



new life

ADOPTIONS

Fall 2019

ADOPTIVE FAMILY NEWSLETTER



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Post Adoption
FAQs

PLUS

The latest updates,
encouragement,
events, and more!

FEATURE STORY

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It has now been a year since we launched our new name, logo, and website and the response has been very positive. Our updated branding has allowed us to reach new people while spreading the word about adoption.

Will you help us continue to boost our visibility?

If you haven't already, go check out our New Life Adoptions of Minnesota social media accounts and follow us.

Also consider "recommending" us on our New Life Adoptions' Facebook page. This gives others an accurate glimpse of what we do and how we help adoptive families and birth parents through the adoption process.

CONNECT WITH US:

@newlifeadoptionsofmn



www.newlifeadoptionsmn.org

CALLING ALL WRITERS!

We are looking for guest bloggers for our website. Write about a topic related to adoption such as: why you share your story, openness in adoption, what the adoption process is like for an adoptive family, why you chose New Life Adoptions, a letter to other adoptive parents, and more.

We would also love to share your family's adoption story on our website to encourage others who are considering adoption or currently in the adoption process.

Interested?

Contact Rebecca at 612-746-5670
info@newlifeadoptionsmn.org.

Greetings Adoptive Families,

At New Life Adoptions, we want adoptive families, birth parents, and adopted adults to feel supported at every stage of the adoption journey. We know that parenting is never easy, but adoptive families may face unique issues related to adoption. Questions or concerns can come up at any point on this road and many parents wonder, "Is this an adoption issue?"

Please be assured that no matter when you may have a question, need support, referrals, or want to utilize our post adoption services, New Life Adoptions is committed to walking with you on this journey.

This newsletter is filled with information about our post adoption services as well as other new and wonderful resources.

As you read, consider how these services and referrals may help guide you, or others you may know, on the adoption journey.



Rebecca Anfinrud, LSW
Post Adoption Social Worker
612-746-5670
info@newlifeadoptionsmn.org



Help New Life Adoptions celebrate the beauty of adoption during the month of November! Here are some ideas to get you started:

1. Tell your story

National Adoption Month is the perfect time to share your adoption story with others! Sharing about your story can help encourage others and dispel myths that exist. Ready to share beyond your network? Contact us to learn about opportunities to have your story featured in upcoming newsletters, online articles or through speaking opportunities.

2. Spread the word socially

Post your story on Instagram and Facebook using the hashtag #NewLifeAdoptionsMN. Share New Life Adoptions posts with those in your community and network.

3. Show your support for New Life Adoptions

National Adoption Month is a great time to host a fundraiser and/or crowdfunding on social media. This is an easy and fun way to help us support the families we are honored to serve.

POST ADOPTION FAQs

Many families have questions about New Life Adoptions' post adoption services. Here are some answers to common post adoption questions to give you a better idea of what services we offer and how you can utilize them.

How do I request post adoption services?

The first step of the process is to complete the Application for Post Adoption Services found on our website. This gives us your updated contact information, a summary of your request, and confirms your identity (the application needs to be signed in front of a notary). If you live near one of our locations, you can call our Post Adoption Department to arrange to meet with a notary in one of our offices.

Once we receive your application, we will contact you within two business days with a contract for services and more information about the next steps for the service(s) you are requesting.

What information can I receive from my child's file?

A copy of the birth parent's social and medical history, original correspondence that has been stored in the file, or copies of past correspondence can be requested from a child's file by an adopted adult or the parents of a minor who has been adopted.

If New Life ever receives updated medical information from a birth parent, we are required by law to attempt to pass on this information to the adopted adult or parent(s) of a minor who has been adopted. If we do not have your updated contact information or do not receive a response from our attempts to contact you about updated medical information, the information will be stored in the child's file until you make contact with us.

If you would like updated medical information from your child's birth parents, you can submit your request to New Life Adoptions and we will contact them on your behalf to request this information.

How can I send a letter to my child's birth parent(s)?

You can send correspondence through the Post Adoption Department at:

**New Life Adoptions
Attn: Post Adoption
1515 East 66th Street
Richfield, MN 55423**

Please include a note with your name, your child's name, and your child's date of birth to help us match it with the correct file. Put the letter in an unsealed, blank envelope with the correct postage to pass the correspondence along. We will make a copy of the letter and any photos to keep on file.

If we do not have an updated address on file, the correspondence will be placed in the birth parent's file until they reach out to request this information.

Who can initiate a search?

