



The Latest News from BPAR

Fall 2023 Newsletter



Dear Friend of BPAR

This fall marks the largest growth period for our organization since our start in 2012. Our growth signifies two major aspects that we have noticed in the past few years: growing need for support and growing need for healing and hope. Hiring three new clinicians and onboarding two new clinical interns will allow us to increase the number of clients we serve as well as the types of services we can provide. Our new clinicians are bustling with incredible energy, and ideas for groups and therapeutic interventions are bringing a wealth of new knowledge to our team. Our senior clinicians are busy providing adoption-competent training and supervision to help guide our new staff in the right direction. We have diversified our staff significantly to better represent and serve our clients.

The need for our services continues to grow and we are grateful to be able to meet the demand. Our growth has also given us the opportunity to define our intentions, goals, and programs, which has led us to be more vocal about the topic of adoption trauma. [We openly discuss this very important topic](#) in an effort to encourage empathy, healing, and hope. Our mission to help educate our clients and the community about post adoption challenges is a vital step on this path to healing. In our therapy sessions the primary goal is always relationship building, and after that it's self-awareness. We cannot change things if we do not know what we are doing. We can't heal adoption trauma unless we acknowledge that it exists.

We hope that you can join us in celebrating the amazing changes and growth at BPAR. We are forever and always incredibly grateful to you for allowing us to continue to do this work!

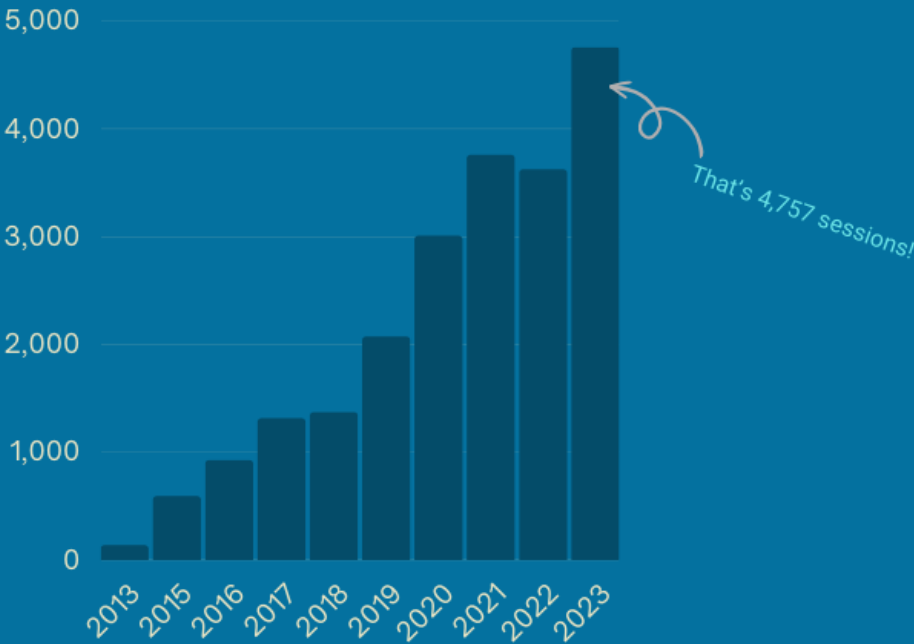
Gratefully,

A handwritten signature in black ink that reads 'Kelly'. The signature is written in a cursive, flowing style.

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

Look at How We've Grown!

INDIVIDUAL SESSIONS



INTERNS TRAINED IN ADOPTION COMPETENCY

14



EMPLOYEES

 =full time  =part time

2014



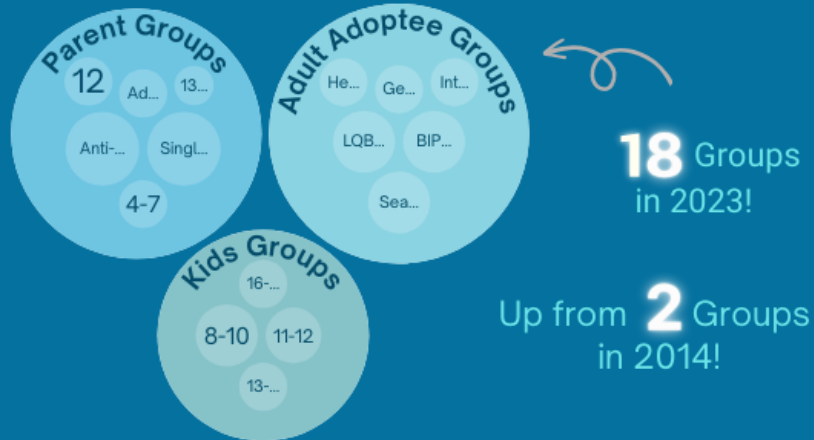
2018



2023



THERAPY GROUPS



Clinical Program Updates

Even amidst a critical shortage of therapists in the US, we are proud that we continue to attract a strong team of trauma-informed therapists, including four new clinicians. To grow the pool of adoption-competent support, our senior staff continues our tradition of training a new cohort of two clinical interns.

Meet Our New Clinicians



Mirela Caron, MA

Mirela Caron, MA joins has provided trauma-informed clinical care for youth in DCF group homes and



Lillian Hexter, MA

Lillian Hexter, MA, has worked as a high school literature teacher in

worked with K-12 students in public and private school systems. Her passion for working with individuals touched by foster care and adoption originates from her experience as an international adoptee from Romania.

