

UTAH'S ADOPTION CHILD AND FAMILY SERVICES CONNECTION

QUARTERLY DCFS NEWSLETTER



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If you are interested in more information on any of the children featured in this publication, please contact The Adoption Exchange at 801–265–0444.

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Legacy By Sheila Black

A wise figure told me once That in this journey we call life. No one is more important than another. No less is each one's strife. Sometimes the bightest stars that shine Are not the ones we've named. It matters not the size of them But who burns the bightest flame. If you toss a stone into the water Of a still and peacefule lake. Watch close the outward ripples As they spread their ceaseless quakes. In life we are the stars, the stones. The hero, and the sinner. But how we learn from each event Defines the losers and the winners. Leave behind a careing legacy With each person that you meet. And they will prove that with compassion Life can be complete.

* Shella wrote this poem when she was twelve years old, she is now 13. Sheila's adoption from foster care was finalized this past August.

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Rachel Ray and Wolfgang Puck are no match for this teen in the kitchen. Charles loves to cook and wants to be a gourmet chef when he grows up. He is a great help to those in need and doesn't mind the challenge of a little hard work. Charles enjoys playing and collecting cards, likes gardening, and is a fan of playing pool. He likes horses and wouldn't mind being in a home with other children.

Charles is in his freshmen year. He would benefit from academically supportive parents. He is attending counseling at this time, which will need to continue after placement.

If your family is interested in this hard working young man, we urge you to inquire. Financial assistance may be available for adoption related costs. This is a LEGAL RISK ADOPTIVE PLACEMENT. In a legal risk adoptive placement, it is expected that the family will eventually adopt the child, even though the birth parent's rights have not been fully terminated at the time of placemement.

If you are interested in learning more about Charles, contact The Adoption Exchange at 801-265-0444.



The typical scenario of a young married couple adopting an infant from birth has been redefined and has changed dramatically. Historically, a traditional adoption was defined as a healthy infant placed with an infertile, middle-class, usually white couple. Today, however, adoptions can be characterized from a much broader spectrum. Many children being adopted today are not infants, but are older children of various races being adopted from either the public foster care system or from orphanages overseas. These two groups consist of many children who have suffered abuse, abandonment, and/or neglect. Due to a history of trauma, these children are considered "special needs" and require special parenting. These experiences imbedded in them often make adoptive parenting a serious challenge and can compromise the child's ability to join with and be accepted by a family.

Research in the area of infant adoption and special needs adoption has focused primarily on two parts of the adoption triad: the birthmother and the adopted child. Numerous articles and books have been written on the birthmother's experiences. Other resources and studies have focused on the adopted child and the child's adjustment, characteristics, and behavior. However, the third piece of the adoption triad, the adoptive parent, has been virtually left untouched. Much less is known about the adoptive parent's outcome. Most studies are centered on the problems of the adoptee alone with solutions centered on how the adoptive parent can help resolve the problems.

Understanding the Child with Special Needs. Before understanding the extent of these specific issues, it is important to acknowledge that adoptive parenting of a child with special needs is different from parenting a child without special needs. Although adoptive parents may face many of the same child rearing issues as biological parents, adoptive parents of children with special needs face numerous issues related directly to traumatic experiences of the child. Adoptive parents often find that this significantly alters the balance of the family system, resulting in overt stress and disequilibrium, sometimes to the extent that the adoption is disrupted (where the child is returned to foster care).

The demands and stress that result from the adoption of children with special needs result in approximately one-fifth to one-fourth of the adoptions being reported as unsatisfactory. This level of stress contributes to the approximately 10% or more of these adoptions that disrupt. Conversely, research shows that less than 1% of infant adoptions disrupt, demonstrating that the issues facing these infant adoptive parents are significantly less. John

Bowlby's writings on attachment suggest that early separations, discontinuity of loving care, and unresponsive or abusive care have a lasting impact on a child's attachment framework. From this perspective, many adopted children have less than optimal beginnings.

