 541-732-4009, mendy.j.delong@state.or.us
September 12 Talking with Children about Difficult Issues Medford 541-732-4009, mendy.j.delong@state.or.us
September 15 Loss & Grief Klamath Falls 541-850-6807, lori.oconnor@state.or.us
September 19 Caregivers & Caseworkers Teamin Roseburg 541-464-2063, mary.kay.skourup@state.or.us
September 20 Parenting a Child with Special Needs North Bend 541-756-5500 x 272, whitney.warr@state.or.us
September 21 Effects of Trauma on Learning in Children 0-18 Gold Beach 541-247-3734, sarah.a.sanders@state.or.us
September 22 Effects of Trauma on Learning in Children 0-18 Grants Pass 541-956-2983, kyndra.burdinis@state.or.us
October 10 Parenting Children with ADHD-Fundamentals Medford 541-732-4009, mendy.j.delong@state.or.us
October 15 CPR & First Aid Roseburg 541-464-2063, mary.kay.skourup@state.or.us
October 25 The Foster to Adoption Shift Klamath Falls 541-850-6807, lori.oconnor@state.or.us
November 3 Loving & Letting Go Roseburg 541-464-2063, mary.kay.skourup@state.or.us
November 14 Loving & Letting Go Medford 541-732-4009, mendy.j.delong@state.or.us
November 16 Methamphetamine Endangered Children Klamath Falls 541-850-6807, lori.oconnor@state.or.us
December 1 Permanency Options for Caregivers Grants Pass 541-956-2983, kyndra.burdinis@state.or.us

ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS
8 de octubre Desarrollo Infantil: Niño pequeño al preadolescente Springfield 541-726-6644 extensión 2237
19 de octubre Criando un niño con Deficit de atención e hiperactividad Portland 971-673-1822
26 de octubre Criando de acuerdo al temperamento de los niños Hillsboro 503-277-6649
# 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)

### Western Region

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>July 26</td>
<td>Early Childhood &amp; Brain Development</td>
</tr>
<tr>
<td>August 3</td>
<td>Supporting Children Exposed to Domestic Violence</td>
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<tr>
<td>August 20</td>
<td>CPR &amp; First Aid</td>
</tr>
<tr>
<td>September 7</td>
<td>Transitioning Children with Sensitivity</td>
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<tr>
<td>September 13</td>
<td>Early Childhood &amp; Brain Development</td>
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<tr>
<td>September 13</td>
<td>Parenting Children with ADHD-Fundamentals</td>
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<tr>
<td>September 15</td>
<td>Parenting Children with ADHD-Advanced</td>
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<tr>
<td>September 15</td>
<td>Managing Difficult Behaviors in Young Children</td>
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<tr>
<td>September 17</td>
<td>Trauma Informed Parenting</td>
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<tr>
<td>September 20</td>
<td>Talking with Children about Difficult Issues</td>
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<tr>
<td>September 22</td>
<td>Fetal Alcohol Spectrum Disorder Fundamentals</td>
</tr>
<tr>
<td>October 1</td>
<td>CPR &amp; First Aid</td>
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<tr>
<td>October 6</td>
<td>Collaborative Problem Solving</td>
</tr>
<tr>
<td>October 20</td>
<td>Thriving in Stressful Times</td>
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<tr>
<td>October 25</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
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<tr>
<td>November 3</td>
<td>Responding to the Sexual Behaviors of Children</td>
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<tr>
<td>November 3</td>
<td>Collaborative Problem Solving II</td>
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<tr>
<td>November 8</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
</tr>
<tr>
<td>November 17</td>
<td>Loving &amp; Letting Go</td>
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### 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>Children Can Hear</td>
<td>8:30 am</td>
<td>Enhancing Teen Attachment</td>
<td>July 12</td>
</tr>
<tr>
<td>Wishing for a peaceful mealtime</td>
<td>August 7</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 as Caregiver</td>
<td>October 20</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 &amp; 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>
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</tbody>
</table>

### NetLink Trainings in Spanish

<table>
<thead>
<tr>
<th>8:30 a.m. to 12:00 a.m. del mediodía</th>
<th>5:30 a.m. a 9:00 p.m.</th>
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</thead>
<tbody>
<tr>
<td>Ninguno</td>
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</tbody>
</table>

