



## Post Adoption Resource Center

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### Nurtured Heart Approach Training Coming to the U.P.

Google "The Nurtured Heart Approach," and you will come up with a myriad of books, DVDs and online courses, but the most exciting way to learn about it is in person. This opportunity is coming to the Upper Peninsula via dynamic presenter, Annie Lange, mother of six (five of whom were adopted), nurse, social worker and college professor. One of this year's full day PARC trainings will be The Nurtured Heart Approach with Annie in person on Friday, May 19, 2017, at the New Life Assembly of God Church in Escanaba. Mark your calendars and watch for registration information. This workshop will be free for adoptive and foster parents and will be well worth the travel.

"The challenges facing parents and children of foster and adoptive families can often result in tremendous stress and destructive acting out behavior. This can lead to a sense of hopelessness," Annie said.



In this workshop participants will learn the basic concepts of "The Nurtured Heart Approach." This model offers concrete strategies that are strength based and promote hope for both the child and adult.

Additionally, this model supports trauma healing, attachment, self/child regulation and healthy self-esteem within the context of positive relationship.



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[www.upkids.com](http://www.upkids.com)

**To contact a PARC Specialist by phone, call...**

Houghton 906-487-9832

Iron Mt. 906-281-3440

Marquette 906-281-3420

Sault Ste. Marie

906-281-3276

*The Post Adoption Resource Center is a program of U.P. KIDS and is funded by the Michigan Department of Health and Human Services.*

## Parenting Your Adopted Teenager

Adolescence is a challenging time for any youth. It is the time of striving for independence and finding one's own identity. Not surprisingly, for adopted youth, it is also a time of acute awareness of the significance of being adopted. Though adopted teens may seem to want to distance themselves from parents, they really need their parents' presence, understanding, and guidance.



Loss, one of the seven lifelong issues in adoption, sometimes does not majorly impact an adoptee until adolescence or even adulthood. Feeling the impact of this loss produces grief, which can, in turn, lead to depression, substance abuse, acting out, or aggression. Parents can help teens manage their loss and grief in many of the same ways when they were younger—by reassuring them that they are loved and valuable and that over time they will sort out their feelings and feel better. Parents can be ready to listen, but not push the youth to talk. Connecting the youth with mental health and/or substance abuse professionals may be helpful, and sometimes necessary. If contact with biological relatives is possible and appropriate, that is often helpful and healing. Being willing to talk about the teen's birth family and loss helps. The Loss History Chart in section four of the Foster PRIDE/

Adopt PRIDE book, that most adoptive families have, may help parents and/or teens understand their own losses and the losses each other have experienced. For a copy of the Loss History Chart, call 906-281-3276.

Most adopted teens have experienced trauma at some point in their life. As with loss, sometimes the effects of trauma do not show up until the teen years. Again,



parents may help their teens in some of the same ways they may have done shortly after adoption by being available and predictable, identifying trauma triggers, responding to emotional outbursts in a calm and reassuring manner and seeking professional help when needed.



For additional information and many more ideas, see the [factsheet](#) on "Parenting Your Adopted Teenager" on the Child Welfare Information Gateway website.

[www.childwelfare.gov/pubPDFs/parent\\_teenager.pdf](http://www.childwelfare.gov/pubPDFs/parent_teenager.pdf)

Adoptive parents and adopted teens wishing to discuss the seven life long issues of adoption, dealing with trauma, or any other issues are encouraged to call one of the Post Adoption Specialists phone numbers on page 1 of this newsletter.



## Empowered to Connect Simulcast Available in Marquette

Dr. Karyn Purvis fans, Trust-Based Relational Intervention (TBRI) fans, and others who want to better care for children impacted by trauma, adoption and foster care are invited to the annual Empowered to Connect Conference, which this year will be available in the Upper Peninsula via video simulcast in Marquette.

"The Empowered to Connect Conference features practical teaching in a safe and supportive community as we work to equip families, churches, and professionals to better serve children impacted by adoption and foster care. It features Trust-Based Relational Intervention (TBRI) methods developed by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Child Development to help bring attachment and connection in families. The content is ideal for adoptive and foster parents, those considering adoption or foster care, and those who are serving and supporting others, including social workers, agency professionals, church staff and ministry leaders, counselors and therapists."

