

## INSIDE THIS ISSUE:

<i>10 Tips to Get you Ready for Back to School</i>	1
<i>Adoptees Birthright Act</i>	2
<i>Ask Our Expert</i>	3
<i>National Adoption Month and Day</i>	4
<i>DCP&amp;P Waiting Children</i>	4
<i>Natalie's Library Corner</i>	5
<i>Conferences and More</i>	6

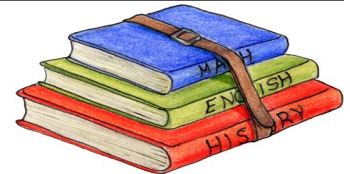
## NJ•ARCH Features:

- Free Lending Library
- Warm Line
- Resource Directory
- Training Workshops
- Support Group Advocacy
- Upcoming Events



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

## 10 Tips to Get You Ready For Back To School



Back-to-school time can be both exciting and stressful for students and parents alike. Getting ready for the first day of classes is a family effort. The following tips from [www.kids.gov](http://www.kids.gov) may help parents make this year's back to school time easier\*:

**Schedule time with teachers.** Keep an open dialogue with school staff to help your children thrive. This dialogue may include that your child was adopted or is currently in foster care. This may help teachers to plan for assignments your child may be uncomfortable completing, such as the family tree, first baby picture and/or DNA-related assignments.

**Get your vaccines.** Some schools require immunization records for entry. Find out if your child needs any vaccines before school starts.

**Ease into the school routine.** A good night sleep is key to a successful school day. Pre-schoolers need 11-12 hours of

sleep a night, school-age children need at least 10 hours, while teens need 9-10 hours.

### **Pack a healthy and safe lunch.**

Choose a balanced meal for your child's lunchbox and make sure you keep hot foods hot and cold food cold. Low-income families may qualify for free and/or reduced price school meals. A form should be coming home during the first few days of school to see if your family qualifies.

**Shop smart.** Make a list, know what you need, and shop during the sales. Knowing where the bargains are will help you save.

**Talk to your kids about online safety.** Identity theft, bullying and inappropriate behavior can happen online. Teach your children about online safety as they use social media to connect with old and new friends at school.

**Plan and practice how to get to school.** If your child's school or school system provides bus transportation, find the nearest stop to your home and know the

pick-up and drop-off times. Teach your kids to be safe whether traveling by car, bus, bicycle or on foot.

### **Teach time management.**

Leisure time, sports, and "screen time" can interfere with homework. Keep your family schedule on time.

### **Make sure kids are insured.**

Your child could qualify for free or low-cost insurance through Medicaid or the Children's Health Insurance Program (CHIP). Do your research.

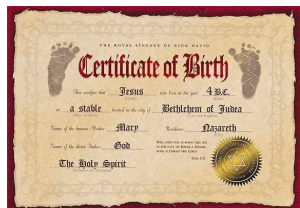
**Listen to your kids.** Anxiety and nerves can take over, so provide a safe environment at home and in the classroom. Talk to kids about bullying and what to do if they encounter it.

Check [www.kids.gov](http://www.kids.gov) throughout the year for free educational and timely information for teachers, parents and kids.

**Happy learning!**

\*<https://kids.usa.gov/parents/health-and-safety/back-to-school/index.shtml>

## DID YOU KNOW?



FOR ADULT ADOPTED BORN  
AND/OR ADOPTED IN NEW  
JERSEY TO REQUEST THEIR  
ORIGINAL BIRTH  
CERTIFICATE  
AND /OR FOR  
BIRTHPARENTS TO FILL OUT  
SOCIAL/ MEDICAL AND  
OTHER INFORMATION,  
LOG ONTO:

"NEW RECORDS SYSTEM  
FOR BIRTH PARENTS,  
ADOPTED ADULTS." AT  
[HTTP://WWW.NJ.GOV/  
HEALTH/VITAL/ADOPTION/](http://www.nj.gov/health/vital/adoption/)

FOR THE FREQUENTLY  
ASKED QUESTIONS,  
LOG ONTO:  
[HTTP://WWW.NJ.GOV/  
HEALTH/VITAL/ADOPTION/  
VITAL-RECORD-LAW-CHANGES  
-FAQS/](http://www.nj.gov/health/vital/adoption/vital-record-law-changes-faqs/)

TO READ THE  
ADOPTED BIRTHRIGHT ACT  
LOG ONTO:  
[WWW.NJLEG.STATE.NJ.US/20  
14/BILLS/PL14/9\\_.PDF](http://www.njleg.state.nj.us/2014/bills/pl14/9_.pdf)

## ADOPTED BIRTHRIGHT ACT—UPDATE

By Pam Hasegawa and Judy Foster, NJ CARE

In early January, the NJ Dept. of Health (DOH) and NJ Office of Vital Statistics began the final stage of implementing the Adoptees' Birthright Act, Public Law 2014, c. 9 by releasing a copy of the Original Birth Certificate (OBC) to requesting adoptees born and adopted in New Jersey. While the law states that persons born outside NJ and adopted here have the same right to a copy of their OBC, some of these adoptees have been notified that their OBC is not filed with NJ Vital Statistics. This is currently being explored.

