

PROGRAM

Individual Therapy

Sixteen (16) weeks of structured, skill-building therapy focusing on three key areas: attachment, regulation of emotion, and competency development.

Parent Groups

Six (6) weeks of parent sessions focusing on education, skill building, and support for parents of children who have experienced trauma.

Child and Adolescent Groups

Six (6) weeks of child and adolescent sessions focusing on skill building, peer interactions, relationship building, and competency development for children and adolescents with trauma experiences

The AD-OPTS Program therapists are master's level clinicians experienced in working with foster and adopted children. All therapists who provide treatment have expertise and specific training in the area of trauma, post-traumatic stress disorder (PTSD), and the AD-OPTS model.



Eligibility for the AD-OPTS Program

- Children need to be between the ages of 8 and 17, and be in an adoptive placement or in foster care and moving toward an adoption plan.
- Children need to have had one or more traumatic experiences (i.e. physical abuse, sexual abuse, chronic neglect, parental substance abuse, domestic violence, or traumatic losses).

Children who meet these criteria will be eligible for an AD-OPTS assessment interview.

For those who are admitted into the AD-OPTS program during the grant-funded phases, there will be *no cost* to participate in the services.

To find out more information about the AD-OPTS program or to schedule an assessment appointment, please call 616.224.7617.

Bethany Counseling Center AD-OPTS Locations

901 Eastern Ave. NE
Grand Rapids, MI 49503
616.224.7617

12048 James Street
Holland, MI 49424
616.396.0623

**This program is made possible by a grant through the Department of Health and Human Services.*



The AD-OPTS



Specialized Therapy for
Pre- and Post-Adoptive Children
and Their Parents
Provided through
Bethany Christian Services
Counseling Centers



THE AD-OPTS PROGRAM THERAPY

Trauma is an integral part of life that occurs to each of us at certain times. Fortunately, for most of us, we are able to work through the traumatic event with the help and support of family, friends, our faith, and when necessary, specialized professionals.

For many children who have experienced multiple traumas or who have had trauma as a part of their daily lives, this is not the case. Often, even when children are past the event or removed from the situations in which the trauma occurred, the experience still invades their daily lives, causing emotional and behavioral problems at home, at school, and in the community.

Many children who have repeatedly experienced the trauma of abuse and neglect

continue to struggle with the lasting effects. Those effects can lead children to have difficulties with concentration, attention, relationships, anxiety and fears, irritability, and more. The children's emotional turmoil, and how they act on it, can also make life very difficult for their families.



Bethany offers a specialized treatment approach for children and adolescents who have been adopted or who are moving toward adoption. This treatment approach helps children address and overcome the trauma that has occurred in their lives.

Specifically, the AD-OPTS program helps children:

- Increase their capacity to form healthy attachments to others.
- Develop healthy expressions of emotion.
- Build personal strengths.
- Understand how trauma has affected their lives.