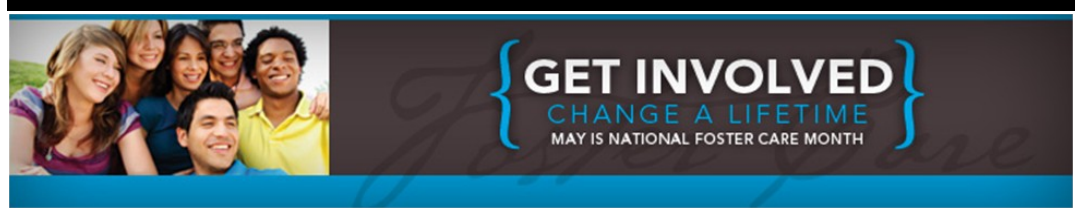


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NJ•ARCH Features:

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



Each May, National Foster Care Month provides an opportunity to shine a light on the experiences of the more than 400,000 children and youth in the foster care system. The campaign raises awareness about the urgent needs of these young people and encourages citizens from every walk of life to get involved – as foster or adoptive parents, volunteers, mentors, employers or in other ways.

With the help of dedicated people, many formerly abused or neglected children and teens will either reunite safely with their parents, be cared

for by relatives or be adopted by loving families. Thanks to the many advocates, child welfare professionals, elected officials and support groups around the country, the total number of children in foster care has decreased over recent years. But more help is needed.



Every year, approximately 30,000 young people leave the foster care system without lifelong families – most at age 18. On their own, these young adults must navigate a weakened economy offering fewer

jobs and less support for vital services such as housing. They need – and deserve – caring adults who love and support them. Log onto the “Change a Lifetime” website* that features ideas on how to spread the word about the good works our foster parents do each day and how to become a foster parent.

No matter who you are or how much time you have to give, you can help make a difference in a child’s life. Consider becoming a foster parent, a big brother or sister, a mentor. Nothing can make you feel better than making a difference in a child’s life.

* www.fostercaremonth.org/Pages/default.aspx.

TOP 10 THINGS TEENS WISH THEIR PARENTS KNEW

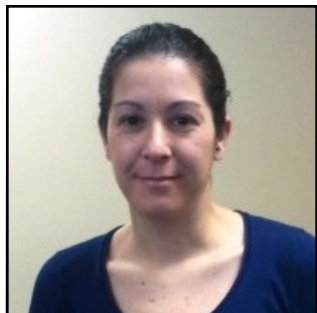
Recently “Raising Teens” magazine featured an article that is helpful to anyone parenting a teen. This article presented ideas that teens wanted to share with their parents. Their answers are quite insightful; here is the list:

1– Don’t ask “Answer-Questions.” An answer question is a question that already has the answer in it. Teens state that sometimes these types of questions make them feel that parents do not know what to do, or belittle their opinions.

2- Comparing us hurts more than you think. When parents start a sentence with “..why can’t you be more like...”, teens cringe. Teens state that parents comparing them to others make them feel bad about themselves.

Continued on page 3

Do You Know?



**OUR GUEST EXPERT,
TARA RIZZOLO, DIRECTOR
OF
SCHOLARSHIP
PROGRAMS
FOSTER AND ADOPTIVE
FAMILY SERVICES (FAFS)
1-800-222-0047 EXT. 323
TRIZZOLO@FAFSONLINE.ORG**

ARE YOU A FOSTER PARENT?
BE SURE TO CHECK OUT
FOSTER AND ADOPTIVE
FAMILY SERVICES (FAFS) FOR
THEIR VARIOUS TRAINING
OFFERINGS.

NJ ARCH OFFERS
NUMEROUS TRAININGS TO
FAFS, SUPPORT GROUPS AND
CONFERENCES.

TO SCHEDULE A TRAINING
WORKSHOP AT YOUR LOCA-
TION, CONTACT US AT
DWFRIED@NJARCH.ORG

ASK OUR EXPERT

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

Question: We recently adopted our son who was in the NJ foster care system for many years prior to his adoption. He is now a senior in high school and would like to attend college in the fall. What resources are available to him, specifically to help pay for college?

This is an excellent question, particularly with the rising cost of college tuition each year. Foster and Adoptive Family Services (FAFS) offers two scholarship programs for foster, adoptive, and kinship youth in New Jersey.

The first is the New Jersey Foster Care (NJFC) Scholars Program. FAFS is contracted through the New Jersey Department of Youth and Family Services to administer this program. The NJFC Scholars Program receives Federal and State funding to assist eligible youth in pursuing a post-secondary education, including two (2) and four (4) year colleges and vocational/technical training. Federal funding is limited to \$5,000 per academic year and covers tuition, fees, room and board (on and off campus), books and supplies, transportation, special equipment, computers and

child care costs. Tuition is a first priority. Other supports can only be granted if there is funding remaining after tuition is covered. Federal funding may be used at any school that is accredited to receive Federal financial aid.