### Oregon Family Support Network

- Serving Benton, Clackamas, Central Oregon, Lincoln, Lane, Polk, Yamhill, and Washington counties
- 1300 Broadway Street NE, Suite 403, Salem, OR 97301
- ☏️ 503-363-8068 • 📧 1-800-323-8521 • [www.ofsn.org](http://www.ofsn.org)

### Other Trainings at www.ofsn.org

- Walk With Us
- Think:Kids – Collaborative Problem Solving TIER 1
- Youth Mental Health First Aid
- Section 504 or IEP?
- IEP Basics
- Youth Mental Health First Aid
- Trauma Informed Care @ Yellowhawk Tribal Health Center
- Behaviors and the IEP
- Adult Mental Health First Aid

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*Page 6*
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.

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 (7) 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@codsn.org
2. Creating Opportunities: Polk, Yamhill and Marion counties, 503-559-3674
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

To register, visit: http://www.eventbrite.com/e/12th-annual-northwest-autism-conference-tickets-22547178217

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.

Visit the ASO Calendar at www.autismsocietyoregon.org to see a vast array of events, support groups, and trainings, and to obtain more information about the Autism Society of Oregon.
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.

Beneath the Mask: Understanding Adopted Teens......................................................................................................... In-demand webinar / $10
Talking with Children about Adoption.......................................................................................................................... In-demand webinar / $10
Emotional Regulation and Relaxation Techniques for Parent and Child................................................................................. In-demand webinar / $10
Taking the Fear Out of Adoption..................................................................................................................................... In-demand webinar / $10
W.I.S.E. UP! for Parents: Empowering Children to Handle Questions/Comments about Adoption........................................ In-demand webinar / $10

The Native America Rehabilitation Association of the Northwest, Inc. Proudly Presents the

7th Annual Spirit of Giving Conference

“Life is Sacred”

Tuesday-Thursday, August 2-4, 2016
Red Lion Inn on the River at Jantzen Beach
909 N Hayden Island Drive, Portland, OR 97217
Call 503-224-1044 ext. 145 for more information

LGBTQ Resources

ORPARC maintains a comprehensive list of LGBTQ-related resources. This issue features Education and Scholarship and Health & Wellness resources. Contact ORPARC to receive a complete list.

Education & Scholarship Resources

* Equity Foundation, Jessica Dolin Memorial Scholarship, www.equityfoundation.org/scholarships
* Portland Area Business Association (PABA), www.paba.com/scholarship
* Pride Foundation, Scholarships for LGBTQ & Ally Students, www.pridefoundation.org

Health & Wellness Resources—Oregon

* Cascade AIDS Project, www.cascadeaids.org
* Encouraging Respect for Aging, www.pdxcenter.org/era-encouraging-respect-for-aging
* The LGBTQ Meaningful Care Conference, http://oregonlgbtqhealth.org/mcc
* Outside in Trans Clinic, www.outsidein.org/medical-services.htm
* OHP Trans Health, http://oregontranshealth.com
* Q Center Portland, www.pdxcenter.org
* Sexual Minority Youth Resource Center, www.smyrc.org
* TransActive Gender Center, www.transactiveonline.org
OTAC offers a variety of training opportunities across Oregon and online, from classroom learning to hands on workshops and live webinars. OTAC wants to meet your training needs! If you don’t see what you are looking for in our Course Catalog or Training Calendar, please contact us to discuss your needs and we will do what we can to accommodate your training needs.