Any party of an adoption can initiate a search for another party. In a search, New Life Adoptions will reach out confidentially to the other party to explain the request and allow the receiving party time to decide if and how they would like to proceed. If you are considering a search for your child's birth parent(s), please remember they may not be

To see more Post Adoption FAQs, visit: www.newlifeadoptionsmn.org/post-adoption-faqs/

open to contact at this time. Take steps to prepare yourself and your child for any outcome before starting the search. Call our Post Adoption Department to further discuss what a search may look like for your unique situation.

Will my contact information be shared with anyone else?

New Life does not release anyone's contact information to any other party without direct consent of that person. If you update your information it is only used for our Post Adoption Department to keep in contact with you. We

recommend that everyone in an adoption keep their information updated with New Life to insure that we can contact you if ever needed. It also allows us to send you updated information, newsletters, and invitations to events. To update your information, visit the Post Adoption section of our website.

GET IN TOUCH:
Post Adoption Department
612-746-5670
info@newlifeadoptionsmn.org

A SEARCH & REUNION STORY

"My birth mother was 18 when she had me and placed me for adoption. I never really questioned why I was placed for adoption. My parents always told me my birth mom loved me and wanted the best for me," shared Matt, adoptee. "When I found out my birth mother was trying to get ahold of me, then the questions started coming."

"The adoption staff at New Life helped us navigate the process of reunion and suggested starting with letters as a way to break the ice. My birth mother reached out first with a letter to me," said Matt.

Matt and Nancy, his birth mother, exchanged letters for a few weeks, then exchanged phone numbers, and within six weeks, they were scheduling a face-to-face meeting. Nancy lived in Alaska, but planned a trip to Minnesota for the holidays to meet Matt for the first time.

Matt's adoptive parents, Jan and Herb, have been welcoming to Nancy throughout the whole process. "It's been really neat. We got to meet Nancy and see what her side of the story was. I always told her that I prayed for her on special dates like his birthday," said Jan.

"Jan and Herb wound up being the perfect people to raise him. They've been wonderful to me and my family. They gave him so many opportunities that I could never have dreamed of," said Nancy.

Being a part of Matt's life gave Nancy and her husband a joy unlike anything they knew before, so they made the life-changing decision to move from Alaska to Minnesota. "Now we see each other as often as possible, probably once or twice a month. I could never have expected or hoped that things would turn out this perfectly. I am the happiest I've been in my life and this relationship is



Matt pictured with his birth mother, Nancy, during their first meeting.

the main reason for it," said Nancy.

"God's timing was evident to me through the whole process. It was the right time for Nancy and the right time for me. I had gotten married two years prior to getting her letter and we had recently discovered we were expecting our first child. Having the opportunity to reconnect with my birth family as we were preparing to grow our own family felt right," said Matt.



POST ADOPTION SEMINAR

CHIROPRACTIC CARE for Adopted Children

PRESENTED BY



Join us for this unique post adoption seminar. You will hear from Rob Lindsey, an adoptive father and chiropractor about chiropractic and holistic care that can help children who have experienced traumatic births, had drug or alcohol exposure in utero, have allergies, or have one of a variety of other health conditions. In addition, MN Adopt will be sharing valuable post adoption resources.

TUESDAY, DECEMBER 3, 2019 • 7 PM - 9 PM

New Life Adoptions, Administrative Office, 1515 E. 66th Street, Richfield, MN 55423



DR. ROB LINDSEY, VALEO HEALTH AND WELLNESS CENTER

Dr. Lindsey received his Doctor of Chiropractic from the prestigious Northwestern Health Sciences University and holds a Master's degree in Sports Medicine. He specializes in working with patients who suffer from chronic neurological and metabolic conditions, such as Migraines, Vertigo/Dizziness, Chronic Fatigue, Fibromyalgia, Neuropathy, ADHD, Hypothyroidism, Autoimmune Diseases and many other conditions. He also enjoys providing general family care and loves to see children jump up on the table for their adjustment.

Dr. Lindsey has a strong interest in the relationship between the brain, emotions, and body physiology and how emotionally traumatic events can contribute to disease. Dr. Lindsey understands that you cannot treat the disease or symptom and instead must treat the person. He also understands that each person is body, mind, and spirit, and in order to make lasting changes in health all three aspects must be addressed.



We will also hear from MN Adopt about the expanding resources, seminars and services they provide to all adoptive families in Minnesota.

You are welcome to invite family or friends who may want to learn about this topic as they support you on your adoption journey.



