



U.P.KIDS™
Caring for children. Building brighter futures.

A smile to live for.



Post Adoption Resource Center

It's November again! It's that time of year to be thankful for all our blessings!

It's National Adoption Month! It's that time of year to appreciate adoptive families and all who care for children in need of safe, nurturing, healing, forever families. Thank you.



Here are some inspirational quotes for any time of year.

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." - Henry James

"While an impulse toward wholeness is natural and exists in everyone, each of us heals in our own way. Some people heal because they have work to do. Others heal because they have been released from their work and the pressures and expectations that others place on them. Some people need music, others need silence, some need people around them, others heal alone. Many different things can activate and strengthen the life force in us. For each of us there are conditions of healing that are as unique as a fingerprint. Sometimes people ask me what I do in my sessions with patients. Often I just remind people of the possibility of healing and study their own way of healing with them." - Rachel Naomi Remen, M.D. in *Kitchen Table Wisdom: Stories That Heal*

"To console does not mean to take away the pain but rather to be there and say, 'You are not alone, I am with you. Together we can carry the burden. Don't be afraid. I am here.' That is consolation. We all need to give it as well as to receive it." - Henri Nouwen

"Do what you feel in your heart to be right - for you'll be criticized anyway." - Eleanor Roosevelt

"In three words I can sum up everything I've learned about life: it goes on." - Robert Frost

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" - Mary Ann Radmacher

Volume 1 Issue 19
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Appreciation	1
Quotes	1
News from the Central U.P.	2
News from the Eastern U.P.	3
Free Webinars	3
National Adoption Month	4

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Contact a PARC Specialist

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



News from the North Central U.P.

U.P. KIDS invites all Adoptive, Foster and Guardianship families to a fun filled event on Tuesday, November 21, 2017 from 4-6 p.m. EST to celebrate Adoption Month. This event is hosted by the Honorable Cheryl L. Hill, Marquette County Probate Judge, in collaboration with local agencies, at the Peter White Library, 217 N. Front Street, Marquette. This event is open to everyone. There will be balloons, Legos, free books and cupcakes in celebration of foster and adoptive families in the community room at the library. We look forward to seeing you there to celebrate all the wonderful work you do to protect and support children!

Mark your calendars for future events:

- December 6, 2017, 12:30 p.m. EST, Adoptive Parent Support Group, U.P. KIDS, 205 S. Front Street, Suite 2A2, Marquette, MI
- December 10, 2017, 11 a.m.-2 p.m. EST, Christmas Party at Sand Township Hall, Gwinn, MI
- January 16, 2018 Teen Foster and Adoptive Panel, time and site to be determined

News from the South Central U.P.

U.P. KIDS thanks all the families that attended the Reactive Attachment Disorder training with Carmen Kleikamp of Delta County Pathways which took place in Dickinson County at Northpointe Behavioral Health Systems. We thank Carmen Kleikamp for putting on such an informational training for our adoptive, foster, and guardianship families. Thanks to Northpointe Behavioral Health Systems and MDHHS for collaborating with us on this wonderful training. Thank you to everyone who participated.

U.P. KIDS' Post Adoption Resource Center would like to continue hosting trainings in Dickinson and Delta Counties. Please let us know topics you would be interested in and what months in the upcoming year would work best for you and your families. Send this information to Nikisha LaPine at 906-281-3440 or nikisha@upkids.com.

Come Celebrate Adoption Month

U.P. KIDS invites all Adoptive, Foster and Guardianship families to a fun filled event on Thursday, November 30, 2017 from 6-8 p.m. CST to celebrate Adoption Month. U.P. KIDS will host this event at the office in Dickinson County, 220 E. Hughitt Street, Suite 3, Iron Mountain. This event is open to everyone! We look forward to seeing you there to celebrate all the wonderful work you do to protect and support children!



Dickinson County Foster and Adoptive Parent Support Group

There will be a monthly support group for adoptive and foster parents held on the first Thursday of each month at Northpointe Behavioral Health Systems in Dickinson County. For more information and questions, please contact Grant Ziems at 906-290-2135 or ZiemsG@michigan.gov or Beth Hellman at 906-396-3212 or bhellman@nbhs.org.

Let's Take A Coffee Break - Join us For a Re-Charge!

Come meet other local foster, adoptive, guardianship and kinship parents for casual conversation and a cup of coffee/tea/soft drink.

Every third Thursday of the month from 10 a.m. to 11:30 a.m.

