

“I am not alone.” *continued from p. 1*

to grow up being friends with other adopted children, they usually don't talk about their feelings about adoption. The opportunity to share feelings, discover commonalities, appreciate and respect differences is empowering.” She notes that, for many children, groups help to mitigate the sense being different that adopted children commonly feel. Adopted children know they are a minority. For eight weeks, one and a half hours per week, they are in the majority.

The KAN groups follow a curriculum designed by C.A.S.E. to address the important aspects of growing up adopted. In the initial weeks, art and other activities serve to create a sense of cohesiveness. As the children share their adoption stories, explore questions related to their birth families, and celebrate being part of their adoptive families, feelings are normalized. For some children, it may be the first time they have verbalized their thoughts about adoption. Many parents may wonder, Isn't this opening up Pandora's Box? Isn't it best to leave well enough alone? What if my child hears something from another child that hadn't occurred to them? Daphne Johnston, C.A.S.E. therapist who leads KAN groups in Virginia says, “Children often cannot put into words what they are feeling, but the feelings are there. Parents of the “quiet” children are often amazed at the discussions that ensue at home between the group sessions.”

In adolescence, feelings about adoption become even more complex. While it is important for parents to keep the lines of communication open with their teens, the fact is that teens often prefer to talk to their peers. The Teen Adoption groups provide the opportunity for kids to explore complex adoption issues related to loss, identity, racism, as well as relationships. Sean Delehant, therapist, notes that again, while some teens are reluctant to come, they wind up asking to extend the group meetings or attend another series. The connections the teens make with each other are extremely powerful and important to them.

Just as kids benefit from the support of their peers, parents' needs are addressed as well. While the kids are meeting, several parent meetings are held concurrently for the purpose of discussing common questions and concerns. In addition, at the end of each group series, the Family night session brings parents and group participants together to dialogue with each other.

CASE's motto, Talking is Good for Everyone is the based on the belief that problems can be prevented when feelings and thoughts about adoption are openly expressed. To that end, the KAN and Teen Groups play a critical role in both prevention and amelioration of some of the emotional challenges in adoption.

If you would like to learn about C.A.S.E.'s support groups, the KAN (Kids Adoption Network) and the Teen groups, see our 2007 Workshop schedule on page 5 or visit www.adoptionsupport.org.

Message from the Board President

Supporting the well-being of adoptees and their families is a dream the founders, board of directors and the staff of The Center for Adoption Support and Education have espoused. Having realized a measure of success; action must be taken to ensure the viability of this work.

Home, family and community constitute the bedrock that supports the growth and development of all healthy human life. The adopting parent and the adopted child are members of a family invested in this trilogy.

Continuing success will demand that C.A.S.E engage the greater community for support, while reinforcing that home environment can best meet the needs and aspirations of each family.

Additional dollars and human resources must be identified and leveraged to sustain and enhance those policies and programs, already in place that are demonstrably effective in serving these families. Strategies must be designed to complement existing efforts underway in our scope of practice.

I am looking forward to working with the C.A.S.E board and staff to open those “inner” and “outer” doors to insight, experience and creativity that will ensure that adoptees, their families and their circles of support thrive at home and in their community as they are shepherded to emotional, physical and social maturity to become future keepers of the dream.

It is with pleasure that I introduce to you the C.A.S.E. Board of Directors. They represent a very diverse, highly talented group of individuals who are committed to the success of C.A.S.E.'s mission.

Arva Jackson

Meet Our Board

Arva Jackson, President — Ms. Jackson has enjoyed a career as a psychiatric social worker. After retiring from her role as chief of education for NOAA (National Oceanic and Atmospheric Administration), she has been actively involved in non-profit boards, with membership in the Primary Care Coalition in Montgomery County, the Montgomery County Collaboration Council for Children, Youth and Families, and the African American Health Program. She is the mother of three adult children. Ms. Jackson has dedicated her life to ensuring that children thrive and grow to become assets to their families, friends and communities.



Frank Watkins, Vice-President — Frank Watkins is an architect and owner of Bignell, Watkins, and Hasser, an architectural firm based out of Annapolis, MD. He is the proud father of two adopted daughters. Mr. Watkins has been working in recent years to ensure the availability of post adoption services to the adoption community. He joined the C.A.S.E. Board in 2003, is the Co-Chair of the Golf Tournament Committee and is serving as the Vice President.



