National Adoption Day Celebration | Saturday, November 18, 2017

Families & children and a bevy of bears enjoyed such a cozy event this year! Our kind donors and helpers were many familiar faces, including Project Linus back again with their cuddly blankets, Fred Meyer’s huggable “Fred Bear,” “Randy” the sassy little red dog from Signal Light Puppet Theatre, and Cherie Panek with “Snore-leen.” Our tireless and terrific photographers are so appreciated: Skot Lindstedt Photography and Molly Ree Photography, candids by Jill Thornton Photography, plus prints generously donated by Washington Street DocuMart. All of you are such a gift to these families!


We love and celebrate our helpful volunteers: Hazel & Noah Gould; ORPARC Interns Tara Farley, Amanda Mallory, and Joshua Padove; PSU Student Tal Hadar; and Oregon Central Office DHS staff Francine Florendo, Sara Fassett, and Kathy Steiner. Finally, a big thank you to Oregon’s adoptive families!

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

2017 Adoptive Family Portrait Project

In November, together with ORPARC, Voice for Adoption’s (VFA) 2017 Adoptive Family Portrait Project once again celebrated families who have adopted children from foster care. This annual project raises awareness among members of Congress about the real experiences of families adopting children who have spent time in the foster care system.

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

Congratulations and thank you to these special families, and to each of the Oregon legislators who participated!
Welcome Lacey Andresen to DHS Adoptions!

The Department of Human Services, Office of Child Welfare Programs, is pleased to announce the promotion of Lacey Andresen as the new Child Permanency Program Manager. Lacey has worked for DHS for more than a decade and has been an invaluable member of the Child Welfare team. Lacey replaces Kathy Prouty who retired this fall. Lacey’s experience as a case worker, supervisor, GRACE grant coordinator, Title IV-E Waiver - LIFE Program Manager, and her recent work in Permanency in Central Office made her a stand out candidate.

Lacey’s favorite current hobby is watching her athletic 11-year-old son play sports. She loves food - both cooking and eating it, and trying new restaurants and dishes. An avid reader, she is usually reading at least two books concurrently.

Lacey states she is humbled and honored to be serving in this role. Her goals include infusing all aspects of Permanency - reunification, adoption and guardianship plans for children and families - into the bigger picture of the agency. She wants to support and highlight the excellent work that is done every day, and to continue to value and focus on engagement - a highly supportive and engaged workforce, and engaged families and community partners. Congratulations and welcome Lacey!

Message from Adoption/Guardianship Assistance Unit
Message to all Foster, Guardianship and Adoptive parents

Historically, the Post Adoptions and Guardianship Program has maintained a pretty stable staff list. In the past 2 years, we have had quite a few retirements and changes. We said goodbye to our retiring colleagues: Gayle Bien, Rebecca Luckman, Scott Wickline and Bonnie Klohs. Julie Lerum and Tina Vertner both moved on to other life opportunities.

We are EXCITED to announce that we filled Scott’s position with a long time member of the Adoptions program, Barbara Schlewitz. She serves families with last names ending in J-N and can be reached at 503-947-5311. Lindsay Armstrong, who started with us on 09/25, now serves families with last names starting with S-Z. Lindsay has Bonnie’s old phone number of 503-947-5371. Kimberly Bunn joined our team as a support staff from our Marion County branch office, and she will be helping to serve families with last names starting with H-O. Bonnie has Tina’s old number of 503-947-5370.

We also recently resumed a practice of mailing out an annual letter to all families. We intend to do this periodically, but most likely annually, just as a check in. If nothing has changed, and nothing on the letter applies to your family, then you have nothing to actively do. If anything has changed, please let us know by calling or emailing your coordinator.

Thank you for being a forever family! If you have questions on who to contact about your adoption or guardianship assistance, you can always reference our staff list (and other information) at our website shown below:

http://www.oregon.gov/DHS/CHILDREN/ADOPTION/Pages/Adoption-Guardianship-Assistance.aspx

Welcome to ORPARC Zoe Steiner!

We are delighted to have recently welcomed Family Support Coordinator, Zoe Steiner! Zoe volunteered at ORPARC for a few years before becoming staff, and we are so lucky to have her as part of our team. Her passion lies in helping children and families through the challenges they are facing with the hope of guiding children into a healthier future. Zoe has a wonderful and quick can-do, friendly attitude. Professionals and families alike will find her extremely helpful and supportive. After earning her undergraduate degree in Psychology at Concordia, Zoe is currently completing her Masters in Marital, Couples, and Family Counseling at Portland State University. Zoe enjoys spending time outdoors hiking and exploring the beautiful Pacific Northwest, reading, spending time with family and friends, and snuggling with her dog.
Communicating & Direct Work with Traumatized Children
Thursday, January 18, 2018 • 9:30am to 4:30pm
The Laurelhurst Club at Laurelhurst Park, 3721 SE Ankeny Street, Portland, OR 97214

Registration
<table>
<thead>
<tr>
<th>DHS Professionals &amp; Foster Parents:</th>
<th>Oregon DHS Learning Center</th>
</tr>
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<tbody>
<tr>
<td>DHS Adoptive Parents &amp; Caregivers:</td>
<td>Contact ORPARC via email at <a href="mailto:orparc@nwresource.org">orparc@nwresource.org</a> or call 503-241-0799</td>
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</tbody>
</table>

Presenter Richard Rose, Director of Director of Child Trauma Intervention Services Ltd., builds on tools from his ingenious and world-renowned life story work approach, offering supportive communication techniques for all types of caregivers & workers to use while engaging and connecting with children who have experienced hardships and trauma. Numerous, creative approaches will be covered and practiced with ample opportunity to engage in questions and discussions. Training objectives include but are not limited to: *Techniques for reaching the “hard to reach” child; Listening & interpretive skills; The significance of feelings; Trauma & recovery; Addressing sensitive issues; and more!* Richard undertakes consultancy and training on Life Story Therapy and working with ‘hard to reach’ children and adolescents; and develops academic training programs in the UK and internationally.

