

Passport

to the International Adoption Center



October 2015

www.cincinnatichildrens.org/iac

The IAC at a glance

Update from Dr. Mary Allen Staat, director

Summer is always a busy time of year here at the IAC. Each summer, we are fortunate to have summer interns that work with us to learn about international adoption healthcare. They have the opportunity to join us for pre-adoption reviews and see newly-arrived children and their families. They are involved in research study work, so we can learn and then teach others how to provide the best care for internationally adopted children. In addition, they take part in projects to increase awareness about internationally adopted children and the IAC's services.

This summer, we have had three interns. I'd like to share a little about them and what they have completed this summer.



Emily Sampson was our high school intern for the summer. The high school program at Cincinnati Children's is highly competitive, and we were excited to have her join us this summer. She learned about international adoption and other areas of medicine during her time with us. She was involved in our research studies to gain insight and research experience. Emily will be attending Indiana University-Purdue University in Indianapolis and will be majoring in biochemistry.

Hanna Schlaack returned this summer, after being our high school intern last year to help complete our research study about health issues in internationally adopted children from Africa. She will be a sophomore at The Ohio University and is majoring in biomedical science. Earlier studies completed by other centers and our center included very few children from Africa. With the increase in children arriving from Africa over the past 10 years, we will be able to provide useful information about the health of these children that will improve the care they receive not only at our center but across the world.

Carrie Farrell, a communications major and senior at the University of Cincinnati, has three sisters internationally adopted from China. She is working with the IAC to complete a video to increase awareness about internationally adopted children, updating our web page, developing marketing tools for the IAC, investigating new ways we can reach out to families through social media, and developing a focus group so that we can learn from our families about how we can improve the care of their children at Cincinnati Children's.

This year, at our Passport to Forever event, we will showcase the past and current trainees of the IAC. If you aren't able to attend, you'll be able to "meet" them all by visiting our updated website after the event.

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Carrie Farrell,
Hanna Schlaack, and Emily Sampson

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
Mary Allen Staat, MD, MPH
IAC director
Tisha Way, LISW-S
mental health therapist

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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 Robin Gordon at robin.gordon@cchmc.org or 513-636-2877, opt. 2.

To give feedback about the newsletter or if you have a story idea, contact Carrie Farrell at carrie.farrell@cchmc.org.

International Adoption Center Contact Information

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www.cincinnatichildrens.org/iac

For overnight deliveries: 3333 Burnet Ave., Building Location S8.600
Cincinnati, OH 45228

Phone: 513-636-2877; Toll Free 1-800-344-2462, ext. 62877

Fax: 513-636-6936

International Travel Clinic Contact Information

Offering international travel preparation and vaccinations to individuals and children of all ages

Two Convenient Locations and Days:

Cincinnati Children's Main Hospital:

Wednesdays – 8 am to 11 am

Fridays – 8 am to 3 pm

Cincinnati Children's Liberty Location:

Mondays – 8 am to 4 pm

Wednesdays – 8 am to 4 pm

Phone: 513-636-2877, option 5

Join Us: Upcoming Events

2015 Passport to Forever- Passport to Africa



When: Saturday, November 7, 2015 (see back page for details)

Volunteers Needed: To get involved, or donate items for the silent or live auctions, contact the event co chairs - Nancy Kayes at kayesfamily@cinci.rr.com or Karen Sparling at karen.sparling@cchmc.org.

Internationally Adopted Teens Support Group

When: Starting Wednesday, October 7, 2015 for 8 weeks (see page 7 for details)



Sibshop Workshop

When: Monday, October 26, 2015 (see page 7 for details)

IAC Groups and Workshops

Please Give Us Your Feedback by Completing These Survey Questions:

We are interested in receiving your feedback about groups and workshops that we currently offer, so that we can continue to offer programming that is relevant, meaningful and convenient for the families that we serve.

You can complete this survey by:

Going to www.surveymonkey.com/s/DQPVM9X - OR - Filling in your answers below and sending it back to us.

