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## COCAF News

### *May: Yikes! No More School!*

May means the end of school and the beginning of summer break for most of our children. Most kids have a hard time being on their best behavior in May – too many distractions from the nice weather outside the classroom window to the thoughts of summer vacation plans. For those of us with insecure children, May is also a time of stress, as our children worry about their changing schedules and we worry about how we're going to fill their summer hours while we still have to go about our normal work routines. For those of you with family willing to help you out, take advantage of the offer to help. Having your children spend time with extended family members can help your children bond with your extended family. In addition, it may help your extended family better understand the unique personalities of your children.

Frank Bennett, PhD, COCAF Board of Directors, President  
[frankbennettphd@comcast.net](mailto:frankbennettphd@comcast.net)

### *Help COCAF Win \$1000!*

Applewood Plumbing, Heating & Electrical is giving away \$12,000 in 12 months. Applewood is going to give back to the community by donating \$1,000 a month to local nonprofit companies. They will be accepting nominations through the mail or on the web and will choose a winner monthly using a random drawing. The more times COCAF is entered into the drawing, the better our chances of winning. You may re-enter every month (until COCAF wins!), but you may only enter once per month. Charities may receive multiple entries, so refer this site to your friends. Please take the time to enter COCAF into this drawing. If COCAF wins, the \$1,000 will be used to continue providing support services to adoptive families.

To enter online, go to:

<http://www.applewoodfixit.com/12in12.html>

To complete the form for COCAF, enter the following information:

Non-profit name: COCAF

Non-profit phone number: 303-562-9864

Web site: [cocaf.org](http://cocaf.org)

## *How You Can Help COCAF*

COCAF needs to find some reliable financial support to keep providing services for pre- and post-adoptive families. You can help several ways:

- If you're financially able, please donate to COCAF. In the upcoming months, we hope to have an online donation function on our website to make donating easy. In the meanwhile, send your contributions to:

COCAF  
c/o COCAF Development Director  
5702 W. 114<sup>th</sup> Place  
Westminster, CO 80020

A receipt will be mailed to you for your records.

- If you know of a business that would like to help COCAF by sponsoring events or helping COCAF financially, please forward that information to Colleen Tarket, at [colleen.tarket@cocaf.org](mailto:colleen.tarket@cocaf.org).

## *COCAF Services*

If you are in need of COCAF's services or just want to pass on some information, you may email Deborah Cave, Executive Director, at [deborah.cave@cocaf.org](mailto:deborah.cave@cocaf.org).

## *COCAF Newsletter*

If you have items you think would be appropriate for the COCAF newsletter, please forward those items to [colleen.tarket@cocaf.org](mailto:colleen.tarket@cocaf.org) by the 20<sup>th</sup> of the month for consideration for the next month.

## Childcare

### *Cultural Care Au Pair*

Cultural Care Au Pair can provide an affordable option to childcare or nannies for families with adopted children.

Apply by May 15, 2009 and save \$250 off of the 2009 fees. Your average weekly cost for hosting a Cultural Care au pair is \$320 (per family, not per child). To qualify, families must be new to Cultural Care Au Pair and welcome an au pair into their home by October 23, 2009. Promotion code: PCADA2009

Hosting an au pair is a great childcare solution for families. Hosting an au pair is more affordable than daycare or nannies (just \$320 per week per family, not per child). The flexibility is tough to beat at the price; 45 hours per week (up to 10 hours per day) and you create the schedule. You receive local, yearlong support for your family and your au pair from your local childcare coordinator. Browse 100+ qualified, pre-screened au pair candidates online at <http://www.culturalcare.com/adopt/>.

## Conference Calls/Discussion Boards

### *NRCOI Child Welfare Teleconferences*

The National Child Welfare Resource Center for Organizational Improvement (NRCOI) is providing the following teleconferences on child welfare topics:

**May 7, 2009:** Evidence Based Practice In Child Welfare: A national expert will provide an introduction to evidence based practices in child welfare and advice for child welfare agencies. Child welfare leaders will share the benefits and challenges they have faced as they have worked to adopt evidence based practices.

**May 28, 2009:** Supporting Effective Child Welfare Supervision #1: A Framework Co-Sponsored by the National Resource Center for Family-Centered Practice and Permanency Planning: This call will highlight a recently published framework, which describes the components of child welfare supervision and identifies the supports required to empower supervisors to function effectively.

**June 16, 2009:** Supporting Effective Child Welfare Supervision #2: Moving Forward Co-Sponsored by the National Resource Center for Child Welfare Data and Technology: Presenters will highlight the technical assistance services available from the National Resource Centers to help agencies make improvements in child welfare supervision, and agency representatives engaged in these efforts will share their successes and lessons learned.

For complete descriptions of these sessions, go to [www.nrcoi.org/tele.htm](http://www.nrcoi.org/tele.htm). Register online for these free sessions at: <http://tatis.muskie.usm.maine.edu/pubs/TeleReg.asp>.

## Conferences

### *Dept of Health Care Policy & Financing Regional Conferences*

The Department of Health Care Policy and Financing is pleased to announce that planning is underway for regional conferences this May and June. The conferences will provide medical assistance training for all who administer programs on behalf of the Department, with a separate track focused on best practices for increasing enrollment for children. These conferences are appropriate for all child advocates.

Conference dates and locations:

May 4 and 5	Fort Collins	June 15 and 16	Durango
May 7 and 8	Denver	June 18 and 19	Alamosa
May 19 and 20	Grand Junction	June 22 and 23	CO Springs
June 2 and 3	Burlington		

For more information, email Sarah Roberts at [sarah.roberts@state.co.us](mailto:sarah.roberts@state.co.us).

### *Shared Child Welfare Decision Making: Partnering with Families and Children*

Presented by The National Center for Adoption Law & Policy at Capital University Law School, in partnership with the Ohio Department of Job & Family Services (ODJFS)  
Thursday & Friday, June 4 & 5, 2009  
Greater Columbus Convention Center, Columbus, Ohio

This interdisciplinary symposium will explore strategies for engaging and supporting families – including birth, foster and adoptive parents, kinship caregivers, extended family, and, importantly, children – in all aspects of child welfare practice. Sessions and breakout workshops will explore ways that child welfare team members can work collaboratively with families in decision-making opportunities from intake and case planning through court processes and outcomes.

