

Passport

to the International Adoption Center



March 2015

www.cincinnatichildrens.org/iac

Passport to Forever raises \$100,000 for the IAC



The fourteenth annual Passport to Forever benefit dinner took place on Saturday, November 8, 2014 at the Oscar Event Center at Jungle Jim's International Market in Fairfield. Nearly 450 people attended and raised \$100,000 to directly benefit the International Adoption Center (IAC).

The theme for the evening was "Passport to India" and included silent and live auctions, as well as a children's fashion show. Live auction items included a Las Vegas Getaway package, a Bengals Fever package, and a Cincinnati Aronoff package. Silent auction baskets included international jewelry, Ethiopian coffee, and sports tickets for the Cincinnati Reds, Xavier Men's Basketball and the Keeneland Race Course.

Raffles included a 14k yellow gold cuff bracelet and coordinating 14k yellow gold wire drop earrings donated by Richter & Phillips Co.

Kit Andrews was the emcee for the evening.

Dr. Mary Allen Staat, IAC director, thanked sponsors and individual donors saying, "Thank you for sharing our dream. Because of the dedication, commitment and encouragement of so many wonderful supporters, like you, the IAC continues to help families make their dreams become reality."

Internationally adopted children ranging in age from 2 to 11 years old from 16 different countries took part in the annual children's fashion show. They wore fashions of their own choosing to reflect their personalities. Photos from the children's fashion show are included on pages 4 and 5.

Save the Date for the 2015 Passport to Forever:

Passport to Africa

Saturday, November 7, 2015 at the Oscar Event Center at Jungle Jim's International Market

How to Get Involved:

- Volunteer to help with the auction events, raffle or fashion show
- Bring back unique items from your child's country of origin to donate to the silent auction

To get involved and attend an informational brunch, contact event co-chairs Nancy Kayes at kayesfamily@cinci.rr.com or Karen Sparling at karen.sparling@cchmc.org.

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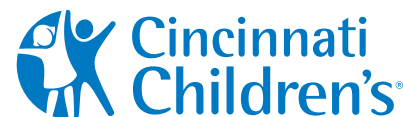
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Passport event photos on pages 4 and 5...



Cincinnati Children's
International Adoption Center

IAC STAFF MEMBERS

Sandra Batsel-Thomas, MD
staff psychiatrist
Andrea Bohlen, LISW-S
mental health therapist
Robin Gordon
post-adoption coordinator
international travel clinic coordinator
Kelly Hicks, RN, MSN
nurse coordinator
Irina Parkins, PhD
staff psychologist
Mary Allen Staat, MD, MPH
IAC director
Tisha Way, LISW-S
mental health therapist

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IAC Volunteers:

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Maggie Gieseke
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Nancy Kayes
Cathy Koenig
Victoria Nymberg
Brandy Pence
Herman Rumpke
Autumn Schmidt
Paul Sparling

IAC MISSION

The mission of the International Adoption Center is to uniquely address the health and wellness needs of internationally adopted children, their families, and their communities so that international adoption will be more widely embraced as a way to build families.

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Passport is published three times each year. To be added to or removed from the mailing list for this newsletter, contact Christina Ramey at christina.ramey@cchmc.org or 513-636-2877, opt. 2.

To give feedback about the newsletter or if you have a story idea, contact Jane Howie at jane.howie@cchmc.org or 513-636-0158.

International Adoption Center Contact Information

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Cincinnati, OH 45228

Phone: 513-636-2877; Toll Free 1-800-344-2462, ext. 62877

Fax: 513-636-6936

International Travel Clinic Contact Information

Offering international travel preparation and vaccinations to individuals of all ages

Two Convenient Locations and Days:

Cincinnati Children's Main Hospital:

Wednesdays – 8 am to 11 am

Fridays – 8 am to 3 pm

Phone: 513-636-2877, option 5

Cincinnati Children's Liberty Location:

Mondays – 8 am to 4 pm

Wednesdays – 8 am to 4 pm

Join Us: Upcoming Events



Sibshop Workshops –

For Brothers and Sisters of
Internationally Adopted Children

When: Monday, March 30, 2015
4:30 to 7:30 pm

Where: Liberty Campus

Contact: Andrea Bohlen, IAC mental health
therapist, at 513-803-1741



Center for ADHD

Summer Camp for Children With ADHD

When: June 15, 2015 to July 31, 2015

Where: Xavier University

Details on page 7 and back page



2015 Passport to Forever – Passport to Africa

When: Saturday, November 7, 2015

Where: Oscar Event Center at Jungle Jim's

The 2014 adoption tax credit: ten things you should know

Nancy Burns, Esq., Mother of Four Internationally Adopted Children

A tax credit is offered to adoptive parents to encourage adoption. In filing your tax return this year, please keep the following in mind.

