



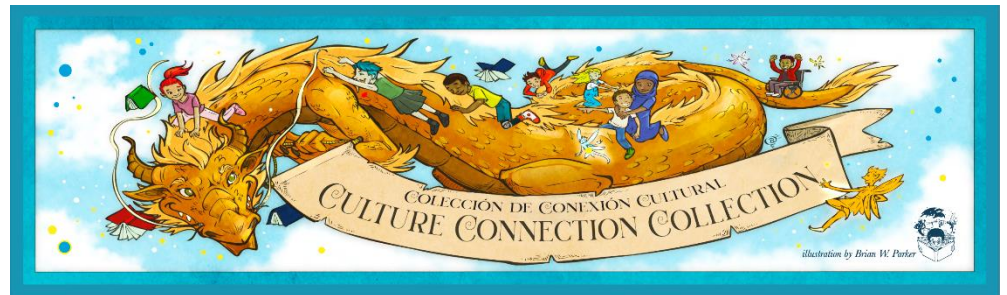
The Journey

Volume 86

Summer 2023

ORPARC is a program of Northwest Resource Associates

Announcing ORPARC's new "Culture Connection Collection"!



ORPARC library's new [Culture Connection Collection \(CCC\)](https://www.orparc.org/lending-library/culture-connection-collection) is designed to uplift children of color in foster care, adoption, guardianship and kin care, and those working hard to support them. ORPARC was honored to partner with six skilled Oregon Cultural Consultants. These experienced foster adoptive parents—either of color and/or transracially parenting—are also talented writers and illustrators, in addition to a foster-adoptive youth and foster care-experienced adult and birth parent. Their expertise helped curate a collection that celebrates diverse representation, featuring authors and illustrators of color, so as to better support our kids of color in care. Visit <https://www.orparc.org/lending-library/culture-connection-collection> for more information. *This project was made possible in part by the Institute of Museum and Library Services through the Library Services and Technology Act, administered by the State Library of Oregon.*

Please Admire Our CCC Consultants!



[Believe in Wonder](#)—Brian & Josie Parker, dynamic duo of Believe in Wonder, are foster adoptive parents, talented authors, illustrators, and publishers of over 17 whimsical children's books, and offer classes and workshops!



[Melissa Hart](#)—Transracial adoptive parent Melissa Hart grew up in a diverse household with an LGBTQ+ parent and brother with Down Syndrome. She has authored countless essays and articles in well-known publications like CNN, The Washington Post and Oregon Quarterly.



[Maia Smith-Hart](#)—When not reviewing books, foster-adoptee teen Maia Smith-Hart, who identifies as Afro-Costa Rican American, dances and hip hops her way through life while caring for her cats and working hard towards her high school diploma.



[Nabil Zerizef](#)—Transracial adoptive parent Nabil Zerizef, who identifies as biracial Arab-American is a beloved Oregon elementary school principal and still found time to co-author "[100 Diverse Voices on Parenthood](#)" as well as the popular "[A Kid's Book About Adoption](#)" with transracial adoptee Leul Gurske.



[Christina Morgan](#)—Enrolled member of The Confederated Tribes of Grande Ronde, Umpqua Band, and foster alum Christina Morgan is working diligently towards completing her Master of Social Work at Arizona State, while working for her Tribe, and growing her writing skills.

Our Gratitude to Other Supporters & Kind Helpers!



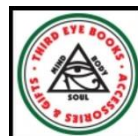
[Ruthie Murray](#)—Transracial adoptee Ruthie Murray is finishing her Master of Social Work with Arizona State University. A data whiz, she entered thousands of racial demographics for the CCC rollout! Meet Ruthie in our [ADHD video](#)!



[Pearl Boswell](#)—Elder and enrolled member of The Confederated Tribes of Grande Ronde, Umpqua Band, Pearl Boswell shared her wisdom informally on the Tribal-specific CCC materials.



[Cristina Duarte](#)—Foster alum Cristina Duarte is a bilingual Native Spanish-speaker, ORPARC intern, an artist, and finishing her Master of Social Work with Arizona State University. Cristina previewed materials & offered Spanish translation assistance.



[Third Eye Books](#)—Foster parenting couple Michelle Lewis & Charles Hannah's 100% Black-owned, Third Eye Books, Accessories & Gifts is an extraordinary, well-stocked African-centered, Portland store where many CCC books came from!



[Your State Library of Oregon staff](#)—Granted we're biased about librarians. But the State Library of Oregon staff are truly some of the most helpful and knowledgeable people. *We thank the [Institute of Museum and Library Services](#) and we thank you [State Library of Oregon](#)!*



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



Hello Summer and bring on the nice, warm weather (for those of you who feel that way about the sunshine and heat)! As always, our unit is available for our families and happy to help with updates to your household (move, child out of home, etc.) or any other questions/assistance you may have. Our unit has mostly migrated to our cell phones, so please visit our website with a list of our contacts, should you need to reach us.

