



Meet the Board

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

Meet Roycie



How long have you been on the MN ADOPT Board?

- 1.5 years

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

- I support MN ADOPT because this small, yet dedicated team works tirelessly to ensure positive outcomes for kids and families across Minnesota.

- Being able to provide a child or sibling group with support that leads them down a path of being part of a family unit is vitally important. The organization provides a broad range of support. This includes immediate support for displaced children, providing education and resources for parents considering adopting through the state or privately. They also work proactively to understand various cultures and traditions in order to fully serve the community. During my first Board meeting someone shared that all children should have the possibility to grow up in safe, healthy and happy home. I'm proud to be part of MN ADOPT as they work everyday to achieve this goal.

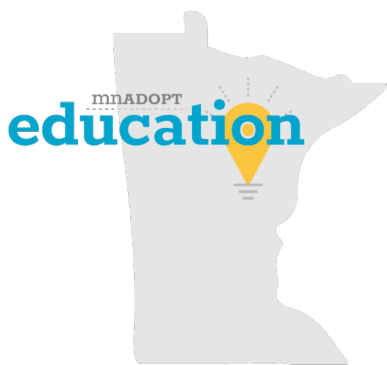
What do you like to do for fun?

- I enjoy reading and horseback riding. Currently working my way through the Top 100 books ever written.

What is your favorite season and why?

- Spring: Birds complete their migration, flowers start to bloom, it's a fresh start to the year.

2021 Organizational Highlights



Education Program

The Education Program provided 124 live [trainings](#) during 2021

A total of 15,193 people utilized the Education Program's live, [pre-recorded webinars](#) and podcasts

The Education Program had 44 new speakers present via live webinar

Our [Let's Talk Podcast](#) offerings grew the last half of 2021 and had 2,638 listens.

Our ["Fast Facts"](#) were viewed over 800 times in the last 6 months

The [3rd Annual MN ADOPT Back-to-School Shopping Fundraising Event](#) gave over 200 youth in foster care a \$200 gift card to use towards shopping for back-to-school items of their choice.

We hosted our first annual Fun Run/Walk 5K event to support the Back-to-School Shopping Event.

Nearly 1000 [foster care](#) web inquiries were received.

Over 1900 requests for more information about [adoption](#) were received.



HELP & Post-Adoption Navigator Program

In 2021 [HELP](#) has grown the number of HELP therapist consultants to 19 across the state. Our consultants always fill a critical need for short term parent/caregiver-focused support for families who may be in crisis, on a wait list for therapeutic services, or in need of some adoption/trauma/attachment competent recommendations on service planning and supports. This need has increased during the pandemic when mental health services are strained and wait lists for services are longer.



In 2021 the [Post Adoption Navigator Program](#) is now able to outreach to all families soon after they have finalized an adoption from MN foster care and offer connection to a variety of helpful resources and support for 12 months post finalization. As a result of this outreach, we are able to make contact with and assist more families across MN and particularly more kinship families.

In November 2021 the HELP Program team launched a [podcast series – Conversations with the HELP Program – Services to Strengthen Your Family](#). The short, helpful episodes are conversations between HELP Specialists in the program and go over common issues faced by foster families, kinship families, and those who have adopted from foster care, internationally or through private infant adoption. We discuss how we validate parents

with what they are experiencing and offer tangible resources to get them to a new spot of support! Check out any one of the six episodes.

Post Search Program

Post Search Program assisted 425 individuals who were interested in completing a post-adoption search or information process.



Join us for Book Club!

A promotional graphic for a book club. It features a background image of a bookshelf filled with books. Overlaid on this is a semi-transparent white box containing text and logos. In the top left of the box is the mnADOPT logo, which includes a blue silhouette of the state of Minnesota. The title "Book Club" is written in a large, black, cursive font. Below the title, the text "Sign up for one – or all three sessions!" is written in a bold, black, sans-serif font. Three sessions are listed: Session 1 (January 31st, 12pm-2pm CST, "The Whole Brain Child"), Session 2 (February 24th, 10am-12pm CST, "Beneath the Mask: Understanding Adopted Teens"), and Session 3 (March 16th, 6pm-8pm CST, "The Out of Sync Child: Recognizing and Coping with Sensory Processing Disorder"). At the bottom, the text "Buy 2, Get 1 Free!" is written in a black, cursive font, followed by the instruction to register for all three sessions and use the code "B00KC!ub" to get one free.

 **Book Club**

Sign up for one – or all three sessions!

Session 1 - January 31st from 12pm-2pm CST:
The Whole Brain Child

Session 2 - February 24th from 10am-12pm CST:
Beneath the Mask: Understanding Adopted Teens

Session 3 - March 16th from 6pm-8pm CST:
The Out of Sync Child: Recognizing and Coping with Sensory Processing Disorder

Buy 2, Get 1 Free!

