



**MN ADOPT
HELP PROGRAM
INFORMATION**

www.mnadopt.org

**612-746-5137
Toll-Free:
1-866-303-6276**





The HELP Program is an innovative initiative created in 2011 by the MN ADOPT organization, an organization that has provided permanency-focused advocacy, resources and support since 1980.

Since its inception in 2011, HELP Program staff have provided easily accessible, reliable and knowledgeable support and guidance to the Minnesota adoption, foster, and kinship community through the ongoing support of the Minnesota Department of Human Services.





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 are funded through the Minnesota Department of Human Services.





MN ADOPT 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 support can include: objective, confidential case consultation; referrals to applicable community services; therapeutic referrals for clients; information on educational opportunities (both for professionals and families); staff presentations on adoption considerations and HELP Program services; as well as ongoing, easily-accessible support.



“It’s a very good resource for parents who don’t know where to turn. I had no idea what to do with my kids – it was a very bad time. I needed direction. The HELP Program helped me find a therapist and they helped talk me through what was going on. Any parent who might be in the same spot would appreciate their help.”

- HELP Program assisted parent



Services include...

Phone support from professionals whose focus and specialty is adoption and permanency

Adoption, guardianship and foster care have unique considerations and challenges. HELP Program staff are well versed and experienced in these areas and are readily available by phone during regular business hours to provide objective, individualized support and connection to the resources needed.

“Your support helped me turn a pivotal corner today in seeking support for our precious daughter and family. I don't feel alone anymore. ..I'm so thankful you picked up the phone and spent time listening to me, while being highly responsive. A rare combination. Thank you.”

- HELP Program assisted parent



Services include...

Support, guidance and referrals to resources tailored to the callers situation

HELP Program staff engage with callers to learn about the presenting concerns and situation dynamics in order to provide individualized referrals to supportive, educational and * therapeutic resources (if applicable).

* The HELP Program maintains relationships with a network of adoption/trauma/attachment-competent therapists across the state who have gone through a vetting process with the program in order to demonstrate their deep understanding of this area and expertise in assisting adoptive/foster/kinship families.



Services include...

Information regarding educational offerings & trainings specific to adoption and parenting children with complex histories

MN ADOPT HELP Program staff ensure that families are aware of, and connected to, information regarding educational offerings and trainings that can provide additional support, insight and guidance for parents who are parenting children with complex histories.

“The trainings and support that I have received through the Beyond Consequence’s training have helped me more than anything else to navigate the complex influences that have affected my children and make some sense of it all. I have changed how I parent as my understanding has grown. I love my kids in a whole new way, and we have changed our behavior and our interactions, and our outlook in life-giving ways. What a blessing for all of us!”

- HELP Program assisted adoptive parent and participant in the MN ADOPT hosted training: Beyond Consequences Training Series



Services include...

Possible financial assistance for * eligible therapeutic services when financial barriers are present

- Families must contact the HELP Program directly **FIRST** to explore potential HELP Program funding assistance
- Funding assistance is not a guarantee and is determined on a case by case basis
- * Additional Guidelines apply. Call 612-746-5137 to learn more

“Thanks so much! You have no idea how much stress is relieved knowing we can get him the help he needs without being completely overwhelmed with the financial piece!!!”

- HELP Program assisted parent



Examples of Professional Feedback:

“I think what the HELP Program does is a model program and one of the best I have been involved in.”

– HELP Program Connected Therapist

“Our adoptive families are appreciative of the services from the MN ADOPT HELP program. The workers in this program are quick to respond with options and ideas which help the adoptive parents we work with locate services, education and supports.”

– Agency Social Worker



Questions? Concerns? Call us anytime!

612-746-5137

Toll-Free: 1-855-670-4357

www.mnadopt.org



“MN Adopt was a huge help. They took the time to listen and understand what was most critical and gave great resources to help in the stressful times. The support has made a huge difference...”



“[HELP Program] support helped me turn a pivotal corner today in seeking support for our precious daughter and family. I don’t feel alone anymore.”