ORPARC Celebrates – National Adoption Month & Adoption Day!

The month of November, National Adoption Month, and Saturday, November 17th, 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.NationalAdoptionDay.org.

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him.

With back to school season in full swing, many kids (and maybe even a few parents) may find themselves having BIG feelings just like Riley; this trauma informed children’s book may be able to help your little one start to sort through their big feelings too. *Riley the Brave* builds off of the brain science concepts in books like *The Whole-Brain Child* by Daniel J. Siegel and Tina Payne Bryson (one of the keynote speakers at this year’s "Shoulder to Shoulder" Conference!), and *Brain-Based Parenting* by Daniel A. Hughes and Jonathan Baylin to foster an environment in which parents and children can come together in order to mutually develop feelings of love and safety.

As you know, the concept of “felt safety” (feeling safe, not just being safe) is an incredibly salient concept for all our children from hard places. Children who have experienced trauma can’t even begin to process their other feelings, complete daily tasks, or do big things like build attachment until they feel safe. Riley does an excellent job of illustrating, in a strengths-based way, how children develop coping skills to survive trauma. Next he shows how those no-longer-needed skills can gently pave the way for new and healthier adaptive skills in a child’s new family environment.

*Riley the Brave* is available for checkout for eligible users from the ORPARC library, along with many other trauma-informed books for parents, professionals, and kids alike. Riley the Brave comes with an activity handout, and an afterword (for grown-ups) that describes how to get the most of the book. As if that’s not enough, on Riley the Brave’s accompanying website www.rileythebrave.org a plethora of FREE supportive activities, coloring pages, and all sorts of other teaching and parenting resources can be located. Additionally, *Riley the Brave* is available for checkout in Spanish!

Author and Certified Adoption Therapist, Jessica Sinarski, has years of mental health and trauma-focused experience, and is currently partnering with school districts and child welfare agencies to help redefine bravery and bring health and healing following the release of *Riley the Brave* (June, 2018). We are particularly appreciative (and impressed) that Riley the Brave’s team found ORPARC and reached out directly to generously donate two copies of their book (including one in Spanish!) to our library so that Oregon families and professionals like you could take advantage of it free of charge. Thank you Riley for being so brave! We look forward to following you on your next adventures.
Please join us at the 20th Annual Shoulder to Shoulder Conference at the Jantzen Beach Red Lion Hotel on the River. Registration is open now. There is a Pre-Conference Event **Sunday, 10/28** and the full conference on **Monday, 10/29**. Registration cost is $75.00 by 10/15 and $95.00 starting on 10/16. Continuing Education Credits and Certificates of Attendance are available. Professional & adoptive/foster/kinship parent scholarships are available & due by 10/5.

**Pre-Conference Event & Keynote Speakers**

**Sunday, October 28, 2018  5:30pm to 8:00pm**

**The Iron Cage of Poverty**  
*Presented by Dr. Donna Beegle*

**Monday, October 29, 2018  8:45am to 9:45am**

**No-Drama Discipline & The Developing Brain**  
*Presented by Dr. Tina Payne Bryson*

**Monday, October 29, 2018  12:30pm to 2:00pm**

**The Power of Resilience**  
*Presented by Schyler Baber, MPA*

**Workshop Session A—10:00am-11:15am**

- The Whole-Brained Child, Trauma, Neuroplasticity, & the Changing Brain  
- From the Bench  
- Resource for Applying Trauma Informed Care Part I  
- Pathways to Connection  
- Transgender and Gender Diverse Youth: Affirming Care in Youth/Family-Centered Environments  
- Targeting Adverse Childhood Experiences through Building Resilience

**Workshop Session B—11:30am-12:30pm**

- Communicating and Relating More Effectively Across Poverty Barriers  
- Foster Speak: Alumni of the Foster Care System Share Their Experiences  
- Resources for Applying Trauma Informed Care Part II  
- Pet Partners  
- Supporting Your Complex Child: Co-occurring Mental Health & Developmental Disability Diagnosis  
- Intersection of Child Welfare and Criminal Justice: Challenges for Children and Families of Color