Register for all three Book Club sessions on the same order and use code **B00KC!ub** to get one free.

**Facilitated by
therapist & trainer,**

Join us for this unique opportunity to discuss three

**Meagan Galbari,
MA, LPCC**



highly recommended books within the adoption and foster care community.

Each month we will take one book and summarize the principles and then discuss how to apply them to parenting children who come from a hard place.

This Book Club series is appropriate for parents, caregivers and professionals who are looking to either enhance your understanding of the book and/or receive a quick summary and great take-aways.

REGISTER NOW

New! Zero Kids Waiting: Meet the Kids

Currently, in Minnesota, there are 641 children and youth that are waiting to be adopted. Our goal is zero kids waiting. Each month in the Insider, we will be sharing information about a child or youth in need of a permanent and loving home. Please help us share the need for loving homes in Minnesota.

Meet Dean



Dean, 17, has a great sense of humor and likes to be the center of attention. He loves to dance and enjoys spending time outdoors, watching shows like Family Guy, going to drive-in movie theaters, and listening to all types of music, especially rap. Dean really likes animals and would enjoy living on a hobby farm. Some of his favorite foods are Chinese food, pasta, and seafood. Dean needs a family who can provide structure and predictability. It would be best if he was the youngest child in the home.

Following adoption, Dean would need to maintain contact with his older sister as well as his birth mother.

Resource Corner

As we are in the midst of a time where many folks reflect and make resolutions...many get discouraged quickly when things don't go as planned.

When we are learning the importance of co-regulation with our children...just know that there is always room for a do-over!

"Self Regulation is taught through co-regulation...Luckily, perfection is not a requirement for regulation..."

[What co-regulation with our kids can look like from Generation Mindful.](#)



[Helping Kids Survive and Thrive in Winter \(via NACAC\)](#)



[Explore Minnesota - Winter Festivals](#)

As we approach the middle of yet another school year during the challenges of the pandemic, here are some helpful tip sheets from [Pacer](#).

Supporting your Child's Mental Health and Emotional Wellness during Covid - <https://www.pacer.org/pdf/ge/GE-18.pdf>

Covid 19 Distance Learning and Challenging Behaviors - <https://www.pacer.org/pdf/ge/GE-24.pdf>

Planning for a School Meeting About Your Child's Behavioral Needs - <https://www.pacer.org/parent/php/php-c144.pdf>

Tips for Teachers and School Staff from Students with Mental Health and

Behavioral Challenges -

<https://www.pacer.org/parent/php/php-c148.pdf>

MN ADOPT Pre-recorded webinars on school support

<https://www.mnadopt.org/education/webinar-library/webinars-topic/#1609191343210-6fcc3066-e748>

MN ADOPT Covid Resource Guide

<https://www.mnadopt.org/resources/covid-family-resource-guide/>

Community Connections

Partnerships for Permanence

Founder & CEO, Lola D. Adebara, M.A., joined us on our [podcast, Let's Talk](#), discussing how Partnerships for Permanence is dedicated to bringing formerly fostered young adults together to raise awareness and work to improve the child welfare system. [Take a listen](#).



[Learn more about P4P](#)

Share Your Story



At MN ADOPT, we value lived experience. Throughout the year, we try to offer opportunities for foster, adoptive, and kinship families (and the professionals who serve them) to hear from people with lived experiences.

These opportunities could include panel participation at live or pre-recorded opportunities, or special events. If you are interested and willing to share your unique experience, please [click this link](#) to complete the interest form.

Get Involved in Other Ways

On Race, Racism and Racial Justice

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

Martin Luther King Jr.

(click the pictures)



The Fight for Martin Luther
King Jr. Day



10 Things You May Not
Know About Martin Luther
King Jr.



Martin Luther King Jr.'s
Most Notable Speeches

MN ADOPT's Upcoming **FREE** Training on Equity

**Equity...Are We There Yet?
No!**

**Wednesday, January 19
11 AM - 1 PM (CST)**



with Michelle Young, MSW, RSW

Often well-intentioned family members, friends, and professionals aren't sure how to address your foster and/or adoptive children's racial and cultural needs. They may say things such as, "We treat your foster and adoptive children just like your other children." Regardless of how well-intentioned this is, it dismisses the unique needs your foster and/or adoptive children face.

This workshop will help identify and address the microaggressions, implicit bias, and white fragility your children are subject to. You hear it all the time, "It takes a village to raise a child." What if your village is minimizing your children's racial and cultural identity? We'll navigate race-based traumatic stress (RBTS). Join us as we explore strategies for parents and professionals for building a village that affirms and supports your children's identities free from the traumas of oppression.

[REGISTER NOW](#)



Let's get social

