



# Post Adoption Resource Center Newsletter Oakland & Macomb County

## Parent Workshop, Another Huge Success!



Tana Bridge PhD, MSW, BS is a professor of social work, as well as director of the master's program at Eastern Michigan

University. She is also a professional trainer and consultant.

Bridge earned a bachelor's degree in psychology from Eastern Michigan University, a master's in social work from the University of Michigan, and a doctorate in theoretical evaluation and research from Wayne State University.

Tana was appointed to represent health and mental health professionals for the Governor's Task Force on Child Abuse and Neglect in

early 2016. We were so fortunate to have Tana join us for our June Parent

Retreat. Tana spent the entire day training parents on trauma and the impact that this has on attachment, which is very common among adopted and foster

*If you don't think what I think ...  
feel what I feel ... see what I see  
when I look at myself ...  
how can you help me?*

## Orchards Children's Services

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### Inside this issue:

Island Lake PARC Event 2

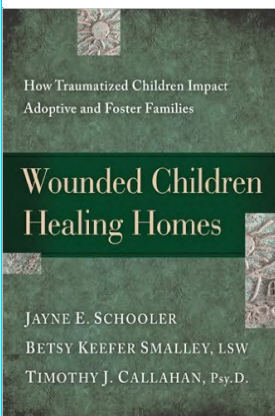
Summer Activities 3

Upcoming Parent Workshops 4

Upcoming Trainings and Support Groups 4



## Recommended Read



**Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**

By: Jayne Schooler, Betsy Keefer Smalley, and Timothy Callahan

Why doesn't our child return our love? What are we failing to understand? What are we failing to do? These questions can fill the minds of adoptive parents caring for wounded, traumatized children. Families often enter into this experience with high expectations for their child and for themselves but are broadsided by shattered assumptions. This book addresses the reality of those unmet expectations and offers validation and solutions for the challenges of parenting deeply traumatized and emotionally

For more information on the Post Adoption Resource Center please contact us at

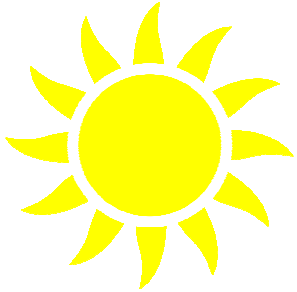
313-530-9746

Or visit our website at

[PARC-orchards.org](http://PARC-orchards.org)



# Summer Kick Off, PARC Style



Orchards Children's Services, Post Adoption Resource Center (PARC) hosted our annual Summer Kick Off on Saturday June 11<sup>th</sup>, with a day of Bar BE Q-ing, Fishing, Swimming and fun at Island Lake State Park, Brighton.

We would like to thank the Department of Natural Resources for hosting a great Young Explorers Club. Our friends at the DNR were able to teach children how to line a reel, hook a worm and catch a fish! Aside from learning to fish, kids and parents were able to learn about our natural wildlife here in Metro Detroit. Drive 35 minutes outside the Motor City and we were in a natural oasis of wildlife, we found ourselves surrounded by the lake, trees, endless bike and walking trails and greenery everywhere!

Aside from fishing and learning about wildlife, families were able to relax in the hot summer sun. The beach provided a great escape from the summer heat and the hot grill which didn't stop grilling for four hours! A big thank you to our PARC Staff for grilling up Hot Dogs and Burgers all day!

The day was great, filled with the shining sun, family bonding and laughter from all.

At Orchards, we encourage our families to participate in family bonding outside of our hosted events. To ensure this is possible, we were able to provide all of our families who did not already have one a 1 year recreation pass to all Michigan State Parks. We hope all families have a safe and happy summer. We look forward to seeing you all next year! Check out the link below or call 517-284-7275 to locate a Michigan State Park near you.

<http://www.michigandnr.com/parksandtrails/>



## Family Bonding Ideas For This Summer



### Go on picnics/short escapes/camping

While vacations are a great way to bond with your family, vacations are expensive too. Besides, there are only so many days you can take off from work to go on a vacation. In between vacations, include picnics, stay-cations and short camping trips to continue getting short doses of down-time bonding.

### Build a family garden

Whether you have a large backyard, or a window sill full of planters, planning and grooming for a family garden is a great way to bond with the kids. The time you spend together, the opportunities to talk and teach, the joy of growing your own dinner and the million photos – need I say more?