As parents transition into parenting these children, they are often faced head-on with the repercussions of these beginnings. Internal states of fear resulting from the early care are most commonly released and communicated through the child's external negative and rejecting behaviors. These behaviors are a by-product of the break in the attachment relationship, which has left the affected child without the ability to calm him or herself and in a state of constant stress, unable to control feelings of anger and frustration. As a result, many adopted children with trauma histories are often characterized as aggressive, defiant, controlling and lacking empathy.

Stress from the Disconnect. These problematic behaviors between the child and the parent can then quickly lead to problematic relationships and a cascade of the issues identified earlier such as financial stress, marital stress, extended family stress, and physical symptoms. As the child works to attain safety through avoidance of the very relationship that the parents are working to develop, tension, fear, and discontent can quickly create stress in all aspects of the parents' lives.

The child's blueprint for relationship says that love equals pain, rejection, and abandonment. When parenting a child with such a definition of love, adoptive parents soon find that conventional parenting techniques are profoundly ineffective. Too often, parents find themselves in a state of helplessness and at a complete loss as to how to handle the behaviors. These negative attachment behaviors can then leave the parents feeling emotionally depleted and depressed. Homes become chaotic. Friends disappear. Parents become isolated. Job related stressor become more difficult to handle. Stress related physical symptoms become evident. Changes in self-image shift from confident and complete to insecure and empty.

Even for experienced parents, who have raised biological children in the past and believe that they are fully prepared for the children's lack of responsiveness can find themselves overwhelmed and feeling as if their lives are out of control. The entire household can switch from a state of light to a state of utter darkness. Early childhood experiences of fear, void of a responsive caregiver,

have created this dynamic. It is the lack of ability to selfregulate internal emotional states that is at the helm of this powerful and stressful force, leaving the child in an internal state of dysregulation that restricts the child's ability to engage in positive social interactions with the adoptive parents. Although adoptive mothers of children with trauma histories will agree that the child's social abilities are inhibited overall, there is an overwhelming consensus that the essence of the division lies in the mother-child relationship.

Relational Focus Required. Children with trauma histories typically project their fear, anger, resentment, and sadness onto the mother; the mother becomes the main target. Attachment theory explains this reaction in its definition of the mother's job: to keep the child safe. John Bowlby writes, "The biological function of this [attachment] behaviour is postulated to be protection." For children with trauma histories, their mothers were unable to fulfill this role and could not keep them safe. Thus, the trauma occurred within the construct of the relationship.

In helping families of children with severe acting out behaviors, the focus of the intervention needs to be the relationship, not the behaviors. Emphasis should be placed on creating a secure base for the child within the relationship with the parent. Research has demonstrated a direct correlation in the quality of the relationship between the adopted child and the parent to the adoption outcome. A study of intact families found that the correlation between the parent-child relationship and the impact of adoption on the family was of such magnitude that these variables could be viewed as nearly synonymous.

Creating this strong parent-child relationship begins first with understanding the level of stress that can develop within this dyad. Not only is the child dealing with the stress of a past history of abuse, abandonment, and/or neglect, but in conjunction with this, past traumatic experiences of the adoptive parents can resurface as the adoptive parents deal with the issues of their adopted child. For example, if a mother experienced an unhealthy and hurtful relationship with her own mother, often times this pattern resurfaces and is replicated with the adoptive child. Authors Main and Hesse proposed that frightened parental behavior occurs impulsively and is triggered from within, stemming from the parent's internal dialogue or from events associated with the parent's own traumatic experiences. Although the same family of origin issues can potentially occur with biological children or children who have not been traumatized, it is typical for the adopted child's issues to be so prevalent and so intense

that they serve as powerful and unavoidable triggers for the adoptive parents. It is the intensity, duration, and frequency of these stressors that differs for adoptive families of children with special needs as compared to that of other families.

