

December 2020

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mnADOPT
Insider

Featured this Month:

- **Who is MN ADOPT? Meet Danielle**
- **HELP Program**
- **ICYMI: Circus of the Heart**
- **Resource Corner: The Holidays**
- **Community Connection: Circus of the Heart Donors**
- **Why I Give to MN ADOPT**
- **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.

Danielle



What is your role and how long have you been at MN ADOPT?
My role at MN ADOPT is a HELP Specialist. I started August 2020.

What do you like to do for fun when you are not working?
What I like doing for fun is a road trip and see what makes America beautiful & different.

What is your favorite season and why?
My favorite season is fall because of the vibrant colors and pumpkin spice latte.

Program Highlight



A team of HELP Specialists operate a free and confidential statewide warmline that provides phone and email based support to adoptive, foster and kinship families.

- Our [HELP Specialists](#) are seasoned professionals with advanced training in adoption issues, varied professional experiences and are well-versed in the unique considerations and challenges of adoption, foster and kinship families.
- Staff are available by phone and email during regular business hours to provide a listening ear and individualized assistance and connection to needed supports and resources.
- The HELP Program also vets therapists across the state for competency with adoption, trauma, and attachment issues and helps family access their consultation and ongoing therapeutic services when needed.
- Financial assistance may be explored to access eligible therapeutic services with vetted therapists, MN ADOPT educational opportunities and other family supports.
- Examples of why individuals and families contact the HELP Program - <https://www.mnadopt.org/wp-content/uploads/2018/06/Why-People-Contact-the-HELP-Program.pdf>
- We look forward to hearing from you! Contact us at 612-746-5137 or email at HELP-program@mnadopt.org

Circus of the Heart, 2020



Like most everything else in 2020, Circus of the Heart went Virtual!

This year's virtual Circus of the Heart was a huge success, with nearly 350 families and 1700 people participating over 3 weeks of events taking place during the month of November.

Virtual Circus included traditional favorites, such as Remarkable Reptiles, our Distinguished Service Award and of course the prize giveaway! Families also had an opportunity to participate contests and fun activities throughout the month, and those interested in learning about becoming foster or adoptive parents were able to get information and resources to assist them in the process.

Our two Distinguished Service Award recipients for this year were Kari Fletcher and Minnesota Wire, who have both made significant contributions the lives of Minnesota children and families over the years. You can learn more about their contributions and view the many activities and information sessions that took place during Circus by visiting our [website](#).

CATCH UP ON THE
EVENT

Resource Corner

The Holiday Season: Helping each other through the Holidays

**HOLIDAY
SHOPPING ON
AMAZON?**

Choose MN ADOPT

- Considerations for small gatherings of family & friends during the holidays from [the CDC](#).
- "[Helping Young People in Foster Care through the Holidays](#)". This is a great handout The Foster Club, a national network for young people in foster care. This publication features stories from

when you shop
Amazon Smiles! :)



foster youth about their holiday experiences as well as 12 ideas that supportive adults can do to help their foster teen around the holidays.

- The Center for Adoption Support & Education offers their words on hope and healing through the holiday season for foster and adopted children at this link [here](#).
- As your family gears up for the holidays [here](#) is a worksheet to help guide a plan for lessening stress & worry during the holidays.

Finding the fun during the Holiday season



101 Ideas for Holiday Family Fun



A group video chat that allows you to play online games together



Watch a movie together with Netflix Watch Party!

Preparing your children for the Holidays during COVID-19

- Holidays during the Pandemic: <https://childmind.org/article/holiday-during-the-pandemic/amp/>
- This holiday season may be different, you can still find ways to connect with loved ones: <https://discoveries.childrenshospital.org/holidays-during-covid-19/>
- Money may be tight during the holidays. How to tell your kids: <https://www.cnbc.com/2020/11/20/money-may-be-tight-during-the-holidays-how-to-tell-your-kids.html>

Community Connections

THANK YOU DONORS!

MN ADOPT gratefully acknowledges the support of the many donors of [Circus of the Heart](#). Thank you for your donation and supporting the foster & adoptive community.



Mississippi Market
Natural Foods Co-op



Other Donors: Anoka County Human Services, CJ Ham/Eric Becker, Laura Kruiuzenga, MN ADOPT

Working Together for MN Children



Every child deserves a home where they can feel safe, loved & cared for, but that is not the reality for many. On any given day, nearly 10,000 Minnesota children are in foster care, and 733 of them are in immediate need of an adoptive family. At MN ADOPT, we are focused on raising awareness about the need for adoptive and foster families so every Minnesota child has a safe place to call home. We are also committed to ensuring that all adoptive, foster, and kinship families have the support and resources they need to ensure long-term success & well-being.

But we can't do this work alone. We need the support of individuals, organizations & communities to come together and make a difference for Minnesota children. Please consider supporting our work this holiday season.

[DONATE TODAY](#)

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.

The Center for Racial Justice has compiled a comprehensive list of resources [here](#) on the holiday season from many different perspectives that explore the impact of whiteness and euro-centrism and the holidays to topics on grief & loss and mental health during the

holidays. Some articles that may be of interest are:

- [Racism and the Invisible Struggle of Mental Health in the Black Community](#)
- [How to Help Your Kids Beat the Holiday Blues](#)
- [How to Support Bereaved Children Over the Holidays](#)

Embrace Race speaks with Dr. Gina E. Miranda Samuels associate professor and transracial researcher at the University of Chicago School of Social Service Administration on race and racism and trans racial adoption:

<https://www.embracerace.org/resources/doing-race-family-culture-through-transracial-adoption>

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



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