**Workshop Session C—2:15pm-3:30pm**

- The Art of Co-regulation... A Brain Savvy Approach for De-escalating Outbursts and Having Fewer in the Future  
- Attachment and Why it Matters  
- Parent Advisory Council Panel  
- Marijuana and Children: The Grass is not Always Greener  
- Mentoring Foster Parents  
- Finding Your Greatness Through Your Culture and Overcoming Cultural Complacency  
- Trauma Informed Parenting through an Indigenous Lens

**Workshop Session D—3:45pm-5:00pm**

- Neurodevelopmental Consequences of Harsh Punishments and Brain Savvy Alternatives  
- The Song of Resilience  
- Whole-Brained Whole-Hearted Parenting for Children with Trauma Related Needs  
- Working with CSEC Youth: Intervention and Prevention  
- Utilizing Independent Living Services for Youth From Crisis to Collaboration: Inviting Community into the Foster System  
- Adoption, Transracial Adoption, and Foster Parenting
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.

You’re Not Alone! How to Address Challenging Behavior
Friday, September 28, 2018 • 9:00am to 1:00pm
Providence Seaside Hospital, Room ED A-B, 725 South Wahanna Road, Seaside, OR 97138
Behavior Analyst Alicia Like, M.Ed, BCBA will present at this free event exploring the principles of challenging behavior and strategies to help guide parents, professionals, and caregivers to see behavior from a new perspective. Come to learn the ABC’s of behavior (antecedent, behavior, consequence), how to identify the “why” of a behavior, and examples of possible replacement behaviors at home. Collaborative training sponsored by Swindells Resource Center, Oregon Department of Education, Oregon Family-to-Family Health Information Center, Northwest Regional Education Service District, Autism Society of Oregon, and ORPARC
Register online at https://weblinkplus.providence.org/weblink/classes/info/SCPSSE28

Relational Stress: Building Resiliency for Families of Children with Special Health Needs
Tuesday, October 2, 2018 • 6:00pm to 8:00pm • Newberg Christian Church • 2315 Villa Road, Newberg, OR 97132
Presenter Eileen Devine, LCSW, will give a free presentation on relational stress for couples and families caring for children with special healthcare needs. The presentation will include information and tools for families and professionals including signs and symptoms of relational stress, strategies to build resilience within a parenting relationship, and tools to plan for future stressors. Collaborative training sponsored by Swindells Resource Center and ORPARC
Register online at https://weblinkplus.providence.org/weblink/classes/info/SENCOC02

Understanding Developmental Disability Services
Monday, October 15, 2018 • 6:30pm to 8:30pm
Providence Newberg Medical Center • Sherwood/St Paul Room, 1001 Providence Way, Newberg, OR 97132
Presenters Cheryl Cisneros & Carol Morris will give a free introduction to Developmental Disability Services. Their presentation will cover an overview of the I/DD service system, eligibility criteria; steps for how to apply (including required paperwork), and available service (including in-home “K-Plan” services). Collaborative training sponsored by Swindells Resource Center and ORPARC
Register online at the following link: https://weblinkplus.providence.org/weblink/classes/info/SDPNOC15

Race & Adoption
Tuesday, November 6, 2018 • 6:00pm to 8:00pm • Unity of Portland, 4525 SE Stark Street • Portland, OR 97215
Please join facilitator Astrid Castro for a free presentation & conversation around the lifelong commitment we make in transracial adoptions to explore matters of race & identity, confront racism in all its forms, and develop new skills & perspectives. What role do race & racism play in your adoptive family? What are the personal experiences that inform how you talk to adopted children in your life about where they are from? Where do you need to grow to be the best resource you can be for children who are adopted? While particularly of relevance to families directly in transracial adoptive families, this conversation will also raise questions of how we talk to children about important issues like race and identity, adoption, and cultural appropriation. Call ORPARC at 503-241-0799, 1-800-764-8367, or email orparc@nwresource.org. This is a collaborative training sponsored by Oregon Humanities and ORPARC.

