The Journey

www.orparc.org

Legacy of a Leader

Kathy Prouty, DHS Adoptions Manager, Set to Retire this Summer

Fresh out of graduate school, Kathy Prouty began what would become a tireless 30-year career of service to Oregon. Working her way all the way up from protective services and novice caseworker to most recently one of the most effective decision makers in Oregon’s child welfare adoption community, she has contributed immensely to strengthening Oregon adoptions. Kathy has not only “paid her dues” over the years but has given back to the community through her many thoughtful, adoption-informed programmatic decisions. In short, Kathy “gets” adoption. Kathy has consistently validated and advocated for strong recruitment tools for waiting children, quality private agency collaborations, and for the critical nature and permanency-saving supports of post adoption services. Recognizing that Oregon remains in need of adoption-competent practitioners, she has also re-structured and supported the Adoptive & Foster Family advanced certificate program to have a broader and more impactful scope. Kathy is much admired and respected by her colleagues and community partners. When she retires this August 2017, we will miss her leadership. On behalf of ORPARC and Oregon’s state adoptive & guardianship families and children, “Thank you Kathy Prouty!”

An ORPARC Fond Farewell

Azizi Rushdan, ORPARC Program Support Coordinator, is moving on to new adventures as she continues the pursuit and near completion of her MSW at Portland State. Azizi has been a faithful and familiar face at ORPARC for 6 years. She has grown considerably, expanding her role and responsibilities in many ways, while providing invaluable support to our programs and those we serve. We will miss Azizi but are excited for her to stretch her wings. We are wishing her the best!

2017 Shoulder to Shoulder Conference

Strengthening Children & Families

Please join us at the 19th 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 29th and the full conference will occur on Monday, October 30th. Registration and scholarships applications will be available September 1st. Registration cost is $75.00 by October 16th and $95.00 on/after October 17th. Continuing Education Credits and Certificates of Attendance are available. Professional and adoptive/foster/kinship parent scholarships are available and due by September 29th.

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

Save the Dates!

October 29th and 30th, 2017

Oregon Post Adoption Resource Center
2950 SE Stark Street, Suite 130
Portland, Oregon 97214

• 503-241-0799 (telephone) • 800-764-8367 (toll-free) • 503-241-0925 (fax)
• orparc@nwresource.org • www.orparc.org • Follow ORPARC on Facebook
Office hours: Monday through Friday, 9:00 a.m. to 5:00 p.m.
Coming Back to Our Bodies (with some ideas of how to do so)

So much of our lives, it seems, are lived outside of our bodies. We maintain our friendships via texting, commonly saying we’ve “talked” to someone when, in reality, we’ve actually typed messages back and forth. We play games in digital spaces, our eyes seeing and brains perceiving any manner of different locations and settings. We sit on our couches with screens in our hands and others on the walls, often being completely out of touch with the feel of the room we reside in. We look at our phones to know the weather and to track our calories. We scroll through social media or news sites while we eat, barely tasting our food. We rely upon our wearable technologies to tell us how to feel and think.

It feels to me as though we are becoming increasingly disconnected from the message indicators built into our bodies and souls. I refer to this tendency to live outside of our bodies as disembodiment. I believe it contributes to much of our use of chemical aids to amp us up (stimulants) and to calm us down (depressants). When we haven’t practiced stimulating or soothing our physiological selves it is easy to rely on something from outside to do it for us. Disappointment, harsh self-treatment, and sometimes real clinical disorders result making us less inclined than ever to want to invade our own actual skin.

I believe that it is time for us to do some work to reverse this trend. How might it feel to reside consciously from the skin in which we live, tending to the message indicators and unique needs and preferences of our actual bodies? What if we checked in with our own levels of tiredness, alertness, receptivity, and focus rather than external input? It doesn’t need to be difficult or time consuming to do so. It simply requires intentional forethought and dedicated action. We can try consistent, simple, physical check-ins or we might get fancier and add an embodied experience to our day.

Try something new. Take a walk, eat at a new restaurant, build a fort where screens aren’t allowed, set a reminder to take breathing breaks, have a real conversation with a real person, or get massage. These are just a few ideas to get your creative juices flowing. Take time during these activities to be present in your body, noticing how each sense is responding to the new experience.

Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Spanish language interpretation may be available upon request. Please request these services two weeks in advance.

