ORPARC Celebrates – National Adoption Month & Adoption Day!

The month of November, National Adoption Month, and Saturday, November 19th, National Adoption Day, are special times here at ORPARC! We recognize and celebrate Oregon’s wonderful adoptive families, and the dedicated professionals who support them - while also bringing awareness to the many children in foster care still waiting to find permanent, loving families. Learn more about the national efforts at [www.ChildWelfare.gov/adoption](http://www.ChildWelfare.gov/adoption) or [www.NationalAdoptionDay.org](http://www.NationalAdoptionDay.org).

2016 Angel in Adoption

Congratulations ORPARC & OARE Director Kendra Morris-Jacobson!

The Oregon Post Adoption Resource Center is both honored and humbled to announce that Kendra Morris-Jacobson, supervisor of the ORPARC and OARE programs for Northwest Resource Associates, has been selected by Senator Ron Wyden as his “Angel in Adoption” for 2016! The [Congressional Coalition on Adoption Institute’s Angel in Adoption](http://www.nationaladoptionday.org) program helps federal legislators to recognize individuals who have made significant contributions to the field. Kendra traveled with her family to Washington, D.C. to the annual gala held on September 21st, and met with Senator Wyden and his staff. Kendra states, “The incredible ORPARC and OARE staff—who are also so strongly supported by the dedicated DHS workers and our amazing community partners—can take full credit for this honor. Serving adoptive families and advocating for waiting children is the invaluable and important work that inspires each of us every day.”

What’s New in the ORPARC Library

Books for Parents & Professionals
- The Connected Child
- Love Me, Feed Me: The Adoptive Parent’s Guide to Ending the Worry about Weight, Picky Eating, Power Struggles and More
- Mindsight: The New Science of Personal Transformation
- TBR® Pocket Guide

DVDs for Parents & Professionals
- Attachment, Why it Matters
- Children from Hard Places
- Frontline: Growing Up Trans
- Healthy Touch
- Playful Interaction
- A Sensory World
- TBR® for Teens
- TBR® Overview (Trust-Based Relational Intervention®)
- Trust-Based Parenting

Children’s Books
- Baby Owl Lost Her Whoo
- Doggie Doesn’t Know No
- The Elephant With Small Ears
- Healing Days: A Guide for Kids Who Have Experienced Trauma
- It’s Tough to Be Gentle: A Dragon’s Take
- The Penguin and the Fine-Looking Fish
- The Redo Roo
- The War That Saved My Life
- Wish

DVD en español
- Crianza basada en la confianza: Cómo crear cambios duraderos en la conducta de su hijo
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 scholarship 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

Pre-Conference Event
Sunday, October 23rd  •  5:30-8:00pm

Keynote Speaker

Dr. Johnny Lake
Children at Risk: Canaries in the Mineshafts

Session A—10:15-11:45am
•  Going deeper into the Mineshaft: Understanding Race and Culture
•  Foster Parents & Birth Families Engaging Together
•  Understanding Autism: Facts, Myths and Resources
•  LGBTQ Youth in Substitute Care
•  Foster Healing
•  In Transition—FosterClub
•  Applying Mindfulness to Attachment: Identifying Parental Attachment Styles in the Adoption Process
•  Overview of Resiliency Factors for Children and Youth
•  CSEC 101

Session B—1:30-3:00pm
•  plugging in: how technology is shaping our brains, relationships, sense of self
•  Who’s Looking Out for the Children?
•  Neurobiology of Trauma: The Science Behind Hope and Healing
•  Promoting Healthy Adolescent Relationships
•  Advancing Primary Care for Children in Foster Care
•  The Wounded Spirit: Ambiguous Loss in Foster Care
•  The Foster to Adoption Shift
•  Troubling the Helping Profession: How do we look at Power, Race, Gender, and Intersecting Identities
•  Building Health Care that Works for Children in Foster Care

Session C—3:15-4:45pm
•  FASD and Other Neurobehavioral Conditions
•  Raising Black Boys
•  Don’t Interrupt, I’m Busy Surviving: Seeking Safety in a Scary World
•  Understanding and Supporting the Sexual Health of Youth in Care
•  Trauma Informed Parenting
•  The Pact—FosterClub
•  Working through the International Maze
•  Grief and Loss, Care and Compassion
•  Foster Care & Prevention Services—FosterClub Roundtable
•  State of Oregon Parent Advisory Council: Parents Collaborating with Child Welfare Leadership

All-Day Conference
Monday, October 24th  •  8:00am to 5:00pm

Morning Keynote

Dr. Jaiya John
Your Caring Heart: Renewal for Helping Professionals and Caregivers

Lunchtime Keynote

Dr. Doreen Dodgen-Magee
setting an inter-generational table: how to know, work with, live with and thrive alongside generations x, y and everyone else

New ➔ Relatives as Parents Support Group
Sponsored by NorthWest Senior & Disability Services
Meets 1st Monday of each month from 10:30am-12:30pm  •  First meeting: Monday, October 3rd
St. Patrick Catholic Paris, Annex Building, 1275 “E” Street, Independence, OR 97351

This new monthly group is for grandparents or relatives raising grandchildren or other family. We will explore ways to cope with the demands and stresses of parenting again as an older adult and will provide valuable information and resources. Join other relative parents for conversation, learning and support in a caring, relaxed and confidential setting. No need to register, drop-ins welcome. New topics each month. Coffee & Refreshments provided. The support group is sponsored by NorthWest Senior & Disability Services (NWSDS) Relatives as Parents. For more information contact Amy Crevola at 503-606-7620.
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.

