

## Why Individuals/Families Contact the HELP Program

Toll-Free: 1.855.670.4357 or 612.746.5137

[www.mnadopt.org](http://www.mnadopt.org)

### **Adoptive Parent(s):**

- Family is experiencing emotional and/or behavioral challenges (e.g. strong emotions exhibited by child/teen (i.e. angry, sad, withdrawn, acting out, rejecting parents, child rejecting their racial background, increasing defiance); school challenges; peer relationship concerns; attachment considerations (i.e. not connecting with parents/others or indiscriminate social interacting); deliberate self-harm; aggression...etc.
- Seeking assistance and guidance regarding getting the right supports at home and/or school to assist with child's needs
- Seeking support/education/resources on transracial adoption issues (e.g. talking about race/adoption, building cultural connections for their child and family, education on the potential impact of transracial adoption on their child(ren) throughout the lifespan...etc.)
- Seeking support on how to recognize and talk to child/teen on a variety of topics related to adoption at different stages/ages
- Seeking support on navigating open adoption relationships
- Parental-focused support (therapeutic, peer connections and community services/systems navigation)
- When parent(s) feel like they are isolated and misunderstood ("nobody gets it.")

### **Fost/Adopt or Foster Families:**

- Same examples as listed in the Adoptive Parent(s) section above
- Grief and loss specific to parenting children who are leaving their care (e.g. reuniting with birth family or entering adoptive family)
- Seeking support and guidance on how to be the connection and loving bridge for the child when child(ren) leave their care (e.g. reuniting with birth family or entering adoptive family)
- Seeking support on shifting to adoptive parent role after having been the foster care provider

### **Adopted Persons:**

- Seeking support on search and reunion
- Working through issues with: adoptive identity; grief and loss, relationship challenges...etc.
- Seeking connection with other adoptees and those that "get it"

### **Kinship Adoptive Families:**

- Same examples as listed in the Adoptive Parent(s) section above



- Seeking assistance in locating therapeutic, supportive and/or educational resource options specific to their child's/family's needs
- Dynamics within the extended family and new family relationships
- Challenges with: new family structure, boundaries, power shifts within the family unit...etc.

**Birth/First Parent and/or Family:**

- Seeking support on grief and loss throughout various life stages
- Seeking support on open adoption relationships throughout various life stages
- Seeking connection with other birth/first parents/families