



# Post Adoption Resource Center Newsletter Oakland & Macomb Counties

## Upcoming Parent Workshop: Self Care!

On October 20 & 21 Orchard's PARC will be hosting the first of two annual conferences. The conference will feature, Janet Miller, MA, LPCC and will focus on self care. Ms. Miller will be completing a talk on stress management, and will focus on things one can do in the shower or behind the steering wheel or at their desk which can significantly impact one's whole being. This talk will explain in simple terms, physiology of a thought and why we should care. If you apply even one of the ideas in this presentation your life satisfaction and your health will become more positive. This talk, told through a story, will leave you inspired and hopeful. Following Ms. Miller's talk, on Saturday, Gretchen Perry-Emery, MSN, FNP-BC, NP-C will be completing a talk on the impact of nutrition and the environment on health and well being. Gretchen Perry-Emery is a board certified family nurse practitioner who pursued an advanced degree to help other overcome challenges similar to those she faced. In 1994 Gretchen received her Bachelor's of Science in Nursing from Michigan State University, and as a new RN spent time working on the maternal child health unit at Royal Oak Beaumont. After a few years she entered the pharmaceutical industry and learned about clinical trials, competitive selling, and marketing. In 2008 autism hit her personally, and when westernized medicine could not provide the answers she was seeking, she began to dig deeper, knowing in her heart recovery was possible. It was then that she was introduced to functional medicine, and over time her knowledge and passion for this new kind of medicine grew. To wrap up the conference, each adult participant will be able to engage in yoga and massage to help get them started on their path to self-care!! Breakfast and lunch will be provided each day, childcare will be provided on Saturday only. For more information please contact Jennifer Harmon at 248-530-7540.



### Orchards Children's Services

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

**313-530-9746**

Or visit our website at

**PARC-orchards.org**



The Post Adoption Resource Center is operated by Orchards Children's Services and funded by the Michigan Department of Health

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

Fliers will be mailed out prior to the event as a reminder and invitation to attend this all day training opportunity. A light breakfast, refreshments, lunch, and childcare (on a limited basis) will be provided to you at no cost on Saturday (NO childcare on Friday!). Training will be held at our Southfield Office: 24901 Northwestern Highway, Southfield, MI 48075, suite 500

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!

# PARC Summer Events

## State Park Summer Kickoff with Young Explorers

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 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/>



## Outdoor Adventure Center

On August 4<sup>th</sup> many of our PARC families attended the Outdoor Adventure Center for a day of fun discovering all there is to explore in the spectacular outdoors, parks, public lands and waters of Michigan's urban wildlife. Located on Detroit's riverfront in the historic Globe Building, with the Dequindre Cut Trail running through its backyard, the Outdoor Adventure Center (OAC) gives you a taste of Michigan's great outdoors in the heart of the city.

The families experienced exciting outdoor adventures with hands-on activities, exhibits and simulators. Families were able to walk behind and touch a waterfall, step into a fishing boat and reel in a big fish, hit the trail on a mountain bike or snowmobile, and much more. At the OAC, families learned about how the DNR manages state parks, forests, wildlife and fish as they climbed the roots, explored the canopy of a massive bur oak tree and hopped aboard a real airplane.

# Back-to-School Tips for Adoptive Parents

Each year children have to start over again, with a new teacher and new classmates, and this task alone can be difficult, but when you add adoption into the mix it complicates the transition even further. Then if the teacher is not familiar with adoption, it can make things particularly difficult, especially in the beginning. When an adopted child starts school they will likely have to re-answer many of those tough questions with new peers and a new teacher about their birth family or where they were born.

**Schedule a parent/teacher conference:** Teachers shouldn't be blindsided by behaviors that they may experience from your child throughout the school year. Give them a heads-up and tips for dealing with specific behaviors your child may display. If your child has specific triggers such as loud noises, violence, being left alone, food or holidays, let your teacher know how best to handle these behaviors.

