



The Journey

Volume 84

September 2022

ORPARC is a program of Northwest Resource Associates

Celebrating TAC—Training for Adoption Competency

BIPOC Therapists ONLY please apply ASAP!

Families often report needing more foster adoption competent therapist options! Oregon celebrates the first therapists to graduate and earn the nationally accredited Training for Adoption Competency (TAC) created by the [Center for Adoption Support & Education \(C.A.S.E.\)](#). The wonderfully diverse cohort stretched across race, culture, lived experience and geography. *Congratulations to these 17 accomplished individuals for their achievement!* (see page 4)

Applications are now closed for this competitive 10-month Master's level series running September-June unless you are **BIPOC, BILINGUAL** or an **ADOPTEE** with a Master's degree or higher in psychology, counseling, social work or related and are licensed or pursuing licensure then **please apply ASAP for the last slots!** Visit [ORPARC's TAC page](#) and email TAC@nwresource.org to inquire or be added to the waitlist for consideration for next year.



23rd Annual Shoulders to Shoulder Virtual Conference **Strengthening Children and Families**

Monday, October 24th | 11:30am-2:30pm ♦ Tuesday, October 25th | 9:00am-12:30pm

A multi-disciplinary conference providing professional training and building stronger partnerships on behalf of children and youth connected to the child welfare system. We invite resource/foster and adoptive parents, kinship caregivers, birth parents, advocates, caseworkers, social workers, lawyers, judicial officers, CASAs, Citizen Review Board (CRB), mental health professionals, medical professionals, educators, child care workers and anyone else who is supporting children and families connected with Child Welfare to attend the conference.

Registration Cost: ♦ \$35: Individuals/Households ♦ \$125: Host Sites/Group Viewing (5+ individuals)

Scholarships: Available for Oregon caregivers (paid/unpaid) thanks to the generous sponsorship of the Oregon Resource Family Alliance (formerly Oregon Foster Parent Association, "OFPA")

Information/Registration: www.stsconference.com

MONDAY, OCTOBER 24, 2022				TUESDAY, OCTOBER 25, 2022		
11:30 AM - 2:30 PM (PDT)				9:00 AM - 12:30 PM (PDT)		
	DR. RITA CAMERON WEDDING	SUZANNE KUERSCHNER	LYNN PRICE & KARYN SCHIMMELS		DR. JESSICA PRYCE	DR. STUART ABLON
11am-12pm	12:15-1:15pm	1:30-2:30pm		9:00-10:00am	10:15-11:15am	11:30am-12:30pm
Implicit Bias: Impact on Decision Making	Weaving a Resilient Basket of Hope...	Kindred Matters, Kinship Matters, Siblings Matter!		Strengthening Families using a Racial Equity Lens	Aligning Families & Child Welfare Providers using Collaborative Problem Solving	Motivating Change with Three Little Words



Oregon Post Adoption Resource Center
6443 SW Beaverton Hillsdale Highway, #205
Portland, Oregon 97221

☎ 503-241-0799 (telephone) ♦ ☎ 800-764-8367 (toll-free) ♦ ☎ 503-241-0925 (fax)
✉ orparc@nwresource.org ♦ 🌐 www.orparc.org ♦ 📘 Follow ORPARC on Facebook
Operating hours: Monday through Friday, 9:00am - 5:00pm



Message from Adoption/Guardianship Assistance Unit to all Guardianship & Adoptive Parents

Summer 2022 has been a season of immense and joyful change for the Post Adoptions and Guardianship Assistance Program. Barbara Schlewitz began her well-earned retirement from our team and social work. While we miss her joy, expertise and companionship each week, we have welcomed a new team member to fill Barb's shoes. Liz Tyson has joined our team! Liz will be serving in Barb's former position and joins us from her years of Child Welfare permanency work up in the Portland Metro area.

Lindsay Williams is taking some well-earned leave for a few months to celebrate and enjoy the birth of her beautiful baby girl! We will miss her while she is gone, but we get to celebrate the return of Roya Leriche in mid-September. Roya is doing a temporary rotation with our team again to cover Lindsay's absence. Roya did this for us before and we are so appreciative to both Roya and her local office for giving us some of her time again.

We have one more new staff. Alicia Bishop is a new support staff that has joined our team! She has a passion to support families who are keeping children safe, nurtured and thriving. She is a fast learner and will be an invaluable resource to us all. We have updated our staff contacts page for all of our current staff, at the time of this writing. Please reach out if we can be of any support to you, or if you have questions about your adoption or guardianship assistance benefits. <http://www.oregon.gov/DHS/CHILDREN/ADOPTION/Pages/Adoption-Guardianship-Assistance.aspx>

Family Last Name	Adoption/Guardianship Coordinator	Email	Telephone
A-C	Brenda Weitman	brenda.weitman@dhs.oh.state.or.us	971-283-1307
D-I	Mike Plumb	michael.plumb@dhs.oh.state.or.us	503-945-6632
J-N	Liz Tyson	elizabeth.k.tyson@dhs.oh.state.or.us	503-947-5311
O-R	Cathy Reeves	cathy.r.reeves@dhs.oh.state.or.us	503-945-5685
S-Z	Lindsay Williams	lindsay.k.williams@dhs.oh.state.or.us	503-947-5371
Family Last Name	Adoption/Guardianship Support Staff	Email	Telephone
A-G	Katrin Hood	katrin.a.hood@dhs.oh.state.or.us	503-945-6642
H-O	Samantha Van Den Broeke	samantha.vandenbroeke@dhs.oh.state.or.us	503-947-5370
P-Z	Alicia Bishop	alicia.bishop@dhs.oh.state.or.us	503-947-5312



All About Me...& You: Live Discussions with Richard Rose
Working hard to understand and complete the new All About Me books?
Curious what they're all about? Anchor yourself!

