

## Post Adoption Resource Center Newsletter Wayne County September 2012

### Inside this issue:

<b>Upcoming Events</b>	<b>2</b>
<b>Parenting Tip</b>	<b>2</b>
<b>Fun Family Activity</b>	<b>2</b>
<b>Featured Reading</b>	<b>3</b>
<b>Recipe for School Success</b>	<b>3</b>
<b>What People Are Saying About Us</b>	<b>4</b>



### Medical Subsidy: How It Can Help You and Your Family

On June 26, 2012 the Post Adoption Resource Center hosted a training on Medical Subsidy which was led by Medical Subsidy Supervisor, Pedro Alvarez. We had a great turnout and learned a lot of helpful information. Did you know:

-Your child may qualify for Medical Subsidy to pay up to \$3,500.00 towards the cost of orthodontia. That is a full set of braces and all of the necessary care in most cases!

-Your child may qualify for Medical Subsidy to pay for summer tutoring for a child that has a current IEP. We know that summer is almost over, but affordable tutoring is something that many



adoptive parents struggle with finding and we are glad to know how accessible it is!

-For a child that has a mental health diagnoses and behaviors that parents struggle to manage, Medical Subsidy may assist with the cost of a behavioral aide, which is an in-home person designed to assist the child and parents in managing acting out behaviors.

-Additionally, Medical Subsidy may be able to assist families in securing Tempo-

rary Out of Home Placement (which many families commonly refer to as "respite"), which can be very helpful for families that may feel "burnt out."

-Medical Subsidy may also be able to assist families in sending their children to specialized camps that address the children's respective physical/emotional health diagnoses.

We are really excited about the many ways that Medical Subsidy is able to help families. We believe that with supportive services in place families will continue to experience success!

**If you are interested in learning more about the services available please contact the Post Adoption Resource Center at 313-530-9746.**

### What's Been Happening with PARC?

With the fiscal year coming to close we are happy to share that the PARC Program is moving forward full steam ahead. The Wayne County PARC program is fully staffed and we are regularly receiving referrals from the subsidy office, DHS, various adoption agencies, and families themselves. We have been able to make connections with

other community partners and our adoption agency counterparts are giving us positive feedback related to the services that we are providing. Last month, during a community meeting with adoption workers across Southeast Michigan an adoption worker who has referred a family to the program, stated "I am very happy with the services my family is receiving and feel safe referring families."



**To obtain more information please contact Jennifer Harmon at 313-530-9746 or visit our website at [www.parcwayne-orchards.org](http://www.parcwayne-orchards.org)**

## Upcoming Events...

As a part of working with adoptive families the Post Adoption Resource Center is trying to implement new and exciting ideas and activities that families can participate in. Some of our upcoming events are listed below:

- 8/15/12 from 9:30—10:30 AM our Wayne County Task Force Meeting will be held at Wayne County Community College.
- 8/28/12 from 5:30-7:30 PM we will have our monthly support group. Dinner and childcare will be provided.
- 9/13/12 from 5:00—8:00 PM PARC will be teaming up with Families on the Move to offer a training on Michigan Welfare Rights and Back to School Issues. Dinner and childcare will be provided.
- 9/22/12 from 11:00 AM—3:00 PM PARC will be at the Michigan

Adoption Festival handing out information related to available services.

- 9/26/12 from 5:30 – 7:30 PM we will have our monthly support group. Dinner and childcare will be provided.

**To inquire about any of the above activities or future activities, contact Jennifer Harmon at 313-530-9746. Also, please visit our website at [www.parcwayne-orchards.org](http://www.parcwayne-orchards.org) for further listings of local community activities.**



## Parenting Tip...

### THE DAILY GROOVE~

by Scott Noelle

[www.enjoyparenting.com/dailygroove](http://www.enjoyparenting.com/dailygroove)

::Be Real::

You want to be a respectful, creative, loving parent— and you'd rather not ever be coercive with your child. Wonderful! But what about those times when you're just in a bad mood and don't feel like being a super-parent?

