

## INSIDE THIS ISSUE:

|  |   |
|--|---|
| <i>Tips for College Bound Adoptees</i> | 1 |
| <i>Adoptees Birthright Act Update</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



## Tips for College-Bound Adoptees



Since the inception of the NJ Adoption Resource Clearing House (NJ ARCH) in 2003, we have received thousands of calls and e-mails from New Jersey residents touched by adoption. Some people wanted information on how to adopt; others were seeking mental health professionals with adoption expertise; several requested books about parenting; and many adult adoptees wanted information on how to obtain their Original Birth Certificate with a possible plan to find biological relatives. We were here to listen and help direct them to resources.

Given that many of the children we may have helped over the past 15 years may now be in high school or going onto higher education, we thought that the following excerpt from Adoptive Families Magazine article, "Three Tasks for College-Bound Adoptee's." may be of inter-

est. Written by a developmental psychologist and adoptive mother, it discusses three developmental tasks that face older adopted teens. To read the entire article, please log onto: [www.adoptivefamilies.com/parenting/going-to-college-adoptee/](http://www.adoptivefamilies.com/parenting/going-to-college-adoptee/).

### 1- Find Their Own Pattern of Separation and Return:

The advice offered to parents of college-age children is to "let go" as your child leaves home. The view that the child is gone after going to college is rarely realistic or even preferable, particularly for adoptees, who may be sensitive to separation and loss.

Studies show that many teens who have been adopted return home more frequently, or for longer periods, than do their non-adopted peers. Such returns allow adoptive families to reaffirm the bonds they've consciously worked to build. This allows for pleasure, stability, and increased sense of security.

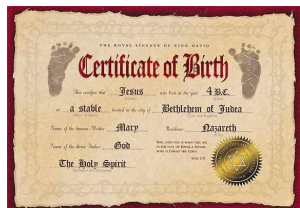
### 2- Create a Network of Support:

Many adoptees have already had the experience of being cared for by "strangers" through the foster care system or an orphanage. When adoptees leave for college/higher education, they may be faced again with the situation of creating connections with strangers that allow them to become people they can rely on and perhaps become close to. Some adoptees may feel more comfortable accepting support from professionals since their families turned to social service professionals over time. In addition, many adopted children tend to receive support during primary, middle and high school that exceeds their non-adoptive peers such as tutoring, counseling, etc. It is not unusual that many families find a college or school that continues these supports for their adopted teen.

(Continued on page 2)

## ADOPTEE'S BIRTHRIGHT ACT—UPDATE

### DID YOU KNOW?



FOR ADULT ADOPTEE'S 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 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)

On January 1, 2017 the Adoptees Birthright Act, Public Law 2014, c. 9 was implemented by the NJ Office of Vital Statistics, allowing adoptees born and/or adopted in New Jersey to request an uncertified copy of their Original Birth Certificate (OBC). As of mid-July, over 4,800 adult adoptees requests have been completed by the NJ Office of

Vital Statistics. After receiving their OBC, many adoptees have contacted NJ ARCH and/or the NJ Coalition for Adoption Reform & Education (NJCARE) for resource information on support groups, search specialists, mental health professionals and more. For more information about the Act, directions and to download the forms, please visit our website at [www.njarch.org](http://www.njarch.org)

and select "NJ Adoptees Birthright Act" or visit [www.nj-care.org](http://www.nj-care.org) or go directly to the "New Records System for Birth Parents, Adult Adoptees" at [www.nj.gov/health/vital/adoption](http://www.nj.gov/health/vital/adoption). Birthparents who wish to share their contact information and/or health, family history may also use this website.

### TIPS FOR COLLEGE-BOUND ADOPTEE'S (CON'T FROM PAGE 1)

#### 3- Piece Together an Identity:

By the time adoptees get to college, they have already begun a process that will continue through young adulthood—integrating contributions to their identity from two sets of parents, two countries or two cities in the U.S., perhaps two religions, cultures, and economic classes. As a result, they often form complex, multifaceted identities. As we live in an increasingly global society, these hybrid identities allow them multiple ways to connect with others from varying backgrounds.