This training is a collaboration between ORPARC, Oregon Adoption Resource Exchange (OARE), and DHS Foster Care. Continuing Education Credits (CECs) available for a cost of $20 and are available by prearrangement with ORPARC/OARE.

You’re NOT Alone! Challenging Behaviors in the Home
NOTE: This program will be presented in Spanish. English registration & interpretation services are available.
Friday, January 19, 2018 • 10:00am to 3:00pm
Providence Portland Medical Center, Cancer Center Amphitheater, 4805 NE Glisan Street, Portland, OR 97213

Presented by Alicia Like, M.Ed., BCBA, Clinical Manager with the Center for Autism Related Disorders

This event is a collaboration between ORPARC, Swindells Resource Center, and other community partners

Challenging behaviors can be stressful for any family, but even more so for families of children who experience complex medical and behavioral needs. Please join us for a free seminar for families and providers exploring these challenging behaviors. The event will include a panel discussion, keynote speaker, and resource fair to help families gain helpful strategies to reduce and understand behaviors.

Register at www.providence.org/classes. Click on “online class catalog” and search by class name for “Swindells Center-Not Alone.” For additional information or to register by telephone, call 503-215-2429 or 1-800-889-8899 ext. 52429.

Reducing Relational Stress
Building Resiliency for Families of Children with Special Health Needs
Tuesday, February 20, 2018 • 6:30-8:30pm
Providence Medical Ctr., Cancer Ctr. Amphitheater
4805 NE Glisan Street, Portland, OR 97213

Collaborative training between ORPARC and Swindells Resource Center

Registration: Visit www.providenceoregon.org/classes or call 503-215-2429 or 1-800-833-8899 extension 52429.

Supporting Your Complex Child
Co-Occurring Mental Health & Developmental Disability Diagnosis
Friday, March 2, 2018 • 9:00am-3:00pm
Lane County Youth Services
2727 Martin Luther King, Jr. Blvd., Eugene, OR 97401

Collaborative training between ORPARC, Swindells Resource Center, and other community partners

Registration: Visit www.providenceoregon.org/classes or call 503-215-2429 or 1-800-833-8899 extension 52429.

Caregiver Grief & Loss as Children Transition
Thursday, March 8, 2018 • 12:30-3:30pm
Shriners Hospitals for Children–Portland, 3101 SW Sam Jackson Park Road, Portland, OR 97239

This is a collaborative training between ORPARC and Dr. Redmond Reams

Registration: Contact ORPARC via email at orparc@nwresource.org or call 503-241-0799 / 1-800-764-8367.
What’s new in the ORPARC Library

Library usage is available free to eligible families & professionals

New Books for Parents & Professionals

- The Birth of an Adoptive, Foster or Stepmother: Beyond Biological Mothering Attachments
- Born for Love: Why empathy is essential—and endangered
- Family-Centered Early Intervention: Supporting Infants and Toddlers in Natural Environments
- Healing Trauma-attachment, Mind, Body, and Brain
- How Culture Shapes Social-Emotional Development: Implications for Practice in Infant-Family Programs
- Innovative Therapeutic Life Story Work: Developing Trauma-Informed Practice for Working with Children, Adolescents and Young Adults
- Tackling the Tough Stuff: A Home Visitor’s Guide to Supporting Families At Risk
- Why Love Matters: How Affection Shapes a Baby’s Brain

New DVD for Parents & Professionals

- Learning Happens: 30 Video Vignettes of Babies and Toddlers Learning School Readiness Skills Through Everyday Interactions

Innovative Therapeutic Life Story Work: Developing Trauma-Informed Practice for Working with Children, Adolescents and Young Adults

A new book by Richard Rose!

As the field is well aware by now, here at ORPARC we are big fans of international lifestory work and trauma expert Richard Rose. We are so grateful to have worked with Richard for a few years now and were delighted to introduce him to the Certificate Program where he now helps train Oregon therapists twice a year. As those fortunate enough to have heard him speak will agree, Richard’s philosophical approach to understanding the child’s perspective is virtually life changing. His uncanny insight into the minds of our precious children is backed by a thorough understanding of their complex trauma and the ever-complicated adult world around them.

We proudly carry Richard’s books in the ORPARC library; a lifestory work packet that features some of his work; and his latest book titled Innovative Lifestory Work just published this fall. In this volume, he shares more about his approach and also features guest chapters from his lifestory work partners all around the world. ORPARC was particularly honored to have contributed a chapter on behalf of Oregon – check out Chapter 17! We thank Richard for this unique opportunity, and acknowledge the support of Jessica Kingsley Publishers, publishers of books that “make a difference.” Please visit the ORPARC library to check out any of Richard’s materials.