Trauma Education
Thursday, November 8, 2018
Medford, OR
More information coming soon!
Collaborative training sponsored by Swindells Resource Center and ORPARC
More information and registration at http://providenceoregon.org/swindellsevents

#CultivatingCharacter
CHARACTER DAY
We’re all works in progress. characterday.org
Join us for Character Day on September 26th
Watch the science of character, learn more, and sign up for character day at www.characterday.org
Additions to the ORPARC Library

Library usage is available free to eligible families & professionals

The Open-Hearted Way to Open Adoption is more than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child’s growing up years, helping that child to grow up whole.

Beneath the Mask: For Teen Adoptees offers a new companion workbook specifically for teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

In Raising Human Beings Dr. Ross Greene “makes a powerful case for rethinking typical approaches to parenting and disciplining children” (The Atlantic). From homework to hygiene, curfews, to screen time, Dr. Greene “arms parents with guidelines that are clear, doable, and sure to empower both parents and their children” (Adele Faber, coauthor of How to Talk So Kids Will Listen).

Books for Parents & Professionals

- A Child’s Journey Through Placement
- A Safe Place for Caleb: An Interactive Book for Kids, Teens, and Adults with Issues of Attachment, Grief, Loss, or Early Trauma
- The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole
- Parenting Across the Autism Spectrum: Unexpected Lessons We Have Learned
- Raising Human Beings: Creating a Collaborative Partnership with Your Child
- Spark: The Revolutionary New Science of Exercise and the Brain

Books for Children & Youth

- A Safe Place for Caleb: An Interactive Book for Kids, Teens, and Adults with Issues of Attachment, Grief, Loss, or Early Trauma
- Beneath the Mask: For Teen Adoptees: Teens and Young Adults Share Their Stories
- Fawn’s Touching Tale: A Story for Children Who Have Been Sexually Abused
- Foster Care: One Dog’s Story of Change
<table>
<thead>
<tr>
<th>METROPOLITAN REGION</th>
<th>18286 NE Glisan St, Portland, OR 97220</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 28</td>
<td>School, Homework, and Success</td>
</tr>
<tr>
<td>September 24</td>
<td>Keep Your Teen on Track</td>
</tr>
<tr>
<td>September 25</td>
<td>Good Times for Tweens &amp; Teens</td>
</tr>
<tr>
<td>September 25</td>
<td>Loss and Grief</td>
</tr>
<tr>
<td>October 3</td>
<td>Parenting in the Digital Age</td>
</tr>
<tr>
<td>October 11</td>
<td>Loving and Letting Go</td>
</tr>
<tr>
<td>October 23</td>
<td>Memory: Development &amp; Stimulation</td>
</tr>
<tr>
<td>November 1</td>
<td>Building Resilience for Children in Care</td>
</tr>
<tr>
<td>November 1</td>
<td>Self-Harm: Putting the Puzzle Pieces Together</td>
</tr>
<tr>
<td>November 5</td>
<td>Facilitating Developmental Attachment</td>
</tr>
<tr>
<td>November 15</td>
<td>Memory: Development &amp; Stimulation</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>SOUTHERN REGION</td>
<td></td>
</tr>
<tr>
<td>September 18</td>
<td>Making the Most of Caseworker Monthly Visits</td>
</tr>
<tr>
<td>September 19</td>
<td>Helping Children with Visitation</td>
</tr>
<tr>
<td>October 3</td>
<td>Parenting a Child with Special Needs</td>
</tr>
<tr>
<td>October 9</td>
<td>Early Childhood &amp; Brain Development</td>
</tr>
<tr>
<td>October 10</td>
<td>Caregiver's Guide to Adolescent Sexuality</td>
</tr>
<tr>
<td>October 10</td>
<td>Early Childhood &amp; Brain Development</td>
</tr>
<tr>
<td>November 3</td>
<td>CPR &amp; First Aid</td>
</tr>
<tr>
<td>November 3</td>
<td>Parenting Children in Care: What Works &amp; Why</td>
</tr>
<tr>
<td>November 13</td>
<td>Fetal Alcohol Spectrum Disorder Fundamentals</td>
</tr>
<tr>
<td>November 14</td>
<td>Executive Functions: Stop, Look and Listen</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>WESTERN REGION</td>
<td></td>
</tr>
<tr>
<td>September 19</td>
<td>Effects of Trauma on Learning in Children</td>
</tr>
<tr>
<td>September 21</td>
<td>Facilitating Developmental Attachment</td>
</tr>
<tr>
<td>September 27</td>
<td>Loss and Grief</td>
</tr>
<tr>
<td>October 6</td>
<td>Trauma Informed Parenting</td>
</tr>
<tr>
<td>October 6</td>
<td>CPR &amp; First Aid</td>
</tr>
<tr>
<td>October 13</td>
<td>CPR &amp; First Aid</td>
</tr>
<tr>
<td>October 16</td>
<td>Executive Functions: Stop Look and Listen</td>
</tr>
<tr>
<td>October 19-20</td>
<td>Behavior Crisis Management Training</td>
</tr>
<tr>
<td>October 24</td>
<td>Loving and Letting Go</td>
</tr>
<tr>
<td>November 9-10</td>
<td>Behavior Crisis Management Training</td>
</tr>
<tr>
<td>November 13</td>
<td>Parenting to a Child's Temperament</td>
</tr>
<tr>
<td>November 14</td>
<td>The Foster to Adoption Shift</td>
</tr>
<tr>
<td>December 11</td>
<td>Collaborative Problem Solving</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 de septiembre ...........................................Apooyando a Los Niños Expuestos a La Violencia Domestica</td>
</tr>
<tr>
<td>20 de octubre ...............................................Primeros Auxilios de Infantes, Niños y Adultos</td>
</tr>
<tr>
<td>29 de noviembre ............................................Los Patientes Como Cuidadores</td>
</tr>
</tbody>
</table>

