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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](http://www.cafsnj.org)

## SCHOOL SUCCESS: WHAT PARENTS CAN DO



School is upon us. Parents have an important role in their children's educational success. Children of all ages benefit from their parent's interest and involvement in their schooling. You don't have to be a math expert to be helpful, and attention to your child's experience and establishing good routines make a huge difference. Be involved in your child's learning, by taking time or talk about the things your child is learning. Your interest really matters. Get to know your child's teacher. Arrange a meeting to express any concerns. For middle and high school students, read the syllabi for your child's classes and know how to access teachers through email. Help your child with organization. You may need to help your child go through his or her backpack each night. Some older children fail classes due to not turning in homework. A homework folder and calendar with due dates can help track assignments. Establish a regular homework routine. It is usual-

ly best to start an hour after school and after your child has a snack. If your child says he or she has no homework, the time can be used for reading or spelling practice. Eliminate distractions like TV, cellphones or Internet use not related to school work.

Know your child's friends. Your child's friendships may correlate with his/her school success. Talk about your expectations and values related to friendships. If your child is struggling, ask about school resources. Some schools offer homework help, study groups or tutoring. Adopted children can experience school success with these routines, and they also may need a little more. Parents can provide the teachers and schools with some helpful tips for making the school and learning experience better for their children. For example, parents can educate the teacher/school on their child's possible (or known) sensory processing issues, ADD/ADHD issues, etc. Parents can also make sure that their child has all the hydration and nutri-

tion throughout the day that is needed for his/her brain to function optimally.

Self-regulation can become an issue in the classroom when a child is triggered into a fight, flight, freeze mode. Parents can help the teacher/school to be aware that some children have a fast track to this survival mode and the behaviors are not misbehaviors, but fear behaviors. Parents can make a calm down plan with their children and let the teacher know the plan.

In summary, some features that may contribute to your child's successful learning experience include parent involvement, educating the teacher/school regarding the needs of an adopted child, attending to physical needs, and planning with your child and teacher for times when extra support is needed.

Above is an edited excerpt from the article:

[www.handinhandinternationaladoptions.org/parenting-tips-school-success-what-parents-can-do/](http://www.handinhandinternationaladoptions.org/parenting-tips-school-success-what-parents-can-do/)

## ADOPTEE'S BIRTHRIGHT ACT—UPDATE

### DID YOU KNOW?



**NOW AVAILABLE  
ON THE  
NJ DEPARTMENT OF HEALTH  
AND VITAL STATISTICS  
WEBSITE  
"NEW RECORDS SYSTEM  
FOR BIRTH PARENTS,  
ADOPTED ADULTS."  
[HTTP://WWW.NJ.GOV/  
HEALTH/VITAL/ADOPTION](http://www.nj.gov/health/vital/adoption)**

**FOR BIRTH PARENTS:  
FAMILY HISTORY, CONTACT  
PREFERENCE AND  
REDACTION FORMS  
AND  
FOR ADULT ADOPTEE'S:  
ORIGINAL BIRTH CERTIFICATE  
REQUESTS**

**TO READ THE  
ADOPTEE'S BIRTHRIGHT ACT  
LOG ONTO:  
[WWW.NJLEG.STATE.NJ.US/2014/  
BILLS/PL14/9\\_.PDF](http://www.njleg.state.nj.us/2014/Bills/PL14/9_.PDF)**



**OUR NEW NJ ARCH WEBSITE  
HOME PAGE**

From January 1, 2017, adopted persons who were born in NJ and subsequently adopted or who were born elsewhere and adopted in NJ will be able to obtain a copy of their original birth certificate (OBC) upon request to the State Registrar.

The Department of Health (DOH) and Office of Vital Statistics have been working on regulations for implementing the Adoptee's Birthright Act, Public Law 2014, c. 9, which was enacted on May 27, 2014.

Currently, birth parents of NJ adoptees may indicate their preference regarding contact with their daughter or son by filing a form with the Office of Vital Statistics. The document of contact preference – whether direct contact, contact through an intermediary whom the parent may name, or no contact at this time – may be filed at *any time in the future*. A birth parent may change her/his mind at any time by filing a new form reflecting that change, and the adopted person will be notified. A birth parent may request redaction of her or his personal information from the copy of the OBC. Such

request must be filed by December 31, 2016 or the opportunity to redact is lost. At any time, a birth parent may rescind the request for redaction and authorize the Registrar to release an unabridged copy of the OBC to the adoptee.

