



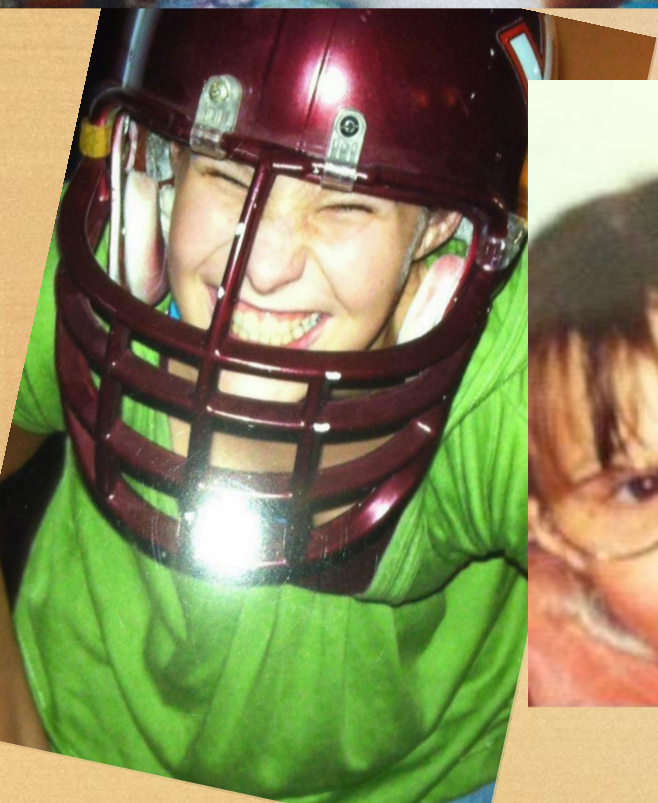
Begin
With The
End
In Mind:

Needs of
Families
&
Adoptees
Post-18

Something to think about...

When you stand and share your story in an empowering way, your story will heal you and your story will heal somebody else.

Iyanla Vanzant





What We Know

Principles identified by the National Consortium for Post Legal Adoption Services in Adoption Support and Preservation Services: A Continuing Public Interest:

1. Families created by adoption are different from families created by birth.
2. Adoption is a lifelong experience.
3. Adoption is beneficial to parent, child, and society.
4. Society is responsible for providing support and preservation services to the adoptive family.