July 8.............. One-Day Autism Workshop ................................................................. 9:00am-4:00pm ......................... Portland
July 21........... Oregon Intervention System: OIS-P is for Parents................................. 9:00am-4:30pm ..................... Pendleton
August 22........ Regional ISP Workshop: A deeper dive into the Oregon ISP Process........ 8:30am-4:30pm ...................... Redmond
August 23........ Oregon ISP for Foster Providers of Adults & Children.......................... 8:30am-12:00pm .................. La Grande
August 23........ Oregon ISP for Provider Organizations .................................................. 1:15pm-5:00pm .................... La Grande
August 24........ Oregon ISP for Service Coordinators/Personal Agents ......................... 8:45am-4:30pm .................... La Grande
August 25........ Regional ISP Workshop: A deeper dive into the Oregon ISP Process........ 8:30am-4:30pm ..................... La Grande
August 31........ Oregon ISP for Service Coordinators/Personal Agents......................... 8:30am-4:30pm .................... Oregon City
September 6....... Regional ISP Workshop: A deeper dive into the Oregon ISP Process…… 8:30am-4:30pm ..................... Oregon City
September 9....... Regional ISP Workshop: A deeper dive into the Oregon ISP Process…… 8:30am-4:30pm ..................... Portland
September 21..... Oregon ISP for Service Coordinators/Personal Agents ......................... 8:30am-4:30pm .................... Keizer
October 7........ Oregon ISP for Provider Organizations .................................................... 1:15pm-5:00pm .................... Keizer
October 13........ Oregon ISP for Foster Providers of Adults & Children......................... 8:30am-12:00pm ................ Oregon City
October 13........ Oregon ISP for Provider Organizations .................................................... 1:15pm-5:00pm .................... Oregon City
October 21........ Regional ISP Workshop: A deeper dive into the Oregon ISP Process........ 8:30am-4:30pm ..................... Keizer
November 14...... Oregon ISP for Provider Organizations .................................................. 12:30pm-4:30pm ................ Eugene

NAFA is offering a one-year complimentary membership to State Adoptive Families. Contact ORPARC for a Membership Form.
NAFA Annual Campout .......................... 07/15-07/17/2016, Nehalem Bay State Park, Nehalem Oregon........... Contact Sue at sue@nafaonline.org
Waiting Families ................................................. 08/03, 11/02, 7-8:30 pm .......................................................... Contact Diane at diane@nafaonline.org
Baby & Toddler Care Class .................. 10/01, 8:30 am-4:30 pm ................................................................. Contact Mary at mary@nafaonline.org

National Adoption Center® Internet Essentials by Comcast

If you, or a family you know, have a child who participates in the National School Lunch Program, your family may qualify for Comcast Internet Service at the low cost of $9.95 a month plus tax. There are no price increases, no activation fees or equipment rental charges. In addition, the family may purchase a low-cost computer for just $149 plus tax and receive free Internet training-online, in print and in person.

The National Adoption Center believes that every child deserves the right to an excellent education, and supports Comcast’s conviction that Internet service can be an important part of that education. Internet at home allows children to do homework, search for jobs, download music, communicate with others and much more.

If you think this program might be right for a family, it’s easy to get started. Visit www.InternetEssentials.com to learn more or call 1-855-846-8376 to enroll and begin. There are also pilot programs for college students and seniors living in certain areas; check the website for more information.

Comcast is committed to students’ access to online learning, and is excited to tell you about programs like Internet Essentials that may be helpful to families.
Oregon Parent Support Groups

It is recommended that you contact the support group to verify meeting information.

**Statewide Online Group sponsored by ORPARC**

- **ORPARC Online Parent Group**, Private Facebook group for eligible families, supported by ORPARC staff. Contact Arah Gould @ agould@nwresource.org to join this private Facebook group.

**Metropolitan Region (Multnomah County)**

- **Adoption Parenting Group**, SE Portland, Sponsored by Northwest Adoption Support, MereAnn Reid, MA @ 971-533-0228 or nwadoptionsupport@gmail.com. Topics determined by group. All adoptive and foster parents welcome. First visit free.
- **Family Group**, Lake Oswego/SW Portland, Sarah Cantor @ scantor@snjmuson.org. Adoptive/guardian parents and children.
- **Gimme a Break (GAB) Support Group**, United Cerebral Palsy Association, Susan Cushman @ 503-467-0332 or scushman@ucpaorwa.org. For parents of children with Cerebral Palsy.
- **Grandparents Raising Grandchildren**, Ockley Green, Grandparent-led, Carolyn Smith @ 503-515-9598 or Patricia Price @ 503-282-6312. Advocacy-based parenting.
- **Grandparents and Other Relatives Raising and Parenting Children**, SE Portland, Impact NW, Sandra Lewis @ 503-988-6300 x28322. Understanding and dealing with added stress.
- **Rooted: Adopted Teens Group**, NE Portland, Northwest Adoption Support, MereAnn Reid, MA @ 971-533-0228 or nwadoptionsupport@gmail.com. Best for teens ages 14-17, adopted at any age. $30.00 per session. Scholarships available.
- **Talk it Over**, Portland and Gresham locations, Trillium Family Services, Margaret Puckette @ 503-289-7797. For parents of children or teens with mental illness, substance abuse, or serious behavior problems. No registration required.

