



# Post Adoption Resource Center

NOVEMBER 2012



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## MICHIGAN WINTERS

Here in Michigan, winter storms, winter driving, snow, salt and wind present challenges for families. But winter also brings special joys. The holidays and school breaks are often times for families to gather and enjoy time together, making memories for a lifetime. Although it can be hazardous to drive on, the snow also provides opportunities for families to play together and enjoy this season of Michigan beauty.

Making sure those memories are as positive as possible is a goal for all families. Parents show great wisdom when they continually learn about the issues their adopted children face. Parents who connect with other parents to support and be supported are wisely taking care of themselves.

If possible, take some time this winter to curl up with a book, check out a website, or take a class to deepen your understanding of how best to parent your own special, individual adopted child.

## SERVING THREE REGIONS IN LOWER MICHIGAN

### REGION 2 231.995.0870

(Charlevoix, Emmett, Cheboygan, Presque Isle, Antrim, Otsego, Montmorency, Alpena, Leelanau, Benzie, Grand Traverse, Kalkaska, Crawford, Oscoda, Alcona, Manistee, Wexford, Missaukee, Roscommon, Ogemaw, and Iosco)

### REGION 3 231.924.3390

(Mason, Lake, Osceola, Clare, Gladwin, Arenac, Oceana, Newaygo, Mecosta, Isabella, Midland, Bay, Montcalm, Gratiot, Saginaw, Ionia, Clinton, and Shiawassee)

### REGION 4 616.224.7550

(Muskegon, Ottawa, Kent, and Allegan)



The PARC newsletter is published quarterly. Please direct questions and comments to [parcnewsletter@bethany.org](mailto:parcnewsletter@bethany.org)

*This program is funded in part by the State of Michigan.*

# Local and Regional Education & Events for Adoptive Families

## REGION 4 WESTERN MICHIGAN

### ALLEGAN

#### **Friday Night at the Point (Adoption and Foster Care Support Group)**

**WHEN:** Jan. 21, Feb. 18, Mar 15, 6:30–8:30 p.m.

**WHERE:** Emmaus Bible Road Church,  
4001 M-89, Allegan, MI

Light snacks and childcare will be provided.

For more information, contact Susan at [susanadams@gmail.com](mailto:susanadams@gmail.com) or Sherri at [sirwin@bethany.org](mailto:sirwin@bethany.org).

### GRAND RAPIDS

#### **Family Fun Event for All Counties – KENT, OTTAWA, ALLEGAN, AND MUSKEGON**

**WHEN:** January 29, 5:30–7:30 p.m.

**WHERE:** 3 Mile Project (3050 Walkent Drive NW, Grand Rapids, MI 49544)

Join us for a family fun night with other adoptive families. Dinner will be provided.

For more information, visit <http://3mileproject.com/why.html>  
RSVP required. Please contact Rose at [rpetrowski@bethany.org](mailto:rpetrowski@bethany.org) by January 28.

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#### **Adoptive Parent Support Group**

**WHEN:** Jan 18, Feb 16, 5:30–7:00 p.m.

**WHERE:** Bethany Christian Services,  
901 Eastern Ave NE, Building F, Grand Rapids

For more information and to RSVP, please contact Rose at [rpetrowski@bethany.org](mailto:rpetrowski@bethany.org).

## REGION 3 CENTRAL MICHIGAN

#### **Fremont Adoption and Foster Care Support Groups**

**WHEN:** Dec. 20, Jan. 17, Feb. 21, 7:00–8:30 p.m.

**WHERE:** First Baptist Church,  
51 W Oak St, Fremont

Childcare is provided with an RSVP.

For more information and to RSVP, please call 231.924.3390.

#### **Gladwin Adoption and Foster Care Support Groups**

**WHEN:** Dec. 17, Jan. 21, Feb. 18, 6:30–8:30 p.m.

**WHERE:** Assembly Church of God,  
3400 Buzzwell Rd, Gladwin

Childcare is provided with an RSVP.

For more information and to RSVP, please call 231.924.3390.

