

Adoption



Foster Care

The mission of Children's Aid Society is to identify and provide services to improve the lives of children and their families.

Post-Permanency Newsletter
Spring 2019

Impact of Adoption on Adoptive Parents

Shared with permission from Child Welfare Information Gateway

Postadoption Depression

After months or years of anticipating parenthood, the excitement of the actual adoption can give way to a feeling of "let down" or sadness in a small percentage of parents (Foli, 2010; Senecky, Agassi, Inbar, Horesh, Diamond, Bergman, Apter., 2009). Much like postpartum depression, and occurring at about the same rate, postadoption depression may occur within a few weeks of adoption finalization.

The realities of parenthood, including lack of sleep (for parents of infants or children with behavioral or sleep issues) and the weight of parental responsibilities can be overwhelming. Parents may have difficulty attaching to the new child and may question their parenting capabilities.

They also may be hesitant to admit that there are any problems after a long-awaited adoption.



In some cases, these feelings resolve on their own as parents adjust to their new life. If these feelings last for more than a few weeks or interfere with your ability to parent, peer support or professional help (with a therapist skilled in adoption issues) may help you to address the issues causing the depression

and assume your parenting role with greater confidence.

For more information and resources, see the Information Gateway web section on Postadoption Depression at <https://www.childwelfare.gov/topics/adoption/adopt-parenting/depression/>.

Finding Support

Some adoptive parents find they need support to work through the emotions that arise before, during, or after the adoption is finalized. In at least one survey, the majority of adoptive families identified some ongoing issues that made daily life challenging—including emotional, behavioral, and school concerns (Stevens, 2011).

If this is true for your family, keep in mind that seeking help is a sign of strength and doing so earlier rather than later may help to prevent a crisis. It will be important to find support services that are tailored for adoptive families.

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Got a case of cabin fever?
Check out these
family-friendly events!



April 6 @ 10 a.m.
Children's Aid Society
Ages 12 and under



April 13,
starting at noon
Clearfield Lanes
To register:
Call 765-2686 x204



Meet families like yours who share similar joys and concerns

Held the third Monday of each month
from 6-8 p.m. at
1008 S. Second St., Clearfield
(held in conjunction with the Relatives as Parents Program)

Includes light dinner, child care,
training hours, and family activities.

COMING UP:

January 21: Internet Predator Safety

February 18: Relationship Building Tips
(with your spouse or significant other)

March 18: Building Children's Self Esteem

April 15: Trauma-Informed Care

May 20: Summer Safety

June 17: Summer Picnic

CONTACT: (814) 765-2686 | adoption@childaid.org

**ADOPTION
AND
FOSTER
CARE
SUPPORT
GROUP**



— Finding support —
(from Page 1)

(For information about the difficulties some families face in locating adoption-competent services, see Casey Family Services, 2003.)

One place to start is with your adoption agency. Many agencies offer some kind of postadoption support and services. Some offer preservation programs dedicated to keeping an adoption intact by helping parents understand their child's behavior and how to manage it effectively.

Research has shown that a good therapeutic relationship between adoptive parents and their social worker can provide significant support during the postadoption phase (Zosky, Howard, Smith, & Howard, 2005).

Other services that adoptive families have found beneficial include the following: Respite care offers a short break from the responsibilities of parenting, giving parents an opportunity to rest, practice self-care, and take advantage of additional support services. Respite can range from a few hours to a few

days. Support groups, whether online or in person, provide parents an opportunity to connect with others in similar situations, vent their feelings in a safe environment, receive supportive feedback, and learn new strategies from more experienced adoptive parents. Adoption-competent counselors or therapists can provide targeted therapeutic services to children, parents, and the family as a whole to address adoption-related issues.

Adoption subsidies are available for some families who adopt from the child welfare system to help with the costs of caring for children with special needs. Educational advocates help parents of children with special needs to understand their child's educational rights and to work effectively with the school system to identify and access accommodations, programs, and services to help their child succeed.

Any counselors or therapists that the adoptive parent or family uses should be "adoption-competent"—meaning they have experience with adoption issues and knowledge about the adoption triad. If your child has (or you

suspect has) a history of trauma, it will be important that the therapist is also knowledgeable and experienced in working with child traumatic stress. Other adoptive families are often good sources of referral for therapists and other assistance. Your agency or other local support organizations may maintain lists of adoption-competent, trauma-informed counselors and therapists.

Two Information Gateway factsheets provide more detailed information about locating adoption-competent postadoption services: Finding and Using Postadoption Services (<https://www.childwelfare.gov/pubs/f-postadoption/>) and Selecting and Working With a Therapist Skilled in Adoption (<https://www.childwelfare.gov/pubs/f-therapist/>).

Find more information and resources in the following sections of the Information Gateway website: Adoption Assistance by State (<https://www.childwelfare.gov/topics/adoption/adopt-assistance/>) Finding Services for an Adopted Child (<https://www.childwelfare.gov/topics/adoption/adopt-parenting/services/>)



Are most days a battle from breakfast to bedtime?

Triple P — Positive Parenting Program can help!
Free, private, in-home sessions will teach you how to adapt your
own behavior to get the results you want from your child.

*Available in Clearfield and
Jefferson counties!*

**To sign up or for more information,
call 814-765-2686 x206
or email ppp@childaid.org**

Paid for with Pennsylvania taxpayer dollars.

SWAN Post-Permanency Services



**statewide
adoption and
permanency
network**

*These services are available to any family who
has adopted and lives in Pennsylvania, whether
or not they adopted their child from foster care,
and to those families who have provided
permanency to children from the foster care
system through permanent legal custodianship or
formal kinship care.*

Families self-refer by calling the SWAN Helpline (800-585-SWAN) to request these services. The services are part of a continuum of services that strengthen and support families and assist in strengthening the special needs adoption community at the local level.

**Refresh
your marriage**

Return to nature with Real Relationships'
free weekend retreat for married couples

April 5 & 6
@The Nature Inn at Bald Eagle
201 Warbler Way, Howard PA

Meals and overnight accommodations at the
No. 1 Eco-Lodge in the nation are included.
Learn skills to benefit any relationship!

Sign up: (814) 765 2686 x240
realrelationships@childaid.org

 **Real Relationships**

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access our website

