



The Journey

Volume 87

Fall 2023

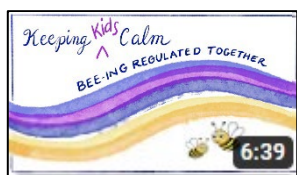
ORPARC is a program of Northwest Resource Associates



Regional Arts & Culture Council Shows ORPARC Some Love!

ORPARC's library is honored to have been awarded this very competitive local grant from the [Regional Arts & Culture Council](#) (RACC). RACC is a dynamic community arts organization dedicated to advocacy, engagement, and support for artists, creatives, arts-serving organizations, and arts educators in the Portland Metro area, ensuring a thriving region for arts and culture.

Out of nearly 650 applicants, ORPARC was one of the incredibly lucky chosen recipients! Thanks to this unique RACC opportunity, we will be able to enhance the accessibility of our creative ORPARC Short Supports videos to engage a wider audience. The RACC grant will support two talented, experienced local artists of color—including one both bilingual and with lived foster experience—who will thoughtfully translate and subtitle all the video shorts into both English and Spanish.



Keeping Kids Calm: Bee-ing Regulated Together



Why So Touchy? The mind-boggling benefits of touch



Lighten Up: Trauma, the brain and play

ORPARC's Shorts Supports

https://www.youtube.com/playlist?list=PLlI5alAncLu_3MUTaYoH_L4nFnSJRLNu

ORPARC's Short Supports are a series of playful, science-supported video shorts on tough topics impacting kids in care. Each hand-illustrated, animated video is inspired by research, experts, elders and lived experience in the field. Despite the serious nature of subjects like trauma, sensory needs, grief and loss, or attachment, Short Supports use whimsical graphics, puns and familiar characters to gently share awareness and education. Short Supports are designed to be watched more than once and make rich conversation starters for groups of parents or professionals.



Weathering Grief and Loss



Do Tell: Giving Voice to a Child's Life Story



The Safety Dance: Building Felt Safety for Kids



Let's Get Attached: Attachment in Foster & Adopted Children

New shorts coming soon!

**Trauma
 Kinship Care**

Through the growing popularity of our specialty "tiny but mighty" library, ORPARC understands how critical arts and creative endeavors are to supporting healthy growth and healing for families and children. **We thank you Regional Arts & Culture Council! ¡Le agradecemos al Consejo Regional de Arte y Cultura!**



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

Bring on the crunchy fall leaves, big warm sweaters, and cozy days of fall! In the Post Adoptions and Guardianship Unit we hope you all have had an enjoyable summer. Our unit has officially moved to cell phone use only and are getting reports our old numbers are not transferring, so please refer to our website for our updated contact information. Also, our emails have updated, but those are reportedly transferring! We are always happy to help in any way we can. Please reach out to us!

<https://www.oregon.gov/odhs/adoption/Pages/assistance.aspx>

As a friendly reminder, checks are normally distributed the first working day of the month. However, when the first day of the month falls on a weekend or holiday, checks are released on the last working day of the month before the weekend or holiday. The exception to this general practice occurs in **January**, when the December check dated **January 1 is distributed on the first workday of the new year.**

Thank you for your continued commitment to the children. Please let our unit know if there is any way we can help. Enjoy the falling leaves and change of seasons!



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



Expanded Spanish Language Library Collection

As Hispanic Heritage Month arrives, please be reminded once more that with many thanks to the Network of the National Library of Medicine (NNLM) Region V, ORPARC has a newly expanded Spanish language and bilingual Spanish/English library collection. 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. If you are parenting children of Hispanic heritage or working with Spanish-speaking families, please take advantage of sharing these wonderful resources with them!

Aumento de la Colección de la Biblioteca en Español

A medida que llega el Mes de la Herencia Hispana recuerde una vez más que, con muchas gracias a la Red de la Biblioteca Nacional de Medicina (NNLM) Región V, ORPARC tiene una colección de biblioteca en español y bilingüe español/inglés recientemente ampliada. Pudimos agregar muchísimos materiales hermosos y divertidos para niños y una increíble cantidad de materiales de apoyo para padres y padres cuidadores. Si es padre de niños de ascendencia hispana o trabaja con familias que hablan español, ¡aproveche la oportunidad de compartir estos maravillosos recursos con ellos!



Save the date!