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

Thank you for all the wonderful things you do Adoption and Guardianship Families!



Children's Spanish Language Materials / Materiales en español para niños



The NEW Expanded Spanish Language Collection is here!

ORPARC's library is delighted to announce that with much gratitude to a small Network of the National Library of Medicine (NNLM) Region V grant, we were able to dramatically increase our selection of library materials both in Spanish and bilingual Spanish/English. One of ORPARC's talented Spanish speaking interns with lived foster care experience spent considerable time curating an impressive array of items to support and uplift our Spanish speaking children and families. We were able to add so many beautiful and fun materials for children, as well as an incredible number of supportive parenting materials for caregivers! Please admire our expanded Spanish language materials at the link below.

Thank you again NNLM! ¡Muchas gracias a la NNLM!

<https://www.librarycat.org/lib/ORPARClibrary/search/tag/Espanol-Spanish>



Children's Bilingual Materials / Materiales bilingües para niños

Materials for Parents / Materiales para padres

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 [KEEP Video!](#)**



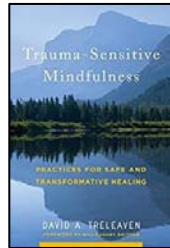
ORPARC Trainings → Visit www.orparc.org for updates

ORPARC trainings are currently held online in a virtual format. Trainings are free-of-charge to ODHS/state adoptive, resource (foster), assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, gender identities, sexual orientations and faiths. Auxiliary aids and alternative forms of written materials are available to persons with different abilities and needs.

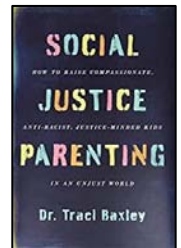
SNEAK PEEK: More Exciting Trainings Coming in Fall of this Year!



- 📖 Trauma and attachment expert and now also author Robyn Gobbel on boundaries, and on understanding birth parent grief
- 📖 National author and trauma expert David Treleaven on mindfulness and trauma



- 📖 Social justice parenting with national author Traci Baxley (November 2023)
- 📖 Fentanyl myth busters, addictions and overdoses explained with U.S. Army experts Scott Salmon & Maria Lepe
- 📖 Fetal Alcohol Spectrum Disorder (FASD) and trauma expert Eileen Devine

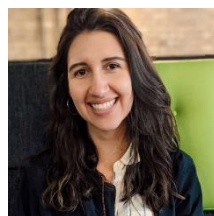


Training in Adoption Competency (TAC)

FREE nationally accredited training!



Are you a licensed (or in licensure) mental health therapist who is also an adoptee or foster alum? Or of color? Or bilingual and/or with multicultural experience? Or, do you work in a very underserved area of the state? If so, we invite you to learn more about this rigorous, nationally accredited Training in Adoption Competency (TAC) offered through Center for Adoption Support & Education (C.A.S.E.), and available in Oregon through ORPARC. We are accepting inquiries from candidates for the September 2023-24 Cohort #3. Learn more at <https://www.orparc.org/training/tac> or email TAC@nwresource.org.



[Dr. Karina Peters](#)



[Dr. Julia Rossi](#)

Both Karina and Julia are therapists with [The Children's Program](#)
☎ 503-452-8002

📍 <http://www.childrensprogram.com/>

Located in SW Portland but can serve statewide for those who travel

Congratulations to Karina & Julia!

Favorite takeaways from TAC?

Karina: The amount of content I have learned regarding adoption and the adoption kinship network, its history, its challenges, and the ways I have been able to integrate this learning into my clinical practice. I have loved using the techniques and activities suggested in the course and seeing how my adoptee clients respond. The resources I have gained are invaluable to my clinical growth!

How I see my TAC colleagues?

Karina: They have been a fantastic resource as I continue to grow in my knowledge of Adoption issues. It has been a unique opportunity to be able to connect with professionals all across Oregon and hear their stories!

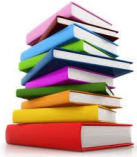
Areas of expertise?

Karina: I am bilingual Spanish/English-speaking. My specialty areas are Trauma and Attachment treatment, Adoption Kinship Network concerns, Grief and Loss, and Anxiety issues.

Julia: I speak both French and English. My focus areas are trauma, attachment, grief and loss, adoption, emotion dysregulation, anxiety, depression, and adolescent identity development and exploration.

Both Karina and Julia also have Trust-Based Relational Intervention (TBRI®) experience!

