



# The Latest News from BPAR

## Spring 2023 Newsletter



Dear Friend of BPAR

Happy May from BPAR! We have exciting things to share with you—many of which are outcomes from the ideas and intentions set during our fall retreat. We are beyond excited to announce that we are expanding our staff. Two of our amazing part-time clinicians are now full-time, and we are in the process of hiring two additional therapists. Our goal is to have a diverse group of therapists that mirror the various experiences of our clients. All new therapists who come to BPAR make a long-term commitment in order to support our clients' attachment needs and provide consistent care as challenges come and go. The strength of our program is the long-term response to needs at different touchpoints in an individual's journey.

As a team we are always working strategically and creatively to think of new ways to support our clients with both clinical and educational resources. Our therapists are extremely passionate about their work and are always inspired by our clients. The diverse perspectives we hear by working with the entire adoption constellation, including kids, teens, and adults, gives us incredible insight into how to best serve our community. This collaborative approach has allowed us to implement new specialty topic groups, revamp our anti-racism parent group, and create new blogs. It will also inform the direction of the strategic plan we are working on with our grant team!

As always, we are grateful for your support and your trust in us as an agency! Have a great summer!

Gratefully,

Kelly DiBenedetto, Executive Director  
Jennifer Eckert, Founder, Board Chair

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# Grateful to CCT | Boston



## Community Consulting Teams | Boston

*bringing MBA business expertise to Boston area nonprofits since 1990*

### Community Consulting Teams | Boston Consulting Project Grant

Since January BPAR has been privileged to work with a talented and extremely knowledgeable team of volunteers who have kindly donated many hours of pro bono management consulting expertise. We've been exploring new forums for educating the public about the mental health impact of adoption and for sharing BPAR resources to encourage lifelong healing. Community Consulting Teams | Boston (CCT) volunteers have designed primary research questionnaires and conducted one-on-one studies with key stakeholders and peers in order to assess the most pressing post adoption educational needs and gaps in resource availability. They are currently analyzing the data. Then CCT will present their final recommendations for the BPAR staff and board to consider.

We can't begin to tell you how privileged we feel to have built this type of relationship with a dedicated, passionate group of volunteer consultants. They are simply amazing. No matter what the future holds in terms of programs derived from this process, our collaboration with CCT has educated *us* in innumerable, lasting ways.

Please stay tuned for future reports on the outcome of this study.

## Thank You to Those Who Responded to CCT!



For our many friends in the adoption, mental health, academic, and nonprofit communities who participated in the study with CCT-led research—WOW, are we ever grateful! Your time is precious, and the BPAR team thanks you profusely for your deep and thoughtful insights into the type of information that's missing and the best ways to deliver it. We feel united with you in our passion for improving the lives of all touched by adoption, and we are confident that your information will help guide us on the best next steps.

## BPAR Team Updates



## **KC Craig, LICSW Takes New Role as Clinical Director**

KC Craig, LICSW, joined BPAR as a clinician in 2013, working with children and families in individual and family therapy. Under KC's leadership, our options for adoptive family support groups have blossomed from one monthly parent support group to many cohorts of parent support groups organized by the age of their children and around specific topics and needs. Early in her BPAR career, KC began assuming roles in supervising other clinicians and BPAR interns as they grew in adoption competency. KC also offers supervision for professionals outside of BPAR.

[Watch: Why KC is proud to call herself an adoption ally](#)

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## **Marta Isabella Sierra, LMHC Assumes Full-Time Position**

Marta Isabella Sierra, LMHC, has taken a full-time position as a clinician at BPAR. Marta is a transracial, international adoptee who has a specific interest in racial identity development for adoptees of color and how that affects overall health and self-esteem. Marta, who has been running therapeutic groups for adult adoptees at BPAR since 2019, is passionate about the capacity of Internal Family Systems (IFS) to support those touched by adoption and heal all of their internal parts.

[Watch: Why Marta believe in the power of connection](#)

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## Lisa "LC" Coppola, LMHC Assumes Full-Time Position

Lisa "LC" Coppola, LMHC, has taken a full-time position as a clinician at BPAR. LC, an addictions specialist, is a domestic adoptee through the department of children and family services, and her process with clients often involves using a narrative lens combined with Parts theory to help clients work their way through difficult and confusing emotions and memories. LC is the author of BPAR's book, *Voices Unheard: A Reflective Journal for Adult Adoptees*, and is the program coordinator for our Voices Unheard speaking and writing workshop series.

[Listen: Why LC values self-reflection, therapy, and peer support](#)

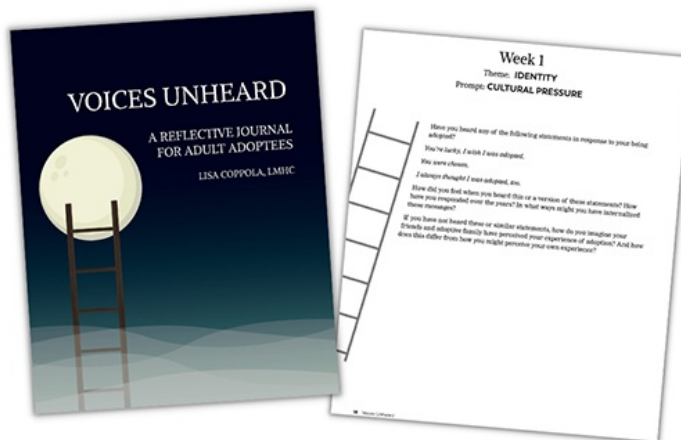
## Congratulations to BPAR's Clinical Intern Graduates



Congratulations to both of BPAR's clinical interns, Rebecca Elowe and Alyson Summer Del Castillo, for completing their Masters in Mental Health Counseling at Lesley University!



## Buy & Review Our Adult Adoptee Journal



"An important guide for digging deeper into the emotional landscape we need to explore in this lifetime journey of healing and discovery."

—Deborah Jiang-Stein, adoptee, author of *Prison Baby: A Memoir*



Your reviews matter!

Please post your honest review on [Amazon](#), [BarnesandNoble.com](#), or [Goodreads!](#)

# Thank You for Your Help

We appreciate the important role you play as a friend of BPAR. We cannot do all of this essential work without your financial support. Thank you!

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STAY CONNECTED



Proceeds from the sale of our books [Voices Unheard: A Reflective Journal for Adoptees](#) and [Adoption Is a Lifelong Journey](#) support BPAR's mission.

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