Hope and Healing Through Adoption Competent Care

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HOPE AND HEALING THROUGH ADOPTION COMPETENT CARE



WHAT IS ADOPTION COMPETENCE?

Adoption competence means having the skills, values, and knowledge to meet the unique mental health needs of children and families impacted by child welfare. Adoption competent therapists possess deep understanding of:

- **Grief and loss that may be ongoing and complex**
- **Attachment disruptions and the need for secure, lasting relationships**
- **Identity development shaped by family background, life experiences, relationships, and communities**
- **The lifelong need for connection and belonging**

WHAT MAKES ADOPTION COMPETENT CARE DIFFERENT?

Adoption competent therapists are uniquely trained to:

- **Use a trauma-informed lens to understand and respond to children's behavioral and emotional needs**
- **Acknowledge and support the grief work families need to do to heal from the losses inherent in their lives**
- **Prioritize secure attachments between children and caregivers**
- **Support children and youth in navigating their story and identity**
- **Provide ongoing, family-centered support**
- **Focus on strengths and resilience, not just challenges**

Why Families Choose Adoption Competent Care

Research shows that families who work with adoption competent professionals build more trusting relationships with their therapist and feel more satisfied with services and outcomes[1]. Youth and caregivers can improve coping skills, learn practical parenting strategies, and strengthen family cohesion with adoption competent care.

Support That Understands Your Story

Finding a therapist who truly understands your journey can be challenging. Adoption competent professionals are specially trained to understand the unique experiences of **foster, kinship, and adoptive families**. They know how trauma, loss, and identity challenges impact children and caregivers, and they offer tangible strategies to help families heal and thrive.

1. https://bridges4mentalhealth.org/wp-content/uploads/2024/12/NC_TAC_Effects_Study_Brief_v1D.pdf

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National Center for Adoption Competent Mental Health Services

3919 National Dr.
Suite 200
Burtonsville, MD 20866

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