Contact Information: Dr. Karina Peters, 503-452-8002 x 185, kpeters@childrensprogram.com
Dr. Julia Rossi, 503-452-8002 x 123, jrossi@childrensprogram.com



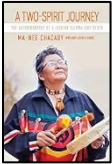
Additions to the ORPARC Library

Library usage is **free** to eligible families & professionals!

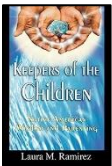
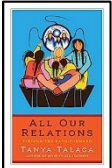
Please contact us with questions about the process at orparclibrary@nwresource.org or call 1-855-496-BOOK (2665)

The ORPARC library has grown by over 400 materials as a result of the Culture Connection Collection and other recent library grants. Below is a sample list of new library materials. Please request a complete list of acquired library materials by calling 503-241-0799 or emailing orparc@nwresource.org.

Tribal Materials (94 new materials)

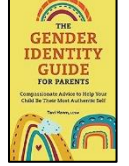
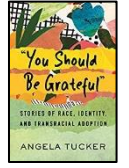
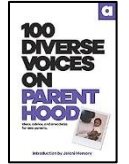


- ✦ A Two-Spirit Journey: The Autobiography of a Lesbian Ojibwa-Cree Elder
- ✦ All Our Relations: Finding the Path Forward
- ✦ Indigenous Food Sovereignty in the U.S.
- ✦ Keepers of the Children: Native American Wisdom and Parenting
- ✦ The Lakota Way: Stories & Lessons for Living
- ✦ Fire Starters (*Teen*)
- ✦ Native Americans in History: A History Book for Kids (*Teen*)
- ✦ Surviving the City, From the Roots Up, Volume 2 (*Teen*)
- ✦ Brave Wolf and the Thunderbird: Tales of the People series (*Children*)
- ✦ Coyote in Love with a Star: Tales of the People series (*Children*)



Materials for Parents & Professionals (37 new materials)

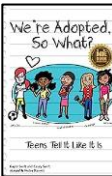
- ✦ 100 Diverse Voices on Parenthood: Ideas, Advice, and Anecdotes for New Parents
- ✦ Black Women's Mental Health: Balancing Strength and Vulnerability
- ✦ Fostering: A Memoir of Courage and Hope
- ✦ Parenting As Adoptees
- ✦ White Awake: An Honest Look at What it Means to be White
- ✦ "You Should Be Grateful": Stories of Race, Identity, and Transracial Adoption
- ✦ Determined To Be Dad: A Journey of Faith, Resilience, and Love
- ✦ The Gender Identity Guide for Parents: Compassionate Advice to Help Your Child Be Their Most Authentic Self
- ✦ Love Comes First: Creating LGBTQ Families



Materials for Teens (38 new materials)

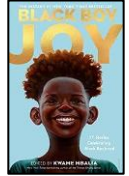


- ✦ American Born Chinese
- ✦ A Good Time for the Truth: Race in Minnesota
- ✦ Black Girl, White School: Thriving, Surviving and No, You Can't Touch My Hair. An Anthology
- ✦ Empowered Black Girl: Joyful Affirmations and Words of Resilience
- ✦ See No Color
- ✦ The Self-Love Revolution: Radical Body Positivity for Girls of Color
- ✦ We're Adopted, So What?: Teens Tell It Like It Is
- ✦ Wicked As You Wish



Materials for Children (236 new materials)

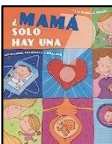
- ✦ A Crazy-Much Love
- ✦ Argo and Me: A story about being scared and finding protection, love, and home
- ✦ Be Mindful of Monsters: A Book for Helping Children Accept Their Emotions
- ✦ Black Boy Joy; 17 Stories Celebrating Black Boyhood
- ✦ Frankie and Friends Talk About Adoption
- ✦ Moving to another Foster Home
- ✦ My Forever Guardian; Healing with friends from the loss of a loved one



Materiales en español (6 nuevos materiales)



- Materiales para padres y profesionales**
- ✦ Cómo hablarle a tus hijos acerca de la muerte y el duelo (How to talk to your children About death and grief)
 - ✦ La pérdida ambigua (Terapia familiar/Family Therapy)

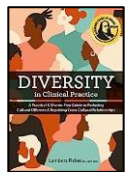
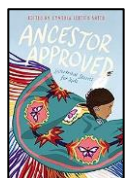


- Materiales para jóvenes y niños**
- ✦ ¿Cómo te sientes hoy? (How do you feel today?)
 - ✦ ¿Mamá sólo hay una? (Mom is there only one?)
 - ✦ ¿Qué sucede dentro de mi cabeza? (What's going on inside my head?)
 - ✦ ¿Qué te preocupa? (What worries you?)