To register, go to: <https://secure.law.capital.edu/symposia/index.cfm?sid=333>.

To receive the most up-to-date symposium information via email, go to:  
[http://www.law.capital.edu/adoption/mootreg\\_symp.cfm](http://www.law.capital.edu/adoption/mootreg_symp.cfm).

For more information, go to: <http://www.law.capital.edu/adoption/symposium/>.

## *NAMI 2009 Conference*

Monday-Thursday, July 6-9, 2009  
San Francisco, California

NAMI's 2009 Annual Convention, celebrating their 30th year, will be held July 6–9, 2009, in San Francisco, California, at the Palace of Fine Arts and The Exploratorium. “The Palace” was originally designed by architect Bernard Maybeck as a temporary structure for an exhibition in 1915.

Speakers will include Dr. Marsha Linehan, creator of dialectical behavioral therapy, a revolutionary treatment for people with borderline personality disorder. Dr. Linehan will present at the Research Plenary during the upcoming convention. Dr. Linehan is a professor of psychology at the University of Washington in Seattle and director of the Behavioral Research and Therapy Clinics. She originally developed the therapy to help chronically suicidal people. It has since been adapted for a variety of settings as well as for a number of other seemingly intractable behavioral disorders.

NAMI will feature special programming for children at the convention. In the program, children will have the opportunity to learn and talk about the challenges that come with being the child or sibling of a person with a serious mental illness. There will be an excursion to the Exploratorium: The world's coolest hands-on science museum and art projects. The 2-day program is designed for children and teens aged 10 to 17. The registration fee is \$75.00. (If you are bringing your child or teen to the convention but are not planning to have them participate in this program, there is no need to pay the \$75.00 registration fee.)

For more information, go to:

[http://www.nami.org/Content/NavigationMenu/Inform\\_Yourself/Upcoming\\_Events/Convention/Functions/Schedule.htm](http://www.nami.org/Content/NavigationMenu/Inform_Yourself/Upcoming_Events/Convention/Functions/Schedule.htm)



## Education

### *Denver Public School Regional Community Meetings*

Denver Public Schools is hosting community engagement meetings in all regions of the district between now and the end of the 2008-2009 school year. The purpose of the meetings is to share and discuss information regarding current schools, students, buildings, achievement and potential new school options-as well as to gather input about the school needs in your community.

Participants' input will be used by the Board of Education and district leadership and utilized in decisions that affect schools and community interests

The district will also be holding community input meetings in the fall to provide additional information and to collect additional input

Currently scheduled meetings are:

May 6, 5:30 p.m. - 7:30 p.m., 729 Ulster Way  
May 12, 5:30 p.m. - 7:30 p.m., 5031 W. 46th Ave.  
May 13, 5:30 p.m. - 7:30 p.m., 1980 Dahlia St.  
May 20, 5:30 p.m. - 7:30 p.m., 3000 S. Clayton St.  
May 28, 5:30 p.m. - 7:30 p.m., 21601 E 51st Place

For more information, go to: <http://communications.dpsk12.org/announcements/regional-community-meetings1>

## Free Family Events

- May 1: **Denver Botanic Gardens at Chatfield**, 8500 Deer Creek Canyon Rd, Littleton. Free admission; for more information, call (303) 973-3705.
- May 2: **Denver Art Museum**, 13<sup>th</sup> Ave and Acoma St. Free general admission for Colorado residents; for more information, call (720) 865-5000.
- May 3: **Denver Museum of Miniatures, Dolls and Toys**, 1880 Gaylord St, Denver (303) 322-1053 Free admission from 1:00-4:00.
- May 5: **The Children's Museum of Denver**, 2121 Children's Museum Dr. Free admission from 4:00-8:00 pm. This is made possible by a generous sponsorship from Target.
- May 21: **Denver Center for the Performing Arts**, 1101 13<sup>th</sup> St. Free performance of the theatre event "Quilters" at 6:30 in the Stage Theatre. For more information, call (303) 893-4000. Please adhere to the following rules: 1) tickets available the day of the event at the theatre box office only; 2) box office opens at 4:30 (lines form earlier); 3) no reservations; 4) first come-first served; 5) one ticket per person; 6) seating is general admission; 7) no children under the age of six; 8) house opens ½ hour before curtain.
- May 31: **Denver Museum of Nature and Science**, 2001 Colorado Blvd., Denver (303) 973-3705

For a comprehensive list of things to do for free in the Denver area, go to:  
<http://www.denver.org/events/free-events>.

## Health Care

### *Persons with Disabilities Forum*

Sponsored By The Colorado Department Of Health Care Policy And Financing & Family Voices Colorado & The Colorado Cross Disability Coalition (CCDC)

May 11, 2009, 11:00 a.m. - 4:00 p.m.

Central Service Building, 508 South 10th Avenue, Sterling, Colorado

Come and spend a day learning more about your Medicaid benefits. This forum will include:

- Client Rights
- How to Access Care
- Public Hearing Process
- Concerns about Medicaid, CHP+, and indigent care
- Medicaid Overview/ Basic Rights
- What happens when you have Private Insurance & Medicaid
- Medicaid Appeals/ Grievance/ Due Process
- Prior Authorization Form (PAR)
- How a PAR goes through the Process
- Consumer Directed Attendant Support Program (CDAS)
- Letters of Medical Necessity
- What is a Medicaid Waiver
- Early Periodic Screening Diagnosis and Treatment (EPSDT)
- Explanation of State Plan Benefits
- Who Does What at CO Medicaid
- DME & Supplies Process

Light refreshments will be provided.

*Information:* For questions or to request a disability related accommodation, contact CCDC at 303-839-1775 voice, 1-800-817-1435 toll-free, 303-839-0015 TTY, 1-877-267-1621 toll-free TTY or by email at [hcpftour@ccdconline.org](mailto:hcpftour@ccdconline.org) .

## Mental Health

### *WE CAN! Networking Meetings*

Wellness and Education Consumer Advocacy Network  
WE CAN! of Colorado is a program of Mental Health America of Colorado

Tuesday May 5, 2009, 11:00 a.m. - 12:00 p.m.  
Centennial Mental Health, 211 West Main Street, Sterling

Tuesday May 12, 2009, 11:00 a.m. – 12:00 p.m.  
The Choices Program, 1702 Lincoln, La Junta

Wednesday, May 13, 2009, 1:30 p.m. – 2:30 p.m.  
910 Greenwood Ave, Cañon City

WE CAN! of Colorado is connecting with mental health consumers to share information and gather feedback about the local mental health community. Join on of the open session listed above.

