



# ADOPTER SUPPORT AND TRAINING PROGRAMME

2022



At Adoption@Heart, we know that the adoption journey both for the child and their parents is a lifelong process that will often have many ups, downs, and challenges along the way.

We can provide specialist support on specific adoption issues that you might face whilst your child is growing up. We hope that this leaflet helps you explore where support can be accessed throughout this life-long journey.



### Services we provide

- Monthly Adopter's Support Group.
- Family Fun Days and Social Events
- Regular Newsletter.
- Assessment of Adoption Support Needs.
- Parenting support on adoption issues.
- Therapeutic Parenting Course for adopted child who have experienced attachment difficulties and complex trauma
- Access to a range of therapeutic interventions including Theraplay, DDP, and Play Therapy.
- Advice and Consultation provided by the Adoption@Heart Therapist.
- Workshops to help you learn about and use therapeutic play techniques.
- Training on adoption issues such as, parenting teenagers and talking to your child about adoption.
- Family and Friends Training.
- Support with facilitating contact arrangements and post adoption contact. Keeping in touch with birth family.
- LGBT+ adopters can become individual members of New Family Social for free
- Membership to Adopter Hub (beginning stage 1)

- Membership to National Association for Therapeutic Parents (post placement)

## **TRAINING COURSES AND WORKSHOPS**

We will send you an email approximately three weeks prior to the course start date and you will be asked to confirm your attendance (a reply is required).



We reserve the right, where there are insufficient numbers to cancel the training/workshops.

## **Talking to your child about adoption**

Adopters are the narrators of their children's life stories, an invaluable and under recognised role that is also complicated and challenging.

Many adopters have questions around how to talk to children about adoption, how to tell difficult stories in a way that supports a child's self-esteem and how to be honest without re-traumatising.

This introductory workshop will encourage adopters to recognise the importance of their own contribution to their child's understanding of themselves and to begin to feel more confident as tellers of life stories.

### **Who should attend?**

Priority will be given to adopters who have adopted a child or children

### **This workshop will enable parents/carers to:**

- To think about the importance of telling and explaining adoption.
- To consider age-appropriate explanations linked to a child's developmental stage
- To practice telling and explaining.
- To examine some basic principles of child development and identity.
- To appreciate that understanding one's own past history is essential in order to know who you are and in developing a strong sense of identity and positive self-esteem.
- To consider some of the practicalities and potential difficulties involved in undertaking life story work.
- Considering how to discuss additional siblings

### **The course will be held virtually on.**

- **27 January 2022 @ 10-2pm (closing date for registration is 20 January 2022)**
- 
- **5 May 2022 @ 10-2pm (closing date for registration is 11 April 2022)**

- **7 July 2022 @ 10-2pm** (closing date for registration is 13 June 2022)
- **3 November 2022 @ 10-2pm** (closing date for registration is 10 October 2022)

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**

## **Introduction to using Theraplay® informed activities**

Children learn and develop best through play!

Theraplay® is an attachment-based therapeutic approach that uses structured play to help parents to enhance attachment, self-esteem, trust in others and joyful engagement. Theraplay® has great value for children who have had difficult or disrupted early life experiences and can also be useful for children with developmental disorders such as autism and ADHD.

### **Who should attend?**

Priority will be given to adopters who have children in place or adopted

### **This workshop will enable parents/carers to:**

- Gain an understanding of Theraplay® and how you can use it with your child.
- The session will cover: The relationship of Theraplay® to attachment theory and why play is so important; The principles of Theraplay®; Using Theraplay® activities at home.

### **The sessions will be held virtually on.**

- **14 February 2022 10:00am – 1pm** (closing date for registration is 2 February 2022)
- **29 April 2022 10:00am – 1pm** (closing date for registration is 4 April 2022)
- **20 September 2022 10:00am – 1pm** (closing date for registration is 25 August 2022)
- **7 December 2022 12-3pm** (closing date for registration is 10 November 2022)

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**

## **Introduction to Parenting Teenagers**



How can adoptive parents and their teenagers navigate the challenges of the adolescent years?

This one-day workshop run by the Adoption@Heart Therapist will help parents of teenagers gain an understanding of their teenager's needs, learn strategies to help their teenager and themselves, and get some valuable peer support.