**ORPARC Trainings**
Visit [www.orparc.org](http://www.orparc.org) for updates

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**Mediation & Conflict Resolution**
Presented by William T. Moore, Esq.
Thursday, November 17, 2016
6:30 to 8:30pm
Department of Human Services
15625 SW Greystone Court
Beaverton, OR 97006

Washington County Adoption Support Group
A potluck dinner & childcare is offered at the support group. Please RSVP to Jennifer Ricks at 503-277-6658 if you plan to attend and/or request childcare.

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**ORPARC Services & Navigating Resources and Relative Issues in Adoption**
Tuesday, November 1, 2016 6:00 to 8:00pm
Department of Human Services, Siskiyou Room, 2101 NW Hawthorne Avenue, Grants Pass, OR 97526

Two Different Trainings—Attend One or Both!
ORPARC Services & Navigating Resources: 6:00-7:00pm
Relative Issues in Adoption: 7:00-8:00pm
Register with ORPARC at 1-800-764-8367 or email orparc@nwresource.org.

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**ADHD: A Family Approach*\**
This workshop is designed for families & caregivers of children who experience ADHD

**ADHD Training & Resource Fair**
Friday, September 30, 2016 9:00am to 1:30pm
Providence Portland Medical Center
Cancer Center Amphitheater
4805 NE Glisan Street, Portland, OR 97213

Collaboration between ORPARC & Swindells Resource Center
Register at [www.providence.org/classes](http://www.providence.org/classes). Click on “our class catalog” and search by class name for “Swindells Center-ADHD-A Family Approach-Portland.” Register by phone at 503-215-2429 or 800-833-8899 ext 52429.

*This presentation will be live-streamed. Access the live stream at: [http://course.videocontinuingeducation.com/ets/pages/?p=providence_live_streaming]*

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**Fetal Alcohol Spectrum Disorders: It’s a Brain Thing**
Presented by Nate Sheets and Eileen Devine

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

Collaboration between ORPARC & Swindells Resource Center
Visit [www.providence.org/classes](http://www.providence.org/classes), click on “our class catalog” and search by class name for: “Swindells Center-FASD-Redmond.”

You are invited to a special event addressing Fetal Alcohol Brain Disorders (FASD) and the brain. Nate Sheets and Eileen Devine 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. Please feel free to contact Michelle O’Donnell, Swindells Supervisor, by phone or email with questions at 503-215-2429, 1-800-833-8899, x52429 or email Michelle at Michelle.O'Donnell@providence.org.

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*This presentation will be live-streamed. Access the live stream at: [http://course.videocontinuingeducation.com/ets/pages/?p=providence_live_streaming]*
Federal Adoption Tax Credit for Special Needs Adoptions

Families who finalized the adoption of a child with special needs in 2016 can claim the full adoption tax credit of $13,460 whether or not they had any expenses. A child with special needs is a U.S. foster child who receives adoption subsidy or adoption assistance program benefits. The amount of the credit is based on the year the adoption finalized:

- 2016: $13,460
- 2015: $13,400
- 2014: $13,190

The 2016 adoption tax credit is NOT a refundable credit. Nevertheless, families are encouraged to submit IRS Form 8839 (“Qualified Adoption Expenses”) with their 2016 taxes even if they do not have tax liability because the credit can be carried forward up to five (5) additional years, and families might benefit later if their tax situation changes or if the credit is made refundable in the future. Visit www.orparc.org for more adoption tax credit updates in the near future.

Online Adoptive Parent Support Group

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

FREE WEBINAR

We Never Outgrow the Need for Family—Just Ask Us
Talking With Older Youth About Adoption
October 4, 2016 ∙ 10:00-11:00am (Pacific Time)
Register at: https://attendee.gotowebinar.com/register/6260343608336222211

As part of this year’s National Adoption Month initiative, the Children’s Bureau, in collaboration with Child Welfare Information Gateway and AdoptUSKids, is hosting a webinar in line with this year’s theme, We Never Outgrow the Need for Family—Just Ask Us, about how to begin and continue conversations with older youth about adoption. This webinar will feature a panel, including two young adults formerly in foster care, an adoptive parent, and an adoption professional, who will share their perspective and suggestions on how to have more effective and meaningful conversations with teenagers about permanency.