Join Richard Rose, ORPARC and ODHS for a light & lively session on navigating the process of helping kids (and adults too!) to complete their All About Me (AAM) books. Richard will share tips and tools, offer context, and help you steer around any obstacles you find in your way. Special Feature: Sensitive Topics. Explore more on [All About Me](#).

Questions: orparc@nwresource.org or 800-764-8367

Date	Time	Registration Link
Thursday, September 29	10:00-11:30am	Register Online for 9/29 (https://www.orparc.org/training/online/1201)

All ODHS workers, resource (foster), adoptive, guardianship families are encouraged to do All About Me books, even if placements happened long ago. AAM books are an easy, fun, but meaningful way to engage with kids, strengthen connections, and start valuable conversations.

Order and customize your book template at: [ORPARC's library – choose from 50+ templates & customize the language!](#)
Email completed AAM books to ORPARC for printing at AllAboutMe@nwresource.org.



More than a One Time Event: *Affirming Children's Identities*

In this presentation, lived and professional experiences combine as a transracial adoptee and child welfare professional guides attendees through the formation of racial and cultural identity. This presentation goes beyond talking about the importance of honoring race and cultural differences and provides practical tools for parents as they help their families embrace complexities and prepare for challenges.



Nathan Ross is a project specialist at the North American Council on Adoptable Children. Nathan entered foster care at the age of ten, and he was adopted as a teenager. Upon discovering that his resource-filled foster care experience was unique, he decided to center his career around increasing outcomes for future generations of children. Today, he uses his knowledge as a transracial adoptee and child welfare professional to train caregivers, foster care and adoption workers, and system administrators across North America. Additionally, Nathan works with agencies and states to develop programs and policies that genuinely engage youth by placing them at the center of decision-making and recognizing their inherent strengths.

Location	Time & Date	Zoom Link
Virtual Training via Zoom	Friday, September 16, 2022 1:00-3:00pm	Link sent to registered participants

REGISTRATION

<https://www.orparc.org/training/online/1523> | 1-800-764-8367

Grief, Gratitude, and Grit: *Brain Boosting for Weary Grown-Ups*



It's been a rough couple of years! Give your brain the boost it needs in this experiential workshop. Trauma expert Jessica Sinarski gently guides participants through self-reflective exercises to help you befriend your nervous system. Feel the difference in mind, body, and soul as you apply simple practices to everyday life.

Location	Time & Date	Zoom Link
Virtual Training via Zoom	Tuesday, October 11, 2022 11:00am-1:00pm	Link sent to registered participants

REGISTRATION

<https://www.orparc.org/training/online/1524> | 1-800-764-8367

Navigating Blocked Care: *Support for parents and helping professionals*

If you find yourself feeling angry, lost, or hopeless in your relationship with your child, you are not alone!!! In fact, it's a brain thing! Early trauma can create "Safety Blindness" in children, making it difficult to trust and connect with parents. Reduce the shame and reawaken compassion during this interactive session with award-winning trauma therapist, Jessica Sinarski. *Participants will be able to:*

- 1) Describe blocked care with compassion for parent & child;
- 2) Demonstrate at least 5 strategies for preventing or overcoming blocked care;
- 3) Create a plan for nurturing the calm, curious, connecting parts of parent & child brains.

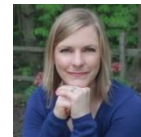


Location	Time & Date	Zoom Link
Virtual Training via Zoom	Monday, November 7, 2022 11:00am-1:00pm	Link sent to registered participants

REGISTRATION

<https://www.orparc.org/training/online/1577> | 1-800-764-8367

Jessica Sinarski, LPCMH, is a highly sought-after therapist, author, and change-maker. Extensive post-graduate training and 15+ years as a clinician and educator led her to create the resource and training platform—BraveBrains. She makes brain science practical, helping parents and professionals become healers for hurting children. She is the author of the award-winning Riley the Brave series, Your Magic Backpack series and more.



Questions?



Contact ORPARC at orparc@nwresource.org or 1-800-764-8367

Continuing Education Credits through NASW Oregon Chapter are available for \$20.00. Please request credits when registering. Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)



Congratulations Oregon's TAC Graduates!



Training for
Adoption
Competency™



1. Lanette Ambers, LCSW, Private Practice
2. Lisa Carder, LMFT, Trillium Family Services
3. Caitlin Clark, LMFT, Portland Public Schools, Roosevelt High School
4. Annie Denning Hille, LPC, ORPARC
5. Jessica Fintak, LMSW, CSWA, Youth Villages
6. LaTrece Gaither, LPC, LMFT, OHSU Avel Gordly Center for Healing
7. Arah Gould, LPC, ORPARC
8. Yajaira Hernandez Trejo, CSWA, Marion County Juvenile Department
9. Shereen Hullum, LCSW, Trillium Family Services
10. Katie Kenney, LCSW, Douglas CARES
11. Jaynita Kumar, LPC, Trillium Family Services
12. Sabrina Pyl, Registered Professional Counselor Associate, Private Practice
13. Kirsten Romney, LCSW, Brightways Counseling
14. Julia Rossi, Psy D, Psychologist Resident, The Children's Program
15. Xiomara Sanchez, LCSW, Private Practice
16. Heather Sherman, LCSW, Private Practice
17. Rachel Stein, M.A. NCC, Registered Professional Counselor Associate, Skyhook Counseling Center

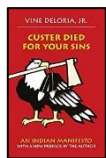


Additions to the ORPARC Library Library usage is **free** to eligible families & professionals!