*Birth parents* of NJ adoptees may indicate their preference regarding contact with their daughter or son by filing a **document of contact preference**; whether direct contact, contact through an intermediary whom the parent may name, or no contact at this time. The document may be filed with the N.J. Office of Vital Statistics at **any time**. A birth parent who has filed this document may change her/his mind at any time in the future by filing a new form reflecting that change, and the adopted person will be notified. A birth parent who requested redaction (deletion) of personal information from the copy of the OBC sent to a requesting adoptee by December 2016, 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 must 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 are *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), which were sometimes obscured before being given to the adopting parent/s. Therefore, identifying information may be available to the adoptee through his or her adoptive parents or by other means.

*Adopted persons* may submit a request for an uncertified copy of their original birth certificate and may expect a turnaround of 4-6 weeks. The needed documentation and a \$25.00 fee is required. Additional copies ordered at the same time are \$2 each.

As of mid-June 2017 over 3,600

Original Birth Certificate requests have been received and processed, 407 Family History forms have been submitted and over 550 birth parent names had been redacted.

To review and download these forms and directions, 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>. To request these forms by mail, call 609-292-4087 Ext. 8. For more information, visit NJ Coalition for Adoption Reform and Education (NJCARE) at [nj-care.org](http://nj-care.org) or via their Facebook page.

The NJ ARCH website also features an extensive resource section including lists of adoption agencies, support groups, counseling professionals and recommended books from the NJ ARCH free lending library. Please check out their library or give the Warm Line a call to find a book or article that may be helpful.

If you or a relative needs help with downloading the forms or have questions about how to fill them out, you are welcome to contact NJ ARCH at 877-ARCHNJ or visit the website at [www.njarch.org](http://www.njarch.org).

## ASK OUR EXPERT

*Question: My child is 11 years old. She was adopted six years ago through the Division of Child Protection and Permanency (DCP&P, formally known as DYFS). We received counseling services when she was first placed with us, but think she may need counseling again. Our DCP&P case has been closed for years. Where do we go for help?*

**Answer:** Great question! Thank you for acknowledging the differences adoption brings and your willingness to seek help for your family. Like other adoptees, your daughter is experiencing many unique feelings about being adopted. It is normal for adoptees to need ongoing support throughout their adoption journey as they strive to put the pieces of their life story together and make sense of where they came from and who they are. There are many reasons why adoptees need ongoing support throughout their development.

Adoption is a lifelong process; therefore, questions or feelings about adoption do not disappear after the adoption is finalized or after a specific number of years. So many different situations can trigger feelings for adoptees, especially feelings of grief and loss. Some triggers for adopted children are the holidays, a move, loss of a pet, anniversaries (placement or adoption date), or a movie. Children have not fully developed the ability to verbalize or cope with tough feelings so

many adoptees act out their feelings through their behavior, which at times can be very challenging for the family. Frustration for the family may increase, especially if parents feel that the adoption occurred so long ago and that the child should "be over it" by now. For example, on the child's birthday the child may be quiet or appear sad. If asked what she might be thinking about, she may say "nothing," when in fact she was thinking about her birth mother. I worked with one family who finalized their adoption 10 years ago. One day, the adoptive mother called me crying, concerned that her daughter's behavior had regressed, as she was acting out the same way she did when she was first placed with them. After a lengthy conversation, the adoptive mom mentioned that she would have called me sooner but lost my phone number in a recent move. Even though the entire family packed up and moved together, this transition reminded the adoptee of her multiple placements in the past, which created overwhelming feelings for her. To help anticipate difficult times, I would recommend reviewing and noting in your date book those times that may trigger these feelings and seek extra support prior to those times.

Some may wonder, why don't adoptees just talk about their

grief? Some adoptees fear that if others knew how much they were hurting inside, they might be rejected all over again. Some fear that if they talk about their birth parents or their adoption, their adoptive parents may feel hurt or unappreciated. Many times children need adults to initiate conversation and help them talk about their feelings. A therapist can help the family discuss and process feelings impacted by adoption. As children grow, they start to ask even tougher questions about adoption. They view their adoption story differently at each developmental stage. It is crucial that the child be given the opportunity to revisit all of the pieces of their adoption story. We as parents can help them process the difficult information.