National Adoption Month: It's Your Story

YES! ORPARC is having an exciting public National Adoption Month event **in-person at Beaverton Library on Thursday, November 16, 4:00-6:00pm** with the theme "It's Your Story." Join ORPARC and friends Bridge Meadows, ODHS and others to bring awareness to foster care and adoption AND to celebrate the collective stories of all you wonderful adoptive, guardianship families and youth! We'll also debut the award-winning [Believe in Wonder](#) documentary short about the talented Parker family's foster-adoption journey and artistry. *More details to come!*



Snacks, Crafts & Activities, Giveaways, Family Photos, and more!



ORPARC Trainings → Visit www.orparc.org for updates

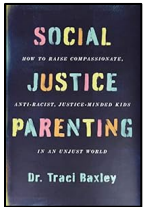
ORPARC trainings are currently held online in a virtual format. ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster), assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, genders,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

Creating Safe Spaces of Belonging in Our Homes

Presented by Traci Baxley

Thursday, November 2, 2023 | 10:00-11:30am

Are you parenting the children you thought you would have or the children who actually exist in your family?



Professor, Consultant, Coach and author of [Social Justice Parenting](#) (available in ORPARC's library!) Dr. Traci Baxley will guide us on how to create nurturing environments for our diverse and neurodiverse children. She'll delve into the effects of generational trauma and the importance of recognizing children's identities as strengths, framed within the context of the Social Justice Parenting ROCKS. Dr. Baxley will share personal stories of the challenges and triumphs she faced while parenting her children amidst racial identity development, and diagnoses including ADHD, OCD, and anxiety. Her insights aim to help us all foster homes where every child experiences deep belonging and profound radical love.

REGISTRATION: <https://www.orparc.org/training/online/2233>

Fentanyl Safety & Awareness

Presented by

Sergeants Scott Salmon and Marie Lepe

Choose from 2 days and times!

Tuesday, December 5, 2023 | 8:00am-12:00pm

Thursday, December 7, 2023 | 12:00-4:00pm

Learn from experts how this dangerous drug is putting kids, families and communities at risk and how you can be prepared. Trainers and Sergeants Scott Salmon and Maria Lepe from the Western Region Counterdrug Training Center will cover what fentanyl is, fentanyl history, hazards, PPE, Narcan admin, decontamination, pill mill awareness, special considerations, and resources for dealing with fentanyl.

Registration links coming soon.

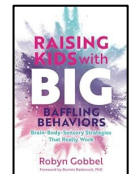
Boundaries with Connection

Presented by Robyn Gobbel | Tuesday, January 16, 2024 | 10:00am-1:00pm



Sometimes therapeutic parenting with children with histories of trauma and vulnerable nervous systems can appear to be permissive parenting. But actually, this way of parenting often calls for more structure and boundaries. It's just that we often aren't using the word 'boundaries' correctly! This session will bring clarity to what boundaries are and aren't. Participants will learn how to set boundaries that set our kids up for success. We will also address how to have boundaries with behavior we cannot control - specifically verbal aggression.

REGISTRATION: <https://www.orparc.org/training/online/2306>



Robyn's new book!

Coming in February! Transracial Parenting with Isaac Etter

This winter, transracial adoptee Isaac Etter, author of the [A Practical Guide to Transracial Adoption](#) (available in ORPARC's library), will offer a workshop on Transracial Parenting, Culture & Identity.



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 including Spanish-speaking, Native American, LGBTQ+, and more. ENJOY the informative [KEEP Video!](#)



Community Resources, Trainings & Events



Training in Adoption Competency (TAC)

FREE nationally accredited training!



Cohort #3 (now full!) is kicking off this month of September for the rigorous, nationally accredited Training in Adoption Competency (TAC) offered through the Center for Adoption Support & Education (C.A.S.E.) and available in Oregon through ORPARC. Over a 9-month period, TAC trains licensed and in-licensure therapists to be better prepared to serve our state children and families with true foster adoption competency. Learn more at <https://www.orparc.org/training/tac> or email TAC@nwresource.org. In each newsletter issue we highlight a proud, accomplished TAC graduate.



Meet this month's therapist spotlight, adoptee Maria-Alejandra ("Alex") De Araujo Sanchez, LCSW!



Favorite takeaways from TAC?

TAC has been a truly transformative journey, opening my eyes to the profound complexity and uniqueness of each adoption journey. While my previous focus was primarily on adult adoptees, this training has broadened my understanding to encompass all parties involved in the adoption process. It has granted me invaluable insights into the unique challenges faced not only by adoptees but also by adoptive families and birth parents. It has empowered me to work effectively with adoptees from diverse backgrounds, including those in transracial or international adoptions. Now, I stand ready to support individuals considering adoption, adoptive families, and birth parents at every stage of their adoption journey.

What has TAC meant to you as an adoptee?