College provides the space to further explore facets of one's identity, as well as to experiment with shifting the balance between various identifications. The adoptee is now more in control of sharing their adoptive status.

Those they come in contact with may question an adopt-

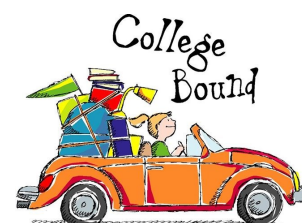
ee's racial and ethnic identity. An international adoptee may have to grapple with the possibility of being rejected by a student from his birth country who sees little similarity between them. Or they may feel surprised by the difference in upbringing from international students, but continue to be educated by those cultural differences.

In addition, the young adult adoptee may be experimenting with finding where, outside his family, he feels a sense of belonging. They may feel a particular affinity to those who look like them or who are from their birth country, or they may not. Insofar as the college / school hosts a diverse student body, our children may want to engage in exploration of their identity that ranges beyond what was afforded to them in their home communities and high schools.

The bottom line is, parents need to do their best to be supportive, listen to teens/ young adults about their concerns and questions, and be open to the possibility that college-aged kids do not venture far from home, may touch base often and/or visit frequently on week-ends.

For more information on college and adoption, check out Foster and Adoptive Family Services (FAFS) Scholarship Program: [www.fafsonline.org/scholarship/](http://www.fafsonline.org/scholarship/).

Or give NJ ARCH warm line a call at 1-877-427-2465. or e-mail at [warm-line@njarch.org](mailto:warm-line@njarch.org) for resource information. Happy Fall!



## ASK OUR EXPERT

*Question: My child is 9 years old. She was adopted four years ago through the Division of Child Protection and Permanency (DCP&P). We received counseling services when she was first placed with us, but think she may need counseling again. She has had some acting out behaviors lately, seems a little quieter than usual and I can feel my frustration level increasing. Our DCP&P case has been closed for years. Where do we go for help?*

**Answer:** Great question! 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. Different situations can trigger feelings for adoptees, especially feelings of grief and loss. Some triggers for adopted children are holidays, a move, the 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 adop-

tion 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 (or your phone calendar) 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 and give parents some useful techniques and strategies to successfully manage the behaviors. 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. Parents can help their children process the difficult information, keep bonding and attachment at the center of parenting and step in their shoes to view situations through their perspective.

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, see the box to the right. There is no need to wait until a crisis or when you are at the end of your rope. You can be proactive and reach out for support now.

## 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!



DID YOU KNOW...

THERE ARE OVER 117,000  
CHILDREN WAITING FOR  
FOREVER FAMILIES IN  
THE U.S.

THE AVERAGE WAIT FOR  
A CHILD IN FOSTER CARE  
TO BE ADOPTED IS  
THREE YEARS.

OVER 20,000 CHILDREN  
IN THE U.S AGE OUT OF  
THE FOSTER CARE  
SYSTEM EVERY YEAR  
WITH NO FAMILY OR  
PERMANENT HOME.



## NOVEMBER IS NATIONAL ADOPTION AWARENESS MONTH

NATIONAL ADOPTION DAY IS  
NOVEMBER 17, 2018



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 117,000 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 70,000 children move from foster care to a forever family.



This year, **National Adoption Day** will be Saturday November 17th. 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 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).

## DGP&P WAITING SIBLINGS



Stephen Born 6/2005  
and Alexis Born 4/2007

Alexis is a happy, playful and curious young girl. She has a bubbly personality and enjoys engaging in conversation as she asks a lot of questions. Alexis, a well-rounded

girl, likes Hello Kitty, the color pink, an interest in gymnastics, playing board games, loves to ride bikes and go swimming in the pool. She expresses an interest in becoming a veterinarian one day because she loves animals.

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 Warriors and Philadelphia Eagles. In his spare time you will find him playing a sport if given the chance. He played center for a community basketball team and enjoys playing video

games as well. His future ambition is to join the military upon his high school graduation.

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.

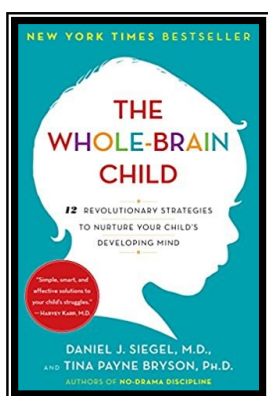
For more information on Alexis and Stephen, please call 1-800-99-ADOPT.