Fetal Alcohol & Other Neurobehavioral Conditions:
Understanding & Application of a Brain-Based Approach
October 13-15, 2016 (Thursday-Saturday) ∙ 9:00am-4:00pm
The Mark Spencer Hotel, 409 SW 11th Avenue, Portland, OR 97205
$395.00 for parents/$495.00 for professionals; limited partial scholarships available
Registration: Contact Wendy Temko, 503-621-1271, wtemko@fascets.org

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.
### 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>Training</th>
<th>City</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>October 11</td>
<td>Collaborative Problem Solving</td>
<td>Portland</td>
<td>541-573-2086</td>
<td><a href="mailto:stacie.m.coelman2@state.or.us">stacie.m.coelman2@state.or.us</a></td>
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<tr>
<td>October 28</td>
<td>Behavior Crisis Management Training (2 days)</td>
<td>Portland</td>
<td>541-889-9194</td>
<td><a href="mailto:louise.schneider@state.or.us">louise.schneider@state.or.us</a></td>
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<tr>
<td>October 18</td>
<td>Caring for the Sexually Abused Child</td>
<td>Portland</td>
<td>541-523-6423</td>
<td><a href="mailto:deborah.a.white@state.or.us">deborah.a.white@state.or.us</a></td>
</tr>
<tr>
<td>November 8</td>
<td>Parenting to a Child’s Temperament</td>
<td>Portland</td>
<td>541-564-4496</td>
<td><a href="mailto:jodine.frost@state.or.us">jodine.frost@state.or.us</a></td>
</tr>
<tr>
<td>November 16</td>
<td>Strategies in Successful Fostering</td>
<td>Portland</td>
<td>541-506-5222</td>
<td><a href="mailto:tracy.l.powell@state.or.us">tracy.l.powell@state.or.us</a></td>
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### EASTERN REGION

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<tr>
<td>September 28</td>
<td>Transitioning Children with Sensitivity</td>
<td>Springfield</td>
<td>541-726-6644</td>
<td><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
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<tr>
<td>October 7-8</td>
<td>Behavior Crisis Management Training (2 days)</td>
<td>Springfield</td>
<td>541-726-6644</td>
<td><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
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<tr>
<td>October 15</td>
<td>Parenting Children with ADD/ADHD</td>
<td>Medford</td>
<td>541-732-4009</td>
<td><a href="mailto:mendy.j.delong@state.or.us">mendy.j.delong@state.or.us</a></td>
</tr>
<tr>
<td>October 22</td>
<td>CPR &amp; First Aid</td>
<td>Sanford</td>
<td>541-464-2063</td>
<td><a href="mailto:mary.kay.skourop@state.or.us">mary.kay.skourop@state.or.us</a></td>
</tr>
<tr>
<td>October 25</td>
<td>The Foster to Adoption Shift</td>
<td>Klamath Falls</td>
<td>541-850-6807</td>
<td><a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
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<tr>
<td>November 3</td>
<td>Loving and Letting Go</td>
<td>Roseburg</td>
<td>541-464-2063</td>
<td><a href="mailto:mary.kay.skourop@state.or.us">mary.kay.skourop@state.or.us</a></td>
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<tr>
<td>November 14</td>
<td>Loving and Letting Go</td>
<td>Medford</td>
<td>541-732-4009</td>
<td><a href="mailto:mendy.j.delong@state.or.us">mendy.j.delong@state.or.us</a></td>
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<tr>
<td>November 16</td>
<td>Methamphetamine Endangered Children</td>
<td>Klamath Falls</td>
<td>541-850-6807</td>
<td><a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
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### SOUTHERN REGION

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<tr>
<td>October 1</td>
<td>CPR &amp; First Aid</td>
<td>Oregon City</td>
<td>971-673-7361</td>
<td><a href="mailto:julia.buzzard@state.or.us">julia.buzzard@state.or.us</a></td>
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<tr>
<td>October 6</td>
<td>Collaborative Problem Solving</td>
<td>Albany</td>
<td>541-791-5982</td>
<td><a href="mailto:christina.sterling@state.or.us">christina.sterling@state.or.us</a></td>
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<tr>
<td>October 11</td>
<td>Strategies in Successful Fostering</td>
<td>Astoria</td>
<td>503-325-9179</td>
<td><a href="mailto:suzanna.vermeul-wilson@state.or.us">suzanna.vermeul-wilson@state.or.us</a></td>
</tr>
<tr>
<td>October 20</td>
<td>Thriving in Stressful Times</td>
<td>Salem</td>
<td>503-378-4491</td>
<td><a href="mailto:gwendolynn.L.slippy@state.or.us">gwendolynn.L.slippy@state.or.us</a></td>
</tr>
<tr>
<td>October 25</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
<td>Beaverton</td>
<td>503-277-6673</td>
<td><a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
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<tr>
<td>November 3</td>
<td>Collaborative Problem Solving II</td>
<td>Albany</td>
<td>541-791-5982</td>
<td><a href="mailto:christina.sterling@state.or.us">christina.sterling@state.or.us</a></td>
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<tr>
<td>November 8</td>
<td>Understanding the Sexual Behaviors of Children</td>
<td>Salem</td>
<td>503-378-4491</td>
<td><a href="mailto:gwendolynn.L.slippy@state.or.us">gwendolynn.L.slippy@state.or.us</a></td>
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### ENTRAMIENTOS EN ESPAÑOL