Birth parents filing their preference regarding contact or a request for redaction are strongly encouraged to simultaneously submit a completed family history document (medical, cultural and social history) to the Office of Vital Statistics. Birth parents indicating a preference for no contact will be requested to update the family history information every 10 years until the birth parent reaches age 40 and every five years thereafter. It is important for birth parents to be aware that the court gave many adoptive parents copies of the Order of Adoption ("decree") when the adoption was finalized. These documents contained the names of the child and the birth parent(s). Therefore, identifying information may be available to the adoptee through his or her adoptive parents or by other means.

**Adopted persons** may now submit their paperwork to request an uncertified copy of their

original birth certificate (OBC); however, OBC's will not be sent out until January 2017. To review and download these forms, please visit the NJ Department of Health and Vital Statistics, "New Records System for Birth Parents, Adopted Adults" page at <http://www.nj.gov/health/vital/adoption>. This site includes forms, directions, identification, fee requirements as well as answers to Frequently Asked Questions. Once an adult adoptee submits the request form along with the required fee and proof of identity, it will take four to six weeks to process.

Please note that OBC's for births that occurred prior to November 19, 1940 are available to adult adoptees at any time and do not have to wait until January 2017 to request or obtain their OBC.

To request these forms by mail, call 609-292-4087 extension 582. For more information, visit NJ Coalition for Adoption Reform and Education (NJ CARE) at [nj-care.org](http://nj-care.org) or find NJ CARE on Facebook.

*Article written by Pam Hasegawa and Judy Foster of NJ CARE.*

## THE NJ ARCH WEBSITE HAS A NEW LOOK!

If you haven't checked out our new NJ ARCH website, we welcome you to do so! We launched our site earlier this year, and it has had very good

reviews. Looking for a support group, mental health professional, a book, a conference or have other questions related to adoption or foster care? Our

new search functions should make it much easier for you to find the resources you need. Questions? E-mail us at [warm-line@njarch.org](mailto:warm-line@njarch.org) or call us at 877-4ARCHNJ (877-427-2465).

## ASK OUR EXPERT

*Question: We adopted our son when he was an infant. He is now in middle school and frankly we have concerns about his recent behavior. We are not crazy about some of his new friends and we have noticed some mood changes as of late. We are afraid that he may be involved with alcohol, drugs or both. We remembered that his birth mother may have had some drug or alcohol problems so we wanted to get more educated about these types of issues. Can you help?*

**Answer:** You have asked a great question. First, let me tell you that you are not alone in your concerns about the kinds of changes you might be noticing. Parents of middle school students will often wonder what became of that kind, considerate, affectionate, and easygoing child they once knew. It can be confusing to tease out what might be considered normal albeit challenging, adolescent behavior from behavior that might be indicative of other issues, including alcohol and drug use. Secondly, I applaud you for being so attuned to the changes in your son's behavior and questioning their origin. As the parent of a middle school student, you know your child better than anyone else so if you have a nagging suspicion that something more may be going on with him then it's quite possible that something is. It may or may not be related to alcohol

and drug use, but it is important that you trust yourself and probe further.

Although the experience of being in middle school varies from child to child, developmentally this is a time when teens begin to explore who they are and where they belong in relation to their peers. It is not uncommon for adolescents to "try on" new behaviors and spend time with new friends. This is often the time of life when teenagers also begin to experiment with "adult" behaviors such as drinking alcohol as they attempt to establish their own identity. From an outside perspective, it may seem as if most teens are experimenting with alcohol, but the reality is that the majority of teens are not. It is during this pivotal time when parents must become educated about the signs and symptoms of alcohol and drug use, establish clear rules and expectations, and learn where they can go for guidance if they are in need of additional support.