We are also particularly pleased to be hosting Richard, in partnership with the OARE website and DHS Adoption & Foster Care Programs, imminently on Thursday, January 18, 2018 for a full-day training! Boy, we are lucky. This training is open to all DHS workers, all foster and adoptive parents, and community partners as space allows. Please visit the ORPARC website for more information or to register.

ORPARC Lending Library: https://www.orparc.org/library-request-materials.php?tn=4
January 18, 2018 Training: https://www.orparc.org/assets/docs/Trainings/20180118_RoseTraining_Map.pdf
### Community Resources, Trainings & Events

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

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

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**METROPOLITAN REGION:**

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<tr>
<td>February 10</td>
<td>Positive Behavior Management</td>
<td></td>
<td>541-506-5222</td>
<td><a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
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<tr>
<td>March 6</td>
<td>Relative Caregivers</td>
<td></td>
<td>541-564-4493</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a></td>
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**EASTERN REGION**

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<tr>
<td>January 23</td>
<td>Children Can Hear</td>
<td>Hood River</td>
<td>541-506-5222</td>
<td><a href="mailto:tracy.l.gower@state.or.us">tracy.l.gower@state.or.us</a></td>
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<tr>
<td>February 5</td>
<td>Parenting Methamphetamine Exposed Children</td>
<td>The Dalles</td>
<td>541-565-3014</td>
<td><a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
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<tr>
<td>February 6</td>
<td>Motivating Youth to Make Positive Changes</td>
<td>Hermiston</td>
<td>541-545-4493</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a></td>
</tr>
<tr>
<td>March 8</td>
<td>Collaborative Problem Solving II</td>
<td>Pendleton</td>
<td>541-240-0542</td>
<td><a href="mailto:jamaica.y.tarter@dhs.oa.state.or.us">jamaica.y.tarter@dhs.oa.state.or.us</a></td>
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<tr>
<td>March 21</td>
<td>Building Resilience for Children in Care</td>
<td>Boardman</td>
<td>541-481-9482</td>
<td><a href="mailto:monica.l.gilbertson@state.or.us">monica.l.gilbertson@state.or.us</a></td>
</tr>
<tr>
<td>March 29</td>
<td>Vicarious Trauma: Surviving as a Caregiver</td>
<td>Burns</td>
<td>541-573-2086</td>
<td><a href="mailto:stacie.m.coleman@state.or.us">stacie.m.coleman@state.or.us</a></td>
</tr>
<tr>
<td>April 17</td>
<td>Good Times for Tweens &amp; Teens</td>
<td>The Dalles</td>
<td>541-565-3014</td>
<td><a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
</tr>
<tr>
<td>April 19</td>
<td>Understanding the Sexual Behaviors of Children</td>
<td>Hermiston</td>
<td>541-564-4493</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a></td>
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<tr>
<td>May 1</td>
<td>Creating Positive Behaviors in Teens</td>
<td>Pendleton</td>
<td>541-240-0542</td>
<td><a href="mailto:jamaica.y.tarter@dhs.oa.state.or.us">jamaica.y.tarter@dhs.oa.state.or.us</a></td>
</tr>
<tr>
<td>May 2</td>
<td>Loss and Grief</td>
<td>Boardman</td>
<td>541-481-9482</td>
<td><a href="mailto:monica.l.gilbertson@state.or.us">monica.l.gilbertson@state.or.us</a></td>
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<tr>
<td>May 5</td>
<td>Effects of Trauma on Learning in Children 0-18</td>
<td>Redmond</td>
<td>541-548-9480</td>
<td><a href="mailto:jila.a.barnes-thomsen@state.or.us">jila.a.barnes-thomsen@state.or.us</a></td>
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<td>Redmond</td>
<td>541-548-9480</td>
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<td>May 21</td>
<td>The SMART Approach to Relieving Stress</td>
<td>Hermiston</td>
<td>541-564-4493</td>
<td><a href="mailto:irma.deanda@state.or.us">irma.deanda@state.or.us</a></td>
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**SOUTHERN REGION**