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<tr>
<th>Date</th>
<th>Desarrollo Infantil: Niño pequeño al preadolescente</th>
<th>Portland</th>
<th>541-726-6644</th>
<th><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></th>
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<tr>
<td>8 de octubre</td>
<td>Cuidando a un niño con Trastorno de Déficit de Atención</td>
<td>Portland</td>
<td>971-673-1822</td>
<td><a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
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<tr>
<td>19 de octubre</td>
<td>Creando a un niño con Trastorno de Déficit de Atención</td>
<td>Hillsboro</td>
<td>503-277-6649</td>
<td><a href="mailto:sharon.s.espinal@state.or.us">sharon.s.espinal@state.or.us</a></td>
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### NetLink Trainings

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<td>Vicarious Trauma: Surviving &amp; Thriving</td>
<td>October 20</td>
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<td><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
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<tr>
<td>School, Homework and Success</td>
<td>November 3</td>
<td>Portland</td>
<td>541-726-6644</td>
<td><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
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<td>Caring for Sexual &amp; Gender Minority Youth</td>
<td>December 1</td>
<td>Portland</td>
<td>541-726-6644</td>
<td><a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
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### Training instructions & registration at [http://cwpsalem.pdx.edu/distance/resource.htm](http://cwpsalem.pdx.edu/distance/resource.htm)

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<tr>
<th>Morning NetLink Trainings</th>
<th>8:30 a.m. to 12:00 noon</th>
<th>Evening NetLink Trainings</th>
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<tr>
<td>Vicarious Trauma: Surviving &amp; Thriving</td>
<td>October 20</td>
<td>Confidentiality: Not just a good idea, it’s the law!</td>
<td>September 27</td>
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<td>School, Homework and Success</td>
<td>November 3</td>
<td>Helping Children with Visitation</td>
<td>October 18</td>
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<tr>
<td>Caring for Sexual &amp; Gender Minority Youth</td>
<td>December 1</td>
<td>Loving and Letting Go</td>
<td>November 15</td>
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<tr>
<td></td>
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<td>Viviendo Bajo la Influencia de la Adicción</td>
<td>16 de noviembre</td>
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<td>Living Under the Influence of Addiction</td>
<td>December 13</td>
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NACAC Webinars

NACAC has a series of webinars on key topics for adoptive & foster parents, which cover trauma, managing feelings and behaviors, acting out, food issues, adoption tax credit, FASD, and more. Certificates of attendance are available for paid webinars. $15 per webinar for NACAC members and $20 for non-members. Visit www.nacac.org for more information. Webinars include:

- Adoption Tax Credit (1.25 hours)
- Healing from Food Insecurity: Beyond the Stash (1.5 hours)
- Helping Children Heal from Trauma: What Parents/Caregivers Need to Know (1.67 hours)
- Helping Children Manage Feelings and Behaviors (1.5 hours)
- “I’ll Tell Them When They’re Older Because…” Talking to Children about Their History (1.25 hours)
- Parenting Children Who Have Been Prenatally Exposed (1.5 hours)
- Parenting the Hurt Child (1.0 hour)
- The Teen Years: Brain Development, Impact of Trauma on Growth, Strategies (1.5 hours)
- Understanding The Acting-Out Behavior of Your Adopted Children (1.5 hours)

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.

Oregon Training and Consultation

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!

October 7 Oregon Individual Support Planning (ISP) for Provider Organizations 1:15-5:00pm Keizer
October 10-11 Person Centered Thinking: For Services Coordinators & Personal Agents 9:00am-4:30pm Salem
October 12 One Page Profile Workshop 8:30am-12:00pm/1:00-4:30pm Hillsboro
October 12 Building Stronger Teams 8:00am-3:00pm Pendleton
October 13 People Planning Together Workshop: It’s Your Life – Take Charge! 9:00am-4:00pm Medford
October 13 Oregon Individual Support Planning (ISP) for Foster Providers (Adults & Children) 8:30am-12:00pm Oregon City
October 13 Oregon Individual Support Planning (ISP) for Provider Organizations 1:15-5:00pm Oregon City
October 19 Oregon Intervention System (OIS) for Parents 9:00am-5:00pm Portland
October 21 Regional ISP Workshop: A deeper dive into the Oregon ISP Process 8:30am-4:30pm Keizer
October 25 Do You Hear What I Hear? A Workshop on Hearing & Communication 8:30am-12:30pm Portland
October 26 Tricks of the Trade: Supporting ADLs and IADLS 9:30am-12:30pm Portland
Swindells Resource Center of Providence Child Center
Serving families of children with special needs
2016 Community Education

Visit www.providence.org/classes, click on “our class catalog” and search by class name or location to register. If you have any questions or need assistance registering, please call the Providence Resource Line at 503-574-6595 or 1-800-562-8964 (Mon-Thu, 8:00am-6:30pm; Fri, 8:00am-5:30pm). You may also email ORREGHealthEducation@providence.org.

