

Passport

to the International Adoption Center



September 2013

www.cincinnatichildrens.org/iac

The IAC at a glance

Update from Dr. Mary Allen Staat, director



While changes in international adoption continue with the unfortunate closing of Russia and adoption delays in Ethiopia, we're excited that children are still able to join their families. This past year, we have welcomed children home from more countries than we've ever seen in past years: China, Taiwan, South Korea, Ethiopia, India, the Congo, Uganda, Russia, the Ukraine, Bulgaria, Hungary, Colombia, the Dominican Republic and Haiti.

In addition to seeing children when they initially arrive home, we are seeing children and their families to help with behavioral and learning issues. Due to the increase need for these services, we're excited to have Andrea Bohlen, LISW join our team (see article about Andrea below). In addition to traditional individual therapy, Andrea is offering group sessions about specific topics throughout the year.

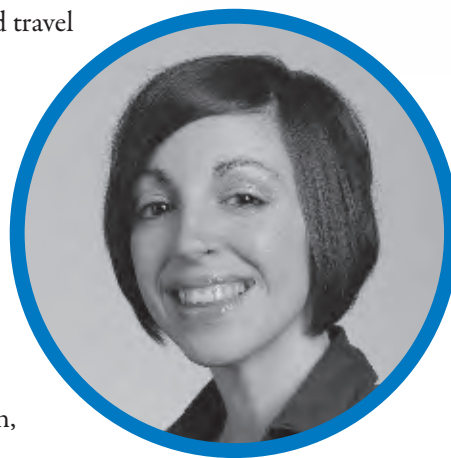
Last, we've also developed another program for our families and others who have plans for international travel - our International Travel Clinic. We offer services for both adults and children who are traveling abroad. These services include education about the travel risks, prescribing medications for the trip to prevent malaria and traveler's diarrhea, and recommendations and administration of routine and travel immunizations.

Meet Andrea Bohlen, LISW-S, IAC mental health therapist

Andrea Bohlen joins Tisha Way, as the IAC's new mental health therapist. She comes to the IAC, after working three years at Cincinnati Children's.

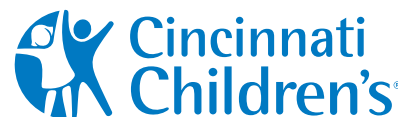
As a native Cincinnati, Andrea is thrilled to be working in her home town, counseling children and families.

She said, "I am excited to be working with the IAC and am looking forward to helping families celebrate the joys of international adoption, as well as navigating the challenges that come in parenting their internationally adopted children."



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International
Adoption Center

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IAC STAFF MEMBERS

Andrea Bohlen, LISW-S
mental health therapist
Robin Gordon
post-adoption coordinator
international travel clinic coordinator
Kelly Hicks, RN, MSN
nurse coordinator
Irina Parkins, PhD
staff psychologist
Christina Ramey
pre-adoption coordinator
Mary Allen Staat, MD, MPH
IAC director
Tisha Way, LISW-S
mental health therapist

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Brandy Pence
Herman Rumpke
Autumn Schmidt
Paul Sparling

IAC MISSION

The mission of the International Adoption Center is to uniquely address the health and wellness needs of internationally adopted children, their families, and their communities so that international adoption will be more widely embraced as a way to build families.

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Passport is published three times each year. To be added to or removed from the mailing list for this newsletter, contact Christina Ramey at christina.ramey@cchmc.org or 513-636-2877, opt. 2.

To give feedback about the newsletter or if you have a story idea, contact Jane Howie at jane.howie@cchmc.org or 513-636-0158.

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IAC in the Spotlight Dr. Mary Allen Staat recognized

Venue and Lead Magazine Award:

IAC director Dr. Mary Allen Staat was selected as an honoree for Cincinnati's Venue and Lead Magazine's Healthcare Leadership Award.

The Healthcare Leadership Award honors leading industry professionals who work to improve the everyday lives of their patients, colleagues and community. Honorees strive to increase the quality of life, while working toward progress in the health care world.

As a member of the elite Class of 2013, Dr. Staat was presented with an award at a luncheon attended by her IAC team at the Cintas Center on May 15, 2013.



