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**mnADOPT**  
**Insider**



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

**mnADOPT**

**News**

## **MN ADOPT is Growing!**

We are excited to announce we're expanding programs and services! The following are the current changes we're making, along with information for anyone interested in applying for our new staff positions.

Our Zero Kids Waiting program is formally adding front-end information and support for families interested in becoming foster parents. Although we currently hear from folks with questions about both adoption and foster care, this process will be formalized by the addition a **Foster Care Specialist** to our staff. This person will add the expertise needed to provide information, answer questions, assist prospective and current foster parents in all phases of the process, and raise awareness about the need for foster families in Minnesota. Look for enhanced content and a foster parent referral process on our web site in the coming months.

MN ADOPT is expanding our post adoption services through the addition of a **Post Adoption Search Specialist**. The person who fills this role will partner with DHS to transition their Post Adoption Search Services to MN ADOPT, as well as

streamlining and enhancing the process. We're accepting applications for this position through Friday, February 2nd. [Learn More](#)

Due to the growing need for HELP Program services by adoptive families and the broader adoption community, we are adding a **HELP Specialist** to our team. We're accepting applications for this position through Friday, February 2nd. [Learn More](#)

## Making Connections



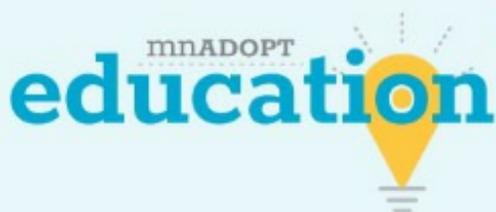
### Kid Connection - Creating Opportunities and Success

Since 1979, MN ADOPT has partnered with KSTP television to raise awareness of Minnesota's Waiting Children. When the original feature, Thursday's Child, ended almost 3 years ago, we met with KSTP programming staff and arrived at an exciting new format for recruitment.

**Kid Connection** launched in April of 2015 and is produced and reported by Kelli Hanson and shown on alternating Tuesdays between 3 and 4 p.m. on Twin Cities Live! Kelli works closely with MN ADOPT Recruitment Coordinator, Wendylee Raun, to identify and make arrangements for kids to participate in a wide variety of activities that are in line with their interests or goals for their future, such as horseback riding, snow boarding, swimming, a salon makeover, or a trip to a cooking school. In addition to creating fantastic opportunities for these children, Kid Connection also highlights the need families, not only for the child being featured, but for all of Minnesota's Waiting Children.

As of December 31 of last year, 61 youth had been featured on Kid Connection. Of these 61 kids, 26 are now with permanent, loving families. Fifteen of these youth are teens – a most challenging age to find an adoptive home. During that time, at least 4 youth turned 18 and are now on their own. The need remains great, as more and more children are entering out of home care.

Please visit the [MN ADOPT website](#) to view many of the Kid Connection segments featuring kids who still wait. And tune into Twin Cities Live on Tuesdays at 3:00 to catch new Kid Connection features.



## Know More

**School Related Workshops for Families & Professionals**

MN ADOPT is excited to be bringing back two sessions of the workshop **"Helping Your School Find a Trauma Lens"**. Both workshops will be presented by a team of three speakers: *Abbie Lane, MSW, LICSW, Katie Mac Jurado, MA, LMFT, CCTP, and Katie Mattson, MA, LPCC*. All of these presenters are currently providing school based therapy services in the North Metro. They provide therapeutic services within in the school setting, including individual, family, and group programming. They also partner with teachers and school staff to support student mental health needs, respond to student crises, and implement trauma-informed strategies.

The first session is on February 13th and is for *parents and caregivers* who are looking to better understand how trauma impacts their child, and how to support healing and growth within their school. You will learn about regulation cycles and how brains are impacted by stress. The workshop will focus on understanding a child's behavior by focusing on the multiple factors influencing them and the function behind it.

On June 21st, MN ADOPT will offer a longer version of this workshop for professionals. This session will be day-long discussion for teachers, social workers, therapists, foster and adoptive workers to learn more about trauma in the schools. It will provide professionals the framework for assessing, understanding and intervening when behaviors are exhibited. You will learn ideas on how to advocate within the school system, including ready-to-use classroom interventions that support success, healing, relationships and learning. This same workshop was offered in 2017, and one professional's feedback included: "I have taken many classes that discuss trauma, but none have given interventions- this is HUGE".

Please visit our website for more information and to register for these or any of our workshops: [MN ADOPT Workshops](#)

We Get It



## Caregiver Support Resources

'It takes a village' is an old adage that many people recall highlighting the importance to utilize supports when raising children. Unfortunately, feelings of having strong support networks that understand the effects of early trauma, attachment disruptions, adoptive identity and transracial parenting is not always the case for adoptive families.

Adoptive, foster and kinship caregivers who contact the HELP Program often report their support networks are nowhere near 'a village', often resulting in caregiver feelings of isolation, exhaustion and/or burn-out.

Since caregiver focused support is such a crucial piece to family stability, especially for those who are parenting children who have experienced adverse early beginnings, the HELP Program works hard to assist families in expanding

their support networks, both in-person and online.

In addition to the supportive services available through MN ADOPT, below are examples of a few options that aid caregivers in expanding their virtual 'village'

- [www.adoptionsupport.org](http://www.adoptionsupport.org) The Center for Adoption Support & Education has a variety of options available for parents and professionals
- [www.beyondconsequences.com](http://www.beyondconsequences.com) The Beyond Consequences Institute specializes in providing proven and effective resources for raising challenging children, especially children who have experienced any type of trauma in the past.
- [www.bonnieharris.com](http://www.bonnieharris.com) Connective Parenting – Creating Parent-Child Relationships that Last a Lifetime
- [www.full-potential-parenting.com](http://www.full-potential-parenting.com) a site focused on providing support, helpful information and inspiration for parents with children/teens experiencing challenges
- [www.lssmn.org/kinshipcaregivers/](http://www.lssmn.org/kinshipcaregivers/) Kinship Family Support Services (MN Specific)
- [www.nacac.org/connect/support-for-minnesota-adoptive-families/](http://www.nacac.org/connect/support-for-minnesota-adoptive-families/) In Minnesota, the North American Council on Adoptable Children (NACAC) operates the Adoption Support Network, which provides a statewide network of support for adoptive families that includes: Adoptive Parent Support via Support Groups (both in-person and online), Retreats, Family Fun Days, and Support Saturdays
- [www.postinstitute.com](http://www.postinstitute.com) a site where parents and professionals involved in the lives of our most vulnerable and challenging children come to find proven effective solutions, education, and support.

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)

# Support

# mnADOPT

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.

[Learn more](#) about opportunities to use your skills and talents to support our work.



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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



[Visit our website](#)