Founders – Kathleen and Mike Dugan - Kathy and Mike Dugan co-founded C.A.S.E. in 1998. They are the parents of twelve children, including eight who were adopted through the child welfare system, and Mrs. Dugan has over 25 years of experience providing workshops and consultation for foster and adoptive parents whose children have a wide range of special needs. Their awards and recognition include 1994 Therapeutic Foster Parents of the Year, The Whitney M. Young Jr. Community Service Award from The Greater Washington Urban League in 2001, and the Congressional Coalition of Adoption Institute Angel in Adoption Award in 2002. Mike Dugan serves as the Treasurer.



Kevin Battle – Kevin Battle is a vice president/relationship manager in the District of Columbia's Office for Wachovia Wealth Management. Mr. Battle has served in various strategic leadership roles within Wachovia Wealth Management. He joined the C.A.S.E. Board in 2004 and is a member of the Fundraising Committee.



Caren Camp – Caren Camp is a regional manager at HelmsBriscoe. Her career has taken her from fashion and cosmetics to independent meeting planner to developmental director for non-profit organizations. She is an adoptive parent of two sons. In 2004 she joined the C.A.S.E. Board of Directors and presently leads the Fundraising Committee.



Veronica Caprara, M.S. – Veronica Caprara is the proud mother of two teenage daughters adopted from Russia. She is a consultant for Booz Allen Hamilton, supporting clients at NASA GSFC. She received a B.S. degree in Biomedical Engineering from Case Western Reserve University and an M.S. degree in Systems Engineering from Johns Hopkins University. Ms. Caprara joined the C.A.S.E. Board in 2004.



Janet B. Cauffiel – Janet B. Cauffiel has worked in the field of HR for 26 years and is the vice president of human resources for Montgomery Hospice. She is the adoptive parent of a daughter. She joined the C.A.S.E. Board in 2000.



Anna Mary Coburn – Ms. Coburn is an attorney-advisor for the U.S. Department of State. Her practice areas encompass international family law matters and children's issues, including intercountry adoption, child abduction, child support enforcement, and child citizenship. She is currently working on the implementation of the Hague Convention on Intercountry Adoption as well as coordinating with foreign countries on bilateral adoption issues. She is an adoptive mother of three children from Russia—Aloysha, Ira, and Nick. She joined the C.A.S.E. Board in 2006 and is member of the Fundraising Committee.



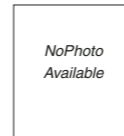
Jelani Freeman – Jelani Freeman works with at risk youth in the DC Office of Youth Programs. He is active as a speaker and role model in the child welfare circuit as a result of his personal experiences in the foster care system. He has worked in the offices of Mayor Anthony Williams and Sen. Hillary Rodham Clinton and serves in an advisory capacity for the Congressional Coalition on Adoption Institute. Mr. Freeman joined the C.A.S.E. Board in 2006, is a member of our Legislative Committee and participates in the K.A.N. Carnival every year.



Sally Koblinsky, Ph.D. – Dr. Koblinsky chairs the Department of Family Studies at the University of Maryland. She is an author of numerous journal articles and has authored grant projects totaling \$4.4 million. She has developed national intervention programs and has authored training manuals on various social welfare issues. In 2000 she was named “Outstanding Woman at University of Maryland College Park (UMCP)” by the President's Commission on Women, UMCP and she has won numerous university and panhellenic teaching, administrative, and service awards during her career. She joined the C.A.S.E. Board in 2000.



Joseph F. McBride – After graduating with a J.D. from the University Maryland, Law Program, Mr. McBride became a partner of Hoyer, Deimer, Yoho, Hooter, and McBride. Today he is a sole Practitioner and has been for 36 years; with offices in Silver Spring and Easton. Mr. McBride has had a link to foster care since his youth and has provided support to children with membership on the board of directors for the Boys and Girls Club. He joined the C.A.S.E. Board in 2006.