Adult Outcomes for Traumatized Children

1 in 5 will be homeless by age 18

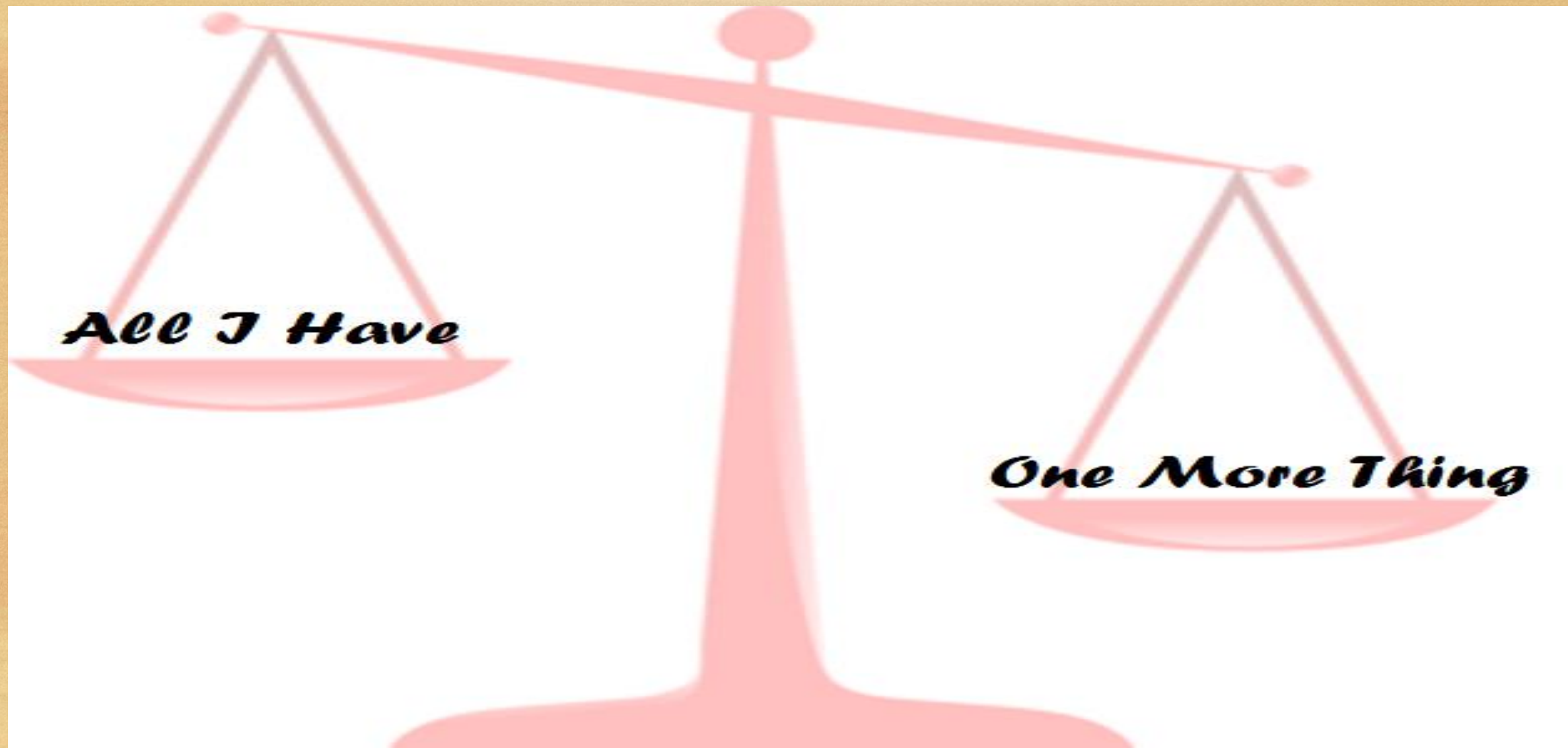
Only 1/2 will be employed by age 24

<3% will obtain a college degree

71% OF FEMALES WILL BE PREGNANT BY AGE 21

1/4 WILL HAVE PTSD

-jmcasseyouth.org (Annie Casey Foundation)



All I Have

One More Thing

What is Attachment?

Attachment is a deep and enduring
emotional bond that connects one
person to another across time and space
(Ainsworth, 1973; Bowlby, 1969)

How do you get there?

Parenting which results in a
secure attachment

or

Attachment Parenting

(Intentionally creating a mutual, deep
active and real emotional connection)





Mother's day

2016

**“Whether
adopted from
birth or later in
life, *all* adopted
children have
experienced some
degree of
trauma.”**

-Bryan Post



What is *trauma*?

Trauma is any stressful event which is prolonged, overwhelming, or unpredictable.

-Bryan Post

Traumatic event:

- Scary, dangerous, or violent event that involves an immediate threat to the life or physical welfare of ourselves or a loved one
- Usually cause extreme feelings of fear and helplessness
- Overwhelm an individual's capacity to cope

Approximately 26% of children in the U.S. will witness or experience a traumatic event before age 4; over half report experiencing a traumatic event by age 16.

Many children have experienced multiple traumas, and for too many children trauma is a chronic part of their lives.

Situations that can be traumatic



ACEs (Adverse Childhood experiences):

(Felitti, JV, Andra, RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MY, Marks JS, American journal of preventive medicine 1998; 14: 245-258)

- HOUSEHOLD DYSFUNCTION
 - SUBSTANCE ABUSE
 - PARENTAL DISCORD
 - MENTAL ILLNESS
 - DOMESTIC VIOLENCE
 - CRIMINAL BEHAVIOR
- ABUSE
 - EMOTIONAL
 - PHYSICAL
 - SEXUAL
- NEGLECT
 - EMOTIONAL
 - PHYSICAL



WARNING

**ASSUMPTIONS
A H E A D**

THE PROBLEM WITH
ASSUMPTIONS
IS THAT THEY ALWAYS
COME WITH
**BLIND
SPOTS**

~ Olivier Blanchard

FAMILY

... is where
our story begins



A “Geographic Fix” doesn’t “fix” it

It's not
over just
because
"it" is
over...