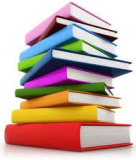
I am immensely grateful for the dedication to train adoption-competent therapists - it is not easy to find a therapist who truly understands the unique experiences of adoptees. This is what initially motivated me to specialize in helping adult adoptees. Many of my adoptee clients express how they were searching for a therapist who shared their adoption experience because "other therapists don't get it." I can completely relate to this sentiment. The existence of a training program like TAC is genuinely heartening. It represents a significant step forward in the mental health field, reflecting a real commitment to addressing the unique needs and concerns of individuals impacted by adoption. It means that adoptees, birth parents, and adoptive families will have access to the compassionate and informed support I wished I had while growing up. Ultimately, TAC has not only enriched my practice but also brings a sense of hope and healing to the adoption community, making a positive impact on the lives of those touched by adoption.

Your practice focus areas?

My practice is dedicated to providing specialized support for adult adoptees and individuals with multi-cultural and/or multi-racial backgrounds. I also like to work with parents, spouses, and other family members of adult adoptees who are seeking to enhance their relationships with their loved ones. And now, I am broadening my services to encompass birth parents, both before and after relinquishment, as well as during the reunion process.

I focus on addressing various essential issues, such as processing grief and loss, exploring identity, providing support during the reunion process, facilitating healing in relationships, and more! My services include EMDR, Somatic Experiencing, Parts Work, and Dialectical Behavior Therapy. I strive to create a safe and compassionate space where clients can freely explore their emotions and experiences related to adoption. My ultimate goal is to foster healing, growth, and a deeper understanding of oneself and one's unique adoption journey.

Contact information: My practice exclusively operates through telehealth. Reach out and connect with me via email at alex@horizononlinetherapy.com, phone/text at 541-203-3425, and visit my website at <http://horizononlinetherapy.com>.

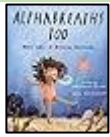


Additions to the ORPARC Library

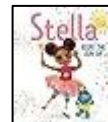
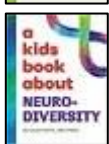
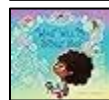
Library usage is **free** to eligible families & professionals!

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

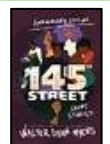
New Materials for Children



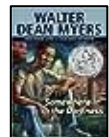
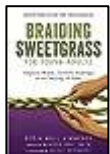
- ✚ Alphasbreaths Too: More ABCs of Mindful Breathing
- ✚ All Around Us
- ✚ Amazing: Asian Americans and Pacific Islanders Who Inspire Us All
- ✚ Brain Building 101
- ✚ The Brain Building Book
- ✚ The Dragon Slayer: Folktales from Latin America: A TOON Graphic
- ✚ Death Is Stupid (Ordinary Terrible Things)
- ✚ Dream to Go Far
- ✚ Fear Not! How to Face Your Fear and Anxiety Head-On
- ✚ Finding My Dance
- ✚ Finn's Feather
- ✚ I Believe I Can
- ✚ It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends
- ✚ It's OK to be Different: A Children's Picture Book About Diversity and Kindness
- ✚ Josie Girl and Blueberry Blue
- ✚ A Kids Book About Juneteenth
- ✚ A Kids Book About Nervous System Regulation
- ✚ A Kids Book About Neurodiversity
- ✚ A Kids Book About Therapy
- ✚ Layla, the Last Black Unicorn
- ✚ Looking Like Me
- ✚ Me, Mop, and the Moondance Kid
- ✚ My Brilliant, Resilient Mind: How to Ditch Negative Thinking and Handle Hard Things Better
- ✚ Only For Me
- ✚ Riley the Brave's Big Feelings Activity Book: A Trauma-informed Guide for Counselors, Educators and Parents (Riley the Brave's Adventures, 4)
- ✚ The Second Chance of Benjamin Waterfalls
- ✚ Song in the City
- ✚ Stella Keeps the Sun Up
- ✚ Stolen Words
- ✚ Tales Our Abuelitas Told: A Hispanic Folktale Collection
- ✚ Tune It Out
- ✚ Twin Cities: (A Graphic Novel)
- ✚ What Will My Story Be?
- ✚ Wemberly Worried
- ✚ Who Are Your People?
- ✚ Wilma Jean - The Worry Machine
- ✚ When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety
- ✚ Where Do Balloons Go? An Uplifting Mystery
- ✚ Won't Know Till I Get There