NoPhoto Available

Kathleen A. Strotzman, Esq. – A former legislative director for U.S. Senator Mary Landrieu, Ms. Strotzman is now a policy expert for Patton Boggs LLP. In her role for Senator Landrieu, she co-founded the Congressional Coalition on Adoption Institute. Ms. Strotzman joined the C.A.S.E. Board in 2006 and currently leads the Legislative Committee.



Karen Work – Karen Work is the President and Founder of AXIS, a marketing communications and design firm located in Washington DC that was recently ranked among the top five businesses of its kind in the region. Ms. Work has worked for more than 25 years as a marketing consultant and brand strategist. She joined the C.A.S.E. Board of Directors in 2006.



Steve Battista – Steve Battista is the vice president of brand for Under Armour® Performance Apparel. He joined the Baltimore based company in 2000 as their Marketing Director, and since then Under Armour® has become a major sports brand growing from under \$5 million in annual sales to \$281 million in 2005. Mr. Battista and his creative team have won numerous marketing and advertising awards and the company experienced the best results of any IPO in the United States when going public in 2005. He joined the C.A.S.E. Board in 2005.



STAFF HIGHLIGHTS:

The highly respected and award winning staff at C.A.S.E. is in high demand and they have been busy presenting workshops, discussions, and training sessions. These are a just a few of the highlights:

Debbie Riley, M.S. presented “Assessment, Diagnosis and Intervention” Parts I and II to Portland State University and Southern CT State University, Hartford, CT.

Ellen Singer, LCSW-C presented “Beyond S.A.F.E.” to Grace Episcopal School, Kensington, MD.

Debbie Riley, M.S. presented “Mental Health Issues in Adoption” to Montgomery County School Psychologists, Gaithersburg, MD.

Debbie Riley, M.S. presented “Understanding Adopted Teens” at the “3rd International Conference on Post Adoption Services”, Cambridge, MA.

Debbie Riley, M.S., Patricia Gonet and Dr. Anne Atkison presented “Model for Developing Competent Mental Health Services in Rural Areas” and Debbie Riley presented “Strategies for Building and Funding Adoption Services” at the “Raising Our Voices for Children”, CWLA conference, Washington, DC.

Debbie Riley, M.S. and Rebecca Jones Gaston, LCSW-C presented “Understanding and Treating Transracially Adopted Adolescents” at the NASW, DC Chapter Conference.

Debbie Riley, M.S. presented “Loss and Grief Among Adopted Children” and “Beneath the Mask” at the “Adoption Touches Every Heart” Adoption Resources of Wisconsin conference, Milwaukee, WI.

Ellen Singer, LCSW-C presented “S.A.F.E. at SchoolSM” to Newport School, Silver Spring, MD. Funded by a grant from the MEAD Foundation.

Debbie Riley, M.S. presented “The Overlooked Key to Adoption Success” to the Frost Center, Rockville, MD.

Special Events

Raising money to provide vital counseling, education and resources to children and adoptive families

6th Annual Golf Tournament

MONDAY, MAY 7, 2007
1:30 P.M. TEE OFF

C.A.S.E. is excited to announce the date for our Sixth Annual Golf Tournament Benefit. Each year, we find that this event brings together our generous sponsors and donors for a fun-filled day of light-hearted golfing competition.

The Golf Tournament will be held Monday, May 7, 1:30 p.m. at Renditions Golf Club in Davidsonville, Maryland. Throughout this event, players will have the opportunity to win valuable prizes through golfing contests and raffles.

Tournament Sponsor \$10,000

- the tournament name is yours!
- donor recognition on all marketing materials and promotions,
- including company's name on golf shirts given to each player
- four foursomes at C.A.S.E. tournament

- banner at registration and dinner

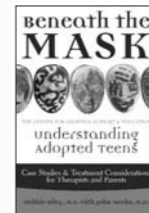
Club Sponsor \$3,000

- Includes one foursome
- Sponsorship of one of the following venues: (with your sponsor sign/banner)
- Closest to the Pin contest sponsor
- Straight Drive contest sponsor
- Longest Drive contest sponsor

Putter Sponsor \$1,500

- Includes one foursome
- Hole sponsorship (with your sponsor sign at the tee or green)

Individual tournament entry \$225
Cart Sponsorship includes a sponsor sign on 10 players' carts



Do you have your copy of **Beneath the Mask?**

For a \$20 donation, plus purchase price, author Debbie Riley, M.S. will autograph your copy of *Beneath the Mask: Understanding Adopted Teens*. Visit www.adoptionsupport.org/donate/btm to order your copy and make a donation today!