**Southern Region**

- **Douglas**
  - **It’s All Relative**, Roseburg, Parent-led, Patty Attaway @ 541-671-7225. For parents who are raising a relative’s child(ren).
- **Josephine**
- **Klamath**
  - **Grandparents as Parents and Kinship Caregivers Support Group of Klamath Falls**, Klamath Falls, Parent-led, Lloyd King @ 541-891-0268 or lloydking1937@gmail.com. Adoptive parents and relative caregivers welcome.
- **Lane**
  - **Foster and Adoptive Parent Association (FAAPA) of Lane County**, Eugene, FAAPA Lane County, Carol Hansen, carog424@yahoo.com. No meetings during summer months. www.faapalane.org for more information.

**Eastern Region**

- **Deschutes**
  - **Parents Helping Parents Support Group**, Bend, Oregon Family Support Network (OFSN), Julie @ 541-389-0444 or juliet@ofsn.net. Parents of children with mental, emotional, and behavioral issues.
  - **Family Support Group**, Bend and Redmond locations, CODSN, Stephanie Utzman @ 541-548-8599. Families of children experiencing disability. No childcare.
  - **Ladies Who Lunch**, Bend, CODSN, Stephanie Utzman @ 541-548-8599. Moms of children experiencing disability meet for support and sharing. No childcare.
  - **Paul’s Club**, Bend, CODSN, Stephanie Utzman @ 541-548-8599. Dads of children experiencing disability meet for support, sharing, and occasional speaker. No childcare.
- **Umatilla**
  - **Special Needs Families Connect**, Pendleton, Families Connect, @ 541-377-0790 or familiesconnect@zoho.com. Listen, talk, support, share. Information for parents of children with special needs. Childcare provided.
**Oregon Parent Support Groups**

It is recommended that you contact the support group to verify meeting information