---

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)
Community Resources, Trainings & Events

Center for Improvement of Child and Family Services
PSU Child Welfare Partnership • www.cwpsalem.pdx.edu

NetLink Trainings

<table>
<thead>
<tr>
<th>Morning NetLink Trainings</th>
<th>Instructions &amp; registration at <a href="http://cwpsalem.pdx.edu/caregiver/assets/ctuilearn2.pdf">http://cwpsalem.pdx.edu/caregiver/assets/ctuilearn2.pdf</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Parenting from the Heart and the Brain</td>
<td>September 13</td>
</tr>
<tr>
<td>Facilitating Development Attachment</td>
<td>October 25</td>
</tr>
<tr>
<td>Transitioning Children with Sensitivity</td>
<td>November 15</td>
</tr>
<tr>
<td>Making the Most of Caseworker Monthly Visits</td>
<td>December 13</td>
</tr>
<tr>
<td>Pérdida y dolor—Tarde</td>
<td>19 de septiembre</td>
</tr>
</tbody>
</table>

Evening NetLink Trainings

<table>
<thead>
<tr>
<th>Evening NetLink Trainings</th>
<th>5:30 pm to 9:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Educational Rights of Children</td>
<td>September 18</td>
</tr>
<tr>
<td>Supporting Children Exposed to Domestic Violence</td>
<td>October 9</td>
</tr>
<tr>
<td>On the Move: Aging Out of Foster Care</td>
<td>November 13</td>
</tr>
<tr>
<td>Emotional Intelligence</td>
<td>December 4</td>
</tr>
<tr>
<td>Desarrollo Infantil</td>
<td>14 de noviembre</td>
</tr>
</tbody>
</table>

2018-2019 Parenting Groups

Weekly support groups for parents and other caregivers of children with challenging behaviors: Understanding our children better.

McMinnville
- Mondays, 12:00pm to 2:00pm. Family & Youth Office (420 NE 5th Street)

Newberg
- Tuesdays, 11:00am to 1:00pm. First United Methodist Church (1205 Deborah Road)
- 2nd Monday of the Month, 6:00pm to 8:00pm (occasionally it is the 4th Monday if 1st Monday is a holiday). 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.

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.