### Cook/bake together

Whenever possible, enlist your kids help in the cooking process. It is a little bit of extra work, especially the cleanup, but the effort is so worth it. The kitchen is the heart of a house and spending time together in the kitchen makes it so much easier to create the kind of memories that last a lifetime. Additionally, cooking with kids has a host of other benefits. They help kids develop a love for cooking and healthy eating habits that last a lifetime. If you take the time to point out the chemistry behind food and the math of measuring out recipes, you can even give them an academic edge. It even helps them learn the value of planning and develop self-confidence.

### Volunteer together

Research shows that volunteering can increase happiness, decrease depression, and help you live longer. So why not make volunteering a part of everyday life for the whole family?

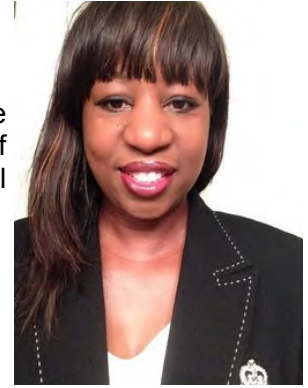


Information adapted from: <http://afineparent.com/close-knit-family/family-bonding-activities.html>

# Upcoming Parent Workshops

## Saturday, August 13, 2016: Rhonda M. Roorda - Transracial Adoption

Rhonda M. Roorda was adopted into a white family and raised with two non-adopted siblings. She is a national speaker on transracial adoption and a recipient of the Judge John P. Steketee Adoption Hero Award from the Adoptive Family Support Network of Michigan. With Rita J. Simon, she coauthored a landmark trilogy of books on transracial adoption (*In Their Own Voices*, *In Their Parents' Voices*, and *In Their Siblings' Voices*). Rhonda works as a fund administrator at an educational advocacy organization in Lansing, Michigan.



On August 13, 2016, Tana will be conducting an all day training on cross cultural adoptions and how it affects parents and adopted children.

## Saturday, September 24, 2016: Jeff Lusko –Understanding Your Child’s Uniqueness:

### What Is Normal? What Is Not?



Jeff Lusko holds a Masters degree in Clinical Psychology from the University of Detroit -Mercy and is licensed in the State of Michigan as a Master’s level psychologist. In his role as a Master’s level psychologist, Jeff has gained valuable expertise in the areas of psychological diagnostics, clinical treatment of children and families, childhood psychiatric conditions, as well as issues affecting infant, child, and adolescent development. Jeff has been on staff at Orchards Children’s Services for the past 27 years and continues to enjoy the challenges of working within the child welfare system.

On September 24, 2016, Jeff will be conducting an all day training on understanding your child’s uniqueness, as parents can have difficulty telling the difference between variations in normal behavior and true behavioral problems. In truth, the difference between normal and abnormal behavior is not always very clear. This workshop will explore the aspects of normal versus abnormal behavior in children and teens. The primary goal is to open up a caregiver’s understanding of their child’s unique

### **PLEASE RSVP TO: JENNIFER HARMON - 313-530-9746**

Fliers will be mailed out prior to each event as a reminder and invitation to attend these all day training opportunities. A light breakfast, refreshments, lunch, and childcare (on a limited basis) will be provided to you at no cost. Trainings will be held at our Southfield Office (24901 Northwestern Highway, Southfield, MI 48075, suite 500) unless otherwise noted.

If you do not currently receive notification of the PARC events and you would like to, please contact us at 313-530-9746 so that your name and address can be added to our roster!

## 2016 Trainings and Support Group Dates

### July

Training: N/A

Macomb Support Group: 7-12-16

Oakland Support Group: 7-18-16

### August

Training: 8-2-16

Macomb Support Group: 8-9-16

Oakland Support Group: 8-15-16

### September

Training: N/A

Macomb Support Group: 9-13-16

Oakland Support Group: 9-19-16

### October

Training: 10-4-16

Macomb Support Group: 10-11-16

Oakland Support Group: 10-17-16

### November

Training: 11-1-16

Macomb Support Group: 11-8-16

Oakland Support Group: 11-21-16

### December

Training: 12-6-16

Macomb Support Group: 12-13-16

Oakland Support Group: N/A

Fliers will be mailed out prior to each event as a reminder and invitation to attend the various trainings and support group meetings. **Childcare and dinner are provided at each meeting.**

\***Trainings and Oakland County support groups** are held at our Southfield Office (24901 Northwestern Highway, Southfield, MI 48075, suite 500) from 5:30-7:30pm unless otherwise noted.

\***Macomb County Support groups** are held at our Macomb Office (42140 Van Dyke Sterling Heights, MI 48314, suite 206) from 6:00pm-8:00pm unless otherwise noted.

If you do not currently receive notification of the PARC events, please contact us at 313-530-9746 so that your name and address can be added to our roster!