**The Young Adopted Child’s Perspective:**
Forming New Attachments after Trauma and Foster Care

**Friday, July 14th ● 9:00am to 12:00pm**
Portland Providence Medical Center
Cancer Center Amphitheater
4805 NE Glisan Street, Portland, OR 97213

This training is sponsored by ORPARC and the Oregon Infant Mental Health Association (ORIMHA)

As part of designing effective policy and practice for infants and toddlers in the child welfare system, it is essential to understand how very young children make sense out of the experiences of trauma, removal, foster care and adoption. Yet infants and toddlers understand language, causation, time, relationships, and many others aspects of life through a different lens than older individuals. This training will increase the audience’s understanding of how infants and toddlers make sense out of maltreatment by the people they trust the most in the world, and how they understand the shifts from birth home to foster home, between foster homes, and to an adoptive home. Impacts on the very young children’s sense of self, of relationships and of the basic safety and predictability of their world will be addressed.

The Presenter: Redmond Reams, PhD, IMH-E® (IV-C) is a licensed psychologist and President of the Oregon Infant Mental Health Association. He has been endorsed as an Infant Mental Health Mentor since 2004. He has been on faculty at the Post-graduate Certificate in Infant Mental Health program at PSU and the Division of Child Psychiatry at OHSU. He has a private practice in NE Portland where he provides psychotherapy to adults and to infants, toddlers and their families and consultation to psychotherapists and social service organizations.

**Registration:**

- **online:**
  [http://www.planetreg.com/E610172248137486](http://www.planetreg.com/E610172248137486)
- **telephone:**
  503-241-0799 or 1-800-764-8367 (toll-free)
- **email:**
  orparc@nwresource.org

**CECs:** 2.75 Continuing Education Credits (CECs) available for $10.00. Request at training.

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**Challenging Behavior in the Home**

September 2017 ● North Oregon Coast
Presented by Alicia Like, M.Ed., BCBA

**Digital Age and Multiple Intelligence**

Late September 2017 ● Portland
Presented by Doreen Dodgen-Magee, Psy.D.

The above trainings are a collaboration between Swindells Resource Center and ORPARC.

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**Spanish Language Training**

La Crianza Basada en la Confianza: Intervención relacional basada en la confianza (”TBRI” o “Trust-Based Relational Intervention”)

Miércoles, 26 de julio de 2017 ● 6:00 a 8:00 de la noche
Departamento de Servicios Humanos
5350 NE Elam Young Parkway, Hillsboro, Oregon 97124

4. TBRI: Principios de conexión: Cómo construir una relación de confianza (38 minutos)
5. TBRI: Principios de corrección: Cómo guiar las nuevas conductas (42 minutos)

Esta clase se llevará a cabo en el Grupo de apoyo para Padres de Crianza y Padres Adoptivos. Favor de comunicarse con Lupe Huerta o Sharon Espinal al número 503-277-6667 si tiene cualquier pregunta sobre el grupo.
The Benefits of Equine (Horse)-Assisted Psychotherapy

Using Horses in Therapy
Equine-Assisted Psychotherapy (EAP), or Equine-Facilitated Psychotherapy (EFP), is an experiential therapy that typically involves a team consisting of the horse(s), the Mental Health therapist and the Equine Specialist. Some of the many benefits of working with animals include non-judgmental acceptance and emotional regulation through the release of dopamine and oxytocin in a person’s brain when petting and physically interacting with animals. These reactions help us to feel calm and happy and promote a sense of safety that opens new space for therapy and healing.

Choosing Horses
Horses are particularly sensitive animals and make excellent therapy partners because they are aware of our emotions, body language and small changes in our demeanor that people often miss. The horses act like mirrors to our internal world and provide the opportunity to heal and gain insight within the safety of the therapeutic relationship and the bond with the horses. EFP is effective for a wide variety of mental health issues such as: emotional regulation, attachment, anxiety, depression, trauma, ADHD, eating disorders, panic attacks, suicidal ideation and many others. There is usually much less talking during a session than in an office setting. The focus instead is on the experience and interacting with the horse, making this an excellent option for adults and children who have not responded to traditional talk therapy.

Local Spotlight: Forward Stride
There are many facilities in Oregon offering EFP, including Forward Stride in Beaverton (pictured above). At Forward Stride, the therapists, Equine Specialists and horses team up to provide mental health services to individuals and groups of all ages, including “carriage driving” and supported “therapeutic riding” for alternate riding experiences. Some of their key populations include veterans, and children in foster and adoptive care. They also currently provide group therapy for teens and women recovering from trauma. For more information visit www.forwardstride.org.

