



Post Adoption Resource Center Newsletter

Volume 1 Issue 10

June 2015

Michigan Heart Gallery Does Lake Superior Circle Tour

Heart Gallery 2015, a traveling photo exhibit of children awaiting adoption in Michigan, will be touring the Upper Peninsula from late July through mid-September. First stop will be Marquette's Blueberry Festival on July 31. Subsequent stops include indoor sites at the Luce/West Mackinac County Fair August 7th thru 9th and the Chippewa County Fair September 2nd thru 5th.

The exhibit features photos of 140 of the children in the foster care system – children who are hoping to find a family to adopt them. 63 photographers donated their time to this Michigan Adoption Resource Exchange (MARE) project to help these children as well as others awaiting their forever families. MARE is a program of the Judson Center, and it is funded by the Michigan Department of Health and Human Services. U.P. KIDS, a private non-profit agency providing foster care, adoption, and post-adoption services across the Upper Peninsula, has borrowed the exhibit from MARE, and they will be manning the exhibits to answer questions and recruit prospective foster and/or adoptive parents.

Unlike private and international adoptions, adoption through the foster care system is completed at little or no cost. Applicants must be at least 18 years of age and undergo background checks including visits with a social worker to study the home and the background of all people living in the home.

There is particular need for families to foster and/or adopt older children, sibling groups, and children with special needs. Interested parties are encouraged to visit the exhibit, visit www.mare.org and/or to call U.P. KIDS toll-free at (877) 423-2029.



For what Dr. Barb Webers, psychologist and foster parent, had to say at this June 4, 2015 training sponsored by U.P. KIDS at the Sault Tribe Cultural Center, turn the page.

In this issue

Michigan Heart Gallery 1

ODD & ADHD: How to Recognize These Disorders and Strategies for Parents 2

Music 4 All Kids in Marquette 3

Revolutions in Marquette



Adolescent Brain Development 4

www.upkids.com

- Houghton 906 487-9832
- Iron Mt. 906 281-3440
- Marquette 906 281-3420
- Sault 906 281-3276

Oppositional Defiant Disorder & Attention Deficit/Hyperactivity Disorder: How to Recognize These Disorders and Strategies for Parents...by Jeannie O'Brien, PARC Specialist

Oppositional Defiant Disorder (ODD) and Attention Deficit/Hyperactivity Disorder (ADHD) are childhood disorders that are becoming more and more common in our society today. They have similar symptoms and often go hand in hand with one another. ADHD behaviors partnered with ODD often make discipline a challenge. As much as 40% of children with ADHD also develop ODD. Experts think that ODD is linked to extreme impulsivity. Not being able to control impulses combined with the frustration of trying to manage their ADHD symptoms can cause children to lash out. (Dr. Barbara Weber, Weber & Devers Psychological Services, 2015)

ADHD is inherited and caused by a chemical imbalance in the brain which interferes with concentration and attention. ADHD occurs before the age of twelve years old. Symptoms of the disorder include a persistent pattern of inattention and/or hyperactivity which interferes with functioning or development. Symptoms must be present for at least six months, and be present in more than one setting. When a child has trouble with inattention, they may show behaviors such as being easily distracted, not being well organized, not listening when being spoken to directly, and being forgetful with daily activities. On the other hand, a child with hyperactivity behaviors would do things such as interrupt conversations and talk excessively. They would have trouble waiting their turn, and they tend to blurt out answers before a question is finished. They are also very squirmy, unable to play quietly, and always seem "one the go" or "driven by a motor."

Many parents wonder what they can do to improve their child's behavior and help them deal with these disorders. Three major things to consider would be medical intervention, herbal supplements, and behavioral intervention. Parents can also do simple things at home to help their children cope with things and become successful in their daily lives. Parents should provide a consistent routine and a set sequence of events for going to school and bed. Parents can also plan ahead, keep things simple, allow for frequent breaks, remain calm, and most of all... provide praise to their children when they do something well. (Dr. Barbara Weber, Weber & Devers Psychological Services, 2015)

Oppositional Defiant Disorder is caused by three main factors. Temperamental factors related to problems in emotional regulation, environmental factors such as harsh, inconsistent, or neglectful child-rearing practices, and biological factors, such as a lowered heart rate and skin conductance reactivity. There have also been some abnormalities found in the brain in children with ODD. For a child to be diagnosed with ODD, they must have at least four of the following symptoms which must be present for at least 6 months. Symptoms of ODD include angry and argumentative moods, being touchy and easily annoyed, and resentfulness. Children with ODD often argue with authority figures, refuse to comply with requests, deliberately annoy others, and blame others for their mistakes or behaviors.

