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mnADOPT Insider

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Rachel Flanders

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Meet the Board!

Check back each month to learn more about us and our organization!

Meet Rachel



How long have you been on the MN ADOPT Board?
12 years

Why do you support our work or tell us why you value our work?

MN ADOPT really makes an impact helping kids and families – their dedication to their mission and growth in services over the years to achieve their mission has been so impressive to see as a board member. The staff is also incredible and doing such important work!



What do you like to do for fun?

Spend time with family, our daughter is really involved in theatre so we go to a lot of shows too!

What is your favorite season and why?

Fall – the colors are beautiful, things start slowing down, and the weather is great.

Post Adoption Navigator Program



September has brought an exciting season of change for the HELP Post-Adoption Navigator Program (PAN) at MN ADOPT! Previously referral-based, the program is set to begin our proactive outreach to all families in Minnesota who have recently adopted from Minnesota foster care. Families will receive information and will have the opportunity to opt into receiving support within a few weeks of finalizing their adoptions.

The HELP Post-Adoption Navigator Program will be the first and only program of its kind in the state of Minnesota to have the ability to proactively reach out to all families who adopt from Minnesota foster care and help connect them with post-adoption resources as soon as possible after finalizing their adoptions. This opportunity, provided through the funding and support of the Minnesota Department of Human Services, has the potential to be a real game-changer for the children, youth, and families we serve!

Organization Highlights:

We at MN ADOPT believe that all children deserve a loving, welcoming home, which is why we're proud to be recognized in the [2021 Change-Makers report](#) by the Human Rights Campaign, which highlights more than 100 child welfare agencies working to provide the best services possible to the LGBTQ+ community.



Let's Talk: A MN ADOPT Podcast is a podcast filled with valuable resources for prospective and current

What is the HELP Post-Adoption Navigator Program?

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

Families who opt into the HELP Post-Adoption Navigator Program will receive:

- A direct link to an adoption-competent professional to help respond to families' adoption-related questions and support needs;
- Periodic check-ins throughout each family's first year following finalization;
- Connections and referrals to post-adoption supportive resources;
- Topic-specific resource guides to help address families' adoption-related needs;
- A monthly newsletter featuring helpful resources, training opportunities, and family activities;
- Free or reduced registration for webinars offered through MN ADOPT.

This program is designed to meet families where they are at, and families are encouraged to engage with this program at a level that works best for them.

How Can I Sign Up?

If your family has adopted a child or teen from Minnesota foster care within the past 12 months, please complete the online form at <https://www.mnadopt.org/pan-contact-form/>.

Contact Us

If you have questions, please contact Christina Romo, HELP Post-Adoption Navigator, at crodo@mnadopt.org or by calling 612-746-5139.

adoptive and foster families, as well as professionals.

They are created to meet your busy schedule (less than 30 minutes) and packed with information to help you navigate the complexities and needs of foster care and adoption.

NEW EPISODE RELEASED TODAY!

Back to School: Ideas to Create Your New Normal

Join Christina Haddad Gonzalez & Chantelle Vaughn, education professionals experienced with supporting children & families, for a conversation filled with ideas and strategies to smooth back to school stress in these challenging and unprecedented times.

[LISTEN NOW](#)



Featured Webinar with MN ADOPT



Dr. Tami DeCoteau

Understanding and Managing Your Anxiety

September 28

2:30 PM - 4:00 PM

Audience: Parents & Professionals

Level: Beginner

Ages Addressed: 0-18

The combination of stress and isolation during the past year-and-a-half create the perfect storm for experiencing anxiety and worry.

This webinar will provide an overview of recent neuroscience advances that inform about the anxious brain and the resilient brain. The presentation will discuss brain-based strategies for coping with anxious rumination and calming the body.

REGISTER

**ENJOY
50% OFF**

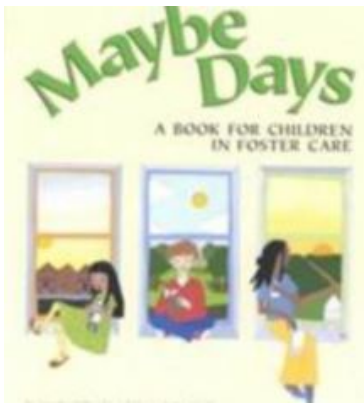
We have **Angela Tucker, Deena McMahon, Maude LeRoux & Ira Chasnoff** presenting for us in September!

For our Insider readers **ONLY** -
Be sure to enter code
SEPTIN\$IDER at checkout to save
on **ANY LIVE webinar** in
September!