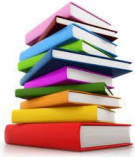


New Materials for Teens



- ✚ 145th Street: Short Stories
- ✚ Braiding Sweetgrass for Young Adults: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants
- ✚ For Every One
- ✚ The Immigrant Teen's Guide To Success: High School. The Ultimate Self-Improvement Guide Every Teen Needs To Read
- ✚ Making Sense of "It": A Guide to Sex for Teens (and Their Parents, Too!)
- ✚ Somewhere in the Darkness





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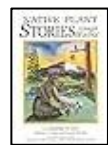
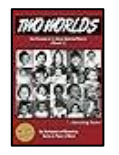
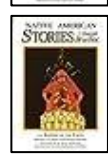
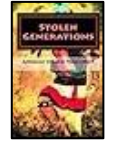
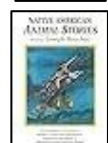
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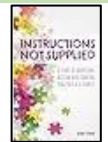
New Tribal Materials



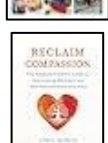
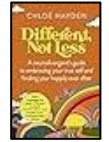
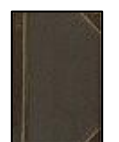
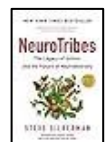
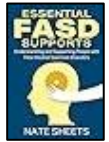
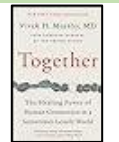
- ✚ A Healthy Mouth for Your Baby (for American Indians and Alaska Natives)
- ✚ Called Home: The Roadmap (Vol. 2): Lost Children on the Indian Adoption Projects Book Series (Lost Children of the Indian Adoption Projects)
- ✚ Dawn Flight: A Lakota Story (Children)
- ✚ The Day the Earth Rose Up (Children)
- ✚ Gift Horse: A Lakota Story (Children)
- ✚ Greet the Dawn: The Lakota Way (Children)
- ✚ Lakota Sioux Children and Elders Talk Together (Library of Intergenerational Learning. Native Americans) (Children)
- ✚ Lana's Lakota Moons (Children)
- ✚ Legends Told by the Old People of Many Tribes
- ✚ Native American Animal Stories (Children)
- ✚ Native American Stories (Myths and Legends) (Children)
- ✚ Native Plant Stories (Teen)
- ✚ Pet'a Shows Misun the Light (Children)
- ✚ Stolen Generations: Lost Children of the Indian Adoption Projects (Book Three)
- ✚ Two Worlds: Lost Children of the Indian Adoption Projects (Vol. 1): Second Edition
- ✚ You Are the Medicine: 13 Moons of Indigenous Wisdom, Ancestral Connection, and Animal Spirit Guidance



New Materials for Parents and Professionals



- ✚ Birth Father's Tale
- ✚ Essential FASD Supports: Understanding and Supporting People with Fetal Alcohol Spectrum Disorders
- ✚ Different, Not Less: A neurodivergent's guide to embracing your true self and finding your happily ever after
- ✚ Faith, Hope, & Connection: A 30-Day Devotional for Adoptive and Foster Parents
- ✚ A Friend's and Relative's Guide to Supporting the Family with Autism: How Can I Help?
- ✚ The Inherent Strengths in Kinship Families (DVD)
- ✚ Instructions Not Supplied: A story of adoption, autism and coming together as a family
- ✚ Neurotribes: The Legacy of Autism and the Future of Neurodiversity
- ✚ Play Resource Bundle
- ✚ A Practical Guide: Black Hair Care
- ✚ A Practical Guide to Transracial Adoption
- ✚ Reclaim Compassion: The Adoptive Parent's Guide to Overcoming Blocked Care with Neuroscience and Faith
- ✚ Reflective Parenting: A Guide to Understanding What's Going on in Your Child's Mind
- ✚ Returning to the Lakota Way: Old Values to Save a Modern World
- ✚ The Sad Dragon: A Dragon Book About Grief and Loss
- ✚ The Simple Guide to Emotional Neglect (Simple Guides)
- ✚ Substance-Exposed Infants
- ✚ Suicide Prevention Training (DVD)
- ✚ Through the Lens of Ourselves: Adoptees, Adoptive Families, and Birth Families: Our Collective Adoption Stories
- ✚ Together: The Healing Power of Human Connection in a Sometimes Lonely World
- ✚ Unlocking Resilience & Healing: An Introduction to Trauma-Sensitive Mindfulness for Foster, Adoptive, and Professional Communities - COMING SOON!
- ✚ Unplug and Play: The Ultimate Illustrated Guide to Roughhousing with Your Kids
- ✚ A Walk in the Words
- ✚ What Do You Say?: How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home
- ✚ Where I Belong