Families do not need to do this alone. In NJ there are FREE Post Adoption Counseling Services (PACS) available. Whether the adoption was through the Division, international or private, as long as the child is under the age of 21, family counseling may be available. For a list of PACS providers near you, log onto [www.njarch.org](http://www.njarch.org) and check out the Resource section or call the NJ ARCH Warm line at 877-4ARCHNJ. They can direct you to the agency in your county. Help is only a phone call away.

## DO YOU KNOW?



**MEET OUR  
GUEST EXPERT  
REBECCA GALLESE, LCSW**

**-INSTRUCTOR, RUTGERS  
SCHOOL OF SOCIAL WORK  
-TRAINER/CONSULTANT, NJ  
ARCH/ CHILDREN'S AID AND  
FAMILY SERVICES  
- LEAD FACILITATOR,  
"TUNING INTO TEENS"  
THROUGH SPAULDING FOR  
CHILDREN / DCP&P**

**[RGALLESE@ICAG@GMAIL.COM](mailto:RGALLESE@ICAG@GMAIL.COM)**

**LOOKING FOR POST-  
ADOPTION COUNSELING?  
CONTACT NJ ARCH FOR A  
FULL LIST OF PRIVATE  
AGENCIES AROUND THE  
STATE THAT OFFER FREE,  
LIMITED TIME  
COUNSELING.  
CALL 877-4ARCHNJ  
(877-427-2465)  
[WWW.NJARCH.ORG](http://WWW.NJARCH.ORG)**

## DID YOU KNOW?

NOVEMBER IS NATIONAL  
ADOPTION MONTH!  
CHECK OUT YOUR LOCAL  
AREA TO SEE WHAT MAY BE  
HAPPENING TO HELP  
CELEBRATE THIS A  
SPECIAL MONTH!



\*\*\*\*\*

MEET  
ALEXIS  
BORN 4/07  
AND  
STEPHEN  
BORN 06/05

## NOVEMBER IS NATIONAL ADOPTION AWARENESS MONTH

NATIONAL ADOPTION DAY IS  
NOVEMBER 18, 2017



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 currently in foster care waiting for permanent, loving families. This special day has helped the dreams of many children and families come true. In total, National Adoption

Day helped over 60,000 children move from foster care to a forever family.

This year, **National Adoption Day** will be Saturday November 18th. 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 those children

move from foster care to forever families. Many New Jersey Department of Children and Families (DCF) county offices 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 SIBLINGS:

Alexis is a happy, playful and funny young girl who enjoys imaginative play. An inquisitive young lady, Alexis would do well with a family that likes to talk. She has many, many questions about everything! Alexis, a well-rounded girl, likes Hello Kitty, the color pink, has an interest in dance, enjoys hip hop music and loves to play outside and ride her bike.



Stephen is a friendly and talkative young man who likes to learn new things through conversation. Stephen loves every sport except baseball - he supports the Philadelphia 76er's and Eagles. In his free time you will see him playing

a sport if given the chance. He played center for a community basketball team and enjoys playing video games as well. Stephen has a variety of interests, he also enjoys riding his bike, making new projects, and reading the Goosebump book series.

Alexis and Stephen are typical siblings and have never been separated. They are very bonded but enjoy their own

independence. They participate in weekend activities together and both wish to have a pet in their forever home. We're seeking an active, patient and structured family for Alexis and Stephen.

For more information about Alexis and Stephen contact Veronica Villanueva-Rosas at 609-888-7491 or [veronica.villanueva-rosas@dcf.state.nj.us](mailto:veronica.villanueva-rosas@dcf.state.nj.us)





## NATALIE'S LIBRARY CORNER

September is a time of new beginnings. The lazy days of summer have passed and your kids are heading back to school. As they pose for those first day of school photos, you can't believe how much they have grown! As your children grow physically, their brains are also maturing. They are naturally curious and as they develop, their level of understanding changes too. They may be asking more questions about their adoption . . . "Why was I adopted?"; "Why couldn't my birth mother keep me?"; "Why is our family different than everyone else's?" They may also be fielding more questions from classmates and friends. Reading children's books together is a wonderful way to connect and start conversations with your child. Books help to validate your child's feelings and concerns. Sometimes the tough concepts are easier to understand from the perspective of a loved animal. Check out these great children's books that explain adoption concepts from the perspective of dogs, bears, and birds.

**A Mother For Choco** by Keiko Kasza helps the younger child understand transracial adoption. Through the eyes of a yellow bird, this book follows Choco as he searches for his mother. He looks for physical similarities, but ultimately recognizes his mother (a bear) by the way she loves, cuddles, and cares for him. Choco is

welcomed into the family by his new siblings; an alligator, a hippopotamus, and a pig.