Discovery
EDUCATION

Child Traumatic Stress

- Reactions that persist and affect a child's life after a traumatic event has ended
- Reactions may include:
 - ✓ Prolonged periods of being upset, depressed, anxious
 - ✓ Changes in behavior, eating, or sleeping habits
 - ✓ Developmental regression (toilet training, speech)
 - ✓ New somatic complaints (aches, pains)
 - ✓ Difficulties in school
 - ✓ Problems relating to others, reluctance to participate in social activities
 - ✓ Drug or alcohol abuse, risky behaviors, or unhealthy sexual behavior (older children)

ONE TRAUMATIC EVENT (ACUTE):

9% - PTSD or acute stress disorder

39% - criteria met for ADHD

38% - criteria met for mood disorders

26% - criteria met for ODD

“Children exposed to complex trauma often experience lifelong problems that place them at risk for additional trauma exposure and cumulative impairment (eg, psychiatric and addictive disorders; Chronic mental illness; legal, vocational, and family problems). These problems may extend from childhood through adolescence, and into adulthood.”

(Cook et al, 5/2005)

TRAUMA

Increases the risk of what in adulthood?

- alcoholism
- drug abuse
- depression
- attempted suicide
- smoking
- poor self-rated health
- sexual promiscuity and transmitted disease
- severe obesity
- serious medical issues

Center for Disease Control Prevention and Kaiser Permanente” Health Appraisal Clinic, 1998

