



Post Adoption Resource Center Newsletter Oakland & Macomb County

Summer Activities



Kindness Rocks

- Paint the rocks in bright colors and let them dry.
- Add a light color center to one side of the rock and let dry.
- Add a black outline with your marker and a word in the center of the white.
- Spread kindness by putting your rocks in places where others can find them!

Mindful Breathing Stick

- Bend your pipe cleaner at the end so your beads don't fall off. String 6-8 beads on your pipe cleaner and bend the other side when you are done.

- Gently slide one bead to the opposite end of the stick as you inhale slowly and then exhale.

- Repeat moving the beads and taking deep breaths until you have moved all of the beads from one end to the other.

- Repeat until you feel calm and relaxed!



Nature Craft

- Draw any design on a piece of paper or with sidewalk chalk on the ground.

- Go around and gather natural materials *it is important that your child knows they can only use the plants and flowers that they have permission to use*

- Place your natural materials however you want inside of your drawn design.

**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*



Transracial Adoption: From Controversy to Competency

The world is changing. It always has and always will. Sometimes it's difficult, really difficult. As a transracial adoptive mother of four (who are now in their 40s and my oldest just turned 50...yikes!) I'm painfully aware of how different life is now, then when I was born. I have also worked in adoption since 1983 and though I retired a little more than a year ago, I still do some training and consulting.

What I'm getting at is the world and the social barometer regarding adoption is also changing, and it's not always positive. I believe the overwhelming majority of us adoptive parents adopt out of love and the desire to give a child a loving home. I have worked with hundreds of adoptive parents in my career and almost all of them truly love their children and did whatever they could to ensure their child grew up with a positive self-esteem and a healthy attitude about their birth parents and adoption. Most of those who adopted transracially tried to provide their child with a strong, positive sense of their racial/ethnic identity.

I'm not sure everyone has heard how some young people view the world today but I think the most shocking thing I've heard is that some young people say "I didn't ask to be born", therefore their parents need to provide for them throughout adulthood. When I heard that from more than one parent who is currently raising children, I was shocked. I can't even imagine how my mother would react if she were still alive. However, what I've decided is that someday these same young people will be leading society, and though I may be at odds with it, I need to understand that generational differences are essentially cultural differences—and if I can accept cultural differences, then I need to learn to be tolerant of generational differences.

Now, you may be asking yourself, "what does this have to do with adoption?" Well, everything, because there have been social attitudes about adoption since the practice began. Those attitudes have evolved over the decades; from the necessity of farmers needing field-workers who were shipped on trains from the east and literally "put up" on train platforms for adoption, to adoption-matching, to secret/closed adoptions arranged for "unwed" mothers, right up to our current practices. The focus in the past was always centered around the needs of adoptive parents, however, today's attitudes are changing. I think it's important for all adoptive parents and prospective adoptive parents to know that although there are many happy, well-adjusted adult adoptees, there are others who are not. I follow a Facebook page for transracial adoptees. Both adoptive parents and birth parents may also be part of the group, but the group is centered on adoptees. The latest movement in adoption, thanks in great part to the internet, is focused on centering adoption practice around adult adoptees. I absolutely agree with this. After all, we all know that the children we adopt will one day be adults who will and should voice their experiences and opinions about adoption. In raising my children, I definitely wanted them to have a positive self-esteem, a healthy ethnic and racial identity, and a stable and happy life. I continued to read and learn whatever I could to make that happen. I exposed my children to racial mirrors (formerly called: like-race role models) and chose to move to a more diverse community. I fought against prejudice and racism and called it out when directed at my children--I still do. I still read and sign up for workshops, especially those led by adult adoptees.

What can we do when we know that there are transracial adoptees who are not happy they were adopted and some, in fact, believe that transracial and international adoption should be eliminated? Some are quite angry that their adoptive parents told them little to nothing about their racial identity and never exposed them to others like themselves. For those who are not familiar with history, the National Association of Black Social Workers issued a statement against transracial adoption of Black children by white families in 1972 (<https://pages.uoregon.edu/adoption/archive/NabswTRA.htm>). It was only after many prospective white adoptive parents were able to persuade the government to adopt MEPA in 1994 and IEPA in 1996, which changed and allowed transracial adoption to flourish. As parents who have already adopted transracially, we owe it to our children to work to the best of our ability to try to ensure that our children feel totally comfortable in their skin and amongst their community.