From Love to Fear. Living day-in-and-day-out in this overload of stress often leaves the adoptive parents feeling overwhelmed, helpless, and hopeless. When traditional parenting techniques prove ineffective and as parents work to implement strategies to connect with their children, but to no avail, the feelings of rejection and helplessness can be devastating. As stress builds in the home when parenting a child who does not respond positively and who does not seek his parents for comfort, parents find themselves disconnecting in an attempt to maintain their own level of existence. Before long, the entire family can find themselves living in survival mode and parents often demonstrate difficulties in responding to their children in nurturing ways. Parents find themselves asking how they went from a state of love in wanting so badly to adopt a child to a state of fear in wanting to so badly get to away from the child.

The shift from an initial emotional state of love when first adopting to this resultant emotional state of chaos and helplessness is simply the outcome of living with a child whose internal stress level is in a state of perpetual overdrive. This level of stress energy within a family system is a powerful force that can awaken the parent's own traumatic memories. In an effort to avoid their own internal states of discomfort, the adoptive parents often find themselves yelling, screaming, and verging on the edge of abusiveness. This can be so severe at times that parents feel as if they could physically hurt or injure their This type of reactionary behavior is simply an internal safety mechanism used to avoid uncomfortable feelings and memories of their own past. In the study by this author and Dr. Dziegielewski mentioned previously, the findings showed that of the adoptive mothers of children with special needs interviewed, 77% either strongly agreed or agreed that since adopting their child, they had experienced more rage and anger than ever before in their lives.

Shifting Back to Love. Anger and rageful feelings of this intensity, created from the stressors related to infertility, grief and loss, family, marital, bonding, financial, isolation, and family of origin issues, combined with the child's emotional, behavioral, attachment, grief and loss, identity, and depressive issues may at first seem too big

and too complex to overcome for parents living in a state of heightened stress and overwhelm.

There is however, hope for these families. Neuroscience tells us that the brain is ever changing and neuro-plasticity tells us that the brain has the ability to continually formulate new connections. We were previously told that once we were hard-wired one way that we simply had to accept what we were given. However, brain scan imaging shows us that we can actually create new connections all the time. When the parents can reduce their stress and return to a state of calm, their interactions with the child have the ability to create new healthy and functioning connections in the child's neuropatterning.

It takes reducing the stress created from the issues identified above. It takes the willingness to be honest with oneself in order to face the pain, frustration, and feelings of helplessness to then create experiences with the child that are characterized by sensitivity, understanding, patience, and attunement. Parenting a child with special needs requires living at a higher level of consciousness in order to stay attuned to one's own emotional state. Attachment, bonding, and healing can not occur when the parent is stressed and disconnected at the emotional level. It takes the intensity of positive emotional experiences to heal a child whose early messages, whether direct or indirect, were "You're not wanted" or "You're not lovable."

Such interventions extend beyond that of behavioral management or cognitive thought. It takes addressing and releasing the core fear which has become the child's reality through changing the environment and either reducing or eliminating the stressors identified for the adoptive parent. Children inherently want to please their parents. It simply takes identifying the stressors and being willing to address the fear in order to allow the emotional space for this intrinsic drive and for the biological need for relationship to be activated. Relationships are the absolute core of humanity; and thus, attuned and emotionally sensitive and open parents are ultimately the definitive key to the healing process for their children.

Thus, the child labeled earlier as a "special needs" child is in reality a misnomer. Instead, a child with a trauma history and a history of an attachment break should simply be seen as a "Child with A Special Need" (only one need--not plural). And that special need is a well attuned, loving, and emotionally safe parent. It is in this dyadic relationship that child (and parents) finds his way back to love and healing.

ABOUT THE AUTHOR: Heather T. Forbes, LCSW, is the co-founder and owner of the Beyond Consequences Institute. She is an internationally published author on the topics of adoptive motherhood, raising children with difficult and severe behaviors, and self-development. Forbes lectures, consults, and coaches parents throughout the U.S., Canada, and Europe, with

families in crisis working to create peaceful, loving families. She is passionate about supporting

families by bridging the gap between academic research and "when the rubber hits the road" parenting. Much of her experience and insight on understanding trauma, disruptive behaviors, developmental delays, and adoption-related issues comes from her direct mothering experience of her two internationally adopted children.