#### **Auburn Adoption and Foster Care Support Groups**

**WHEN:** Dec. 20, Jan. 24, Feb. 28, 6:00–7:45 p.m.

**WHERE:** Auburn Area Library,  
238 W Midland Rd, Auburn

Childcare is provided with an RSVP.

For more information and to RSVP, please call 231.924.3390.

**Adoptive Family Support Network** provides a variety of services to adoptive families throughout West Michigan, including groups for adoptive parents, family events, and trainings. Please visit their website, [www.afsn.org](http://www.afsn.org), for more details and registration information.

### HOLLAND

#### **Growing After Adoption Education Group for Parents**

**WHEN:** Dec. 18, Jan. 15, Feb. 19, 5:30–7:00 p.m.

**WHERE:** Bethany Christian Services,  
12048 James St, Holland

Pizza will be served at 5:30 p.m.  
Childcare provided. No charge to participate.  
This group is led by a trained therapist.

Please RSVP to [cadamski@bethany.org](mailto:cadamski@bethany.org).

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#### **Growing After Adoption Children's Group (for adopted children ages 7–13)**

**WHEN:** Dec. 18, Jan. 15, Feb. 19, 5:30–7:00 p.m.

**WHERE:** Bethany Christian Services,  
12048 James St, Holland.

Pizza will be served at 5:30 p.m. No charge to participate.

This group is led by a trained therapist who will address topics such as self-esteem, identity, grief and loss, problem-solving skills, anger management, feelings expression, stress management, trauma, and more. The group is a safe place to meet, interact, and learn with other adopted children.

Please RSVP to [cadamski@bethany.org](mailto:cadamski@bethany.org).

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#### **Adjusting After Adoption: Support Group for Adoptive Moms**

**WHEN:** Dec. 20, Jan. 18, Feb. 21,  
10:00–11:00 a.m.

**WHERE:** Bethany Christian Services,  
12048 James St, Holland

This group for adoptive moms who are experiencing a difficult adjustment after adoption is led by a trained therapist who will provide knowledge, support, and educational information.

For more information, contact Christina at [cadamski@bethany.org](mailto:cadamski@bethany.org) or 616.499.2589.

## REGION 2

### NORTHERN MICHIGAN

#### **GROUP STARTING IN GAYLORD! WATCH OUR FACEBOOK PAGE FOR DETAILS!**

[www.facebook.com/  
PostAdoptionResourceCenterOfNorthernMI](http://www.facebook.com/PostAdoptionResourceCenterOfNorthernMI)

### PETOSKEY

#### **Post Adoption Support Group (Parent Group and Teen/Pre-Teen Group)**

**WHEN:** 3<sup>rd</sup> Tuesday, starting in January

**WHERE:** Independence Village,  
965 Hager Dr, Petoskey

Childcare is provided with an RSVP.

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or [kboeve@bethany.org](mailto:kboeve@bethany.org).

### MUSKEGON

#### **Play Group for Adoptive Parents and Their Children to Connect and Share!**

**WHEN:** Dec. 17, Jan. 21, Feb. 18, 12:00–1:00 p.m.

**WHERE:** Kainay Community Church, 3387  
Heights Ravenna Rd, Muskegon

A light lunch will be provided.

For more information and to RSVP, please contact Rose at [rpetrowski@bethany.org](mailto:rpetrowski@bethany.org).

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#### **Support Group for Foster/Adoptive and Kinship Families**

**WHEN:** Dec. 11, Jan. 8, and Feb. 12,  
6:00–8:00 p.m.

**WHERE:** Lake Harbor United Methodist Church  
(4681 Henry St, Norton Shores)

Offered by AFSN in partnership with PARC.  
Dinner and childcare provided with an RSVP.

For more information and to RSVP, please contact Janice at [jhilleary@afsn.org](mailto:jhilleary@afsn.org) or Sherri at [sirwin@bethany.org](mailto:sirwin@bethany.org).