Back to School Resource List: NACAC has compiled a list of resources for parents and professionals to build a school community that is supportive of all children and youth. This resource list includes an adoption and the schools fact sheet, a step-by-step guide to developing an Individualized Education Plan (IEP), and tips to cover the college expenses for your child adopted from foster care. To access these resources and more go online to www.nacac.org.

NAFA
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.

September 23............ Annual Planning Meeting ................. 1:00pm-4:30pm ___________________________________________ Portland, OR
October 13............ Baby & Toddler Care Class ............... 8:30am-4:30pm .................................................... Legacy Emanuel Hospital, Portland, OR
November 1-30........ Jump High & Celebrate Adoption! .. Date & Time TBD .................................................... Sky High, Beaverton, OR

Transracial Adoption: Three-Part Series

Transracial Adoption: The Basics  Unpacking Racial Identity for All Race & Racism: Talking with Children
October 7, 2018; 1:00-5:00pm December 2, 2018; 1:00-5:00pm February 3, 2019; 1:00-5:00pm

www.astridcastroconsulting.com

Through this in depth series of three independent workshops, we will focus on different and vital aspects of Transracial Adoption. Each workshop cost is $60 per individual or $90 per couple. Register at www.astridcastroconsulting.com. Please contact Astrid Castro at 971-533-1231 or email astrid@astridcastroconsulting.com with any questions or to obtain more information.
### Community Resources, Trainings & Events

**Swindells Resource Center of Providence Child Center**  
*Serving families of children with special needs*

**2018 Community Education**

Visit [www.providenceoregon.org/swindellsevents](http://www.providenceoregon.org/swindellsevents) to register for events by Swindells Resource Center. If you have any questions or need assistance registering, please call 503-215-2429 or 1-800-833-8899 ext. 52429.

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Youth Suicide Prevention &amp; What You Can Do</strong></td>
<td>Visit our resource fair from 5:30pm-6:30pm to gather resources and behavioral health information from our wonderful community partners. Then Dr. Stewart Newman of Mind Matters, PC, will present on youth vulnerability, risk factors, &amp; warning signs, overcoming fear of asking “the question,” the “question, persuade, refer” strategy, and helpful resources from 6:30pm-8:00pm.</td>
</tr>
<tr>
<td><strong>The Misunderstood Child: Understanding &amp; Treating Sensory Processing Disorder</strong></td>
<td>Join us for a free presentation on Sensory Processing Disorder from Sharron Donnelly, MS, OTR/L. Sharron will assist parent, professionals, and caregivers in understanding difficulties connected to sensory processing disorders, ingredients of an effective sensory diet, the impact of sensory processing on attention, learning, behaviors, and social interaction, and take-away tools to help children get “in sync” in the classroom, home, or clinic.</td>
</tr>
<tr>
<td><strong>Immigrant Youth and Mental Health: Promoting Healing after Trauma</strong></td>
<td>This conference will focus on how trauma impacts immigrant families and the children of immigrant families. Recognizing signs and symptoms of children that may be experiencing trauma or depression, ways to help children cope with trauma, and ways to develop community based programming around mental health will all be covered. Preregistration required. For registration contact Kathy Keese-Morales by calling 541-732-5958 or email <a href="mailto:katherine.keesee@providence.org">katherine.keesee@providence.org</a></td>
</tr>
<tr>
<td><strong>Bullying of Children with Special Healthcare Needs</strong></td>
<td>This event aims to enhance awareness of the psychological and environmental factors that create bullying and school violence, particularly among children who experience special health needs. Visit our resource fair from 5:30pm-6:30pm to gather resources and behavioral health information from our community partners. Then Dr. Stewart Newman of Mind Matters, PC, will present on psychological and environmental factors that create bullying and school violence and helpful resources from 6:30pm-8:00pm.</td>
</tr>
<tr>
<td><strong>Problem Solving Sensory Strategies for Home + School</strong></td>
<td>During this free workshop, Lisa Porter, OTD/OTR/L, will discuss the importance of understanding your child’s sensory differences, the need for your own self-care &amp; self-regulation, the important of support for your child’s social-emotional development, the idea of a sensory lifestyle, and a problem solving tool to support your child in everyday situations.</td>
</tr>
</tbody>
</table>