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<tr>
<td>January 27</td>
<td>CPR &amp; First Aid</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>February 14</td>
<td>Parenting a Child with Special Needs</td>
<td>Roseburg</td>
<td>541-440-3430</td>
<td><a href="mailto:michele.l.may-mahony@state.or.us">michele.l.may-mahony@state.or.us</a></td>
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<tr>
<td>February 24</td>
<td>CPR &amp; First Aid</td>
<td>Medford</td>
<td>541-732-4043</td>
<td><a href="mailto:suzanne.m.kelley@state.or.us">suzanne.m.kelley@state.or.us</a></td>
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<tr>
<td>March 3</td>
<td>CPR &amp; First Aid</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>March 13</td>
<td>Ten Tips for Parenting Teens</td>
<td>Grants Pass</td>
<td>541-956-2983</td>
<td><a href="mailto:kyndra.burdiss@state.or.us">kyndra.burdiss@state.or.us</a></td>
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<tr>
<td>March 14</td>
<td>Loving and Letting Go</td>
<td>Roseburg</td>
<td>541-440-3430</td>
<td><a href="mailto:michele.l.may-mahony@state.or.us">michele.l.may-mahony@state.or.us</a></td>
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<tr>
<td>March 14</td>
<td>Behavior: Pouting to Punching</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>March 20</td>
<td>Parenting in the Digital Age</td>
<td>Medford</td>
<td>541-732-4043</td>
<td><a href="mailto:suzanne.m.kelley@state.or.us">suzanne.m.kelley@state.or.us</a></td>
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<tr>
<td>March 28</td>
<td>Caregiver's Guide to Adolescent Sexuality</td>
<td>North Bend</td>
<td>541-756-5500</td>
<td><a href="mailto:kimberly.lwry@state.or.us">kimberly.lwry@state.or.us</a></td>
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<td>March 29</td>
<td>Caregiver's Guide to Adolescent Sexuality</td>
<td>Gold Beach</td>
<td>541-756-5500</td>
<td><a href="mailto:kimberly.lwry@state.or.us">kimberly.lwry@state.or.us</a></td>
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<tr>
<td>April 19</td>
<td>Children Can Hear</td>
<td>Klamath Falls</td>
<td>541-850-6807</td>
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<td>April 23</td>
<td>Building Resilience for Children in Care</td>
<td>North Bend</td>
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<td>May 4</td>
<td>Fun &amp; Creative Parenting: Toddlers to Tweens</td>
<td>Klamath Falls</td>
<td>541-850-6807</td>
<td><a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
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<td>May 4</td>
<td>Trauma Informed Parenting</td>
<td>Grants Pass</td>
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<td><a href="mailto:kyndra.burdiss@state.or.us">kyndra.burdiss@state.or.us</a></td>
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<td>CPR &amp; First Aid</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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<td>May 9</td>
<td>Collaborative Problem Solving</td>
<td>Roseburg</td>
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<td>May 29</td>
<td>Living Under the Influence of Addiction</td>
<td>Medford</td>
<td>541-732-4043</td>
<td><a href="mailto:suzanne.m.kelley@state.or.us">suzanne.m.kelley@state.or.us</a></td>
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<td>June 13</td>
<td>Collaborative Problem Solving</td>
<td>Roseburg</td>
<td>541-440-3430</td>
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<td>June 20</td>
<td>Good Times for Tweens &amp; Teens</td>
<td>Klamath Falls</td>
<td>541-850-6807</td>
<td><a href="mailto:lori.oconnor@state.or.us">lori.oconnor@state.or.us</a></td>
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<td>July 11</td>
<td>Motivating Youth to Make Positive Changes</td>
<td>Roseburg</td>
<td>541-440-3430</td>
<td><a href="mailto:michele.l.may-mahony@state.or.us">michele.l.may-mahony@state.or.us</a></td>
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**ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS**

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<td>28 de febrero</td>
<td>Desarrollar la Capacidad de Recuperación de los Niños en Cuidado</td>
<td>Hillsboro</td>
<td>503-277-6649</td>
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<tr>
<td>22 de marzo</td>
<td>Creciendo de acuerdo al Temperamento de los Niños</td>
<td>Salem</td>
<td>503-378-5298</td>
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<td>28 de marzo</td>
<td>Ayudando a los Niños con las Visitas</td>
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<td>25 de abril</td>
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<td>27 de junio</td>
<td>Tú y Yo</td>
<td>Hillsboro</td>
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**Metro Training Center, 1245 SE 122nd Avenue, Entry A, Portland, OR 97233**
Fetal Alcohol & Other Neurobehavioral Conditions:
Understanding & Application of the FASCETS Brain-Based Approach

January 18-20, 2018 (Thursday-Saturday) • 9:00am-4:00pm
The Mark Spencer Hotel, 409 SW 11th Avenue, Portland, OR 97205
This workshop is designed for parents and professionals
Facilitated by Nancy Hall • Contact Wendy Temko, 503-621-1271, wtemko@fascets.org for registration
$450.00 for parents/$550.00 for professionals; limited partial scholarships & student rates are available

This workshop provides information about Fetal Alcohol/Neurobehavioral Conditions (FA/NB) and the effects of alcohol and other drugs on the brains and behaviors of children, adolescents and adults. FA/NB are brain-based, neurobehavioral conditions with behavioral symptoms. The workshop will educate you on a best practices approach for increasing understanding of FA/NB, reducing frustration, and expanding options. Case examples of successful accommodations are central to this training.

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
① 503-363-8068 • ② 1-800-323-8521 • www.ofsn.org

January 17 ......Family Led Crisis Planning .......................................................................................... 12:30-4:00pm ...............Corvallis
Jan. 17-Feb. 7 ...Collaborative Problem Solving Overview for Families (4 Weeks) ....................5:30-7:30pm ..................Toledo
January 26 ......Trauma .................................................................................................................... 9:00am-4:00pm ..............Corvallis
March 19-23.....Peer Delivered Service, Foundations for Family Support Specialist ..............8:30-4:30pm ..................Salem
Swindells Resource Center of Providence Child Center
Serving families of children with special needs
2018 Community Education

Visit www.providence.org/classes to register for events by Swindells Resource Center. If you have any questions or need assistance registering, please call the Providence Resource Line at 503-574-6595 or 1-800-562-8964 or email swindells@providence.org.

