

Spring 2021

*Boston*  
POST ADOPTION RESOURCES



## Spring 2021 Newsletter

SUPPORT - CONNECT - EDUCATE



Dear Friend of BPAR

Did you know that as human beings we are hard-wired for connection? When we don't feel connected to others, it impacts our ability to regulate our emotions, our sense of belonging and even our health. The pandemic has created an incredible sense of loss, literally separating us from each other and our ability to connect in person. This disconnection has been re-traumatizing and triggering for our clients who started their lives with loss and struggle on a daily basis with a sense of belonging, feeling different and isolated. On top of the collective grief, the horrible racial violence and injustice that dominate the news have created an additional wound for everyone, especially the transracial families and individuals who represent about 50% of our clients. The need for support is palpable, and our waitlist continues to grow on a daily basis.

In order to combat this collective grief, loss and isolation, our team has been working diligently to continue to support our clients by strengthening connections. When we feel connected we can begin the healing process. It reassures us that we are not alone and sends signals to our brains that we will be okay.

As BPAR's new Executive Director, I am proud to highlight in this newsletter all of the ways that BPAR supports the healing process through connection—connecting to more clients, connecting the transracial adoption community for healing, connecting adoptees to birth families, connecting all in the adoption constellation to resources and connecting to readers. We are also working diligently to connect to new donors so that we can continue to do the work that we do.

Best regards,

Kelly DiBenedetto, LMHC, ATR  
Executive Director, Clinical Director, Boston Post Adoption Resources

[Website](#)

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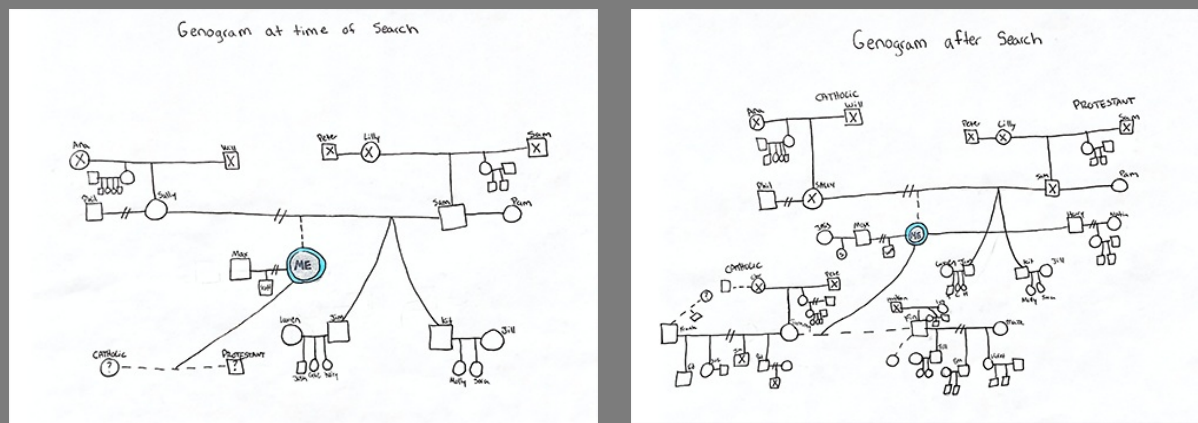
# Connecting People to Resources



The need for post adoption mental health services and support is growing exponentially, and BPAR keeps responding. Erica Kramer, our intake coordinator, **answers 100% of requests for help** and helps evaluate which resources are the best fit: therapy or groups at BPAR, online resources, or outside referrals.

By our latest count, Erica has provided resources to families or individuals from **104 towns in Massachusetts, 13 other states, and even the U.K.** This represents almost 400% growth in our geographic reach in just four years!

## Connecting Adoptees with Birth Families



The abrupt disconnection that all of us experienced when the world shut down for the pandemic was devastating. Imagine, then, the magnitude of what a child and birth mother go through in their process of separation. The sense of loss is profound, and it is universal. Studies show that pre-verbal children experience the loss as acutely as older children do.

It's no wonder, then, that at some point, many adoptees and birth parents search for each other and contemplate a reunion. The search process can be overwhelming, consuming, and challenging at times, affecting existing relationships, jobs, identity and emotions. It may or may not lead to a successful reunion, and often reunions don't resemble the fantasy that builds during the years of uncertainty.