The WE CAN! website has been updated; go to [www.wecancolorado.org.org](http://www.wecancolorado.org.org).

For more information: Kate Adams by email at [kadams@mhacolorado.org](mailto:kadams@mhacolorado.org) or by phone at 800-456-3249 X130. Sandi Owens, 970-522-4392.

### *What Nebraska's Experience Reveals about Child Welfare and Mental Health*

from *Winter 2009 Adoptalk* by Diane Riggs, NACAC Staff  
North American Council on Adoptable Children (NACAC)  
970 Raymond Avenue, Suite 106  
St. Paul, MN 55114  
phone: 651-644-3036  
fax: 651-644-9848  
e-mail: [info@nacac.org](mailto:info@nacac.org)

“I love my son, and I thought I was doing the best thing [for him].” A mother from Michigan offered this explanation when asked why she traveled 700 miles last October to give up custody of her son under Nebraska’s safe haven law. Between July 1, 2008 when LB 157 took effect, and November 22, when a new law came into force, a total of

27 caregivers brought 36 children to safe haven sites in Nebraska. Well over half (22) were 13 or older, and 34 youth had received some mental health services in the past. In February 2008, when they passed LB 157—a law that allowed caregivers to leave a “child” in imminent danger of harm at a safe haven location without threat of prosecution—state legislators could not have predicted the lessons it would teach the nation. One obvious lesson is that families whose children have mental health problems need far more support than they now get.

### **Where Child Welfare and Mental Health Connect**

A recent research brief from the U.S. Department of Health and Human Services’ Office of Human Services Policy examined adopted children and their special health conditions. Research consistently found that children adopted from foster care have “particularly elevated risks of mental health problems,” and that the same children and their families were very likely to have unmet needs.

Similarly, a November 2008 report from the National Center for Children in Poverty (NCCP) suggests that while mental health issues arise for 5 to 13 percent of American children and youth in general, the incidence of mental health conditions among children with child welfare involvement may well top 70 percent. Prenatal drug or alcohol exposure, genetic disorders, early abuse and neglect, multiple placements, and ongoing losses create significant challenges for children—challenges that accompany them back home and to other placements.

The tie between child welfare and mental health problems was definitely reflected in Nebraska’s safe haven experience last summer. Twenty of the 36 youth brought to safe haven sites were or had been state wards, and 14 cases involved children who lived with adoptive or relative parents, or a legal guardian.

### **Mental Health Service Issues**

As child welfare researcher Richard Barth wrote last November in a Chicago Tribune safe haven editorial, “Only when there is abject failure does a state take significant responsibility by placing children in foster care. Responsible but unsuccessful parents have little recourse.” According to the NCCP study, states attribute mental health service problems to limited federal health care coverage, little funding for other services, and inadequate capacity to help everyone in need.

The single biggest issue for families whose children need mental health services is accessibility. Listed below are some of the factors that play into families’ ability to obtain services:

**Eligibility rules.** Kathy Moore, Voices for Children in Nebraska’s executive director, reports that state-funded children’s health insurance—coverage many families need to secure mental health services—is open only to families at or below 185 percent of poverty. Criminality or extreme dysfunction may also trigger help. As one Nebraska

mother said of her troubled daughter, “Only when she became suicidal and homicidal did we get [mental health services].”

**Limits on services.** An adoptive family in Colorado recently lost custody of their volatile six-year-old because they could not pay for his residential treatment after state funding ended. Faced with the impossible choice of bringing the boy home and endangering their other children or keeping him in treatment and being charged with neglect, the parents opted to sever legal ties to their son. Sadly, problems like this keep many foster parents from adopting children in their care, and cause some adoptive parents to cede custody of their children to foster care so the children can access intensive treatment that the parents cannot afford.

**Inadequate health insurance.** Title IV-E eligible children who are in or adopted from foster care receive Medicaid or equivalent state health insurance. The basic health insurance is helpful, but coverage of mental health services is spotty. Some states, reports the NCCP study, restrict reimbursement for mental health services provided in childcare, school, or recreational settings (those most convenient and comfortable for families). Just 16 states, the study found, will reimburse the cost of certain services for young children who lack a formal diagnosis.

Medicaid covers residential treatment only if states opt to provide inpatient psychiatric services, and many states elect to not cover such services. Others impose limits on mental health coverage by restricting the length and cost of services or providing services only if a judge deems them necessary. Some caregivers who operate outside the child welfare system may not be able to afford children’s health insurance.

**Scarcity of qualified providers.** There is a nationwide shortage of licensed child and adolescent mental health clinicians and, of those, relatively few are well versed in foster care and adoption issues. Even fewer are culturally and linguistically competent to serve families who do not speak English. Worse still, many providers limit the number of Medicaid clients or simply do not accept Medicaid or its state equivalents.

**Lack of awareness about services.** Adoptive parents, guardians, and kinship caregivers may have no experience locating the special services their young charges need, and may hesitate to appear overly needy or inept by asking for assistance. Relative caregivers may be especially leery of seeking help for fear that child welfare workers will think they cannot adequately care for the children and may decide to take the children away.

**Shrinking state budgets.** The current recession has plunged more families further into poverty. And poverty, as the Children’s Defense Fund points out in its 2005 State of America’s Children report, “is the single best predictor of child abuse and neglect.” The unyielding stress of perpetual hardship and the ways in which people express stress or try to forget their troubles rarely benefits children.

As the recession persists, more children are likely to endure abuse and neglect and states—facing their own budget crises—will dramatically curb spending. Georgia’s proposed budget would eliminate 702 caseworker positions and substantially reduce

services and residential programs for children with serious mental health problems. Private residential treatment centers in Kentucky are cutting services and staff to accommodate a drop in state reimbursement rates. All across the U.S., hard-fought efforts to reduce the number of children in foster care and improve services for children adopted from care are in jeopardy.

More subtle service barriers also exist. In Nebraska last fall, as the safe haven cases were mounting, Todd Landry, director of the Division of Children and Family Services (until April 1, 2009), repeatedly chastised parents for deserting their children. "They were tired of their parenting role," he claimed in a September 2008 USA Today article. A month later, in the Wall Street Journal, Landry asserted that all of the children left at safe haven sites "have come into our system, in our opinion, unnecessarily."