A Child's Hope International:

Dr. Staat was an honored guest at The Crazy Love Banquet for Adoption and Foster Care on May 17th by A Child's Hope International and Founder Larry Bergeron. The organization, which works to motivate and mobilize the church and community to care for orphans and vulnerable children, recognized Dr. Staat for her work.



Join Us

Be a walker or virtual walker for the IAC and international adoption

Join the IAC team at this year's Cincinnati Walks for Kids on Saturday, September 28, 2013 at the Cincinnati Zoo (new walk location). If you can't attend, you can still give as a virtual walker.

For details, contact Robin Gordon at robin.gordon@cchmc.org or 513-636-2152.

The IAC's annual fundraiser – Passport to Forever – to take place November 2, 2013

The thirteenth annual Passport to Forever benefit dinner will take place on Saturday, November 2, 2013 at the Oscar Event Center at Jungle Jim's International Market in Fairfield.

The proceeds will directly benefit the IAC, to ensure that their pre- and post-adoption services, as well as mental health services continue to be available to families.

This year's theme is "Building Families From Around the World" and includes a silent auction, dinner, a children's fashion show, live auction and raffles. The children in the fashion show will wear traditional clothing from their birth countries. Kit Andrews from Local 12 News will once again serve as emcee.

Volunteers Needed:

Passport organizers are looking for volunteers for this year's event. Here are ways you can get involved:

- **Donate items to the silent auction, including items from your child's birth country** – contact Nancy Kayes at kayesfamily@cinci.rr.com
- **Sign up to help with the silent auction** – contact Nancy Kayes at kayesfamily@cinci.rr.com
- **Donate items to the live auction, including time shares, sports tickets, jewelry, etc.** – contact Victoria Nymberg at vnymberg@zoomtown.com



Save the Date for Passport to Forever Mark your calendars!

- What:** 2013 Passport to Forever
- Theme:** Building Families From Around the World
- Date:** November 2, 2013
- Time:** 6:15 pm: Cocktail Reception and Silent Auction Begins
8:00 pm: Dinner and Program
- Where:** The Oscar Event Center at Jungle Jim's
- Why:** To celebrate international adoptions while raising money for the IAC

Young Writers for Adoption Contest

A winning entry



Written by Adam Jutt (second from right), brother of Abby (12), and adopted siblings Ellie (4, China) Mia (8, China) Will (6, China) and Sam (3, China)

The mission of the Young Writers for Adoption Contest was to provide an opportunity for children, teens and young adults up to 21 years old who are either adopted, or a family member of an adopted child to express their feelings about family and adoption through their writing.

Adam Jutt (10), contest winner for the “Age 10 and Under” category writes about how his family came together below. Other selected entries will be featured in upcoming newsletters.

Taffy

One day while my sister Abby was out bike riding, I was talking with my mom. Then the door opened. There was Abby. Nothing unusual about that, until I realized what was in her hand: a duck, a baby duck. My mom had no idea what to do. Frankly, neither did I, as I had only taken care of a baby chick once, and that didn't end well.

“Can I go get a box to keep it in?” my younger sister Mia asked. My mom was still in a state of shock. “Uh, sure, I guess so.” Once we got it in the box, we got a lamp and some food for it.

The duck didn't have a family to follow but it knew it needed to follow someone. So it chose our dog Hero who was wary. When my dad got home, we were going to go to the pool. But there was one complication: Taffy, as that is what we named it.

We finally decided to take it to the pond and see if there were any other ducks there. When we got there, we were happy to find a male and female duck. Abby picked up Taffy, and brought

him/her (we weren't sure) to the ducks. Acting as if they had known each other forever, Taffy waddled over to them. I will never be sure, but I think I saw the ducks smile. They all got in the water and swam away to the opposite bank together. We watched them, and everything was going great. Even though our duck had some trouble getting back onto the bank, the new parents stayed committed, and they got back in the water, and swam to who-knows-where.

In that moment I understood what family really means. A family is a group of people, or in this case, ducks, who love each other and will look out for each other even if they're from a different pond, or a different country. That is what a family is.

Then, walking home, I had to smile. Mia and Will, my younger siblings, were following Mom and Dad just as the duck had. They were, in fact from another pond. And I love how God put our family together.