[Read full bio](#)



Madison Janke, LMHC, R-DMT

Madison Janke, LMHC, R-DMT has worked in outpatient, therapeutic day schools, milieu and residential settings. She specializes in working with children and teens who are addressing adoption trauma, identity and attachment, emotional regulation, complicated family dynamics, anxiety, loss, depression, and behavioral diagnoses.

[Read full bio](#)

Seoul. She brings her own identity as a Korean transracial adoptee to her therapy work and is passionate about supporting adoptees at all stages of life and identity development.

[Read full bio](#)



**Alyson Summer del Castillo,
MA**

Alyson Summer del Castillo, MA, spent the last year as a clinical intern at BPAR before becoming a part-time clinician this Fall. She has worked in residential, community-based, therapeutic after school and summer camp, school, and hospital settings with children and adolescents experiencing behavioral and mental health challenges.

[Read full bio](#)

Meet Our New Clinical Interns



Carolyn Brazil

Carolyn Brazil, a master's student specializing in art therapy and counseling, joins BPAR as a clinical intern. Her work and research focuses on themes of social justice, career development, Asian hate, trauma healing sounds, and AI's



Sahita Pierre-Antoine

Sahita Pierre-Antoine, who is pursuing a master's degree in clinical mental health counseling and dance/movement therapy, joins BPAR as a clinical intern. She worked as a counseling intern at an agency providing wraparound

evolving role in trauma-informed care. As an adoptee from Nanchang, China, she brings to BPAR a passion about psychoeducation for decision-making and self-awareness.

[Read full bio](#)

services to survivors of domestic and interpersonal violence, where she offered multilingual services in English, Spanish, and Haitian Kreyol. She looks forward to sharing her love of dance and movement, nature, and fiber arts with clients.

[Read full bio](#)

Group News: The Survey Says . . .

We're pleased to share that our Adult Adoptee support group has started to meet twice a month instead of once a month due to popular request. It's been incredible to watch the group members bond and support one another.

As our staff grows, all of us benefit from fresh voices, new areas of expertise, and the capacity to add new programs. Almost 50 of you responded to our October 12th survey to guide us as we expand group therapy options. Thank you for the great response! Look for exciting new options as 2023 wraps up and the new year approaches, including:



[Learn more](#)

Free Virtual
Reiki Workshop



December 7 at 6 pm | Register at BPAR.org

[Learn More](#)



[Learn More](#)

Educational Program News

Did You Know?

BPAR has written 185 blogs, published 2 paperback books and 3 ebooks (3,095 copies sold, downloaded, or donated to date), hosted 3 community forums, and provided training and supervision for hundreds of Greater Boston professionals who work with adoptees and adoptive families. Our website as a resource hub attracts tens of thousands of readers annually who are searching for post adoption support. Our content, all built on the knowledge of experienced clinicians, is valued for its high quality and its accessibility, providing post adoption support on demand, when it's urgently needed,

To honor these creative efforts and their broad impact, the BPAR Board is now recognizing two programs at BPAR: an Educational Program along with our Clinical Program.

Here are some recent and upcoming advances we've made in educational resources.

[Our 4th "Voices Unheard: Real Adoptee Stories" Forum](#)

"This event has been transformational for me!"

Join us as adult adoptees share powerful, honest storytelling through poetry, short stories, and more!

Live in Cambridge and Online

November 28th at 7:30 p.m.

[Details and Tickets](#)



Our New Quarterly Corner Newsletter

Sample the resources we're talking about in staff meetings, using for our own personal development, and recommending to our clients to help build a better understanding of their post-adoption experiences.

[Subscribe](#)



Enhanced Search Functions on BPAR.org

Our website has a robust search function and we've made it easier to find. Try it!

[Search](#)

Workshops to Help Writers Find Their Voices



Our Fall 2023 Voices Unheard Writers' Workshop offered adult adoptees a chance to connect with personal stories by using writing prompts, as well as an opportunity to practice sharing a piece of writing out loud in a small setting. BPAR leaders LC Coppola

and Lillian Hexter also gave each attendee a copy of *Voices Unheard: A Reflective Journal for Adult Adoptees* and gave tips on how to start a group run by peers. We are excited to learn that attendees have formed their own adoptee peer writing group as an outcome!

Books Touch Lives Near and Far

3,000+ Books Distributed to Date



In 2017, BPAR created its own publishing imprint to ensure that adoptees and families can read our books anywhere in the world. Proceeds from the sale of paperback and ebook editions of [*Adoption Is a Lifelong Journey*](#) and [*Voices Unheard: A Reflective Journal for Adult Adoptees*](#) support our mission. We also compiled a downloadable ebook that's free on BPAR.org — [*Voices in Transracial Adoption: Insights from Adoptees, Parents & Professionals*](#).

So far we've sold, donated, or provided downloads of 3,095 book copies. That's a lot of lives touched!



Voices Unheard Journal author Lisa "LC" Coppola hosted a well-attended meet and greet at Womencrafts Bookstore in Provincetown on October 21st (Recovery Weekend)



Your reviews matter!

More reviews => more people find the book on Amazon => more lives touched!
Please take a moment and post your honest reviews here:

[Voices Unheard: A Reflective Journal for Adult Adoptees](#)

[Adoption Is a Lifelong Journey](#)

Cheers to You for Helping Us Grow!



Cheers to you from BPAR Board members Jennifer Eckert and Ann Singh!

Whether you donate funds, share our posts, or simply read our messages, we appreciate the important role you play as a friend of BPAR. We cannot do all of this essential work without your support. Thank you!

[Donate](#)

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.