Please visit www.orparc.org ➔ “Announcements” for a comprehensive list of equine therapy facilities in Oregon or to learn more in-depth about animal-assisted therapy.

Trust-Based Relational Intervention
Caregiver Training & Support Group

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vancouver</strong></td>
<td>July 15, 2017</td>
<td>9:00am to 3:00pm</td>
<td>1400 NE 136th Avenue, Suite 201, Vancouver, WA 98684</td>
</tr>
<tr>
<td><strong>Redmond</strong></td>
<td>August 26, 2017</td>
<td>9:00am to 4:00pm</td>
<td>715 NW Kingwood Avenue, Redmond, OR 97756</td>
</tr>
</tbody>
</table>

Christian Family Adoptions believes in offering wraparound support to families who are parenting children from difficult backgrounds, especially children from the foster care system. Trust-Based Relational Intervention (TBRI) is a training model developed by the Karyn Purvis Institute of Child Development that explores principles and strategies to help support, equip and encourage families raising children who have experienced a variety of trauma. Trainings are free-of-charge. Email miriam@christianfamilyadoptions.org or call 503-527-1294 to register.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10</td>
<td>Nurturing the Infant in Care: Birth to 24 Months</td>
<td>Klamath Falls</td>
<td>541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
</tr>
<tr>
<td>July 14</td>
<td>Supporting Children Exposed to Domestic Violence</td>
<td>Medford</td>
<td>541-464-2135, <a href="mailto:bethany.d.chappell@state.or.us">bethany.d.chappell@state.or.us</a></td>
</tr>
<tr>
<td>July 22</td>
<td>CPR &amp; First Aid</td>
<td>Roseburg</td>
<td>541-464-2135, <a href="mailto:bethany.d.chappell@state.or.us">bethany.d.chappell@state.or.us</a></td>
</tr>
<tr>
<td>August 10</td>
<td>You &amp; Them</td>
<td>Klamath Falls</td>
<td>541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
</tr>
<tr>
<td>August 20</td>
<td>Parenting Methamphetamine Exposed Children</td>
<td>Roseburg</td>
<td>541-464-2135, <a href="mailto:bethany.d.chappell@state.or.us">bethany.d.chappell@state.or.us</a></td>
</tr>
<tr>
<td>September 19</td>
<td>Parenting a Child with Special Needs</td>
<td>The Dalles</td>
<td>541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>December 7</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
<td>The Dalles</td>
<td>541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
</tr>
<tr>
<td>December 7</td>
<td>Parenting Methamphetamine Exposed Children</td>
<td>The Dalles</td>
<td>541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>September 27</td>
<td>Educational Rights of Children</td>
<td>Roseburg</td>
<td>541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
</tr>
<tr>
<td>September 29</td>
<td>Parenting in the Digital Age</td>
<td>The Dalles</td>
<td>541-565-3014, <a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
</tr>
<tr>
<td>September 19</td>
<td>Motivating Youth to Make Positive Change</td>
<td>The Dalles</td>
<td>541-506-5222, <a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
</tr>
<tr>
<td>September 30</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x 2274, <a href="mailto:cleaopatra.mapfumo@state.or.us">cleaopatra.mapfumo@state.or.us</a></td>
</tr>
<tr>
<td>October 4</td>
<td>A Caregiver’s Guide to Bullies, Victims, Bystanders</td>
<td>Medford</td>
<td>541-732-4043, <a href="mailto:susanne.m.kelley@state.or.us">susanne.m.kelley@state.or.us</a></td>
</tr>
<tr>
<td>October 5</td>
<td>Foster Parents in Juvenile Court</td>
<td>Klamath Falls</td>
<td>541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
</tr>
<tr>
<td>October 10</td>
<td>Understanding the Sexual Behaviors of Children</td>
<td>Roseburg</td>
<td>541-464-2135, <a href="mailto:bethany.d.chappell@state.or.us">bethany.d.chappell@state.or.us</a></td>
</tr>
<tr>
<td>November 8</td>
<td>Educational Rights of Children</td>
<td>Medford</td>
<td>541-732-4043, <a href="mailto:susanne.m.kelley@state.or.us">susanne.m.kelley@state.or.us</a></td>
</tr>
<tr>
<td>November 8</td>
<td>Parenting in the Digital Age</td>
<td>Roseburg</td>
<td>541-464-2135, <a href="mailto:bethany.d.chappell@state.or.us">bethany.d.chappell@state.or.us</a></td>
</tr>
<tr>
<td>November 16</td>
<td>You &amp; Them</td>
<td>Klamath Falls</td>
<td>541-850-6807, <a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
</tr>
<tr>
<td>November 18</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x 2274, <a href="mailto:cleaopatra.mapfumo@state.or.us">cleaopatra.mapfumo@state.or.us</a></td>
</tr>
<tr>
<td>August 8</td>
<td>The Significance of Siblings</td>
<td>Astoria</td>
<td>503-325-9179 x.213, <a href="mailto:sarah.dielman@state.or.us">sarah.dielman@state.or.us</a></td>
</tr>
<tr>
<td>September 14</td>
<td>Understanding the Sexual Behaviors of Children</td>
<td>Tillamook</td>
<td>503-842-5571 x 306, <a href="mailto:caly.b.turman@state.or.us">caly.b.turman@state.or.us</a></td>
</tr>
<tr>
<td>October 10</td>
<td>Facilitating Developmental Attachment</td>
<td>Astoria</td>
<td>503-325-9179 x.328, <a href="mailto:suzanna.vermeul-wilson@state.or.us">suzanna.vermeul-wilson@state.or.us</a></td>
</tr>
<tr>
<td>November 8</td>
<td>Facilitating Developmental Attachment</td>
<td>Astoria</td>
<td>503-325-9179 x.328, <a href="mailto:suzanna.vermeul-wilson@state.or.us">suzanna.vermeul-wilson@state.or.us</a></td>
</tr>
<tr>
<td>November 18</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x 2274, <a href="mailto:cleaopatra.mapfumo@state.or.us">cleaopatra.mapfumo@state.or.us</a></td>
</tr>
</tbody>
</table>

**ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
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<tr>
<td>14 de septiembre</td>
<td>Comunicación Efectiva</td>
<td>Salem</td>
<td>503-378-5298</td>
</tr>
<tr>
<td>20 de septiembre</td>
<td>Desarrollo Infantil: De Nino Pequeno al Preadolescente</td>
<td>Portland</td>
<td>971-673-1822</td>
</tr>
<tr>
<td>9 de noviembre</td>
<td>Desarrollar la Capacidad de Recuperación de los Niños en Cuidado</td>
<td>Salem</td>
<td>503-378-5298</td>
</tr>
</tbody>
</table>
2017 Summer Parenting Groups
Weekly support groups for parents and other caregivers of children with challenging behaviors: Understanding our children better.

Mcminnville
- Mondays, 12:00 to 2:00pm. Meetings at Thompson Park on SE Morgan Lane
- Tuesdays, 11:30am to 1:30pm. Meets at Chehalem Rotary Park.
- 2nd Monday of the Month—07/17, 08/14, 09/18, 09/25, 09/26, 10/08, 11/06: 6:00 to 8:00pm (occasionally it is the 3rd Monday if 1st Monday is a holiday). Meets at First Federal Bank, Community Room.

Groups are free and on a drop-in basis, but day/time/location may change at times. Call 503-435-9107 for updates or before coming if you are new to the group. Sponsored by: Yamhill County Family and Youth Programs, Oregon Family Support Network (OFSN), and NAMI Yamhill County. Please check the ORPARC website at www.orparc.org/services/groups for additional listings of support groups throughout Oregon.

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
➀ 503-363-8068 • ➁ 1-800-323-8521 • ✉ www.ofsn.org

July 10 ..................... 4-Week Collaborative Problem Solving Overview for Families .......... 5:45pm-8:00pm .................................................. Salem
July 17 ..................... 4-Week Collaborative Problem Solving Overview for Families .......... 5:45pm-8:00pm .................................................. Salem
July 19/July 21 ............. Journey to Advocacy .................................................. 2:30pm-3:30pm/9:00am-12:00pm .......... Portland
July 24 ..................... Collaborative Problem Solving Overview for Families .......... 5:45pm-8:00pm .................................................. Salem
July 26 ..................... Trauma: the What, Why & How We Can Respond .................. 9:00am-4:00p .................................................. Corvallis
July 31 ..................... 4-Week Collaborative Problem Solving Overview for Families .......... 5:45pm-8:00pm .................................................. Salem
August 10 ................ Trauma: the What, Why & How We Can Respond ................. 9:00am-4:00pm .................................................. Newport