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Developing Our Children’s Skills</strong>&lt;br&gt;For Families of Children with Challenging Behaviors</td>
<td>Six-week parenting class for families and caregivers of children with special needs. Instructor Linda Sinclair is an internationally certified autism specialist and has more than 20 years experience as a special educator, family advocate and parent trainer. She is trained as a master trainer in HOT DOCS®, a program developed by the University Of Southern Florida’s Department of Pediatrics to help parents address difficult behaviors in children with special needs, including autism spectrum disorders. The program provides parenting strategies in a highly interactive group setting.</td>
</tr>
<tr>
<td><strong>Developmental Disability Services: Understanding &amp; Accessing Benefits</strong>&lt;br&gt;Thursday, January 25th • 6:30-8:30pm</td>
<td>Free introduction to Developmental Disability Services. The presentation will cover: an overview of the I/DD service system; eligibility criteria; how to apply; and, available services, including in-home “K-Plan” services. Josh Fulgham, Program Coordinator for Washington County Developmental Disabilities Program, has worked in the field of Intellectual and Developmental Disabilities for over 20 years, including 15 years with the Washington County Developmental Disabilities Program.</td>
</tr>
<tr>
<td><strong>Sibshops</strong>&lt;br&gt;Saturday, January 27th • 9:30am-12:00pm</td>
<td>Sibshops are lively, pedal-to-the-metal, award-winning celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledges being the brother or sister, ages 8-12, of a person with special needs. They reflect a belief that brothers and sisters have much to offer one another – if they are given a chance.</td>
</tr>
<tr>
<td><strong>Reducing Relational Stress Building Resiliency for Families of Children with Special Health Needs</strong>&lt;br&gt;Thursday, February 20th • 6:30-8:30pm</td>
<td>This free presentation will address relational stress for couples and families caregiving for children with special healthcare needs. The presentation will include information and tools for families and professionals, including: an overview of relational stress, including signs and symptoms; strategies to build resilience within a parenting relationship; and, tools to plan for future stressors. Eileen Devine is a practicing LCSW with much to offer one another – if they are given a chance.</td>
</tr>
<tr>
<td><strong>Supporting Your Complex Child Co-Occurring Mental Health &amp; Developmental Disability Diagnosis</strong>&lt;br&gt;Thursday, March 1st • 9:00am-3:00pm</td>
<td>Free symposium for families and professionals to enhance awareness and identify strategies to support a child’s co-occurring medical and behavioral health needs. Dr. Marie McMahon, Psy.D, licensed psychologist with the Providence Children’s Development Institute, will share her knowledge about providing evaluation and treatment to children with co-occurring developmental disabilities &amp; behavioral health issues, and will discuss therapeutic strategies &amp; treatment for families &amp; professionals.</td>
</tr>
<tr>
<td><strong>Shut Up About Your Perfect Kid</strong>&lt;br&gt;Saturday, March 17th ➔ Seaside&lt;br&gt;Sunday, March 18th ➔ Portland</td>
<td>Save the Date! Swindells Resource Center and the Autism Society of Oregon invite you to an event with special guest speakers Gina (Terrasi) Gallagher and Patricia Terrasi, the Shut Up Sisters. Celebrating the humor, joy and triumphs of raising &quot;imperfect kids&quot; in a perfection-obsessed world.</td>
</tr>
</tbody>
</table>

**¡No Estás Solo!| Spanish language presentation**

**¡No Estás Solo!**<br>Viernes, 19 de enero • 10:00am-3:00pm | Panel de Padres, Presentación y Feria de Recursos. Las conductas desafiantes pueden ser estresantes para cualquier familia, pero aún más para familias de niños con necesidades médicas y conductas complejas. Únanse a nosotros por una conferencia gratuita para familias y proveedores que explora estas conductas desafiante. El evento incluirá un panel de padres, un orador principal y una feria de recursos para ayudar a las familias a obtener estrategias útiles para reducir y entender las conductas en el hogar. **Conductas Desafiantes en el Hogar**

**Presentación en español | Spanish language presentation**
## Community Resources, Trainings & Events

**FACT Oregon**

13455 SE 97th Avenue, Suite 102  
Clackamas, OR 97015-8662  
+1 503-786-6082 • +1 1-888-988-3228  
✉️ info@factoregon.org • ✨ www.factoregon.org

