



## Post Adoption Resource Center Newsletter

### Free Resources for Adoptive Families

### (and Families with Permanent Guardianships, too)

...by Gerry Stelmaszek, PARC Supervisor

This issue of your PARC Newsletter is devoted to the resources and support available to you just for the asking. This grandma knows that you already have oodles of knowledge and experience, but she also knows that no matter how much knowledge and experience we have, it always seems like we need even more!

First, I encourage those of you who use the internet to go to [www.afsn.org](http://www.afsn.org). There's a new video there to let you see and hear what is now available statewide from the Adoptive Family and Support Network (AFSN). The fun activities on the video are downstate, but we can arrange some in your community just by you asking! Let your U.P. KIDS PARC Specialist know what type of activity you would like where, and we will collaborate with AFSN to bring it here for you, your family, and other adoptive families.

One of the most useful services from AFSN is the opportunity to talk to another adoptive parent at any time—yes, 24/7—for support/a listening ear and ideas from someone who really knows what it is like to be adoptive parent. To do this, just call 855-MICH-P2P at any time.

Another really useful service from AFSN is the extensive lending library. Just contact your U.P. KIDS PARC Specialist for the complete six page list (if in tiny print!). This list includes DVDs and books organized into the following categories: Novels and Memoirs, General Adoption Resources, Transracial, Teen, Self Care/Wellness, Parenting Models of Dan Siegel, Beyond Consequences/Heather Forbes, Post Institute/B. Bryan Post, Celebrate Calm/Kirk Martin, Nurtured Heart, Empowered to Connect/Karyn Purvis, Stacy Manning, Respite, Attachment, Sexual Child, Fetal Alcohol Syndrome (FASD), Education, Sensory, and, of course—also, Children's Books.

As I look at that list, it reminds me of the additional resources at [www.empoweredtoconnect.org](http://www.empoweredtoconnect.org). Many of you took the opportunity to participate in the video simulcast of the annual Empowered to Connect Conference held in Sault, MI and in Escanaba last month. If you would like this opportunity again in April 2017, please let us know. We actually need to begin planning for that now, if it is to happen!

Lastly, do remember info, support, and if needed, more intense services are available for your family, just by calling one of the numbers here. -> -> -> -> ->

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[www.upkids.com](http://www.upkids.com)

To contact a PARC Specialist by phone, call...

- Houghton 906 487-9832
- Iron Mt. 906 281-3440
- Marquette 906 281-3420
- Sault 906 281-3276

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## News from North Central U.P. (Marquette Office)

...by Jessica Glomp, PARC Specialist



Hello! As a newest kid on the block at U.P. KIDS, I would like to take a moment to introduce myself. My name is Jessica Glomp, and I am coming on board as the North Central U.P. Post Adoption Specialist and the Marquette County Visitation Coach (Parenting for Success). I hold a Bachelor of Science in Social Sciences with emphasis on Sociology, with a minor in Social Welfare from Northern Michigan University. In the past, I have worked for Department of Health and Human Services as a Parent Aide as well as a Visitation Supervisor for Child and Family Services.

I am passionate about not only child welfare, but also animal welfare. I have a small zoo in my house including a bearded dragon, 3 cats, fish, and a 1 ½ year old yellow lab that keeps my husband and I active! In my “spare time,” I am also a hair and makeup artist here in Marquette. During the summer, weddings usually keep me pretty busy on weekends. My husband and I love to do things outdoors such as taking our dog, Maggie, on adventures in the woods. I have discovered a love for flower gardening and this summer we are going to attempt to have our own vegetable garden this summer. I always joke that I must have been a mermaid in a former life because I love everything about the water. We just became kayakers last year and can’t wait to take them out again. We also have a fishing boat and try to take it out whenever we can to try and catch dinner or to just go for a boat ride. We also love to snorkel and swim, but not in Lake Superior! Brrrrr!

I am so happy to join the U.P. Kids crew and look forward to meeting you all in the coming weeks and months!

## News from South Central U.P. (Iron Mountain Office)

...by Nikisha LaPine, PARC Specialist, South Central U.P.