Northwest Adoptive Families Association • www.nwadoptivefamilies.org

Eastside Neighbor Group ..................07/15, 11:00am-1:00pm ................................... Peninsula Park, 700 N Rosa Parks Way, Portland, OR
Campout 2017 ..................07/21-23, Nehalem Bay State Park .................................................. Contact Yvette at ibid@hevanet.com
Westside Neighbor Group ..............08/12, 11:00am-1:00pm .................. Beaverton City Fountain Park, 12500 NW 4th Street, Beaverton, OR
Eastside Neighbor Group ..............09/16, 10:30am-12:00pm ................................ Normandale Park, 5700 NE Halsey Street, Portland, OR
Baby & Toddler Care Class ..........10/14, 8:30 am-4:30 pm .................................................. Contact Mary at mjbuehler03@frontier.com
Swindells Resource Center of Providence Child Center  
Serving families of children with special needs  
2017 Community Education

Visit www.providence.org/classes, click on “Find a class or event,” click on “REGISTER” and search by class name or location to register. Please call 503-215-2429 or email swindells@providence.org to register.

Developing Our Children’s Skills
June 28th through August 2nd • 10:00am-12:00pm
Providence St. Vincent Medical Center, 9135 SW Barnes Road, Portland, OR 97225
Parenting class for families and caregivers to learn to address difficult behaviors in children with special needs

FASCETS: Into Action Training of Trainers
A year-long program to become a facilitator of the FASCETS Neurobehavioral Model

- November 14-17, 2017 (Tuesday-Friday), 9:00am-4:00pm, The Mark Spencer Hotel, Portland, OR
- Monthly group two-hour teleconferences: Dates to be scheduled by the group in November
- Email consultation will be available throughout the year
- November 6-8, 2018 (Wednesday-Friday), 9:00am-4:00pm, The Mark Spencer Hotel, Portland, OR

Description: This Training of Trainers (TOT) is for prospective facilitators who will then educate colleagues, parents and community partners to effectively work with people with Fetal Alcohol Spectrum Disorders and other brain-based, or neurobehavioral, conditions. It is open to professionals and parents who have completed Diane Malbin’s 3-day workshop or the equivalent, provided by one of her certified facilitators. This is a year-long commitment, and is intended for people whose goal includes systems change. It begins with a four-day on-site training and planning session and ends with a three-day on-site training. Over the twelve months, facilitator trainees will also participate in monthly group teleconferences and online email discussions.

Registration
Wendy Temko
503-621-1271
wtemko@fascets.org

Oregon Training and Consultation
3865 Wolverine Street NE, Bldg. E, Suite 39, Salem, OR 97305
 503-364-9943 (telephone) •  503-364-1939 (fax) • www.otac.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 10-11..............FBA/BSP Workshop: An interactive workshop developing FBAs & BSPs
9:00am-5:00pm...........Salem
July 10......................Planning for a Real “Good Life”: Introduction to LifeCourse Framework & Tools
9:30am-11:30am..........Salem
July 11......................Planning for a Real “Good Life”: Introduction to LifeCourse Framework & Tools
1:00pm-3:00pm..........Hillsboro
July 18......................Autism and Communication: Exploring Dynamic Communication
9:00am-3:30pm..........Keizer
July 26-27..............Oregon Intervention System (OIS): General Level Workshop
9:00am-5:00pm..........Woodburn
August 2-3..............Oregon Intervention System (OIS): General Level Workshop
9:00am-5:00pm..........Keizer
August 10-11...........Person Centered Planning for Community Employment
9:00am-4:30pm..........Portland
August 22..............Day 1: Facilitating a Person Centered Process for Planning
9:00am-4:30pm..........Salem
August 23..............Day 2: Facilitating a Person Centered Process for Planning
9:00am-4:30pm..........Salem
September 19-20......Person Centered Thinking for Service Coordinators/Personal Agents
9:00am-4:30pm..........Medford
October 5-6..............Autism at Work – Job Success: How to support sustainable, successful employment
8:30am-4:30pm..........Portland
October 10.............Day 3: Facilitating a Person Centered Process for Planning
9:00am-4:30pm..........Salem
Community Resources, Trainings & Events

