

FRANK ADOPTION CENTER

Older Children Monthly Resource Newsletter

NEWSLETTER 1

RESOURCES

**ADOPTees ON:
CONVERSATION WITH
JULAYNE LEE**

**THE SCIENCE OF
HAPPINESS: DO YOU
WANT TO BE MORE
PATIENT?**

THE DAY YOU BEGIN

**THE PRIMAL WOUND:
UNDERSTANDING THE
ADOPTED CHILD**



Adoptees, Mental Health and Suicide Awareness

In recent years, the number of adopted adults who are speaking out about adoption has increased greatly. Each one has an important perspective to share, and I am glad to see their wisdom being acknowledged. Discussions around mental health and suicide remain challenging, in and outside of adoption, and each of us feels a terrible sorrow at the news of an adoptee dying by suicide. September is Suicide Prevention Awareness Month. Let's keep learning, together. [Continue Reading Here](#)

The Orphan, The Gut, The Freeze Response, The Big No and The Most Excellent Bookstore

Something occurred to me today: if I had to reduce the adoptees I know down to one word, one word that stands for most of what comes out of their mouths and their way of living, the word would be NO. Here are variations of the story of NO. Once upon a time, an egg and a sperm tried to hook up, and one said to the other, NO, but it was too late, they'd already connected and the cells were dividing. [Continue Reading Here](#)



College Choices for Adopted Teens

As the high school years come to an end, some teens may experience a wide range of emotions including ambivalence around leaving home. Cindy's situation is not at all uncommon especially for adopted teens. They may feel—whether consciously or unconsciously—a rekindled sense of loss or rejection about having to leave their families. We say “rekindled” in that processing feelings of loss, grief and rejection begins in childhood for ALL adoptees, regardless of age of adoption, impacted by the adoptee's pre-adoption experiences. The normal adolescent developmental tasks of separation and individuation-- in preparation for adulthood and independence --can re-trigger those painful and challenging feelings. For some adopted teens: “separation = loss and independence = rejection.” [Continue Reading Here](#)

RESOURCES

[SEE JAMIE BLOG](#)

[ADOPTED: NOW WHAT? CHILDREN'S NEEDS FROM 2 TO 6 YEARS OLD](#)

[THE NIGHT DIARY](#)

[THE HONESTLY ADOPTION PODCAST: TRANSLATING YOUR CHILD'S BEHAVIOR](#)

[OUR OWN: ADOPTING AND PARENTING THE OLDER CHILD](#)

"Don't tell us that we're lucky, tell us it's okay that we're sad, tell us that missing people we don't know is okay and that loving two moms is safe to say out loud. Tell us that home is can be a place we start and a place we end up." - Rebecca Dolan