

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Triad Issues

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- Material Title: **A Foster-Adoption Story: Angela and Michael's Journey: A Therapeutic Workbook for Traumatized Children**
- Author: Regina M. Kupecky & Christine Mitchell *Children's Books* 2009 30
- A Foster-Adoption Story tells the story of a brother and sister experiencing abuse, neglect, multiple foster care moves, sibling separation, and eventually adoption. The goal of this workbook is to open the door to discuss difficult topics; issues like abuse, neglect, birth parents, and loyalty conflicts. It can be used as an aid in helping children heal; one that allows them to read about "kids like me". This workbook will be a useful therapeutic tool to help children process their experiences and grief along the path to healing.
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- Material Title: **Adopted (DVD)**
- Author: Barb Lee *DVDs* 2008 80 minutes
- This DVD, by first-time director Barb Lee, reveals the grit rather than the glamour of transracial adoption, going deep into the intimate lives of two well-meaning families and showing us the subtle challenges they face. One family is just beginning the process of adopting a baby from China, the other family's Korean daughter is now 32 years old. Prompted by her adoptive mother's terminal illness, she tries to create the bond they never had. The results are riveting, unpredictable and telling. While the two families are at opposite ends of their respective journeys, their stories converge to show us that love alone isn't enough to make a family work.
- Includes the companion DVD, "Adopted: We Can Do Better", with more than two hours of experts' advice to help families clarify their intentions, cope with grief, identify themselves as a mixed-race family, foster identity for their transracial adopted children, and become educated about the politics of international adoption.
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- Material Title: **Adopted Teens Only: A Survival Guide to Adolescence**
- Author: Danea Gorbett *Children's Books* 2007 78 pages
- This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.
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- Material Title: **Adoptee Survival Guide: Adoptees Share Their Wisdom and Tools, The**
- Author: Lynn Grubb *Books* 2015 220 pages
- 30 adoptee authors provide support, encouragement and understanding to other adoptees in facing the complexities of being adopted, embarking on search and reunion, fighting for equal access to identifying information, navigating complex family relationships with the latest technology, and surviving it all with a sense of humor.
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- Material Title: **Adoption and Loss: The Hidden Grief**
- Author: Evelyn Burns Robinson *Books* 2003 223 pages
- What becomes of women who give up their children for adoption? Why do so many adopted people feel such a strong desire to seek out their families of origin? In what ways are families with adopted children different from other families? This book, written by a birth mother, provides the answers to these questions and many others.
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- Material Title: **Adoption Life Cycle, The: The Children and Their Families Through the Years**
- Author: Elinor Rosenberg *Books* 1992 188 pages
- This book is for anyone involved in the adoption experience – adoptees, adoptive parents, birth parents and professionals. It provides a framework for understanding the important developmental tasks which span the lifetimes of all those involved.
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- Material Title: **Adoption Reunion Survival Guide, The: Preparing Yourself for the Search, Reunion, and Beyond**
- Author: Julie Jarrell Bailey *Books* 2001 142 pages
- This book, divided into four parts, "Preparing for a Reunion: What You Need to Know;" "Practical Advice for Sidestepping Reunion Pitfalls;" "The Tangled Web of Rights and Legal Issues;" and "More Help for Your Journey," helps identify the stages of search and reunion and offers practical, positive guidelines for the successful reunification of adoption triad members in a warm and positive manner.
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- Material Title: **Adoption Reunions: A Book for Adoptees, Birth Parents and Adoptive Families**
- Author: Michelle McColm *Books* 1993 253 pages
- Drawing on her own experiences and those of others, McColm, who has had a successful reunion with her birth mother and extended family, presents a guide for people involved in any phase of the reunion process. This book offers suggestions that can provide a road map for those who have experienced or are anticipating a reunion.
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Material Title: **Adoption Triangle, The**
Author: Arthur D. Sorosky, M.D. *Books* 1984 225 pages

This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.

Material Title: **Because I Loved You: A Birthmother's View of Open Adoption**
Author: Patricia Dischler *Books* 2006 233 pages

This is a handbook that is also a memoir. In nine chapters, Dischler talks about the birthmother's road to open adoption, offering to birth families and adoptive families, advice and guidance through various stages of the experience. She also shares the ups and downs of her own story and that of her now adult son.

Material Title: **Being Adopted: The Lifelong Search for Self**
Author: David Brodzinsky *Books* 1992 193 pages

This book, based on Eric Erikson's seven stage life cycle model, will open doors for adoptees who at one time or another have wondered why they felt a particular way and had no place to turn for the answer. * There is a hard cover and a paperback.

