



Child and Adolescent Groups

Six (6) weeks of child and adolescent group sessions to build social skills, enhance self-concept, and increase the development of healthy relationships.

"We try to talk about feelings, but before we didn't even talk about feelings."

ADOPTED CHILD

"I learned not to hurt others."

ADOPTED CHILD

Program Eligibility

The ADOPTS program places its primary emphasis on treatment of past traumatic experiences of pre- and post-adopted children. Adopted children who have experienced events such as physical abuse, sexual abuse, domestic violence, traumatic loss, and chronic neglect and—who continue to struggle in their adoptive families—would be ideal candidates for an assessment interview.

ADOPTS works primarily with families whose children are between the ages of 8 and 17, although younger children may also qualify for a modified version of the program. Program participants are expected to engage in all aspects of the program, including individual, child, and parent groups.

"I appreciate everything about the ADOPTS program. I am very glad we were able to participate. It helped our kids very much."

ADOPTIVE PARENTS

Results Speak for Themselves*

Since 2004, ADOPTS has served more than 140 children and their parents. The majority of surveys given at the end of the program indicate that ADOPTS has improved the quality of their lives.

ADOPTS: What Kids Say

- 94% report feeling "good – great" about figuring out what they are feeling.
- 94% say they are "good – great" at dealing with their feelings now.
- 94% feel they are "good – great" at getting along with other kids.
- 88% describe how they get along with their families as "good – great."

ADOPTS: What Parents Say

- 100% indicate that their knowledge about trauma has increased.
- 97% are better able to understand what their child is feeling.
- 95% feel that ADOPTS is a valuable support to families with traumatized children.
- 95% have improved their skills to parent their child.
- 95% say that their child has learned new skills to deal with trauma.

"I learned to communicate better. I actually talk to my parents. It's a miracle."

ADOPTED CHILD

"I'm not arguing as much...I'm not fighting a lot...I don't throw so many fits."

ADOPTED CHILD

"I learned to use my 'toolbox' and take deep breaths. I learned what to do with my worries."

ADOPTED CHILD

*Each family is unique and results may vary.

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Bethany Counseling Center ADOPTS Locations

Fremont

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Grand Rapids

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Holland

12048 James Street
Holland, MI 49424
616.396.0623

Kalamazoo

6687 Seeco Drive
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Philadelphia

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Visit us on the Web at www.bethany.org. Click on "Resources" and then on "Child Trauma."



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ADOPTS

Specialized Therapy

for Pre- and Post-Adopted
Children in Distress



www.bethany.org

ADOPTS Specialized Therapy for Pre- and Post-Adopted Children in Distress



When a child is added to your family through adoption, he or she may come with traumatic experiences that make it difficult for your child to grow and develop healthy attachments, relationships, and behaviors. Despite your love, your lifelong commitment to your child, and your safe, nurturing home, your child may continue to suffer from the effects of previous traumas.

Trauma that Leads to Distress

Traumatic experiences can shake the foundations of our beliefs about safety and shatter our assumptions of trust. Fortunately, most of us are able to work through traumatic events with the help and support of family, friends, our faith, and—when necessary—specialized professionals.

Many children who have experienced multiple traumas continue to struggle with trauma's lasting effects. Those effects can lead children to have difficulties with concentration, attention, relationships, anxieties and fears, irritability, etc. The result may cause emotional and behavioral problems at home, at school, and in the community.

At the point of distress, where can you turn?

Bethany Christian Services offers HOPE through the ADOPTS program. ADOPTS is an effective program that equips you and your children with tools and skills to:

- Develop healthy expressions of emotions
- Understand the effects of past trauma
- Increase capacity to form healthy attachments
- Build personal strengths

How ADOPTS Works

Bethany uses a systematic approach to create a customized program to meet each family's needs.

Assessment

A master's-level therapist conducts a thorough trauma assessment and evaluation to tailor the program to meet the specific needs of your family. The parent

session provides feedback about the assessment and helps staff to develop an individualized plan for your child's specific treatment needs.

Individualized Therapy

Sixteen (16) weeks of caring, supportive, trauma-based therapy emphasizing healing from past traumas and growing skills to help you and your child move forward in your family. Your child will develop skills and tools for emotion management, relationship enhancement, social situations, and self-identity.

"I think that ADOPTS has helped me so that I can be more comfortable with my feelings, and I can control them." ADOPTED TEEN

"I would like to say thank you so much for giving me an opportunity to get better and let go of my past self." ADOPTED TEEN

Parent Groups

Six (6) weeks of parent group sessions address trauma education, support, and help you develop skills and knowledge to meet the challenges of parenting.

"We are definitely more into being in tune with kids' feelings and what is going on with them." ADOPTIVE PARENT

"It was nice to be with other families going through the same thing." ADOPTIVE PARENT

"I learned a lot and the counselors are great." ADOPTIVE PARENT

"The program is unique and is a perfect steppingstone for children to begin to heal." ADOPTIVE PARENT



"Finally, a therapeutic program that works... and we've tried everything!"

The ADOPTS program offers a unique, specialized treatment for adopted children that helps them understand their past traumas so they may begin to thrive in their families. ADOPTS addresses the impact of traumatic experiences on children prior to adoption and helps families acquire the tools to develop healthier coping skills. Bethany's therapists nurture children and their parents with support, education, and caring intervention that helps each family *thrive, not just survive*.

The staff of ADOPTS consists of master's level therapists who are experienced in working with adopted children and who have been trained in trauma therapy.

"My husband and I found the program to be very empowering for us. The information helped us to understand the "Why?" of our son's behavior. It gave us the tools we needed to help our son. We were able to identify when our son was going downhill and help him." ADOPTIVE MOTHER

"I learned how to be a part of my family." ADOPTED CHILD