I recently attended PARC’s first annual two-day-long training event, the live simulcast of Show Hope’s Empowered To Connect Conference at the New Life Assembly of God Church in Escanaba, MI. U.P. KIDS partnered with Delta Department of Health and Human Services for this two day conference. It was truly a terrific and educational experience as a Post Adoption Specialist! Although we had a small group of attendees this year, it was a tight knit group with inspiring knowledge and experience to offer all families and service providers. I would like to take a moment to thank all the adoptive and foster families that attended and to thank DHHS for collaborating with us to help make this happen in the U.P!

First, I will start with a little background history. Show Hope is a movement to care for orphans, restoring the hope of a family to orphans in distress around the world. Show Hope is a nonprofit organization, founded by Mary Beth and Steven Curtis Chapman. Empowered To Connect was founded by Dr. Karyn Purvis, together with Michael and Amy Monroe, to provide online resources and parent training that is specifically designed for adoptive and foster parents. The Empowered To Connect parent training relies greatly on the Trust-Based Relational Intervention (TBRI) model developed by Dr. Karyn Purvis and her colleagues at the Texas Christian University (TCU) Institute of Child Development. The Trust-Based Relational Intervention model is a step-by-step intervention designed to bring deep healing to at-risk children and families.

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The conference focused on the TBRI model, along with many other educational topics surrounding how to understand and assist “kids from hard places”. I would like to share just a few of the things I learned throughout the conference. According to Dr. Karen Purvis, every child deserves to feel safe, have safe adults in their lives who will “truly” listen to them, and to have someone there during the hard times, to think they are precious, to help them feel precious, and to continually remind them they are precious. As service providers, professionals, and parents that work closely with children from hard places, we need to constantly remind ourselves of the places these children have come from and the work it will take to truly understand their hurt and need to heal. It was stated throughout the conference, that in order for children to heal, we must bring them back to the beginning of where all the hurt, neglect and abuse began. It is one thing to start where they are, but another to go back with them and help them heal from the beginning. If we can calm children’s fear system, they get access to the executive function of the brain. This is when the true healing can begin. We were also reminded, we can do all we can to make children safe, but they may still not feel safe. We need to help them believe they are actually safe from all the hurt they once endured. If a child does not feel safe, they are unable to truly heal. While watching videos of Dr. Karen Purvis, she would get on the child’s level and encourage/require the child to make eye contact and/or nurturing touch, contact with their hands. She would ask the child to see their eyes ,and if they did not want to make eye contact; she would not force them to, but she would then ask for their hands. The children responded very positive to this nurturing technique. Some helpful engagement strategies to connect with children are attunement, nurturing touch, warm eyes, voice quality, and playful engagement. We were reminded to make the experience/engagement fun and playful for the child and to remain “fully” present while engaging with the child.

According to Dr. Amanda Howard, skills for relationship success include to give care, receive care, negotiate needs and autonomy. Dr. Amanda Howard discussed the attachment dance, the importance of attachment and the effects of negative attachments that are developed at a young age. She discussed four types of attachment: secure attachment, avoidant attachment, ambivalent attachment, and disorganized attachment. We know from experience, forming an attachment can be a major barrier in the relationship we have with these children. Some ways to facilitate healthy attachments include healthy touch, eye contact, voice quality, behavioral matching and playful engagement. Dr. Howard also discussed the developmental goals we need to have with our kids from hard places. These include developing positive attachments (eye contact, safe touch, playful interaction, joy and laughter), trust (shared power, giving voice and compromise, proving transition), self-worth (enjoyment, praise, insightful behavioral correction), self-efficacy (giving a voice to children, choice, compromise, giving full attention), behavioral regulation (scripts such as: “listen and obey”, “gentle and kind”, “showing respect”), and mental health (teaching self-regulatory skills, mindfulness, teaching skills to deal with emotions and adults modeling their emotions). According to Dan and Terri Coley, the reason a child feels the need to manipulate is due to not having a voice and feeling like they are not heard. This is why it is imperative to help these children feel safe and heard through giving them a voice. We must also remember the children we are working with are extremely fragile. We must recognize and honor their feelings and teach them how to self-regulate their own emotions and feelings as well. Overall, the goal is to help the child to feel safe and secure, so they no longer feel the need to use the survival tactics (manipulate, lie, detach, etc.) they learned they had to use in order to survive.