Digital Library (25 new materials)

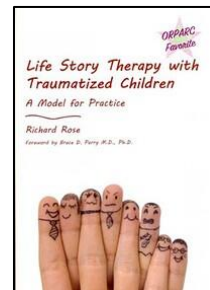
- ✦ Ancestor Approved: Intertribal Stories for Kids
- ✦ Black Enough: Stories of Being Young & Black in America
- ✦ Change Sings: A Children's Anthem
- ✦ Diversity in Clinical Practice: A Practical & Shame-Free Guide to Reducing Cultural Offenses & Repairing Cross-Cultural Relationships
- ✦ It Feels Good to be Yourself
- ✦ Marisol McDonald Doesn't Match / Marisol McDonald no combina
- ✦ Raising Confident Black Kids
- ✦ We Are Still Here! Native American Truths Everyone Should Know





Announcing Therapeutic Life Story Work (TLSWi) Certificate Cohort #8!

The long-awaited Cohort #8 of the Therapeutic Life Story Work Certificate starts this fall! This small group format will run **live on Zoom for 6 consecutive Fridays, September 22, 29, October 6, 13, 20 & 27, 9:30am-4:30pm**. If you're a professional and a fan of life story work, narrative therapy or All About Me; a parent digging in to support your children; or an adult adoptee looking to better understand your journey, this training adventure might be just the one for you!



The cost of this 6 full-day, 6-week course is \$1250. Group discounts are available! Email orparc@nwresource.org ASAP if you are interested. [Find out more here!](#)

What attendees are saying:

"This training should be required for every foster & adoptive parent!" ~ Foster parent
 "I have never had this type of experience before in understanding attachment this way... this feels like I just participated in actual magic." ~ Adoptee, therapist & adoptive parent
 "...this class will feed my soul." ~ODHS worker

Perks include:

- ✓ Continuing Education Credits (CEUs)
- ✓ Copy of Richard's book [Life Story Therapy With Traumatized Children](#)
- ✓ TLSWi membership for 1 year

Dear City of Portland-only Adoptive/Guardianship Parents:

Do you live in the legal boundaries of the City of Portland? Are you also a family of low financial means who experiences hardships, or who parents a disadvantaged adoptive/guardianship child? If so, you might be eligible for the City of Portland Parks & Recreation early notification list. Please email ORPARC@nwresource.org for more information!



Upcoming 6-week Webinar Series Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach Wednesdays, September 13-October 18 | 10:00am-1:00pm

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. This is intended for professionals, parents, and other caregivers living or working with individuals who have confirmed or suspected brain-based differences including FASD. Our experience is that the training is enriched by having a mixed group of parents, caregivers, and professionals. The 18-hr series is the prerequisite for anyone interested in becoming a Certified Facilitator of the FASCETS NB Model. Cost: \$480 Caregiver; \$555 Professional. Visit <https://fascets.org/workshops/> or call 503-621-1271 ext. 100.

901 NE Glisan St., Suite 250
 Portland, OR 97232
bpi@thebpi.org
 Visit <https://www.thebpi.org/>
 for more information

AFRO STEP CLASS
 Every Tuesday
 Starting May 2nd, 2023
 5:30PM-6:30PM
 Matt Dishman
 Community Center
 77 NE Fourth St, Portland, OR 97232

Sawahona SUMMER CAMP
 INFO SESSION
 WEDNESDAY
 JUNE 21ST
 THE BLACK PARENT INITIATIVE OFFICE
 907 NE GLISAN ST., PORTLAND, OR 97232
 6PM-7PM
 TICKETS: \$60 - \$100

Bow Ties & Butterflies
 Daddy Daughter Tea and Dance
 SATURDAY
 JUNE 24
 1PM-4PM
 TICKETS: \$60 - \$100

BOUND FOR SUCCESS
 YOUTH COLLEGE, CAREER AND RESOURCE FAIR
 THURSDAY, JUNE 29TH AT 11AM-4PM
 OHSU CENTER | 555 SW Morrison St, Portland, OR 97204



nurture.
inspire.
empower.

The Center for Adoption Support and Education

www.adoptionsupport.org

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

Strengthening Your Family Monthly Webinar Series



Supporting Black Adoptive and Kinship Families

July 27, 2023 | 10:00-11:30am (PST)

Presented by Lynne White Dixon, LCSW Clinical Social Worker

[Register Here](#) Use coupon code KINSHIP at checkout to receive your FREE registration

This presentation will explore the unique dynamics in parenting for Black Adoptive and Kinship Families. The Seven Core Issues in Adoption & Permanency are considered through an African American/Black lens. Tools and strategies for supporting Black adopted children and their families, including addressing racism when parenting, will be discussed.