BPAR has always prioritized search and reunion support in our set of clinical services. We

also write blogs on related topics on our website. If you, your child, or someone you know is contemplating the search and reunion process, please consider these resources from BPAR:

[Therapeutic Search Support](#)

[Therapeutic Reunion Support](#)

[Adult Adoptee Group](#)

[Our New In-Depth Blog on Search & Reunion](#)

[All Blogs on Birth Family Search](#)

**Did you know...?**

...we offer donors an opportunity to fund a BPAR-facilitated reunion for a family that normally could not afford this.

If you are interested, please [contact us](#) or visit our [donation page!](#)

## Connecting More Clients to Therapy



### Meet Clinician Darci Nelsen

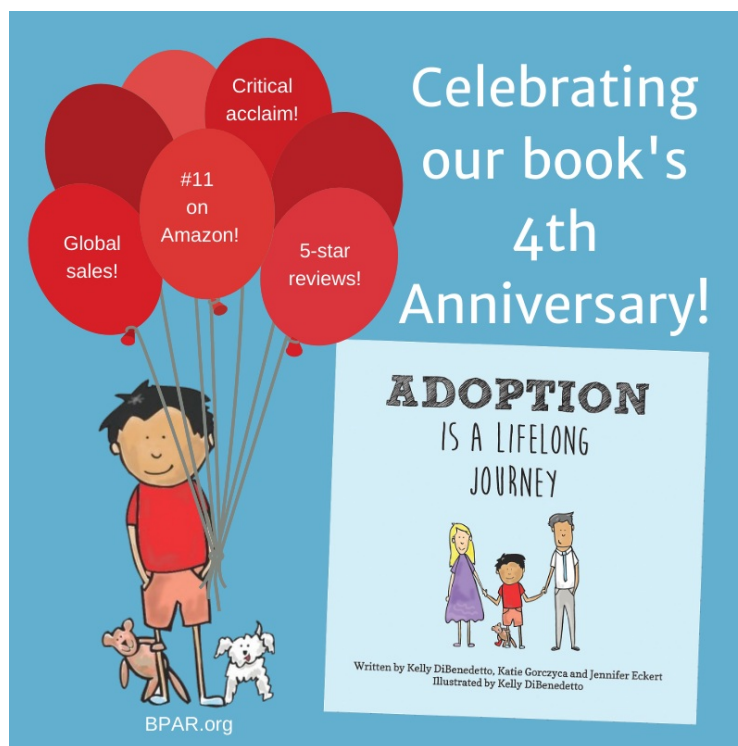
Recently, BPAR welcomed a new full-time clinician, Darci Nelsen, LMHC, BC-DMT. Darci is a Licensed Mental Health Counselor and Dance/Movement Therapist with clinical experience focused on supporting children, adolescents, and families within a variety of therapeutic and educational settings. In addition to providing individual and family therapy, Darci runs a new BPAR support group for [parents of young adoptees](#).  
[Darci's Full Bio>](#)

## Connecting the Transracial Adoption Community

We will continue to create and share resources to build a community of understanding and support for transracial adoptees and their families. More than 50% of BPAR's clients were transracially adopted. Our clinicians have expertise and are plugged into communities of color where we can share resources and connect our clients with others who look like them. To educate the general public, we encourage everyone to refer to the [Transracial Adoption Resources](#) on our website and our [blog posts around transracial adoption](#). Stay tuned for a big announcement about a significant free resource we are creating to educate adoptive parents.

## Connecting to Readers

In April 2017, BPAR released our book to strong critical acclaim from renowned adoption experts. Today [Adoption Is a Lifelong Journey](#) continues to sell well! We've sold or distributed almost 2,000 copies of our paperback, and now the ebook is part of Kindle Unlimited. All proceeds support BPAR's mission. Thank you for your support. 4 years and going strong!



[Read our author Q&A](#)

[Meet Charlie brought to life as a puppet](#)

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## Connecting to Listeners



Recently in the Adoptees On podcast, BPAR clinician/adoptee Marta Isabella Sierra, LMHC, discussed estrangement. In [episode 180](#), she examines estrangement and identity through the lens of the Internal Family Systems therapy model. In [episode 181](#), she weighs in on loyalty as a trauma response. Visit [Adoptees On](#) to learn more about this important topic.

## Connecting to Donors!

As a 501 (c)(3), BPAR relies on donations to make our mission possible. Your generosity allows us to conduct trainings, 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



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