<table>
<thead>
<tr>
<th><strong>Western Region</strong></th>
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<tbody>
<tr>
<td><strong>Benton:</strong></td>
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<tr>
<td>Linn/Benton Adoption Support Group, Albany, Sponsored by DHS, Sarah Davis @ 541-791-5731 or <a href="mailto:sarah.c.davis@state.or.us">sarah.c.davis@state.or.us</a>. Current and prospective foster and adoptive parents. RSVP for childcare.</td>
</tr>
<tr>
<td>Grandparents as Parents, Corvallis, Old Mill Center, Erica Crimp @ 541-757-8068. Registration required. Grandparents raising grandchildren. Childcare available.</td>
</tr>
<tr>
<td><strong>Clackamas:</strong></td>
</tr>
<tr>
<td>Adoption Support Group, North Clackamas DHS Branch, Sponsored by DHS, Beth Girard @ 503-731-4096.</td>
</tr>
<tr>
<td>Foster Parent Support Group, Oregon City DHS Branch, Sponsored by DHS, Suzanne and Tom Sager, 503-319-5393 or <a href="mailto:sagerssuzanne@aol.com">sagerssuzanne@aol.com</a>. Potluck-style group for foster, relative caregiver and adoptive parents.</td>
</tr>
<tr>
<td>Grandparents Raising Grandchildren Coffee Hour, Lake Oswego and Clackamas locations, Sponsored by Clackamas County, Jennifer Junenberg @ 503-650-5724 or <a href="mailto:jjunenberg@clackamas.us">jjunenberg@clackamas.us</a>. Kinship care providers.</td>
</tr>
<tr>
<td><strong>Columbia:</strong></td>
</tr>
<tr>
<td>Foster and Adoptive Parent Support Group, St. Helens, Sponsored by DHS, Amanda Catchpole @503-366-8412 or <a href="mailto:amanda.r.catchpole@state.or.us">amanda.r.catchpole@state.or.us</a>. Foster connections with other families in the community. Limited childcare offered; RSVP for availability.</td>
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<tr>
<td><strong>Linn:</strong></td>
</tr>
<tr>
<td>Linn/Benton Adoption Support Group, Albany, Sponsored by DHS, Sarah Davis @ 541-791-5731 or <a href="mailto:sarah.c.davis@state.or.us">sarah.c.davis@state.or.us</a>. Current and prospective foster and adoptive parents. RSVP for childcare.</td>
</tr>
<tr>
<td><strong>Marion:</strong></td>
</tr>
<tr>
<td>Adopting Oregon's Kids “A-O-K” Support Group, Sponsored by DHS, Salem DHS Branch, Roberta Lincoln @ 503-947-5214. Group does not meet during months of June and July. No childcare.</td>
</tr>
<tr>
<td>Marion County Adoption Support Group, Salem DHS Branch, Sponsored by DHS, Erma Brundidge @ 503-378-4784 or <a href="mailto:erma.s.brundidge@state.or.us">erma.s.brundidge@state.or.us</a> or Kem Sunitsch @ 503-378-5289 or <a href="mailto:kem.sunitsch@state.or.us">kem.sunitsch@state.or.us</a>.</td>
</tr>
<tr>
<td>Relatives as Parents Support Group, Keizer, NW Senior &amp; Disability Services, Suzy Deeds at 503-304-3429 or Julie Mendez @ 503-304-3432. Grandparents and relatives raising children.</td>
</tr>
<tr>
<td><strong>Washington:</strong></td>
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<tr>
<td>Washington County Adoption Support Group, Beaverton DHS Branch, Sponsored by DHS, Jennifer Ricks @ 503-277-6658. Childcare provided.</td>
</tr>
<tr>
<td>Washington County Game Night, Hillsboro, OFSN, Carrie Leavitt @ <a href="mailto:carrieleavitt@gmail.com">carrieleavitt@gmail.com</a> or 503-784-3004. Games, activities, and food for children with behavioral, developmental, special needs.</td>
</tr>
<tr>
<td>Washington County Family Group, Beaverton, Angie Kolbet @503-626-6271. Adoptive/guardian families.</td>
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<tr>
<td><strong>Yamhill:</strong></td>
</tr>
<tr>
<td>A Peer to Peer Parenting Group...Collaborative Problem Solving, McMinnville and Newberg locations, OFSN/NAMI/Yamhill Co. Family &amp; Youth Programs, Contact Jan Urton @ 503-435-9107 or 503-434-7462.</td>
</tr>
<tr>
<td>Adoptive and Foster Parent Support Group, McMinnville, Parent-led, Misty @ 503-537-7627. Speaker arranged to present every month.</td>
</tr>
<tr>
<td>Collaborative Problem Solving Support Group, McMinnville and Newberg locations. OFSN/Yamhill Co. Family &amp; Youth Programs, <a href="http://www.midvalleyparenting.org">www.midvalleyparenting.org</a>. Parents/caregivers who are interested in using CPS.</td>
</tr>
<tr>
<td>Parents Caregiver Support Group, Newberg, Community Connections, Krissey Findley @ 503-537-1546 or <a href="mailto:kristina.findley@providence.org">kristina.findley@providence.org</a>. Parent and guardians of children who experience special needs.</td>
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**Grupos de Apoyo para Padres de Crianza y Padres Adoptivos**

Se recomienda a los padres que se comuniquen con el grupo de apoyo para verificar la información de la reunión.

<table>
<thead>
<tr>
<th><strong>Clackamas:</strong></th>
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<tbody>
<tr>
<td>Grupo de apoyo para Padres de Crianza y Padres Adoptivos, Oregon City, Patrocinado por el DHS, Marta Maben @ 971-673-7013 o Aurora Pulido @ 503-731-4037. Cuidado de niños (guardería) está disponible.</td>
</tr>
<tr>
<td><strong>Multnomah:</strong></td>
</tr>
<tr>
<td>Grupo de Apoyo y Entrenamientos en Español para Padres de Crianza, Portland, Patrocinado por el DHS, Irene Phipps @ 971-673-1838. Cuidado de niños disponible.</td>
</tr>
<tr>
<td><strong>Washington:</strong></td>
</tr>
<tr>
<td>Grupo de apoyo para Padres de Crianza y Padres Adoptivos, Hillsboro, Patrocinado por el DHS, Sharon Espinal y Lupe Huerta @ 503-681-6924.</td>
</tr>
</tbody>
</table>
Q&A Parenting Support — “Success or Failure”  
By Heather T. Forbes, LCSW; Parent and Author of *Beyond Consequences, Logic & Control: Volume 1 & Volume 2, Dare to Love*, and *Help for Billy*  
Reprinted with permission from Heather Forbes | From Blueprints | Thursday, May 26, 2016

