



Post-Adoption Navigator Program

The primary goal of the Post-Adoption Navigator Program is to increase awareness of the network of post-adoption resources and support available to help your family thrive after finalization and into the future. As a participant of this program, we will proactively reach out to your family after finalization and throughout the first year to help address questions you may have and share information on post-adoption resources available in Minnesota.



“Thank you very much for sending me these customized resources! . . . it’s so nice knowing we can reach out to you for connecting to support.”

– Adoptive Parent

What services will my family receive?

- **Phone and email-based support** provided by an adoption-focused professional who will share information on post-adoption resources such as parent groups, child/teen support groups, training opportunities, adoption-focused camps and family activities, and more.
- We will provide you with a **personalized resource guide** highlighting an array of post-adoption resources and support available to you.
- We will follow-up with your family for up to **12 months** from the referral date to help address questions that may come up and assist in identifying appropriate post-adoption resources and services as needed.

How do I know if my family is eligible?

The Post-Adoption Navigator program is **FREE and available to any family who adopted a child from Minnesota foster care within the past 12 months.**

If your family does not meet this description and you are searching for information on post-adoption resources, we are here for you too! Contact us and we will do our best to assist you or connect you to another appropriate resource.



How do I sign my family up for the Post-Adoption Navigator program?

- **Online:** Complete the online contact form located on the MN ADOPT website under the HELP Program tab or ask your adoption worker to complete the contact form for you. Online form: www.mnadopt.org/pan-contact-form
- **Phone or Email:** Call us at (612) 746-5139 or email at helpnavigator@mnadopt.org



What is the difference between the HELP Specialist program and the Post-Adoption Navigator program?

Post-Adoption Navigator

- Proactive outreach to help ensure your family is aware of post-adoption resources available to you after finalization
- Primarily for families who finalized an adoption through MN foster care in the past 12 months
- Follow-up contact provided for up to 12-months to help answer your questions and link to resources as needed

HELP Specialists

- Respond to calls from adoptive, foster and kinship families actively experiencing a challenge, at any point in the adoption journey
- Complete an in-depth intake to assess your family's unique circumstances and needs
- Provide tailored resources for therapeutic support and more
- Connect to financial assistance to access eligible therapeutic services and training opportunities (specific guidelines apply)

To learn more about HELP Specialist services, visit www.mnadopt.org/help-org.

Where can I go to learn more?

We would love to hear from you!

Online: www.mnadopt.org/help-prog

Phone: (612) 746-5139

Email: helpnavigator@mnadopt.org