Please contact us with questions about the process at orparclibrary@nwresource.org or call 1-855-496-BOOK (2665)

Additions to the Tribal Collection

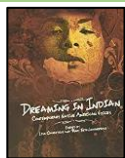
Materials for Parents and Professionals



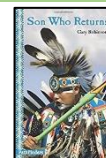
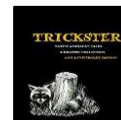
- Custer Died for Your Sins: An Indian Manifesto* by Vine Deloria, Jr.
- Healing and Mental Health for Native Americans: Speaking in Red* by Ethan Nebelkopf & Mary Phillips



Materials for Teens

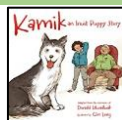
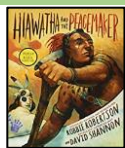


- ⚙ *Dreaming in Indian: Contemporary Native American Voices*, by Lisa Charleyboy & Mary Beth Leatherdale (editors)
- ⚙ *Moonshot: The Indigenous Comics Collection*, by Hope Nicholson

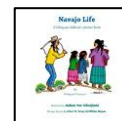
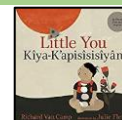
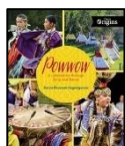
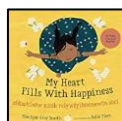


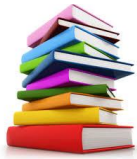
- ⚙ *#NotYourPrincess: Voices of Native American Women*, by Lisa Charleyboy & Mary Beth Leatherdale (editors)
- ⚙ *Son Who Returns*, by Gary Robinson
- ⚙ *Trickster: Native American Tales, A Graphic Collection*, by Matt Dembicki

Materials for Children



- ✚ *Hiawatha and the Peacemaker* by Robbie Robertson
- ✚ *Kamik; an Inuit Puppy Story* by Donald Uluadluak
- ✚ *Little You / kiya kâ-apîsîsîsiyan* (Cree and English Edition) by Richard Van Camp
- ✚ *Makoons* (Birchbark House, 5) by Louise Erdrich
- ✚ *My Heart Fills With Happiness / sâkaskinêw nitêh miywêyitamowin ohci* (English and Cree version) by Monique Gray Smith
- ✚ *Navajo Life; A Bilingual Children's Picture Book* by Hildegard Thompson
- ✚ *Powwow: A Celebration through Song and Dance* by Karen Pheasant-Neganigwane
- ✚ *Sharice's Big Voice; A Native Kid Becomes a Congresswoman* by Sharice Davids & Nancy K. Mays
- ✚ *We Are Still Here! Native American Truths Everyone Should Know* by Traci Sorell
- ✚ *We Sang You Home / kîkî-kîwê-nîkamôstamâtînân* (Cree and English Edition) by Richard Van Camp
- ✚ *When We Are Kind / Nihá'ádaahwiinít'ígo* (English and Navaho Edition) by Monique Gray Smith



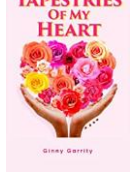
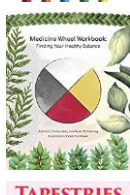
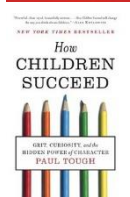
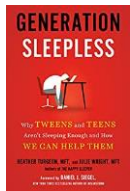
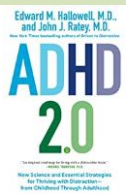


Additions to the ORPARC Library

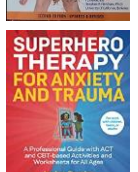
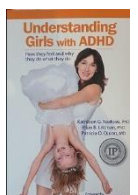
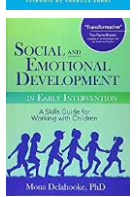
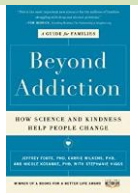
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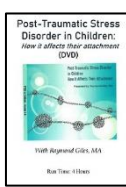
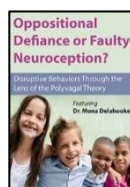
New Books for Parents and Professionals



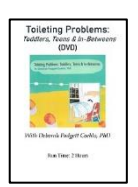
- 📖 A Love-Stretched Life: Stories on Wrangling Hope, Embracing the Unexpected, and Discovering the Meaning of Family by Jillana Goble
- 📖 ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction--from Childhood through Adulthood by Edward M. Hallowell & John J. Ratey
- 📖 Beyond Addiction: How Science and Kindness Help People Change by Jeffrey Foote, Carrie Wilkens, & Nicole Kosanke
- 📖 Generation Sleepless: Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them by Heather Turgeon MFT & Julie Wright MFT
- 📖 How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough
- 📖 Hungry for Love: Creating a Mealtime Environment That Builds Connection, Life Skills, and Eating Capabilities by Charlie Slughter, MPH, RD
- 📖 It Starts with You: How Imperfect Parents Can Find Calm and Connection with Their Kids by Nicole Schwartz
- 📖 It's time to talk about it: A family guide for youth suicide prevention by K Gryglewicz, et al
- 📖 Medicine Wheel Workbook: Finding Your Healthy Balance by Carrie Armstrong
- 📖 Milestone Moments; Milestones Matter! CDC
- 📖 Parenting Through The Storm: How to Handle the Highs, the Lows and Everything in Between by Ann Douglas
- 📖 Social and Emotional Development in Early Intervention; A Skills Guide for Working with Children by Mona Delahooke
- 📖 Superhero Therapy for Anxiety and Trauma; A Professional Guide with ACT and CBT-based Activities and Worksheets for All Ages by Janina Scarlet
- 📖 Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse, and Trauma; A Community Action Guide by SAMHSA
- 📖 Tapestries of my Heart by Ginny Garity
- 📖 Understanding Girls with ADHD: How They Feel and Why They Do What They Do by Kathleen G. Nadeau, Ellen B. Littman, & Patricia O. Quinn