---

**The Center for Adoption Support and Education**

[www.adoptionsupport.org](http://www.adoptionsupport.org) ➔ Education & Resources ➔ For Parents & Families ➔ Webinars

**Webinar of the Month**

**Desperately Seeking Attachment: Parenting Traumatized and Neglected Children Part II**  
September 20 • 10:00am-11:30am  
Allison D. Maxon, LMFT

**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 I & II
- Taking the Fear Out of Open Adoption
- Talking with Children about Adoption
- Support for Adoptive Families by Educators
- Too Many Losses, Too Soon: Loss & grief among foster & adopted children
- Empowering Children to Handle Questions/Comments about Adoption
Parenting a Second Time Around Support Group

Sponsored by NorthWest Senior and Disability Services

Grandparents or relatives raising relative children are welcome to join the monthly support group. The group meets on the second Monday of the month from 10:30am-12:30pm in the upstairs conference room at the NorthWest Senior and Disability Services building.

<table>
<thead>
<tr>
<th>Meeting Date</th>
<th>Topic of Support Group Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 8, 2018</td>
<td>Celebrating Relatives as Parents Pie Social</td>
</tr>
<tr>
<td>November 5, 2018</td>
<td>“The Importance of Natural Supports” presented by Jean &amp; Gary Lasater</td>
</tr>
<tr>
<td>December 10, 2018</td>
<td>“Help for the Holidazed”</td>
</tr>
</tbody>
</table>

Support group topics may change without advanced notice. There is no need to register in advance for this support group if you are parenting a second time around. However, if you would like additional information about the group, please contact Suzy Deeds at 503-304-3429 or email suzy.deeds@nwsds.org. You may also contact the Aging and Disability Resource Connection at 503-304-3420 for additional information about the Relatives as Parents Program.

Oregon Consortium of Family Networks (OCFN)

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
3. Families Engaging and Thriving Together (FEATT): Douglas County, 541-670-2750, jill@featt.org
5. Bridging Communities: Jackson and Josephine counties, 541-690-6542, kayleigh@canyonrivers.org
6. Families Connected: Lane County, 541-343-5256 x113, laura.dahill@arclane.org

15th Annual NAYA Gala & Auction

Friday, November 16 • Portland Art Museum • 1219 SW Park Avenue, Portland, OR 97205

The largest celebration of Native American Heritage Month in the Pacific Northwest, the Annual NAYA Gala & Auction brings together community partners, tribal leaders, elected officials, and those dedicated to the education and success of our youth and families. The event includes a traditional Native-inspired meal, culturally-driven performances, as well as our signature auctions! The Auction features valuable Native artwork, from across the nation, including original paintings, hand-crafted jewelry, and one-of-a-kind travel experiences! Proceeds from the NAYA Gala impact and benefit more than 10,000 youth, families, and elders who access our programs each year.

Register online at https://nayapdx.ejoinme.org/register
September 17-21 ... Peer Delivered Services (PDS) Foundations ......................................................... 8:30am-5:00pm .......... Pendleton
22 de Septiembre ... Conceptos Basicos del Plan de Educacion Especial .............................................. 10:00am-1:00pm .......... Salem
September 25 ....... Journey to Advocacy .............................................................................................. 9:00am-3:00pm ........ Roseburg
September 27 ....... Wraparound 101 ................................................................................................... 2:00pm-5:00pm .......... Irrigon
September 29 ....... IEP Basics .............................................................................................................. 10:00am-1:00pm .......... Irrigon
September 29 ....... IEP Basics .............................................................................................................. 10:00am-1:00pm .......... Salem
October 9 ............ Trauma: The What, Why, & How to Respond ......................................................... 9:00am-12:30pm .......... Fossil
October 9 ............ IEP Basics .............................................................................................................. 1:30pm-4:30pm .......... Fossil
October 24-26 ...... Collaborative Problem Solving: Tier 1 Intensive Training ................................... 9:00am-5:30pm .......... Ontario
October 29 ........ Standards of Quality for Family Strengthening & Support ..................................... 8:30am-5:00pm .......... Eugene
October 30 ........ Standards of Quality for Family Strengthening & Support ..................................... 8:30am-5:00pm .......... Eugene
November 5-9 ........ Peer Delivered Services (PDS) Foundations ....................................................... 8:30am-5:00pm .......... Medford