## NATALIE'S LIBRARY CORNER

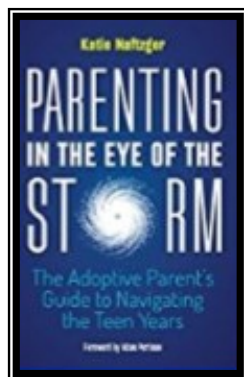
Welcome to our library corner!

As the carefree days of summer come to an end, the stress of school schedules and activities return. As you look to create routine again in your home, you may want to check out some of these books on parenting in the NJ ARCH library.



*The Whole-Brain Child: 12 Revolutionary Strategies to Nurturing Your Child's Developing Mind* by Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D. is a wonderful book that helps parents and children understand how their brain works. By understanding brain function, parents can develop skills to make parenting easier and keep connections with their child. Dr. Siegel and Dr. Bryson emphasize "surviving" and "thriving" while raising children. The authors state, "A clear understanding of these different aspects of the whole-brain approach will allow you to view parenting in a whole new way.

As parents, we are wired to try to save our children from any harm and hurt, but ultimately we can't. They'll fall down, they'll get their feelings hurt, and they'll get scared and sad and angry. Actually it's often those difficult experiences that allow them to grow and learn about the world". Instead of sheltering our children, we can look to helping them to grow and develop from experiences and move forward in life with better coping skills and better emotional intelligence.



*Parenting in the Eye of the Storm: The Adoptive Parent's Guide to Navigating the Teen Years* by Katie Nafzger is a new book that explores the many layers of adoption and loss and how they impact our teens. The book gives practical advice on how to parent during the teen years and how the multiple layers of loss impact on all aspects of development.

The author emphasizes that adopted teens do not want or need reassurance. They want instead to feel less alone and more understood. She adds, "When you attempt to rescue your adopted teen from their emotional distress, your not saving them (and yourself) from further heartache and tension. You're blocking the opportunity for them to learn and grow." The book helps parents to understand how their own reactions impact teens, how empathy is important, as is providing an opportunity for their teen to envision their own future is essential. Also discussed is how privilege, race, and cultural norms are a reality in our society and how these need to be part of the discussion. The author is herself an internationally and transracially adopted adult adoptee and psychotherapist who works with adoptive parents and adoptees.

To borrow these or other NJ ARCH books, please contact us from the box to the right.

Happy Fall and happy reading!



## DID YOU KNOW?



We have over 1500 books and videos in our free NJ ARCH Lending Library?



Please check out our selections at [WWW.NJARCH.ORG](http://WWW.NJARCH.ORG) AND SELECT "LENDING LIBRARY" Then select your topic(s).

You can also contact our warmline at 877-ARCHNJ (877-427-2465).

Or email us at [warmline@njarch.org](mailto:warmline@njarch.org) for help finding a book to borrow.



# 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 8-10: North American Council on Adoptable Children (NACAC), St. Paul MN. 44th Annual Conference. [www.nacac.org/get-training/conference/](http://www.nacac.org/get-training/conference/).

- October 13: Concerned Persons for Adoption (CPFA) Mini-Conference for Adopted Kids ages 7-13 and their Parents. West Orange NJ. Log onto [www.cpfanjanj.org](http://www.cpfanjanj.org) for information and to register.

- Every 3rd Monday of the month (Jan-Dec): Adoptive Parent Support Group: Meets at Children's Aid and Family Services, located in Fair Lawn NJ, 6:00-7:30 pm. Call Karina Orellano, LCSW at 201-740-7012 for details.

September 12: Domestic Adoption Information Night. Homestudies and Adoption Placement Services. For International Adoption Information nights and other information dates visit: [www.haps.org/events-resources](http://www.haps.org/events-resources).

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 4th 2019:  
37th 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  
AT  
[WWW.KINKONNECT.ORG](http://WWW.KINKONNECT.ORG)  
OR CALL 1-877-KLG LINE  
(1-877-554-5463)