FACT Oregon’s mission is to empower Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community & equipping families.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 6</td>
<td>Dream Big Dreams for Your Child!</td>
<td>6:00-8:00pm</td>
<td>Corvallis</td>
</tr>
<tr>
<td>February 7</td>
<td>Coffee with FACT Oregon</td>
<td>10:30-11:30am</td>
<td>Seaside</td>
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<tr>
<td>February 7</td>
<td>Coffee with FACT Oregon</td>
<td>10:30-11:30am</td>
<td>Tillamook</td>
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<tr>
<td>February 8</td>
<td>Assistive Technology: Creating Possibilities!</td>
<td>5:30-7:30pm</td>
<td>Beaverton</td>
</tr>
<tr>
<td>February 14</td>
<td>Coffee with FACT Oregon</td>
<td>10:30-11:30am</td>
<td>Tillamook</td>
</tr>
<tr>
<td>February 15</td>
<td>Cognitopia: Apps for Living, Working and Learning</td>
<td>5:30-7:30pm</td>
<td>Clackamas</td>
</tr>
<tr>
<td>February 19</td>
<td>Behaviors at School: Supports, Strategies and Success!</td>
<td>5:30-7:30pm</td>
<td>Medford</td>
</tr>
<tr>
<td>February 20</td>
<td>Ready, Set, Go! Transitioning to Kindergarten</td>
<td>11:30am-1:30pm</td>
<td>Medford</td>
</tr>
<tr>
<td>February 21</td>
<td>Ready, Set, Go! Transitioning to Kindergarten</td>
<td>5:00-7:00pm</td>
<td>Salem</td>
</tr>
<tr>
<td>February 21</td>
<td>Assistive Technology: Creating Possibilities!</td>
<td>6:00-8:00pm</td>
<td>Oregon City</td>
</tr>
<tr>
<td>February 28</td>
<td>Coffee with FACT Oregon</td>
<td>10:30-11:30am</td>
<td>Newport</td>
</tr>
<tr>
<td>February 28</td>
<td>Dream Big Dreams for Your Child!</td>
<td>5:30-7:30pm</td>
<td>Newberg</td>
</tr>
<tr>
<td>March 8</td>
<td>2018 Assistive Technology Resource Fair</td>
<td>6:00-8:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>March 15</td>
<td>Ready, Set, Go! Transitioning to Kindergarten</td>
<td>5:30-7:30pm</td>
<td>Albany</td>
</tr>
<tr>
<td>March 17</td>
<td>Ready, Set, Go! Transitioning to Kindergarten</td>
<td>10:00am-12:00pm</td>
<td>Eugene</td>
</tr>
<tr>
<td>April 11</td>
<td>Launch: Transition to Adulthood</td>
<td>5:30-8:00pm</td>
<td>Salem</td>
</tr>
<tr>
<td>April 18</td>
<td>Launch: Transition to Adulthood</td>
<td>5:30-8:30pm</td>
<td>Newberg</td>
</tr>
<tr>
<td>April 23</td>
<td>Launch: Transition to Adulthood</td>
<td>5:00-7:00pm</td>
<td>Tualatin</td>
</tr>
</tbody>
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**OTAC**

3865 Wolverine Street NE, Building E-39, Suite 39, Salem, OR 97305  
+1 503-364-9943 (telephone) • +1 503-364-1939 (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.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 17</td>
<td>More Than Words: Person-Centered Approaches to Tackling Communications Barriers</td>
<td>9:00am-1:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>January 18</td>
<td>Collaborating Effectively with Behavior Professionals</td>
<td>8:30am-12:30pm</td>
<td>Salem</td>
</tr>
<tr>
<td>January 30</td>
<td>Introduction to Autism Spectrum Disorder</td>
<td>9:00am-1:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>February 2</td>
<td>Tricks of the Trade: Supporting ADLs and IADLS!</td>
<td>9:00am-1:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>February 8</td>
<td>From Ally to Advocate: 20 Tips, Tools and Resources for Supporting Sexual Health</td>
<td>10:00-11:30am</td>
<td>WEBINAR</td>
</tr>
<tr>
<td>February 9</td>
<td>Oregon Intervention System: OIS-P “P is for Parent”</td>
<td>9:00am-5:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>February 12-13</td>
<td>Person Centered Thinking: The foundation that underlies all person center approaches</td>
<td>9:00am-5:00pm</td>
<td>Salem</td>
</tr>
<tr>
<td>February 22</td>
<td>My Life Matters: Honoring choice and control at the end of life</td>
<td>9:00am-3:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>March 6</td>
<td>Positive Behavior Support 101: Want to know more about PBS?</td>
<td>1:00-5:00pm</td>
<td>Springfield</td>
</tr>
<tr>
<td>March 9</td>
<td>Planning for a Real “Good Life”: Introduction to the LifeCourse Framework &amp; Tools</td>
<td>10:00am-12:00pm</td>
<td>Portland</td>
</tr>
<tr>
<td>March 16</td>
<td>Autism and Employment</td>
<td>8:30-4:30pm</td>
<td>Portland</td>
</tr>
<tr>
<td>March 21-22</td>
<td>Person Centered Thinking: The foundation that underlies all person center approaches</td>
<td>9:00am-5:00pm</td>
<td>Redmond</td>
</tr>
<tr>
<td>March 26-27</td>
<td>FBA/PBSP Workshop: An interactive workshop for Oregon’s Behavior Professionals</td>
<td>9:00am-5:00pm</td>
<td>Salem</td>
</tr>
</tbody>
</table>
Community Resources, Trainings & Events

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.

Parent Partners
In Your Community
Contact a parent partner in your area for support, information and help for your particular situation

Southern Coast.............................. Karen Plagmann, plagmann@ohsu.edu
Willamette Valley............................ Tami Montemayor, montemay@ohsu.edu
Portland Metro............................... Shauna Signorini, signorin@ohsu.edu
Hood River.................................. Marisa Marquez, marquez@ohsu.edu
Umatilla/Morrow............................. Sharyn Smith, smithsh@ohsu.edu
Malheur...................................... Brandy Ragus, ragus@ohsu.edu
Spanish-speaking (all Oregon).............. Marisa Marquez, 503-931-8930, marquez@ohsu.edu

Free Workshops by the Oregon Family to Family Health Information Center

Your Child’s Health Care: Become a Strong Advocate to Help Your Child with Special Needs

Thursday, January 25, 2018 • 6:00-7:30pm
Pediatric Therapy Services
304 NE Hood Avenue, Gresham, OR 97030

If your child requires frequent medical or therapy appointments, this training is for you. We will explore ways to manage insurance issues, learn about appeals, gain tips to communicate effectively with your child’s providers, learn how to help your children advocate for themselves and much more. Join us for: Activities and Discussion; Refreshments; Mini ‘resource fair’ featuring materials from more than 100 special needs programs and services; and, sharing with other families of children with special needs. For more information, call 1-855-323-6744 (leave message with name and phone number) or email signorin@ohsu.edu. Childcare provided by Pediatric Therapy Services. RSVP by January 22nd for childcare.