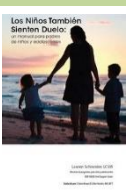
New DVDs



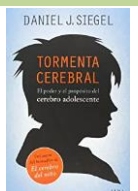
- Oppositional Defiance or Faulty Neuroception? Disruptive Behaviors through the Lens of the Polyvagal Theory, by Mona Delahooke
- Post-Traumatic Stress Disorder in Children: How it affects their attachment, by Raymond Giles
- Safe Infant Sleep for Grandparents and Other Trusted Caregivers // Sueño seguro para los bebés: Video para abuelos y personas que cuidan un bebé, by NIH
- Toileting Problems: Toddlers, Teens and In-Betweens, by Deborah Padgett

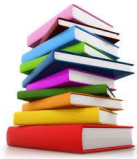


Nuevos materiales en español para padres



- 📖 Cuando Muere Alguien: Un Libro de Actividades para Niños y sus Cuidadores [When Someone Dies: A Child-Caregiver Activity Book SPANISH] National Alliance for Grieving Children
- 📖 Está bien que no estés bien: Afrontar el duelo y la pérdida en una cultura que no los comprende [It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand SPANISH] by Megan Devine
- 📖 Los niños también sienten duelo: un manual para padres de niños y adolescentes [Children Grieve Too: a handbook for parents of grieving children and teens SPANISH] by Lauren Schneider
- 📖 Tormenta cerebral: El poder y el propósito del cerebro adolescente [Brainstorm: The Power and Purpose of the Teenage Brain SPANISH] by Daniel Siegel
- 📖 **Material para Niños:** Un día ocupado del bebé; ¡Tener un año es divertido! [Baby's Busy Day; Being One is So Much Fun! SPANISH] by CDC



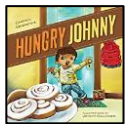
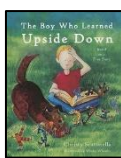
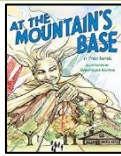
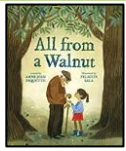


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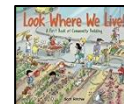
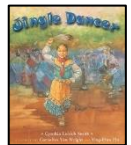
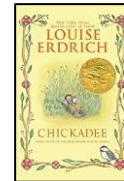
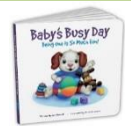
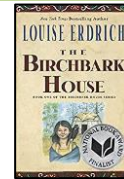
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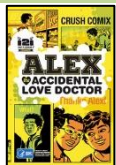
New Books Children



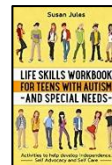
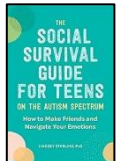
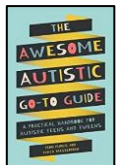
- ☺ All From a Walnut by Ammi-Joan Paquette
- ☺ At the Mountain's Base by Traci Sorell
- ☺ Baby's Busy Day; Being One is So Much Fun! By Anne Harrell
- ☺ The Birchbark House (Birchbark House, 1) by Louise Erdrich
- ☺ Birdsong by Julie Flett
- ☺ The Boy Who Learned Upside Down by Christy Scattarella
- ☺ Chickadee (Birchbark House, 4) by Louise Erdrich
- ☺ Diapers Are Not Forever by Elizabeth Verdick
- ☺ The Game of Silence (Birchbark House, 2) by Louise Erdrich
- ☺ The Girl And Her Rainbows by Arran Gimba
- ☺ The Girl and Her TV by Arran Gimba
- ☺ Healer of the Water Monster by Brian Young
- ☺ Hello, Anger by Jessica Sinarski
- ☺ Hungry Johnny by Cheryl Kay Minnema
- ☺ It's Okay to Wonder by Rhonda Wagner
- ☺ Jingle Dancer by Cynthia Leitich Smith
- ☺ Just Like Flowers by Jenny Jiang
- ☺ The Last Dog; A "tail" of adoption by Liane Joly
- ☺ Look Where We Live! A First Book of Community Building by Scot Ritchie
- ☺ Only For Me; a delightful rhyming book, which empowers and teaches young children about protecting their body and their privacy by Michelle Derrig
- ☺ Sarah by Illana Katz
- ☺ The Sea in Winter by Christine Day
- ☺ Sofia Valdez, Future Prez by Andrea Beatty
- ☺ Superpowered: Transform Anxiety into Courage, Confidence, and Resilience by Renee Jain & Dr. Shefali Tsabary
- ☺ Two Homes Filled with Love: A Story about Divorce and Separation by Steve Herman
- ☺ We Are All Connected; Caring for Each Other & the Earth by Gabi Garcia
- ☺ The Whatifs by Emily Kilgore



New Books for Teens

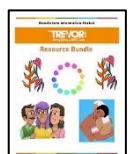
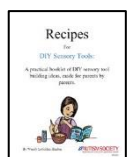
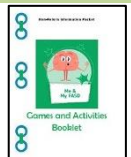


- 📖 Alex the Accidental Love Doctor from the CDC
- 📖 Apple; Skin to the Core by Eric Gansworth
- 📖 The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens by Yenn Purkis & Tanya Masterman
- 📖 Life Skills Workbook for Teens with Autism and Special Needs: Activities to help develop Independence, Self Advocacy and Self Care by Susan Jules
- 📖 The Social Survival Guide for Teens on the Autism Spectrum: How to Make Friends and Navigate Your Emotions by Lindsey Sterling
- 📖 Superhero Therapy: Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma by Janina Scarlet
- 📖 This Side of Home by Renee Watson