The IAC welcomed STUCK, the award-winning international adoption documentary



IAC families at the premiere of STUCK, with producer Craig Juntunen (middle, back row) and Both Ends Burning volunteers

IAC families took in the Cincinnati premiere performance of STUCK, the international adoption documentary, on Sunday, April 28, 2013. Families were able to meet with the executive producer, as well as take part in a question and answer session after the film.

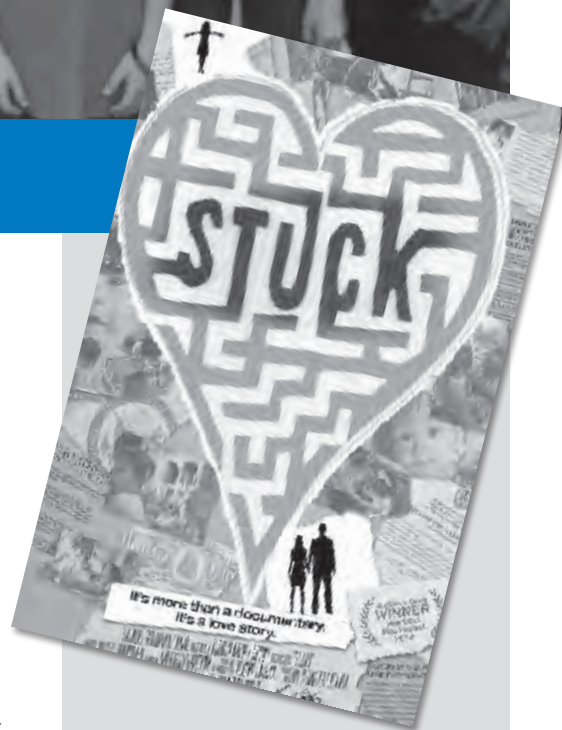
The film “STUCK” (www.stuckdocumentary.com) details the deplorable conditions in third-world orphanages and highlights the challenges, but also the steadfast love and dedication of three families as they wind their way through the adoption process.

The award-winning documentary film was created by Both Ends Burning, a non-profit group whose mission is to create a culture of adoption and facilitate changes in the current system. In 78 days, the group visited

60 cities, during an 18,000 mile bus ride to promote STUCK. The tour was supported by over 850 volunteers who ended the movement by taking part in the Step Forward for Orphans March in Washington D.C.

Both Ends Burning founder, president and STUCK executive producer Craig Juntunen is passionate that it is every child's fundamental right to have the opportunity to grow up in a loving family. His vision is for STUCK to be a change agent, in reforming the current broken international adoption process.

Juntunen asks that IAC families promote STUCK with social media lists and encourage as many as possible to watch the documentary, sign a petition, or become a member of Both Ends Burning.



To find out more about the documentary or become a member of this movement, go to www.stuckdocumentary.com or www.bothendsburning.org.

Anxiety in internationally adopted children

Tisha Way, LISW-S, mental health therapist

Anxiety is experienced when we are faced with unfamiliar or stressful situations. In manageable doses, anxiety can help propel us into action when necessary. There are also typical fears in children that may produce anxiety, such as monsters and the dark. For many children, anxiety lessens as they become more comfortable. However for some, anxiety can impact daily functioning, making it difficult to be successful in home and school.



If you would like to find out more or schedule a meeting with Tisha or her colleague Andrea Bohlen, call the IAC at 513-636-2877 and select option 1.

Children who have been internationally adopted are at particular risk for anxiety and other mental health issues.

Studies by The University of Minnesota indicate a correlation between early deprivation and elevated levels of stress reactivity and fearful, anxious behaviors later in life.

Anxious children are often easily dysregulated and can go from zero to sixty, or completely shut down with things they perceive as stressful.

They many report physical complaints, such as tummy aches and headaches. Anticipatory anxiety can make it difficult for them to manage transitions, accept changes, and try new things. They may become overwhelmed with 'what if' thoughts, preventing them from engaging in things. They may exhibit avoidance and hypervigilance. Perfectionism, people pleasing, and controlling behaviors are also common. Internationally adopted children can also present with unique challenges, including night terrors and hoarding behaviors. On the surface, these things can look behavioral; however, when we understand that these actions are indicators of an internal state of stress and anxiety, we can respond in a more controlled way.