When I'm adopted

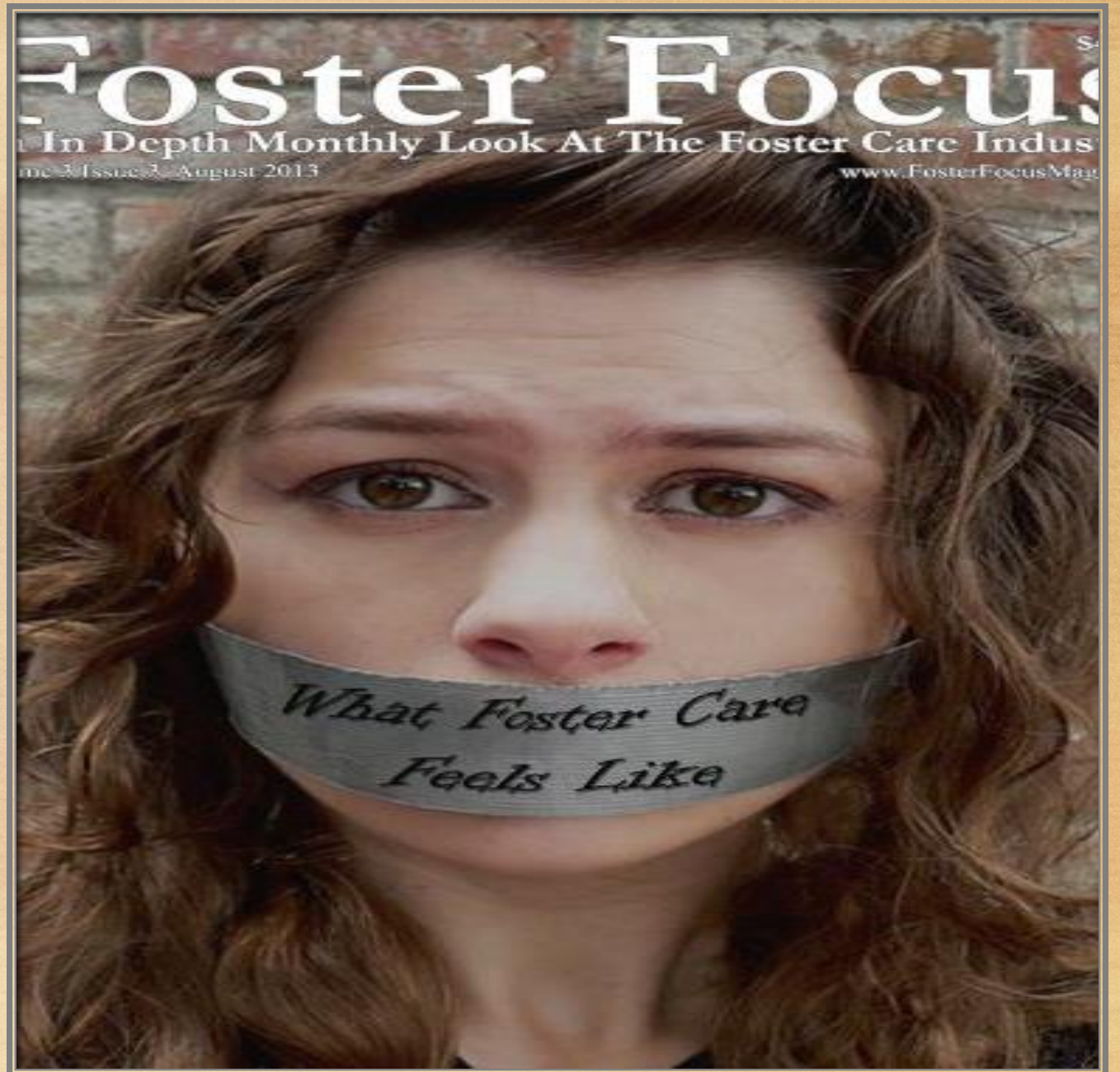
I

will no longer

be

a

foster child!



“Foster Care is Temporary”

I
will
always
be
a
foster
child

...



7 CORE ISSUES OF ADOPTION

- Loss
- Rejection
- Guilt and shame
- Grief
- Identity
- Intimacy
- Mastery/control

(Silverstein and Kaplan 1982)



DON'T JUDGE
MY STORY BY THE CHAPTER
YOU WALKED IN ON.



“MY child, YOUR family

When you inherit a broken family, you can't throw it away and get a new one.

What you can do is find people and situations that provide for you what your family cannot.

— *Iyania Vanzant*

Severing ties:

- TPR: legal process
- Adoption: geographic change
- Shared History & Experiences: emotional process

“If a mother and father can love
more than one child then why is it
so hard to
understand that a child can love
more than one mother and father?”

Stage 5: Identity V Confusion

Adolescence

- focus on exploring independence
- develop a sense of self
- personal exploration must be encouraged
- success will result in a strong sense of self and feeling of independence and control
- failure with result in unsure beliefs and desire and insecure/confused feelings in the future

Stage 6: Intimacy V Isolation

Early adulthood

- develop close, committed relationships in order to develop secure and committed relationship in the future
- strong sense of personal identity is needed
- less committed relationships will result in emotional isolation, depression, and loneliness

"Psychology - Article." Psychology - Complete Guide to Psychology for Students, Educators & Enthusiasts. Web. 09 Nov. 2010.

<<http://psychology.about.com/od/theoriesofpersonality/a/?once=true&>>.

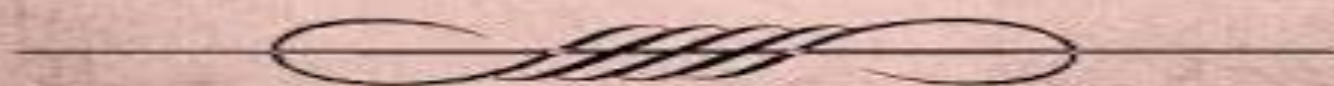
"Erik Erikson." NNDB: Tracking the Entire World. Web. 09 Nov. 2010. <<http://www.nndb.com/people/151/000097857/>>.



“Making you my family **MAKES** you my family”

Due to these multiple losses for both adoptees and adoptive parents, there may also have been difficulties in early bonding and attachment. For children adopted at older ages, multiple disruptions in attachment and/or abuse may interfere with relationships in the new family (Fahlberg 1979 a, b).

There are some people
who could hear you
speak a thousand
words and still not
understand you.
And there are others
who will understand
without you even
speaking a word.



We're not looking
for someone
to complete us.
We're looking
for someone
to accept us
with all the pieces
that we're missing.

DiveInsideMyMind.com




“My healing home will HEAL you”

Behaviors are Symptoms of
what is going on internally...

**...so often we can figure out
what we need to know by
watching the behaviors.**

**THE KIDS WHO NEED
THE MOST LOVE
WILL ASK FOR IT IN
THE MOST UNLOVING
OF WAYS.**



Made with  by recitethis.com

Behavioral Symptoms

Poor Impulse

Aggression

Demanding/clinging

Hoarding

Hyperactive

Poor hygiene

Persistence with nonsense
questions

Attachment issues

Self-Destructive

Irresponsible (2/20)

Deceitful

Sleep Disturbance

Abnormal eating

Difficulty with change

Preoccupied with fire, gore,
evil

Attachment issues

Property Destruction

Stealing/crazy lying

Cruel to Animals

Oppositional

Enuresis/Encopresis

Miscues

Inappropriate Sexual
conduct

Attachment issues

Need we say more?