The following are possible signs that your child may be drinking or using other drugs:

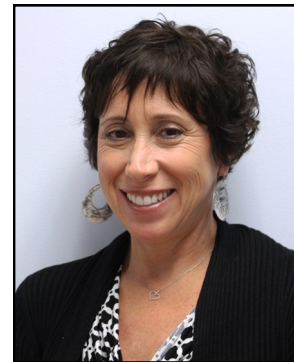
- Drop in grades, calls from school.
- Secrecy, not communicating about activities.
- Emotional ups and downs; increased defensiveness.
- Defiance of rules.
- Changes in peers and/or

withdrawal from family.

- Changes in sleep, physical hygiene, weight.
- Isolating, being defensive.
- Loss of initiative and interest in activities.
- Evidence of use such as: missing money and/or alcohol and/or finding matches or lighters. Water bottles (with alcohol), blood shot eyes and/or dilated pupils, feeling manipulated.

Some of the above are common among teens in general, however it is important to pay attention to the entire constellation of behaviors and assess their scope and impact on the family dynamic. If there is any point when you suspect that your son may be using and possibly involved in dangerous situations, do not hesitate to dig deeper into his life by checking his text messages and social media sites, looking under his bed, and mattress and in/through backpack and closet for alcohol, drugs or related paraphernalia. As uncomfortable as it may feel to do this, reach out to people in his world to see what you can learn from his teachers at school and parents of his friends. Of course, you could always reach out to the counselor at his school, a mental health professional or call us at **The Center for Alcohol and Drug Resources** at 201-261-2800 for more information or just to talk.

## DO YOU KNOW?



### OUR GUEST EXPERT

#### ELLEN ELIAS

SENIOR VICE PRESIDENT,  
PREVENTION AND  
COMMUNITY SERVICES,  
CHILDREN'S AID AND  
FAMILY SERVICES

### Helpful Resources:

- The Center for Alcohol and Drug Resources  
[www.tcadr.org/](http://www.tcadr.org/)  
201-261-2800
- Above the Influence  
[www.abovetheinfluence.com](http://www.abovetheinfluence.com)
- Al-Anon/Alateen  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
1-888-425-2666
- Narcotics Anonymous  
[www.na.org](http://www.na.org)
- [www.drugfree.org](http://www.drugfree.org)
- [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com)
- Addiction Hotline of NJ  
1-844-276-2777
- National Association For Children Of Alcoholics (NACoA)  
[www.nacoa.org](http://www.nacoa.org)
- National Institute on Drug Abuse;  
[www.nida.nih.gov/nidahome.html](http://www.nida.nih.gov/nidahome.html)

## DID YOU KNOW?

NOVEMBER IS NATIONAL  
ADOPTION MONTH!

CHECK OUT YOUR LOCAL AREA  
TO SEE WHAT MAY BE  
HAPPENING TO HELP  
CELEBRATE THIS SPECIAL  
MONTH!



MEET JULIAN  
BORN JANUARY 2000



MEET TAMEER  
BORN APRIL 1999

## NOVEMBER IS NATIONAL ADOPTION AWARENESS MONTH

NATIONAL ADOPTION DAY IS  
NOVEMBER 19, 2016



Every year on the Saturday before Thanksgiving, family courts and state departments across the U.S. celebrate National Adoption Day. This day raises awareness of the more than 100,000 children in foster care waiting for permanent, loving families. This special day has helped the dreams of many children and families come true.

This year, **National Adoption Day** will be Saturday November 19th. Policy makers, practitioners, advocates, state agencies and family courts work together to finalize the adoptions of hundreds of children throughout the country. Since its inception, National Adoption Day has helped over 58,000 children move from foster care to forever families.

Many New Jersey Department of Children and Families (DCF) will be celebrating National Adoption Day by finalizing adoptions within most counties throughout the state. Please join us in celebrating these children joining their forever families! For more information log onto:

[www.nationaladoptionday.org](http://www.nationaladoptionday.org).

## DCP&P WAITING CHILDREN

**Julian** is a friendly and easy-going teenager. He can be shy at times, but when he finally warms up he is full of good humor and laughter. Julian describes himself as "bubbly and happy" and says that he gets along well with all of his peers. Julian's biggest dream is to one day become a famous entertainer. He is open to considering a career in acting,

singing, or both. Ariana Grande is one of Julian's favorite singers/performers and he loves the television show "Victorious." Some other interests include superheroes, video games and learning about the cultures of others. Julian loves school and works hard to succeed in his academics. He is an active participant in his high school drama and chorus

clubs. Julian's teachers describe him as enthusiastic, positive, courteous and cooperative. Julian is ready to find his forever family! He would do best in a home with no other children that are close to his age. For more information about Julian or any other waiting child, please call 1-800-99-ADOPT.