DONATION TREE

After kicking off our Annual Giving campaign, our Donation Tree is blooming with goodwill and support, but we still have a number of sparse branches. Please remember that fees and grants only cover a portion of our expenses. Your donations ensure that we have the financial security to be here for adoptive families for years to come.

DONATE YOUR CAR

Don't forget about us if you're considering donating your car. Contact Daphne at (301) 476-8525 to begin the quick and easy process. This tax deductible donation also includes boats, motorcycles and RVs.



4000 Blackburn Lane
Suite 260
Burtonsville, MD 20866
Phone: 301-476-8525
Fax: 301-476-8526
caseadopt@adoptionsupport.org
www.adoptionsupport.org

THE CENTER FOR ADOPTION SUPPORT AND EDUCATION

Spring/Summer 2007 Schedule

An Adoptive Family Support Center

You're Never Alone: It Takes a Village: Parent Support Group for Parents Raising Challenging Teens

First Wednesday of every month
7 p.m.-8:30 p.m. Silver Spring/Burtonsville

A monthly parent support group for parents who are parenting teens with serious behavioral and emotional challenges. This is ongoing, drop-in group. Monthly attendance encouraged. Registration required- Please call 301-476-8525 or register on line. Fee \$25.00- Free to families who have adopted through Montgomery County Health and Human Services.

LOVE IS NOT ENOUGH: Parenting in Transracial Adoption

Saturday, April 21, 2007

1 p.m. - 4 p.m. Silver Spring/Burtonsville

Debbie Riley, M.S., M.S. Panel consists of: Laura and Joanna Blum, Hispanic origin; Matt McGuire, bi-racial; Rebecca Gaston, bi-racial; and Memi Miscally, Asian.

What does it mean to be a multi-racial family? How does the loss of culture and/or religion impact adopted children? A panel of adopted adults will share their stories and wisdom to help adoptive parents better understand the needs of their children. Parents will learn how to help their children/teens with issues related to identity, self-esteem, peer relationships, and racism. 3 CEUs available with \$5 fee. \$50 per person/family. Child care provide for \$10 fee.

Montgomery County Post-Adoption Open Meeting

Monday, May 7, 2007

7 p.m.-8:30 p.m.

Program held at Montgomery County DHHS, 1301 Piccard Drive, Rockville, MD. This program is for families who have adopted their child through Montgomery County DHHS and is free for these families.

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Understanding Temperament and Promoting Attachment

Thursday, May 31, 2007

7 p.m.-8:30 p.m. Silver Spring/Burtonsville

Madeleine Krebs, LCSW-C

Parents are often puzzled about how to meet the needs of a child who seems so different from them in their approach to the world. We will address ways for parents to more effectively meet the needs of their children, especially those with temperaments parents find challenging. \$25 per person/family. Child care available for children over 3 for a fee of \$10.