State funding covers tuition and fees only and is limited to full-time attendance at a New Jersey public school. There is no dollar amount limit for this funding.

An individual may be eligible for the Federal Program, the State Program, or both. Eligibility is based on placement history, and the criteria may change from year to year. It is best to contact FAFS at 800-222-0047 for more detailed information on eligibility.

From January - June, FAFS staff conduct application events in most counties throughout NJ. High School seniors may attend "A Night with NJFC Scholars" to receive assistance in completing their NJFC application and their Free Application for Federal Student Aid (FAFSA). For more information on these events, please contact FAFS.

In addition, FAFS offers Academic Scholarships and Opportunity Grants each year

to eligible high school seniors. These scholarships and grants are funded by individual donors who wish to sponsor a young person who is or was in foster care in NJ, or was adopted from the NJ DYFS system. Unlike the NJFC Scholars Program, the private scholarships and grants do not have age restrictions on the placements or adoption dates, however, they are limited to students who are in their senior year of high school. To receive a copy of the application brochure, or to be added to a mailing list, please contact FAFS at 1-800-222-0047.

Other scholarship opportunities and important college resources may be found at:

Higher Education Student Authority: www.hesaa.org

Fast Web: www.fastweb.com

The SmartStudent Guide to Financial Aid: www.finaid.com

Scholarships and More for African American Students: www.blackstudents.com

Student of Color Scholarships: www.financialaid4you.com

Thank you so much for this question and I hope you found the response helpful.

TOP 10 THINGS TEENS WISH THEIR PARENTS KNEW

Continued from Page 1:

3- Issues are the same; the circumstances are different. Parents were teenagers too. Although teens have the same issues such as dating, pressures at school, etc., teens want parents to know that the circumstances are different (Facebook/texting, greater college competition, etc.). Talk to your teen about what has changed since you were their age.

4- Risk is tempting. Research found that there are parts of the teen brain that encourage risk taking. Teens want parents to encourage positive risk such as attending theme parks, running for student government, etc. Adrenaline-producing activities help scratch that daredevil itch.

5- Just because we are rolling our eyes, does not mean we aren't listening. Teens often pretend not to listen, or care what parents think, but they do.

What parents say to their teens matters more than parents think.

6- We want to connect with friends, not strangers. Since only a small minority of teens actually want to speak with strangers online, teens want parents to ask more questions about on-line drama.

7- Social rejection is physically painful. Researchers discovered that social rejection for teens actually registers as bodily injury or pain in the brain. Teens ask that parents have patience with their obsession with friends.

8- What we worry about might surprise you. Ask your teen "What's the hardest thing in your life? What worries you the most?" You will learn much about your teen from his/her answers.

9- Teens have a real fear of missing out. Many teens call it

"FOMO" or "Fear of Missing Out." A teen's identity is often tied to friends, therefore staying tuned into what they are wearing and doing, is critical. When parents fight about going out, curfews, etc., parents should ask if it's the "fear of missing out." If, so then a compromise could be discussed.

10- Facebook page feels like an extension of themselves. Some teens think just as carefully about their Facebook page as they do about what they wear to school. Teens today balance two reputations; their online and offline one. It's important for parents to talk to their kids not only about how they portray themselves in real life but virtually. In conclusion, talk to your teens; ask them what they wish you knew about them. Their answers may surprise you.

DYFS WAITING CHILD: JAMIE: 14 YEARS OLD



Jamie

Born December 1998

Jamie is sweet, energetic, smart, open minded and friendly. Jamie loves staying active and enjoys spending his

free time playing basketball, soccer, football or swimming. If Jamie is not outside playing sports, you will probably find him inside playing or reading about video games. Jamie enjoys school and works to the best of his abilities in the classroom though at times may rush through his work. A kind reminder will assist Jamie in completing his work more thoughtfully. Those who know Jamie are not surprised to learn that his favorite class in school is gym! Jamie also

does well in science and math. Jamie gets along with peers and adults. Jamie very much wants to belong to a forever family. Jamie is hoping to find a loving forever family that includes a mom, dad or one of each, and would like to have brothers and sisters. The ideal family for Jamie would be loving, nurturing, able to provide a structured environment, and be willing to participate with Jamie's ongoing support services. To find out more about Jamie, please call 800-99-ADOPT.

DO YOU KNOW?