More detailed parenting information for attachment-challenged children is available in the author's books, Beyond Consequences, Logic, and Control, Volumes 1 and 2 and Dare to Love. Available online at: www.beyondconsequences.com.

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		San Juan - Jackie	435.678.3019	jb_squared@yahoo.com
Carbon/Emery/Adoption	Carbon & Emery Counties	Glenna	435.748.2626	ldsgis@etv.net
Uintah Basin	Duchesne, Uintah & Daggett Counties	Shanna	435.722.6885	sgoodrich@ubtanet.com
		Debbie	435.646.3124	
	Northern Reg	建筑中华的市场对大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大		
Cache Valley		Lara	435.753.7232	laura.nelson@digis.net
		Jenn	435.787.2858	jjllewellyn@yahoo.com
South Central/Davis		Amanda	801.298.6381	
Structured		Maryanne	801.392.1114	maryanne.mcfarland@utahfostercare.org
Box Elder		Jennifer	435.723.3369	keithnjenn@localnet.com
North Ogden		Marilyn	801.782.9080	bobandmarilyn2@msn.com
Foster/Adoption		Janette	801.546.9465	janette@belnap.org
Weber West		Rebeka	801.773.7268	houhi43@yahoo.com
North Davis		Doug & Jennifer	801.544.1058	fypreschool@comcast.net
an the same of the same	Salt Lake Valley F	The second secon		
Murray/Midvale, East Salt Lake	Zip Codes: 84117, 84121, 84124	Terumi	801.699.9769	steve.sagers@comcast.net
Kearns		Michelle	801.755.4766	mostmark12@aol.com
Magna/West Valley		Linda	801.690.6490	peerparenting@gmail.com
Salt Lake Metro	Zip Codes: 84102-09, 84111,84115, 84116	Suzi	801.487.4985	suziramos72@gmail.com
Sandy/Draper		Naomi	801.619.8069	naomimartinsen@hotmail.com
South Valley West/West Jordan	Riverton, Copperton, Herriman, Bluffdale, South Jordan	Valerie	801.608.1871	valerie.bangert@yahoo.com
Tooele/Adoptive Parents		Maia	435.843.1090	imblaamc@juno.com
	,	Cami	435.882.1250 or 435.830.6195	camimead@hotmail.com
Spanish Speaking		Jessica	801.577.7161	steadmanjessica@aol.com

TER FACILITATORS

Cluster Group	Area Served	Facilitator	Phone	Email Address
Hall both the second	Southwest Regi			
Cedar City/Beaver	Iron & Beaver Counties	Amy	435.586.7403	<u>bates4ever@hotmail.com</u>
		Lisa	435.438.2651	
Manti	Manti & San Pete Counties	Nancy	435.283.5020	nibean11@yahoo.com
Richfield	Richfield & Sevier Counties	Coylene	435.896.2023	donandcovlene@msn.com
St.George	Washington County	Brandee	435.652.3979	brandeestaheli@msn.com
	Western Regio			
Millard/Juab	Millard & Juab Counties, Nephi, Mona	Jilean	435.623.4049	<u>brijil98@yahoo.com</u>
Mt.Nebo	Springville, Mapleton, Spanish Fork, Salem, Elkridge, Woodland Hills,Payson, Elberta, Santaquin, Goshen, Eureka, Mammoth, Palmyra	Jessica	801.373.3006	jessica.hannemann@utahfostercare.org
Kinship/Adoption		Cayce	801.426.4880	thilltribe@juno.com
Central Cluster	Provo & Orem	Beth	801.426.8782	bethha@provo.edu
Structured		Cindy	801.785.1014	montano1000@aol.com
Timpanogos	American Fork, Pleasant Grove & Lindon	Jennie	801.756.1845	jennie@1daywindow.com
North Star	Lehi, Cedar Hills, Apline & Highland	Shanna	801.360.2011	northstarcluster@yahoo.com
		Amanda	801.319.3678	northstarcluster@yahoo.com
Crossroads	Eagle Mountain & Saratoga Springs	Stephanie	801.789.7753	eventsinabox@yahoo.com
Wasatch/Summit		Jessica	801.373.3006	jessica.hannemann@utahfostercare.org