The training event will give you tips for coping with common problems. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

### **Who should attend?**

Adopters of teenagers and adopters of pre-teens

**The sessions will be held virtually on the following dates.**

- **17 May 2022 10:00am -12:00** (closing date for registration is 21 April 2022)
- **6 October 2022 6:00pm-8:00pm** (closing date for registration is 8 September 2022)

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**

## **Friends and Family Training**

This half-day course is designed for the relatives and close friends of A@H's adoptive families. The course provides:

- An overview of the backgrounds of children placed for adoption
- Attachment theory and how children placed for adoption can form healthy attachments
- An opportunity to explore ways of supporting adoptive parents and adopted children

**The course is running virtually on the following dates.**

- **14 March 2022 10:00am-12:00pm** (closing date for registration is 24 February 2022)
- **29 June 2022 10:00am-12:00pm** (closing date for registration is 2 June 2022)
- **3 October 2022 -10:00am-12:00pm** (closing date for registration is 8 September 2022)
- **12 December 2022- 10:00am-12:00pm** (closing date for registration is 17 November 2022)

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**





## **Transracial Adoption Training (for those who have or are planning on having a transracial adoption)**

- 6 April 2022 10-1pm (closing date for registration is 16 March 2022)
- 4 October 2022 10-1pm (closing date for registration is 15 September 2022)

We are offering training to support and inform adoptive parents about the issues of race and culture involved in transracial adoption :when a child of one race is adopted by a family of another race.

We start from the premise that we acknowledge that racism exists and has a direct impact on all our lives. Transracial Adoptees can feel a sense of disconnection when there is an insistence of a rejection of difference as opposed to a healthy acknowledgement of difference.

The training is an opportunity to talk about transracial adoption in a supportive and honest environment and includes.

- The history of transracial adoption
- Racial Trauma and the impact on the brain
- White privilege and other privilege
- White fragility
- Micro aggressions: the impact on the individual
- Colourism
- Identity formation



**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**

## **Foundations to Attachment Parenting Programme**

Foundations for Attachment Training Resource is a six-session programme to help parents and carers to nurture attachments with their child. It is designed specifically for those caring for children whose capacity to emotionally connect has been compromised as a result of attachment problems, trauma, and loss or separation. Informed by attachment theory and Dyadic Developmental Psychotherapy (DDP), it consists of three core modules:

- Understanding Challenges of Parenting
- Therapeutic Parenting

Looking After Self

**The sessions will be held virtually on the following dates.**

- **1 March 2022 and every Tuesday until 5 April 2022 @ 10:00-12:00**  
(closing date for registration is 10 February 2022)
- **10 June and every Friday until 15 July 2022 - @ 10:00am -12:00pm**  
(closing date for registration is 19 May 2022)
- **12 September and every Monday until 17 October 2022 - @ 6:00pm - 8:00pm** (closing date for registration is 18 August 2022)

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**





## **Non-Violence Resistance Parenting Programme**

Non-violent resistance (NVR) is an approach specifically designed to target violent, destructive, and controlling behaviours in children, adolescents, and young adults.

A recent outcome study has shown that NVR is very effective in improving the behaviour of a large percentage of young people. It also demonstrated that NVR reduces parents' or carers' feelings of helplessness, raises their confidence, and can improve parental mental health.

We will be delivering programmes virtually on the following dates to adopters with children placed.

### **Group 1**

**15 February 2022 and every other Tuesday until 3 May 2022 - 6.00-8pm** (closing date for registration is 8 February 2022 due to short time frame)

### **Group 2**

**8 September 2022 and every other Thursday until 10 November 2022 10:00AM-12:00** (closing date for registration is 18 August 2022)

A Parent Self-Help group is also set up for participants to join following the parenting programme.

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**

## **Post Placement Adoption Support Group**

We hold monthly support groups for approved adoptive parents. They provide an opportunity for you to meet with other adoptive families and staff. The groups offer a confidential, inclusive, and non-judgemental environment where parents can discuss all aspects of adoption, share valuable experiences, build connections, and support each other. Most groups are run on an informal basis but guest speakers who specialise in child development, PACE or topical issues are periodically invited.

**Sessions will be held virtually every second Tuesday in the month @ 6-8pm**

We look forward to welcoming you. The group is open to all adopters living in Dudley, Sandwell, Walsall and Wolverhampton and any adopters assessed by one of these agencies previously.