Sky’s The Limit!
Saturday, September 22, 2018 • Portland International Airport • 7000 NE Airport Way, Portland, OR 97218
A realistic “dress rehearsal” for air travel for people who experience disability. Participants receive boarding passes, go through TSA security, and board an actual Alaska Airlines plane that taxies on the runway. Strictly limited to the number of people the plane holds and all TSA and airline rules apply. Participants must sign up and provide passenger information in advance. Open to all ages, priority to people with air travel planned and to new participants. Please contact ASO for an intake form at 503-636-1676 or by email at Events@AutismSocietyOregon.org

Pumpkin Patch Family Event
Saturday, October 6, 2018 • 10:00am-2:00pm • Green Bridge Garden Pumpkin Patch • 3730 Jefferson Scio Drive SE, Jefferson, OR 97352
Families must register by October 1st then check in at our welcome booth any time from 10:00am to 2:00pm for free entry into the pumpkin patch. We will be there rain or shine, please bring money for food and drinks. Enjoy the corn maze, hay ride, duck races, petting zoo, and more.
Space is limited, register online at www.creatingops.org
El cuidado de jóvenes LGBTQ: Una introducción para los padres adoptivos y de cuidado temporal

Los padres adoptivos y de cuidado temporal forman una comunidad extremadamente diversa de personas con un denominador común: el deseo de amar, educar y cuidar a los niños(as) y jóvenes. Es posible que muchos padres no se den cuenta de que jóvenes LGBTQ están representados de manera inexacta en los hogares de cuidado temporal y tienen un mayor riesgo de rechazo y daño durante este cuidado. Este seminario en línea explicará los términos y conceptos clave que los padres de cuidado temporal y adoptivos deben conocer para comprender mejor a la juventud LGBTQ.

Caring for LGBTQ Youth: An Introduction for Foster & Adoptive Parents

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.

Navigating Conversations on Religion and the LGBTQ Community

This webinar is designed for professionals looking to increase their knowledge and comfort level related to navigating conversations around religion and LGBTQ identities. Topics include an overview of affirming faith positions on LGBTQ topics, resources for responding to faith-based concerns as agencies welcome LGBTQ-headed families, and guides available for LGBTQ people of faith.

Gender Diversity in Children & Youth: Inclusive & Affirming Care in Schools

This workshop for educators, school counselors, volunteers, and other school personnel will focus on how we can work toward creating inclusive and affirming classroom and school environments for gender nonconforming, gender diverse and transgender students in K-12 schools. Jenn Burleton, Executive Director of TransActive Gender Center, will be the plenary speaker. She is a respected expert, visionary and leading thinker on gender identity and gender expression. Register at www.transactivegendercenter.org.

18th UCP Family Conference on Cerebral Palsy

October 19-20, 2018 • 8:00am to 3:30pm
The Red Lion Jantzen Beach Hotel
909 N. Hayden Island Drive, Portland, OR 97217
Visit the following website to see the schedule and register: https://www.ucpaorwa.org/family_conference.html
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.

September 19......Puberty vs. Adolescence ................................................................. 9:00am-1:00pm ........ Salem
September 26-27...Person Centered Thinking.......................................................... 9:00am-4:30pm .......... Aloha
October 25..........Considerations for Developing Communication and Visual Supports for People with I/DD...... 8:30am-3:00pm......... Portland
October 31.........Strategies for Training and Maintaining the Positive Behavior Support Plan ............................................. 10:00am-11:00am ...... Webinar
November 14.......Sensory with a Twist – Supporting Sensory Needs at any Age.......................... 8:30 am-12:30pm ...... Portland
November 15-16....Person Centered Thinking.......................................................... 9:00am-5:00pm ........ Salem
December 4.........Trauma Informed Approaches to Support People Who Experience I/DD.................. 9:00am-4:00pm ........ Portland
December 13......Positive Behavior Support 101 – Want to Know More About PBS? .......................... 9:00am-1:00pm ........ Salem