Adoption & Foster Care Conference → July 18-21, 2023 ♦ Kansas City, Missouri

A conference for adoptive, foster, and kinship families, child welfare professionals, and adults with childhood lived experience! Topics of the conference include:

Supporting Families ♦ Recruiting Families ♦ Core Issues ♦ Parenting Strategies

Visit <https://nacac.org/> for more information



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



We the Experts:

Adoptee and Adoptee Ally Speaker Series

September 9..... *BIPOC Same Race Adoptees*
October 14 *Adoptees & Adoptive Family Estrangement*
November 11..... *Adoptee Podcast Hosts*
November 18..... *Non-adopted Adoption Researchers/Writers*
December 9..... *Twins*

Conscious Adoption: Transracial Parenting

Tuesdays, September 12-October 31 | 4:00-5:30pm

Conscious Adoption: Seasoned Parents

Wednesdays, October 11-November 11 | 4:00-5:30pm

Conscious Adoption: Lifelong Tools

Thursdays, January 11-April 4, 2024 | 4:00-5:30pm

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>

Please email contact@oregonfamilytofamily if you are interested in attending the following trainings:

- ♦ *Moving from Pediatric to Adult Healthcare*
Prepararse para la atención médica para adultos
- ♦ *Practical Emergency Preparedness for Busy Families*
Preparación práctica para emergencias para familias ocupadas



NAFA Campout 2023 will be Friday-Sunday, July 14-16, 2023, at Nehalem Bay State Park. NAFA has reserved some sites for NAFA families in the A & B loops. You can reserve one of these camp sites now. Visit [NAFA Campout 2023 Reservation Form](#) to sign up.



Research Opportunity

Submitted by **Ann Shirley Leymon, Ph.D., Research Specialist, Research PDX**

Contact Ann at ann@researchpdx.org

Hello fellow ORPARC families! **Did you adopt a teenager through the foster care system? If so, I want to talk to you!** I'm creating a resource to help future teen adoptions go better. My spouse and I adopted a 14-year-old through the foster care system several years ago. We found there isn't enough support for anybody (the parents, but especially not the teens themselves) going through this unique experience of teen adoption.

A few years ago after our child moved out - he's finishing up community college this year! - I found some time to dig around looking for resources. I learned that there is virtually nothing on this specific niche of teen adoption: adopting a child with a history of family-based trauma at the time in their life where developmentally kids are seeking independence and separation from family. There's plenty of research in related areas, but nothing that is actually specific to people living in that complex intersection - and I think that's a big oversight.

I also noticed that there are a lot of teens waiting to be adopted but not many adoptions in this age group. These kids have been through so much, and it's important we find ways to support them and give them the best options we can for their future.

So that's what inspired me to do this. Basically, I'm talking to parents who adopted teens so I can make something that will provide the support needed for this unique and (I think) overlooked population. My dream is that by making the experience better, more parents will consider adopting, leading to more and better options for teens waiting for families.

I would love to interview you as a parent who adopted a teen! I do interviews over zoom and have plenty of openings in the next few weeks. I provide a \$50 gift card as a token of thanks. This research is approved by Portland State's research ethics board. Everything is confidential and I take every step to guarantee your privacy. I have been doing research professionally for over 15 years so following those protocols is second nature to me.

Happy to answer more questions - I'd love to know your thoughts! Please view and download the flyer which contains more information at [LearningFromTeenAdoptions_LeymonAnnShirley_20230609.pdf](#). I made a video introducing myself that I will share with anyone who reaches out for more info!

Warmly, Ann



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

Autism Society of Oregon Cosplay Group (hybrid)

2nd Sunday of the month from 4:00-6:00pm

503-636-1676 | events@autismsocietyoregon.org

Friendship Group for Autistic Kids (ages 7-13)

virtually via Zoom every Monday from 6:00-6:45pm

Register at this [link](#)

"Happy Hour" for Autistic Adults (online)

4th Friday of month from 7:30-8:30pm

503-636-1676 | rhondas@autismsocietyoregon.org

Special Needs Families Connect (Pendleton)

4th Monday of month from 5:30-7:00pm

503-636-1676 | winnieb@autismsocietyoregon.org

Social Skills Discussion Group (Eugene)

3rd Mon. of each odd-numbered month, 6:30-8:00pm

541-799-4438 | maryminns@autismsocietyoregon.org

Women and Non-Binary Friendship Group for those on Autism Spectrum

1st & 3rd Sunday of month from 3:00-4:30pm

503-312-3103 | info@autismsocietyoregon.org

Young Adult Social Group

2nd Saturday and 3rd Monday of month from 3:30-5:00pm

Peer-led group for young adults, ages 18-30, who have graduated from high school

503-636-1676 | pamsmith.business@gmail.com

Grupo de Apoyo en Español (reunión virtual)

Se reúne el primer martes de cada mes de las 6:00 a 7:00 de la tarde

Comuníquese con María al correo mariaa@autismsocietyoregon.org

Recursos de Autismo en Oregón: Resumen (webinar mensual recurrente)

