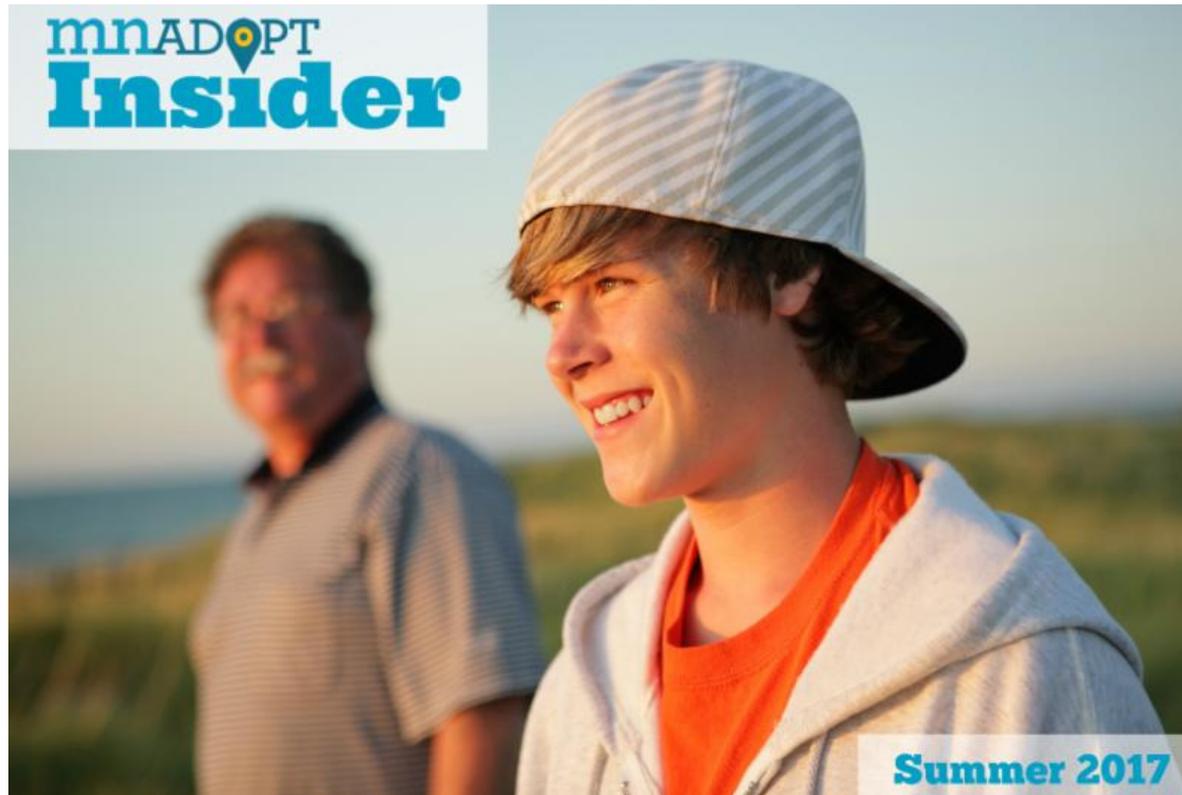


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Welcome to **MN ADOPT Insider**, a quarterly newsletter that gives you updates about current events and happenings at MN ADOPT, as well as providing you with in-depth information about our programming and ways that you can help support our mission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

MN ADOPT

News

## MN ADOPT Get a Fresh Look!

We're excited to be getting some much need updating to our materials! While our MN ADOPT logo remains the same, we have added and updated logos for our individual programs and are excited to be sending our new brochures off to the printer-so keep your eyes out for those very soon!! Below are brief descriptions of our programs, click on the links to learn more.

The **Zero Kids Waiting Program** provides awareness, information and referral to connect Minnesota's waiting children to foster and adoptive families and includes the State Adoption Exchange, an online photo listing of Minnesota children in need of families. [Learn More](#)

Our **Education Program** provides workshops on attachment, trauma, transracial adoption, parenting, and other topics relevant to foster, adoptive and kinship families. [Learn More](#)

The **HELP Program** provides support, guidance and referrals to adoption competent therapeutic services and resources statewide. [Learn More](#)



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**20th Annual Circus of the Heart November 5th**

We're anticipating another great launch to adoption month with the 20th Annual Circus of the Heart on November 5, 2017. As usual, the festivities will begin at 1:00 pm and last for three hours. Last year we had over 600 people in attendance, and are planning for another great afternoon with fun activities, crafts, games, prizes and great mascots and characters for the kids to interact with! There will also be resource tables with information for those interested in adoption and foster care, as well as information about services available to adoptive, foster and kinship families.

This event is made even more special because of the feel of community with so many individuals and organizations coming together to make it a success, both through time and donation of prizes. The following are ideas of ways that you can participate in this year's event:

- Prizes for teens or families. Examples of great prizes include gift cards to restaurants, themed gift baskets, sporting memorabilia, games, a financial contribution to be used toward the purchase of a prize, or certificates or tickets for local entertainment or sporting events that promote quality family time together.
- Volunteer to help run the activities at Circus - this is a great opportunity to share your time and gifts to help children and families have a great experience. Volunteers can be individuals or groups of friends, coworkers or family members.