New Information Packets

- 📄 Me & My FASD Games and Activities Booklet by NOFAS
- 📄 Recipes for DIY Sensory Tools: A practical booklet of DIY sensory tool building ideas, made for parents by parents by Wendy LeSollen-Hinden
- 📄 The TBRI Playbook: The What, Why, and How of Trust-Based Relational Intervention by TCU
- 📄 The Trevor Project Resource Bundle





Community Resources, Trainings & Events



OREGON DHS CHILD WELFARE ONGOING CAREGIVER TRAINING Live Online TRAINING OPPORTUNITIES—2022

ORPARC is pleased to continue supporting ODHS live/online caregiver trainings with [library materials](#), [topical resource pages](#) and resource lists that compliment training topics for continued learning opportunities and training hours for resource parents. ORPARC's library has grown exponentially over the last year and now offers both digital and hard copy materials, with hundreds of children's books to choose from. Thank you, parents & workers, for your ongoing dedication to Oregon's children!



ODHS Child Welfare is excited to announce a menu of live/online training offerings for resource parents, relative caregivers, and adoptive and guardianship families in 2022! Training sessions will range between 1-3 hours long and will be hosted on Zoom. At least one topic will be hosted each month with simultaneous Spanish interpretation. All of these topics can be counted toward any ongoing training hours for recertification as an ODHS Child Welfare Certified Family.

- ✓ REGISTRATION: <https://www.oregon.gov/dhs/CHILDREN/FOSTERPARENT/Pages/training-ongoing-online.aspx>
- ✓ QUESTIONS? Please email: FosterFamily.Supports@dhsosha.state.or.us

Date	Time	Description
09/13/2022	9:00am-11:00am	Managing Difficult Behaviors in Young Children
09/13/2022	6:00pm-8:30pm	Domestic Violence (DV) 101
09/14/2022	6:00pm-8:00pm	Parenting a Child with a History of Sexual Trauma
09/20/2022	1:00pm-3:00pm	Cultural Continuity Agreements
09/22/2022	6:00pm-8:00pm	The Tween Puzzle
09/27/2022	9:00am-12:00pm	Oregon Adoption Overview
09/27/2022	9:00am-11:00am	Impact of Fetal Alcohol Spectrum Disorder
10/04/2022	9:00am-11:00am	Top 10 Tips for Parenting Teens
10/05/2022	6:00pm-8:00pm	Why ICWA Matters
10/05/2022	9:00am-11:00am	Vicarious Trauma
10/06/2022	9:00am-3:00pm	Parenting Ages 0-3: High Risk Infants
10/11/2022	10:00am-12:00pm	All About Me Books
10/12/2022	5:30pm-8:30pm	Passages: The long and (sometimes) windy road from the Teenage Years to Adulthood
10/12/2022	10:00am-12:00pm	Oregon Child Abuse Hotline (ORCAH): A screening overview
10/12/2022	5:30pm-7:30pm	Back to School, Foster Care and Education
10/12/2022	6:00pm-8:00pm	Oregon Child Abuse Hotline (ORCAH): A screening overview
10/13/2022	1:00pm-3:00pm	Connection with Birth Families after Adoption
10/18/2022	6:30pm-8:30pm	What is Guardianship and the differences between durable and permanent Guardianship plans
10/20/2022	6:00pm-8:00pm	"It's all relative" Supportive ideas for Resource Families who are also Relatives
10/25/2022	6:00pm-8:00pm	Relative Resource Parenting
10/27/2022	6:00pm-7:30pm	Parents and Resource (Foster) Parents: Trauma-Informed Co-Parenting for Success
10/27/2022	10:00am-12:00pm	Parenting a Child with a History of Sexual Trauma
11/03/2022	9:00am-3:00pm	Parenting Ages 0-3: High Risk Infants
11/08/2022	9:00am-11:00am	Youth Employment
11/08/2022	9:00am-12:00pm	Oregon Adoption Overview
11/10/2022	1:00pm-2:30pm	The Impact of Trauma on the Mind and Body
11/14/2022	1:00pm-3:30pm	Understanding ICWA
11/16/2022	9:00am-12:00pm	Understanding & Supporting Foster Youth Who Identify as LGBTQIA+
11/16/2022	6:00pm-7:30pm	Question, Persuade, Refer (QPR) for Resource Parents
11/16/2022	6:00pm-9:00pm	Introduction to Trust Based Relational Intervention (TBRI)
11/17/2022	1:00pm-3:30pm	Domestic Violence (DV) 101
11/18/2022	1:30pm-3:30pm	The Commercial Sexual Exploitation of Children (CSEC) 101: Your Role as a Resource Parent
11/29/2022	9:00am-11:00am	SMART Approach to Caregiver Stress
11/30/2022	5:30pm-8:30pm	Youth Thrive: Adolescent Development and Youth Resiliency



Community Resources, Trainings & Events



OREGON DHS CHILD WELFARE ONGOING CAREGIVER TRAINING Live Online TRAINING OPPORTUNITIES—2022

Date	Time	Description
12/01/2022	10:00am-12:00pm	All About Me Books
12/01/2022	9:00am-3:00pm	Parenting Ages 0-3: High Risk Infants
12/01/2022	6:00pm-8:00pm	Caring for Children with ADD/ADHD
12/06/2022	6:00pm-8:30pm	Effective Communication and Preparing for and Managing Intrusive Questions
12/06/2022	5:30pm-8:30pm	Collaborative Strategies for Caregivers
12/08/2022	9:00am-11:30am	Overview of ODHS Child Welfare Independent Living Program (ILP) Services
12/13/2022	10:00am-12:00pm	Cultural Continuity Agreements
12/13/2022	5:30pm-8:30pm	Understanding & Supporting Foster Youth Who Identify as LGBTQIA+
12/14/2022	5:30pm-8:30pm	Youth Thrive: Social Connection and Cognitive and Social Emotional Competencies
12/14/2022	10:00am-12:00pm	Adoption and Guardianship Assistance Training
12/14/2022	9:00am-11:00am	Mental Health Considerations
12/20/2022	6:00pm-8:00pm	Impact of Fetal Alcohol Spectrum Disorder
12/22/2022	10:00am-12:00pm	Relative Resource Parenting
12/29/2022	6:00pm-7:30pm	Parents and Resource (Foster) Parents: Trauma-Informed Co-Parenting for Success



Thank you!