The two-day conference will be simulcast live on Friday, April 7, and Saturday, April 8, 2017 at Bethel Baptist Church in Marquette from 10 a.m. to 6 p.m. EDT.

U.P. KIDS Post Adoption Resource Center encourages all adoptive parents in the Upper Peninsula to participate, if possible. U.P. KIDS will reimburse Upper Peninsula adoptive parents the \$15 ticket fee plus the \$1.82 fee. Registration is online at the link below. Just click on "Select a Date", then click on "Tickets," and proceed with your personal information. Email your reimbursement request to [germy@upkids.com](mailto:germy@upkids.com) or mail it to Gerry Stelmazek, U.P. KIDS, 223 Ashmun, Sault Sainte Marie, MI 49783.

Please pass this information on to adoptive parents and anyone else who may be interested in the simulcast. Those who have attended past simulcasts in the Sault or Escanaba assure participants that they will receive encouragement, hope and practical methods to help children heal from trauma and gain self-control.

[www.eventbrite.com/e/empowered-to-connect-simulcast-2017-tickets-31342437073](http://www.eventbrite.com/e/empowered-to-connect-simulcast-2017-tickets-31342437073)

Appreciation to Wendy Haehnel, adoptive parent new to the Marquette area, who has organized this event in Marquette.

For a sample of the type of information you will receive at the simulcast, go to

[empoweredtoconnect.org/10-questions-adoptive-parents-ask/](http://empoweredtoconnect.org/10-questions-adoptive-parents-ask/)

## More Free Training Opportunities

MDHHS and the MSU School of Social Work have partnered to bring adoptive parents free training opportunities. If you are on PARC email lists, you likely received the brochure of 2017 offerings. The following may be of particular interest to adoptive parents in the Upper Peninsula.



“Is That Your ‘Real’ Mom? Parenting Children from Another Culture” is a webinar scheduled for Tuesday, March 7, 2017, from noon to 1:15 p.m. Kathy Yates, BASW, ACBSW, will present this webinar. Yates is an adoptive parent of four children adopted cross culturally and has 33 years of child welfare experience. To register, visit [socialwork.msu.edu/ceu/catalog.php](http://socialwork.msu.edu/ceu/catalog.php). Under Topics of Interest, click “Webinars” or search course #205-17.

“Parenting Youth Who Have Been Sexually Abused and Have Experienced Other Trauma” will be presented Thursday, September 21, 2017, from 5:30 p.m. to 9:00 p.m. at the Houghton/Keweenaw Department of Health and Human Services, Houghton, Michigan. Presenter will be Cheryl Williams-Hecksel, LMSW, who has 20 years of clinical and administrative experience in public and private child welfare and mental health agencies. She has been on the faculty of the MSU School of Social Work since 2006. To register, visit [socialwork.msu.edu/ceu/catalog.php](http://socialwork.msu.edu/ceu/catalog.php). Under Topics of Interest, click “Child Welfare In-Service Trainings”. If you do not already have an online account with the MSU School of Social Work Continuing Education Program, you will be asked to create one. The Houghton course is #609-17.



If you would rather not go online, call one of the Post Adoption Specialists phone numbers on page 1 of this newsletter for a paper copy of the training brochure that includes a registration to mail or fax in.

## PARC Pajama Party at the U.P. Children’s Museum

On January 29 adoptive families participated in all the museum had to offer as well as snacks, drinks, and an art project. It was wonderful to see some new faces from other counties come to visit. The kids especially loved meeting a snake up close!

For a healthier version of cookie decorating, disc shaped apple slices, that were cut through the middle of the apple, were decorated by the children with peanut butter or Nutella and sprinkles, candy pieces, and/or nuts!

A calming glitter bottle art project was fun to make and is a self-calming tool that allows children to self-regulate their emotions.



To make one, use one bottle of water. Pour some of the water out. Squeeze a whole tube of glitter glue into the bottle. Add your choice of glitter or other small objects that you would like suspended. These can include small Lego pieces, sequins, or even Barbie shoes. Put the top back on the bottle and SHAKE! Use hot glue or super glue to seal the top. This is very important, or you could end up with sticky glitter everywhere!