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Spring 2017



Welcome to **MN ADOPT Insider**, a quarterly newsletter that gives you updates about current events and happenings at MN ADOPT, as well as provides you with in-depth information about our programming and ways that you can help support our mission of promoting and supporting successful adoptions for Minnesota children and families.

## May is National Foster Care Month

### **You Can Make a Difference!**

Did you know that right now there are over 400,000 children in foster care in the United States? And in Minnesota there are approximately 9,400 kids in foster care on a daily basis? The primary goal of foster care is to keep children safe while family needs are being addressed. Ideally, things will work out so children can return home, but unfortunately that is not always possible. As of September 2016 there were nearly 500



Minnesota kids in foster care in immediate need of an adoptive family.

### **How Can You Help?**

There is an immediate need for all of us to take action to support Minnesota children in foster care so they can have a safe environment and a secure future. Below are ways that you can get involved and make a difference for a Minnesota Child:

Learn about foster care and educate others: [Foster Care Fact Sheet](#)

Consider becoming a foster parent: [Steps to](#)

- [Becoming a Foster Parent](#)
- Learn about becoming a permanent resource through adoption: [Learn More](#)
- Volunteer your time, talents or resources to an organization that supports Minnesota children in foster care.
- Make a financial contribution to support the work being done by these organizations.

### **Want to Learn More?**

Interested in learning more about adopting an older child from foster care? We have information on our web site at [www.mnadopt.org](http://www.mnadopt.org) about adoption and a listing of agencies that can assist you with the process. You can also contact us at 612-861-7115 or [info@mnadopt.org](mailto:info@mnadopt.org) for information on how to get started.

**The learn more about specific waiting children visit**

<https://www.mnadopt.org/waiting-kids/>

## **Education Program: Tools for Families and Professionals**

### **"T" is for Trauma**

As part of our effort to expand educational opportunities for families and professionals throughout the State of Minnesota, MN ADOPT has been collaborating with various counties and agencies to bring a relevant and critical workshop on trauma to diverse areas of the State.

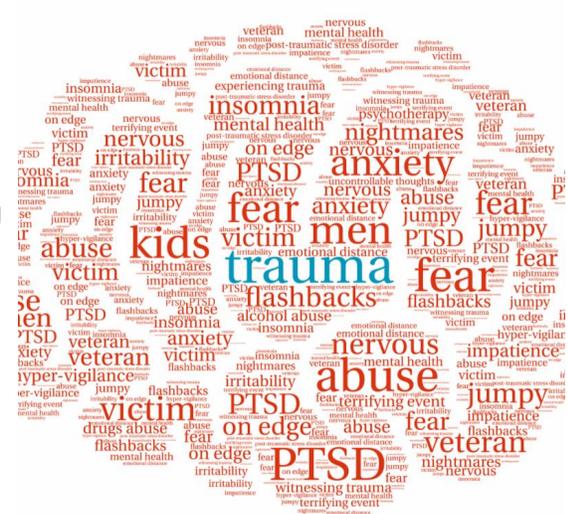
Presented by Deena McMahon, "T is for Trauma", addresses behavior challenges that stem from early traumatic experiences and provides strategies to cope with these behaviors. The format for this training is a

daytime session geared toward professionals plus an evening session specifically for adoptive, kinship and foster families.

To date we have had these sessions in Moorhead and Rochester, with an upcoming session in Marshall on June 21st and a future session being planned for Northeast Minnesota.

### Statewide Educational Opportunities

MN ADOPT is continually working to bring educational opportunities to under-served areas of the State. Make sure to check out our training page for details about currently planned and future educational opportunities. If you are part of an organization or county that would like to partner on a future educational event, contact Stephanie Regnier at [sregnier@mnadopt.org](mailto:sregnier@mnadopt.org)



To view upcoming educational opportunities visit <https://www.mnadopt.org/training/mn-adopt-trainings/>

## HELP Program: Navigating Transitions

### Navigating Transitions

For many people spring conjures up images of the re-emergence of life. Out of the winter blanket of dormancy, plants, animals and people begin to feel re-energized. This period of time also represents multiple transitions for children and families. Between summer plans being coordinated, school schedules changing and graduations and other activities, families and young adults regularly navigate these types of transitions with minimal challenges. For the adoptive family, or young adult who was adopted, transitions into adulthood, however, can often pose a larger challenge for a variety of reasons.

This stage of life can often feel daunting, and full of uncertainty, both for parents and young adults. Our HELP staff have heard from families and adopted persons experiencing some of the following issues.