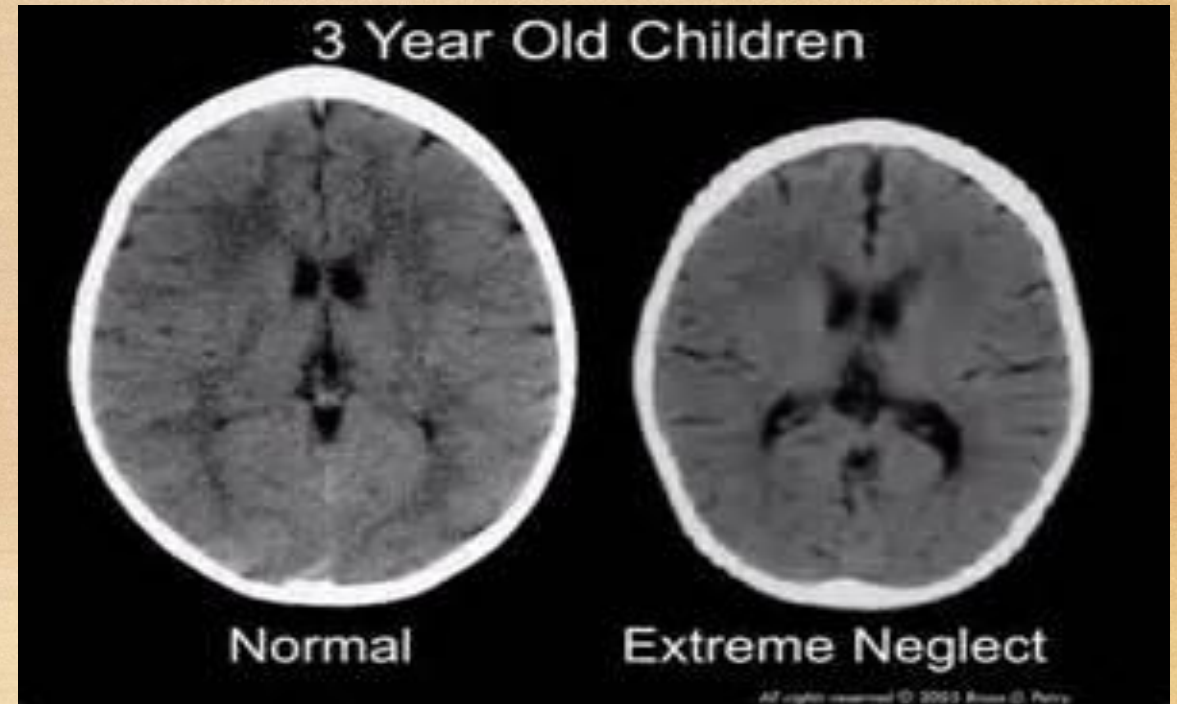
Social Symptoms

- Superficially engaging
- Lack of eye contact
- Indiscriminately affectionate
- Lack/unstable peer relationships
- Cannot tolerate limits/external control
- Blames others
- Victimize(s) and is Victimize(d)
- Lacks trust in others
- Exploitative
- Manipulative
- Controlling
- Bossy



Cognitive Symptoms

- Lack cause-effect thinking
- Learning disorders
- Language disorders
- Helpless stance
- Grandiose



Due to these multiple losses for both adoptees and adoptive parents, there may also have been difficulties in early bonding and attachment. For children adopted at older ages, multiple disruptions in attachment and/or abuse may interfere with relationships in the new family (Fahlberg 1979 a, b).



“Parenting of a Traumatized Child Ends at 18”

1. ***Bonding still matters:***

-joint activities

-traditions

-contact, even upon rejection

2. ***The magic of unconditional love:***

(because we understand the stumbling blocks)

3. ***Passing the torch:***

-community service providers for safety and support

4. BUT remember ***you're still needed:***

physical needs safety net, pieces of their story

5. ***Do what's best, not what's easy***

-setting limits

-encouraging independence vs. dependence

6. ***Meet their needs and not your own***
-they need outside relationships, hobbies, interests
7. Remember: ***the past matters, and it always will***
8. ***Let go of YOUR dream so they can live THEIRS***
9. ***You matter!***
10. ***There is an amazing adult in there with an amazing story to share.***

Mom,
I ♥ u
4eva
Mrs. BOWYER
NANCY



Dear mom,
Thank you for giving me
a very good home & providing
for me
12/15/13
NANCY



Słyszysz? Kocham was.