

SUPPORT GROUPS

Three State Examples

NEVADA

Approach:

Thriving After, a post-permanency provider in NV, offers monthly psychoeducational groups for adoptive, guardianship, and kinship families, including sessions for Spanish-speaking caregivers, children, and teens. Parent groups cover trauma-informed parenting, challenging behaviors, and community resources, while kinship groups address shifting roles, boundaries, and grief. Groups are led by trained FosterKinship staff, including experienced caregivers, a former foster youth for teen groups, and a Trust-Based Relational Intervention® practitioner for trauma-focused topics.

Duration:

Groups meet monthly

Delivery:

Services are offered in person, virtually, or in a hybrid format, with childcare provided for in-person and hybrid sessions.

Support groups are defined as well-facilitated meetings of parents, children, or teens that provide education, peer support, resources, and problem-solving in an empathetic and supportive environment.

VIRGINIA

Approach:

Peer support is offered statewide through a Post-Adoption Consortium of providers. Support consists of groups for parents and clinician-led groups for teens. Parent groups include general support, curriculum-based sessions, and a Resilience Group for families at higher risk. Teen groups focus on identity, adoption stories, and emotional processing, using tools like Beneath the Mask and W.I.S.E. Up!.

Duration:

Groups may be time-limited or open-ended

Delivery:

In-person or virtual, with multiple meeting times

NORTH CAROLINA

Approach:

The post-permanency program, The Center for Child and Family Health, offers a therapeutic, psychoeducational group model for adoptive parents and children that helps families process emotions, strengthen connections, and build coping skills. Parents and children participate in separate, developmentally tailored curricula.

Duration:

The 10-week program is delivered through weekly, clinician-led sessions, with parents and children (ages 7-17) meeting separately but at the same time. Facilitators include clinicians and trained parent graduates of the program.



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