

Adoption informed Care: Building Competency for Mental Health Providers



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National Adoption Competency
Mental Health **Training Initiative**
Advancing Practice for Permanency & Well-Being™

Please consider completing this pre-test while we wait. Link: <https://www.surveymonkey.com/r/adoptioncare-pre>

Let's get acquainted:

Please share about yourself using a few descriptors in the chat.

Example:

I am :

- ▶ Adoptee
- ▶ Cat Mom
- ▶ Foodie
- ▶ Researcher
- ▶ Bookworm
- ▶ Line dancer



Overview for today:

- ▶ Common behavioral health issues in adopted children
- ▶ The impact of childhood trauma
- ▶ Behavior health needs of families
- ▶ Strategies for support
- ▶ Resources and tools for adoption competent professionals



Why this topic is important for Mental Health Providers

- ▶ Mental health counseling is the major unmet need following adoptive placement.



1. **Risk of adoptees** experiencing psychiatric disorders, contact with MH services, or treatment in a psychiatric hospital was **twice as high** as non-adoptees (Behle, 2016)
2. **23% of later adopted youth** reported suicidal thoughts during adolescence (Festinger and Jaccard, 2012)
3. **Adolescence**— the period of **greatest need** and the most common time for help-seeking (Smith, 2010)

Loss



Guiding Principles

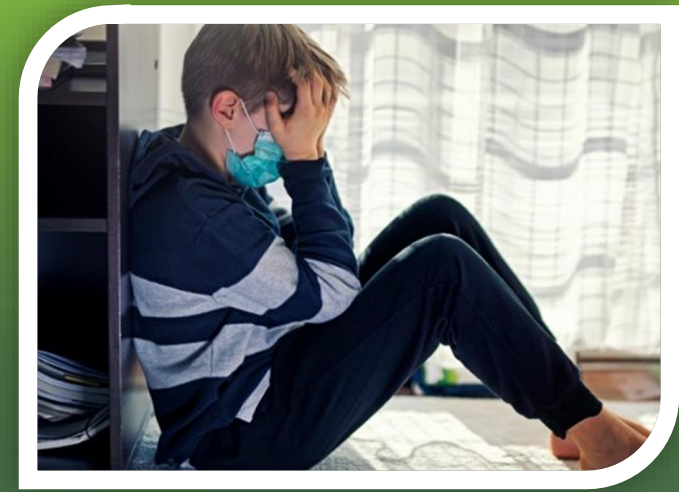
Adoption is a lifelong process that impacts the individual throughout their lifespan.

LOSS is at the heart of every adoption or guardianship and cannot be ignored.

Childhood Trauma



The American Academy of Pediatrics estimates up to **80% of children** and adolescents enter the system with a significant mental health need compared to approximately 18-22 percent of the general population.



Health Care Issues for Children and Adolescents in Foster Care and Kinship Care; Moira A. Szilagyi, MD, PhD, David S. Rosen, MD, MPH, David Rubin, MD, MSCE, Sarah Zlotnik, MSW, MSPH, the COUNCIL ON FOSTER CARE, ADOPTION, AND KINSHIP CARE, the COMMITTEE ON ADOLESCENCE and the COUNCIL ON EARLY CHILDHOOD, PEDIATRICS Volume 136, number 4, October 2015

Behavioral Health Issues in Adoption



- ▶ Adopted children are at elevated risk for developmental, health, emotional, and/or behavioral issues
- ▶ The impact of adverse experiences poses challenges at various times in the adoptive family life cycle
- ▶ Adoptive families utilize clinical services at triple the rate reported by families formed by birth.

Factors → **Impacting the behavioral health of children and youth in foster, adoptive, and kinship care:**



- ▶ Birth and genetic factors
- ▶ Grief
- ▶ Histories of complex trauma
- ▶ Frequently changing situations, transitions, and caregivers
- ▶ Broken family relationships
- ▶ Inconsistent and inadequate access to mental health services
- ▶ The over-prescription of psychotropic medications

Understanding **Loss & Grief** in the Context of *Developmental Stages*

- ✓ Child's developmental level
- ✓ Significant relationships
- ✓ Permanent or temporary separation
- ✓ The degree of familiarity with the new surroundings





70% OF ADULTS HAVE EXPERIENCED TRAUMA.

THAT IS **223.4** MILLION PEOPLE IN THE U.S. ALONE.

17% OF MEN
13% OF WOMEN } HAVE EXPERIENCED 3+ TRAUMATIC
EVENTS IN THEIR LIFETIME.