Those who parent children with impaired abilities to behave, communicate, and reason like other children experience a very different reality from other parents. Normal parenting techniques may not work, and ongoing problems can make caregivers vulnerable to feelings of failure. Insensitive comments from teachers, restaurant patrons, other parents, and public officials can reinforce parents' deepest insecurities and make them less likely to seek the help that they and their children truly need.

### **Suggestions for the Future**

Targeted and ongoing mental health care services are crucial for children in care and those who exit care to guardians, kinship caregivers, birth families, and adoptive families. An absence of appropriate services will result in far worse outcomes for children and their families, and cost society much more over time. As states finalize budgets, policy makers should consider the following children's mental health service provision suggestions.

**Appropriate funding for prevention and early intervention services.** The Florida Network of Youth and Family Services is a statewide not-for-profit that works to keep families (including adoptive families) together and divert troubled teens from crime. The program offers services such as youth advocacy, referral, respite, and training and technical assistance. Teens can also have a two-week cooling off period at a special shelter while going to their regular schools, doing homework and chores, receiving group counseling and individual therapy, and gaining perspective on the importance of their family. Within six months of accessing program services, 90 percent of youth are still at home and out of trouble.

**Increase the availability of state-funded services and create a broad-based education campaign to raise awareness about services and why they are needed.** In its list of legislative priorities, Voices for Children in Nebraska suggests that the state appropriate funding to create a system of services for children with behavioral and mental health needs so they need not enter or re-enter foster care. In addition, the state should

establish a broad-based public education campaign to de-stigmatize mental illness and raise awareness about the challenges of parenting children with special needs.

**Develop services that flow from a single point of entry.** Based in New York City, the New York Jewish Board of Family and Children's Services provides standard foster care services and—at the same office—mental health therapy for youth and families, mentorship programs, educational support for youth, and continuing education opportunities for mental health and child welfare professionals. Staff will even give children rides to and from therapy sessions when parents are unavailable or therapists need more time to develop a positive relationship with youth.

**Ensure that services are comprehensive, strength-based, community-based and appropriately welcoming to all races, ethnicities, and languages.** Illinois' Adoption and Guardianship Preservation program, funded by the state Department of Children and Family Services, offers free services to families who adopt or assume guardianship of children in state custody through eight contracted agencies. Bilingual staff at the Adoption Information Center of Illinois offer advice and referrals to services such as crisis intervention, intensive family or individual therapy, respite, and case management. When needed, home-based services are also available.

**Customize services to each child's developmental age and life circumstance.** The Post-Adoption Special Services Subsidy (PASSS) allows qualified Ohio families to access special services that can help address their children's ongoing physical, developmental, mental, or emotional needs. The child does not have to meet the federal or state definition of a child with special needs; parents need only show that they have not been able to locate or cannot afford needed medical or psychological services (including respite care and residential treatment).

**Employ proven models of intervention and treatment.** To ensure that mental health services are effective, states must educate service providers about proven treatment models. In Oregon, through the Continuing Education branch of Portland State University's Graduate School of Education, mental health and child welfare professionals can earn post-graduate training certificates in "Therapy with Adoptive and Foster Families." The program offers a series of evidence-based workshops that focus on treating children in or adopted from care, strengthening family systems, and enhancing parents' and children's resiliency.

**Take advantage of varied funding options.** Missouri uses Title IV-E funding to operate a program specifically designed to make certain parents do not have to relinquish custody of their child solely to access mental health services. Other funds may also be available through the Promoting Safe and Stable Families program, adoption incentive program, Medicaid, private insurance, grants, and the newly reauthorized and expanded State Children's Health Insurance Program (SCHIP). The new program expands



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coverage to millions of additional children and features guaranteed dental benefits as well as mental health parity.

As Nebraska discovered, states should make a concerted effort to assist families whose children desperately need accessible and comprehensive behavioral and mental health services. State officials had claimed that caregivers needlessly relinquished children, but a February 2009 Omaha World-Herald article reports that “some of the 29 Nebraska children didn’t appear to get the diagnoses, medication, and other help they needed until after safe haven.”

Times are tough for individuals, families, and state governments. We must all make hard choices. Fortunately, we know that an investment in quality mental health services for children whose lives have been scarred by abuse, neglect, and loss will pay dividends—both to state coffers and to families whose children need extra support to recover from early physical and psychological trauma.

## Training Opportunities

### *PREP 2009 Schedule*

Presented by COCAF, AFI Grant Teams, and The Adoption Exchange

COCAF, AFI Grant Teams, and The Adoption Exchange, through a federal Adoption Opportunities grant, are presenting 1½-day retreats for parents who have adopted through the child welfare system. These Adoptive Parents Retreats are designed to help strengthen and re-establish the communication skills we used so naturally at the start of our relationships, using the PREP© curriculum (Prevention and Relationship Enhancement Program). You will meet other families experiencing similar feelings and challenges as your family, in a non-judgmental, supportive, and understanding environment.

These weekends are free of charge to adoptive parents! Generally, the workshops begin at 8:00 a.m. on Saturday morning and end by noon on Sunday. The retreats include accommodations for Saturday night, meals, and the PREP curriculum. Respite funds will also be available.

You will learn how to:

- Communicate with each other more gently and effectively;
- Discuss problems and resolve conflict in a safe way;
- Listen to and be heard by your partner;
- Respond to your children as a unified team;
- Show respect for your partner and have fun as a couple.

You must attend as part of a pair – single parents please bring an adult who is significant in your child's life (parenting-partner, teacher, faith-based person, etc.). If you have adopted from, or currently live in one of the counties listed on the next page, please contact the identified person to register for one of these respite weekends. Rejuvenate yourself, your relationship, and your family!

This workshop is provided by the Colorado Coalition of Adoptive Families (COCAF) and The Adoption Exchange through a grant from the Administration for Children and Families. The Adoptive Families Initiative (AFI) Grant will use information throughout the retreat process for ongoing program evaluation and improvements and assures that all information will be kept strictly confidential.