Material Title: **Birth Families and Adoptive Family Relationships (Audiotape)**
Author: Audiotape *Audiotapes* 2002

This session includes discussions about creating a photo resume, networking to locate a birth family, sensitive handling of phone calls, the first meeting, a cooperative agreement to outline future contact, and understanding the process from the birth family's and the adoptive family's perspectives. It also includes what to expect when working with a birth parent with a mental health history and/or drug or alcohol addiction.

Material Title: **Birth Family and Adoptive Family Relationships (CD)**
Author: adoptioncds.com *CDs* 2002

This session includes discussions about creating a photo resume, networking to locate a birth family, sensitive handling of phone calls, the first meeting, a cooperative agreement to outline future contact, and understanding the process from the birth family's and the adoptive family's perspectives. It also includes what to expect when working with a birth parent with a mental health history and/or drug or alcohol addiction.

Material Title: **Birthbond: Reunions Between Birthparents and Adoptees - What Happens After...**
Author: Judith S. Gediman and Linda P. Brown *Books* 1991 256 pages

In this eye-opening, deeply affecting account, the authors reveal - through the words and experiences of adoptees, birthmothers, and birthfathers - that what reunion can accomplish is impressive, although its pangs are no less real than the pangs of birth

Material Title: **Blended Perspectives Meeting Training Video (DVD)**
Author: Seneca Family of Agencies *DVDs* 25 minutes

This video provides an example of the Blended Perspectives Meeting tool for the purpose of expanding permanency options for youth. At the center of this DVD is foster teen, Christina. Surrounding her are members of her foster and birth families, and her case worker, as they come together for a blended perspectives meeting in support of her future. They are able to identify an extended support system and address common goals and concerns as Christina approaches adulthood.

Material Title: **Closure: A Documentary About Adoption (DVD)**
Author: Bryan Tucker *DVDs* 2013 16 minutes

Angela, an African-American woman, was raised by a Caucasian couple in a large, multiracial family in Washington State. She was adopted at the age of one from foster care in the state of Tennessee, under the terms of a closed adoption. As Angela grew older it became apparent that the unanswered questions about her birth story would continue to haunt her if she did not attempt to find some answers. Filmed and edited by her husband Bryan, this documentary follows Angela for two years during the search for her birth family. Several twists and surprising revelations ultimately lead Angela and her family across the country to her place of birth. It is here where Angela comes face to face with her birth mother for the first time, and meets family members who had never known she was even born - including her birth father.

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Material Title: **Counting Down: A Memoir of Foster Parenting and Beyond**
Author: Deborah Gold *Books* 2018 256

When Deborah Gold and her husband signed up to foster parent in their rural mountain community, they did not foresee that it would lead to a roller-coaster fifteen years of involvement with a traumatized yet resilient birth family. They fell in love with Michael (a toddler when he came to them), yet they had to reckon with the knowledge that he could leave their lives at any time.

In *Counting Down*, Gold tells the story of forging a family within a confounding system. We meet social workers, a birth mother with the courage to give her children the childhood she never had herself, and a father parenting from prison. We also encounter members of a remarkable fellowship of Appalachian foster parents—gay, straight, right, left, evangelical, and atheist—united by love, loss, and quality hand-me-downs.

Gold's memoir is one of the few books to deliver a foster parent's perspective (and, through Michael's own poetry and essays, that of a former foster child). In it, she shakes up common assumptions and offers a powerfully frank and hopeful look at an experience often portrayed as bleak.

Material Title: **Dear Wonderful You, Letters to Adopted & Fostered Youth**
Author: Diane René Christian *Books* 2014 176 pages

"Dear Wonderful You, Letters to Adopted & Fostered Youth" is a powerful book filled with thoughtful and inspiring letters. This anthology was written by a global community of adult adoptees and adults who were fostered. Each letter was penned to the upcoming generation of adopted and fostered youth. The mission of "Dear Wonderful You" is for all adopted or fostered youth to feel embraced and guided by the incredible letters contained inside. The writers' want every young reader to know they have a network of support who "get it," "get them," and have been in their shoes

Material Title: **Family of Adoption, The**
Author: Joyce Maguire Pavao *Books* 1998 124 pages

This popular book provides a broad framework for thinking about adoption because it considers the entire family system -- birth parents, adoptive parents, adoptees and other family members. By feeling empathy for all members of the extended family, everyone involved can grow, learn and heal.

Material Title: **Foster Parents Working with Birth Parents (DVD)**
Author: DVD *DVDs* 2003 50 min

Dr. Vera Fahlberg talks with a panel of experienced foster parents about the issues of increased drug and alcohol related placements, the importance of communication with birth parents, and the need for early permanency planning. While the discussion focuses primarily on infant and preschool placements, the information on this tape can be applied to the care of foster children of all ages.