There are many things parents can do to help a child with ODD. Giving clear instructions and following through with appropriate consequences, recognizing and praising your child's good behavior, modeling appropriate behavior, being consistent with discipline and building opportunities for success with your child are all things you can do to make daily activities run smoother. Parents who have children with this disorder should always remember the importance of the relationship and to always provide unconditional love. Parents should also get teachers, coaches, and other adult's in the child's life to try and follow these same guidelines in order to allow your child to succeed. (Dr. Barbara Weber, Weber & Devers Psychological Services, 2015)

Additional resources for parents include:

CHADD (Children and Adults with Attention Deficit Disorders) - <http://www.chadd.org>

National ADDA (Attention Deficit Disorder Association) - <http://www.adda.org>

ADDitude: Strategies and Support for ADHD and LD - <http://www.attitudemag.com>

Opportunities for Youth...by Sharon Matulewicz, PARC Specialist

Music 4 All Kids (MFAK)

A wonderful opportunity for youth in the area comes in the form of music. Music 4 All Kids (MFAK) offers low-cost one-on-one music lessons, workshops, opportunities to perform, as well as free lessons and free instruments to youth ages 6 to 18. Program founder, Shane Murray, says she was inspired to begin MFAK after working in the social work field at a residential treatment facility. She notes that she was inspired by the success of their four-level system of growth that utilized ideas from didactical behavior therapy (Focus, Discovery, Application, and Experience) and how it helped youth plan their goals, recognize their growth, and learn coping skills.

When Shane returned home to Marquette, she began teaching guitar lessons and found herself applying the skills she had learned from that program. She began working with the youth of families who could not afford to pay for lessons. She then also began doing instrument drives for the children who did not have instruments on which to learn, and thus the Music for All Kids program was born. Shane notes that the overall goal of the program is to utilize the power and value of music to open doors for youth to creativity, increased self-esteem, self-discipline, the importance of investing energy into a creative outlet rather than a destructive one, and overall a life-long passion for creating and sharing music.

In addition to the music, MFAK also places value on the mentorship that the program offers and teaching area youth that the community and the mentors care about them. In hopes of making music accessible for all youth, MFAK continues to maintain a focus on the undeserved, low-income, and Native American families, but the program is open to all area students. For more information, or to get involved with Music 4 All Kids, visit them on the web at <http://www.musicforallkids.us>, on Facebook at <https://www.facebook.com/musicforallkids> or email Shane Murray at shanemfak@gmail.com.



Revolutions—Bikes, Bikes, Bikes

If you have been in the Masonic Square Mall lately, you may have noticed bikes, bikes, and more bikes at the storefront for *Revolutions*. The store houses a resale shop for outdoor gear, and *Revolutions* has recently expanded to the space next door to house their youth program and workshops. Per Lindsay Bean, a founder of *Revolutions*, "the program is an outlet for youth to provide them with something constructive to do in a safe and non-competitive atmosphere." *Revolutions*' youth program offers youth, ages 11 to 17, the opportunity to challenge themselves by learning to build and repair bicycles. In doing so, Lindsay reports that she and co-founder, Mark Hall, believe youth also build responsibility, confidence, and self-sufficiency. The cost of the program? Absolutely free. Spots in the program are limited,

however, to a group size of about ten. The program runs for an eight week session in which participants meet on Tuesday evenings for an hour and a half to learn the skills needed to work on the bikes. During the rest of the week, participants are able to hone the skills taught during Open Shop hours. Adult volunteers are present to work with and supervise the youth during Open Shop hours. Another perk, youth in the program are able to utilize those Open Shop hours to work toward earning a free bike by accumulating a minimum of 25 hours. Currently, there is a group in session, and the next session is projected to begin in August.