RSVP by NOVEMBER 27TH • FREE to attend
(612) 746-5670 -OR- rebecca@newlifeadoptionsmn.org

Hear from others who have attended this conference:

Considering Adoption

“Before we started the adoption process, we attended the Empowered to Connect Conference. We gained valuable insight and knowledge on many topics, including how to foster healthy connections with children, specifically those who have experienced some kind of trauma. It was thought-provoking and helpful to dwell on ways we could help a child from a difficult situation and to assist in their healing process. Compassion and faithfulness to a child go a long way.”

Adoption Professional

“Since I first heard about this information, I have incorporated parts of it into the education given to the adoptive families I work with. We understand that all children, but especially those whom are adopted, need caregivers who want to develop a relationship with them based on trust. This can be done through the main points of empowering, connecting, and correcting which are explained throughout this two-day seminar. Attendees will come away with many ideas and techniques that will truly ‘empower’ them in their relationships with the children in their lives.”

Adoptive Parent and Educator

“In my 14 years of being a public school teacher in an award-winning school district and in my last 6 years of being an at-home, adoptive Mother of an amazing boy, I can say, unequivocally, that I have never experienced a richer conference as Empowered to Connect hosted by New Life Adoptions. It was transformational both personally and professionally. Looking through the lens of Trust-Based Relational Intervention has helped me so much in navigating my relationships and interactions with others in general. It is beyond applicable to every relationship, especially the adult-child one; empowering, connecting, and correcting. I look forward to experiencing the conference again next year and recommend it to all! You will not walk away disappointed, but will be transformed in some way.”



MARK YOUR CALENDAR

EMPOWERED TO CONNECT CONFERENCE

Here at New Life Adoptions we are thrilled to host a rebroadcast of the Empowered to Connect Conference offered through Show Hope.

The Empowered to Connect conference is based on Trust-Based Relational Intervention methods developed by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Child development. This is also covered in their book, *The Connected Child: Bring Hope and Healing to your Adoptive Family* by Dr. Karyn Purvis and Dr. David Cross.

This four-part series contains faith-based material that is important for not only adoptive or foster parents but professionals and churches as well. We believe in the powerful impact of what the presenters will teach parents and professionals about the use of Trust-Based Relational Intervention (TBRI) when caring for children.

Tuesdays: April 14th • April 21st • April 28th • May 5th

6:00 p.m. - 9:00 p.m.

\$60/couple • \$40/individual

1515 East 66th Street, Richfield, MN 55423

Come experience practical teaching in a safe and supportive community as we work to equip families, churches, and professionals to better serve children impacted by adoption and foster care. CEU credits may be available to professionals.

If this conference piques your interest, please contact Rebecca at rebecca@newlifeadoptionsmn.org or 612-746-5670 to register.

IS YOUR CHILD IS 19 OR OLDER?

When a child adopted through New Life Adoptions turns 18, we will mail them a letter requesting updated contact information, explaining their rights as an adopted adult, and providing information about our post adoption services. We request that they send their contact information and sign an affidavit allowing us to contact you if we cannot get ahold of them. We know this is a tricky time to get contact information since addresses will often change over the next 5+ years, so continue to encourage them to update their information with each change. Legally, once your child is 19, we are required to contact them directly with any new or updated information regarding their adoption or birth family. **Please encourage your child to pass on their contact information!**

RECOMMENDED RESOURCES

Articles, books, websites, and more

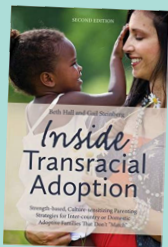
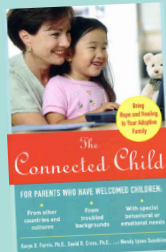


RECOMMENDED BOOKS

The Connected Child: Bringing Hope and Healing to your Adoptive Family

By Dr. Karyn Purvis and Dr. David Cross

This book is written by the same woman who helped create the Empowered to Connect conference. It is a hope-filled resource for parents who have welcomed children into their family through adoption or foster care.



Inside Transracial Adoption: Strengths-based, Culture-sensitizing Parenting Strategies for Inter-country or Domestic Adoptive Families That Don't "Match"

By Beth Hall and Gail Steinberg

This book is written by two mothers who both adopted children transracially.

Together, they also founded Pact, An

Adoption Alliance, to serve adopted children of color and their families. This is a great resource throughout the adoptive parenting journey!

The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole

By Loring Holden with Crystal Hass

This book offers tools and insight into how to have an open adoption. It covers common open-adoption situations and how real families have navigated typical issues successfully.