Se reúne el primer miércoles de cada mes desde las 7:30 a 9:00 de la noche

Para registrarse, visite el enlace

https://us02web.zoom.us/webinar/register/WN_E6CjzLGTRUaAop1Wzszy1Q#/registration



Community Resources, Trainings & Events



2023 Shoulder to Shoulder Conference → <https://www.stsconference.com/>

- ✓ **Sunday, October 15, 2023: In-person Pre-Conference**
- ✓ **Monday, October 16, 2023: All Day Virtual Conference**

2023 Shoulder to Shoulder Planning Committee



REGISTRATION & SCHOLARSHIPS AVAILABLE SEPTEMBER 2023!

The conference is a collaborative partnership between community agencies to provide quality training and networking opportunities to those that work with and care for children who have been connected to Child Welfare.

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 worker and anyone else who is supporting children and families connected with Child Welfare to attend the conference.



- 2023 Speakers include:**
- ◆ **Yshai Bousi, L.P.C.**
 - ◆ **April Dinwoodie**
 - ◆ **Melissa Sampson-Grier**
 - ◆ **Elliott Orrin Hinkle**
 - ◆ **Dr. Mona Delahooke**



Oregon DHS Child Welfare Ongoing Caregiver Training Live Online TRAINING OPPORTUNITIES—2023

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 2023! 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: resource.familytraining@odhsoha.oregon.gov

06/20/2023 9:00-11:00am <i>Suicide Prevention Skills: Question, Persuade, Refer (QPR)</i>	07/20/2023 6:00-8:00pm <i>FASD Impacts</i>
06/22/2023 6:00-8:00pm <i>Healthy Relationships for Teens</i>	07/25/2023 6:30-8:30pm <i>Supporting Youth Who've Experienced Domestic Violence</i>
07/06/2023 9:00am-3:00pm .. <i>Parenting Ages 0-3: High Risk Infants</i>	07/25/2023 9:00-11:00am <i>Suicide Prevention Skills: Question, Persuade, Refer (QPR)</i>
07/11/2023 12:00-3:00pm <i>Relative Resource Parenting</i>	07/26/2023 1:00-3:00pm <i>Healthy Relationships for Teens</i>
07/12/2023 10:00-12:00pm ... <i>Adoption and Guardianship Assistance Programs</i>	07/27/2023 10:00-12:00pm <i>Caregiver Stress: SMART Approach</i>
07/17/2023 6:00-8:00pm <i>ICWA/ORICWA – Why it Matters</i>	07/27/2023 6:00-7:30pm <i>Trauma Informed Co-Parenting</i>



Happy Pride Month! June is LGBTQ Pride month and you can learn about the history of Pride at this link at [Wikipedia](#).



Visit the following link to view New 2023 Webinars sponsored by All Children—All Families (ACAF)

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

All Children—All Families (ACAF), a program of the Human Rights Campaign Foundation (HRC), hosts an annual live webinar series from January to August each year. Registration is open to ALL at no cost, we hope to see you there! The 2023 Field Forward Webinar Series is now live! Use the links below to register or [download the PDF](#) of the 2023 Webinar Series. All webinars are recorded and added to [ACAF's Webinar Archive](#) for on-demand access. There are currently over 40 recorded webinars from which to choose.

JUNE 2023

Best Practices for Serving LGBTQ+ Parents

Tuesday, June 6, 2023 | 10:00am PST

https://hrc-org.zoom.us/webinar/register/WN_EaL1kdNWRxiqC0tqOPPkSw

Putting Intersectionality into Practice

Monday, June 26, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_DpblluZpSvyz9Ree9uaf2w

JULY 2023

Best Practices at the Intersection of Child Welfare, Faith, and LGBTQ+ Youth and Families

Thursday, July 13, 2023 | 12:00pm PST

https://hrc-org.zoom.us/webinar/register/WN_OzhL7pveRiGifxZFN1ZxmA

Optimizing Your Engagement w LGBTQ+ Foster-Adoptive Parents

Wednesday, July 19, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_fSxvr55fQ3OkHsLk3ZcEFw

AUGUST 2023

Best Practices and Considerations When Placing Transgender, Non-Binary, and Gender Expansive Youth in Congregate Care Settings

Wednesday, August 9, 2023 | 10:30am PST

https://hrc-org.zoom.us/webinar/register/WN_LSHVVGSCS6ir1RqkTZPw

Building an Organizational Framework for Diversity, Equity, and Inclusion

Monday, August 14, 2023 | 11:00am PST

https://hrc-org.zoom.us/webinar/register/WN_BOSE5q3qSLiO5aiKaKq44w



**nurture.
inspire.
empower.**

LGBTQ+ Parents Support Group

6-session virtual support group beginning June 21st through August 2nd

June 21, 2023 | 4:00-5:30pm PST

<https://adoptionsupport.org/event/support-group-lgbtq-parents/>



Facilitated by [Tony Hynes](#),
C.A.S.E. Training
Specialist

In this support group designed for LGBTQ+ identifying parents seeking community, participants will share their stories, experiences, and lives in ways that help strengthen their sense of belonging while learning about best practices in navigating the common obstacles LGBTQ+ families face.