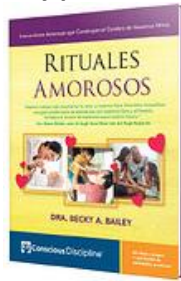


Spanish Language Materials / Materiales en español

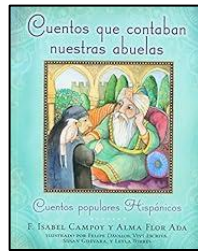
Materiales para padres y profesionales



Así que quieres hablar de raza
[So You Want to Talk About Race]



Rituales Amorosos; Interacciones amorosas que construyen el cerebro de nuestro niños
[Loving Rituals; Loving interactions that build our children's brains]



Cuentos que contaban nuestras abuelas: Cuentos populares hispánicos
[Tales Our Abuelas Told]



El pequeño caballero que luchó contra la Lluvia
[The Little Knight Who Fought the Rain]



Sueño de Bhakti (Bhakti's Dream)



Community Resources, Trainings & Events



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/syfwwebinars/>

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

<p>Unpacking Autism: Part 2 September 21, 2023 10:00-11:30am (PST)</p>	<p>How Nature Can Help Kids with Emotional & Sensory Regulation October 19, 2023 10:00-11:30am (PST)</p>	<p>The Importance of Connection with Other Adoptees: Adoptee-led Spaces and Well-Being November 9, 2023 10:00-11:30am (PST)</p>
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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



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



We the Experts:

Adoptee and Adoptee Ally Speaker Series

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

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



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 NOW!

Caregiver & ODHS Staff Scholarships Available!

The conference is a collaborative partnership to provide quality training and networking opportunities to those that work with and care for children and families connected to Child Welfare.

PRE-CONFERENCE: SUN, OCT 15, 2023 | 4:00 PM - 6:30 PM (PDT)



Staying Connected with Traumatized Adolescents
Speaker: Yshai Boussi, MA, LPC

**ALL DAY VIRTUAL: MON, OCT 16, 2023
8:45 AM - 3:45 PM (PDT)**



Supporting and Affirming LGBTQ+ Youth and Young Adults Speaker: Elliott Orrin Hinkle, BS, PSS



Foundation for Preventing and Overcoming Blocked Care
Speakers: Melissa Corkum & Lisa Qualls



Who Am I? – Speaker: Melissa Sampson-Grier, BA



Born in June, Raised in April: Reclaiming the calendar to better understand ourselves and our collective humanity
Speaker: April Dinwoodie

**Everyone who attends either Sunday and/or Monday's conference will receive a link to the recording of Yshai Boussi's presentation, "Staying Connected with Traumatized Adolescents."*

Higher Ground Counseling Neurofeedback (Informal) Pilot Program – Starting soon!



If you have a Portland Metro area candidate youth and family in mind, please contact ORPARC staff at orparc@nwresource.org or 503-241-0799!

In the Portland/Beaverton Metro area only, Higher Ground Counseling's neurofeedback team is partnering with ORPARC in an exciting, innovative collaboration! Together, we will be able to offer a small group of youth in state-adoptions or guardianships access to free neurofeedback services, courtesy of Higher Ground. This program aims to improve brain health for those for whom traditional interventions have not been as successful.

After an initial intake and referral through ORPARC to ensure a good fit, identified youth ages 12-21 will have the opportunity to be assessed and then receive free neurofeedback 2x/week at Higher Ground Counseling's Beaverton location. Families and youth will be asked to commit to regular bi-weekly sessions, along with some healthy guidelines, to ensure youth receive the maximum benefit of the service.

Neurofeedback, also known as EEG Biofeedback, is a simple, non-invasive but powerful tool that teaches a person's brain to stay within healthy and regulated patterns. [Learn more about Higher Ground neurofeedback here.](#)



9320 SW Barbur Boulevard, Suite 240, Portland, OR 97219

✉ info@autismsocietyoregon.org | ☎ 1-888-Autism (1-888-288-4761)

Visit <https://autismsocietyoregon.org/> for a complete list of resources, support and upcoming trainings and events.