### Connected discipline vs. distant discipline

- Time-in vs. Time-outs
- Bringing the child closer vs. sending him away
- Resolution vs. consequences
- Problem solving vs. lecture and sermons
- Advocacy stance vs. adversary stance

### IDEAL response to correct behavior

- Immediate : launched within 3 seconds
- Direct: with proximity and eye contact
- Efficient: a measured, calm response
- Action-based: opportunity for re-do
- Leveled: at behavior, not at child

# Foster Closet



# of Michigan

Foster families are often adoptive families, too, and there is a 100% volunteer organization with branches in **Marquette** and **Escanaba** that helps reduce the financial strain of fostering by providing gently used or new items to the family, so that the family can use their financial resources to help the foster children in other ways. Items available include clothing, underclothing, toys, shoes, baby equipment, and sometimes, even furniture to children placed in foster care in Michigan. Clothing is stylish to ensure that it helps to rebuild self-esteem. The "Closet" is not a one time only services, but may be used as often as needs arise. For more info, call 800-554-4966. Marquette County branch extension is 217. For Delta County, call Dannah Oslund at 906-280-8812 or email her at [Delta@fosterclosetofmichigan.org](mailto:Delta@fosterclosetofmichigan.org) Additional statewide info is available at [www.fosterclosetofmichigan.org](http://www.fosterclosetofmichigan.org) or [www.facebook.com/FosterClosetOfMichigan](http://www.facebook.com/FosterClosetOfMichigan)

Foster Closet of Michigan is a 501c3 nonprofit taxable organization. Donations are always appreciated.

## Raspberry Pound Cake Parfaits

What you will need:

- \* 2 pint raspberries
- \* 2 cups heavy whipping cream very cold \*
- \* 1/3 cup powdered sugar
- \* 1 tsp vanilla extract
- \* 1 pkg Sara Lee All Butter Pound Cake family size

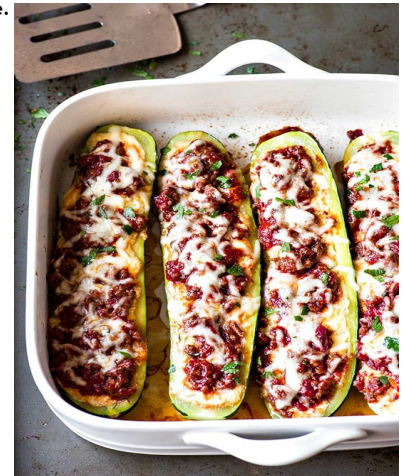
Here's how you make em':

1. Using a stand mixer (or hand mixer + large bowl), add in chilled heavy cream, powdered sugar, and vanilla extract. Beat on high until stiff peaks form in the cream, about 5-7 minutes.
2. While whipping the cream, heat the Sara Lee All Butter Pound Cake in the microwave per package instructions. Cut off the dark portions of the cake (if desired) then cut the pound cake into small, bite-sized pieces.
3. To assemble the parfaits: add layers of the whipped cream (Using a pastry bag or just a spoon), Sara Lee® All Butter Pound Cake pieces, and fresh raspberries. To do this as pictured, I layered cream, then pound cake, then raspberries, then topped with more whipped cream and a raspberry.
4. Parfaits can be served immediately. Parfaits can also be chilled for 2-3 hours before serving.

<http://homemadehooplah.com/category/recipes/>



Summer is here, and it will not be long before your neighbors are leaving zucchinis on your porch and running away! The Homemade Hooplah website suggests turning those zucchinis into delicious and nutritious pizza alternatives. Just cut them in half, fill with spaghetti sauce, cheese, and your favorite toppings, and bake.



Thank you to **Eastern U.P. (Sault Office) PARC Specialist** (and homemade hooplah fan) **Jeannie O'Brien** for these submissions.