<table>
<thead>
<tr>
<th>PORTLAND</th>
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<tbody>
<tr>
<td>ADHD: A Family Approach</td>
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<tr>
<td>Training &amp; Resource Fair</td>
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<tr>
<td>Friday, September 30, 2016 • 9:30am to 3:30pm</td>
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<tr>
<td>Providence Portland Medical Center</td>
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<tr>
<td>Cancer Center Amphitheater</td>
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<tr>
<td>4805 NE Glisan Street, Portland, OR 97213</td>
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<tr>
<td>Collaboration between ORPARC &amp; Swindells Resource Center</td>
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<tr>
<td>Register at <a href="http://www.providence.org/classes">www.providence.org/classes</a>. Click on “our class catalog” and search by class name for “Swindells Center-ADHD-A Family Approach-Portland.” Register by phone at 503-215-2429 or 1-800-833-8899 ext 52429. This presentation will be live-streamed. Please visit the following link to access the live stream: <a href="http://course.videocontinuingeducation.com/ets/pages/?p=providence_live_streaming">http://course.videocontinuingeducation.com/ets/pages/?p=providence_live_streaming</a></td>
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<td>*Collaboration between Swindells &amp; ORPARC</td>
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<th>NEWBERG</th>
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<tr>
<td>Sibshops</td>
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<tr>
<td>Saturday, October 8, 2016 • 9:30am to 12:00 pm</td>
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<tr>
<td>Newberg Christian Church,</td>
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<tr>
<td>2315 Villa Road, Newberg, OR 97132</td>
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<td>Please pre-register by phone at 503-215-2429 or 1-800-833-8899 ext 52429.</td>
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<tr>
<th>OREGON CITY</th>
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<tr>
<td>Mental Health 101</td>
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<tr>
<td>Wednesday, October 19, 2016 • 6:00 to 8:00 pm</td>
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<tr>
<td>Willamette Falls Community Center</td>
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<tr>
<td>519 15th Street, Oregon City, OR 97045</td>
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<tr>
<td>Register at <a href="http://www.providence.org/classes">www.providence.org/classes</a>. Click on “our class catalog” and search by class name for “Swindells Center-Mental Health 101.” Register by phone at 503-215-2429 or 1-800-833-8899 ext 52429.</td>
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<tr>
<th>REDMOND</th>
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<tr>
<td>Fetal Alcohol Spectrum Disorders: It’s a Brain Thing</td>
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<tr>
<td>Training &amp; Resource Fair</td>
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<td>Friday, November 4, 2016 • 9:00am to 2:00pm</td>
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<td>Deschutes County Fairgrounds Expo Center</td>
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<td>3800 SW Airport Way, Redmond, OR 97756</td>
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<tr>
<td>Register at <a href="http://www.providence.org/classes">www.providence.org/classes</a>. Click on “our class catalog” and search by class name for: “Swindells Center-FASD-Redmond.” You are invited to a special event addressing Fetal Alcohol Brain Disorders (FASD) and the brain. Nate Sheets and Eileen Devine 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. Please feel free to contact Michelle O’Donnell, Swindells Supervisor, by phone or email with questions at 503-215-2429, 1-800-833-8899, x 52429 or email Michelle at Michelle.O’<a href="mailto:Donnell@providence.org">Donnell@providence.org</a>.</td>
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<tr>
<td>*Collaboration between Swindells, ORPARC and other Community Partners</td>
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Guiding for Tomorrow: Ensuring Balanced Development & Long Term Quality of Life for Individuals and Families Experiencing Autism
Monday, October 10, 2016 • 6:00 to 9:00pm
Providence St. Vincent Medical Center
Souther Auditorium
9135 SW Barnes Road, Portland, OR 97225
Register at www.providence.org/classes. Click on “our class catalog” and search by class name for “Swindells Center-Guiding For Tomorrow.” Register by phone at 503-215-2429 or 1-800-833-8899 ext 52429.

Advanced Speech & Language Skills: Middle School to Adulthood
Saturday, November 5, 2016 • 8:30am to 5:30pm
Providence Portland Medical Center
Cancer Center Amphitheater
4805 NE Glisan Street, Portland, OR 97213
Register at www.providence.org/classes. Click on “our class catalog” and search by class name for “Swindells Center-Dr. Libby Kumin.” Register by phone at 503-215-2429 or 1-800-833-8899 ext 52429.
*Collaboration between Swindells & Down Syndrome Network OR
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.

October 3.............It Starts with a Dream: Introduction to Person-Centered Planning & One-Page Profile ............9:00-10:30am .... Pendleton
October 3.............Understanding Special Education and Your Important Role on the IEP Team ....................5:00-6:30pm ..... St. Helens
October 4.............Community Building: Creating a Whole Life in Community .................................................6:30-8:30pm .... Portland
October 11..........It Starts with a Dream: Introduction to Person-Centered Planning & One-Page Profile ..........6:00–7:30pm .... Canby
11 de octubre ..........Todo comienza con un sueño: Introducción a la planificación centrada en la persona ........6:00–7:30pm ...... Canby
October 12..........Understanding Special Education and Your Important Role on the IEP Team ....................5:30-7:00pm .... Portland
October 15...........Family Harvest Party at Harley ($25.00 for up to 5 family members) ..................................12:00–2:00pm .... Gladstone
October 18...........FACT’s Fall Breakfast @ Multnomah Athletic Club in Portland ($20.00) .................................7:30-9:00am .... Portland
October 18...........FACT at Portland Children’s Museum Access Play Night! .....................................................5:30–7:30pm ...... Portland
October 20..........Seven Corners Community Collaborative Groundbreaking Celebration .............................11:00am-1:00pm ... Portland

See below information for the Preparing for the Transition to Adulthood Series Part 2 (10/20/2016) and Part 3 (11/17/2016).