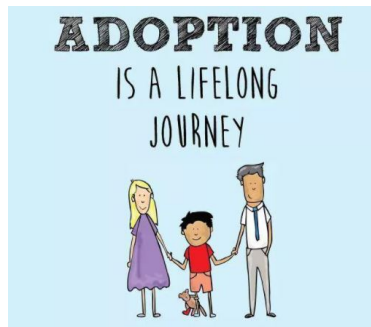
FIND YOUR NEXT WEBINAR

Resource Corner

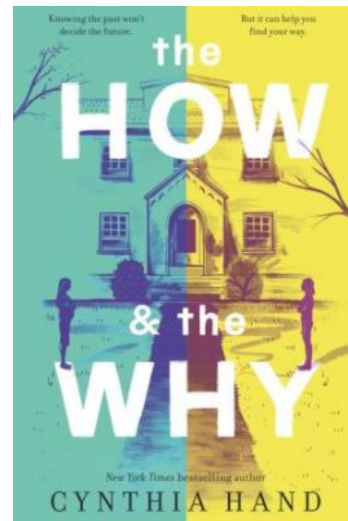
Must-reads for children, youth, and their parents

(click on the picture)

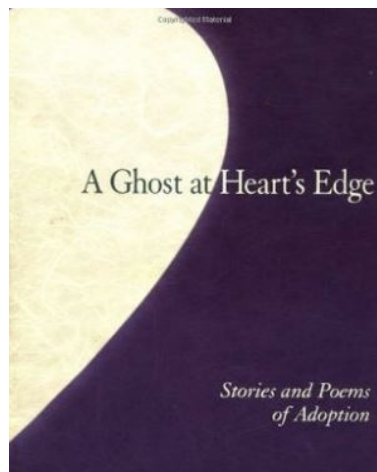
A book for children, adults & family members on the steps, people & emotions involved in foster care.
(For K-6)



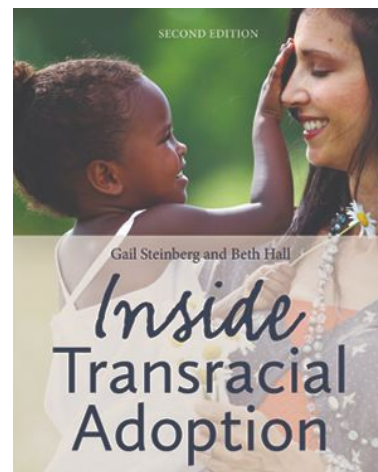
Written from the perspective of the child, this book provides insight into emotions and thoughts an adoptee or foster child might encounter while also equipping caregivers with timely responses and resources. (For K-6)



A YA contemporary story about adoption, family, questions, and an adoptee's search for answers.



"Poignant short pieces are arranged in sections that represent the adoption process: the period before adoption takes place, the transition period when the child moves from one family to another, how adoption affects childhood, identity issues for those who grow up adopted, and search and reunion with birth relatives."
(For adults)



A must read for parents that plan to or are caregivers of a different racial and cultural background than theirs. Based in research and lived experiences, this book is a great resource.
(For Adults)

Community Connections

Suicide Prevention Month

National Suicide Prevention Lifeline: 800-273-8255 (TALK)

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

[Learn more](#)



NAMI

Text NAMI at 741-741 to be connected to a crisis counselor.

[Know the Warning Signs and Risk Factors of Suicide](#)

[It's Okay To Talk About Suicide](#)

[Navigating a Mental Health Crisis](#)

[Suicide prevention classes for members of the community 16+](#)



Registration is OPEN for the 24th Annual Circus of the Heart!

From November 1-7, 2021 you can find activities & programming virtually (more information to come). Registered participants will receive a Circus Box filled with activities, information, prizes & giveaways!

Register by **OCTOBER 8** to receive your Circus Box.

Register by **SEPTEMBER 30** to be eligible for the early-bird prize drawing and the ability to customize your Circus Box by age range of children in your home.

Join us as we celebrate Minnesota's Adoption Awareness Month, honor families who have grown through adoption and kinship care, and provide information about adopting children and youth under state guardianship.

REGISTER NOW

On Race, Racism and Racial Justice

Talking to your child/youth about Racism

- [Raising Race Conscious Children](#) – Blog, interactive webinars and other resources for talking about race with young children.
- [They're Not Too Young To Talk About Race \(The Children's Community School\)](#) – Infographic highlighting how young children notice and think about race at various ages.
- [Teaching Tolerance](#) – Teaching Tolerance was created to help educators teach their students, but parents can also use this resource to teach valuable lessons in their home. "Cultivate positive identity formation, encourage students to confront racial

and ethnic injustice, and prepare them to live and work together in a diverse world. Our resources can help you facilitate discussions about race and guide students through lessons on white privilege, economic inequality, mass incarceration, the complexities of identity and more.”

- [The Hate U Give](#) - This is a powerful and gripping YA novel about one girl's struggle for justice.

More resources: <https://www.mnadopt.org/resources/on-race-racism/>



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