Oregon Family to Family Health Information Center
Oregon Family to Family Health Information Center helps all Oregon families to navigate the complex world of special health care needs. Staff members are family members who have first-hand experience raising a child or youth with physical health, emotional, behavioral or developmental challenges. Staff members help 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
3. Families Engaging and Thriving Together (FEATT): Serving Douglas County, 541-670-2750, jill@featt.org
5. Families for Community: Jackson and Josephine counties, kimberly@familiesforcommunity.org
6. ROCCOS Family Network: Gilliam, Wheeler, Morrow, Grant, Harney, and Lake counties, dana@roccosfamilynetwork.org
7. Families Connected: Lane County, 541-343-5256, laura.dahill@arclane.org

The Center for Adoption Support and Education
Strengthening Your Family Webinar Series

www.adoptionsupport.org ➔ Education & Resources ➔ For Parents & Families ➔ Webinars

Webinar of the Month
Supporting Your Teen’s Search and Reunion in the Age of Social Media
August 24, 2017 • 10:00am
Presented by Patricia Martinez Dorner, MA, LPC

In-demand webinars available any time for a small fee of $10.00
• Beneath the Mask: Understanding Adopted Teens
• Emotional Regulation and Relaxation Techniques for Parent and Child (1 & 2)
• Taking the Fear Out of Adoption
• Talking with Children about Adoption
• We are still Family: Supporting Relationships between Separated Siblings
• Too Many Losses, Too Soon: Loss and grief among foster and adopted children
• W.I.S.E. UP! for Parents: Empowering Children to Handle Questions/Comments about Adoption

AUTISM SOCIETY
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. 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.
LGBTQ Resources

HRC’s All Children—All Families is launching a series of new 60-minute webinars featuring agency leaders and expert trainings, highlighting promising practices in serving LGBTQ children, youth and families.

Caring for LGBTQ Youth: An Introduction for Foster & Adoptive Parents
Thursday, July 27, 2017  2:00-3:00pm
Co-Presented By: Adam McCormick, Professor of Social Work at St. Edward’s University, Austin, TX & Darryn Green, Child Welfare Training Consultant and Former Foster Youth, San Francisco, CA

Foster and adoptive parents are an extremely diverse community of people with one thing in common: the desire to love, nurture and care for children and youth. Many parents may not realize that LGBTQ youth are overrepresented in foster care and are at higher risks of rejection and harm while in care. This webinar will first explain key terms and concepts that all foster/adoptive parents need to know in order to better understand LGBTQ youth. Research on the importance of providing affirming homes for these youth, as well as concrete tips for how to be affirming will then be presented.

School-Based Advocacy for LGBTQ Youth in Foster Care
Thursday, September 28, 2017  9:00-10:00am
Co-Presented By: Tracy Flynn, M.Ed., Management and Education Consultant/Coach & ACAF Expert Trainer Seattle, WA & Emma Ledford, Communication Specialist & LGBTQ Staff Advocate, TX CASA, Austin, TX

LGBTQ foster youth experience higher rates of bullying and are more likely to drop out of school – but positive, affirming school environments can truly be a lifeline for this population. In this webinar, you will learn about the risk factors for LGBTQ youth in education settings and how this intersects with their out-of-home care status. You will also explore best practices to help ensure that LGBTQ foster youth have a welcoming and supportive school experience; and learn about school resources, behaviors and policies that can encourage the healthy development of LGBTQ youth and create the building blocks for their lifelong opportunities and academic success.

The Role of Youth Advocates in Developing Affirming Families for LGBTQ Youth
Wednesday, October 25, 2017  10:00-11:00am
Co-Presented By: Mary Keane, Senior Director of Family Permanency & Director of LGBT Services, You Gotta Believe, Coney Island, NY

Many agencies understand the need to develop more affirming families for LGBTQ youth in care, yet struggle to meet the family-based placement needs of this vulnerable population. In this webinar, You Gotta Believe, an agency in Coney Island, NY, will present the strategies behind its innovative and impactful model for engaging Youth Advocates in finding permanent families for adolescents, including LGBTQ youth in particular.