10/20/2016......Preparing for the Transition to Adulthood Series: Part 2 (In-person Live Streaming Video) .... 5:30-8:00pm ...... See Below
11/17/2016......Preparing for the Transition to Adulthood Series: Part 3 (In-person Live Streaming Video) ...... 5:30-8:00pm ...... See Below
Call 503-786-6082, 1-888-988-3228, or registration@factoregon.org with registration questions. Location/contacts below:
  • Albany: ........................................Linn Benton Lincoln ESD ..........................................................Vikki Mahaffey, 541-812-2737
  • Baker: ........................................Baker County Library .............................................Dana Stone, 877-315-4225, dana@roccosfamilynetwork.org
  • Burns: .......................................Burns Chamber of Commerce ..............................................Dana Stone, 877-315-4225, dana@roccosfamilynetwork.org
  • Clackamas: ................................Clackamas ESD ...............................................................503-786-6082
  • Enterprise: ................................Wallowa ESD ................................................................. Saralyn Johnson, 541-426-7600, sjohnson@r18esd.org
  • Medford: ....................................Health & Human Svrs. Bldg. ..............................................541-690-8542, heathero@livingopps.org
  • Pendleton: ..................................Intermountain ESD ....................................................... Lon Thornburg, 541-966-3162, lon.thornburg@imesd.k12.or.us
  • Redmond: ..................................High Desert ESD ............................................................. No Contact Number Listed

November 2...........Preparing for the Transition into Adulthood ........................................................................6:00-8:00pm .... Portland
10 de noviembre ......Entendiendo el Plan de Educación Especial (“IEP” por sus siglas en inglés) ......................12:30-2:30pm ...... Salem
November 10..........Understanding Special Education and Your Important Role on the IEP Team .............12:30-2:30pm ...... Salem
December 6 ...........It Starts with a Dream: Introduction to Person-Centered Planning & One-Page Profile ....6:00-7:30pm ...... Woodburn
6 de diciembre ......Todo comienza con un sueño: Introducción a la planificación centrada en la persona ......6:00-7:30pm ...... Woodburn

Join Adoptive Families and top adoption experts in interactive webinars on all aspects of adoption and raising adopted children. Visit:
www.adoptivefamilies.com/category/resources/adoption-webinars/

Past Webinars
  ♦ Adoption at School
  ♦ Adoption Home Study
  ♦ Adoption Paperwork
  ♦ Baby Care for Adoptive Parents
  ♦ Creating Your Adoption Profile
  ♦ Foster Adoption
  ♦ Growing Up as a Transracial Adoptee
  ♦ Imagining Your Future Child
  ♦ Open Adoption
  ♦ Reluctant Partner or Relatives
  ♦ Parenting after Transracial Adoption
  ♦ Parenting the Hurt Child
  ♦ Sound Sleep Strategies
  ♦ Transracial Adoption

Upcoming Webinar
  Adapting When You’re Already Parenting
  Wednesday, September 28th 10:00-11:00am
  Beth Friedberg, LCSW, Associate Director at Spence-Chapin Services to Families & Children, will address common questions and concerns about adopting while already parenting. Join us for this presentation and a chance to ask your questions.
C.A.S.E. webinars are a valuable resource for both parents and professionals. Join us for our 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. Information & Registration: http://adoptionsupport.org/product-type/for-parents-family/

October 20 .............. Is Medication Right for my Child?
November 17 .......... Helping Children and Youth Transition from Foster Care to Adoption

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

Resources and More: Information You Can Use NOW to Help Your Child with Special Needs

Designed for parents & caregivers of children & youth with special health, developmental or behavioral needs

Wednesday, October 19, 2016 • 8:15-9:45am
NeighborImpact Board Room
2303 SW First Street, Redmond, OR 97756

• Learn about resources and programs to help children and families
• Pick up materials from travelling mini resource fair. Meet other families of children with special needs
• PLUS: After presentation, up to 20 families may participate in a short “listening session” and receive a $20 stipend

Please call 1-855-323-6744 to register. Leave your name and number and you will receive a confirmation phone call.

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

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
4. Family and Community Together (FACT): Gilliam, Wheeler, Morrow, Grant, Harney & Lake counties, dana@roccosfamilynetwork.org
5. Families for Community: Jackson and Josephine counties, kimerly@familiesforcommunity.org
6. ROCCOS Family Network: Gilliam, Wheeler, Morrow, Grant, Harney & Lake counties, dana@roccosfamilynetwork.org
7. Families Connected: Lane County, 541-343-5256, laura.dahill@arcline.org

OCFN consists of 7 family-driven organizations around the state that help 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 information.
Community Resources, Trainings & Events