2009 PREP schedule, with registration information, is on the next page.

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<b>Dates</b>	<b>Team</b>	<b>Registration Contact Person/ #</b>
May 2 & 3, 2009	Denver	Linda Trantow, 720-944-2484 Linda.trantow@denvergov.org
May 16 & 17, 2009 Inn of the Rio Grande	Alamosa & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
June 6 & 7, 2009 Glenwood Springs, AmerInn Glenwood Springs	Mesa & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
July 18 & 19, 2009 Telluride The Peaks Resort	Delta/Montrose & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
August 1 & 2, 2009 Hampton Inn, Fort Collins	Larimer County & Adoption Exchange	Tinuviel Atwood, BSW The Adoption Exchange tatwood@adoptex.org 303-755-4756 x217
Sept 12 & 13, 2009	Boulder	Suzanne Daniels, 303-441-1533 sdaniels@co.boulder.co.us

*Creating Healing for Challenging Children and the Families  
Who Love Them*

Presented by the Post Institute

Bryan Post, Trainer

May 2, 2009, 8:30 a.m. – 4:00 p.m.

Greenwood Community Church, 5600 E. Belleview, Greenwood Village, Colorado, 80111

This workshop will focus on:

- Understanding the affect of stress on the developing brain and why this experience is a little recognized traumatic stress event
- Understanding the single greatest barrier to significant emotional relationships and what can be done to overcome it
- Learning the most important element of every parenting relationship
- Settling the issue about making children take responsibility
- Understanding the necessity of family-centered treatment with attachment challenged children
- Identifying the necessity of the therapeutic environment when working with children who have experienced early life trauma
- Learning how to create the therapeutic environment
- Learning four techniques for immediate success
- Understanding the impact of the stress model when working with children daily
- Assimilating the connection to stress and trauma for all family members

*Cost:* \$95 per person or \$135 per couple

*To register:* Go to [www.PostInstitute.com](http://www.PostInstitute.com).

## *Meeting the Mental Health and Developmental Needs of Adopted Children*

Presented by Boulder County Department of Housing and Human Services  
Adam Pertman and David Brodzinsky, Ph.D., Trainers  
Monday, May 4, 2009, 8:30 a.m. – 4:00 p.m.  
Xilinx Summit Retreat, 3100 Logic Dr., Longmont, CO

Topics include:

- Latest research and trends in adoption
- Mental health and developmental needs of adopted children
- Strategies for managing contact with birth family members (including siblings)
- Identity issues in adoption; ways parents can help their children develop a positive sense of themselves

Trainer Adam Pertman is the Executive Director of the Evan B. Donaldson Adoption Institute, a national nonprofit that is the pre-eminent research, policy, and education organization in its field. Pertman is also the Associate Editor of *Adoption Quarterly*, the premier research journal dealing with adoption and foster care. And he is the author of the groundbreaking *Adoption Nation: How the Adoption Revolution is Transforming America*, which has been reviewed as "the most important book ever written on the subject." In addition, he is the author of many chapters and articles on adoption- and family-related issues in books, scholarly journals, and mass-market publications.

Trainer Dr. David Brodzinsky is Professor Emeritus of Developmental and Clinical Psychology and past Director of the Foster Care Counseling Project at Rutgers University. He was a founding director and served for 10 years on the Board of Directors of the Evan B. Donaldson Adoption Institute. Currently, Dr. Brodzinsky is Research and Project Director for the Institute. For the past three decades, his research and scholarly writing has focused primarily on issues related to the adjustment of adopted and foster children and their families. He is especially well known for his research on developmental and family issues related to adopted children's adjustment.

**Cost:** Free for Boulder County adoptive, kinship, and foster families. All others \$35/person; \$60 per couple. Lunch is included.

**For further information:** Email [bkrook@bouldercounty.org](mailto:bkrook@bouldercounty.org) or call 303-441-1445.

**To register:** Email [bkrook@bouldercounty.org](mailto:bkrook@bouldercounty.org) or call 303-441-1445.

## *Do I Belong Here? Parenting Children Who Have Been Adopted Transracially*

Presented by The Adoption Exchange/COPARC

Michele D. Hanna, Trainer

Thursday, May 7, 2009, 6:00 p.m. - 9:00 p.m.

Robert Hoag Rawlings Library, 100 East Abriendo Avenue, Pueblo, CO 81004

Topics include:

- Talking with your children about the issues that arise from transracial adoption
- Giving your child coping strategies to deal with the outside world
- Advocating for your children when problems arise

Michele D. Hanna is an Assistant Professor for The DU School of Social Work with a special emphasis on child welfare and adoption.

*Cost:* Class fee is \$5.00. Fee is waived for parents who have finalized adoptions through the child welfare system, and registration preference will be given to these families.

*For further information:* Tanya Hammar at 1-800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).

*To register:* Go to [www.adoptex.org](http://www.adoptex.org).

## *Finding Inner Resiliency for Secondary Trauma F.I.R.S.T.*

Presented by HealthBridge Alliance

Thursday & Friday, May 7-8, 2009, 6:00 p.m. - 9:00 p.m.

This workshop focuses on how to:

- Better understand how and why you are being affected by your work
- Recognize the things that stand in the way of taking care of yourself
- Learn concrete tools and skills to better manage the emotional stress of your job
- Reconnect with your passion for your work

*Cost* \$50 for any health care related professionals (thanks to a sponsorship from Kaiser Permanente). Please note you do not need to be an employee of Kaiser Permanente to participate in this workshop.

*Information/Registration:* Go to [www.hballiance.org](http://www.hballiance.org) or call (303) 643-5995 x103.

## *Respite Care Training for Adoptive, Foster, & Kinship Families*

Presented by COPARC and COCAF

Friday, May 8, 2009, 8:30 a.m. to 4:00 p.m.

Jefferson County Fairgrounds Exhibit Hall, 15200 W. 6th Ave., Golden, CO 80401

Learn how to be part of the solution to the respite problem. Topics include:

- Becoming part of a team that supports adoptive family stability and prevents disruptions
- Positive approaches that will head-off issues before they become crises
- Concrete skills and techniques for managing challenging behaviors
- Unique needs of children who have been adopted
- Strategies for keeping kids safe
- Self-care tips
- Tools that will help you work successfully with adoptive families and their children

Due to the need for safety for families who use respite services, training attendees must complete an application and a background check and must be willing to be added to the COPARC list of trained respite care providers available to adoptive families. For families who complete this entire process, a stipend will be provided as well as vouchers to offset the costs for childcare and mileage. Any adoptive family who wishes to attend with their personal respite care provider may do so; however the provider will need to complete the application and the background checks. ***Space is limited and the background check process takes time, so register early.***

**Cost:** Free. Lunch and light snack provided.

**For more information:** Contact Tanya Hammar at 303-755-4756 or 800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).