Must you sacrifice your authenticity, fake a smile, and go through the motions? You can try, but it won't work. Even if self-sacrifice "works" superficially, it leads to resentment or rage that eventually hurts everyone. Here's a twofold alternative: First, give yourself permission to be real. Stop trying to hide how you really feel (Kids always know how their parents feel anyway). Second, make a solemn com-

mitment to take responsibility for your feelings. In other words, don't blame your children for how you feel. You won't blame yourself, either, because true responsibility has nothing to do with blame. Breakthroughs happen when you honor your "negative" emotions without making anyone wrong. And when you truly take responsibility for your feelings, being coercive doesn't feel real at all.

## Fun Family Activity...

Does your child love doing crafts? Does your child crave a snack each afternoon, seemingly the minute you walk in the door before you've even had a second to unwind? I have been there! Here is a simple and fun craft kids of all ages can enjoy and it will make parent's lives a little less stressful on busy weekday afternoons.

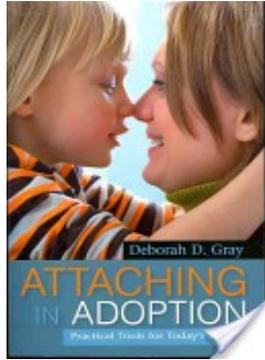


What you'll need: Clothespins, pipe cleaners, googly eyes, glitter, glue, and Ziplock bags. Decorate the clothespin using the pipe cleaners for antennae and googly eyes. Add some pop with the markers and glit-

ter. Before you leave for school or work in the morning fill a Ziplock bag with a quick and easy snack (ex. Goldfish crackers, pretzels, or grapes) and clip the bag to the clothespin like butterfly wings. The kids will think it's fun and when you walk in the door after a long day your son/daughter can grab their own snack and you can grab a few quick seconds of peace and quiet!

*Each day of our lives  
we make deposits in  
the memory banks of  
our children.  
~ Charles R. Swindoll*

## Featured Reading...



This quarter's featured reading is "Attaching in Adoption" by Deborah D. Gray (Jessica Kingsley Publishers). Attaching in Adoption is a comprehensive guide for prospective and actual adoptive parents on how to understand and care

for their adopted child and promote healthy attachment. This classic text provides practical parenting strategies designed to enhance children's happiness and emotional health. It explains what attachment is, how grief and trauma can affect children's emotional development, and how to improve attachment, respect, cooperation and trust. Parenting techniques are matched to children's emotional needs and stages, and checklists are included to help parents assess how their child is doing at each developmental stage. The book covers a wide

range of issues including international adoption, Fetal Alcohol Spectrum Disorder, and learning disabilities, and combines sound theory and direct advice with case examples throughout. This book is a must read for anyone interested in adoption and for all adoptive families. If you would like to "checkout" this book from our lending library or would like to inquire about other books available please contact **Jennifer Harmon at 313-530-9746 or visit our website at [www.parcwayne-orchards.org](http://www.parcwayne-orchards.org) for a complete list of available resources.**

*The object of education is to prepare the young to educate themselves throughout their lives.*

*~Robert Maynard Hutchins*

## Recipe For School Success...

With back to school right around the corner many parents, and children alike, are left wondering where did summer go and how can I get this school year off to a great start? To that end remember that preparation relieves anxiety and allows for smoother sailing.

Whether in a new school or not, each new year brings changes. Prepare your child by doing a practice run of the first day, talk through how the first day of school will go, talk to your child about any anxieties they may have about the first day of school, and begin to adjust your child's summer sleep schedule to be more in tune with school year hours. When the morning bell rings on the first day of school, remember that it is not only your child's



responsibility to do well in school, but also the parent's responsibility to be a support and role model for the child in their education. Parents must be actively involved in their child's education, support children's curiosity, intelligence, and hard work, and help your child to get organized— this is a skill that must be taught! Remember that to learn, children must believe that they can learn. As a parent you are the most important adult in your child's life. The feedback you give your child will have a lasting impact on your child's self-confidence. Be encouraging and praise your child for the amount of effort that he/she puts into a project. Let your child know that you expect them to do their best and that is what counts.

# Orchards

CHILDREN'S SERVICES



## What people are saying about us....

Since it's inception at the end of April 2012, the Wayne County PARC Program has serviced nearly sixty families and we are happy to share with you some of the positive feedback that we have gotten from the families that we have serviced.

