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NJ•ARCH Features:

- Chat Rooms
- Lending Library
- Warm Line
- Resource Directory
- Training Workshops
- Support Group Advocacy
- Upcoming Events
- Speakers Bureau



www.cafsnj.org



POST-ADOPTION SUPPORT

Adopting a child can be the most rewarding and joyful event of your life. It can also bring a unique set of challenges. Children who are adopted, regardless of their age at adoption, or the type of adoption may need some help with behavioral, emotional or developmental issues.

According to government statistics, between 3 percent and 6 percent of adoptions in the U.S. get disrupted, or “broken”. According to Rita Soroson, Executive Director for the Dave Thomas Foundation, “It is important for parents to understand that post-adoption challenges are a normal part of the adoption process, and that with help and support, children can thrive in a permanent, loving home.” www.davethomasfoundation.org.

So what exactly is a “post adoption resource?” Simply put, they are preventive measures or programs to ensure the preservation of adoptive

families. Services may include education, counseling and/or advocacy shared by adoptees and their families.

The type of post-adoption service needed by the child and family may differ based on their needs. Here are examples of these services:

- Adoption-competent mental health professionals
- Parent support groups
- Specialized educational support for school-aged children
- Respite child care
- Financial assistance and scholarships
- Camps for children, couples and families
- Workshops, seminars and publications addressing post-adoption issues
- Birth parent search services
- Specific adoption-related websites

New Jersey in particular has many post-adoption services available, including the NJ Adoption Resource Clearing House (NJ ARCH), Post-Adoption Counseling Services (see page

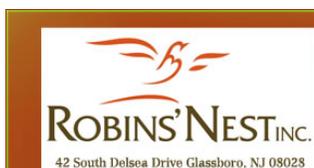
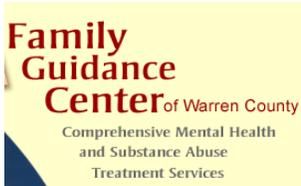
two for details), adoption support groups, various adoption conferences and training workshops. The following is a list of some of the national on-line resources that have adoption services information:

Dave Thomas Foundation for Adoption: www.DaveThomasFoundation.org/800-ASK DTFA; American Academy of Pediatrics; www.aap.org; Center for Adoption Support and Education: www.adoption.support.org; North American Council on Adoptable Children: www.nacac.org and/or the Child Welfare Information Gateway; www.childwelfare.gov.

September is a great time to check out our website that includes adoption support services in New Jersey. To view our list, please log onto www.njarch.org and select “Resources” on the left side of the Home page or call our Warm Line at 877-4ARCHNJ (877)427-2465 to get you started.

DID YOU KNOW?

BELOW ARE A FEW OF THE NEW JERSEY AGENCIES THAT OFFER FREE / MINIMAL FEE POST-ADOPTION COUNSELING:



POST ADOPTION COUNSELING SERVICES IN NJ

How fortunate we are to live in New Jersey.

Most adoption agencies offer pre- and post-adoption services as part of their placement services. However, where do you go when the adoption is finalized and the agency no longer supervises the placement or offers support counseling? Post-Adoption Counseling Services (PACS) may be the answer.

New Jersey was one of the first states in the country to offer Post-Adoption Counseling Services (PACS) to adoptive families. Offered since the mid 1980's, The Division of Youth and Families (DYFS) as well as the Federal Govern-

ment has made funds available for post-adoption (or post finalization) counseling services. Whether you adopted a child from the Division of Youth and Family Services, an infant through a private adoption, and/or adopted a child from overseas, you may qualify for **free / minimal fee** post-adoption counseling, as long as the child(ren) are under the age of 18.

Counseling generally takes place in the office and/or in the home. Full family involvement is strongly encouraged and availability of the service will depend on the caseload of the agency.

To find a PACS provider near

you, please log onto our website: www.njarch.org, and select "Resources" on the left hand side of the Home Page. Select either the New Jersey Map or Alpha listing and select the "Pre- and Post-Adoption Counseling Services" category.

You may also call or e-mail our warm line at 877-4ARCHNJ (877-427-2465) or e-mail us at warmline@njarch.org.

Help is only a phone call away.



ADOPTION AND FOSTER CARE AND THE SCHOOLS

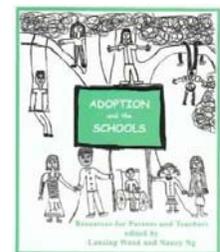
Each August, the NJ ARCH newsletter features articles and information related to the topic of "Adoption and Foster Care in the Schools." We recommend various resources such as books, articles, websites and the like. These resources may help you and your family navigate adoption-related issues to help sensitize your school, teachers, administrators and/or classmates in this topic.