If you would like contribute to the 20th Annual Circus of the Heart, please contact Rachel Walstad at 612-746-5127 or [rwalstad@mnadopt.org](mailto:rwalstad@mnadopt.org).

**Making Connections**



### **Another Winning Evening with the Minnesota Lynx!**

MN ADOPT staff and a host of adoptive families, youth and youth workers attended the August 3rd Minnesota Lynx game against the Atlanta Dream. This annual event is a great way to raise awareness about the need for foster and adoptive families for

Minnesota waiting children, while also providing a great evening of entertainment and fun for 180 children and adults.

This year's Public Service Announcement featured Lynx All Star Forward, Maya Moore, with 12 year old Mary, who gave a big 'THUMBS UP' on behalf of Minnesota Waiting Children.

At the half time break of the game, MN ADOPT recruitment coordinator, Wendylee Raun, was joined at Center Court by 16 year old Aleesha, her chaperone, Kathy, and Lynx Vice President Carley Knox, who presented an autographed basketball to Aleesha.

The evening closed with an exciting fourth quarter ~ and of course our Lynx team beat the Atlanta Dream, 69 to 54! MN ADOPT gives a big shout out to the Lynx, four time WNBA Champions and a great community partner in support of our shared goal: Zero Kids Waiting!



2017 MN ADOPT PSA with the Lynx

## 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/>**



## MN ADOPT Hosting Webcast with Dr. Daniel Siegel on September 26th

We're excited to be hosting a webcast on The Adult Attachment Interview, featuring Daniel J. Siegel, M.D. A professor at UCLA, Dr. Siegel has published extensively for both the professional and lay audiences. His four New York Times bestsellers are: Mind: A Journey to the Heart of Being Human, Brainstorm: The Power and Purpose of the Teenage Brain, with Tina Payne Bryson, Ph.D, The Whole-Brain Child, No-Drama Discipline, and the upcoming The Yes Brain (2018).

**About the Webcast:** The Adult Attachment Interview (AAI) can offer new insights into our relationships and our brains. The coherence of the AAI is the best predictor of how a child will be attached to his or her parent. Coherence is essentially how individuals have made sense of their lives and reflects an integrating process in the brain. This seminar for parents & professionals will examine how families can use this information to inform an effective approach to parenting that promotes secure attachment.

Learn more and register: [Webcast Information](#)

In addition to this webinar, MN ADOPT has a calendar of great educational opportunities for families and professionals. Use the link below to check them out!

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



We Get It



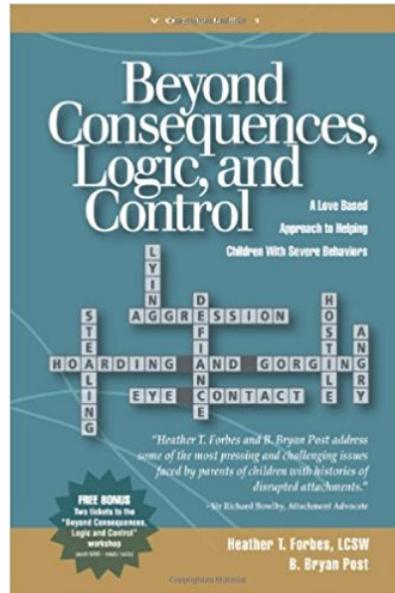
### **Book Resource: Beyond Consequences, Logic and Control**

'Parenting is the hardest job you'll ever love' is a common statement for many parents. Parenting a child who has experienced early trauma, attachment disruptions and foster care/adoption, however, comes with its own unique set of challenges that many foster and adoptive parents never imagined.

Since the HELP Program began in 2011, the HELP team has assisted families experiencing various challenges in making huge strides in their family relationships by helping caregivers embrace a parenting paradigm shift. By helping parents focus on understanding the origins of challenging behavior, which is often rooted in early

traumatic experiences, and providing various strategies to co-regulate strong emotions, reframe use of consequences and focus on the relationship as key, caregivers report huge strides in the strength and quality of their relationship with their child.

Below is a great book for further exploration with a review from Heather Van Brunt, HELP Program Specialist:



Beyond Consequences, Logic and Control: A Love Based Approach to Helping Children with Severe Behaviors by Heather Forbes is definitely one of my favorites (<http://www.beyondconsequences.com/>)! The chapters are clear and easy to digest with quick reference/recaps at the end of each one. It lays out what happens to children's brains and systems when they have early experiences with trauma, neglect and disruptions to their early caregiving relationships. It is so helpful in helping adults start to shift their lens about what is behind challenging behaviors and to meet their child right at that spot. It is a gift to get a new vantage point and starting point for these interactions with our children. This book guides parents by breaking down real life scenarios with a "traditional view" parenting approach alongside a "new view" example. One of the strongest reasons I appreciate this book is that throughout the pages it brings to life the healing power that parents can tap into by working at keeping themselves supported and emotionally regulated, so that the dynamic with their children can shift in a positive direction. Certainly not an easy task!...but this book outlines and encourages how to take small yet powerful steps in the right direction.

***Click to See Book on Amazon***

*- Heather Van Brunt, MEd, LSW; MN ADOPT HELP Program Specialist*

**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)**

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!

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## 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 MN ADOPT, 777 Raymond Avenue, St. Paul, MN 55114.

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## 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

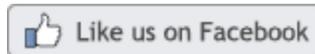
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## Advocate for Children in Foster Care

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



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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