Motivated, enthusiastic and determined are the perfect adjectives to describe 16-year-old **Tameer**. He dreams of going to college to study graphic design/animation and would like to own and operate his own production company someday! Those who know Tameer describe him as happy, thoughtful, well-mannered and intelligent. He enjoys intellectual conversations and problem-

solving and engages well with adults. Tameer is a very active young man and loves to do anything that will get him outdoors! Some favorite pastimes include running, playing baseball (he will be the pitcher for his high school team this spring!), swimming, hiking, camping and bowling. In the summer, he loves to go to water parks and the beach. Dogs and birds are Tameer's favorite animals and he longs for a for-

ever family with pets! Tameer can't wait to be adopted and hopes that he finds his forever family soon! He longs for a supportive, caring family who will support him throughout his life. Tameer would do well with other children, but may do best as the youngest or only child in a home since he enjoys one-on-one attention from caring adults. For more information about Tameer, please call 1-800-99-ADOPT.



## NATALIE'S LIBRARY CORNER

When August comes, I think of young people returning to school. Parents comb the stores with their children and teens for just the right school supplies including snazzy backpacks, notebooks, pens, pencils, etc. The kids have fresh haircuts and new sneakers and the perfect outfits for their first day back. Oh, such excitement! Who will my teacher be? Will any of my friends be in my class or classes? Parents, you know how it goes.

For parents who have children between the ages of 8 and 14, they are watching their kids getting taller, maybe a little more filled out and definitely approaching puberty now or in the near future. You will be noticing that your adolescents will want more privacy; they would love for their rooms to be off limits to you if you would agree to that.

The topics that concern privacy and personal hygiene may be difficult for parents to discuss with their children or for children to discuss with their parents. For that reason, I would like to suggest some great summer reads for you to check out.

*What are you doing in There? Balancing Your Need to Know with Your Adolescent's Need to Grow* by Charlene C. Giannetti and Margaret Sagarese offers tips to parents on how to

keep informed without stifling their child's fledgling independence. They identify six privacy zones—bedroom, friends, romance, school, the body, and the Internet—examining why these areas are so important for young adolescents and how much freedom to give them to explore. Within each zone, they point out the most common cover-ups, why too much knowledge can be a bad thing, and how to establish and work within positive limits that allow both parties the freedom to breathe. Ultimately, the authors show parents how to build a relationship based on trust so they can stay involved and still allow their child to become a mature, self-assured, independent individual.

*Personal Hygiene? What's that Got to Do with Me?* by Pat Crissey explains what kids can do to combat bad breath, dirty fingernails and smelly armpits. This book is full of fun cartoons that show them what to do to look and smell good, have clean teeth, a great smile, and stay healthy. Developed for young people aged 8 to 14, this program is designed to help them to get the social implications of neglecting personal hygiene. This book is also suitable for young people

with learning and developmental disabilities.

*No B.O.! The Head-to-Toe Book of Hygiene for Preteens* by Marguerite Crump is a great book for parents and young people between the ages of 9 to 13. Puberty happens. It is happening now or it will be happening to your preteens soon.

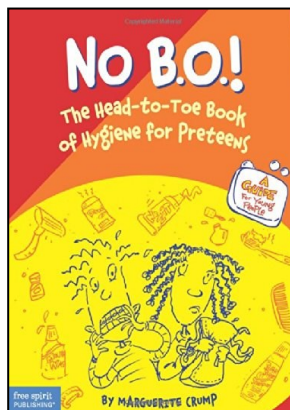
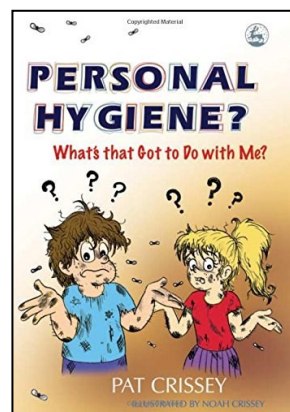
Some of the physical changes that kids are or will be dealing with are not fun. In fact, they could smell—like bad breath, sweaty armpits, and funky feet. If you have them, you're not alone. If you're too embarrassed to talk about them, join the club. If you want to do something about them, read this book or a book like this one. It's full of frank talk and friendly advice that can help you take the P.U. out of puberty. This book also discusses "bad hair days" breakouts, cleanliness and more.