**Register online at:** [www.adoptex.org](http://www.adoptex.org).

## *Caregiving for Traumatized Children*

Presented by Catholic Charities

Friday May 8, 2009, 9:00 a.m. – 3:00 p.m

Catholic Charities, 4045 Pecos St., Denver

**Cost:** Free for relative caregivers; \$20 fee for non-relative caregivers.

**To register:** Contact Tray Dubray at 303-742-0823 ext. 2072 or email [tdubray@ccdenvr.org](mailto:tdubray@ccdenvr.org).

### ***Grassroots Training: Putting Knowledge into Practice!***

Presented by Mental Health America of Colorado

Wednesday, May 13, 2009, 5:00 p.m.

St. Thomas More Hospital, Community Room, 1338 Phay Ave, Cañon City

Are you frustrated with the mental health system in Colorado? Learn how to become an advocate for your own and others health!

*For more information:* Kate Adams, [kadams@mhacolorado.org](mailto:kadams@mhacolorado.org) or 800-456-3249 x130; Kathleen Camblin, NAMI Cañon City, 719-275-2101; or David Lockert, West Central MHC, 719-275-2351

### ***The Challenge of Attention Deficit Hyperactivity Disorder for Adoptive Parents***

Presented by The Adoption Exchange/COPARC

Betsy Hay, MSW, Trainer

Thursday, May 14, 2009, 6:00 p.m. – 9:00 p.m.

The Adoption Exchange, 14232 East Evans Avenue, Aurora, CO 80014

Topics include:

- What is ADHD?
- What the National Institute of Mental Health tells us about ADHD
- Treatment options and resources
- Practical parenting suggestions

Trainer Betsy Hay, MSW, is an ADHD specialist.

*Cost:* Class fee is \$5.00. Fee is waived for parents who have finalized adoptions through the child welfare system, and registration preference will be given to these families.

*For further information:* Tanya Hammar at 1-800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).

*To register:* Go to [www.adoptex.org](http://www.adoptex.org).



## *How to Raise Responsible Kids Without Raising Your Blood Pressure*

Presented by The Adoption Exchange

Dr. Charles Fay, Trainer

Thursday, May 14, 2009, 9:00 am- 11:00 am

Quality Suites Evergreen Parkway, 29300 US Highway 40, Golden, CO 80401

Join Dr. Charles Fay for plenty of giggles and lots of practical solutions to some of the most common challenges facing parents, foster/kinship parents, and anybody who cares for kids. You will hear easy-to-learn strategies for children of all ages that:

- Put an end to arguing, back talk, and power struggles
- Teach them to listen to you ...the first time
- Help them get motivated to learn and behave at home and in the classroom
- Up the odds of them making wise decisions and resisting peer pressure
- Help them feel great about themselves
- Make raising kids fun instead of frantic

Dr. Fay is a parent, educator, internationally recognized author, and consultant to parent, educator, mental health and business groups around the world. Thousands have profited from his wealth of practical, down-to-earth solutions to the most common and frustrating problems displayed by youth of all ages. He is the author of the best-selling video *Painless Parenting for the Preschool Kids*, the popular book *Love and Logic Magic When Kids Leave You Speechless*, and the audio presentation *Calming the Chaos: Behavior Improvement Strategies for the Child with ADHD*.

*Cost:* \$10.00 per person; \$15.00 /2 adults from same family

*For more information:* Denise Leffingwell at 303-755-4756 or 1-800-451-5246.

*To register:* <http://www.adoptex.org/site/Calendar?view=Detail&id=103981>

## *Empowered Adoptive Family Parenting Series*

Presented by Parker Adventist Hospital's Family to Family Adoption Support Program & The Adoption Exchange

This series of classes is designed to provide valuable information for families who have adopted (or plan to adopt) children internationally or domestically through a private agency (outside the child welfare system).

***We Don't Match, But Our Hearts Do***

May 14, 2009 6:00 - 8:30 pm

This class addresses transracial and cross-cultural parenting as well as the common question, "Do I belong here?"

***Current Trends in Infant Adoption***

June 18, 2009 6:00 - 8:30 pm

This class will address the new face of infant adoption, issues around openness, and newborn transition and bonding.

**Cost:** \$20 per person or \$30 per two adults from one family and the classes are designed to stand-alone.

**For further information:** Contact [Michelle Cannon](mailto:Michelle.Cannon@parkerhospital.org) at 303.755.4756, extension 203.

**To register:** [Register Here](#) or go to:

[http://www.parkerhospital.org/index.php?s=861&parent\\_id=1836#empowered](http://www.parkerhospital.org/index.php?s=861&parent_id=1836#empowered)

***Grief, Loss and Attachment***

Presented by The Adoption Exchange/COPARC

Margaret Meinecke, MSW, LCSW, CAS III, Trainer

May 15, 2009, 6:00 - 9:00 pm

Pagosa Mountain Hospital, 95 South Pagosa Blvd., Pagosa Springs, CO 81147

This workshop will address how to enhance healthy family attachments as you learn:

- To understand your child's feelings or grief
- Typical behaviors related to grief
- A child's view of his or her adoption
- Barriers to working through grief
- Concrete suggestions for helping your child with these difficult issues
- How your family's relationship culture influences your child's attachment

Margaret Meinecke, MSW, LCSW, CAS III, specializes in working with children who have emotional disturbances, and their families, around attachment issues.

**Cost:** \$5.00; light supper provided. Fee is waived for parents who have finalized adoptions through the child welfare system, and registration preference will be given to these families. Foster parents and professionals are welcome.

**For more information:** Contact Tanya Hammar at 303-755-4756 or 800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).