Wendy's Restaurant on the I-75 Business Spur in Sault Ste. Marie

RSVP Linda Forgrave, adoptive parent, linda_deesmith@hotmail.com.



Like a Refresher on *Foster/Adopt PRIDE (Parent Resources for Information, Development, and Education)* topics? Register for one of the following.

PRIDE Session Three: Meeting Developmental Needs—Attachment will be held Saturday, January 20, 2018, 10 a.m.-noon, and *PRIDE Session Six: Meeting Developmental Needs—Discipline* will be held 1-3 p.m. at the Rudyard Christian Reformed Church Hall, 17970 S. Tilson Road, Rudyard. There will be a catered lunch at noon.

PRIDE Session Five: Strengthening Family Relationships will be held Saturday, January 6, 2018 from 10 a.m.-noon, and *PRIDE Session Seven: Continuing Family Relationships*, 1-3 p.m., at the St. Ignace Public Library. There will be a catered lunch at noon.

PRIDE Session Eight: Planning for Change will be held Saturday, January 13, 2018, 10 a.m.-noon, and *PRIDE Session Nine: Panel*, 1-3 p.m., at the St. Ignace Public Library. There will be a catered lunch at noon.

To register for any or all of the above, or if you have questions, contact Gerry Stelmaszek at 906-281-3276 or gerry@upkids.com

Free Training Opportunities Online



Register now for two free webinars on trauma-informed caregiving that will be held in early 2018. These are parts 2 and 3 of the series began in 2017, but part 1 is not a prerequisite to register for part 2 or part 3. Presenter will be Stephanie Grant, PhD, LPC. Part 2 is "Trauma-informed Caregiving: Understanding Neurodevelopment and the Stress Response System," and part 3 is "Trauma-informed Caregiving: Practical Parenting Strategies."

To register, visit socialwork.msu.edu/ceu/catalog.php. Under Topics of Interest, click "Webinars" or search course number. 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 course number for January 19 webinar is #200-18. The course number for February 9 webinar is #204-18.

If you are unable to register online, call one of the Post Adoption Specialists phone numbers on page 1 of this newsletter for a paper copy of the training brochure and registration form.

Michigan Adoption Resource Exchange Honors 30 Adoptive Families

Michigan Adoption Resource Exchange (MARE) and Michigan Department Of Health and Human Services are honoring 30 exceptional adoptive families in November 2017 as part of the celebrations for National Adoption Month. Check out these families every day in November by going to www.mare.org. Each day during the month there will be one family highlighted on the website. Each of the highlighted families will be granted a wish to benefit their family.

What is National Adoption Month

According to the Children's Bureau, National Adoption Month is an initiative of the Children's Bureau with a goal to increase national awareness and bring attention to the need for permanent families for children and youth in the U.S. foster care system.

Every year, there is an initiative that focuses its "outreach and awareness-raising" efforts around a new adoption-related theme. This year's theme for National Adoption Month is "Teens Need Families, No Matter What". For the past two years, the initiative for National Adoption Month has focused on the importance of adopting teens to raise awareness due to the urgent need of committed families for the thousands of teenagers currently in foster care. Unfortunately, teens are often less likely to be adopted due to their age and frequently age out of the system without a stable support system. It is critical we continue to do all we can to raise awareness for permanent families for teens. As the 2016 theme stated, "We never outgrow the need for family."

A Bit of History on National Adoption Month

- 1976, Massachusetts Governor Michael Dukakis announced an Adoption Week to promote awareness of the need for adoptive families for children in foster care.
- 1984 President Reagan proclaimed the first National Adoption Week.
- 1995 President Clinton expanded the awareness week to the entire month of November.
- 1998 President Clinton directed the Department of Health and Human Services (DHHS) to develop a plan to expand the use of the Internet as a tool to find homes for children waiting to be adopted from foster care.
- 2008 President Bush provided an explanation of National Adoption Month in Spanish.

We all know it can sometimes be difficult to spark a conversation with teenagers. The Children's Bureau has created a helpful tool for us to use when approaching teens. To view the tip sheet on how to engage and talk with older youth about adoption as well as more info on adoption month, visit:

<https://www.childwelfare.gov/topics/adoption/nam/>

Check out 43 ways everyone can celebrate National Adoption Month at

<https://adoptionnetwork.com/forty-three-ways-everyone-can-celebrate-national-adoption-month>

Find more information about National Adoption Day at <http://www.nationaladoptionday.org/>