**Provide adoption resources for teachers:** Resources might include children's books like *It's Okay To Be Different* by Todd Parr, *A Mother for Choco*, by Keiko Kasza, or *Rosie's Family: An Adoption Story* by Lori Rosove. You can also recommend books to help teachers understand more about trauma and adoption like *Help for Billy* by Heather Forbes, or *The Connected Child* by Karyn Purvis, David Cross and Wendy Sunshine.

**Raise racial awareness:** There is no such thing as being "color-blind". Even children are aware of racial differences at an early age. Books like *The Sneetches* by Dr. Seuss along with a good anti-racism classroom activity can help promote racial awareness. As a parent of a child of color you want to know that my child's teacher understands racial discrimination and what it looks like in the classroom. Teachers should enforce a zero-tolerance policy and take action to educate students early on to have a positive and knowledgeable racial identity. Bring in your child's favorite food, dress-up clothes, or music from your child's culture of origin to share with the class.

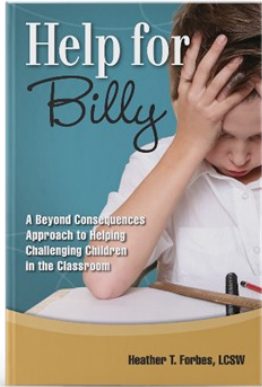
**Review tough questions:** There will always be tough questions in new beginnings, especially with new classmates or a new school. Before school starts, it's important to review with your child how to answer questions she may be asked. The *Wise Up! Powerbook* is a great resource to use with children to help them learn how to answer tough questions.

**Evaluate Education Plan:** Determine if any changes or adjustments need to be made to the child's current education plan, and discuss progress or changes that have occurred with your child over the summer.

**Get involved:** Find ways to get involved at your child's school, like volunteering in the classroom, chaperoning field trips, donating supplies, attending PTO meetings, offering to talk to your student's class about adoption, or sending teachers information on upcoming training sessions.

Unfortunately, not all of these tasks may be completed before the start of school, but they're important to keep in mind throughout the school year. Many of these tasks are ongoing and may require re-visiting several times. Adoptive parenting requires that we not only educate ourselves but that we also educate others around us, and advocate for our children when needed.

## Recommended Read



*Help for Billy*  
by Heather T. Forbes, LCSW

The Beyond Consequences Institute is absolutely committed to helping schools become trauma-informed to help the "Billys" of the classroom. Who are the Billys of the classroom? You know who Billy is...Billy is the student who does not "fit" into the standard academic mold. Billy can be of any gender, race, or from any background. Billy has traditionally been perceived as being a trouble maker, lazy, disrespectful, agitated, disobedient, or even aggressive or violent.

Help for Billy is a pragmatic manual to help guide educators and parents who are struggling with children impacted by trauma. Based on the concept of the neuroscience of emotions and behavior, Heather T. Forbes, LCSW provides detailed, comprehensive, and logical strategies for teachers and parents.

## Did you know...

Adoption and Guardianship Assistance Office Info

### **2017 ADOPTION AND GUARDIANSHIP ASSISTANCE PAYMENT SCHEDULE**

<b>Pay Period</b>	<b>Tentative Warrant Date</b>
August	Thursday, August 10, 2017
September	Friday, September 8, 2017
October	Thursday, October 5, 2017
November	Thursday, November 9, 2017
December	Thursday, December 7, 2017

Did you know Medical Subsidy funds are available for tutoring services? If your child is having a difficult time getting back in the swing of school or remembering last year's information, consider obtaining a prior approval for tutoring. Medical Subsidy may fund up to 5 hours of tutoring up to \$30 per hour, if your child has a related physical, mental, or emotional condition certified by the Adoption and Guardianship Assistance Office.

To discuss your child's approved diagnoses on their Medical Subsidy Agreement and how to obtain a prior authorization for tutoring services, contact your Medical Subsidy Analyst who is assigned according to your last name; (A-F) Laveda Hoskins 517-373-6212; (G-M) Areka Maki 517-373-3235; (N-Z) Stacy Wieske 517-241-8854.

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