

POST ADOPTION RESOURCE CENTER

Newsletter

Trauma Informed Caregiving Support

Join us for an opportunity to get together virtually and help one another with caregiving. This is a space for any foster, adoptive, kinship, or guardianship parent to attend and work towards problem solving baffling behaviors together.

Third Monday of each month

7 p.m.

Join Zoom Meeting:

Meeting ID: 853 766 4433

Join other current or prospective foster, adoptive and guardian parents.

All information shared will be kept confidential.

For more information and/or to RSVP, contact

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UPkids.com

Contact a PARC Specialist

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Check out upcoming events, webinars and resources on our Facebook page:
U.P. Post Adoption Resource Center

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

Seven differences between shame and guilt

By Shifra Cooper, Post Adoption Specialist

Shame is a powerfully negative, full-body, high emotion experience. It is also highly contagious. Shame can be easily confused with its close cousin: guilt.

1. Shame means "I am wrong." Guilt means "I did something wrong." Shame hurts our self-image and our belief that we can change things we don't like about ourselves or our situation. Guilt is about feeling badly about a mistake.

2. Shame does not lead to positive change; guilt does. When we experience shame, we often will try to ignore or avoid whatever caused the sense of shame. For example, when we feel shame about being overweight, we will avoid the gym or physical activity to avoid the feeling of shame. Guilt is feeling badly about something and can inspire us to act differently in the future.

3. Shame always leads to disconnection from others. Guilt can lead to healing. Confessing our errors allows us to be vulnerable with others, so guilty feelings can prompt us to build a connection through communication or changed behavior. Shame prevents us from feeling strong enough to confess our mistakes, making us defensive when others point them out.

4. Shame is internalized and deeply connected to our sense of who we are. Guilt is often passing. Shame-based comments appear to be accurate statements about our character or lack thereof. Those comments are easily internalized as truth about who we are, haunting us long after the comment was made. Guilt, on the other hand, fades with time or after corrective action is taken.

5. Shame is never healthy or useful. Guilt can be healthy and useful. Often people will make shaming comments with the best of intentions, hoping the comment will inspire someone to change something. As mentioned above, shame has the opposite effect. Guilt, however, is a useful response that helps interpersonal relationships exist. Be careful how you convey negative feedback, it will work better to simply state the harm caused than to shame the other person.

6. Shame is about causing pain for an individual. Guilt is usually associated with accountability. Shame is about making someone feel unworthy, different, or less than the speaker. Shameful comments are meant to hurt. Comments that create guilty feelings are about communicating pain or disappointment, without casting negativity on the person as a whole.

7. Shame underlies a host of psycho-social problems: depression, substance abuse, infidelity, etc. Guilt does not. Since shame is based on negative assessments of a person's entire being, feeling shame can contribute to larger mental health problems. If shame makes us feel worthless, we are more likely to develop depression. Avoiding overwhelming shame is easier if we drink to excess or abuse drugs. Shame is a trap.



Adoption Month

Eve Giraud-Prosser, Post Adoption Specialist

November is Adoption Month and began in 1984 when President Reagan began an initiative with adoption week to help gain awareness of adoption. Then in 1995, President Clinton declared the first National Adoption Month.

Each year adoption month helps raise awareness on a specific subject and for the last few years the focus has been on teens. Teens in the foster care system wait longer for a home than any other age category. Teenagers need lifelong connections that being in a family can provide. It is imperative to their mental and physical health along with their lifelong achievements to be a part of a family. This year, the focus was on empowering youth in finding point of connections. Empowering children to make decisions that affect their lives is important. Empowerment also means helping children find their talents and their strengths.

In September 2021 there were 114,000 children and youth waiting to be adopted who were at risk of aging out of the foster care system without permanency and connection to a family. More than one in five children ranged from the ages of 13-17. The average age of children waiting is 7.5 years old.

Raising awareness is important and there are many ways you can start to do that:

- ◇ Share adoption information with your friends and family.
- ◇ Support and encourage everyone who may be considering adoption.
- ◇ Mentor children who are in foster care, especially if they are close to aging out.
- ◇ Contact your elected officials and ask them to support National Adoption Month by speaking at events or celebrations.
- ◇ Use your social media and post positive articles and links so friends and family can see them.
- ◇ You can financially donate to different agencies and families who focus on adoption and foster care.
- ◇ Volunteer in your community to agencies that support adoption and foster care.
- ◇ Organize a fundraiser that support agencies that are connected with adoption and foster care.
- ◇ Encourage employment places to support employees that have adopted with benefits to help the family.
- ◇ Spread awareness by starting a blog featuring families that have adopted (with their permission).

A Family
for ME

**An Adoptive Parent Can Be A
Single Parent**

**An Adoptive Parent Can Live
In An Apartment**

**An Adoptive Parent Can Be
LGBTQ+**

**An Adoptive Parent Can Be A
Working, Retired Or Stay At
Home Parent**

**An Adoptive Parent Changes
Lives**

Adoption Month

Eve Giraud-Prosser, Post Adoption Specialist

Ways to participate:

- ◇ Start an adoption month family tradition. You could have a special dinner, have a picnic, or take a day trip to a favorite spot as a family.
- ◇ Connect with other families that have adopted or fostered and share your experiences.
- ◇ Attend activities or meet-ups in your area.
- ◇ Start your own blog to spread awareness of adoption and foster care.
- ◇ Attend support groups
- ◇ Re-tell your child's adoption story and spend time looking at pictures and other memorabilia from that time.
- ◇ Organize a meet-up or play group for foster or adoptive families.



National
Adoption
Month

CARING CONNECTIONS

U . P . K I D S &
C O P P E R I S L A N D A C A D E M Y

Join us at monthly adoption/guardianship
family support gatherings to build
connections, support and share information.

JANUARY 15

Adolescents &
Parents/Guardians
4-5:30pm

FEBRUARY 12

Early Childhood &
Parents/Guardians
4-5:30pm

MARCH 18

Adolescents &
Parents/Guardians
4-5:30pm

APRIL 15

Early Childhood &
Parents/Guardians
4-5:30pm

MAY 20

Adolescents &
Parents/Guardians
4-5:30pm

JUNE 10

Summer Party
All Ages
4-6pm

52125 INDUSTRIAL PARK N.,
CALUMET MI 49913

FOR MORE INFORMATION CONTACT DANA
DANA@UPKIDS.COM (906)281-3998

We Are Here For You!

- Let us know:
 - What activities would you like to see us host?
 - How can we help you through our support groups?
 - Do you have any other ideas or suggestions?
- Contact us through email, phone or our Facebook page.



Fun Home Activities For Family Bonding

- Play board games
- Have an indoor picnic
- Dance party
- Create new family traditions
- Grow a garden
- Water balloons
- Have a movie night
- Throw a talent show in your house or backyard
- Bake a dessert
- Create a family scrapbook
- Read books together