Much gratitude to the City of Portland PDX City Parent Group for enthusiastically supporting ORPARC's library with two lovely donations of ADHD/Autism/Neurodiversity-focused books to benefit kids in care! These books make great companions to ORPARC's newly updated [Resource](#) pages on [ADHD](#) and the new page on [Autism](#).



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

Events and trainings from Swindells Resource Center are online and **free** of cost for parents and caregivers. If you have any questions or need assistance registering, please call 503-215-2429 or email swindells@providence.org.

Sep 17; Oct 15; Nov 19; Jan 07 10:30-11:30am *Sibshops: For brothers & sisters of children with special developmental needs*
 September 15th 6:00-7:30pm *Communication Strategies: Collaborating with your School Team*
 September 19th 6:00-7:30pm *Help That Helps*
 September 21st 6:00-7:00pm *Transitioning to Adulthood—Special Needs Trusts & ABLE Accounts: Part 2*
 October 4th 6:00-8:00pm *DOCs Fall Parenting Series: Kinder-Grade 5*
 October 5th 10:00-11:30am *Baby Steps: New Parent & Caregiver Support Group*
 October 26th 6:00-7:30pm *Transitioning to Adulthood—Government Benefits: Part 3*
 November 2nd 10:00-11:30am *Baby Steps: New Parent & Caregiver Support Group*
 December 6th 10:00-11:30am *Baby Steps: New Parent & Caregiver Support Group*



Recorded Webinars:

<https://nacac.org/get-training/recorded-trainings/>

Upcoming Webinars:

<https://nacac.org/get-training/upcoming-trainings/>

- ♦ *Adoption Assistance Eligibility and Benefits* FREE 09/19/2022 2:00-3:15pm (CST)
 - ♦ *Advocating at School for Children with Disabilities* .. \$15.00 09/27/2022 6:30-8:00pm (CST)
- Save the date for the 2023 in-person NACAC Conference: July 18-21, 2023, Kansas City, Missouri



Community Resources, Trainings & Events



Supporting Your Adoptive & Guardianship Family With KEEP

www.KEEPfostering.org/Oregon



Are you a state adoptive or guardianship family who would appreciate some professional guidance, peer camaraderie PLUS the opportunity for \$25 gift cards? Or, do you know of a family who could use a pick-me-up? You're in luck!

KEEP Support Groups are happening now for state adoptive and guardianship families statewide. More groups starting all the time! All state adoptive or guardianship families are eligible for a free KEEP referral through ORPARC. Please email orparc@nwresource.org to learn more or secure a slot! [KEEP also has groups](#) for resource (foster) families as well, including Spanish-speaking, Native American, LGBTQ+, and more. **ENJOY the informative [NEW KEEP Video!](#)**



Oregon Family-to-Family Health Information Center (ORF2FHIC)

Please contact ORF2FHIC with any questions at Contact@oregonfamilytofamily.org or call

1-855-323-6744

Se habla español

<https://www.ohsu.edu/oregon-family-to-family-health-information-center>

You're invited to a free information session about HERO Kids Registry, an important new way to help Oregon families prepare for medical emergencies. Simultaneous Spanish interpretation provided.

-09/22/2022 6:00-7:00pm [Register Here](#) / [Registrarse Aquí](#)

-09/23/2022 12:00-1:00pm [Register Here](#) / [Registrarse Aquí](#)

CHECK IT OUT



Response & Support Network (RSN)

ORPARC can now refer eligible adoptive and guardianship families in Multnomah & Washington Counties to the new Response & Support Network (RSN) program for a rapid, compassionate response. All services are FREE of charge! Email ORPARC@nwresource.org to get referred today. Referrals can provide:

- In-home visits & support from Maple Star
- Parent mentoring
- Youth mentoring
- Skills training for youth
- On-call crisis support
- Flexible funds for immediate needs (as available)
- Referral to rapid mental health assessments & services through Catholic Community Services (for families with OHP insurance)



nurture.
inspire.
empower.

The Center for Adoption Support and Education

www.adoptionsupport.org

Strengthening Your Family

Monthly Webinar Series

The first 600 registrations are FREE each month thanks to Jockey Being Family and Jockey International. 30 days of extended access is included in your registration. Certificates of Attendance and Continuing Education Credits are available. Visit <https://adoptionsupport.org/syfwebinars/>

*After free registration fills, it is just \$15 to attend and/or receive extended access

September Strengthening Your Family Webinar

The Best Defense is a Good Offense: Supporting Children with Intersecting Identities

LIVE ACCESS: September 22, 2022 | 10:00-11:30 (Pacific Time) | EXTENDED ACCESS: September 23-October 23, 2022

REGISTRATION: <https://case.myabsorb.com/#/catalog/3d39d2e3-34e7-4f04-88a2-cdbec56357d1>



