

Adoption Is a Lifelong Journey

BPAR

Boston Post Adoption Resources

FALL 2024

IMPACT REPORT



“BPAR has given me a therapist and peer support, representation, the understanding that the way I am makes sense, and tools to lovingly reparent myself.”

—ADULT ADOPTEE CLIENT

OUR MISSION

Since 2012, BPAR has provided specialized trauma-informed individual and group therapeutic care and culturally sensitive support. We connect people to post adoption resources and educate the public about the impacts of adoption. Through our services, BPAR invites those touched by adoption to join our community in an environment that encourages lifelong healing.

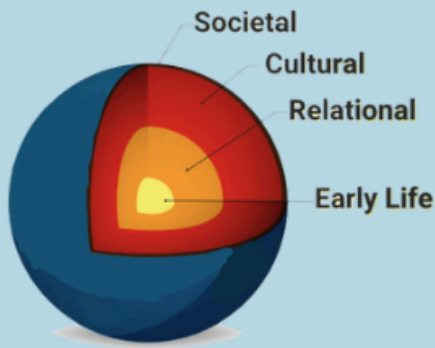
WHAT MAKES BPAR UNIQUE

“It’s very powerful to be in a room where you don’t have to explain yourself.”

—ADOPTIVE PARENT CLIENT

100%

At BPAR, **all** our clinicians are trained in adoption-informed and trauma-informed care. We answer **every** request for help.



Layers of Adoption Trauma

THE BPAR CLINICAL MODEL

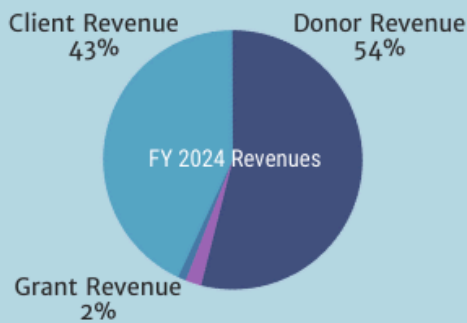
Love + Education + Connection + Support = Better Outcomes

- Access to adoption-competent mental health services is a strong predictor of positive outcomes for adopted children and their families and the success of their adoption
- Most adoption systems focus on the time of transition – not lifelong needs

IMPACT NUMBERS FY2024

- **6,646** annual individual, family, and group therapy sessions
- **18** therapy groups

170 Massachusetts towns and 30 states reached to date



PROFESSIONAL TRAINING



15 internships have equipped future providers to work with the complexities of adoption

“The supervision provided is exceptional, offering a wide range of learning opportunities that are invaluable for professional development. There was a large range of backgrounds, ages, severity levels of clients, and needs which helped me grow enormously.”

—BPAR CLINICAL INTERN

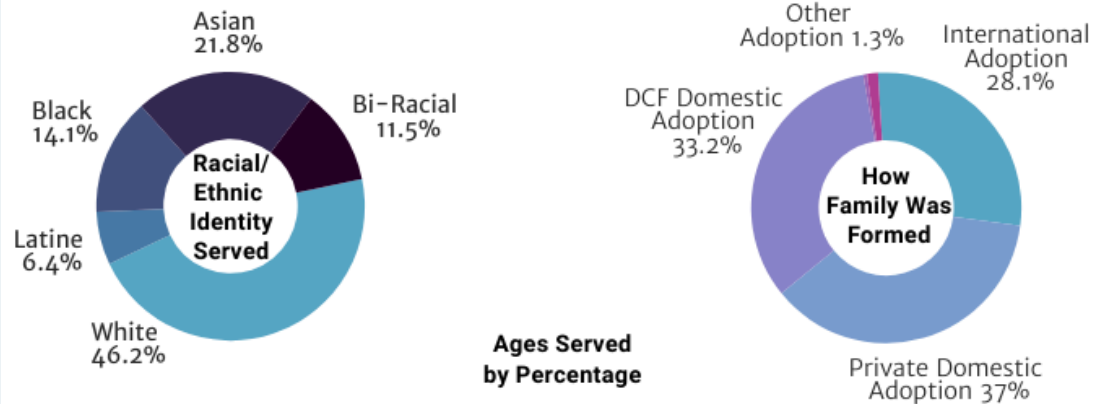
BPAR'S CLINICAL IMPACT

THE NEED

“I am so sad. I can see that the trauma from my adoption is affecting almost every aspect of my life. I've had therapy before but never even touched my feelings about adoption. I just feel like I'm being held back so badly because of it, especially my ability to parent my child.”