Come Rain or Come Shine: A White Parent's Guide to Adopting and Parenting Black Children

By Rachel Garlinghouse

This book talks about adopting and parenting transracially. A great resource for families considering transracial adoption, families who have adopted



transracially, adoptees, birth parents, and professionals. It includes extensive resource lists, discussion/reflection questions for adoptive parents, and advice and research from experts in the adoption field.

EVERMORE COMMUNITY

Evermore Community offers counseling and life coaching, support groups, education, and respite care for adoptive and foster families.

evermorecommunity.org

BELLIS ADOPTION CONNECTION

Bellis regularly offers Evenings of Adoption Connection for adoptive parents, birth parents, adopted persons, birth or adoptive grandparents, family, and friends. This is a time to come together for conversation and peer-based support.

mybellis.org/adoption-support/

CHURCH CONNECTIONS

If your church offers a class, group, or other support for individuals and families touched by adoption, please contact us to share the details so we can pass it along to other families.

MN ADOPT HELP LINE

MN ADOPT provides services to support all members of adoption relationships. The HELP phone line is an excellent resource for adoptive parents and birth parents looking for resources including therapists who understand adoption.

mnadopt.org • 612-746-5137

PACT, AN ADOPTION ALLIANCE

PACT is a non-profit organization whose mission is to serve adopted children of color. They provide lifelong education to benefited children.

pactadopt.org

ADOPTION LEARNING PARTNERS

Adoption Learning Partners is an online adoption education community offering online seminars to gain education on a wide variety of adoption topics including many post adoption matters. Check back occasionally to see what is new.

adoptionlearningpartners.org

CREATING A FAMILY

Creating a Family is the national adoption and infertility education organization. They have an extensive collection of resources for those struggling with infertility and for pre and post adoptive families.

creatingafamily.org

ADOPTIVE FAMILIES MAGAZINE

The Adoptive Families magazine is an online magazine full of resources as well as an online community of adoptive families.

adoptivefamilies.com

THE HONESTLY ADOPTION PODCAST

Mike and Kristin Berry are adoptive parents who want to be a real voice speaking real hope to parents on the foster and adoptive journey.

honestlyadoption.com

ROAD TRIP FOR DADS

This Road Trip provides a place for dads of adoption and foster care to have a place to come together to talk about the foster and adoptive journey.

roadtripdads.com



New Life Family Services operates two programs in addition to New Life Adoptions:



First Care Pregnancy Center
Our four pregnancy center locations offer free pregnancy testing, ultrasounds, STD testing, decision making counseling, and parenting education classes.
www.firstcaremn.com



Conquerors
The Conquerors program provides support for women who have had at least one abortion and are struggling with the pain of that experience. The program provides a safe, non-judgmental atmosphere where one can receive support while gaining freedom from the issues their past abortions may be causing.
www.conquerorsafterabortion.org

www.nlfs.org

UPCOMING EVENTS

LAUGH FOR LIFE featuring Justin Flom

An evening of laughter with a purpose! This family-friendly event brings laughter to all ages, while providing the funds needed to serve women, men and children in our communities with pregnancy-related services.

Rochester: January 31st, Autumn Ridge Church
Twin Cities: February 1st, Grace Church

Tickets on sale Nov. 29th at www.nlfs.org.

BIRTH MOTHER BRUNCH

Our annual Birth Mother Brunch is a time to honor the birth mothers who made the courageous decision to place their child for adoption. Encourage your child's birth mother to join us!

Saturday, May 9th • Grace Church, Eden Prairie
Registration at 9:30 a.m.
Brunch & Program at 10:00 a.m.
newlifeadoptionsmn.org/birth-mother-brunch



Administrative Office
1515 East 66th Street
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www.newlifeadoptionsmn.org

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RETURN SERVICE REQUESTED

VOLUNTEER OPPORTUNITY REPRESENT LIFE IN YOUR CHURCH

New Life Family Services is seeking volunteer Church Ambassadors to help represent New Life within your church.

As a Church Ambassador you will help represent New Life to your church, keeping them informed about upcoming events at New Life as well as creatively finding ways to engage your church and church ministries in the work that God is doing here.

You can help host a Baby Shower, coordinate our Baby Bottle Fundraiser for your congregation, gather a team to walk in our Walk for Life, host a Diaper Drive or find another creative way to partner that reflects the heart and mission of your church.

**Will you serve in this way?
Please email: churches@nlfs.org**

POST ADOPTION CONTACT
Rebecca Anfinrud
rebecca@newlifeadoptionsmn.org
(612) 746-5670

CONNECT WITH US:



vimeo