

# CHILDREN'S SERVICE SOCIETY

Quarterly Newsletter on behalf of the Adoption Program at CSS



**Children's  
Service Society**  
Safe Children · Caring Families  
Strong Communities · Since 1884



## Searching Family Highlight

### MEET CHRIS AND LESLE

Chris and Lesle are excited to provide a safe and supportive home, full of fun and laughter, to an infant through adoption. They are a happy couple that enjoys spending time with their families, going to baseball games, outdoor adventuring, and traveling. Chris and Lesle met as teenagers while playing softball on opposite teams. Chris and Lesle describe each other as fun-loving people.

“We have always wanted to give a child all the love we can while making sure they have strong boundaries and grow up to be a wonderful and kind human being. Someone that watches out for those who need it, and very tolerant of all kinds of people.”




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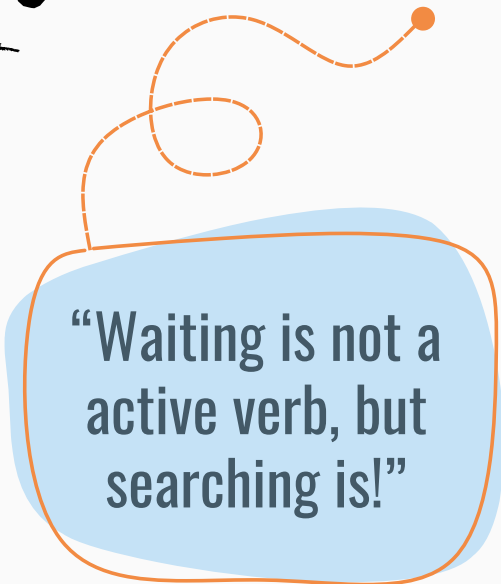


# Searching

## What to Do While You're ~~Waiting~~

Children's Service Society of Utah (CSS) knows that one of the most difficult chapters of the adoption process often begins once your home study has been completed-- waiting for a child to join your family! Waiting can be frustrating, disempowering, and be filled with uncertainty. Waiting can feel passive after the hustle and bustle of gathering paperwork, completing interviews, and creating your perfect profile. This part of the process can also feel emotionally draining.

Shifting your lens from "waiting" to "searching" can make a huge difference helping you feel more empowered throughout your adoption journey. Waiting is not an active verb, but searching is! To help you figure out what productive looks like for you in this "searching" space, CSS has put together a few ideas to keep you active in your adoption process:



**"Waiting is not a  
active verb, but  
searching is!"**

### 1. Educate yourself

- You can access free books about adoption and parenting an adopted child for lending through <https://www.utahadopt.org/lending-library>.
- Some books we recommend: "The Open Adoption Experience - A Complete Guide for Adoptive and Birth Families" by Lois Ruskai Melina & Sharon Kaplan, "Resolving Infertility" by Diane Aronson & Suzanne Levert, "The Adoption Resource Book: Everything you Ought to Know About Creating an Adoptive Family" by Lois Gilman, "Healing Trauma: Attachment, Mind, Body, & Brain" by Dan Siegl, "Adoption Parenting: Creating a Toolbox, Building Connections" by Jean Macleod & Sheena Macrae, and "The Whole Brainchild" by Dan Siegl.
- For information on trainings you can do while searching: Adoption Learning Partners, Raise the Future, Center for Adoption Support and Education, and United For Adoption.

### 2. Collect resources

- Look into IEP (Individual Education Program), research the Utah Parents Center, look into family and child behavioral health services.
- Begin to look for adoption-informed professionals like pediatricians and therapist. [CSS offers specialized clinical services to adoptive children and families!](#)
- Visit NCFA (National Council for Adoption) for resources, support, training and other professional resources including information for pre-adopt parents about adoption laws to be aware of, adoption financial resources, and how to avoid adoption scams.
- Visit the Child Welfare Information Gateway website for even more amazing resources such as adoption planning, parenting after adopting the emotional impact of adoption, managing issues in school, and also information on managing disruption and dissolution in adoption.



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# Searching

## What to Do While You're ~~Waiting~~

### 4. Find adoptive family support groups

- CSS has a current support group for Adult Adoptees every second Wednesday of each month at 6pm - 7:30pm, starting January 11th, there will be a teen support group held the second Thursday of each month from 5:30pm - 6:30pm. Coming January with a start date to be announced is an Adoptive Parent Support Group! The start date will be announced in upcoming newsletters and flyers!
- On [pactadopt.org](http://pactadopt.org) you can find virtual support group meetings, and Facebook groups for the following communities: Adoptive Parents of Color Collaborative, Transracial Adoptive Parents, Adoptive Parents of Teens & Young Adults, and LGBTQ Adoptive Parents.

### 5. Consider becoming a respite care provider for adoptive families or foster youth

- Respite care is short-term child care offering temporary relief to parents, and caregivers, including foster families. As a searching adoptive parent, you can apply to take in children through respite care to offer temporary relief, improve family stability, and reduce the risk of abuse or neglect. Respite care can be planned or offered during emergencies or crises and can be available to foster, kinship, adoptive families, and birth families who need help. Not to mention this could give searching families some practice before getting a child placed with them!