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

Sep 26-Oct 18 ….. Collaborative Problem Solving for Families (4 weeks) ……….. 5:30-7:30pm ……….. Salem
October 3 …….. Journey to Advocacy ………………….. 9:00am-2:00pm …….. St. Helens
October 4 …….. Community and Family Awareness Seminar ………………….. 8:00am-3:00pm …….. McMinnville
Oct 4-Oct 27 ….. Collaborative Problem Solving: Tier One (7 sessions) ……….. 5:30-7:30pm …….. Bend
Oct 20-Nov 10 ….. Collaborative Problem Solving: Overview for Families (4 weeks) ……….. 5:00-7:00pm …….. Newport
October 26 …….. Journey to Advocacy ………………….. 9:00am-2:00pm …….. Bend
October 27 …….. Journey to Advocacy ………………….. 9:00am-12:00pm …….. Bend
Oct 27-Nov 11 ….. Collaborative Problem Solving: Overview for Families (4 weeks) ……….. 5:00-7:00pm …….. Newport
October 28 …….. Youth Mental Health First Aid ………………….. 8:30am-5:30pm …….. Springfield
October 28 …….. Wraparound 101: Planning Process for Children & Families ……….. 9:00am-12:00pm …….. Bend
Nov 3-Nov 24 ….. Collaborative Problem Solving: Overview for Families (4 weeks) ……….. 5:00-7:00pm …….. Newport
Nov 10-Dec 1 ….. Collaborative Problem Solving: Overview for Families (4 weeks) ……….. 5:00-7:00pm …….. Newport
December 5 …….. Family Peer Delivered Service (PDS), Foundations ………………….. 9:00am-5:00pm …….. Astoria
December 6 …….. Family Peer Delivered Service (PDS), Foundations ………………….. 9:00am-5:00pm …….. Astoria
December 7 …….. Family Peer Delivered Service (PDS), Foundations ………………….. 9:00am-5:00pm …….. Astoria
December 9 …….. Adult Mental Health First Aid ………………….. 8:30am-5:30pm ….. Cottage Grove
December 9 …….. Family Peer Delivered Service (PDS), Foundations ………………….. 9:00am-5:00pm …….. Astoria

The Children’s Program—Fall 2015 Groups, Classes & Workshops
To register call 503-977-0877 or visit www.childrensprogram.com • 7707 SW Capitol Highway, Portland, OR 97219
All Workshops & Trainings are held in Portland

Mind Target for Middle School Girls ……………………………………………………………… 2 Parent Meetings: Wednesdays, 09/28 & 11/16 ……….. 5:00-6:00pm
Pay Attention to Attention Group ……………………………………………………………… 6 Student Sessions: Wednesdays, 10/05-11/09 ……….. 5:00-6:50pm
Beginners AD/HD Group ………………………………………………………………………… 8 Student Sessions: Tuesdays, 10/18-12/06 ……….. 5:00-6:00pm
The Incredible Years ……………………………………………………………………………… 9 Sessions: Mondays, 10/17-12/19 ……….. 4:00-5:15pm
Anger Management Strategies for Parents of Grade Schoolers ……………………4 Thursdays, 10/27, 11/03, 11/10, 11/17 ……….. 5:00-6:15pm
Making Sense of Educational Supports ………………………………………………………….... Thursday, November 3 ……….. 6:00-8:00pm
Adults with Attention Deficit …………………………………………………………………... Saturday, November 5 ……….. 9:00am-4:00pm
Social Media: What Every Parent Should Know …………………………………………….... Wednesday, November 6 ……….. 6:00-8:00pm
Byte Sized Labs: The Mechanics of Minecraft ………………………………………………. 4 Mondays, 11/07, 11/14, 11/21 11/28 ……….. 4:00-5:30pm
Conversations with Children about Gender …………………………………………………….. Monday, November 14 ……….. 6:00-8:00pm
Tantrums/Meltdowns/Rage: Parenting Strategies for Calming the Storm …………. 3 Thursdays, 12/01, 01/05, 02/02 ……….. 6:00-8:00pm

Northwest Adoptive Families Association
PO Box 12086, Portland, OR 97212
503-243-1356 • information@nafaonline.org

NAFA is made up of families from all types of adoption: foster, domestic, and international. NAFA's provides support and education to families just beginning the adoption process through raising children into adulthood.

Waiting Families ………………………………………………………………………………. 11/02/2016, 7:00-8:30pm ……….. Legacy Emanuel Hospital ……….. Contact Diane at diane@nafaonline.org
Baby & Toddler Care Class …………………………………………………………………… 10/01, 8:30am-4:00pm ……….. Legacy Emanuel Hospital ……….. Contact Mary at mary@nafaonline.org
LGBTQ Training & Educational Resources

LGBTQ Youth, You, and the Foster Care System
Presented by the Multnomah County Child Welfare Council: LGBTQ Workgroup
Saturday, October 29, 2016 • 9:00am-12:00pm & 1:00-4:00pm
Q Center, 4115 N Mississippi Avenue, Portland, OR 97217

Come listen to foster youth, foster parents, and others who work in the foster care system to discuss becoming a foster parent and the specific need for LGBTQ (lesbian, gay, bisexual, transgender, queer) families. There are two identical sessions, 9am-Noon and 1pm-4pm, with a networking opportunity for everyone from 12:00-1:00pm. A light lunch will be provided. RSPVs are requested but not required to attend. Please email mary.geelan@multco.us with any questions or requests for special accommodations. Register at: https://www.eventbrite.com/e/lgbtq-youth-you-and-the-foster-care-system-tickets-27607706393?aff=erellivmlt

NetLink Training
Caring for Sexual and Gender Minority Youth
Thursday, December 1, 2016
8:30am-12:00noon
Register at the DHS Learning Center: https://dhslearn.hr.state.or.us

This training is designed to help caregivers understand the experiences and culture of sexual minority youth. The workshop will serve as an introduction to issues including identification of internal and external bias, risk factors for sexual minority youth and strategies for being an ally.