**Register online at:** [www.adoptex.org](http://www.adoptex.org).

## *Interdisciplinary Child Welfare Institute*

May 18 - 22, 2009

Capital University Law School, Columbus, Ohio

Capital University Law School, in conjunction with the National Center for Adoption Law and Policy, is pleased to offer a one-week intensive Interdisciplinary Child Welfare Institute (ICWI). This two-credit course will provide law students and graduate level social work students with a mutual understanding of the legal and sociological principles central to child welfare practice. In the increasingly complex world of child welfare, quality collaboration among legal and social work professionals is critical to keeping children safe and strengthening families. Interdisciplinary learning provides a common foundation for students from different professional programs and an environment for developing the skills required of future child welfare attorneys and social workers.

Topics include:

- Constitutional rights of parents and children and the responsibility of the State to protect children from maltreatment
- History of child welfare law
- Child welfare systems in the United States: key federal policy and statutes and state structures
- Legal definitions and practice implications
- Child development and interviewing children
- Family dynamics of child maltreatment
- Ethical and professional considerations for interdisciplinary practice
- Preparing for trials and providing expert testimony
- Permanency planning and negotiating for best solutions for children and families

*Cost:* \$2,148 for this two-credit course

*For further information:* Email [icwi@law.capital.edu](mailto:icwi@law.capital.edu), call 614-236-6730, or go to the website at <http://www.law.capital.edu/adoption/icwi/>.

*To register:* Go to: [https://secure.law.capital.edu/adoption/icwi\\_app/index.cfm](https://secure.law.capital.edu/adoption/icwi_app/index.cfm)

Click here to [print a 2009 ICWI Flyer](#).

*Will I Survive?! Help for Adoptive Parents Parenting Teens*

Presented by The Adoption Exchange/COPARC

Heidi Hendricks, MA, LPC, Trainer

Tuesday, May 19, 2008, 6:00 p.m. – 9:00 p.m.

Fort Collins, CO

This workshop will focus on:

- Helping parents distinguish between “normal” teen behavior and abnormal behavior
- Learning approaches that work to train teens to control themselves
- Avoiding escalating situations
- Deescalating situations
- Learning how to have discussions with your teen
- Learning how to deal with teens when they have adoption related issues

Trainer Heidi Hendricks, MA, LPC, was a foster parent for many years as well as a Clinical Therapist and Residential Program Director specializing in working with high-risk children and families. She is currently the Vice President of Program Services for Lutheran Family Services.

*Cost:* Class fee is \$5.00. Fee is waived for parents who have finalized adoptions through the child welfare system, and registration preference will be given to these families.

*For further information:* Tanya Hammar at 1-800-451-5246 or by email at [tanya@adoptex.org](mailto:tanya@adoptex.org).

*To register:* Go to [www.adoptex.org](http://www.adoptex.org).

## Just for Fun

### *Family Tree's Celebration of Achievement*

Thursday, May 7, 2009, 5:30 p.m.

Arvada Center, 6901 Wadsworth Blvd., Arvada, CO 80003

The 16th Annual Celebration of Achievement is a fundraising event that celebrates the outstanding accomplishments of Family Tree clients. The evening's celebrants are recognized for their successful journeys in overcoming the issues of child abuse, domestic violence, and homelessness. Keynote speaker is former Miss America, author and motivational speaker Marilyn Van Derbur. Reception and auction start at 5:30 p.m. Banquet doors open at 6:15 p.m.

Last year Family Tree provided services to more than 31,000 people, including more than 25,000 nights of safe shelter to families and individuals who might otherwise be homeless. The mission of Family Tree is to help people overcome child abuse, domestic violence and homelessness to become safe, strong, and self-reliant.

*Cost:* \$40 per person, \$75 for a couple, or \$375 for table of ten

*For more information or to purchase tickets:* Go to [www.thefamilytree.org](http://www.thefamilytree.org) or call (303) 403-5896.

### *CP of Colorado's 8th Annual Mothers' Tea*

Saturday, May 9, 2009 11:00 a.m. to 2:30 p.m.

The Westin Tabor Center, 1672 Lawrence Street, Denver

This remarkable celebration is all about honoring the spirit and devotion of some very special moms. Held in the grand ballroom of the Westin Tabor Center in downtown Denver, this year's Mother's Tea will feature a champagne reception complete with grand pianist and complimentary portraits by Scott T Photography. Attendees will enjoy a sumptuous luncheon and relaxing day of entertainment that will include a keynote speaker, a very exciting fashion show, and numerous giveaways. The event will conclude with Celebrity Host, Dr. Stephanie Clements, announcing the winners of pamper packages for six, community-nominated, very deserving mothers. These elegantly prepared packages, which include spa services, dinner, and an overnight getaway, are the perfect gift for mothers who so often place the needs of their children ahead of their own.

Over the years, UCP Colorado has witnessed the incredible difference that mothers make in the lives of their children with special needs. Whereas many moms wear many hats, these mothers' challenges are uniquely diverse in the care and upbringing of their children. Their lives often revolve around medical appointments, special therapies, and advocating for the inclusion of their children in the educational system and throughout their communities. Their stories of motherhood demonstrate the selfless and extraordinary commitment, love, and sacrifice that help their children overcome the daily challenges they face.

### **Benefiting UCP Colorado's Family Support Services:**

Colorado Citizens for Accountability, EMPOWER Colorado, Faith In Action, Guardianship Alliance of Colorado, Infantile Scoliosis Outreach Program, and Parent to Parent of Colorado,

*Tickets:* \$50 each

*For more information:* Go to <http://www.cpcoco.org/motherstea.html> or call Emily or Tina at 303-691-9339

*To register:* Go to <http://www.cpcoco.org/mttickets.html>

### ***Adoption Exchange Events***

The Adoption Exchange has a variety of upcoming events:

June 24-25, 2009: Champions for Children Golf Tournament at Sanctuary Golf Course

November 2009: 22<sup>nd</sup> Annual Fantasy Ball

For more information on any of these events, go to [www.adoptex.org](http://www.adoptex.org).

### ***Mothers' Day Gift Idea That Makes a Difference***

Make the mothers in your life proud – get them a Mothers' Day gift that does more than make them happy – it also helps a nonprofit organization. Consider ordering a beautiful turquoise and silver bracelet from CHART (Children's Help and Assistance for Residential Treatment). CHART provides families with resources to help you ask the right questions about RTC placement and find options to help finance your child's placement in a residential treatment center (RTC). The members of CHART are both professionals and parents who have faced the same questions, emotions, and turmoil.