Promising Practices for Working with Transgender & Non-Binary Foster & Adoptive Parents
Thursday, November 16, 2017  11:00am-12:00pm

In this webinar, All Children - All Families will preview its new resource guide for child welfare professionals on how to welcome, affirm, recruit and best serve transgender and non-binary (TGNB) foster and adoptive parents. This new publication covers promising practices for creating gender-inclusive agency environments and draws from testimonials from agency administrators, legal and policy experts as well as TGNB foster and adoptive parents.

43rd Annual Conference
Families Matter: Exploring Solutions in Adoption and Foster Care
Atlanta, Georgia  July 19-22, 2017  Registration & Information: www.nacac.org
Westin Peachtree Plaza Hotel, 210 Peachtree Street NW, Atlanta, GA 30303
Adoption-related Camp Resources

Camp to Belong Northwest ....................................................... June 25-June 30, 2017 and August 13-18, 2017
A summer camp dedicated to reuniting brothers and sisters who are placed in separate foster, adoptive or kinship homes. Visit www.camptobelongoregon.org for more information.

Heritage Family Camp: Domestic Adoption Camp................................................................. August 3-6, 2017

Holt International: Adoptee Camp............................................... July 16-20, 2017
A camp for international and/or transracial adoptees, ages 9-17. Campers share their common experiences while exploring issues of adoption, race, and identity development. Visit www.holtinternational.org for more information.

Holt International: Day Camp.................................................... July 19, 2017
A single-day program of workshops, activities, and games for adoptees and their parents to help foster new skills to talk about adoption, while having a fun and exciting time at camp. Visit www.holtinternational.org for more information.

Oregon Parks and Recreation Department.................................................. www.oregonstateparks.org
The Oregon Parks and Recreation Department (OPRD) offers free camping and day-use parking to Oregon foster, guardian and adoptive-foster parents and their children. Please note this fee waiver is for state parks only. If you have any questions about the program or the ID card, please call 1-800-551-6949, Monday through Friday, 8:00 am to 5:00 pm, or email park.info@oregon.gov. Families may camp overnight for free in a tent, RV or standard horse camp site for up to 14 nights in a calendar month. Your pass does not apply to yurts, cabins or other special park facilities. The pass does apply to foster parents and children visiting the 26 parks that charge a day-use parking fee. The benefit is valid only when both the pass holder and eligible children are present. For more information, visit the following website: http://www.oregonstateparks.org/index.cfm?do=v.page&id=20. Adoptive and Guardianship families can contact ORPARC for a copy of the Adoptive or Guardian Family Fee Waiver Program Verification Letter.

Northwest Adoptive Families Association (NAFA): Annual Campout........................................July 21-23, 2017
A no-host camping weekend brought to you by NAFA. Camp will be held at Nehalem Bay State Park. View the NAFA Event Calendar at http://www.nwadoptivefamilies.org/ for more information. Visit the NAFA website or www.reserveamerica.com to reserve a camping spot.

Low-cost summertime camps and activities for your Portland-area child

Are the warmer temperatures telling you something? At 211info, we’re getting the message that summer is here! With the weather offering promises of glorious days of sun and blue skies, here comes the call of the outdoors for kids and adults alike. While we’d all like to head outdoors and stay there the whole day, unfortunately parents still need to go to work on the weekdays at least. But Northwest summers should NOT be wasted. Seriously, someone’s got to enjoy it for the rest of us—and, why not let that be our children?

Fact is, the Portland Metro Area has an amazing abundance of outdoor and adventure-packed programs to keep all kids entertained. And before you argue that it’s summer school or complete brain mushiness come September, consider this 211info-curated list of educational, yet fun and low cost summertime resources. Visit www.211info.org to search for summer resources in your community.
Other Suggested Camp Resources

**American Camp Association**
Search for a day, overnight or family summer camp from over 3,600 ACA-Accredited camps at [www.acacamps.org](http://www.acacamps.org).

**Camp Rivendale**

**Camp Safety Guide**
A camp safety guide for parents: Questions to ask before sending your child to camp. Visit the Camp Safety Guide website at [www.campsafetyguide.com](http://www.campsafetyguide.com) for more information.

**Camp Yakety Yak, Social Skills Camp**
Camp Yakety Yak uses published curriculum and specially-designed activities to support social-emotional skills in all of the classes offered. Visit [www.campyaketyyak.org](http://www.campyaketyyak.org) for more information.