Community Resources, Trainings & Events



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

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/odhs/providers-partners/foster-care/Pages/training-schedule.aspx>
- ✓ QUESTIONS? Please email: resource.familytraining@odhsoha.oregon.gov

- | | |
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| -10/02/2023; 2:30-4:30pm; <i>Adverse Childhood Experiences (ACEs)</i> | -11/06/2023; 6-7pm; <i>CRB Hearing: What Resource Parents Need</i> |
| -10/02/2023; 6-8pm; <i>The Tween Puzzle</i> | -11/07/2023; 1-3pm; <i>LGBTQIA2S+ Teens: Support Basics</i> |
| -10/03/2023; 6-8pm; <i>Supporting Youth Exposed to Domestic Violence</i> | -11/08/2023; 10am-12pm; <i>Adoption/Guardianship Assist. Programs</i> |
| -10/04/2023; 6-8pm; <i>Understanding/Managing Child Sexual Behavior</i> | -11/08/2023; 6-9pm; <i>Trust-Based Relational Intervention</i> |
| -10/11/2023; 10am-12pm; <i>Adoption/Guardianship Assist. Programs</i> | -11/14/2023; 6-9pm; <i>Parenting Youth Who've Experienced Trauma</i> |
| -10/11/2023; 9:30am-12pm; <i>Domestic Violence (DV) 101</i> | -11/15/2023; 1-4pm; <i>Cognitive and Social Emotional Competencies</i> |
| -10/12/2023; 9-11am; <i>All About Me Books</i> | -11/21/2023; 1-3:30pm; <i>Parenting Teens: Top 10 Tips</i> |
| -10/12/2023; 6-8pm; <i>Commercial Sexual Exploitation of Children</i> | -12/05/2023; 9am-12pm; <i>Adoption: ODHS Process Overview</i> |
| -10/16/2023; 5:30-7pm; <i>Connection w/ Birth Families after Adoption</i> | -12/05/2023; 12-1pm; <i>FACT: Evaluation-Purpose, Process & Family</i> |
| -10/17/2023; 6:30-8:30pm; <i>Guardianship Plans</i> | -12/06/2023; 6-7pm; <i>CRB Hearing: What Resource Parentings Need</i> |
| -10/17/2023; 9am-12pm; <i>Relative Resource Parenting</i> | -12/06/2023; 2-4pm; <i>Youth Employment</i> |
| -10/24/2023; 6-8:30pm; <i>Caregiver Stress: The Smart Approach</i> | -12/07/2023; 6-8:30pm; <i>Managing Difficult Behaviors in Young Children</i> |
| -10/24/2023; 2-4pm; <i>Impact of Trauma on Youth in Foster Care</i> | -12/12/2023; 10am-12:30pm; <i>Caregiver Stress: The Smart Approach</i> |
| -10/25/2023; 12-1:30pm; <i>FACT: Developing a Educational Profile Tool</i> | -12/12/2023; 9:30-11:30am; <i>Healthy/Supportive Relationship w/ Youth</i> |
| -10/26/2023; 6:30-8:30pm; <i>Moral Distress</i> | -12/13/2023; 10am-12pm; <i>Adoption/Guardianship Assist. Programs</i> |
| -10/26/2023; 6-7:30pm; <i>Trauma-Informed Co-Parenting for Success</i> | -12/14/2023; 6-7pm; <i>It's All Relative: Relative Resource Families</i> |
| -11/02/2023; 6-8pm; <i>Healthy Relationships for Teens</i> | -12/14/2023; 10am-12pm; <i>LGBTQIA2S+ Teens: Support Basics</i> |
| -11/02/2023; 5-9pm; <i>Crisis Prevention/Verbal Intervention</i> | -12/19/2023; 9-11am; <i>Adverse Childhood Experiences (ACEs)</i> |
| -11/02/2023; 1-3pm; <i>Developing Open & Effective Communication</i> | -12/19/2023; 1-2:30pm; <i>Trauma: The Impact on the Mind and Body</i> |
| -11/02/2023; 9am-3pm; <i>Parenting Ages 0-3: High Risk Infants</i> | |



Families Rising presents honoring indigenous families, cultures, and sovereignty

October 4, 2023

8:00am-3:00pm (pacific time zone) | Virtual

Families Rising (formerly North American Council on Adoptable Children) is committed to our work with Indigenous people and respecting the rich cultures and inherent sovereignty of tribal nations. This one-day virtual conference is designed to uplift Indigenous voices in the field of child welfare and provide education directly from experts in the field. Training topics center on:

- Indian Child Welfare Act legal updates and promising state court practices
- Strategies for understanding and working with Indigenous families touched by the child welfare system
- A history of the impact of Canadian child welfare policies and practices on tribal nations and current impacts
- Lived experiences of Indigenous people who experienced foster care and adoption and recommendations for resource parents to better connect children to their kin, cultures, and communities

Members pay just \$80 for the full day. Virtual recordings available for up to 90 days. If you have any questions, email Families Rising at info@nacac.org.

Registration: <https://nacac.org/get-training/training-series/honoring-indigenous-families-cultures-registration/>



Community Resources, Trainings & Events

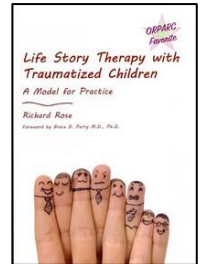


TLSWi

Announcing Therapeutic Life Story Work Certificate Cohort #8!