Talking with Children about Adoption

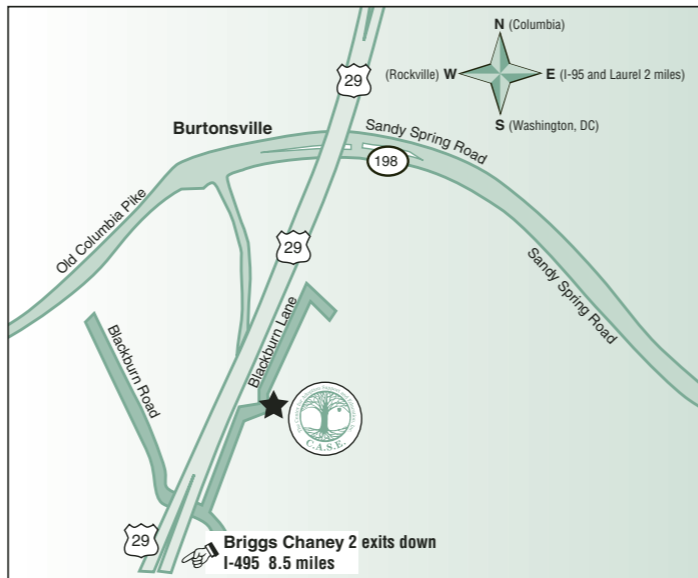
Thursday, June 14, 2007

7 p.m.-8:30 p.m. Location TBD

Ellen Singer, LCSW-C

This "most requested" workshop covers the basics of communication with children (ages 3 - 12) to help them understand their adoption story. Participants learn what children understand about adoption at different developmental stages, and what to share with their children at different ages, including information that parents perceive to be difficult, negative, or painful. \$25 per person/family. Sorry no child care.

Pre-registration required for all workshops. Register by calling (301) 476-8525 or email, caseadopt@adoptionsupport.org. Visit www.adoptionsupport.org for our cancellation policy.



The Center For Adoption Support and Education, Inc.
4000 Blackburn Lane, Suite 260
Burtonsville, MD 20866
www.adoptionsupport.org

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Fax: 301-476-8526

Offices in
Silver Spring/Burtonsville
Bethesda and Burke, VA

Visit www.adoptionsupport.org for driving directions to all of our locations.

HAVE YOU MOVED?

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Contact Us:

Phone: 301.476.8525
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www.adoptionsupport.org
caseadopt@adoptionsupport.org

We now have Saturday hours.

Please call if you would like more information.

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Member of: CWLA, JCICS, NACAC, ATTACH, FRUA, LAPA, Maryland Association of Non-Profit Organizations, Voice for Adoption

Programs funded in part by grants from the Montgomery County DHHS and the Virginia Adoptive Families Preservation Project

In C.A.S.E.

The Center for Adoption Support and Education, Inc.

Message from the Executive Director



Spring is almost upon us and we are all more than ready for it! Those of you who are parents are likely gearing up for your children's participation in their favorite spring activities, including sports like baseball and soccer. These activities are certainly important for our children's well-being. At C.A.S.E., we know that our children have unique needs that also must be addressed. Adopted children and teens can benefit enormously from participation in a KAN or Teen group – we hope you will make this a priority for your children this spring.

Debra Teley

"I am not Alone": The Importance of Groups for Adopted Children and Teens

By Ellen Singer, LCSW-C

"This is the first time I have been in a room where the adopted people way outnumber the non-adopted people," said Britney, age 15. "It is awesome." Britney's sentiments echo those of the majority of the hundreds of children and teens who have participated in a C.A.S.E. Kids Adoption Network (KAN) group. The opportunity to meet other adopted kids is just one of the many important benefits of participating in a group. The chance to explore adoption in an emotionally safe, supportive environment led by adoption-competent professionals is a powerful experience for the kids. However, it isn't always an easy decision to join a group.

Jake, 9 says he was less than thrilled when his mother suggested that he participate in a KAN group. "I told my mom it was stupid, but really I was just scared." Why was he scared? "I didn't know if I'd like the other kids or if they'd like me. I also just didn't see the point." Jake wound up enjoying the group so much he didn't want it to end. "The other kids had the same questions I did."

Valerie Kunsman, who leads the children's

groups in our Maryland office, confirms what Jake says. She states, "It is not at all unusual for children to be reluctant to participate in a KAN group. It often represents fear of the unknown". She adds that parents feel torn as well, especially when their children express resentment about having to temporarily miss a desired extra-curricular activity, like sports. However, she wants to reassure parents that in the nine years of conducting these groups, she has rarely seen an initially reluctant child who doesn't wind up being glad to be in the group. The transformation is exciting to watch. Eight year old Lauren's mother agrees. "When given the choice to attend group or her school talent show rehearsal, to her mother's surprise, Lauren chose the group." Valerie is never surprised.

Why isn't she surprised? A variety of reasons, she says. "Once the children realize that feelings they have never shared are felt by other kids, that sense of validation makes them feel comfortable and appreciative of the group experience. Even when children are fortunate

(continued on p. 2)

www.adoptionsupport.org

C.A.S.E.