Community Resources, Trainings & Events



9320 SW Barbur Boulevard, Suite 240, Portland, OR 97219
✉ info@autismsocietyoregon.org | ☎ 1-888-Autism (1-888-288-4761)

Register at <https://autismsocietyoregon.org/> ➔ News & Events ➔ Event Calendar

- 09/27/20226:00-7:30pm..... *Life Care Planning* Online Workshop
- 10/18/20226:00-7:30pm..... *Special Needs Trusts and ABLE Accounts* Online Workshop
- 11/08/20226:00-7:30pm..... *Government Benefits* Online Workshop



www.adoptionmosaic.com | ☎ 971-231-7184 | events@adoptionmosaic.com



Conscious Adoption: Foundations of Family Legacy
12 Thursdays, September 15-December 15 | 4:00-5:00pm
<https://www.eventbrite.com/e/foundations-of-family-legacy-tickets-367766959877>

Conscious Adoption: Transracial Parenting
8 Tuesdays, October 25-December 20 | 7:00-8:30pm
<https://www.eventbrite.com/e/conscious-adoption-transracial-parenting-fall-2022-tickets-367867310027>



FASCETS
Fetal Alcohol Spectrum Consultation
Education and Training Services

Upcoming 9-week Webinar Series
Neurobehavioral Conditions Including FASD:
Understanding & Application of the
FASCETS Brain-Based Approach

9 Thursdays, September 15-November 10 | 10:00am-12:00pm

This 9 week/18-hour webinar series provides information about Fetal Alcohol/Neurobehavioral Conditions (FA/NB). FA/NB are brain-based conditions with behavioral symptoms. This workshop helps participants understand the connection brain-behaviors, educates on a best practices approach for increasing understanding of FA/NB, reducing frustration, expanding options and improving outcomes. Case examples of successful accommodations are central to this training. This is intended for professionals as well as parents and other caregivers of individuals with confirmed or suspected FASD or other brain-based conditions. Our experience is that the training is enriched by having a mixed group of parents, caregivers, and professionals. There is a cost associated with this course. Register at <https://fascets.org/workshops/> or call 503-621-1271 ext. 100.



Nourished and Thriving Children

<https://workspace.oregonstate.edu/course/nourished-children>



Children who have experienced trauma have unique feeding and mealtime challenges that can impact their growth, development and overall health. Understanding these challenges and addressing them with trauma-informed strategies allows caregivers the opportunity to improve nutrition and mealtimes, and create resilience in the children in their care.

This self-paced course introduces the six principles of trauma-informed feeding and nutrition, discusses nutrition and mealtime challenges specific to children who have experienced trauma, and offers guidance in addressing these challenges using trauma-informed principles.

What You'll Learn

- Be able to explain how trauma can impact a child's health.
- Be able to identify common nutrition and feeding challenges among children who have experienced trauma and why they are at risk for these challenges.
- Understand the six principles of trauma-informed nutrition and feeding strategies and know how to use them with children in your care.
- Understand the Division of Responsibility Model.
- Be able to prepare a trauma-informed meal with your family.



Visit the following link to view the many important webinars presented by All Children—All Families

<https://www.thehrcfoundation.org/professional-resources/all-children-all-families-online-learning-archive>

CORE CURRICULUM

- ♦ [Introduction to LGBTQ+ Inclusion](#)
- ♦ [Best Practices in Serving LGBTQ+ Parents](#)
- ♦ [Best Practices for Serving LGBTQ+ Youth](#)

SPECIAL TOPICS

- ♦ [Traditionally Religious AND LGBTQ-Affirming: How Social Workers Can Help Families Be Both](#)
- ♦ [Neither//Nor: Stories of Life Beyond Binary Gender](#)
- ♦ [Putting Intersectionality Into Practice](#)

SERVING LGBTQ YOUTH

- ♦ [The Whole Family is on a Journey: Strategies for Helping Families When Their Child Comes Out](#)
- ♦ [Recruiting Affirming Foster & Adoptive Parents for LGBTQ Youth](#)
- ♦ [CDC 2019 LGBTQ Data: A Call to Action for Child Welfare Workers](#)
- ♦ [How You Can Make a Difference—Panel Discussion with LGBTQ Foster Care Alumni](#)
- ♦ [LGBTQ Youth Mental Health Today: Findings and Resources from the Trevor Project](#)
- ♦ [Advocating for LGBTQ Youth with Disabilities: A Guide on Supporting LGBTQ Students with an IEP or 504 Plan](#)
- ♦ [Creating an Atmosphere of Affirmation & Love for Trans Youth: Lessons from Former Foster Youth Turned Adoptive Parent](#)
- ♦ [Advancing Changes to Promote Well-Being for LGBTQ Youth of Color Impacted by Child Welfare and Juvenile Justice Systems](#)
- ♦ [Part I—The Facts About HIV Today](#)
- ♦ [Part II—The Role of Youth-Serving Professionals in HIV Prevention](#)
- ♦ [Supporting Trans & Gender-Expansive Youth](#)
- ♦ [Risk Factors & Health Disparities Among Gender-Expansive Youth](#)
- ♦ [Supporting Bisexual & Pansexual Youth](#)
- ♦ [LGBTQ Youth Today: Key Findings from HRC National Survey](#)

SERVING LGBTQ PARENTS

- ♦ [LGBTQ Parents Speak Out: What They Have Learned About Fostering Youth](#)
- ♦ [Innovative Strategies for LGBTQ Parent Recruitment & Engagement](#)
- ♦ [Fighting Back Against “License to Discriminate” Legislation](#)
- ♦ [LGBTQ Adult Experiences & Perceptions on Foster Care & Adoption: Findings from 2019 Survey](#)
- ♦ [Navigating Conversations on Religion & The LGBTQ Community](#)
- ♦ [LGBTQ Parent Recruitment 101](#)
- ♦ [LGBTQ Parent Recruitment 201](#)
- ♦ [Promising Practices with Trans & Non-Binary Parents](#)
- ♦ [Guiding Principles for Conducting LGBTQ Affirming Homestudies](#)