(Continued on Pg. 2)

Transracial Adoption: From Controversy to Competency Cont.

That means, in my opinion, reading all we can, completing workshops, listening to podcasts, and following the advice of experienced families, workers, and most importantly, adult adoptees.

Orchards Children's Services recognizes these are not always easy matters to broach, and they offered an online support group specifically for parents who have adopted transracially. We would like to restart that group and share honest dialogue around these issues, along with other issues you may find important to discuss. Please let us know you'd like to join!

-Kathleen Donovan Yates

My recommended reads:

1. *Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor* by Layla Saad
2. *So You Want to Talk About Race* by Ijeoma Oluo
3. *Stamped From the Beginning and How To Be An Antiracist* by Ibram X. Kendi
4. *In Their Voices-Black Americans on Transracial Adoption* and other titles by Rhonda Roorda

PARC in the Community

PARC sends a huge *THANK YOU* to the **Jockey Being Family** program that continues to support our family activities. Check out their website at: creatingafamily.org to register for many free trainings and sign up to receive their newsletter.



JOCKEY
BEING FAMILY.

PARC re-introduced the Macomb parent support group and moved the Southfield support group to the park for the summer. Our first support group in the park included a lot of rain and even some hail but we made the best of it and got a good laugh under the pavilion. We can't wait to try again!

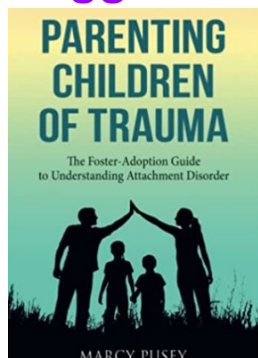
In April and May, Rebecca Rozema joined us for a two-weekend parent conference on Building Attachment and Bonding while Preventing Disruption and Dissolution and also gave us an Overview and Introduction to Trust-Based Relational Intervention. Families loved Rebecca's information so much that Rebecca has agreed to work with our families in a new series "continuing the conversation".



PARC held an art show for our young artists that have participated in the "Art You Powerful" program over the past several months. Many families, friends, staff and even the Mayor came to view the art displays and enjoy a fun reception full of art, smiles and snacks.



Suggested Read



Parenting Children of Trauma: The Foster-Adoption Guide to Understanding Attachment Disorder
Author: Marcy Pusey

This book is for the wonderful-hearted people who stepped into adoption with dreams of loving a child to wholeness, only to find that children who hurt sometimes hurt people. This book is for parents who feel overwhelmed, desperate, and depleted. Or for the friend or family member who has watched the adoption story of their loved one unravel and felt helpless.

Upcoming Meetings, Trainings & Events

ADULT ADOPTEE SUPPORT GROUP

When: 1st Thursday of the month (starting August 3, 2023) **Time:** 6:30 p.m.
Where: Virtual – Zoom **Meeting ID:** 834 3484 2851 **Passcode:** 6G6suj
Facilitator: Madison Peterson



ADOPTIVE PARENT SUPPORT GROUP

When: 2nd Tuesday of the month **Time:** 6:00 - 7:30 PM
Where: Civic Center Park - 26000 Evergreen Rd., Southfield, MI 48076
(during summer months only)
Facilitators: Betsy Thomas
*Dinner will be provided



MACOMB COUNTY PARENT SUPPORT GROUP

When: Last Wednesday of the month **Time:** 6:00 - 7:30 p.m.
Where: New Life Presbyterian Church
11300 19 Mile Rd., Sterling Heights, MI 48314
Facilitator: Mikki Boury
*Dinner and childcare will be provided



CONTINUING THE CONVERSATION

When: Tuesday, June 6, 2023 **Time:** 6:00 - 8:00 PM
Tuesday, July 18, 2023
Tuesday, August 1, 2023
Tuesday, September 19, 2023



Where: Virtual – Zoom **Meeting ID:** 826 6884 7619 **Passcode:** 7f9MFj
Facilitator: Rebecca Rozema

★ *We are continuously working on adding trainings and activities, (and always have a few things in the works!) Please keep an eye out for updates via email and social media! Connect with PARC at:*

Website: parc-orchards.org

Facebook: www.facebook.com/OCSPostAdoptionResourceCenter

Email: parcocs@orchards.org