

# November 2020

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**mnADOPT**  
**Insider**

**NOVEMBER IS NATIONAL ADOPTION MONTH!**

## Featured this Month:

- **Who is MN ADOPT? Meet Christina**
- **HELP Program: Post-Adoption Navigator**
- **MN ADOPT webinars are FREE OR 50% off**
- **Resource Corner: Adoption Awareness**
- **Community Connection: ARTrageous Adventures**
- **Give MN**
- **On Race, Racism & Racial Justice**



## Who is MN ADOPT?

We've been busy hiring our future! Over the next few months, we'll introduce you to all the new faces around MN ADOPT.

### Christina



#### What is your role and how long have you been at MN ADOPT?

I'm the Post-Adoption Navigator and I began working at MN ADOPT in August 2020.

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

I love spending time with my family. We are a soccer family, so our free time is often spent coaching, playing, and watching soccer. We also enjoy hiking, cooking, singing in the car, and watching Netflix marathons together. I also really enjoy writing, photography, and pretty much anything music-related.

#### What is your favorite season and why?

Fall is my absolute favorite season in Minnesota, and it makes me so sad that it never seems to last long enough! Sweater weather and

## Program Highlight



The **HELP Post-Adoption Navigator Program** is a free service that is available to any family who has adopted a child from Minnesota foster care within the past 12 months.

The primary goal of the HELP Post-Adoption Navigator Program is to connect newly adoptive families with post-adoption resources and supports available in Minnesota and help address questions families may have throughout their first year following finalization.

Please contact the HELP Post-Adoption Navigator at 612-746-5139 or [HELPnavigator@mnadopt.org](mailto:HELPnavigator@mnadopt.org).

[Complete the Online Contact Form](#)

## MN ADOPT Education Program

NATIONAL  
ADOPTION MONTH

**FROM 50% OFF TO FREE!**  
Join us in November.



Join in on one or more of our webinars in November.

**50% off or FREE**

50% off webinars:

**Collaborative Problem Solving**

Thursday 11/5 & 11/12

6-8 PM

**CODE: Col%5PS**

**Supporting Identity Development of Trans & Nonbinary Youth**

Tuesday 11/17

6-8 PM

**CODE: Enby50**

**A Peaceful Home Sunup to Sundown**

Saturday 11/21

10:30-11:30 AM

**Code: 1000Petals**

FIND YOUR NEXT  
WEBINAR

## Resource Corner

### Adoption Awareness

**CIRCUS OF THE  
HEART IS  
HAPPENING  
NOW!**

Join us each day until  
November 20th as we  
kick off National  
Adoption Month!

Circus of the Heart is  
VIRTUAL this year. You  
will be able to access all

- Careful attention and thoughtfulness is important during the big changes that take place when a child transitions from foster care to an adoptive home. In this [MN ADOPT Webinar](#), Steve Lochen & Ann Kent (two HELP Vetted Therapists) provide their clinical insights on areas to focus on during this time.
- Child Welfare Information Gateway also has a document on Helping Your Child Transition from Foster Care to Adoption. Take a look [here!](#)
- Many adopted children have to adjust to a new

of the events on our [Facebook page](#) and our [website](#).



school as well as a new family. [Here](#) is a handout called Adoption Awareness in Schools that can be a helpful resource for families that have recently finalized.

- For many adopted children it's important to maintain relationships with former caregivers, relatives, and community members. Child Welfare Information Gateway has a great [handout](#) on such a topic.

## Community Connections



A very special thanks to ARTrageous Adventures, for putting together amazing art packets for Circus of the Heart.

Families who registered for Circus of the Heart received three special art activities to complete together - all thanks to ARTrageous Adventures!

Check out who they are and what they do

## Give to the Max Day



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Did you know, today there are 733 children are in foster care in need of an immediate, permanent family. Please take a moment to check out our website and meet the Minnesota kids waiting for a home.

[Meet the Kids](#)

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If you know of someone interested in adopting, please refer.

Financial support helps promote and support adoption of the waiting children in our community.

[Donate](#)

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## On Race, Racism and Racial Justice

Discussion and experiences regarding race and racism will vary by family, and for some it can be a difficult and sensitive topic to discuss. Below are some resources to help you have meaningful and developmentally appropriate conversations with your children.

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### **40 Ways to Increase Bi-Culturalism in Transracial Families** *Created by Robert O'Connor, MSW*

Transracial families can benefit from incorporating the adopted child's culture of origin into their homes. For transracial families, it is often a matter of bi-culturalism versus assimilation.

Does the adopted child assimilate into the dominant culture of the home environment, or does the home environment and resulting attitudes and lifestyle represent both the parent's culture and the child's culture of origin? Years of experience, both personal and professional suggest the latter.

To increase the bi-culturalism of the transracial family, here are some ways to do so:

1. Choose a multicultural babysitter or respite provider
2. Choose a multicultural faith environment
3. Choose a multicultural physician
4. Choose a multicultural dentist
5. Choose to adopt a multicultural vacation location
6. Choose a multicultural grocery shopping environment that also has traditional cultural foods
7. Choose multicultural daycare and schools
8. Choose a multicultural mentor for your child
9. Choose a multicultural mentor for the parent
10. Choose to live in a multicultural neighborhood

You can find the complete list here: <https://www.mnadopt.org/wp-content/uploads/2020/01/40-Ways-to-Increase-Biculturalism.pdf>

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For more resources , visit our website: <https://www.mnadopt.org/resources/on-race-racism/>



// CONNECT WITH US //