The Oregon Family to Family Health Information Center is available to come to your support group or community meeting and deliver trainings on the topics of Transition to Adult Health Care, Healthcare Advocacy, and Resources and More. Please call 855-323-6744 or email signorin@ohsu.edu for more information.

Oregon Consortium of Family Networks (OCFN)

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.

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: 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 & Lake counties, dana@roccosfamilynetwork.org
7. Families Connected: Lane County, 541-343-5256, lara.dahill@arclane.org
New Foster & Adoptive Parent Support Group
Hood River • The Dalles • Wamic
Facilitated by Julie O’Donnell, LCSW, In Home Support for Foster & Adoptive Families and Becca Wilson, Foster Parent

Hood River
Beginning February 12, 2018 • 6:00-7:00pm
Meets 2nd Monday of month in Hood River
The Next Door INC., 965 Tucker Road, Hood River

The Dalles
Beginning January 22, 2018 • 6:00-7:00pm
Meets 4th Monday of month in The Dalles
The Next Door INC., 318 West 2 Street, The Dalles

Wamic
Day & Location to be determined.
Meets every other month in Wamic, OR

Autism Society of Oregon
PO Box 69635, Portland, OR 97239
☎ 503-636-1676 • ☎ 1-888-288-4761
info@autismsocietyoregon.org • www.autismsocietyoregon.org

Autism is the fastest growing developmental disability in Oregon – and the world. If you haven’t already, you will meet someone with autism. The Autism Society of Oregon is Oregon’s leading organization providing resources, education, advocacy and support for individuals and families living with autism. Visit www.autismsocietyoregon.org.

The Autism Society of Oregon (ASO) is Looking for Members for our Board of Directors!
ASO Board of Directors is an all-volunteer group that provides strategic leadership and governance to ASO, represents ASO to the community, and accepts the ultimate legal authority for ASO. Board Members serve a three-year term and are eligible for re-appointment for up to 2 additional terms. While the day-to-day operations of ASO are led by the Executive Director, oversight of the organization by the Board is critical.

Qualifications include a commitment to serving and an understanding of the autism community in Oregon, whether based on personal experience or work in the community. We are looking for personal qualities of integrity, credibility, and a passion for improving the lives of everyone impacted by autism in Oregon.

As an organization working to improve the lives of everyone impacted by autism, people on the autism spectrum are especially encouraged to consider applying to be a Board Member. Accommodations will be provided to promote effective participation and service.

Applications are due to the ASO office by 5pm on January 31 2018

Teen Girls Support Group 2
Meets 1st&3rd Sundays of month
01/21, 02/04, 03/04, 03/18
7739 SW Capitol Hwy., Suite 220
Portland, OR 97229

Weighted Blanket-Making
February 3, 2018 • 9:15am
Moreland Presbyterian Church
1814 SE Bybee Boulevard
Portland, OR 97202

Northwest Adoptive Families Association • www.nwadoptivefamilies.org

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

NAFA Board Meeting.........................01/21/2018, 1:00-3:00pm .................................................................Portland, OR
Splash! Swim Party ................................02/10/2018, 1:00-5:00pm ..................................................East Portland Community Center, Portland, OR
NAFA Board Meeting................................03/18/2018, 1:00-3:00pm ..........................................................Portland, OR
Baby & Toddler Care Class..................03/24/2018, 8:30am-4:30pm ..........................................................Portland, OR
LGBTQ Training & Educational Resources

HRC’s *All Children—All Families* offers several webinars free-of-charge, highlighting promising practices in serving LGBTQ children, youth and families. Visit the link below:

[http://www.hrc.org/resources/all-children-all-families-online-learning-archive](http://www.hrc.org/resources/all-children-all-families-online-learning-archive)

- ACAF Process & Assessment Introduction
- Caring for LGBTQ Youth: An Introduction for Foster & Adoptive Parents
- Promising Practices for Working with Transgender & Non-Binary Foster & Adoptive Parents
- The Role of Youth Advocates in Developing Affirming Families for LGBTQ Youth
- School-Based Advocacy for LGBTQ Youth in Foster Care
- Strategies for Recruiting LGBTQ Foster & Adoptive Families

NACAC promotes Families for all Children in Foster Care!

Through advocacy, adoption support, leadership development, and education the NACAC works to ensure all children in foster care have permanent, loving families and adoptive families have the support they need.