For more information about these bracelets designed by Michael Stanfield, email Mary Ann Mulligan at [Maryannchart@msn.com](mailto:Maryannchart@msn.com) and she'll send you the flyer and ordering instructions.

## Website Topics

This section contains the headings from some of the previous COCAF newsletter items. Rather than reprint these items in every newsletter, we're providing the name of the article and a link to the information on the COCAF website.

Adoption-Related Information [http://www.cocaf.org/adoption\\_topics](http://www.cocaf.org/adoption_topics)

Adoptive Families Denver <http://www.cocaf.org/adoptive>

COPARC <http://www.cocaf.org/coparc>

Foster Care and Adoption Self-Assessment Guide <http://www.cocaf.org/adoption-foster>

Income Taxes & Adoption <http://www.cocaf.org/tax>

Larimer County Alliance for Grandfamilies (LCAG) <http://www.cocaf.org/kinship-larimer>

The Adoption Exchange Support Groups Listing <http://www.cocaf.org/support>

Adoption Subsidy Information <http://www.cocaf.org/subsidies>

Colorado Subsidy Information <http://www.cocaf.org/adoption-subsidy>

Expanding Title IV-E Adoption Assistance <http://www.cocaf.org/adoption-titleiv>

NACAC Report on Adoption Subsidies <http://www.cocaf.org/adoption-nacac-report>

National Subsidy Information <http://www.cocaf.org/adoption-national>

Conference Calls/Discussion Boards <http://www.cocaf.org/current-conference>

Child Welfare League of America <http://www.cocaf.org/conference-welfare>

Conscious Connections Talk Radio <http://www.cocaf.org/conference-conscious>

"Listening to Parents" Project Discussion Board <http://www.cocaf.org/conference-listening>

NAMI Children's Conference Calls <http://www.cocaf.org/conference-nami>

Education <http://www.cocaf.org/education-menu>

Casey "Foster Parent College" Scholarships <http://www.cocaf.org/scholarships-casey>

Expanded Access to College Financial Aid for Former Foster Youth <http://www.cocaf.org/college-aid>

Foster Youth Internship (FYI) Program <http://www.cocaf.org/youth-internship>

Mobility Issues & Special Education <http://www.cocaf.org/mobility>

Online Educational Advocacy Resource <http://www.cocaf.org/edu-advocacy>

Parents of Adults with Disabilities <http://www.cocaf.org/edu-parents>

Reducing Behavior Problems in the Classroom <http://www.cocaf.org/behavior-problems>

Spanish-Language Child Welfare Resources <http://www.cocaf.org/edu-spanish>

Financial Assistance & Information <http://www.cocaf.org/financial>

Financial Classes <http://www.cocaf.org/financial-classes>

LEAP <http://www.cocaf.org/financial-leap>

United Way's 2-1-1 Service <http://www.cocaf.org/financial-united>

Health Care <http://www.cocaf.org/healthcare>

Denver Options <http://www.cocaf.org/health-denver>

EPSDT: What It Is & Why It Is Important to Behavior Health Providers? <http://www.cocaf.org/epsdt>

Medicaid Waiver Information <http://www.cocaf.org/health-medicaidwaiver>

UHCCF Grants for Child Health Care Services <http://www.cocaf.org/health-uhccf>



# COCAF E-Newsletter May 2009

## Legislative Information <http://www.cocaf.org/laws>

Colorado Child Welfare Action Committee <http://www.cocaf.org/legislation-cowelfare>

Emancipation Documents Colorado Legislation <http://www.cocaf.org/legislation-upcoming>

Nebraska Safe Haven Law <http://www.cocaf.org/legislative-nebraska>

Voice for Adoption Child Welfare Legislation Information <http://www.cocaf.org/voice>

## Mental Health Care <http://www.cocaf.org/mental-health>

Attention Deficient Disorder Association (ADDA) <http://www.cocaf.org/mental-adda>

Autistic Children: ZAC Browser: Zone for Autistic Children <http://www.cocaf.org/mental-zac>

CHART: Children's Help and Assistance for Residential Treatment <http://www.cocaf.org/mental-chart>

Considering Residential Treatment Programs for Children <http://www.cocaf.org/mental-residential>

COPARC Therapist Database <http://www.cocaf.org/mental-nami>

E.R.I.C. Program <http://www.cocaf.org/mental-eric>

Guide on Bipolar Disorder in Children and Teens <http://www.cocaf.org/mental-bipolar>

Mental Health Websites <http://www.cocaf.org/mental-websites>

NAMI Connections Link <http://www.cocaf.org/mental-nami>

NAMI Guide to Crisis Intervention Programs for Youth <http://www.cocaf.org/nami-crisis>

New Parents and Teachers as Allies Resources <http://www.cocaf.org/mental-allies>

Therapeutic Services for Jefferson County Victims <http://www.cocaf.org/mental-therapeutic>

## Services & Resources <http://www.cocaf.org/community>

C.A.S.E. Adoption-Related Services <http://www.cocaf.org/services-case>

Family Unification Program Housing Choice Vouchers <http://www.cocaf.org/fup>

Grandfamilies State Law & Policy Resource Center <http://www.cocaf.org/grandfamilies>

Kinship Program at Catholic Charities <http://www.cocaf.org/kinship-catholic>

Respite Care Services <http://www.cocaf.org/respice-care>

Respite: Give Me a Break Respite Program <http://www.cocaf.org/respice-break>

## Training Resources <http://www.cocaf.org/trainers>

COCAF Calendar <http://www.cocaf.org/event/2009/04/30/month/all/all/1>

Colorado Department of Human Services (CDHS) <http://www.cocaf.org/trainers>

Evan B. Donaldson Adoption Institute <http://www.cocaf.org/trainers>

Foster Parent College (FPC) <http://www.cocaf.org/trainers>

Washington Learning Systems Website <http://www.cocaf.org/training-washington>

## Free-For-All <http://www.cocaf.org/free-for-all>

Colorado-for-Free: Things to Do for Free <http://www.cocaf.org/free-colorado>

Free Car Seat Checks <http://www.cocaf.org/carseat>

## Current Events <http://www.cocaf.org/current-events>

Conference Calls/Discussion Boards <http://www.cocaf.org/current-conference>

Child Welfare League of America <http://www.cocaf.org/conference-welfare>

Conscious Connections Talk Radio <http://www.cocaf.org/conference-conscious>

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