1. The maximum adoption tax credit for 2014 is \$13,190 per child. The purpose of the adoption tax credit is to offset “qualified adoption expenses” of taxpayers who adopted a child in 2014.
2. “Qualified adoption expenses” are reasonable and necessary adoption fees, including court costs, attorney fees, travel expenses including airline tickets, meals, lodging, and other expenses directly related to the adoption.
3. The adoption credit in 2014 is nonrefundable, however any unused credit amount can be carried forward for up to five years.
4. The adoption credit amount begins to phase out for taxpayers with modified adjusted gross income of more than \$197,880 and completely phases out at \$237,880.
5. You must complete and attach Form 8839 – Qualified Adoption Expenses, to your return. The IRS no longer requires you to attach adoption documents to your tax return but you should keep all documentation with your tax records.
6. Sixty-nine percent of 2012 returns claiming the adoption credit were audited by the IRS. On average, only one percent of all returns are audited. The IRS may audit your return and require documentation, including copies of receipts for your claimed expenses, entry visas, final decree, certificate or order of adoption, the home study by an authorized placement agency, and if the foreign adoption is from a country governed by the Hague Convention, The Hague Adoption Certificate, the IH-3 visa, or a foreign adoption decree translated into English, or if the foreign adoption is from a country that is not party to the Hague Convention, the foreign adoption decree translated into English or an IR-2 or IR-3 visa.
7. You can now electronically file your return because the IRS no longer requires you to attach adoption documentation to your return.
8. In nearly all cases, if you are married, you must file a joint return to claim the credit.
9. If your employer provided adoption benefits, you may be able to exclude those benefits from your income as well as take the adoption credit. However, you cannot take the adoption credit for expenses covered by your employer-provided adoption benefits. The adoption credit and the exclusion for employer-provided benefits are each \$13,190.
10. Your state may also provide an adoption tax credit. Ohio's credit is \$1,500 and can be carried forward for two years.

See IRS Form 8839 and Instructions for Form 8839 for detailed instructions. The information provided in this article is general in nature and is not meant as advice for your particular situation. Please consult your tax or legal advisor.

Have Questions about Adoption Tax Credits?

Contact Nancy Burns at
nburns@smrslaw.com
or 513-345-1411.



Nancy Burns, with her children from left to right: Andrew, Emily, Ailsa and Will

Nancy Burns, an attorney with Schwartz Manes Ruby & Slovin, and her husband Mark Bever are the proud parents of four children from Kazakhstan.

Photos from the Passport to Forever Fashion Show

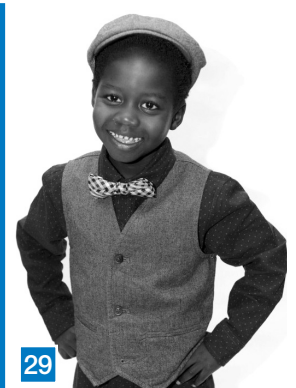
1. Olya Pence (Kazakhstan) and Zoe Kincaid (India) - on front page
2. Mary Allen Staat (Director) and Victoria Nymberg (Live Auction Chair) - on front page
3. Saffi Grace Vaughn (Ghana)
4. Moses Kobonge Browning (Democratic Republic of Congo)
5. Xander Berger (Korea) with his father and Robel Teller (Ethiopia)
6. Defina Teller (Ethiopia)
7. Victoria Hombirg (Poland)
8. Yana Kemp (Russia)
9. Theo Kopf (Ethiopia)
10. Reina and Maria Haas (Guatemala)
11. Emilie Garretson (Dominican Republic)
12. Mila Decastro (China)
13. Catarina Kenat (Guatemala)
14. Munni Williams (India) and Vedika Ehlers (India)
15. Anna Grace Philippe (China)
16. Samara Megerle (Russia) and Nick Johnson (Russia)
17. Charity Kincaid (India), Xavier Nichols (Colombia) and Sibella Russell (China)
18. Rickson and Alani Herrell (Marshall Islands)
19. Sebastian (with volunteer) and Elli Focht (Taiwan)
20. Jace Jones (Siberia)
21. Zoe Kincaid (India), Alina Koenig (Russia) and Rosie Gieseke (Ethiopia)
22. Emma Hockenbery (China)
23. Lilly Price (China) with a volunteer
24. Esther Evans (Haiti)
25. Ellie Wentz (China)
26. Hannah Ottino (China)
27. Tommy Romano (Ethiopia)
28. Tate Jones (Ethiopia)
29. Abikiyo Teller (Ethiopia)
30. Some of the models behind the scenes



Passport to Forever Fashion Show



A special
THANKS
to everyone who
participated in
making this year's
event a success!



Understanding the signs of depression in children

Tisha Way, LISW-S, mental health therapist



About Tisha Way:

Tisha graduated with a Masters of Social Science Administration (MSW) concentrating in Mental Health from Case Western Reserve University in Cleveland, OH.

She completed her undergraduate Bachelor of Science degree in Social Work at Xavier University.