INTERESTED IN READING THE FULL ARTICLE ON *THE TOP 10 THINGS TEENS WISH THEIR PARENTS KNEW?* LOG ONTO:

new jersey family

www.njfamily.com/NJ-Family/February-2012/Psst-Top-10-Things-Teens-Wish-Their-Parents-Knew/

TIPS COME FROM THE BOOK *DO I GET MY ALLOWANCE BEFORE OR AFTER I'M GROUNDED?*

BY VANESSA VAN PETTEN
WWW.RADICALPARENTING.COM

Would you like to "chat" about Adoption?

Visit our Live Chat Rooms :

General:

Tuesday: 6 pm – 7 pm
2nd and 4th Sat. 11 am-12 pm

Spanish:

1st Thursday of the month:
4– 5 pm

Teen / Open Chat:

Thursdays : 4 pm– 5 pm

Search and Reunion

2nd and 4th Sat. : 12pm-1pm

DID YOU KNOW?

**DID YOU ADOPT A CHILD
IN 2010 OR 2011?
YOU MAY QUALIFY FOR A
TAX CREDIT.**

**TO DOWNLOAD THE
"QUALIFIED ADOPTION
EXPENSES" FORM
(IRS FORM 8839),
LOG ONTO**

**[WWW.IRS.GOV/PUB/IRS
-PDF/F8839.PDF](http://www.irs.gov/pub/irs-pd/f8839.pdf)**

OR

CALL 800-829-1040.



**TO DOWNLOAD THE
"ADOPTION TAX CREDIT
AWARENESS FLYER",
CALL OUR WARMLINE
OR LOG ONTO:**

**[HTTP://VOICE-FOR-
ADOPTION.ORG/SITES/
DEFAULT/FILES/
ADOPTIONTAX-
CREDIT_AWARENESS%
20Day%20Feb13th.pdf](http://voice-for-adoption.org/sites/default/files/AdoptionTax-Credit_Awareness%20Day%20Feb13th.pdf)**

SUMMER CAMP PLANNING

Summer is a wonderful time for your child to spend time outside, meet new friends and explore new ideas and activities. Where do you find a summer camp that may be a good fit for your child?

If you are an adoptive or foster parent, check out our www.najrch.org website. Under the "Resources" section, we have camps for children touched by adoption and/or camps for kids



with special needs. If those are a not a match for your child, check out "My Summer Camps" at

www.mysummercamps.com. Type in your zip code and the distance you are willing to travel from your home, then a

list of camps should appear. Another website which lists loads of NJ camps is www.kidsguide.com. Looking for a sleep away camp? Log onto the American Camping Association at www.acacamps.org to find an accredited sleep away camp. Is your teen or college age student looking to work at a camp? There are job listings posted on this site as well. *Happy Camping!*

FEDERAL ADOPTION TAX CREDIT

Since 2003, families who adopted a child with special needs from foster care could claim a federal adoption tax credit *even if they had no adoption expenses*. Children who receive adoption assistance/subsidy are considered children with special needs. Other adoptive families are also eligible for the credit, but must have (and be able to document, if requested by the IRS) qualified adoption expenses. The tax credit

became refundable for 2010 and 2011. A refundable tax credit is one you get back regardless of what you owe or paid in taxes for the year. The adoption tax credit is a one-time credit per child. If you have received (or are still waiting for) your adoption tax credit for adoptions that took place before 2011, you do not apply for an additional adoption tax credit in 2011—unless you adopted again in 2011.

For 2011, the tax credit per finalized adoption is \$13,660. To find out more about the adoption Tax Credit, log onto the North American Council on Adoptable Children at www.nacac.org/taxcredit/taxcredit.html or the IRS website at www.irs.gov/taxtopics/tc607.html or call 1-800-829-1040.



NEW JERSEY TRUST FUND

You can help children who have been abused and neglected when preparing your state tax return. By checking a contribution on Line 53C, New Jersey Trust Fund on your NJ State Taxes,

you can help make a difference. Funds go to NJ organizations such as those who work with families whose children have disabilities and/or developmental challenges, fatherhood

programs as well as parenting support and education. For details, log onto www.nj.gov/dcf/prevention/childhood/child_trust_fund.html.

NATALIE’S LIBRARY CORNER

Hello, Readers. Welcome to Natalie’s Library Corner. The books I am going to review in this issue are not new books. They are books that have been used by professionals in the field of adoption for years and have been updated to include more current trends in handling the important issues.

Adopting the Hurt Child: Hope for Families with Special Needs: A Guide for Parents and Professionals. by Gregory Keck, PhD. and Regina Kupecky, LSW is a very special books.. “Fewer and fewer families adopting today are able to bring home a healthy newborn infant. The majority of adoptions now involve emotionally wounded, older children who have suffered the effects of abuse or neglect in their birth families and carry complex baggage with them into their adoptive families. *Adopting the Hurt Child* addresses the frustrations, heartache, and hope surrounding the adoptions of these special-needs kids.”