NACAC has several webinar available either for purchase or free of cost. Recorded webinars available for purchase are $15.00 for NACAC members/$20.00 for nonmembers. The user will need to complete a payment form before they can access the session. Please visit [www.nacac.org](http://www.nacac.org) to view recorded webinars. Topics of webinars include:

- Adoption Assistance
- Adoption Practice
- Adoption Tax Credit
- Advocacy
- Model Programs
- Parent Group Development
- Parenting
- Post-Adoption Services
- Youth Advocacy or Support Networks

The Children’s Program—Winter 2018 Groups, Classes & Workshops

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

*All Workshops & Trainings are held in Portland*

**Coffee Club: A Social Group for Teens** .............................................................. 6 Tuesdays, 01/09/2018-02/13/2018 ...... Girls 12-14: 4:00-5:00pm ... 6 Tuesdays, 01/09/2018-02/13/2018 ...... Boys & Girls 15-19: 5:15-6:15pm

**Girls Group** ........................................................................................................... 6 Wednesdays, 01/10/2018-02/14/2018 .......... 5:00-6:00pm

**The Incredible Years** ......................................................................................... 12 Mondays, 01/15/2018-03/26/2018 ............. 4:00-5:15pm

**Beginners AD/HD Group—Intensive Weekend Format** ....................................... 1 Parent Meeting, Thursday, 01/25/2018 ........ 6:00-8:00pm

**Seeing My Time** ................................................................................................ 12 Tuesdays, 01/16/2018-03/27/2018 ............. 4:00-5:15pm

**Pay Attention to Attention—Intensive Weekend Format** ..................................... 1 Parent Meeting, Friday, 01/26/2018 ............. 6:00-8:00pm

**Not in the Parenting Manual: How to Talk with Teens about Pornography** ........ 2 Parent Meetings, Wednesdays, 03/07 & 03/14 .. 5:30-7:00pm

**Parenting Anxious Children** ............................................................................. 2 Parent Meetings, Wednesdays, 03/07 & 03/14 .. 5:30-7:00pm

**Tantrums, Meltdowns and Rage: Parenting Strategies** ...................................... Parents of children 5-11, 04/09, 04/23, 05/07 ...... 6:00-8:00pm

**Parenting Strategies** ......................................................................................... Parents of children 12+, 04/16, 04/30, 05/14 ..... 6:00-8:00pm
Trauma-Informed Carers: Insights from Richard Rose
Helping Carers Helping Kids podcast series for foster carers

Excerpted from a podcast interview in Australia between Richard Rose and celebrity producer, writer and comedian Brian Nankervis.

Richard Rose: For me, foster carers are the opportunity for children to experience care, love and stability. They are able to offer role modelling where maybe the children they are caring for have had lots of diverse experiences of whether they’ve been loved, whether they’re lovable, whether they are important or whether they are not important. And for carers they are able to provide a young person with that stability, with that sense of value, sense of worth.

For many children I work with, they have not had opportunities to learn about life and learn the qualities of life that will enhance their experiences into adulthood. And so for the carers that I work alongside it’s almost allowing environments where new clue sets can be given, new opportunities of learning can be shared and rewarded and praised.

But I think if there was watch words around those it’s really that predictability, consistency and repetition. So a carer that can provide messages of hope, messages of love, of care, but also can put boundaries, can have issues where a young person who has potential challenges are actually able to have those challenges met and for those to be shaped. I think for me carers are really around children where they fall down rather than worrying about how they fell down. It’s about working how we pick them up again. So if our carers can help children to understand to then reach forward and to achieve, that’s what we’re looking for.

Brian Nankervis: What are the characteristics of a really good carer?

Richard Rose: A really good carer would be a carer that can think for the child and think alongside the child. So rather than reactive to what they presented with, almost being able to put themselves into that child’s shoes, to be able to be thoughtful around what is a child communicating to them. So even in the most extreme behaviours that children often show, within that there is something that we need to understand. What is it they communicating in that behaviour?

So qualities of patience, of interest, of curiosity. I’m looking for carers that have a sense of humour, a sense of being, I think experience of care, experience of being loved, experience of being able to portray that context of you cannot overwhelm me, I can protect you, I can care for you. And that belief that they can make a difference. So it’s quite a tall order. But I think the best of carers are those carers that actually can love and allow themselves to be loved back.

Brian Nankervis: Is it something that you can learn?

Richard Rose: I think it’s something that you can develop. I think there is an innate context there. But I think also that many carers want to care because they themselves either have something that they want to re-experience or something that they want to reclaim or that they feel that was missing in their own lives. I think there is a healing nature or a therapeutic nature to caring. But I also think it’s something that you can learn, that you can become confident with. And I think that depends very much on the messages that the carer themselves are having from those supporting them.

Much of the time we have a carer who feels alone, then the child will also feel alone. If the carer feels included and feels part of something then the child themselves can feel included and part of something too.

Brian Nankervis: Richard, what do you think is the most important thing that carers can do to help a child who is hurting?

Richard Rose: I think the most important thing that a carer can do is to talk about what it is that he feels that child is hurting from. So the ability for a carer to hear that child, an ability for a carer to hold that child, an ability for that carer to understand that child. So if I am hurting I need somebody that can understand that hurt. If I am hurting I need somebody that can help me feel better. If I am hurting I want to make sure that person can protect me. So from the carer’s point of view if I can hold the pain of that child for them, if I can ensure around them there is an understanding of safety, of protection, of wellbeing, if I can put across to that child that my entire task is to meet their needs and to make sure that they feel in a space and a place where they belong, that’s the qualities that I think are best for those children who are hurting.

Brian Nankervis: And let’s just address the nature of hurting and I suppose in relation to the changing times, would you say there are more ways in which children can hurt as time goes on? Or are there central factors that are so similar and have been for many, many years?

Read the full article here!