



## Fall 2020 Newsletter



Welcome to our Fall newsletter.

This has been a year like no other. We have been tested and retested. Despite the challenges of COVID-19, our BPAR clinicians have been able to give our clients the best quality care and resources that they can provide. Our staff remains strong, resilient and—as always—hopeful. You will see this reflected in our Fall newsletter.

I have had the honor of being the Executive Director of Boston Post Adoption Resources for the past eight years. Over these years BPAR has grown into a well-known and respected mental health nonprofit that I could not be more proud of. As we enter a new season, we at BPAR will be changing as well. I am pleased to announce that Kelly DiBenedetto, LMHC, will be taking over as BPAR's next Executive Director. There could not be a better fit or a better time. Kelly's competent leadership as Clinical Director has kept BPAR steady during this turbulent time.

I will remain closely connected to BPAR as the Board Chair and will continue to focus on new initiatives at BPAR so we can continue to be a leading resource in post adoption and foster care.

Our success is made possible by your generous [donations](#). More than ever, we thank you for making sure we can continue this important work to help all of those touched by foster care and adoption lead healthy, productive lives.

Stay safe and well.

Best regards,

Jennifer Eckert, LICSW, Founder  
Boston Post Adoption Resources

## Spotlight: Transracial Adoption

### Anti-Racism and Social Justice

In June, BPAR shared with you our collective commitment to finding new and more powerful ways to address the unique challenges of transracial adoption. Graphic images and news of violence have been exacerbating past trauma and triggering emotions that weigh heavily on all ages of transracial adoptees and their families. The need for mental health services has never been more evident.

In addition to adding more individual and family therapy sessions to our schedule, we offer the following resources to facilitate honest conversations in the pursuit of anti-racism, social justice, and a healthy racial identity.

#### **GROUP THERAPY**

The People of Color Group established last year, a new Parent Group for Transracial Adoption, and a new Older Teen (age 16 to 18) Support Group where anti-racism and social justice are common themes, have opened important dialogue under the guidance of our licensed clinicians.

[Learn more>>](#)

#### **ONLINE RESOURCE CENTER**

We've compiled a comprehensive list of resources on anti-racism and social justice. These were vetted either through our therapeutic practice or through trusted sources.

[Visit the Resource Center>>](#)

#### **RESEARCH-BASED BLOGS**

Based on interviews, studies, and some of the best books on the subject, BPAR's blog series on transracial adoption balances professional expertise with honest feedback from adult adoptees who reflect on the support they wish they had received during their younger years as they tried to cope in society and understand their own identities.

Read [Part One>>](#) and [Part Two>>](#)

#### **EXPRESSIVE FORUMS FOR STORYTELLING**

Continuing our practice of inviting guest writers to share valuable perspectives, we posted a number of blogs authored by adult transracial adoptees and parents who adopted transracially, with many more yet to come. In addition, our Voices Unheard creative writing workshop, now in its second year, serves transracial adoptees among the mix of attendees. Storytelling is both educational for the reader and therapeutic for the writer.

[View Blogs>>](#)

#### **PROFESSIONAL TRAINING ON TRANSRACIAL ADOPTION**

After reading our blogs on the topic, the Massachusetts Adoption Resource Exchange (M.A.R.E.) invited two BPAR clinicians to discuss the challenges of transracial adoption and provide resources for an audience of social workers who oversee adoption placement and in-home foster care visits. The purpose of pre-adoptive training is to ensure better long-term post adoption outcomes.



These steps are just a sampling of our ongoing commitment to promoting better listening, encouraging compassion, and finding healthy ways for all to navigate the transracial adoption challenges inherent to our society today.

Please look for future announcements as we create new resources.

## Building Connections with New Support Groups

In these isolated times, our clinician-run support groups provide therapeutic value as well as an essential form of human connection. Interest in support groups has grown immeasurably. We've created several new options to meet our client needs and requests.

### **PARENT GROUP FOR TRANSRACIAL ADOPTION**

This new group is dedicated to helping parents of transracial adoptees to support their child and strengthen their families.

### **OLDER TEEN GROUP**

With the addition of an older teen group, we offer group therapy for these adoptee cohorts: kids age 8-10; tweens age 11-12; young teens age 13-15; older teens age 16-18. The group for parents are segmented as follows: parents of kids age 8-10; parents of tweens age 11-12, and now parents of teens age 13-18.

### **BIRTH MOM GROUP**

A new group provides a safe therapeutic space in which birth/first mothers can seek peer support, empathy and increased understanding about separation trauma and healing throughout the lifespan.

### **HEALTHY ROMANTIC RELATIONSHIPS GROUP**

A new 6-month session of this group, starting November 1st, helps adult adoptees address the normal challenges of romantic relationships that arise from the adoption experience and learn skills to build strong, healthy relationships.

### **VOICES UNHEARD WRITING SUPPORT WORKSHOP**

A new 1.5-hour workshop for adult adoptees takes place on Saturday, November 14 from 1 - 2:30 p.m. The theme of this workshop is identity.

All groups are operating remotely at this time.

[All groups>>](#)

# Welcome to Our New BPAR Clinical Intern!



BPAR's newest clinical intern, Brittany Purrington, joins us in her final year of Lesley University's master's program in Clinical Mental Health Counseling: Expressive Arts Therapy. Brittany brings with her an extensive family history of adoption from multiple perspectives and eight years of work with a variety of social service agencies. Based on her experience using the expressive arts to teach social and emotional skills, she says, "I believe expressive arts modalities can be incredibly transformative and also offer a sustainable practice for self-expression."

[Brittany's Bio](#)>

## Another Reason to Celebrate

Look who was chosen to capture the joy and gratitude of receiving a grant! The Cummings Foundation placed BPAR front and center [on their website](#), one of four nonprofits receiving this honor out of 130 grant winners.

## Local Area Grant Programs


200 West Cummings Park, Woburn, MA 01801 781-932-7904 email: [gc@m Cummings.org](mailto:gc@m Cummings.org)

Cummings Foundation	Our Buildings Power Charities	New Horizons Communities	Grant Recipients	\$20 Million Grant Program	Veterinary School at Tufts, LLC
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**Boston POST ADOPTION RESOURCES**

- Grant Recipients
- Major Grants
- Grant Recipient Highlight Reel
- FAQs
- Reports
- Volunteer
- Contact Us
- Foundation News

**Look who's featured!**



To date, Cummings Foundation has awarded more than \$280 million in grants to nonprofits based in greater Boston. Through the initiatives described below, it seeks to provide vital funding to mostly local charities that are working to improve the lives of community members through education, healthcare, human services, and social justice programs.

# Giving Our Book to New Parents

With funding from our Cummings Foundation grant, BPAR is distributing gift certificates to new adoptive parents who can request a free copy of our book, [\*Adoption Is a Lifelong Journey\*](#). We are working with the Family & Probate Courts in Massachusetts to reach these families at the time of adoption. BPAR's book fills a niche to prepare parents for what's likely to come as their child develops. It builds empathy, provides resources, and strengthens families.



# November Is National Adoption Month

We are planning some fun and engaging surprises. Please look for our emails next month!



# Resource Centers on BPAR.org



Do you need resources or are you interested in learning more about post adoption? We encourage you to visit these resource centers we've created on our website.

[Post Adoption Resources for All in the Adoption Constellation](#)

[Post Adoption Resources for Professionals](#)

[COVID-19 Resources](#)

[Transracial Adoption Resources](#)

# 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!

[Donate](#)

STAY CONNECTED



[BPAR.org](http://BPAR.org)  
617-778-6213