We invite you to log onto our website to view many of the past newsletter issues dealing

with relevant school-related topics. Topics such as how to deal with your child's family tree, her first baby picture and/or genetic studies are discussed. These types of school assignments may be difficult for children that are in foster care and/or that have been adopted. These resources can be a great help to your family.

To view these newsletters, please log onto: www.njarch.org; select "Newsletters" on the left hand side and select any of the

August issues. You are also welcome to call our warm-line and we will send or fax you a copy of a past issue and/or send you a book or article on the subject. Happy fall!



Adoption and the Schools
Just one of NJ ARCH's recommended books

ASK OUR EXPERTS

E-MAIL US YOUR QUESTIONS AT WARMLINE@NJARCH.ORG

Question: Our adopted child has been diagnosed with Asperger's. We've had a very hard time with discipline. All the things that worked with our other children do not work with our youngest child. We've tried time out, taking away toys, cutting back on TV & computer time, but nothing seems to work. He just gets mad, yells, and tells us how much he hates us. The thing that really hurts... is when he says that we have no right to tell him what to do because we are not his real parents. What can we do?

Wow, you ALL must be feeling pretty hurt, frustrated, powerless, and maybe even a little angry right now. This is a very difficult situation for everyone. It is really painful to hear your child say that you are not real parents. You are all trying to deal with adoption and discipline issues while your child is trying to cope with an Asperger's mind in a world not designed for him. He needs your help and support and he is very blessed to have been chosen by you to be his REAL parents.

Asperger's is like social blindness, making dealing with the social world outside of the home very hard. Every day is frustrating for children with Asperger's. Toys, TV, computer time, and special interests help children with Asperger's cope with what

seems to them an unending stream of frustration in their life. When you took those things away from your son, you accidentally took away his ability to cope and that is why you saw your child's frustration and anger increase. While taking things away from a child is the typical recommended discipline for children who do not have Asperger's, it is not recommended for children with Asperger's. Instead, for children with Asperger's, a system based on rewards only is recommended. All children have things that they want, whether it be toys, computer or TV time, play dates with friends, their choice of meal, etc... Reward your child when he is good with the things he likes to do. You can even get your child involved by having him create a reward list for you that he can work toward earning. To keep him motivated, have him update the list every month.

To cut down the need for discipline, it is helpful to understand that children with Asperger's do not naturally learn from their social world like other children and they have to be overtly taught right from wrong in most every circumstance they encounter. The ability to take what they have learned in one situation and apply it to another situation is not great either. So as his parent, you have A LOT MORE work

to do in teaching your child how you want him to behave than you had to do with your other children. When your child does something wrong--and he will--instead of punishing him, look at it as your opportunity to teach him how other children typically behave in that circumstance and how you would like him to behave in the future if it ever happens again. It will still be up to him to decide what he will do in the future in similar situations. You should know that it takes Asperger's children several times for social lessons to sink in so don't expect your son to "get it" the first time. Be patient, kind and loving and you will find that over time everyone will be happier. Good luck, I am confident that with your help, support, love, and guidance, you will be able to lead your family on the road to positive changes.

For more information about Asperger's on the web:

Online Asperger Syndrome Information and Support (OASIS)

www.aspergersyndrome.org/

Yale Autism Program

<http://childstudycenter.yale.edu/autism/>

Best of luck to you and your family.

DO YOU KNOW?



DEBORAH MANDELL, PH.D
LICENSED PSYCHOLOGIST,
SPECIALIZING IN
ASPERGER'S SYNDROME

Have a question that needs expert advice?

E-mail or call the warmline; we would be happy to assist you!

Frequently asked questions and responses from the staff will be published in future



DID YOU KNOW?

NJ ARCH OFFERS TRAINING WORKSHOPS FOR ADOPTION SUPPORT GROUPS:

ADOPTION: A LIFE-LONG LOSS

TELLING YOUR CHILD DIFFICULT HISTORY

TRANS-RACIAL ADOPTION AND FOSTER CARE

BASICS OF SPECIAL EDUCATION IN NEW JERSEY

ADOPTION AND FOSTER CARE IN THE SCHOOL

FOSTER AND ADOPTIVE CARE SITUATIONS: WORKSHOP TO HELP FOSTER PARENTS DEAL WITH DIFFICULT BEHAVIORS

FROM TERMINATION OF PARENTAL RIGHTS (TPR) TO ADOPTION:THE JOURNEY TO PERMANENCY

IF YOU WOULD LIKE TO SCHEDULE A WORKSHOP, PLEASE CALL OR E-MAIL DWFRIED@NJARCH.ORG

VISIT OUR LIVE CHATS

GENERAL :