I am a parent and a grandparent of two teenagers. I found these books to be wonderful, informative and fun reads. I plan to buy a copy of each book for my grands to share when I see them next. This reading material should generate a laughing good time for me, the parents and the kids.

**HAPPY REST OF SUMMER TO MY READERS! ENJOY!**

## DID YOU KNOW?

Check out these and the other books found in our NJ ARCH Library!



# NEW JERSEY ADOPTION RESOURCE CLEARING HOUSE

76 SOUTH ORANGE AVENUE  
SOUTH ORANGE, NJ 07079

VISIT US AT [WWW.NJARCH.ORG](http://WWW.NJARCH.ORG)

EDITOR:  
DANA WOODS FRIED  
201.740.7129

WARMLINE  
877.4.ARCHNJ  
OR  
877.427.2465

FAX  
973.378.9575

EMAIL  
[WARMLINE@NJARCH.ORG](mailto:WARMLINE@NJARCH.ORG)  
[LALINEACALUOSA@NJARCH.ORG](mailto:LALINEACALUOSA@NJARCH.ORG)

[WWW.NJARCH.ORG](http://WWW.NJARCH.ORG)  
[WWW.KINKONNECT.ORG](http://WWW.KINKONNECT.ORG)



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

## DISCLAIMER

While New Jersey Adoption Resource Clearing House (NJ-ARCH) or Children's Aid and Family Services, Inc. makes every effort to present accurate and reliable information, neither NJ-ARCH nor Children's Aid and Family Services, guarantee the completeness, efficacy or timeliness of such information. In addition, reference herein to any specific product, process, service, organization, or viewpoint does not constitute or imply endorsement, recommendation or favoring by NJ-ARCH or Children's Aid and Family Services.

## CONFERENCES AND MORE

August 31: - September 2nd:  
20th National Conference  
for Child Abuse and Neglect:  
Washington D C ;  
[www.2016nccan.com/](http://www.2016nccan.com/)

Adoptive Parent Support  
Group: Every 3rd Friday even-  
ing of the month starting  
September 2016, Children's  
Aid and Family Services, locat-  
ed in Fair Lawn NJ. Call Kate  
Hamilton, LCSW at 201-740-  
7126 for details.

Sunday, November 20th:  
36th Annual Adoption,  
Adoptive Parents  
Committee Conference,  
Keynote, Kathy Ann Brodsky,  
LCSW; St. Francis College,  
Brooklyn NY.  
[www.adoptiveparents.org/2016-adoption-conference/](http://www.adoptiveparents.org/2016-adoption-conference/)

October 29—November 1:  
National Association for  
the Education of Homeless  
Children and Youth Confer-  
ence; Orlando Florida.  
[www.naehcy.org/  
conference/about-2016-  
conference](http://www.naehcy.org/conference/about-2016-conference)

Thursday, October 13th: The  
Ties that Bind: Internation-  
al Social Service, 6th Annual  
Fall Conference, co-hosted by  
the University of Maryland  
School of Social Work.  
[www.iss-usa.org/training-  
events/iss-usa-6th-annual-  
conference](http://www.iss-usa.org/training-events/iss-usa-6th-annual-conference)

Are you a Resource Parent?  
Check out Foster and Adopt-  
ive Family Services (FAFS) for  
training, support group  
meetings and social events.  
[www.fafsonline.org](http://www.fafsonline.org)

Save the Date!  
Saturday, April 1, 2017: 35th  
Annual Let's Talk Adoption;  
Conference, coordinated by  
Concerned Persons for Adop-  
tion (CPFA), and Rutgers  
School of Social Work.  
[www.cpfanjanj.org](http://www.cpfanjanj.org).

For more events and  
conferences, please log onto  
[www.njarch.org](http://www.njarch.org).

Touched by Kinship? Check  
out [www.kinkconnect.org](http://www.kinkconnect.org).