Clusters are groups of foster/adoptive/kinship families that meet together on a monthly basis. Clusters can help you meet other foster/adoptive/kinship families, arrange respite care, provide fun family activities and education in adoption related issues.

For further information about the cluster program, please contact the facilitator for your area or call Nikki MacKay at 801-994-5205.

Touchstone Therapy Center Conference

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Location: Venues to be announced. Please check the website.

www.touchstonetherapyinc.com

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Salt Lake City, UT

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Friday September 10, 2010

8:30 to 5:00 p.m.

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MYTHS AND FACTS ABO

By: Dave Fowers

Dave worked for the Divison of Juvenile Justice Services for 32 years. He is one of the founding members of the Utah Network on Juveniles Offending Sexually and is currently a Co-chair of this organization. Currently Dave is a consultant and is working in private practice.

This article addresses myths and facts about sexual abuse in the general population. A subsequent article will address these issues and how they relate to children who have been adopted and their families.

What is a parent's worst nightmare? For some people there is something worse than the death of a child or a serious illness. The thought of experiencing sexual abuse or activity among their children is unthinkable. It comes from a taboo in our country that seems to be ingrained in our DNA.

Statistics of physical, sexual, psychological abuse and neglect are staggering. Addressing sexual abuse alone, statistics of one in three females and one in five males will experience some form of sexual abuse in their lifetime, with most occurring prior to age 18. Approximately 40% of children sexually molested were offended by juveniles.

Our society, culture and environment are totally inundated with brazen portrayals of real and pseudo-sexual/intimate images of sexuality. They are evident in every possible form and imagination and are ever present on billboards, television, movies and magazines. Is it any wonder that youth succumb to what might be called teen hormones yet often without the value directed and seasoned wisdom or caution needed for healthy relationships?

These behaviors cover the range from "playing doctor" and being curious to full sexual assault. How can one tell the difference between a non-offense and an offense? Do victims of sexual abuse have specific repetitive behaviors? Is it possible to see the signs of a potential perpetrator?

There are many thoughts and ideas about victimization and perpetration in our society that are generated by myth. Professional researchers and clinicians are working to educate and change these destructive ideas.

Some of these myths about victims (survivors) and perpetrators (youth with sexual behavior problems) are identified and listed below:

MYTHS

CHILDREN WHO ARE SEXUALLY ASSAULTED WILL SEXUALLY ASSAULT OTHERS WHEN THEY GET OLDER.

This is one of the primary myths of sexual abuse that has been difficult to change. Being sexually abused certainly changes each individual in significant ways. However the research is quite clear, sexual victimization does not directly predict, nor is it necessarily lead to becoming a perpetrator. There is something to be said about the need to understand or put meaning to such a traumatic event(s). And thus some victims will attempt to rehearse or re-experience the situation in an attempt to "resolve" or find meaning to the experience.

MOST SEXUAL ASSAULTS ARE COMMITTED BY STRANGERS.

This myth has little merit. The "stranger danger" fears are real for a very small percentage of the abused population. Without minimizing the dangerousness of this type of sexual assault, the vast majority of sexual victimization is committed by those known to the victim, such as brothers, step-siblings, friends, fathers, and other relatives.

MOST SEX OFFENDERS RE-OFFEND.

Research documents clearly that of juveniles offending sexually, the recidivism rates are between 9 and 14 percent. Of course, any re-offense of a sexual nature is unacceptable but the claims of extremely high recidivism rates are unfounded.