The long-awaited Cohort #8 of the Therapeutic Life Story Work Certificate starts now! 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!](#)



RESEARCH PARTICIPATION

Are You A Grandparent Raising Your Grandchild?

We want to learn more about custodial grandparents and their grandchildren. Participation includes an online survey with questions about your experience parenting.

You will receive \$10 for 40-70 minutes of participation.

To participate, scan the QR code or visit:

<https://redcap.okstate.edu/surveys/?s=M4A9CAWDMEXEK7ER>

If you have any questions, email mkaylor@okstate.edu.



Swindells Resource Center

Swindells Resource Center, of Providence Children's Health, is offering several workshops in the upcoming months. Please call 503-215-2429 with questions.

Workshops	Date Time	Registration
ABLE Accounts and Special Needs Trust	Tuesday, 10/03 6:00-7:00pm	REGISTER HERE
Practical Emergency Preparation for Families (disponible en español)	Tuesday, 10/10 6:00-7:00pm Asistir en Español	REGISTER HERE REGISTRAR AQUI
What is Sensory? An introduction to Sensory Processing Disorder	Wednesday, 10/11 6:00-7:00pm	REGISTER HERE
Your Child's Plan for Special Education-IEP: Next Steps	Tuesday, 10/24 6:00-7:00pm	REGISTER HERE
Transition to Adult Healthcare (for parents) (disponible en español)	Wednesday, 10/25 6:00-7:00pm Español: Lunes, 23 Octubre	REGISTER HERE REGISTRAR AQUI
Government Benefits: Developmental Disability Services, K-Plan, SSI, and Medicaid	Tuesday, 11/07 6:00-7:00pm	REGISTER HERE
Sensory Strategies for Home and School	Wednesday, 11/08 6:00-7:00pm	REGISTER HERE
Health Emergency/HERO Kids (disponible en español)	Thursday, 11/09 6:00-7:00pm Español: Lunes, 6 de Noviembre	REGISTER HERE REGISTRAR AQUI
One Page Profiles for the Medical Setting (disponible en español)	Tuesday, 11/28 6:00-7:00pm Español: Lunes, 6 de Noviembre	REGISTER HERE REGISTRAR AQUI



Community Resources, Trainings & Events



St. Vincent de Paul + ORPARC = LIFT Program

Lifting up adoptive & guardianship families...together.



St Vincent De Paul (SVdP) and Oregon Post Adoption Resource Center (ORPARC) are partnering in an exciting, new way to LIFT up a small number of Oregon DHS adoptive and guardianship families. These are Portland Metro area families—within the SVdP service area—parenting children from already complex

backgrounds. They stand to benefit greatly from tangible, temporary resource support, tailored to their family and offered in a compassionate way. Stabilizing families builds longer lasting parent-child bonds, strengthening essential adoptions and guardianships.

Families and children might benefit not only from basics like rent or utility assistance, groceries, medicine or clothing, but also enrichment activities like sports or music lessons, museum memberships, or support groups or therapies that reduce family stress and bring joy back into their lives.

How it works: Identified candidate families will work closely with ORPARC to articulate their areas of greatest need. After a warm handoff, SVdP will meet with families at their residences to better understand these needs, solidifying the best, most impactful ways to help.

Personalized resources—in the form of non-restricted funds provided by generous SVdP donors—will then help families to regain their footing while enriching the lives of their children. Each selected family will receive SVdP assistance for a period of approximately six months.

Certain eligibility criteria applies. Contact orparc@nwresource.org for more information.



All Children-All Families Online Learning Archive

Visit the following link to view archived webinars presented by All Children—All Families (ACAF)

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

All Children—All Families (ACAF), a program of the Human Rights Campaign Foundation, hosts an annual live webinar series each year. Registration is open to ALL at no cost, we hope to see you there! All webinars are recorded and added to [ACAF's Webinar Archive](#) for on-demand access. Below is a sample of the more than over 40 recorded webinars from which to choose.

