



Foster Adopt Minnesota
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The HELP Program at Foster Adopt Minnesota

Since 2011, HELP Program Specialists have provided easily accessible, reliable and knowledgeable post-adoption support and guidance to the Minnesota adoption, foster and kinship caregiving community. Through their deep understanding of adoption/trauma/attachment related considerations (i.e. behavioral challenges, parenting difficulties, therapeutic need, school challenges, identity, grief & loss...etc.), HELP Program staff are able to provide objective, individualized and ongoing support.

HELP Program services are free and available to any Minnesota family who adopted a child who was under state or tribal guardianship; internationally; or through private domestic infant adoption; kinship adoption or guardianship families; and foster care families.

Services of the HELP Program include:

- Phone and email-based support from a team of HELP Specialists with advanced training in supporting adoptive, foster and kinship families;
- Connecting families with adoption/trauma/attachment-competent therapists, appropriate community resources, as well as educational offerings;
- Assisting eligible families with funding to help with the cost of therapy with HELP Program vetted therapists, Foster Adopt MN educational offerings and eligible supports.

HELP Program staff also assist:

- Adoption and Home Study Workers
- County Workers and Case Managers
- Community Professionals (i.e. School Staff, Medical Staff, Lawyers...etc.)
- Adopted Persons
- Birth/First Parents and Family Members

Examples of feedback regarding interactions with the HELP Program....

"I didn't know quite what to expect when I called the hotline, but your help and our conversation far exceeded my highest expectations! What a wonderful service and I would love to see similar services in all 50 states to support adoptive families and children!!! - *Adoptive Parent*

"This is the best thing to happen since our adoption." - *Kinship Adoptive Parent*

"Our adoptive families are appreciative of the services from [this] program. The workers in this program are quick to respond with options and ideas which help the adoptive parents locate services, *education and supports.*" – *Agency Social Worker*

Want to learn more? Visit us online at fosteradoptmn.org or contact us at 612-746-5137 or Help@fosteradoptmn.org