—ADULT ADOPTEE REQUESTING THERAPY

WHO OUR CLINICIANS HELPED



HOW THERAPY CHANGED LIVES

“My experience with individual therapy as well as searching for my biological family with BPAR's support was life-altering for me!”

—ADULT ADOPTEE

“When I started at BPAR, it opened the floodgates—things I had not talked about in detail to anyone. I feel like a much better person now. I feel so much lighter.”

—ADULT ADOPTEE

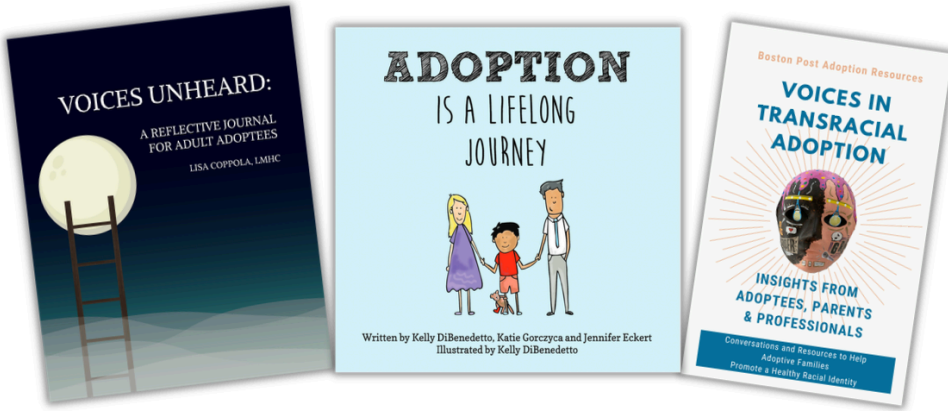
“I have no other outlets and have felt very alone. Knowing that other parents see similar behaviors and have similar responses and questions is so reassuring to me. The resources shared and discussed in this group are also extremely useful.”

—ADOPTIVE PARENT

“I always leave a session with a new thought or perspective. BPAR nudges me to better myself and to be a better parent.”

—FOSTER ADOPTIVE PARENT

BPAR'S EDUCATIONAL IMPACT



Books Written, Illustrated, and Published by BPAR

3,600

Copies sold or donated to date



"It is important for adoptive parents to know that adopting a child is not the same as giving birth. **Adoption Is a Lifelong Journey** is especially helpful because it explains the ways in which a child sees him or herself in the adoptive family and how the parents can validate, acknowledge, and empathize with the child's experience."

—NANCY VERRIER, AUTHOR OF THE PRIMAL WOUND



"From the first question in Week One, **Voices Unheard: A Reflective Journal for Adult Adoptees** sets a useful perspective for working with someone who has experienced adoption. This book is a vital tool for both therapist and client to unravel the effects of adoption and support the healing process."

—DAVID R. SELDEN, LICSW, CLINICAL DIRECTOR, THE SQUARE MEDICAL GROUP

WHY I GIVE TO BPAR

I give to BPAR because their thoughtful, intentional approach to helping families navigate the journey of adoption has empowered my family and so many others to find the immense joy in that journey. Please join me in donating to BPAR and helping them continue to shine.

—Dan L.

HERE'S HOW YOU CAN HELP!

A NOTE FROM BPAR'S EXECUTIVE DIRECTOR



"I am thrilled to reach out to you with this impact report in my new role as Executive Director. Many of you know our country is in a mental health crisis; people who need services are stuck on waitlists. Your generous donations will help adoptees and families benefit from BPAR's specialized trauma and attachment lens.

"Every little bit counts. Your gift will make a huge difference in our educational programming and help support our growing staff and families in foster care, kinship care, and post adoption care. Thank you!"

—KC Craig, LICSW, Executive Director

LIVES TOUCHED TO DATE WITH OUR EDUCATIONAL RESOURCES

Creating free resources on the BPAR.org website



- 194 educational blogs
- 18,647 views of "Adoptees in 3" videos

Building adoption allies in the community



418 attendees at 4 Voices Unheard | Real Adoptee Stories community forums

100% of client survey responders were likely or very likely to recommend our services to others. [Source: Client Satisfaction Survey, July 2024]



DONATE TODAY!