Core Curriculum (90-minute webinars)

- Introduction to LGBTQ+ Inclusion (90 minutes)
- Best Practices in Serving LGBTQ+ Parents (90 minutes)
- Best Practices in Serving LGBTQ+ Youth (90 minutes)

Special Topics (60-minute webinars)

- 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 Parents (60-minute webinars)

- LGBTQ Parents Speak Out: Fostering Youth
- Innovative Strategies for LGBTQ Parent Recruitment

- Fighting Back Against “License to Discriminate” Legislation
- LGBTQ Adult Experiences & Perceptions on Foster Care/Adoption
- Navigating Conversations on Religion & The LGBTQ Community
- Guiding Principles for Conducting LGBTQ Affirming Homestudies
- Caring for LGBTQ Youth: An Introduction for Foster Parents

Serving LGBTQ Youth (60-minute webinars)

- Recruiting Affirming Foster & Adoptive Parents for LGBTQ Youth
- How You Can Make a Difference - Panel Discussion
- LGBTQ Youth Mental Health Today
- Advocating for LGBTQ Youth with Disabilities
- Supporting Trans & Gender-Expansive Youth
- Supporting Bisexual & Pansexual Youth



Be You Bravely: My Adoption Story

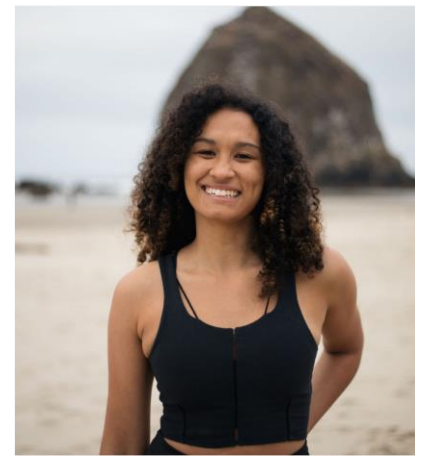
By Oregon transracial adoptee Alison Foraker



I had an open adoption. I was adopted through the Open Adoption Family and Services in Oregon. My birth mom was from Washington, and at that time so was my birth father. I was adopted at birth, but the arrangements were made before I was even born. My birth mom was 17 when she found out she was pregnant and 18 when she had me. I found out who my birth dad was when I was 13 years old but didn't meet him in person until I was 23.

I struggled with my adoption when I was young because I grew up in a more affluent area. There was no one that looked similar to me, and no one that could relate to what I was going through. All through elementary school, I struggled with my identity. I grew up with people saying I talked and acted too "white" to be a part of the colored community, but I was too "black" to be a part of the white community. I rarely had interactions with adoptees my own age. Every adoptee I met was much younger than I was.

I grew up surrounded by strong, incredible parents. They did their best to understand what I was going through and how it made me feel, but sometimes empathizing with a situation isn't enough. When you empathize with someone, you show that you care, but I needed someone to tell me that I wasn't alone in what I was feeling.



NEW Adoptee Support Group!
Start Date: October 4, 2023
Time: 4:00-5:00pm
Ages: 14-17 Cost: Free
Where: Virtual meeting
alison@beyoubravelybend.com

My adoptive sister, my birth grandma and my birth cousin



My adoptive parents gave me a better life, but that didn't negate the abandonment issues and the trauma that came with my adoption. As I've grown and embarked on my healing journey, my personal adoption narrative has evolved. It's become clear to me that, ultimately, the power to shape my story lies solely with myself.

Why I Started Be You Bravely

I embarked on the journey of creating "be you bravely" because I carried a heavy burden of isolation in my experience as an adopted individual. None of my peers could understand the emotions I grappled with. My transracial adoption added another layer of complexity to discovering my true identity.

Despite my parents' sincere efforts to comprehend the challenges I faced due to racial indifference, it was impossible for them to fully grasp the hardships I endured. Countless memories stand out to me, like when we went out to eat and the hostess would mistakenly assume our party consisted of three instead of four. There was also the time I excitedly approached my grandparents at a restaurant, only for a waitress to tell me, "No soliciting." In each of these moments, I felt defenseless as nobody ever stood up for me.

The accumulation of such instances instilled a sense of unwelcomeness within my own family, stemming from the ignorance of others. Though I no longer carry that burden, I wish I had someone to confide in during my teenage years, someone who truly understood the thoughts and loneliness that accompanied my experience as a transracial adoptee.

I want to make sure that no adoptee feels the loneliness that I felt. I want to make sure that all adoptees know that there are other people that have been through similar circumstances and allow them the opportunity to find support within the adoption community.

Alison pursued a degree in Computer Science at Western Oregon University before continuing her education at Portland State University where she majored in Business Management and Administration. She now works as a patient care coordinator while also launching her private adoption coaching business. In her free time, she enjoys snowboarding, wake surfing, and hiking with her husband and their 3-year-old Australian Shepherd. Alison is also passionate about supporting fellow adoptees. Connect with Alison at <https://www.beyoubravelybend.com/> or reach her at alison@beyoubravelybend.com.