8% OF AMERICANS HAVE PTSD AT ANY GIVEN TIME.

When my
child's loss
hits mine...



The Reality

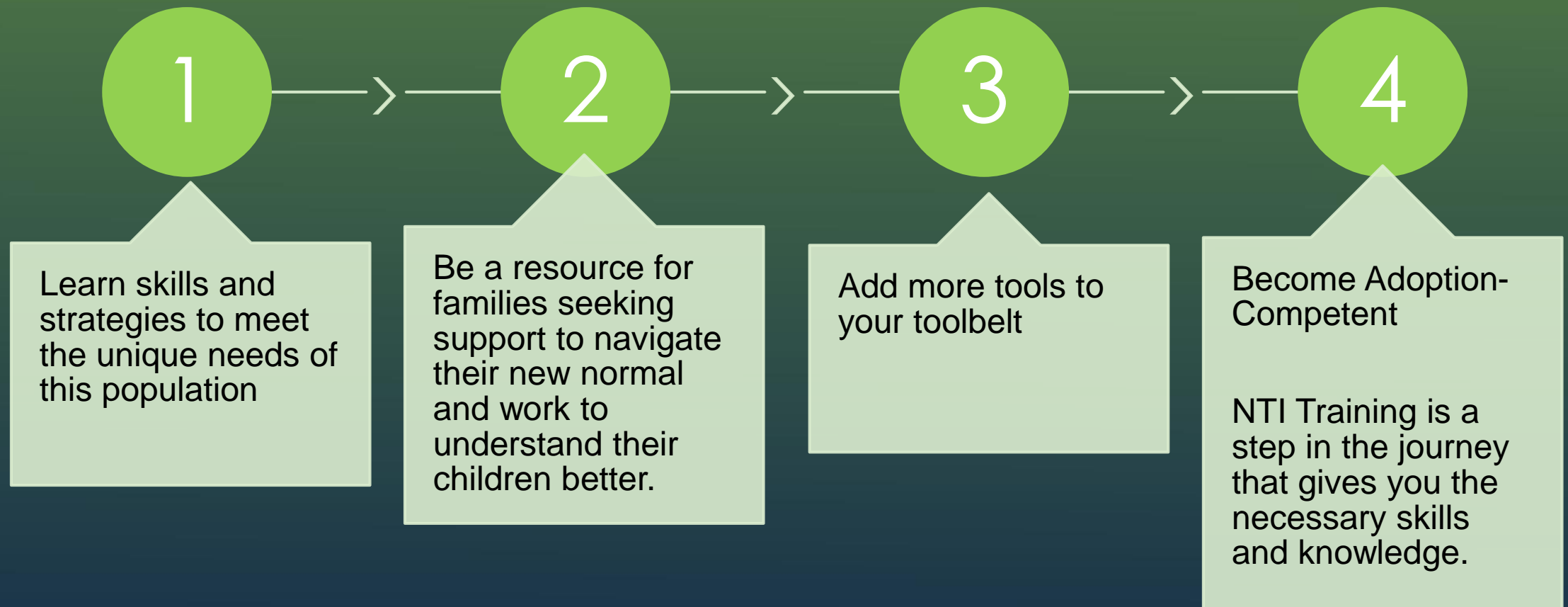
Children come to families having already experienced loss, and caregivers often come to adoption also having experienced grief and loss. Foster and adoptive families seek support from mental health professionals.



We can
improve the
outcomes of
children
whose lives
have been
impacted by
the
experiences of
foster care and
adoption.



What can we do to help children and families?



Treatment Models used to help Adoptive Families



- ▶ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- ▶ Attachment, Self-Regulation, and Competency Framework (ARC)
- ▶ Trust-based Relational Intervention (TBRI)
- ▶ Child-Parent Psychotherapy (CPP)
- ▶ Developmental Dyadic Psychotherapy (DDP)
- ▶ Theraplay
- ▶ Neurosequential Model of Therapeutics – Child Trauma Academy
- ▶ PCIT – Parent Child Interaction Therapy
- ▶ EMDR
- ▶ 3-5-7 Model



**Mental Health
professionals have a
critical role in helping...**

Children
tell/understand
their stories



Parents understand
the impact of grief,
loss, trauma



Parents reframe
their children's
needs



Parents honor and
maintain
connections

An Adoption-Competent therapist must be:



- Knowledgeable about the **psychological impact** of adoption on children and families
- Knowledgeable about the **impact of trauma** on the brain and behavior
- **Experienced** working with adopted youth/families
- Knowledgeable about **resources available** for foster and adoptive families
- **Trained** to meet the unique and specific needs of this large population