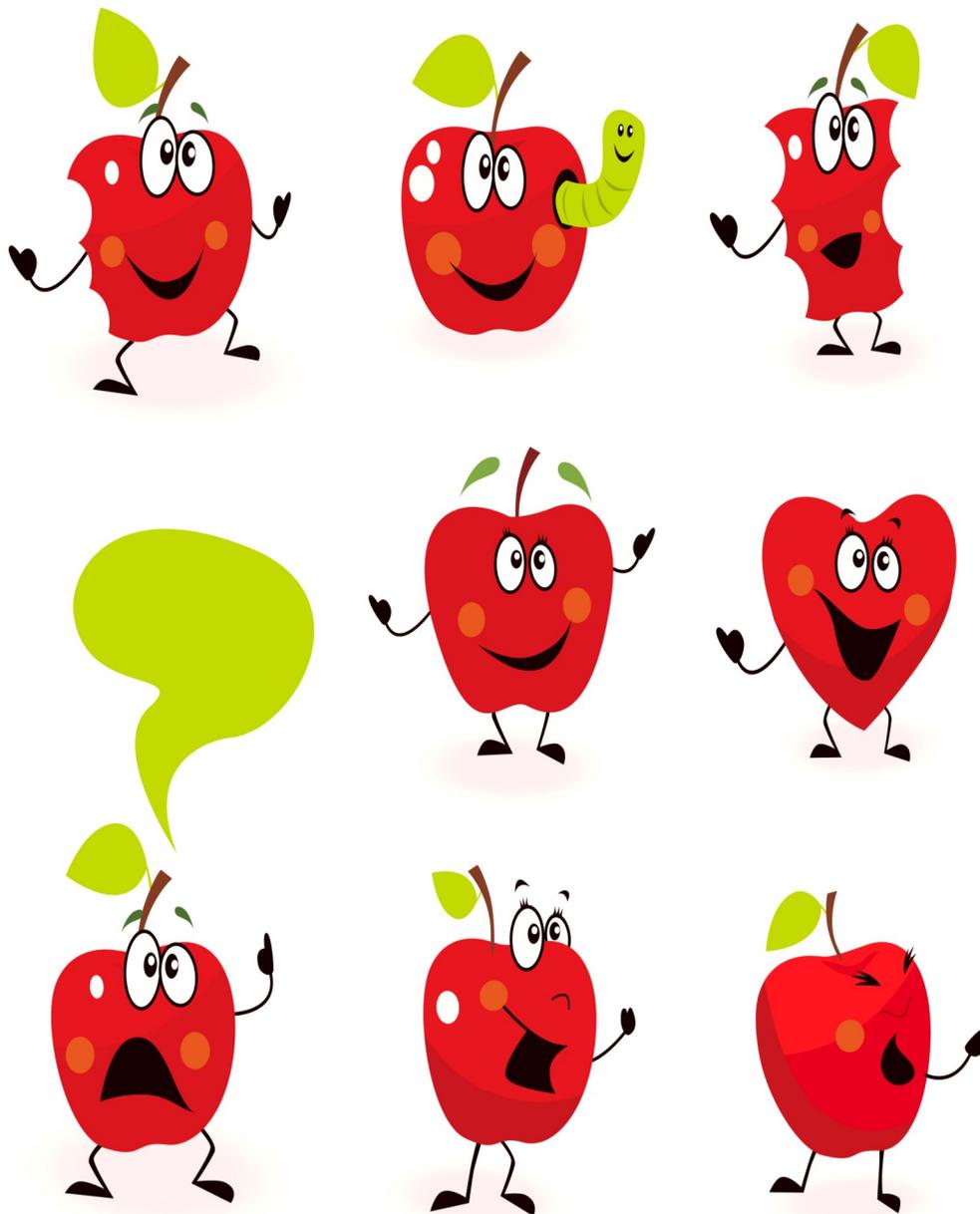
"They are really there to serve your needs."

"I enjoyed the in-home aspect of the services."

"Very friendly and helpful—my worker made me aware of resources I did not know existed!"

If you or someone you know could benefit from our services please have them contact Jennifer Harmon at the numbers listed below:

**Phone: 313-530-9746**  
**Toll Free: 877-441-4017**  
**Or visit us on the web at:**  
**[www.parcwayne-orchards.org](http://www.parcwayne-orchards.org)**  
**18100 Meyers Rd.**  
**Detroit, MI 48235**



*Cartoon feeling charts are a good way for young children to share with you how they are feeling. The above "emotion chart" is a fun and creative way to help you and your child talk about feelings.*