**Rosie's Family: An Adoption Story** by Lori Roscove also discusses transracial adoption in simple animal terms. Rosie, a seven-year old beagle dog, explains adoption to the reader. She helps the reader to understand that "some kids are adopted into families . . . and some are born into families" like her brother. Her parents and brother are schnauzer dogs and look quite different. Rosie tells the reader all about her own adoption. She talks about her birth parents, her adoption, her differences, and her feelings about everything. In the conclusion, she makes an "important discovery" that many of her friends' families are unique too and states, "But in the end all their families are the same because they love us and take good care of us."

**The Mulberry Bird: An Adoption Story** by Anne Braff Brodzinsky, PhD, is a classic adoption story that follows the struggles of a young mulberry bird who is caring for her baby alone. The mother bird struggles to keep her baby warm, safe, and fed despite many storms and difficulties. She is young and does not have the ability to keep her baby safe, so she seeks out wisdom from the owl. The owl answers, "Ever

since the world began . . . there have been times when a mother has a baby she loves, but no matter how she tries, she cannot give him the things he needs. When this happens, the mother sometimes looks for another family to love and care for her baby." This book brings to life the birth parents' story and helps children to begin to talk about their losses in adoption. In the words of the author, Ann Braff Brodzinsky, PhD, it enables children to begin to discuss central questions in adoption like "Why was I adopted?" and "Why couldn't my birth parents raise me?"

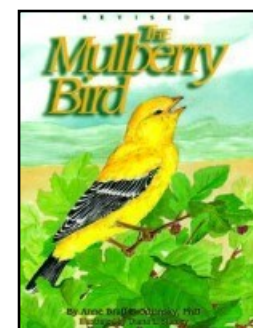
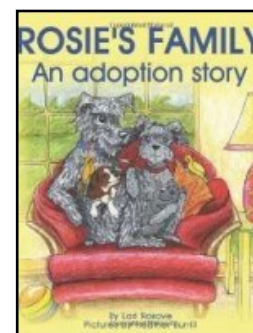
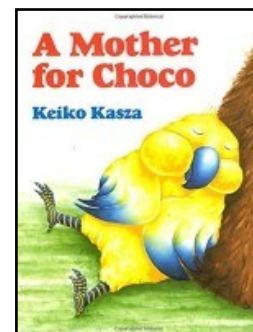
Children's books, read together, enable connection and validation. Hopefully, the loveable animals in these books will help your children with concepts of adoption and give them the ability to verbalize their own feelings and thoughts to you. Keeping the lines of communication open between parents and children is such an important part of parenting. As they grow and develop, remember to check in and validate, so they always know they can come to you with questions and concerns. Happy reading and connecting!

-Cynthia Lapidus, BSW, CSW



## DID YOU KNOW?

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



We welcome  
Cynthia Lapidus, CSW  
our new NJ ARCH  
Warm line  
Representative and  
Librarian.

# 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, Inc. 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

- September 8: New Jersey Task Force on Child Abuse and Neglect 15th Annual Biennial Conference: Implementing Evidence-Support Services for Children and Families. Princeton NJ; <http://www.cpe.rutgers.edu/NJDCF2017/>

- October 14: Concerned Persons for Adoption (CPFA) Mini-Conference for adults and kids ages 7-14. West Orange NJ. Log onto [www.cpfanjanj.org](http://www.cpfanjanj.org) for information and to register.

- Adoptive Parent Support Group: Every 3rd Friday evening of the month starting September 2016, Children's Aid and Family Services, located in Fair Lawn NJ. Call Karina Orellano, LCSW at 201-740-7012 for details.

Sunday, November 19th: 37th Annual Adoption, Adoptive Parents Committee Conference, St. Francis College, Brooklyn NY. [www.adoptiveparents.org/2016-adoption-conference/](http://www.adoptiveparents.org/2016-adoption-conference/)



Need a support group? Log onto [www.njarch.org](http://www.njarch.org) and select "Resources" then Support Groups or give us a call!

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

*Save the Date!*  
Saturday, May 5th 2018: 36th Annual Let's Talk Adoption Conference, coordinated by Concerned Persons for Adoption (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).

### INTERESTED IN KINSHIP CARE INFORMATION OR TOPICS?

CHECK OUT THE NJ  
KINSHIP LEGAL  
GUARDIANSHIP RESOURCE  
CLEARING HOUSE  
[KINKONNECT](http://WWW.KINKONNECT.ORG)  
AT  
[WWW.KINKONNECT.ORG](http://WWW.KINKONNECT.ORG)  
OR CALL 1-877-KLG LINE  
(1-877-554-5463)