Material Title: **Get Real**
Author: Betty Hicks *Children's Books* 2006 184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents – Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

Material Title: **Handbook of Adoption: Implications for Researchers, Practitioners, and Families**
Author: Rafael Javier, et al *Books* 2007 536 pages

Although most mental health and behavioral health professionals have encountered adoption triad members—birth parents, adoptive parents, and adopted persons—in their clinical practice, the vast majority have had no formal or informal training on adoption issues. The *Handbook of Adoption* is the first text designed for mental health practitioners to specifically address the many dimensions of adoption-related issues which can and do affect adoption triad members, specifically in the United States.

Material Title: **I Don't Understand Why: A Search for Meaning (DVD)**
Author: Illinois State University *DVDs* 2005 12 minutes

This documentary shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty's when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.

Material Title: **Journeys After Adoption: Understanding Lifelong Issues**
Author: Jayne E. Schooler and Betsie L. Norris *Books* 2002 273 pages

This book deals with issues faced by all members of the adoption triad, but the bulk of it focuses on components and considerations of the search for adoptive parents, including "How do I make the decision to search? How do I prepare emotionally? What are my adoptive parents feeling and thinking? What if I'm rejected, encounter death, or reach a dead end? How will I relate to siblings?"

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Material Title: **Life Givers: Framing the Birthparent Experience in Open Adoption**
Author: James Gritter *Books* 2000 229 pages

This book examines all the ways in which birthparents are marginalized, providing a glimpse of birthparents' emotional roller coaster ride as they struggle with grief, ambivalence and regret. It makes the persuasive case that adopted children are best served when birthparents and adoptive parents work together to ensure that the birthparents remain part of their children's lives.

Material Title: **Lost and Found (VHS)**
Author: Debra Baker *Videotapes* 2005 26 minutes

There are over six million adoptees in the U.S., and though "Lost and Found" is Debra's own story, it could be the story of any of those separated through a closed adoption system. We have seen the airport reunions, and this film takes viewers into the real world of forming relationships in a new, strangely familiar family, and the impact of search and reunion not only on mother and "child", but entire families.

Through interviews of her family, her son, and his adoptive mother, the emotions and ramifications of reunion are explored. Debra's son's story is connected to Debra's story through that of his adoptive mom's, who was gravely ill when Debra met her. But his adoptive mom wanted to tell her story, also; that she felt reunion was a good thing, that there is enough love to go around, hoping to encourage adoptees to search, and their adoptive parents to support them.

Material Title: **Open Adoption Experience, The: A Complete Guide for Adoptive and Birth Families-from Making the Decision Through the Child's Growing Years**
Author: Lois Ruskai Melina *Books* 1993 363 pages

This book offers a detailed discussion of the many advantages of open adoption as well as the common problems, helping adoptive and birth parents to know what to expect as the relationship unfolds and how other families have coped with the unexpected.

Material Title: **Open Adoption through the Years: What Are the Challenges? (Audiotape)**
Author: Audiotape *Audiotapes* 2002

This workshop draws from the experiences of families who have been in long-term open adoptions for 15 to 25 years. Challenges presented involve the simpler ones of managing visits and communication among numerous birth families to the more complex issues of divorce, drugs, death, prison, and more. The speakers encourage sharing of audience experiences.

Material Title: **Open Adoption through the Years: What Are the Challenges? (CD)**
Author: CD *CDs* 2002

This workshop draws from the experiences of families who have been in long-term open adoptions for 15 to 25 years. Challenges presented involve the simpler ones of managing visits and communication among numerous birth families to the more complex issues of divorce, drugs, death, prison, and more. The speakers encourage sharing of audience experiences.

Material Title: **Openness in Adoption: Exploring Family Connections**
Author: Harold D. Grotevant *Books* 1998 208 pages

For professionals and laypersons alike, this book provides a comprehensive review of the issues involved in openness in adoption. It also provides rich data from an exceptional sample of adoptees, their adoptive parents, and their birth mothers, and it provides a perspective on the experience of each of these members of the adoption triad.

Material Title: **Openness: Making Decisions about Openness in Adoption (VHS)**
Author: Ed-Net Series *Videotapes* 1999 90 minutes

A panel discussion focuses on sensitive, life-altering decisions about contact with birth parents, siblings, extended birth families and foster parents. Topics include: defining the range of openness, the developmental needs of children and adoptive families, what kids are thinking vs. what they are talking about.

