



# The Journey

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ORPARC is a program of Northwest Resource Associates

## All About Me

### All About Me...Needs YOU!

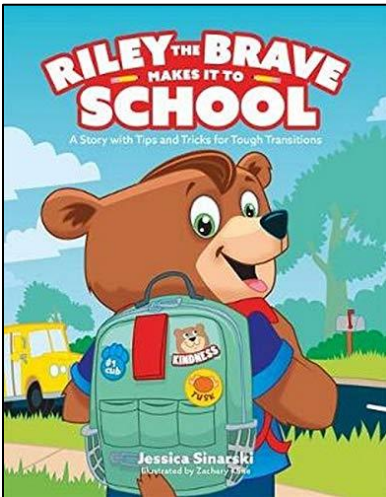
As ODHS prepares for the unprecedented [roll out of All About Me books](#) this fall for all children in foster care, they need all of our help and support. *All About Me* books are a beautifully simple but demonstrative way to remind kids that their stories and identity are important from the day they enter care. *All About Me* books are a tool originally introduced to Oregon by ORPARC trainer and international therapeutic life story work expert Richard Rose (coming again to Oregon – see page 2!).

*All About Me* books can help children better connect with the workers and caregivers around them by a mutual sharing of even small bits about themselves, and vice versa. By helping children and youth ground themselves more firmly in the present, we can help them grapple with the past, and better prepare for the future. ORPARC and Richard Rose himself are delighted to be wholeheartedly supporting the *All About Me* process. We look forward to walking beside ODHS innovators like Allie Fahsholz, Francine Florendo and key ODHS leadership who are working tirelessly to grow this exciting new practice for Oregon’s children.

“Children and young people see these *All About Me* books as passports to the future. So often we find that children and young people who exit the Care System have little to show for the years they have journeyed through.” ~Richard Rose

[tlswi.com](http://tlswi.com)

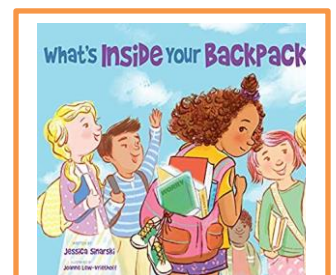
### If Riley Bear Can Do It, You Can Too!



Heading back to school is always a big deal, but even more so this year! Kids and parents need all the bravery they can muster to navigate big transitions, new routines and today’s uncertainties. For kids who have experienced care, all these factors are magnified significantly! Fortunately, therapist trainer Jessica Sinarski’s brand new book [Riley the Brave Makes It To School](#) is available in ORPARC’s library. Riley and his parents dig deep to find the extra compassion, patience and playfulness to help both them - and Riley - build brains, steady nerves, and make it to school. And all despite the nagging doubts and worries (big behaviors!) that pop up along the way.

Sinarski’s books always feature an educational afterward that boosts adult confidence. Plus, she offers kid-friendly, activity sheets, available at BraveBrains and as a bundle in ORPARC’s library. We know you’ll get so much out of [all of Sinarski’s materials](#), including her well-attended webinars also available for ORPARC library checkout.

Remember, Sinarski’s wise words “little brains cannot learn if they are in distress” apply to us adults too! She adds, “Take care of yourself, hold your loved ones close, celebrate the victories, and laugh at the ridiculousness.” Jessica Sinarski, Riley Bear and ORPARC hope you find lots of ways to be brave this fall. If you need a little help, that’s what we’re here for!



Be sure to check out “[What’s Inside Your Backpack?](#)” too!