---

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

October 11-13, 2018 (Thursday-Saturday) 6:00am-4:00pm
The Mark Spencer Hotel, 409 SW 11th Avenue, Portland, OR 97205

This workshop is designed for parents and professionals
Facilitated by Suzanne C. Emery • Contact Wendy Temko, 503-621-1271, wtremko@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 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. For more information, email contact@oregonfamilytofamily.org, call 1-855-323-6744 (English) or 503-931-8930 (Spanish), and visit www.oregonfamilytofamily.org.

Free Workshops by the Oregon Family to Family Health Information Center
Register at https://www.surveymonkey.com/r/fallORF2FHIC or call 503-494-5614

Open Enrollment: Buying Health Insurance for Your Child or Young Adult with Special Needs
Thursday, September 27, 2018 • 6:00pm-7:00pm • Online Webinar

Resources and More: Information You Can Use Now to Help Your Child with Special Needs
Thursday, October 4, 2018 • 6:00pm-7:30pm
Pediatric Therapy Services • 304 NE Hood Avenue, Gresham, OR 97030

Resources and More: Information You Can Use Now to Help Your Child with Special Needs
Monday, October 15, 2018 • 6:00pm-7:30pm • Online Webinar

It’s More than a Medical Chart: Create a Patient Profile to Enhance Your Child’s Health Care
Tuesday, October 23, 2018 • 5:30pm-7:30pm
Salem Hospital, Building D, CHEC Room, 2nd Floor Room D21 • 939 Oak Street SE, Salem, OR 97302
Special Needs, Amazing Children
Guest article from valued ORPARC partner Shauna Signorini of Oregon Family to Family

I am the parent of children with special health needs. “Special” means they get more health care and treatments than “typical” children get. We have spent a lot of time traveling to and from therapy and medical appointments. We also have spent a lot of time getting diagnoses and care plans.

My children are special and also amazing. Biased as I might be, they are. Although their developmental or behavioral growth may not be exactly the same as their same age peers, they are on track for themselves. They each astound me with their kindness, art, love of the outdoors and animals.

I spent a lot of time in their early years frustrated. I read many books and nothing worked. I was consistent. (By the way, when you are consistently doing the wrong thing, it doesn’t work.) Because of my love for the kids, I kept reading, kept trying, and much of the time, not succeeding.

My research eventually let me to a Collaborative Problem Solving training based on a book by Ross Greene. After taking the training, I realized how HARD my children tried to regulate their emotions, fit in socially, and generally keep up with their peers. I learned they needed more time to process and had different needs than other children their ages.

I learned my children had special needs and needed special support, my expectations changed. I changed. Patience came easier with the recognition that they were trying hard, and like me at times, with experienced success.

I realized that their safety, health, and being connected to their family and community is what I truly wanted. If that meant my children didn’t do everything just like the other students in their grade, I was fine. If it took longer for them to graduate, that was fine too. (Did you know in Oregon, kids can graduate from high school up to age 21?) I learned to appreciate what they could do and what I could do to help them feel supported to grow.

Each child is unique; each child is AMAZING! You probably have a child with special needs too. If you want to speak with another parent about how amazing your child is and about finding the right supports, give us a call at the Oregon Family to Family Health Information Center at 855-323-6744 or email me at signorin@ohsu.edu. Visit our website for more information www.oregonfamilytofamily.org.

About the author: Shauna Signorini is the proud parent of two young women with special health issues. She works as a Parent Partner for the Oregon Family to Family Health Information Center. Her areas of expertise include health insurance, children’s mental health, and early childhood trauma. In her spare time she loves to hike and cook with her family.

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, smitsh@ohsu.edu
Malheur: Brandy Ragus, ragus@ohsu.edu
Spanish-speaking (all of Oregon): Marisa Marquez, 503-931-8930, marquez@ohsu.edu