

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.

Open Adoption/Mediation

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.

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: **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: **Children of Open Adoption**
 Author: Kathleen Silber & Patricia Martinez Dornier *Books* 1990 191 pages

For decades, open adoption has been gaining ground, replacing the secrecy and shame once attached to the subject. Examining scores of actual open adoptions, this book focuses, in separate chapters, on infants, preschoolers, school-age children, and teens, showing how love is multiplied and energies are used more productively when family ties are not a mystery.

Material Title: **Facilitating Meaningful Contact in Adoption and Fostering; A Trauma-Informed Approach to Planning, Assessing, and Good Practice**
 Author: Louis Sydney *Books* 06/21/2014 218

Most children who are fostered or adopted have some level of contact with their birth family -- whether face-to-face or by letter -- yet most of the time the psychological impact of contact on the child isn't considered.

This book explores what attachment, neuroscience and trauma tell us about how contact affects children, and shows how poorly executed contact can be unhelpful or even harmful to the child. Assessment frameworks are provided which take the child's developmental needs into account. The authors also outline a model for managing and planning contact to make it more purposeful and increase its potential for therapeutic benefit. The book covers the challenges presented by the internet for managing contact, unique issues for children in kinship care, problems that arise when adoptive parents separate and many other key issues for practice.

Open Adoption/Mediation

Material Title: **Facing up to Facebook: A survival guide for adoptive families**
Author: Eileen Fursland *Books* 2010 97 pages

This book, published by the British Association for Adoption & Fostering (BAAF), examines the way the internet, social networking and other technologies are changing the landscape of adoption contact, search and reunion. It is the first UK guide to explore the many pressing questions and concerns facing adoptive parents: What do adoptive families, adopted children and birth families need to know about adoption in the Facebook age? How can they be equipped for new challenges? What do adoptive parents need to know about protecting privacy and security in the best interest of their children and wider family? How can adoptive parents manage the complex situations that arise from unauthorized and unmediated contact? What help and support is available?

This guide demystifies the technology behind social networking sites, provides a practical explanation of how they work and tackles key issues such as internet safety, privacy and identity protection. Facing up to Facebook provides a considerable amount of information, raises important questions and offers essential advice. Case studies and quotations enable others' experiences to be shared, and reveal the potential and very significant risks that some people have experienced. Although it does not provide any easy answers, the guide does include hard-won insights from adoptive parents and adoption workers who have had to face up to the impact of Facebook.

Material Title: **Kids Speak: Open Adoption (DVD)**
Author: DVD *DVDs* 2005 18 minutes

Three households are profiled, two young adults and a sibling pair discuss the varying degrees of openness in their adoptions and its meaning to their lives. One lived with her birthmother for several years and has remained close throughout her adoption. Another has adoptive parents who felt threatened by his desire for openness, and the siblings fall somewhere in between.

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: **Making Room in Our Hearts: Keeping Family Ties through Open Adoption**
Author: Micky Duxbury *Books* 2006 192 pages

This book, based on interviews with more than one hundred adopted children; birth and adoptive parents; extended families; professionals, and experts; helps both adoptive and birth parents address their fears and concerns, while offering them the support to put the child's psychological and spiritual needs at the center of adoption.

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

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Open Adoption/Mediation

Material Title: **Open Adoption, Open Hearts (2 CDs)**

Author: Terri Kirby, Lisa Rankins, Jennifer and M. Gerrits *CDs* 8/4/2011 27 minutes

Presented by Terri Kirby, adoptive parent, Lisa Rankins, birth mother, Jennifer Gerrits of the Saint John Adoptive Parents Association, New Brunswick, and Michelle Gerrits, adoptee, New Brunswick at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop profiles two families' open adoption experiences. A birth mother and the woman who adopted her son will share their journey, which began on opposite sides of a courtroom. They developed a strong bond and learned about love, trust, patience, and understanding. In the second story, a parent and an adopted teen share how they gradually opened an adoption from foster care. The presentation will include practical information for parents considering connecting with their children's birth family.

Material Title: **Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole, The**

Author: Lori Holden and Crystal Hass *Books* 2015 228

Prior to 1990, fewer than five percent of domestic infant adoptions were open. In 2012, ninety percent or more of adoption agencies are recommending open adoption. Yet these agencies do not often or adequately prepare either adopting parents or birth parents for the road ahead of them! The adult parties in open adoptions are left floundering.

There are many resources on why to do open adoption, but what about how? Open adoption isn't just something parents do when they exchange photos, send emails, share a visit. It's a lifestyle that may feel intrusive at times, be difficult or inconvenient at other times. Tensions can arise even in the best of circumstances. But knowing how to handle these situations and how to continue to make arrangements work for the child involved is paramount. This book offers readers the tools and the insight to do just that. It covers common open-adoption situations and how real families have navigated typical issues successfully. Like all useful parenting books, it provides parents with the tools to come to answers on their own, and answers questions that might not yet have come up.