Material Title: **Parents Wanted**
Author: George Harrar *Children's Books* 2001 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

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Material Title: **Primal Wound, The: Understanding the Adopted Child**
Author: Nancy Newton Verrier *Books* 1993 222 pages

By applying information about pre-and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

Material Title: **Respect, Responsibility, and Commitment in Open Adoptions (Audiotape)**
Author: Audiotape *Audiotapes* 2002

Open adoption is most often presented to prospective birth and adoptive parents in terms of "doing whatever they are comfortable with." What this approach rarely does, however, is take into consideration the needs and desires of the adopted child. This workshop discusses why respect, responsibility, and commitment need to replace comfort if the child is truly to be served in open adoption.

Material Title: **Respect, Responsibility, and Commitment in Open Adoptions (CD)**
Author: CD *CDs* 2002 75 minutes

Open adoption is most often presented to prospective birth and adoptive parents in terms of "doing whatever they are comfortable with." What this approach rarely does, however, is take into consideration the needs and desires of the adopted child. This workshop discusses why respect, responsibility, and commitment need to replace comfort if the child is truly to be served in open adoption.

Material Title: **Returnable Girl**
Author: Pamela Lowell *Children's Books* 2009 240

Abandoned. That's how Ronnie Hartman feels after her mother and Kenny, her mom's good-for-nothing boyfriend, move to Alaska, bringing Ronnie's two younger brothers with them and leaving her behind. Now thirteen years old, Ronnie has been "returned" from multiple foster homes because of her impulsive lying and stealing. Her latest foster mom, Alison, is Ronnie's very last chance—if she doesn't want to end up in some awful residential treatment center.

Meanwhile, Ronnie wants more than anything to fit in with the popular crowd, especially with the beautiful (but stuck-up) Paige. But when Ronnie betrays her only friend, a chubby outcast named Cat, she begins a pattern of deception that can only end in disaster. As Ronnie struggles to define herself, an important letter will present her with the most heart-wrenching decision of her life: to accept the woman who wants to adopt her, or to return to the mother who once abandoned her.

Material Title: **Sam's Sister* (Children's Material)**
Author: Juliet C. Bond *Children's Books* 2004 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

Material Title: **Separation and Loss Issues for Foster and Birth Families (DVD)**
Author: DVD *DVDs* 2003 20 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

Material Title: **Single Square Picture, A: A Korean Adoptee's Search for Her Roots**
Author: Katy Robinson *Books* 2002 297 pages

One day she was Kim Ji-yun, a seven-year-old, growing up in Seoul, Korea. The next day she was Catherine Robinson, living in Salt Lake City, not knowing the language, the customs, any of the people, or even why. Twenty years later, with the blessings of her adoptive family, Katy Robinson returned to Seoul in search of her birth mother -- and found herself an American outsider in her native land. What transpired in this world -- at once familiar and strange, comforting and sad -- left her conflicted, shattered, exhilarated and moved in ways she had never imagined. This is her story.

Material Title: **Speranza's Sweater**
Author: Marcy Pusey *Children's Books* 2018 32

Speranza wears her sweater everywhere, hanging onto the last memories of her birth home, until it's threadbare. Like her unraveled sweater, Speranza must weave together a new story, bringing threads from her past and strands from her present, into a future of love, family, and the true meaning of home.

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Material Title: **Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families (DVD)**
Author: Sheila Ganz *DVDs* 2005 57 minutes

This DVD chronicles the filmmaker's journey as a birthmother, interwoven with diverse personal stories of adoptees, birthparents and adoptive parents in both same race and transracial adoptions. It examines relinquishment, growing up adopted, raising an adopted child, years of silence and shame, and searching for answers to unasked questions. In the process, we learn what the universal issues of "identity" "loss" and "needing to know the truth" mean to these people.

Material Title: **Walk a Mile in My Shoes: A Book about Biological Parents for Foster Parents and Social Workers**
Author: Judith A. B. Lee *Books* 1989 77 pages

The authors attempt to create an inclusive picture that takes into consideration the views and feelings of all persons involved in the lives of foster children so that foster parents and professionals can work more effectively with each other and with the child and his or her biological relatives.

Material Title: **We're All Not the Same, But We're Still Family: An Adoption and Birth Family Story**
Author: Theresa Fraser & Eric Fraser *Children's Books*

This story was written for adoptive families to explore the benefits of adoption openness. The main character, Deshaun, loves his family but always wondered about his biological family. Does he look like them? Did they love him? With the support of his adoptive parents, Deshaun gets to meet his biological family. They develop an ongoing relationship, so Deshaun feels more stable in his adoptive family, but also develops a comfortable relationship with his birth family. Deshaun and his family are reminded (as we all are) that family can include biological, adopted, foster and kin members.

Material Title: **Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks**
Author: Barbara Burlingham-Brown *Books* 1994 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.