Families can help manage anxiety in their child by:

- Creating a predictable environment. Rules and consequences are consistent.
- Maintaining a consistent daily routine. This does not mean a rigid time schedule, but rather a predictable routine that will allow your child to know what to expect each day.
- Monitoring triggers. Maintaining a log when symptoms occur can help to identify themes.
- Having realistic expectations when your child is anxious and emotionally dysregulated. Provide a calm presence by speaking in a slow, low tone of voice. Avoid lectures during these times.
- Giving advanced warnings for changes. This anticipatory guidance can help prevent a fight or flight response.
- Offering a distraction.

Counseling can also be very beneficial in addressing anxiety. Treatment often includes helping the child to identify triggers, learning coping strategies to manage their physiological stress responses, and developing ways to restructure their anxious thoughts. Families can also learn how to implement effective strategies to support their child.

Meet Andrea Bohlen, LISW-S, IAC mental health therapist

Continued...

About Andrea:

Earning her Master's degree in Social Work from The University of Cincinnati and her Bachelor's degree in Social Work from Bowling Green State University, Andrea has a vast array of experience in the field, in addition to her education.

Andrea's career includes an internship at Cincinnati Children's in the residential program at College Hill, counseling adolescent girls residing on the all-girls residential unit. More recently, she worked on the inpatient psychiatric unit at the main campus with children who were hospitalized for an acute psychiatric crisis. Her role was to provide brief family and crisis counseling, as well as to develop a discharge plan with follow-up care for each patient.

In addition, Andrea performed intensive case management for Presley Ridge, an organization which provides services to keep children and families together. Andrea helped children with a wide range of issues, including bipolar disorder, depression and reactive attachment disorder.

Her experience also includes four years with Camelot Community Care, providing in-home counseling to children and families who have experienced the trauma of abuse and neglect and/or were in need of behavioral health services.

Andrea has been married to Nick for almost one year, and they live on the West side. In their free time, they like to spend time with family and friends, try out new restaurants, and attend Reds games.

Like many who work on the IAC team, Andrea has a personal tie to adoption, as her sister-in-law (her husband's sister) was adopted from Ecuador.

About Andrea's Role:

As an IAC mental health therapist, Andrea conducts diagnostic assessments of children recently adopted and counsels children and parents to foster post-adoption support and enhance well-being.

Her areas of focus include:

- ADHD
- Anxiety
- Depression
- Developmental and trauma disorders
- Attachment issues
- Mood disorders
- Executive functioning skills

Andrea will be seeing new patients and taking on some families from Tisha Way's case load. Evaluation and treatment services are covered under the mental health benefits of most insurance plans.

How to Contact Andrea:

To schedule an appointment with Andrea, call 513-636-2877, option 1.



If you would like to find about more or schedule a meeting with Andrea, call the IAC Call Center at 513-636-2877, option 1.

Parenting Programs

Andrea Bohlen will be facilitating parenting programs about an array of topics. These parenting sessions are designed to help enrich parent-child relationships. Topics include putting an end to arguing, avoiding power struggles, setting enforceable limits, teaching kids responsibility, and guiding kids to solve problems.

For more information about the parenting sessions, call Andrea at 513-803-1741.

The International Travel Clinic is up and running

The IAC's new venture - The International Travel Clinic – is off to a great start. As part of the IAC, the clinic offers international travel preparation medication and vaccinations to individuals of all ages and families traveling abroad for:

- Adoption
- Business
- Leisure
- School trips
- Mission trips

International travelers can contact the International Travel Clinic to learn about the most up-to-date travel related health issues. Services also include providing appropriate immunizations and medical follow-up care for those who may return home ill.



Appointments are offered at two convenient locations and days:

- Cincinnati Children's Liberty Location – Mondays and Wednesdays - 8 am to 4 pm
- Cincinnati Children's Main Location – Wednesdays - 8 am to 11 am and Fridays - 8 am to 3 pm

Services and vaccinations are covered by most insurance plans.

For more information, to discuss your upcoming travel needs, and/or make an appointment, call 513-636-2877 and select option 5.

Return Service Requested

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Adoption Center

International

