

February 2020

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mnADOPT Insider

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Who is MN ADOPT?

Check back monthly to learn a little more about us and our organization!



Meet Rachel!

What is your role at MN ADOPT?

My role is Executive Director. While that includes a lot of things that are probably a bit boring to describe here, my favorite part of my role is getting to interface with all of our staff and programming. I find it energizing to see the passion, creativity and commitment of the MN ADOPT team and how that impacts those we serve on a daily basis.

How long have you been at MN ADOPT?

I joined MN ADOPT in July 2014 in this role. Before that, I worked at several adoption agencies throughout Minnesota, with experiences across all program, including post adoption, pregnancy services, and

adoption services. I really like being at an organization that is in a position to collaborate with so many great organizations and professionals that share similar goals.

What do you like to do for fun when you are not working?

I'm a homebody, so I always enjoy a quiet evening at home with my husband and dogs. I also like sharing in my children's passions, which includes watching my daughter play college basketball and discussing current affairs with my son as he embarks on his career in politics. Some of my favorite hobbies are reading, hiking, genealogy research and traveling.

Program Highlight

A closer look into our HELP Program



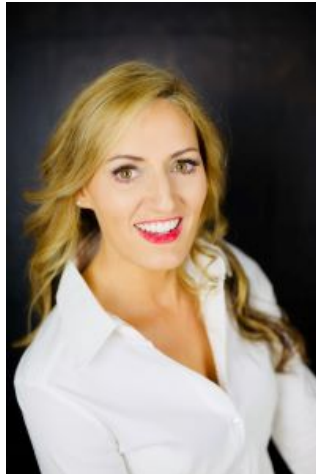
- Even though our name is MN ADOPT, did you know that the HELP Programs also supports foster, kinship, prospective adoptive families?
- Are you working with foster, adoptive, kinship, or pre-adopt families? We are here to support you too! The HELP Program answers calls from a wide range of community professionals.
- If you have adopted through an international or private infant adoption agency, the HELP Program is here to serve you too!
- Hey, if you have completed a phone intake, did you know that HELP Funds may be available to cover therapeutic expenses if you are utilizing the services of a HELP-vetted therapist?
- Education is power! Did you know that HELP Funds can help cover the cost of MN ADOPT trainings, including scholarships for our live webinars and in-person trainings as well as discounts for our extensive on-demand webinar library?



Featured Training

[Webinar] Preventing, Recognizing, and Responding to Child Sexual Abuse

It's estimated that 1 in 4 girls and 1 in 6 boys are sexually abused before the age of 18. Child sexual abuse is a spectrum of behaviors that range from touching to non-touching. The good news is that most child sexual abuse can be prevented through proper education combined with a comprehensive set of prevention policies.



Jenna Quinn is the author of *Pure In Heart*, a TED speaker, and the namesake of Jenna's Law. Passed unanimously in Texas in 2009, Jenna's Law was the first child sexual abuse prevention education mandate in the U.S named after a survivor. It requires each school district to adopt and implement a prevention policy that educates students and teachers on how to recognize and report child sexual abuse. Now, over half the country has adopted legislation reflecting the principals of Jenna's Law education.

With a Masters Degree in Communications, she has reached international audiences, educating and sharing her inspiring story with legislatures, law-enforcement, abuse-prevention groups, schools, communities of faith, nonprofit organizations, and the general public for fifteen years.

As a survivor who benefited from the services of the Children's Advocacy Center, Jenna has worked with over 100 Advocacy Centers across the country. Jenna is featured in the "It's Not Just Jenna" documentary film that depicts her story of hope and is shown to groups all across the country. Jenna is also the founder of Reveal To Heal International nonprofit and the National Spokesperson for Childhelp Speak Up Be Safe. She has participated in both local

and international radio, television, and news programs, dedicating the past 15 years of her life to preventing child sexual abuse through education and legislation.

[Register Here](#)

Resource Corner

Resources for African American Families

(Click on the pictures)



Mental Health App for African Americans



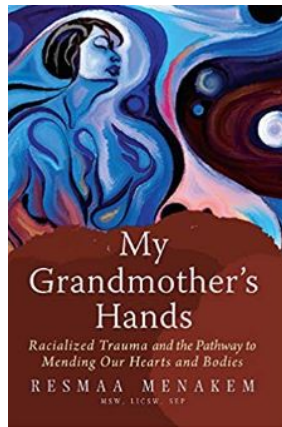
“No, You Can’t Touch My Hair...”;
Can You Spot a Micro-aggression?



The African American Leadership Forum (AALF) is comprised of over 1,500 African Americans who self-identify as Thought Leaders, Influencers, Builders, Ambassadors. Collaboratively, these leaders volunteer their time, talents and treasure to support our mission to build a just society that works well for everyone.



LION Community Enrichment Programs, Inc. is a nonprofit organization established to ensure individuals have the resources, competency, and awareness needed to contribute to a thriving, productive, and nurturing community for all people.



In this groundbreaking book, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology.



An Antiracist Reading List

Ibram X. Kendi on books to help America transcend its racist heritage.

Community Connections



We'd like to highlight the Minnesota Association for Children's Mental Health (MACMH) this month!

MACMH's mission is to promote positive mental health for all infants, children, adolescents & their families.

Please click the button below to learn more about MACMH's goals and what they have to offer!

[Visit their website](#)

Check out their Annual Conference: Child & Adolescent Mental Health Conference

Join MACMH on April 26-28 for their 24th Annual Child & Adolescent Mental Health Conference.

The conference is designed for people who care for or work with children and youth. The conference offers professionals & families to:

- *Improve policy & enhance practices for children (birth to 21) who have or are at risk for mental health disorders
- *Acquire skills and strategies that will improve outcomes for children with mental health needs
- *Gain knowledge of best practices and the latest research in children's mental health and related field
- *Enrich understanding of different perspectives and common goals in support of all children

Registration is open



SHARE YOUR STORY

Telling your story is a powerful way to help others understand the importance of adopting from foster care and the needs of adoptive families.

We are very much interested in hearing from those who have the following experiences:

- *Families who have adopted from foster care
- *Individuals adopted from foster care
- *Individuals who have experienced foster care without being adopted
- *Individuals or families who have benefited from the MN ADOPT HELP Program
- *Individuals or families who have benefited from educational opportunities offered by MN ADOPT.

Your Story Matters



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