### 7. Self care

- As a parent, you often forget to practice taking care of yourself. Taking care of yourself helps you be more available to care for the needs of your child. Here are some quick ways to do that: journal or blog (your child might be interested in reading about what your journey was like while searching for them), walk, practice sleep hygiene, spend time with friends/family/supports that will be a part of your adoption journey, practice gratitude, try not to compare yourself to other adults and families, and most importantly, try and stay excited! This is an exciting time for you and your family to grow.

**“Widen your net... you  
never know where it  
may lead.”**

### 8. Tell everybody

- Widen your net! Seize every opportunity to share your plans with others. you never know where it may lead. The more people who know your plan, the more chances you have to be matched with a birth family. Not only do your chances increase, but you also increase your support system around you of people to encourage and comfort you through your journey to adopt.



BECCA PANKOW, CSW

## Adoption Team Member Shout Out!

Becca is a Certified Social Worker and has been with Children's Service Society for over two years. She is well versed in issues related to trauma, attachment, and kinship care. She is dedicated to continually learning more about issues specific to the entire adoption constellation to support and empower those touched by adoption.



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Becca's approach to CSS clients is inspired by the quote:  
"Be the person you needed when you were younger."

## Adoption Events and Trainings

### October 19 **Raise the Future: (FREE) Spanish TBRI Introduction and Overview (virtual)**

When: 9:30am - 3:30pm

Where: Online using the link sent to you after registering. Scan the QR code on the next page to register!

### October 19 **How Nature Can Help Kids with Emotional & Sensory Regulation: Webinar**

When: 12:00pm - 1:30pm EST

Where: Online using the link sent to you after registering. Scan the QR code on the next page to register! Use coupon code NATURE at checkout to receive FREE registration!

### October 24 **Utah Early Childhood Mental Health Summit: Presented by Governor Spencer J. Cox and First Lady Abby Cox**

When: 8:30am - 12:00pm MDT

Where: Register in-person OR online for this FREE EVENT by scanning the QR code on the next page.

### October 31 **Halloween CSS Trick or Treat**

When: 1:00pm - 5:00pm

Where: Children's Service Society 655 East 4500 South, #200, Salt Lake City, UT

### November 17 **9th Annual UNITED FOR ADOPTION Conference**

When: 6:00pm - 9:00pm

Where: 36 S. State Street, 19th floor, Salt Lake City, UT 84111

Register ahead by scanning the QR code on the next page! In person registration the day of event starts at 5:30pm.

- Classes available at this event include: adoptee panel, birth parent panel, trust building with children (TBRI), and understanding the benefits of therapeutic camps for kids in foster care.



# Upcoming Events and Registration QR Codes

## Upcoming Support Groups Starting in January:

Teen Adoptee Support Group: Starting on Jan 11th, will meet the second Thursday of every month at 5:30pm - 6:30pm at CSS Salt Lake, 4500 S. 655 E. Suite 200 in our South Conference Room.  
No registration required. Free of charge.

Birth Mother Support Group: Starting on Jan 11th, will meet the second Thursday of every month at 7:00pm - 8:30pm, at CSS Salt Lake, 4500 S. 655 E. Suite 200 in our South Conference Room  
No registration required. Free of charge.

Adoptive Parent Support Group: Start date and times to be announced!

## Registration QR Codes for October Events:

Raise the Future:  
Spanish TBRI FREE  
Intro and Overview:



How Nature Can Help  
Kids with Emotional &  
Sensory Regulation



9th Annual United  
for Adoption  
Conference



our adoption-friendly language tip of the month:

~~"put up for adoption"~~

"placed for adoption"  
or  
"chose adoption for a baby/child"

# Resources



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## Services Offered at CSS:

- Options counseling for expectant parents
- Domestic infant and special needs adoptive placements
- Home studies for adopting children from foster care
- Post adoption therapy and support groups
- Domestic infant home studies
- Birth parents contract services
- Post placement services

**If you want EVEN MORE resources do not hesitate to call us, refer to our website, or visit any of the listed organizations for recommendations.**

**For books on adoption you can refer to <https://www.utahadopt.org/lending-library>**

## Resources for Adopting Families:

- Utah Infertility Resource Center (UIRC) offers monthly in person and virtual support groups, counseling, and other services. We highly suggest utilizing UIRC if you find yourself struggling to resolve your infertility past before adopting a child.
- United For Adoption
- Utah Adopt
- Adoption Learning Partners
- Child Welfare Information Gateway
- Autism Learning Partners - provides training for parents with children diagnosed with autism
- Family Support Center: offers respite care at NO CHARGE, as well as a crisis nursery to be used if a parent/caregiver finds themselves at the end of their rope and needs extra support by someone to take care of their child for them.
- Raise the Future
- NCFA

## Resources for Adoptees:

- For adoptees wishing to connect with their birth parents/family CSS has a connections specialist who can help with that process.
- CSS offers and Adult Adoptee Support Group on the second Wednesday of every month from 6pm - 7:30pm. We will be offering a Teen Adoptee Support Group (ages 13-18) starting January 11th and continuing on the second Thursday of each month from 6pm - 7pm. We are in the process of creating an Adoptive Parent Support Group to also start in January and the days/times will be announced in upcoming newsletters and flyers.
- CSS offers specialized clinical counseling by licensed professionals for CSS adoptees and their families.
- Adoption Registry - Utah created an online adoption registry where adoptees can enter their information and if their birth parents are also registered, they can be connected. <https://adoptionregistry.utah.gov/>
- Raise the Future