Tony, a former foster youth and adoptee, was adopted by a same-sex couple in the mid 1990's. He writes about his experiences growing up as both an interracial adoptee and as a child growing up in a same-sex household in his memoir "The Son With Two Moms" (available in the [ORPARC library](#)).

Today, Tony is an advocate for families like his, having served on the Board of Directors for organizations that serve to highlight adoptive families from diverse upbringings, and working with individual families in both pre- and post-adoptive placements. A thought leader in the field of adoption, Tony has been invited to be a speaker at conferences on adoption and foster care throughout the nation, especially those involving interracial placements.





Color and Connection: Healing Through Process Art

Submitted by Kim Boyd



Hi! I'm Kim, Director of studioAWEsome. We bring Art, Wonder, Exploration and Story labs to groups of all ages. We facilitate with a trauma-informed lens, inclusively hosting accessible spaces that explore the intersections of art, science, and story. As an adoptive parent, we have been grateful for the resources available to us through ORPARC. <https://www.studioawesome.org/>

Three of our favorite books from the [ORPARC library](#) are:

- 📖 [The Rabbit Listened](#) (Doerrfield), a beautiful story about how to be a friend to someone who is hurting
- 📖 [Hey Warrior](#) (Young), one of the most accessible narratives on anxiety for kids and adults alike
- 📖 [Feelings](#) (Alike), an illustrative masterpiece that gives space and acceptance to all the feelings

A five-year-old looked me in the eyes while holding her paintbrush and said, "It's magic!" I agreed with her wholeheartedly. I, too, am amazed every time yellow mixes with blue and creates green.

The exploration of color and texture, line and shape is one of my favorite therapeutic invitations. Process (or Experiential) Art is a form of art exploration that lets go of expectation. There is no "how to" or intended final product. Instead, materials and tools are offered and exploration is encouraged.

The kindergartener who found green was part of a Canvas Work workshop I hosted in a local classroom. Students were given a large canvas and a 2" paint brush. They chose two colors and we squirted the paint in squiggles all over the canvas. The first part of our exploration was simply to move the paint around.



In moving the paint, multiple regions of the brain were engaged. The large format encouraged big arm movements. Senses responded to the squishy texture of the paint combined with the scratchy brush against dry canvas. Curiosity emerged with the (often unspoken) question, "I wonder what would happen if...?"



We added more squirts, more colors, and more tools. Over the course of the next few days our canvases grew in color, texture and vibe. The best part? We did it in connection with each other. We noticed the magic on other canvases. We shared stories while we worked.

Exploring with our hands and playing with color helped us feel more calm. Engaging the process without worrying about the end result gave us freedom to explore. Working side by side with one another created connections.

When the brain is given respite from fatiguing executive functions and is allowed time to play, room is created for new connections. Those connections are the building blocks to healing and attachment.

Here are a few of my favorite accessible Process Art invitations. Don't let the simplicity fool you. There is magic in textural, colorful exploration. Set out materials and play. Even better, play together!



Color and Connection: Healing Through Process Art Continued from page 10...



Paint Big!

- ✓ Materials: old cardboard boxes, paint (cheap dollar store paint is great), moving-paint-tools (paintbrushes, tooth brushes, flowers, sticks, empty tp rolls.... experiment!).
- ✓ Prep: Gather materials
- ✓ Invitation: Set out cardboard and tool choices. Choose two colors of paint and squirt squiggles onto the cardboard. Explore! Continue with added colors and tools.
- ✓ Extensions: a) Let the paint dry for a day. Return to the project and squirt more color. Play with layers and texture. b) Set the cardboard upright against a tree/wall/fence.



Color mixing

- ✓ Materials: any size clear jars, water, food coloring or liquid watercolor, spoon (optional: pipettes).
- ✓ Prep: Fill four jars with water. Add blue, yellow, and red/pink to the jars. Leave the fourth one plain.
- ✓ Invitation: Set the filled and empty jars on a tray with a couple of spoons or pipettes. Explore!
- ✓ Extension: Trade white vinegar for some of the water. Add some baking powder to a tray.