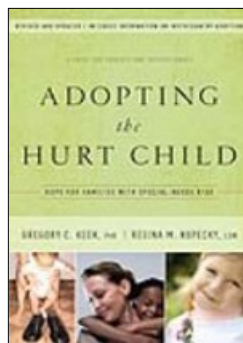
Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Gregory Keck, PhD. and Regina Kupecky, LSW could almost be considered a sequel to *Adopting the Hurt Child*. “When a child is adopted, he can arrive with hurts from the past—pain that stunts his emotional growth, and your

family’s life, too. At some point your parenting dreams can shatter, and raising a hurt child becomes more like a burden than a blessing...” “But don’t give up....With time, patience, informed parenting, and appropriate therapy, your adopted child can heal, grow, and develop beyond what seems possible now.” The authors of this book have worked with adopted children who have experienced early trauma for many years. They explain how to manage a hurting child with loving wisdom and resolve, and how to preserve your stability while untangling a thorny heart.

Being Adopted: The Lifelong Search for Self by David Brodzinsky, Ph.D., Marshall Schechter, M.D. & Robin Marantz Henig is yet another wonderful resource that offers help and comfort to adoptees, adoptive parents and others who search for their identity. “How does it feel to be adopted? Do you feel differently about it when you’re forty years old than you do when you’re thirteen? As recently as a generation ago, being adopted seemed no different from being born into the family that raised you. Now, however, studies show that being adopted can affect many aspects of adoptees’ lives, from relationships with

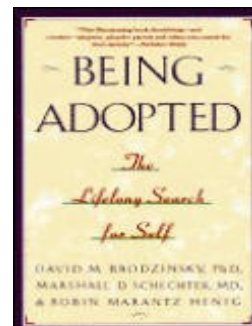
adoptive parents to bonds with their own children.” This book uses the voices of adoptees themselves to trace how adoption is experienced over a lifetime, and their reflections are moving, keenly self-aware, and very personal. It offers a place to turn for thousands of adoptees who, at one time or another, have questioned the validity of their feelings but have had no one with whom they could compare their experiences.

I would like to tell my readers how profoundly all of the above books have affected me. I am an adopted adult. I have two children who are now adopted adults. I have an adopted grandchild. Adoption has always been a part of my life experience and I feel grateful that I can work in this field.



DID YOU KNOW?

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



Like to borrow a book? Log onto our Lending Library and order on-line. Cannot find the right one? Contact us at warmline@njarch.org or call 877-4ARCHNJ (877-427-2465)

NEW JERSEY ADOPTION RESOURCE CLEARING HOUSE

76 SOUTH ORANGE AVENUE
SOUTH ORANGE, NJ 07079

VISIT US AT WWW.NJARCH.ORG

EDITOR:
DANA WOODS FRIED
973.763.2041

WARMLINE
877.4.ARCHNJ
OR
877.427.2465

FAX
973.378.9575

EMAIL
WARMLINE@NJARCH.ORG
LALINEACALUROSA@NJARCH.ORG

WWW.NJARCH.ORG



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AND FAMILY SERVICES

www.cafsnj.org



*The one-stop
resource
for those
touched
by adoption.*

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UPCOMING CONFERENCES

Looking for a conference or an activity that focuses on adoption? The following are conferences that you may want to consider attending:

- 36 Annual Child Welfare Symposium, April 16 - 18 NYC, <http://smposium.jointcouncil.org/>

- 18th National Conference on Child Abuse & Neglect: Celebrating the Past: Imagining the Future. April 16-20, Washington DC. www.pal-tech.com/web/OCAN/

- Concerned Persons for Adoption (CPFA) first annual "Mini" Conference. April 21. West Orange NJ, www.cpfanj.org

- American Adoption Congress International Conference April 26—29, Denver CO. www.americanadoptioncongress.org



- 23rd Annual Foster Care and Adoption Conference, May 11-12 Albany, NY. <http://nysccc.org/conference/2012-conference-family/>

- 38th Annual North American Council on Adoptable Children (NACAC) Conference, July 26 - 28, Crystal City, VA, www.nacac.org/conference/conference.html

- National Association of Social Workers (NASW) Annual Conference and Exhibition, May 6-8, Atlantic City NJ, <https://m360.naswnj.org/frontend/event.aspx?EventId=38892>

- 31st Annual Concerned Persons for Adoption "Lets Talk Adoption" Conference, Rutgers University, Piscataway, NJ. Tentative date: November 3, www.cpfanj.org