Through their own stories and those of other families of open adoption, Lori and Crystal review the secrets to success, the pitfalls and challenges, the joys and triumphs. By putting the adopted child at the center, families can come to enjoy the benefits of open adoption and mitigate the challenges that may arise.

More than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child's growing up years, helping that child to grow up whole.

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: A Guide to Understanding and Nurturing Contact with Birth Families**

Author: ORPARC *Information Packet* October 2011 77

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: **Parenting Your Adopted Older Child**

Author: Brenda McCreight *Books* 2002 199 pages

With such chapters as "Attachment," "Loss and Grief," "False Allegations of Abuse," "Maintaining Your Married or Single Lifestyle," "Avoiding Power Struggles," "Self-Esteem for You and Your Child," and many more, this handbook has something for just about any family who has adopted a child older than two years either domestically or internationally.

Material Title: **Realistic Look at Open Adoption, A (Audiotape)**

Author: Lois Melina *Audiotapes* 1993 60 minutes

This presentation addresses the questions and concerns adoptive parents have about open adoption and helps parents evaluate the advantages and disadvantages of open adoption realistically.

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Open Adoption/Mediation

Material Title: **Recovering Hope: Birth Mothers Speak Out About Fetal Alcohol Spectrum Disorders**
Author: U.S. Department of Health and Human Services *DVDs* 60 minutes

Recovering Hope is an intimate and evocative hour-long video about the mothers and families of children who are affected by Fetal Alcohol Spectrum Disorders (FASD).

The video, created for viewing by women in recovery and their counselors, is divided into two half-hour episodes to allow time for discussion within a treatment session.

Eight women tell poignant, memorable stories. They speak out about how alcohol use during pregnancy affected their children, how they are learning effective new ways to parent, and how they are recovering hope for the future.

Six researchers and clinicians support these stories by explaining the physical, mental, behavioral and learning disabilities associated with FASD and discussing evaluation and intervention services.

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: **Social networking and contact: How social workers can help adoptive families**
Author: Eileen Fursland *Books* 2010 102 pages

This book, published by the British Association for Adoption & Fostering (BAAF), examines the way internet, social networking and other technologies are changing the landscape of adoption contact, search and reunion. It is the first UK guide to explore the many pressing questions and concerns facing social workers: What do practitioners need to know about adoption in the Facebook age? How can they be equipped for new challenges? What do social workers need to know about protecting privacy and security so that they can give advice to young people and their families? How can social workers manage the complex situations that arise from unauthorized and unmediated contact? What advice and support is available?

The guide demystifies the technology behind social networking sites, provides a practical explanation of how they work and tackles key issues such as internet safety, privacy and identity protection. It examines the challenges faced by all parties involved in contact and looks at balancing the adopted child's curiosity and need to know with the adoptive family's fears and concerns around security and disruption. Social networking and contact provides a significant amount of information, raises important questions and offers essential advice. Case studies and quotations enable others' experiences to be shared, and reveal the potential and very significant risks that some people have experienced. Although it does not provide any easy answers, the guide does include hard-won insights from adoption workers and adoptive parents who have had to face up to the impact of Facebook.

Material Title: **Social networking and you**
Author: Eileen Fursland *Children's Books* 2011 24 pages

This booklet for adopted and long-term fostered teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It specifically addresses concerns about unexpected contact with birth family members, talking things through with adoptive parents and tracing birth relatives. The real-life experiences of adopted young people help bring the guide to life and challenge the reader to consider 'what happened next?'

Material Title: **Spirit of Open Adoption, The**
Author: James Gritter *Books* 1997 306 pages

Adoptive parents, birth parents, and adoptees come together in a spirit of extended family that helps the participants overcome the fear, pain, shame, and loss of adoption with honor and respect. Using as groundwork the profound insights of contemporary thinkers in the fields of adoption, theology, philosophy, and literature, Gritter guides the reader along a spiritual pathway that discovers the honesty, community, and cooperation that produce successful open adoption.

Open Adoption/Mediation

Material Title: **The Adoption Reader: Birth Mothers, Adoptive Mothers, and Adopted Daughters Tell Their Stories**
Author: Susan Wadai-Ells *Books* 1995 272 pages

With eloquence and conviction, more than thirty birth mothers, adoptive mothers and adopted daughters explore what is a deeply emotional, sometimes controversial and always compelling experience that affects millions of families and individuals. These personal essays and stories are informed by the contemporary adoption movement and raise timely issues that illustrate its complexity, among them: open and closed adoption, cross-cultural adoption, the birth record debate, the experience of biracial adoptees, adoption by lesbian couples, and the search for identity.

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.