Noodle sculptures

- ✓ Materials: pool noodle, pipe cleaners (optional: pony beads).
- ✓ Prep: Cut pool noodle into rings or other shapes with a serrated knife. Cut some of the pipe cleaners in half.
- ✓ Invitation: On a tray set some noodle pieces, some long and short pipe cleaners and some beads. Explore!
- ✓ Extension: Add other found objects. Add masking tape.



How did you become an adoptive parent?... Submitted by Summer Hermann



Our family, like so many families, fell into foster care not knowing much of anything. We really didn't know much about foster care outside of what we had seen in the movies. My husband and I had been settling into the life of raising 3 boys who were 14, 11 and 3 at the time. We began our journey into foster care in 2012 when a relative ended up in need of a place for her boys to be while she was hospitalized for a time. During that time the boys disclosed information that led to them being placed into the foster care system and we were thrust unexpectedly into the world of DHS. I will be the first to admit, with a good amount of embarrassment, that we did a LOT of things wrong. We jumped into foster care with no training and BIG ideas about the good we would do. Love and determination were sure to "do the job" and win these precious kids to health and healing. I cringe at the savior complex that I had then... before I knew better. We learned the hard way, as I'm sure many do, that we had no earthly idea what we were doing! We crashed and fumbled our way through that relative placement and not one of us came out unscathed. That was when the real work began. After that placement we were asked, pretty quickly, to jump the rest of the way in with two children who had suddenly come into care. Still untrained, we said a hesitant "yes" and the rest was as they say history.

We had several short term children in and out along with some longer placements. All of the children who entered our home taught us so many things. We learned to love in a deeper way, a way that hurt and gave way to serving others in a way we hadn't known before. I guess you could say we chose to connect and embrace the hard of loving children who come from hard places. We started out wanting to save the world but we quickly realized we had so much more to learn from these children than we ever had to offer. This is when we began to really understand the need. We got more training and began learning new things and asking for more information. We experienced a lot of hard things through the children that came into our home.



How did you become an adoptive parent?...

Continued from page 11...



We hadn't thought about adoption initially but as time went on we had a group of children - all from different families placed with us at the same time. This was a mismatched group of children we suddenly found ourselves parenting at that time. Dan and I watched as our former 3 boy crew morphed into 5 boys and 3 girls! In the space of just over 15 months we finalized the adoptions of 5 children ages 12, 4, 4, 4 and 2 years old, this in addition to our 19, 16 and 9 year old boys! We were thrust into the deep waters of parenting our new family which now reflected multiple high needs, and a whole lot of adventure! I still feel tempted at times to spin the story as if it had a story book ending...but that's impossible because we are STILL in the deep waters of parenting.



We were/are a tangled mess of knots and frayed ends...God's still at work untangling and weaving a picture that will be unimaginably beautiful and at the same time IS unimaginably beautiful. We haven't come through foster care and adoption unscathed - in fact we are scarred deeply but it's truly been for our good in so many ways. It's much harder and more intense than we could have imagined but it's WORTH everything; they are worth everything. In times where stories about foster care and adoption can be used as a fad - where some people are emotionally moved by a hard story, we have lived experience with some of the deepest grief and sorrow and have moved past it and been privileged to witness and experience a depth of joy like no other. All of this is said, while still in the midst of the raw and real aftermath of trauma, mental illness, brain based disabilities and more.

Our story I'm sure is not one of a kind. So many families are on similar journeys and they find themselves in the same deep waters. That fact alone has moved us as a family to share our story and hopefully lend encouragement and hope to those we come in contact with. We strive to help our children find their voices and enable them to share their hearts and deep experience with foster care and adoption. Each of them we believe are divinely chosen and woven into this beautiful story with a purpose.

Tapestry Notebooks

As a family we recently launched a business in hopes to provide support to other families like ours. We have created notebooks specifically designed to help track ALL of your needs. These notebooks are specifically for: Foster/Resource Parents/Caregivers, Special Needs Parents/Caregiver and individual Children with Special needs. It's our deepest hope to come alongside families and help them navigate their stories and experiences - giving them what they need most, a deep breath and a plan of action. You can learn more about us and see our notebooks at <https://www.tapestrylifeconnections.com/>.

Our Favorite ORPARC Library Books

We love how clearly laid out the information about the brain is in [The Connected Child](#) by Karen Purvis. We also really valued the tips and suggestions about how to build healthy connections for our child - helping them to learn and grow. That is such a challenging part to our parenting since our kids have such a struggle making those kinds of connections. Our kids - especially our oldest daughter - loved [The Invisible String](#) book by Patrice Karst. This was such an amazing help to us as we tried hard to help her understand the pieces of foster care and adoption. We wanted to help her understand her feelings about her birth family. We did a fun craft with it and it's something she keeps close to her still.



Visit Tapestry Life Connections at <https://www.tapestrylifeconnections.com/>