## REGION 2 NORTHERN MICHIGAN

#### **CHECK OUT OUR FACEBOOK PAGE FOR FAMILY-FRIENDLY ACTIVITIES, EVENTS, UPDATES, REMINDERS, AND OTHER RESOURCES!**

[www.facebook.com/  
PostAdoptionResourceCenterOfNorthernMI](http://www.facebook.com/PostAdoptionResourceCenterOfNorthernMI)

### TRAVERSE CITY

#### **Parents' Night Out**

**WHEN:** December 8, 4:00–8:00 p.m.

**WHERE:** First Christian Church

Free childcare will be provided so you can go on a date and get some Christmas shopping done! There will be pizza, crafts, and movies for the kids.

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or [kboeve@bethany.org](mailto:kboeve@bethany.org).

#### **Educational Resources Training**

**WHEN:** February 12, 7:00–8:30 p.m.

**WHERE:** Faith Reformed Church's Corner Building, 1105 E Front St, Traverse City

PARC welcomes Educational Planner, Susan Greenfelder, who will present about the educational resources available for foster and adoptive families.

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or [kboeve@bethany.org](mailto:kboeve@bethany.org).

#### **Post Adoption Parents Connection Group**

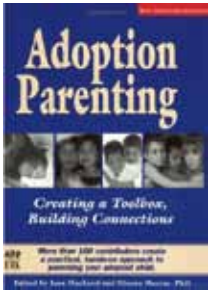
**WHEN:** 1<sup>st</sup> Sunday, 6:00–7:00 p.m.

**WHERE:** West Side Community Church,  
4975 E. Traverse Hwy, Traverse City

Childcare will be provided.

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or [kboeve@bethany.org](mailto:kboeve@bethany.org).

# Resources for Adoptive Parents



## **Adoption Parenting: Creating a Toolbox, Building Connections**

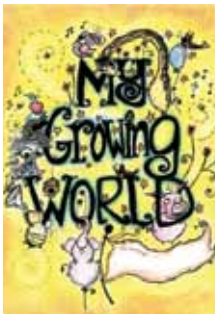
*Edited by Jean MacLeod and Sheena Macrae*

This comprehensive parenting book for adoptive families contains the writings of over 100 contributors. It contains wisdom for both the newly adoptive family and the experienced adoptive family.

Helpful information addresses the issues of loss that adopted children have experienced. They also alert parents to standard parenting practices that don't work well with adopted children.

Adoptive parents may face specific challenges, such as FASD, trauma and PTSD, sensory integration, speech and language delays, and other issues. These too are covered in this resource.

Available @ <http://www.emkpress.com/adoptparent.html> or [amazon.com](http://amazon.com).



## **My Growing World**

This entertaining and therapeutic lifebook is available in a version for adopted kids ages 6-10. The child can document emotions and steps of transition in this colorful book. Activity pages are both fun and therapeutic, using the tree and whimsical characters to tell the child's story.

The child may express how he/she feels about himself or herself in the section called, "I am the star." Birth family information may be recorded under, "My roots." Foster care experiences may be

recorded under "Branching out..." and "Sprouting new leaves" is about the adoption. Recipes are also included to give an opportunity to create shared memories.

Available through Adoption World Specialties:

[http://adoptionworld.net/my\\_growing\\_world.php](http://adoptionworld.net/my_growing_world.php)



## **Services Available Through the Post Adoption Resource Center (PARC)**

### **Working with your adoptive family:**

- Support of a PARC specialist in your home
- 24-hour crisis availability
- Short-term emergency intervention
- Family-centered plan
- List of supportive regional resources

### **Connecting you with community services:**

- Liaison for adoptive families to other service providers
- One-on-one assistance accessing services
- Comprehensive resource guide

### **Getting you the information you need:**

- Daily phone access
- Timely responses with information
- Connection to resources

### **Supporting your family:**

- Monthly group experiences
- Quarterly training

### **Sharing even more:**

- Public website with recommended books/articles on adoption
- List of community resources
- Calendar of adoptive parents' events and trainings
- Adoptive family newsletter

## **OPEN ADOPTION RESOURCES**

Some adoption plans for children adopted from state foster care are for an open adoption. The child's safety is always the first concern, but it may be possible for some of the child's previous relationships to be maintained. Although most of the resources on open adoptions relate to domestic infant adoption, there is useful information to be gleaned that applies to adoptions from state foster care as well.