TUESDAYS: 7-8 PM

THURS. 4-5 PM

SATURDAY 12-1 PM

SEARCH AND REUNION:

2ND AND 4TH SAT. OF THE MONTH 11 -12 NOON

SPANISH:

1ST THURS. OF THE MONTH 4- 5 PM

DYFS WAITING CHILD: JASPER



Jasper DOB: February 1999

Jasper is a handsome youngster with a million dollar smile! He is shy and needs time to warm up to people to make a real connection. Any

person who takes the time to get to know Jasper, will realize that they are dealing with a remarkable child with a loving heart.

Some of Jasper's favorite pastimes include going on field trips, watching movies, working on the computer, video games, puzzles, and playing with his Batman and Spiderman action figures. He also shows a great interest in drawing and coloring, and loves art classes. Currently, he participates in a school-wide kickball league. Like many chil-

dren his age, Jasper enjoys eating sloppy joes, hot dogs, hamburgers and fries; however his absolute favorite snack is Dipsy Doodle corn chips.

Jasper is an engaging child who is longing for the security and love of a forever family. He needs a supportive family who will participate with him in therapeutic services.

For more information on Jasper, contact 800—99 ADOPT.

ADOPTEE'S ACCESS-TO-BIRTH-CERTIFICATES BILL MOVES FORWARD IN TRENTON

by Pam Hasegawa

On June 14, 2010 the Adoptees' Birthright Bill, SCS (Senate Committee Substitute) for S799/A1406, which was passed by the Senate in March for the fourth time in seven years, was heard by the Assembly Human Services Committee and released for a vote on the Assembly floor. The NJ Coalition for Adoption Reform and Education (NJ CARE) Legislative Advocacy Group and the bill's prime sponsors agreed that a fall posting in the Assembly would be wise because of the weight of recent legislative action on the budget and property taxes.

The bill allows adopted adults (18 or over), the parents of a minor adoptee, or the adult child of a deceased adopted person to receive a copy of the

adopted person's original birth certificate (OBC) upon request. Parents who



relinquish/ed children prior to enactment of the current bill will have a year following enactment to ask the State Registrar to remove/redact their names and addresses from the copy of the OBC sent upon request to one of the above-mentioned authorized parties. Any relinquishing parent will be able to file a non-binding contact preference form with the Registrar indicating a de-

sire for direct contact, contact through an intermediary (whom they may name), or "no contact at this time." Either the non-disclosure of name/address or the contact preference form may be amended by the birth parent at any time.

For more in-depth information or answers to questions, please see www.nj-care.org or write Larry Newman at njcare.staff@gmail.com.

To let Governor Christie know your thoughts on the bill, write him at Office of the Governor, P.O. Box 001, The State House, Trenton, NJ 08625-0001. Guidelines for writing are on the home page of the www.nj-care.org web site.

NATALIE'S LIBRARY CORNER

Hello Readers!

Welcome to Natalie's Library Corner.

With school starting in just a few weeks, I thought this would be a good time to talk/read about friendship, teasing, bullies and self-esteem. Several new books are available from our lending library that will assist parents and help children to make friends and keep them. Whether your child is adopted or not, these books should provide some insight into the art of establishing healthy relationships and maintaining them.

The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends by Natalie Madorsky Elman, Ph.D., and Eileen Kennedy-Moore, Ph.D.

Nearly every child has trouble with social relationships in some way, at some time. Some children feel awkward in groups. Some have trouble resolving arguments. Some stick out in such a way that they become natural targets for bullies. And some seem virtually incapable of making friends. No matter what your child's situation—whether he or she is a born leader or a constant complainer, a wall flower or an unwitting aggressor—you'll recognize your child's struggles in the case studies in this book. You'll learn simple strategies for increasing

your child's awareness of the unspoken etiquette of social interactions—knowledge that is essential to building, sustaining, and repairing relationships.

Mom, They're Teasing Me: Helping Your Child Solve Social Problems by Michael Thompson, Ph.D., and Lawrence J. Cohen, Ph.D.