SEXUAL OFFENSE RATES ARE HIGHER THAN EVER AND CONTINUE TO CLIMB.

In the mid 1990s the reporting rates of sexual abuse increased dramatically. This rise was attributed to an increase in reporting, education, awareness, and attention to the prominence and significance of the problem. From the time this statistic reached its pinnacle, it has continued to decrease steadily.

12

DUT THE UNTHINKABLE

ALL SEX OFFENDERS ARE MALE.

Being male is a definitive risk factor for perpetration, just as being female is a significant risk factor for being victimized. Most sexual offenders are male and most sexual victims are female. Juvenile females do offend sexually but in drastically reduced numbers, with different motivations and sometimes different consequences for the survivors.

JUVENILE SEX OFFENDERS TYPICALLY ARE VICTIMS OF CHILD SEXUAL ABUSE.

Early thoughts about offenders often concluded that youth would not be able to perpetrate sexual violence in the ways they were doing unless something of a similar nature had been done to them, or that they had witnessed the same. This is clearly a myth. Research documents that there are many more pathways to perpetration than sexual victimization. Physical abuse and neglect are two other significant pathways.

We need to be clear in our modeling of appropriate boundaries, give accurate and timely information and not allow myth to explain (in error) human sexual intimacy and relationships.

TREATMENT FOR SEX OFFENDERS IS INEFFECTIVE.

The primary message of the media, the population in general and the Congress, by exacting mandatory sentencing and registration/notification legislation, is one of fear and ignorance. The implication is that recidivism for re-offense is extremely high and there is little hope for change or rehabilitation. These messages are false. As stated above, between 9 and 14 youth out of 100 will re-offend within a five year period. Stated another way, 86 to 91 youth out of 100 who have been charged with an offense, will not commit another sexual offense.

Some of the largest recidivism studies on youthful sexual offending have been completed in Utah. Developmental study and Validation study in Utah supported the statistics stated above and are in line with national information.

Youth are attempting to make sense of and understand the complex world of emotional and physical relationships. The various motivations for involvement mirror similar healthy and functional motivations in adults. Because they are young, and open to direction, problem sexuality can often be re-directed with education, understanding and therapeutic intervention.

Many, if not all, youth are highly interested in sexuality. With this interest, many will participate in age appropriate sexual curiosity and play. Very few will go on to perpetrate or offend on others. Of those very few ... most will not continue to offend into adulthood. Of those victimized, very few will become offenders.

Childhood and adolescence is a wonderful, stressful time of exploration, individualization, curiosity, connection, emancipation, identity development...just to note a few. Interest and preoccupation in relationships, touch and sexuality are to be expected. This is a fertile ground for teaching, mending, healing and providing a healthy environment for further growth and development.

Be alert to, but not alarmed by, the presence of the sexual energy of young people. Whether abused, or acting out, or normal, expect and respond with open communication, effective modeling and appropriate supervision. If there are signs of pre-occupation, coercion, or power differential, refer the youth for an evaluation or assessment.

SOURCES:

The Center for Sex Offender Management 8403 Colesville Road, Suite 720 Silver Spring, MD 20910 E-mail: askcsom@csom.org Internet: www.csom.org Douglas L. Epperson, Ph.D Washington State University Dean and Prof. of Psychology Pullman, WA 99164-2630

Touched

By BRENDA HORROKS, written originally as a blog post for her blog anothersmalladventure. blogspot.com Brenda features Utah's waiting children on her blog each week with Monday Morning Matching. Thank you Brenda for all you do for Utah's waiting children.

Years ago when we first started the adoption process I sent an email to Delilah. You know the voice of KOSY's Love Songs at night. I asked Delilah to play the song from An American Tale "Somewhere Out There". I shared with her our hope of finding the Birth Mother we were meant to find. I wanted to do something to reach out to the universe in some way (strange as it may seem) saying we are here and we are praying for this special unknown girl... at least unknown to us. This song has a special place in my heart because of this experience and my feelings back then.

