



A Word from Our Executive Director



Adoption competency is rare in the mental health field. Ever since we founded BPAR in 2012 to fill that gap in Greater Boston, we've built a continually expanding team of adoption-competent clinicians and supervised interns who make me truly proud. They're creative, caring, and eager to promote BPAR's [nonprofit mission](#) to support, connect and educate, as you'll read below. Our team also writes [blogs](#), [books](#) and [presentations](#), provides free initial phone consultations, and builds networks so we can refer *all* who reach out to us to the most appropriate resources.

None of this would be possible without donations, and we are grateful every day for our donors. Our recent fiscal year-end fundraising drive raised 126% of our goal (!) and has enabled us to add new resources and services to meet critical underserved needs in the post adoption community.

Please read more and celebrate with us!

With my heartfelt thanks,

Jennifer Eckert, LICSW
Founder, Boston Post Adoption Resources



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Spotlight: Giving Adult Adoptees a Voice

It can be hard for adult adoptees to find confidants who "get it" when they try to explain what they have experienced throughout the years. Adoption is a lifelong journey, and it affects relationships, family dynamics, self-esteem, and so much more. At BPAR, we continually develop forums to give adult adoptees a community of understanding listeners, and we are among the very few mental health providers to do so. Human connection is

essential to building healthy, productive lives, and here are some new ways we are empowering adult adoptees to express their thoughts and feelings:



[Event Info](#)

Voices Unheard: A Special Creative Forum

Clinicians Lisa Coppola and Maya Rogers-Bursen have launched this forum, inviting adult adoptees to use creative expression to share their stories on November 12th. The audience will have a chance to hear the complex nuances of the adopted person's experience. Read more about the value of this therapeutic process for both the writer and the listener [here](#).



New Groups for Adult Adoptees

We continually expand our group therapy options for adults. The Healthy Relationships and People of Color groups join our Adult Adoptee, Search and Reunion, and Creative Writing Groups. [Learn more here](#).



Adoption Stories in the BPAR Blog

The recent "[Puzzle Pieces](#)" post about making the decision to reunite with birth family in Colombia is the latest of several stories penned by guest writers. [Our blog](#) is a valuable resource that, in this case, also serves as an online hub for adoptees to read about others like them.

Welcome to Our New BPAR Team Members!



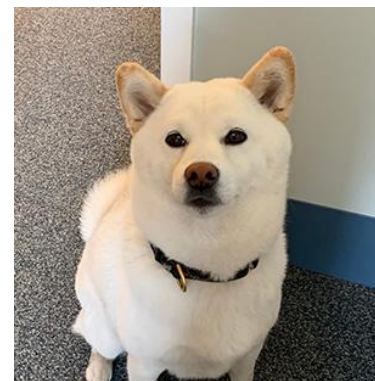
Marta Sierra Drachenberg,
LMHC

Our new clinician, Marta Sierra Drachenberg, LMHC, is an experienced mental health counselor who is helping us expand our clinical practice and group therapy options. As an interracial and international adoptee, Marta has a specific interest in racial



Justin Feng,
Intern

Justin Feng joins BPAR as an intern primarily focused on outreach and promoting BPAR's missions and goals through various forms of media. A second year Masters student studying Applied Developmental and Educational Psychology at Boston College, Justin's



Loki,
Therapy Dog

Meet Loki, Marta's Shiba Inu. Loki joins Mr. Roger as our second therapy dog in residence at BPAR! Having lived abroad and on both coasts of the U.S., Loki loves people and is very comfortable with lots of big emotions.

identity development for adoptees of color and how that affects overall health and self esteem. [Marta's Bio>](#)

area of expertise is in bilingual education. [Justin's Bio>](#)

[Loki's Bio>](#)

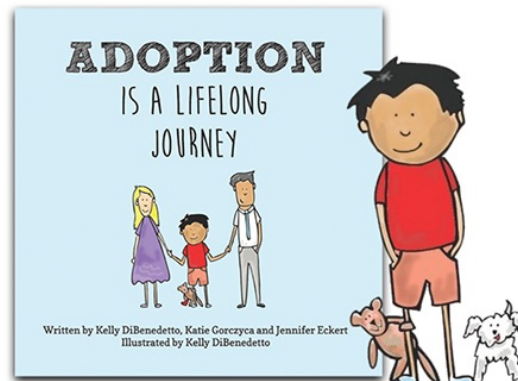
...and introducing our Charlie therapy puppet!



[Watch the video to see how Charlie came to life! >>](#)

We're so excited to tell you about Charlie, our new therapy puppet! Do you recognize him from the cover of our book [Adoption Is a Lifelong Journey?](#)

As a crucial part of our mission to strengthen adoptive families, our clinicians continually develop unique and effective ways to help children identify their own feelings and put them into words. Our own Kelly DiBenedetto, illustrator and co-author of the book, created Charlie as its narrator. He has opened a dialogue in countless families with his ability to explain his thoughts to parents and caregivers. And now in the talented hands of Kelly and others as puppeteers, he is coming to life in 3-D form in our sessions. Say hi to Charlie next time you're at BPAR!



BPAR Clinicians Share Adoption Competency Skills in the Mental Health Field

In October at two South Shore locations, Kelly DiBenedetto, KC Craig, and Lisa Coppola educated a large number of staff at Bay State Community Services. The presentation explained how adoption affects lifelong mental health and the



Lisa Coppola, LMHC,
Kelly DiBenedetto, LMHC,
and KC Craig, LICSW

relationship between trauma, attachment and addiction in the adoption community. Our team provided concrete tools and interventions for use in their mental health agency.

Feedback from participants included: "organized and educational, very helpful;" "lots of current and relevant information;" "presenters were very knowledgeable, sensitive about gender and sexuality;" and "excellent."



Bay State Community Services

Helping Families. Saving Lives. Empowering Communities.

Why Do We Love November? Because It's National Adoption Month

NOV

12

"Voices Unheard: Real Adoption Stories"

You are welcome to join us when we host this creative forum of powerful, honest storytelling from adult adoptees. 7:30 p.m. at the Lily Pad in Cambridge; suggested \$7 donation at the door. [Details](#)

NOV

13

Jennifer Eckert Interview Airs on Candy O'Terry's "The Story of Her Success" Podcast

For her weekly podcast featuring "exceptional women whose story will empower you to say: *'If she can do it, I can do it,'*" Candy O'Terry asked Jennifer to discuss her passion as BPAR's founder. Look for the link on our [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#) pages!

NOV

22

BPAR Speech and Book Giveaway at the Essex County Probate & Family Court on National Adoption Day

For three years in a row, BPAR has been invited to speak in court before National Adoption Day proceedings begin in Essex County. This year, Maya Rogers-Bursen will take the stand and tell parents about post adoption resources. Judges have once again requested that BPAR donate copies of *Adoption Is a Lifelong Journey* to all families adopting on this especially heartwarming day.

Your Donations Count!

As a 501 (c)(3), BPAR relies on donations to make our mission possible. Your generosity allows us to speak at conferences, create resources like our book and blog, and offer a

free initial phone consultation to anyone who reaches out to us. Thank you!

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