"Through vividly written case studies and a reader-friendly question-and-answer format, *Mom, They're Teasing Me* is full of specific, how-to advice for parents to help their children navigate the sometimes harsh terrain of social life—which includes name-calling, after-school fights, and the like. Through thoughtful discussion and insightful suggestions, parents will discover: 1. The difference between real risk and normal social pain 2. The appropriate time to intervene—and when to step back 3. Tips on how to mediate between children—without appearing meddlesome 4. The importance of teaching and encouraging leadership, and 5. The redemptive power of friendship."

Cliques, Phonies, & Other Baloney by Trevor Romain

Trevor Romain knows all about cliques and why they exist: Because everyone wants

to have friends. As you laugh along with his jokes and cartoons, you'll learn important facts about friendship and popularity.

Stick Up for Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem by Gershen Kaufman, Ph.D., Lev Raphael, Ph.D., and Pamela Espeland

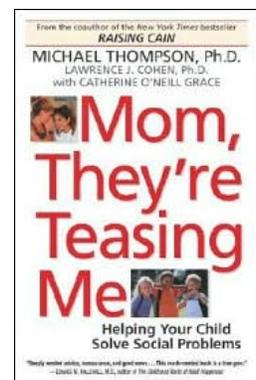
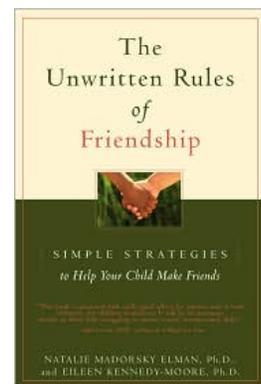
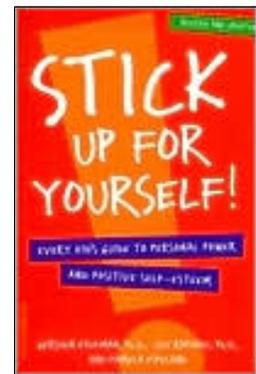
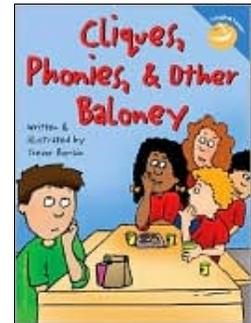
"Have you ever been picked on at school, bossed around, blamed for things you didn't do, or treated unfairly? Do you sometimes feel frustrated, angry, powerless, and scared? Do you wish you could stick up for yourself, but you don't know how?"

"This book can help. In simple words and real-life examples, it shows you how to stick up for yourself with other kids (including bullies and teasers), big sisters and brothers, even parents and teachers. It tells you things you can say without putting people down, and things you can do without getting into trouble. You'll feel better about yourself, stronger inside, and more in charge of your life."

I have learned a great deal from the above books. I hope I can impart some of the wise ideas they contain to my grandchildren.

DID YOU KNOW?

The NJ ARCH Lending Library has a variety of books to borrow



NEW JERSEY ADOPTION RESOURCE CLEARING HOUSE

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AND FAMILY SERVICES

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resource
for those
touched
by adoption.*

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CONFERENCES AND MORE

September 16: *"The Adopted Child's Journey: Questions along the Way" Workshop;* September 16; 7:30 – 9:30 pm, Family and Adoption Services Center, 148 Prospect Street, Ridgewood, NJ. RSVP: 201- 455-7015 x 212; www.cafsnj.org.

September 24– 25, Shedding Light on the Adoption Experience, IV; An Educational Conference. Adoption Crossroads, NYC. For information log onto: www.adoptionhealing.com/Conference/index.html

October 14– 16: *6th Adoption Conference: Open Arms, Open Minds: The*

Ethics of Adoption in the 21st Century; Presented by St. Johns University and Montclair State. Held in Manhattan. For more information log onto: <http://adoptioninitiative.org/wordpress/home/>.

October 15-16: *7th Annual Conference: Families for Russian and Ukrainian Adoption;* Held in Philadelphia PA. For more information log onto: www.frua.org/resources/conference-info

November 6th: 29th Annual "Let's Talk Adoption" Conference coordinated by Concerned

Persons for Adoption, Co-Sponsored by the NJ Inter-agency Adoption Council and Rutgers University School of Social Work, Institute for Families. Keynote, plus 36 workshops on Pre-and Post-Adoption issues. Continuing Education Credits offered. For more information, log onto www.cpfanjanj.org.

**REMEMBER,
NOVEMBER IS NATIONAL
ADOPTION AWARENESS
MONTH!
TO FIND OUT WAYS TO
CELEBRATE, LOG ONTO
[HTTP://NATIONAL-ADOPTION-
MONTH.ADOPTION.COM](http://NATIONAL-ADOPTION-MONTH.ADOPTION.COM)**