Last night I had the privilege of attending the Heart Gallery 2010 Unveiling. It was held at the Utah Capital Building Rotunda. If you have ever been in this building you know the beauty it holds. But last night nothing compared to the beauty of photographs of Utah's waiting children. The photos were framed and each was up on an easel. They were situated around the rotunda and they touched my heart deeply! Each child unique...each child hoping for a permanent family.



I had the amazing experience of sitting close to a beautiful 17 year old girl who is hoping for a family. We talked about some of the things she likes.... unlike most girls her age she is not a huge fan of "Twilight" books or even "Harry Potter" books.... when I asked who her favorite author was she replied "Richard Paul Evans". I have to admit I was surprised...I don't think most girls at 17 would give this answer. I was very impressed with her maturity. It left me with a desire to learn more about this girl.

After everyone was settled in and seated the ceremony began. The ceremony consisted of introducing each child's photograph and the photographer who gave their time and talents to create the photograph. I had the privilege of sitting in for two of the children Ceci & Zackkary. Their photographer Linda Boyd presented their photos to me. I was so grateful I was asked to help. It meant a great deal to me to be involved....even in this most simple act.

At the end of the ceremony a young man who had been (adopted from foster care) stood up and sang "Somewhere Out There". A very talented young man....it was a beautiful addition to this night. As he sang I thought of all the hope I had in my heart years ago as we started the adoption process...I thought of the email to Delilah and remembered the feelings and desires of my heart. I then thought of this young lady sitting near me who is waiting for a family, I thought of the children who's pictures I was holding and all the many faces of children waiting and I realized once again how similar our stories are. I was hoping for a permanent family....someone to call my own....exactly what these children are hoping



for...someone to call their own....a place to lay their head every night and know they are loved. We are the same in so many ways. The difference lies in what we can do about it. We can pay more money, be more proactive and reach out to our family, friends and community to help in our adoption efforts. These children cannot....they have to rely upon other adults to help them. Their hope rests on workers, photographers and events to help them find their forever family. Just as we pray for a child...they pray for parents. They have to wait for hearts to change and minds to open. They are forced to "wait". We don't have to.

Lets helps these children by spreading their hopes!! Lets help them by finding ways to increase their chances. Lets reach out to our local heart galleries, state authorities and support their activities and events. Lets volunteer some of our own time educating our communities about waiting children.

Lets be their voice!

As we traveled home last night I realized how fitting it was that they held the unveiling at the State Capital building.....Theses are the States children....this building belongs to their

parent. This beautiful building belongs to the people....in a way WE are the parents to these children....we help our children. Lets help THESE children so that this time next year their portraits will be hung on a wall in their family room....their own family's room!

We all know what it is like to hope for a family...wouldn't it be amazing to see their hope rewarded with a special miracle all their own!

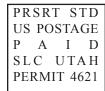
I will be praying for this...I hope you will join me!

*As I was finishing this post I discovered some things that made my day. The 17 year old I sat near and spoke with has been placed with a family. One of the siblings I stood in for is being adopted by her foster parents. Sadly the younger brother Zackkery is still waiting for a family. I am very sad they won't stay together. I was told they have a special bond. But I am happy permanency is found for one....I hope the same happens for this darling boy.

You can view the heart Gallery here.

www.utahheartgallery.org

*All photos are children featured in Utah Heart Gallery 2010





975 E Woodoak Lane, Suite 220 Salt Lake City, UT 84117

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Eric Jaehne is a wonderful case worker. We at The Adoption Exchange would like to honor him for his contributions state wide to helping case workers understand the importance of permanency and how to work with The Adoption Exchange to assist in finding permanency for children and youth. Eric is a permanency leader in the Northern region. He has participated in trainings not only in his region but also training in the South west and Eastern regions. We appreciate his love and belief in his clients, his enthusiasm and honesty.