1. I am interested in having my child and/or family attend groups and workshops offered by the IAC.

- Yes
 No

2. Groups and workshops previously or currently offered by the IAC are relevant to the needs of my child and family.

- Yes
 No

I am not aware of current or previous groups or workshops offered by the IAC.

If answering No please elaborate:

3. I would be interested in my child or family attending groups or workshops on the following topics:

- Parenting techniques
 Attachment
 Adopted Teens (ages 13-17)
 Adopted Kids (ages 8-12)
 Sibling groups
 Social groups for kids or teens
 Parent support groups
 Other (Please share your ideas about groups or workshops that you would like to see the IAC offer)

4. I am likely to attend groups or workshops that are offered at the following times:

- Mornings
 Early afternoon
 Late afternoon/evenings (after 5 pm)
 Any time

5. I would be likely to attend groups or workshops on the following days:

- Mondays
 Tuesdays
 Wednesdays
 Thursdays
 Fridays
 Saturdays
 Any day

6. I would be most likely to attend groups or workshops offered during the following times of year:

- Winter
 Spring
 Summer
 Fall

7. I am likely to attend groups or workshops offered at the following locations:

- Main campus
 Liberty Campus
 I would attend groups at either location

8. I would like information about groups and workshops being offered to be communicated to me through:

- E-mail
 mailings sent to my home
 IAC Website
 social media

9. Please feel free to give us any other relevant feedback regarding groups and workshops that we are currently offering or groups that you would like to see offered in the future.



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Friends Through Guatemalan Adoption (FTGA) support group offers Guatemalan experiences for families

Do you have an internationally adopted child or children from Guatemala?

If so, consider joining FTGA.

FTGA was started twelve years ago by Aimee Davis and her husband, who have three children adopted from Guatemala, along with two biological children. When they moved to Cincinnati, they wanted to be part of a network of families who had adopted from Guatemala. The mission of the group is to bring together families who have adopted from Guatemala, enabling their children to grow up in community with other kids adopted from Guatemala. They currently have 50 families who participate.

The group gets together about once a month in the Greater Cincinnati Region, and they have major family events four times a year, including Easter and Christmas celebrations. In addition, they have made trips to Guatemala to visit and take part in community service with mission groups. Being involved in the community service groups allows families to be more personally involved in giving back to Guatemala.

FTGA families bring Guatemalan cultural holiday celebrations to life. For example, the Easter celebration is very elaborate. The fathers come together to make alfombra "carpet" made out of aserrin or "sawdust." This cultural tradition started with the Mayans. Their Christmas celebration is also large. Founder Aimee Davis' son said, "Mom, I'm so glad I'm Guatemalan." She asked him if it was because of the great Christmas party, to which he laughed.

If you are interested in learning more about FTGA or becoming a member, contact Aimee Davis at aimeedavis45@yahoo.com.

We hope to include information about other international adoption support groups or social groups in upcoming newsletters. If you want us to feature a group, contact the editor at carrie.farrell@cchmc.org.



FTGA families experience the rich culture in Guatemala.

Stories of hope, love and family

The Waldon family

Imagine rescuing your youngest siblings just right before your house collapsed. This happened to Julner and his siblings Julena, and Vindy, who lived in Haiti during the 2010 earthquake. Post Traumatic Stress Disorder (PTSD) is not the only trauma this sibling group faced, before coming home to the Waldons in 2014.

Since 2006, Wade and Jill Waldon knew that they wanted to adopt. They strongly believe that every child deserves a family and began the Guatemalan adoption process before it closed soon afterward. Wade and Jill looked into other options, but nothing seemed to pan out.

The Haitian earthquake reignited their desire to adopt. The family followed a Haitian orphanage on Facebook and saw siblings Julner, Julena, and Vindy and knew that they were their children. They contacted the adoption agency, began the adoption process in 2011, and came home with the siblings at the end of 2014.

Home now for almost nine months, Jill shared some of the ups and downs of their experience:

What is it like to adopt a sibling group?