FOR CAREGIVERS

- ♦ [Caring for LGBTQ Youth: An Introduction for Foster Parents](#)

FOR AGENCY LEADERSHIP

- ♦ [LGBTQ Policy: Taking a Collaborative Approach to LGBTQ Policy Creation & Implementation](#)
- ♦ [SOGIE Data Collection: Exploring Current Best Practice & Lessons Learned from the Field](#)
- ♦ [LGBTQ Staff Training: Getting Beyond LGBTQ 101 and Making Sure Training Sticks](#)
- ♦ [Executive Briefing: Proven Leadership Strategies & Innovative Approaches to Include LGBTQ Stakeholders](#)
- ♦ [Moving Forward Toward Racial Equity & Inclusion: A Discussion for All Children—All Families Partner Organizations](#)
- ♦ [Policy Strategies for Preventing Conversion Therapy](#)
- ♦ [A Powerful Voice: Child Welfare Experts & LGBTQ Policy Advocacy](#)
- ♦ [Part I—Becoming An Employer of Choice for the LGBTQ Community](#)
- ♦ [Part II—The Role of Allies in Creating LGBTQ-Inclusive Workplaces](#)
- ♦ [Strategies for LGBTQ Community Engagement at Pride Festivals](#)



Discussing racial identity in support groups
Wednesday, September 14, 2022
12:00–1:30 pm (Pacific Time)

Peer meeting for parent group leaders and staff of agencies that offer parent groups
Tuesday, September 27, 2022
12:00 pm (Pacific Time)

Nathan Ross and Kim Stevens, AdoptUSKids Family Support Team, will discuss how parent support group leaders can lead substantive discussions on race, racism, and racial identity. Presenters with lived experience will offer strategies for group leaders to navigate these challenging, important discussions. This webinar is for new or experienced parent group leaders, staff of agencies that offer parent groups, and individuals considering starting parent groups. This webinar may be most useful for those leading groups for caregivers who parent transracially. Register at the following link:

https://us02web.zoom.us/webinar/register/WN_jvaWVtrQrK90Y4uTy8vMg

New! In this follow-up interactive discussion, come and discuss the challenges and successes you're having in leading these discussions with your group and learn from and help your peers! Register at the following link:

https://us02web.zoom.us/meeting/register/tzMvdO-spjkqH9AoMCvPeLT-Rjml_1qWWczL



September Is Kinship Care Month

Kinship care, in its various forms, has become increasingly important in meeting the needs of children involved with the child welfare system. It helps maintain familial and cultural connections and promotes stability, permanency, and the well-being of children in need of out-of-home placement.



Historically, kinship care has been used in many communities of color to sustain family relationships and protect and preserve the culture and history of these communities. Research has proven that placing children in the care of relatives or kin reduces the trauma of family separation and helps children maintain a sense of family, belonging, and identity.

This September, join the Children's Bureau in prioritizing these important connections and recognizing that when children cannot remain safely with their parents, **kinship care must be the first path we take**.

Resources to Support Your Work With Kinship Caregivers

On the Podcast

["Advances in Supporting Kinship Caregivers"](#) is a new podcast series exploring how different child welfare agencies from around the country are increasing engagement, training, and support for kinship caregivers. Listen to Parts 1, 2, and 3! And tune in to Part 4 and 5 on [Apple Podcasts](#), [Google Podcasts](#), [Stitcher](#), and [SoundCloud](#). **Subscribe to E-Alert! to receive the new episodes when they are released!**

Reflections: Stories of Foster Care

Personal storytelling is a powerful way to connect real-life scenarios to important practice issues and raise awareness about how the foster care system can support youth and families. [These stories](#) highlight the important role kinship caregivers play in the lives of children and youth in foster care and best practices for how kinship support programs and other foster care service agencies can act as a support to children, youth, and families.

Examples of Best Practices and Other Resources

Visit the National Foster Care Month website to find [year-round support](#) for ways to increase and enhance your partnerships with kin caregivers. Explore resources that demonstrate how prioritizing the placement of children and youth in foster care with biological family, or kin, can help transform the child welfare system into one that truly supports families and maintains connections. This includes an emphasis on family finding and other child-specific recruitment strategies, best practices for family engagement, and licensing relative caregivers who understand their unique ability to partner with parents to support reunification.

Outreach Tools

Use these messages and GIFs in your outreach throughout the month (and year-round!) to raise awareness in your communities about the benefits of kinship care!

- When children cannot remain safely with their parents, kinship care can minimize the trauma of family separation, and it helps maintain meaningful connections & cultural traditions. #KinshipCareMonth. <https://www.childwelfare.gov/topics/outofhome/kinship/>
- Learn more about how relative and kin connections keep families strong when they need support. #KinshipCareMonth. <https://www.childwelfare.gov/topics/outofhome/kinship/>
- Keep youth connected to their families. Learn how partnering with relatives and kin caregivers can support cultural identity and community ties for youth. #KinshipCareMonth <https://www.childwelfare.gov/topics/outofhome/kinship/>
- There are more than 407,000 children in foster care. Placing youth with relatives and kin caregivers can support reunification and often help minimize trauma for youth. #KinshipCareMonth. <https://www.childwelfare.gov/topics/outofhome/kinship/>

Únete a nosotros para ayudar a transformar el sistema de bienestar de menores en uno que realmente apoye a las familias (en inglés). #KinshipCareMonth. <https://www.childwelfare.gov/topics/outofhome/kinship/>
(Translation: Join us in working to transform the child welfare system into one that truly supports families.)