As an IAC mental health therapist, Tisha conducts diagnostic assessments of children recently adopted and counsels children and parents to foster post-adoption support and enhance well-being. Her areas of focus include:

- Anxiety
- Adjustment issues
- Attachment issues
- Trauma
- Executive functioning skills
- ADHD
- Depression

If you would like to find about more or schedule an appointment with Tisha, call the IAC Call Center at 513-636-2877, option 1.

It is always difficult to hear news that a child has harmed themselves. When news of a suicide attempt or self-injurious behavior has occurred, loved ones are left questioning whether they should have seen signs or intervened sooner. Others are in shock, as the child did not appear depressed or display sadness.

For an adolescent, peers are their most inner circle; therefore when conflicts arise, it can feel as if their entire world is falling apart. In this stage of development, life is lived in the moment and it is difficult to see a light at the end of the tunnel.

Most children have yet to develop the ability to think rationally when emotions are heightened, and as a result, this impulsive thinking can lead to irrational decisions.

In our connected society, this has become even more challenging. Social media creates 24 hour access to connect with others, and without face-to-face interactions, individuals feel freer to express themselves. Inappropriate texts, bullying, and online social drama can play a significant role in today's youth.

Within children who are internationally adopted, there often gaps in social-emotional development and challenges in developing healthy attachments and relationships. Parents of internationally adopted children often describe their children as immature socially. Their children also have difficulty problem solving and regulating their emotions when under stress. These deficits can make it difficult for children to manage the stress of adolescence, and they become at risk for depressive symptoms.

What are indicators of depression in children and teens?

- Changes in appetite: May or may not experience unintentional weight loss or gain over time
- Changes in sleep: Difficulty falling asleep or staying asleep; sleeping longer; uncharacteristic napping
- Decreased energy: May appear tired; not performing as well in activities; difficulty keeping up with responsibilities as a result
- Changes in physical movements: Appearing physically agitated or slowed down, muscle tension, restless movements; poor coordination
- Feelings of worthlessness: Negative self-talk; may demonstrate excessive guilt or self-blame; low self esteem
- Decreased focus and concentration: May be more indecisive, appear to not listen when being spoken to; may impact academic performance
- Changes in mood: Irritability, sadness, uncharacteristic behaviors
- Physical complaints such as headaches and stomach aches
- Withdrawing from social interactions or activities that they typically enjoy
- Recurrent thoughts of death or suicide

What can parents do?

- Let your child know you've noticed that they haven't seemed like themselves. Depressive symptoms can feel isolating. While it may not happen immediately, letting your child know this can create openness for them to share what they are experiencing.
- Decrease stress. This may include decreasing expectations for a time period.
- Encourage healthy behaviors including a consistent sleep regimen, physical activity, and healthy eating.
- Limit the opportunity for impulsive actions by keeping medications out of reach.
- Contact a counselor to discuss your concerns. Appointments can be scheduled with an IAC therapist by calling 513-636-2877, option #1.
- If your child is feeling suicidal, call the Cincinnati Children's 24 Hour Psychiatric Response Team at 513-636-4124, or go directly to your local emergency room.



The Center for ADHD offers summer treatment program for children with ADHD

The Center for ADHD at Cincinnati Children's is offering the nationally recognized Summer Treatment Program (STP) for children with ADHD this summer at Xavier University. The STP is an award-winning comprehensive treatment program to address children's behavioral, emotional and learning problems. Designed for children 8 to 12 years old with ADHD, this program is composed of evidence-based treatments incorporated into a 7-week therapeutic summer day camp setting.

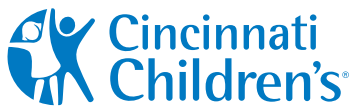
The program provides treatment tailored to each child and implemented by our highly trained staff, with no more than 2 children per staff member. The STP also includes summer fun activities such as swimming, sports, crafts and computer-based activities.

Ratings show that 95% of parents said that they and their children benefited from the STP and that they would send their child to the program again if given the opportunity. And 96% of parents said that their children not only improved, but that they also enjoyed the program.

Parents also benefit by participating in weekly group evening sessions to help them develop skills to reduce problem behaviors, to improve their child's task skills and relationships with parents and peers, and to maintain and to continue the progress made in the STP at home.

The Center is registering children for the camp now. For more information, see the back page for a summary and contact details.





International
Adoption Center

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Cincinnati Children's Hospital Medical Center – International Adoption Center

Summer treatment program for children with ADHD (*continued*)



What: The camp is a nationally recognized Summer Treatment Program (STP) for children with ADHD which addresses children's behavioral, emotional and learning problems in a 7-week therapeutic summer day camp setting. The STP also includes activities such as swimming, sports, crafts and computer-based games and teachings.

Who: Children 8 to 12 years old who have been diagnosed with ADD or ADHD

When: Monday, June 15 to Friday, July 31, 2015
8:30 am to 4:30 pm, Monday through Friday

Where: Xavier University

Contact: To find out more information about the cost and registration process, contact the Center for ADHD STP at 513- 803-7708 or ADHDSTP@cchmc.org.