**Leach Botanical Garden Summer Day Camps**
Leach Botanical Garden offers diverse ecosystems and a beautiful setting for summer day campers to explore art, science, and nature. Each weekly session, Art in Nature campers will study a variety of topics. Their observations will inspire a wide range of artistic endeavors including painting, illustration, print-making, weaving and sculpture to name a few. And plenty of time for games! Visit [http://www.leachgarden.org/event/2017-art-nature-summer-camp/](http://www.leachgarden.org/event/2017-art-nature-summer-camp/).

**Marylhurst University Summer Day Camps**
Marylhurst University offers summer camp opportunities designed to immerse young people in the arts. For more information, visit [https://events.marylhurst.edu/summer-camps/](https://events.marylhurst.edu/summer-camps/).

**Oregon Live | Argus Summer Camp Guide**

**PDX Parent Summer Camps & Learning Guide**

**Red Tricycle Portland Hot List**

**Sparks of Hope Healing Camp**

**Very Special Camps**
Very Special Camps offers camps and programs for individuals with one or more of a wide range of special needs. Search the catalog by state or need by visiting [www.veryspecialcamps.com](http://www.veryspecialcamps.com).
All children in foster care have been exposed to some form of trauma. The very act of being put in foster care is traumatic for children, because it means the loss of their birth family and often friends, schoolmates, teachers, and everything that is familiar.

But many children in foster care have experienced more than one form of trauma or repeated trauma, the lasting effects of which should be acknowledged and understood by families considering foster care and adoption.

**What is trauma?**
Child traumatic stress occurs when children and adolescents are exposed to events or situations that overwhelm their ability to cope and interfere with daily life and their ability to function and interact with others.

The type of trauma experienced by children in foster care can vary widely from neglect to domestic violence to physical and sexual abuse.

**How does trauma affect children?**
Trauma can affect children’s brains, bodies, behavior, and ways of thinking. Ongoing trauma often disrupts children’s sense of security, safety, and sense of themselves and alters the way they see and respond to people and situations in their lives. Approximately one in four children in foster care will show signs of post-traumatic stress disorder.

Children who have experienced trauma—especially ongoing trauma—may have developed unhealthy habits and behaviors, including increased aggression and distrusting or disobeying adults. These behaviors may have helped protect the children from neglect or abuse in the past and may be strongly rooted. It will take time, patience, and often therapeutic support to address and overcome them.

As the Child Welfare Information Gateway fact sheet, *Parenting a Child Who Has Experienced Trauma*, states: “Parenting a child who has experienced trauma may require a shift from seeing a ‘bad kid’ to a kid who has had bad things happen to him.”

**Effect of trauma on brain development**
A recent and growing body of research into children’s brain development is shedding new light on the ways that maltreatment changes the structure and chemical activity of the brain and the resulting emotional and behavioral functioning of the child. Research is shifting the way that professionals view and treat children who have experienced trauma by providing biological explanations for what had traditionally been described in psychological, emotional, and behavioral terms.

**Understanding trauma**
Trauma can affect children’s brains, bodies, behavior, and ways of thinking. It can also be treated.

**How can a parent help a child recover and heal?**
Experienced foster and adoptive parents have shared the following tips with us about supporting a child who has experienced trauma:

- Be patient and consistent and do not take children’s behavior personally.
- Do not to expect to learn upfront about all the trauma the child or youth has experienced. Some of the trauma’s effects may not become apparent for months or even years.
- Be prepared to have patience and talk things through—a lot!
- Be open to solving problems in new ways.
- Never be afraid to reach out for help and advice from others. Parent support groups can be a great source of information. Search for support groups by state on our website.
- Work hard to understand the trauma and how the trauma affects your child. Not all cases are text book, but doing your research can definitely help.
- Utilize and seek out community resources. Training may be available through hospitals, school programs, therapeutic, and private agencies.
- Ask your child’s pediatrician for additional services and resources.
- Take the long view. The trauma didn’t happen overnight and the healing won’t either.
- Finally, as one mother told us: “The thing I’ve learned most from parenting traumatized children is that they are amazing, resilient, and strong.”

**Sources and additional information**
Much of the information contained on this page was pulled from the following resources, which offer further details on understanding and treating trauma:

- “The Toll of Childhood Trauma,” an article published in *Counseling Today* in 2014.

**Things to do next:**
- Contact one of our adoption and foster care specialists: 1-888-200-4005 or info@adoptuskids.org.
- Read about support available for foster & adoptive families.