The DHS article, "Open Adoption," found at [www.childwelfare.gov/pubs/f\\_openadoptbulletin.cfm](http://www.childwelfare.gov/pubs/f_openadoptbulletin.cfm), offers websites, books, and articles to help navigate this issue. According to this site, children adopted from foster care do the best if they maintain those previous relationships. And since the majority of adoptions from state foster care are foster parents or relatives adopting the child, relationships between the adoptive parents and biological parents are already established at the time of the adoption.

The website, [www.adoptivefamiliescircle.com/](http://www.adoptivefamiliescircle.com/), posts blogs by adoptive parents, including "foster adoption" blogs.

Another resource is the discussion board on Bethany Christian Services' website, <http://discussion.bethany.org/>;

various topics are discussed there, including older/special needs adoption.





## THE NORTH AMERICAN COUNCIL ON ADOPTABLE CHILDREN

The North American Council on Adoptable Children has great resources for the post-adoptive family. Families may subscribe to NACAC's free bi-monthly e-newsletter called *News from NACAC*. It is available at: <http://nacac.org/signupform.html>

In addition, the quarterly newsletter, *Adoptalk*, contains articles on policy issues, post-adoption support, parenting, and more. A subscription to *Adoptalk* is included with membership to NACAC. Articles from archived issues of *Adoptalk* are available online. Go to [www.nacac.org/adoptalk/adoptalkarticles.html#parenting](http://www.nacac.org/adoptalk/adoptalkarticles.html#parenting) to see several articles on parenting. Including:

**"Adoption and Sibling Relationships: What Children Have Taught Me,"**

**"Supporting Maltreated Children: Countering the Effects of Neglect and Abuse,"**

**"Talking With Your Adopted Teen: It's Possible and It's Important."**

## SELF CARE

The following excerpts are from "Self-Care: Barriers and Basics for Foster/Adoptive Parents," originally published by NACAC in the fall 2005 issue of *Adoptalk*. The article may be read in its entirety at <https://www.nacac.org/adoptalk/selfcare.html>.

### An example of a barrier to good self-care:

"Too many parents simply do not know what would help them. They know something is missing but can't put their finger on just what might make them feel better. Parents are often told, 'Call if there is anything you need,' but it is hard to call and ask for help, especially when you cannot even articulate what you need. This leaves many parents vulnerable and exhausted."

### An example of good self-care:

"Know which part of the day is the hardest and have a plan to make it go more smoothly. If getting ready for school is rough, prepare as much as you can the night before. If bedtime is hard, start early and set a predictable routine. Decide beforehand how you will respond to behaviors that make that time of day so trying. Accept that you won't get anything else done, and do only what you must to get through the hard parts."



## www.postadoptionrc.org

### PROVIDING MORE RESOURCES

This is a newly developed website specifically designed to provide support and resources to adoptive parents. It contains helpful articles, resources, and events to encourage and enhance the adoptive family experience.

Read about the seven core issues of adoption, respite as a support service for adoptive families, or selecting and working with an adoption therapist. Read about the training and credentials of professionals who provide services to adoptive families and various approaches to therapy. Read tips on how to choose a therapist.

Other suggested websites: [www.safekids.org](http://www.safekids.org) [www.nacac.org](http://www.nacac.org)



[www.bethany.org](http://www.bethany.org)

Bethany Christian Services is committed to supporting adoptive families through the lifelong, rewarding journey of adoption.

**REGION 2**  
Bethany Christian Services  
1055 Carriage Hill Dr, Ste 2  
Traverse City, MI 49686  
231.995.0870  
[www.bethany.org/traversecity](http://www.bethany.org/traversecity)

**REGION 3**  
Bethany Christian Services  
6995 West 48th St  
Fremont, MI 49412  
231.924.3390  
[www.bethany.org/fremont](http://www.bethany.org/fremont)

**REGION 4**  
Bethany Christian Services  
901 Eastern Ave NE  
Grand Rapids, MI 49503  
616.224.7550  
[www.bethany.org/grandrapids](http://www.bethany.org/grandrapids)

Bethany Christian Services is a nonprofit, private social services agency with more than 100 offices located in over 30 states. In addition, Bethany offers social services to children and families in over 15 countries.