- Parents who find themselves being overly protective, restrictive or punitive towards their young adult child who is on the road to independence without a clear understanding of 'why.'
- Parents experiencing emotional triggers regarding the fears they have for their children based on their unique early life experiences.
- Parents with overwhelming feelings of loss related to their own experiences as they become 'empty nesters.'
- Young adults with emerging/re-emerging feelings of abandonment, increasing feelings of not wanting to leave the family home or challenges with their sense of identity as they begin the college journey or living on their own.

The link below will take you to a list of resources that many families have found helpful during this critical stage:

[Transitioning Into Adulthood](#)

### **We're Here to HELP**

The Clinical Specialists at the MN ADOPT HELP Program have experience assisting families and individuals as they navigate these types of experiences. If you, or an adopted family/person you know, are experiencing challenges and could benefit from the supportive services available through the HELP Program, give us a call. Our team will be happy to assist in whatever way we can!

**To learn more about HELP Program services visit**  
[www.mnadopt.org/help-prog/](http://www.mnadopt.org/help-prog/)  
**or call us at 612-746-5137 (Toll-free 1-866-303-6276)**

## MN ADOPT News and Events



### **MN ADOPT Night with the Lynx**

We're excited to announce that MN ADOPT will once again be featured as the nonprofit of the game with the Minnesota Lynx on as they take on the Atlanta Dream on August 3rd at 7:00pm. As part of this evening, we will have approximately 170 tickets to give away to families and youth in foster care and will also debut our new PSA, created in partnership with the Lynx. Don't miss this great opportunity to help us raise awareness!

### **Adoptee Night with the Twins**

MN ADOPT will also be partnering with the Mixed Roots Foundation for Adoptee Night with the Twins on August 29th. Once again, we'll have tickets for approximately 50 families and youth for this great event when the Twins take on the Chicago White Sox.

Both of these events are great opportunities to raise awareness while having a fun time! As we get closer to the event dates we'll be posting a call to sign up for tickets on our Facebook page and through our email list. Make sure you follow us on Facebook so you don't miss these exciting announcements!

# Support Our Work

The important work we do is made possible through the contributions of people like you who have a deep commitment to ensuring that all Minnesota children have safe, nurturing home in which to thrive. The following are ways that you can have an impact on our mission to promote and support successful adoptions for Minnesota children and families. Together we can make a difference!

## Make a Donation Today

The contributions we receive, no matter the size, have an immediate and important impact on our ability to help children find homes as well as support families created through adoption. You can make an online or recurring donation by clicking on the "donate" graphic to the right or by clicking [HERE](#)



You can also mail your donation to us at 777 Raymond Avenue, St. Paul, MN 55114.

## Volunteer Your Talents

Do you have a talent you think would benefit our work? MN ADOPT has a need for volunteers and board members with the following skills, background and experiences: Office/data entry, research, grant writing, human resources, legal fundraising, social media and graphic design.



If you're interested in learning more about how you can use your talents to support our mission, please contact Rachel Walstad at [rwalstad@mnadopt.org](mailto:rwalstad@mnadopt.org) or 612-746-5127

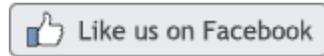
## Advocate for Children in Foster Care

Minnesota children in foster care need all of us to work together to ensure they can each have a safe and nurturing family to call their own. The following are ways that you can help make this a reality:

- Learn about the possibility of becoming a foster, adoptive or respite family to a child in foster care
- Encourage those in your community to consider becoming a resource for a child



- Spread the word about children in need of a family! Follow MN ADOPT through social media and share our posts that highlight children in need of a family



## With Appreciation

We are deeply grateful to the individuals, organizations and foundations that support our mission through the donation of services, time, in-kind donations and monetary donations.

A special thanks to the donors below who contributed to MN ADOPT's work from January 1, 2017 through March 31, 2017

KSTP Twin Cities Live	Granite City	Partners in Pediatrics
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Kelly Schneider	Pump It Up	Rachel Flanders
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Angela Peters	Way Cool Cooking School	Cathy Bruer-Thompson
Mitch Odland	Double Equestrian Center	Tony Porter
Dorene Kainz	Melissa Mendez	Sarah MacRae
Chris Tiedeman	Jen Erickson	

Thank you!!

Minnesota Adoption Resource Network | 612-861-7115 | [rwalstad@mnadopt.org](mailto:rwalstad@mnadopt.org) | <http://www.mnadopt.org>



Minnesota Adoption Resource Network, 777 Raymond Avenue, St. Paul, MN 55114

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