**Q:** I have to say that in the two weeks we used the techniques in the book, my son has gone from occasional and minor non-compliance to a constant source of rude talking, anger, misbehavior and general disruption. As of yesterday we are trying to forget everything we learned in an effort to recover from this catastrophic experiment. I guess it doesn’t work for everyone.

**A:** I certainly want to address this Email I was sent by a discouraged parent because I know that it can be frustrating and disheartening to see negativity in a home intensify when trying to make positive changes. Implementing a new technique in the home can create disruption for families. A new technique is change and in our children’s perspectives, change is inherently bad because something bad is going to happen, thus threatening their relative sense of safety.

The Beyond Consequences paradigm is an absolute 180 degree shift from what many families have traditionally used. Yet, an increase in negative behavior can actually be seen as a step in the right direction for families beginning their journey down the Beyond Consequences healing road. Let me explain...

We traditionally use behaviors as a gauge to determine whether our child is "good" or "bad." We are a behaviorally and outcome based society, where the behavior determines either success or failure. Unfortunately, we deny the process and only focus on the end result. With sensitive children (i.e., children acting out with defiant and severe behaviors), losing our focus of the process creates fear within us as parents. If we only see a child as being rude, misbehaving, and angry, then all we see is failure.

In this example, I want to encourage the parent to see that the change in behavior, albeit an increase in negative behavior, is actually a sign of an improved process. This child is expressing more of himself and sharing his pain and fear with the parent. The child is discharging past trauma. Trauma gets stored in the mind and body of a child and it has to be released. The releasing of trauma is never "pretty." Allowing the discharge of trauma then allows the process of healing to begin.

Emotional expression is a learned behavior. Most children coming out of trauma have only learned to express themselves in negative and rude ways. The process of recovery and healing involves first allowing for a short period the child to express in the only way they know how and then tightening up the boundaries around how to express appropriately. It is our job through the interactions with our children to teach them how to express themselves in positive ways. In the beginning, try to think of attitudes and sassiness simply as a communication of a deeper trauma issue, knowing that as you build the relationship and the trust, then it is time to teach and expect better ways of communicating from your child.

Now be honest with yourself when answering this question: When you've been stressed out, felt like you are not being heard, and felt completely overwhelmed, did you ever react to those closest to you in a disrespectful, angry, or inappropriate way? I'm thinking your answer is "yes." We act like this when we have no other means to get someone to connect with us and to connect with our needs.

I believe that by implementing the Beyond Consequences paradigm in this home, this parent actually created more safety and more emotional space for this child to move out of a hypo-aroused state (inwardly shut-down state) into a hyper-aroused state (outwardly, angry state). By increasing the level of safety, removing the threat of punishment, and responding instead of reacting, this parent created space for this child to express himself. This is a victory. Yet it is only a victory if we stay focused on the process.

Meeting our children exactly where they are is the only way to move them forward to bring them exactly where we think they should be.

When a child shifts from a hypo-aroused to hyper-aroused state, celebrate. Yes, celebrate that tantrums are happening! Finally, the child is venturing out of his/her shell and is getting out the fear, pain, and stress instead of keeping it locked down. This is the healing moment. This is the opportunity to reach in and connect with the child in order to demonstrate through experience what a safe relationship with a parent can be like.

Creating emotional safety and space for emotional expression is scary and it takes courage. I do believe that love works for everyone. It is simply a matter of focusing on the relationship, focusing on the process of trauma recovery, and giving our children time to re-learn appropriate ways to express their emotions. In doing so, the ONLY possible outcome to follow will be "good behavior."