11 January 2022	8 February 2022
8 March 2022	5 April 2022
10 May 2022	14 June 2022
12 July 2022	August- no group
13 September 2022	11 October 2022
8 November 2022	13 December 2022

**For more information, or to attend one of the events, please contact your Social Worker or call the duty line on 01902 553818.**

## **Adopteen Support Group**

The group is for adopted young people who live in Dudley, Sandwell, Walsall, and Wolverhampton . We support the participants to come together and feel safe to talk about the things that are important to them with others that might have similar experiences.

It is for young people aged between 11-18; we hope to develop two groups with a group for younger children.

We meet the second Tuesday of the month at 6pm- 8pm virtually. We hope, when it is safe to do so, to meet up for fun activities, for example, bowling, so please come along and join other adopted young people.

We are keen to ensure that the voice of young people is at the centre of decision making within the Adoption Service and so we will on occasion, consult with the group about developments to the service.

It is hoped that participants will run the group (with the support of workers) to develop services that they feel meet their needs.

**For more information about the Adopteen Support Group , please contact your Social Worker or call the duty line on 01902 55 3818.**

We are looking to facilitate an older 18-25 Adopted Adult Support Group, if you would like to find out information please liaise with Yvonne Bayo Adoption Support Therapist for a discussion and details. You can contact Yvonne via the duty line on **01902 553818**.

## **Family Fun Day**

The Family Fun Day is on hold due to Covid 19 restrictions.

? September 2022 to be confirmed.

## **Stay and Play sessions**

Stay and Play sessions have been held virtually during the pandemic., However a decision was taken by parents that face-to-face sessions were preferable.

Further stay and play sessions will be planned when it is safe to do so dependent upon the remission of the Covid 19 Pandemic.



## **Additional Services for Adoption@Heart Adopters**

### **Newsletter**

Parents who have adopted or are adopting through Adoption@Heart will receive mailings throughout the year to let them know about news, interesting articles, workshops, seminars, groups, and other events that may be of interest

### **New Family Social**

New Family Social is the UK network for LGBT+ (lesbian, gay, bisexual, and transgender) adoptive and foster families. Adoption@Heart is a member of New Family Social, which means you are members as well. You can find out about all their services at: [www.newfamilysocial.org.uk](http://www.newfamilysocial.org.uk)

### **National Association Therapeutic Parenting Membership**

The NATP provide support, education, and resources relating to therapeutic parenting, offering effective interventions, exploring compassion fatigue and the effects of early life trauma. NATP membership includes.

- Resources
  - Empathic Listening
  - Listening Circles
  - Helpline
  - Peer Support
  - Advocacy

We have a limited number of memberships for approved adopters with a child/ren placed. Please speak to your allocated Adoption Support SW or contact our Duty Worker if you are interested in membership. (Please note once our membership quota is utilised the offer will end we will end this offer).

## **Assessment of Need**

The Adoption Support Services Regulations of 2005 require RAA's to conduct assessments of adoption support needs when requested by an adopted child, their parents, natural parents, or former guardians.

The Assessment of Need will take account of the adoption context and consider all the developmental needs of the child including health, education ,emotional needs, and contact issues.

The allocated Social Worker may need to liaise with other services or non-resident parents to gather further information.

Where the completed Assessment of Need recommends therapeutic intervention, the Social Worker will discuss a range of therapeutic services and providers with you. In the first instance Adoption@Heart therapeutic support services will be considered.

## **Adoption Support Fund**

The Adoption Support Fund is funded by the Government and may provide specialist assessments and a range of therapeutic interventions for adopted children and families following an Assessment of Need. The Fund awards £2,500 per year per child for specialist assessments and £5,000 per year per child to fund therapeutic intervention.

The Adoption Support Fund make a decision within 25 working days. However, this may take longer if further information is required

Assessments and therapy must meet the Adoption Support Fund criteria to be approved.

A review of therapy will take place periodically to consider whether the therapy continues to meet the needs of the family, if further therapy is required, consideration will be given to about how the therapy will come to end.

**If you want to request an Assessment of Need please contact your Social Worker or call the duty line on 01902 55818.** (Please note there is currently a waiting list for Assessments).