“It is three times the fun, but also three times the challenge. It is very gratifying to keep the kids together as a family unit.”

What are some of the challenges with a sibling group?

“Each child brings his/her own set of challenges.” One of the most unique aspects to the Waldon Family is that they pair each of their adopted children to a biological child close in age to create close ties, take care of each other, and most importantly work together as a team.

What types of trauma did your kids experience?

“I share our story so that the adoption community will learn more about the issues of sexual, physical, and emotional abuse in adopted children, to help understand how the kids just like ours are wired. Each of our children suffered abuse. Tisha Way, IAC mental health therapist, told us that if one sibling is documented to have abuse, then each of the siblings should be expected to have been abused. Coping is an ongoing process, working with the trauma that the children harbor.”



Emily, Julner, Jack, Wade, Julena, Jill, Vindy, and Sam Waldon

Jill praises Tisha for helping her kids each and every week during their therapy sessions. They started seeing Tisha two months after bringing their children home. She sees working with the IAC as a partnership when it comes to dealing with her kids, who have suffered trauma. Jill said, “We would not have been able to survive, if it were not for the resources that the IAC has to offer.”

Jill said that it has been a long journey from starting the process of adoption to finally bringing their children home. Now, they have a different journey than they imagined, in learning how to properly help their children who have suffered from severe trauma. The Waldon family are in it for the long haul, with their love and teamwork and the resources of the IAC to overcome these challenges. Jill said, “With all the IAC has to offer, we would consider adoption again.”

“Adoption has been the most difficult thing we as a family have done, but it also has been the most rewarding,” said Jill. “It is especially rewarding when their kids make the choice to give us a hug or say that they love us, and that confirms that it has been all worth it.”

Internationally Adopted Teens Support Group

- What:** An 8-week teen group to allow internationally adopted teens an opportunity to further explore and discuss issues related to their adoption in a therapeutic setting
- Conducted By:** Andrea Bohlen, LISW-S, IAC mental health therapist
- Why:** Adolescence is typically a time when many adopted children begin to more fully explore thoughts, feelings, and questions related to their adoption and how it all fits into their forming identities. Topics covered throughout the duration of the group include: exploring and sharing individual adoption stories, exploring feelings and emotions related to adoption, exploring adoption related questions, and discussion about birth parents, relinquishment, and identity.
- Who:** Internationally adopted teens 13 to 17 years old
- Where:** Medical Office Building (M.O.B.) – 5th floor, room 602, 3430 Burnet Ave. (down from the main hospital and across from the Ronald McDonald House)
- When:** Wednesdays: 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/8 and 11/25 - from 5:30 to 6:45 pm
- Contact:** Andrea Bohlen at 513-803-1741

Attendance may be covered by your insurance. If interested, Andrea can provide you with a form, to guide you through the process of confirming insurance coverage and determining any co-pay amounts.

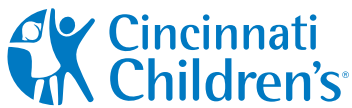


Sibshop Workshops for brothers and sisters of internationally adopted children



- What:** The IAC offers Sibshop Workshops on a quarterly basis for siblings 8 to 12 years old, to provide peer support, as well as support from professionals and volunteers.
- Why:** Siblings may struggle with:
- Changes in the family since the adoption.
 - Coping with their sibling's challenging behaviors.
 - Contending with their sibling's medical needs.
- When:** Monday, October 26, 2015 from 4:30pm - 7:30pm
- Where:** Medical Office Building (M.O.B.) – room 201, 3430 Burnet Ave. (down from the main hospital and across from the Ronald McDonald House)
- Cost:** \$10 and includes a meal
- Contact:** Andrea Bohlen at 513-803-1741





International
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Cincinnati Children's Hospital Medical Center – International Adoption Center

Save the Date

Mark your calendars!



- What:** 2015 Passport to Forever
Passport to Africa
- Date:** Saturday, November 7, 2015
- 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 in Fairfield
- Why:** To celebrate international adoptions,
while raising funds to support the
services provided by the IAC