So, how is all of this possible at no cost? Let's take it back to the shop that sells outdoor gear. *Revolutions*' only revenue, and their lifeline to being able to keep this program running, rests upon the success of their resale shop. The shop contains items such as bikes, bike parts, camping gear, backpacks, outdoor apparel, footwear, books, maps, climbing gear and paddling gear. In the winter, focus shifts to gear for snow sports. They will pay you cash on the spot for your gently used gear (if in season) and, of course, they always accept donations. As a community, the best way to support the youth program is to support the store. *Revolutions*, in response, continues to give back to the community in their positive work with youth as well as their donations of bikes to local families in need. *Revolutions*' storefront is located at 130 West Washington Street (in the Masonic Square Mall), and if you have a youth that you feel would enjoy their program, you can register him or her online at <http://www.revolutionsyouth.org>. You can also find and follow *Revolutions* on Facebook <https://www.facebook.com/revolutionsyouthmq>



Post Adoption Resource Center Newsletter

Adolescent Brain Development...by Jeannie O'Brien, PARC Specialist

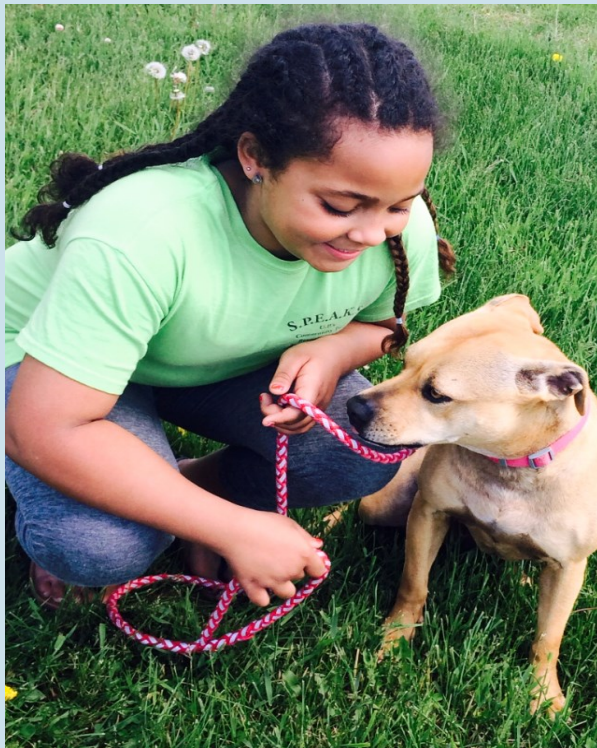
In January 2015, U.P. KIDS held an informational webinar training for foster and adoptive parents on "The Ins and Outs of Adolescent Brain Development." The webinar was provided by "Better Brains for Babies", and discussed many different aspects of the adolescent brain, and mentioned that our brains are not fully developed until about age 25-30 years. Given this fact, teens commonly have trouble with decision-making skills and tend to act on impulse when it comes to things such as experimenting with alcohol and other drugs, driving, and other risk-taking behaviors.

Sleep patterns play a big role in adolescent decision making. Many teens do not get the proper amount of sleep that their bodies require in order to make good decisions. Teens actually need as much sleep as younger children but rarely get it. Adolescent sleeping problems can include getting too little sleep, having trouble falling asleep or awakening, and poor quality sleep. Aside from poor decision making skills, other consequences of sleep deprivation include increased risk of injury, poor school performance, negative mood, and increased stimulant use.

Alcohol and other drugs have a huge impact on the adolescent brain. The teen brain processes alcohol differently than the adult brain. As stated above, the adolescent brain is still developing until about age 25-30, therefore, adding alcohol can create a wide variety of problems. When teens drink, they tend to binge drink, which will cause a number of health problems including liver damage, and digestive problems. Risk of alcohol dependence is also higher in younger drinkers and binge drinkers. Regular alcohol use can cause long-term impairments in brain functioning. www.bbbgeorgia.org

The Why Wait? Campaign is a new advertising technique used to try and encourage teenagers to wait until they are 21 to drink alcohol. It is using commercials and different websites to educate parents and teens about the dangers of alcohol and the negative effects it can have on their brain development. For more information on this topic and tips for parents looking to talk to their teens about this issue, you can visit www.talkitoutnc.org

Tishella and Jeannie volunteering at the Chippewa County Animal Control Shelter...



Post Adoption Families—

We would like your feedback.

Please

take our survey at

www.upkids.com