Pride Foundation
INSPIRING HOPE

The Pride Foundations awards scholarships to lesbian, gay, bisexual, transgender, queer and straight ally student leaders in the Northwest. Scholarships can be used for any post-secondary education. The scholarship application opens October 10, 2016 and will close on January 13, 2017. No late applications are accepted. Pride funds students of any age for any accredited program or degree. Applicants must be a resident of Alaska, Idaho, Montana, Oregon or Washington, but may study elsewhere. With just one application to complete, the Pride Foundation is proud to offer over 50 different scholarships. Scholarship workshops are offered in October, November, December and January. Learn more and apply at www.pridefoundation.org.

Point Foundation

www.pointfoundation.org

Point Foundation is the nation’s largest scholarship-granting organization for lesbian, gay, bisexual, transgender and queer (LGBTQ) students of merit. Point promotes change through scholarship funding, mentorship, leadership development, and community service training.

www.pointfoundation.org

Point Foundation considers many factors when assessing scholarship applicants, including: a proven track record of leadership and community involvement; strong academic achievement; working for the betterment of the LGBTQ community; and, financial need. Eligible applicants: must be enrolled or intending to enroll at an accredited college or university based in the United States, must be enrolled full-time for the full academic year; must be enrolled in a degree-granting undergraduate or graduate/doctoral program; community college students must be transferring to a four-year college or university; must be at least a senior in high school; and, must be “out” as a person who identifies as a member of the LGBTQ community.

Application Deadlines:
- November 1: Part I of Point’s Scholarship Application opens.
- November 1: Part II of Point’s Scholarship Application opens to eligible applicants, who are notified by email and then have until February 2 to submit Part II.
- January 19: Part I of Point’s Scholarship Application closes at 11:59 p.m. PST.
- February 1: Part II of Point’s Scholarship Application closes at 11:59 p.m. PST.
Featured Article
Q&A Parenting Support—“Growing & Healing through Struggles”
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 | Tuesday, July 26, 2016

“In order for children to open up to their past trauma memories, the parent has to be willing to be a 'parental sponge'--acknowledging, absorbing, and experiencing every feeling, every tear, and every fear associated with the trauma. Now that is connection!”

Q: I just read my first reflection, regarding being a parental sponge and while I agree with the spirit of it, my concern is this: “Experiencing your child's or client's trauma at such an intensity, couldn't that create trauma for the person being the 'sponge'?” I feel I am very empathic but how can I do that without hurting myself?

A: This is an insightful question. Traditionally, most of us are empathic and give compassion in a way that ultimately drains us. This is because of a core belief that tells us that by giving empathy, we will be able to make this person better or that we have the ability to "fix" the problem for this person.

We own that it is up to us to get this person to shift into a calm, peaceful, and regulated state. Their issue then becomes our issue and we stay focused on the outcome of them being better.

It becomes a simple mathematical equation. If I give empathy (E), if I listen (L), and if I spend my time with this person (T), he will be better (B). E + L + T = B

Yet, when we give these three and the result is not what we expected, we feel a sense of failure. We turn it back on ourselves and hear the old negative tapes playing in our head, "I didn't try hard enough." "I'm not good enough." "I should have done something different." BAM! The negative feedback loop then feeds on itself right within our own mind. Fatigue, overwhelm, and even resentment begin to brew within our internal selves.

In order to be a sponge, the only action we need to take is to simply be present with our child (or friend, spouse, coworker). It is not up to us to make this person better. The reality is that we cannot change or fix another person. We can surround them with support; we can love them unconditionally, free of judgment or control; we can set appropriate boundaries, and we can align with their pain. Yet in doing this, it is still ultimately up to them to make their life work.

Additionally, if we enter into an interaction with a child, expecting him to be better, we are actually adding more stress to the equation, which will create more fear and hinder the healing process. We must stay focused on giving our love without expecting anything in return. That is the essential definition of love.

Entering into an interaction with an expectation of an outcome is not true love. This is conditional love. Conditional love drains us. Unconditional love energizes and liberates us.

So that is the theory and I know you are reading this and wanting some meat to chew on--you want application to your 16-year-old teenager whose girlfriend just dumped him and he is feeling like the entire world is coming to an end. You see how his past abandonment issues are being triggered and how this situation is being magnified due to his early adoption history.

Reprogram your thinking to see that what he needs is your support, your attention, and your unconditional acceptance. It is not up to you to make this okay for him. Trust that it is in the struggles of life that we learn and grow to our maximum potential.

By being empathetic, by listening, by spending time, and being present with him you are doing EVERYTHING for him. Stay focused on the outcome of you being the absolutely best parent you can be, no matter the outcome of his emotional state at the moment. Your "success" cannot be tied to his feeling better instantaneously.

Keep being the sponge for your child’s pain. Become energized by the power of putting unconditional love into action. There is no greater state to be in on this planet!