- ✓ Adoption-Competent clinical and case management services
- ✓ Adoption-Competency training for professionals
- ✓ Publications, educational programs, and resources



▼ 1. Introduction

1.1 Introduction

1.2 Section 1: Lesson 3 Objectives

▼ 2. The Story

2.1 The Story

2.2 Stories: A Bridge to Healing

2.3 The Importance of the Story

2.4 Video: Adopted Children Pt 1

2.5 What is Important?

▼ 3. Preparing For Dialogue

3.1 Preparing for Dialogue

3.2 Homework

Web-Based
Self-Paced
FREE

- Tools and resources to support clinical practice
- Assessment and therapeutic strategies to address behavioral challenges
- A shared language to foster collaboration between child welfare and mental health professionals

Free NASW & NBCC approved CEU's provided for all trainings via CASE Institute LMS

Child Welfare Training

- 17.5 hours
- 8 modules
- Casework focused
- CW Professionals across the continuum in public & private settings.

Child Welfare Supervisors' Training

- 21.5 hours for supervisors
- 8 modules
- Supervision for casework

Mental Health Training

- 26.5 hours
- 9 modules
- Clinically focused on assessment & treatment
- MH Professionals in public or private settings providing clinical services to children, youth and families experiencing foster care, adoption or guardianship.



School-Based Mental Health Training




- 17.5 hours
- 8 modules
- Focused on more deeply understanding underlying causes of students' behavior
- School-based MH Professionals who want to more deeply understand and address the MH needs of students experiencing adoption, foster care, kinship or guardianship situations.
- In addition, it is relevant for students experiencing other types of trauma such as refugee, immigrant, and homeless situations and/or divorced families.

NTI is not just a training...



it's **practice**-**changing**!

- ✓ More effective assessment and treatment planning
- ✓ Incorporating a family systems perspective
- ✓ Having difficult conversations, encouraging youth to express their feelings
- ✓ Better engagement of caregivers
- ✓ Incorporating positive adoption language



Lesson 3: The Impact of Abandonment and Rejection on Children's Mental Health



nurture.
inspire.
empower.



UNIVERSITY OF MARYLAND
SCHOOL OF SOCIAL WORK

THE INSTITUTE FOR ADULTHOOD & INTERGENERATION



National Adoption Competency
Mental Health Training Initiative

Menu Resources Notes

1. Introduction

1.1 Introduction

1.2 Section 1: Lesson

Objectives

1.3 Lesson Overview

1.4 Impact of Abandonment
and Rejection

2. Feelings of Abandonment and
Rejection are Inherent in Foster
Care, Adoption, and
Guardianship

2.1 Feelings of Abandonment
and Rejection are Inherent in
Foster Care Adoption and
Guardianship

2.2 Abandonment and
Rejection: A Complex Clinical
Issue

2.3 Facilitating Discussion With
the Child

2.4 Facilitating Discussion With
the Child

Search

NTI DEMO

MODULE 3 LESSON 3

Questions or Comments?

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Sources

- Slide 7: Behle, A. E., & Pinquart, M. (2016). Psychiatric disorders and treatment in adoptees: A meta-analytic comparison with non-adoptees. *Adoption Quarterly*, 19(4), 284–306. doi:10.1080/10926755.2016.1201708
- Slide 7: Festinger, T., & Jaccard, J. (2012). Suicidal thoughts in adopted versus non-adopted youth: A longitudinal analysis in adolescence, early young adulthood, and young adulthood. *Journal of the Society for Social Work and Research*, 3(4), 280–295. <https://doi.org/10.5243/jsswr.2012.17>
- Slide 11: Health Care Issues for Children and Adolescents in Foster Care and Kinship Care; Moira A. Szilagyi, MD, PhD, David S. Rosen, MD, MPH, David Rubin, MD, MSCE, Sarah Zlotnik, MSW, MSPH, the COUNCIL ON FOSTER CARE, ADOPTION, AND KINSHIP CARE, the COMMITTEE ON ADOLESCENCE and the COUNCIL ON EARLY CHILDHOOD, PEDIATRICS Volume 136, number 4, October 2015
- Slide 12: Behle, A. E., & Pinquart, M. (2016). Psychiatric disorders and treatment in adoptees: A meta-analytic comparison with non-adoptees. *Adoption Quarterly*, 19(4), 284–306. doi:10.1080/10926755.2016.1201708
- Slide 15: https://www.ncsc.org/data/assets/pdf_file/0034/77677/Trauma-and-Trauma-Informed-Responses.pdf