Adoption-Specific Psychotherapy (ADAPT)

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Thanks to our Team

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- Kevin Haggerty, MSW, University of Washington
Need for Adoption-Specific Psychotherapy

• Adoption initiatives during the Clinton administration
  • Rise from 26,000 to 53,000 children adopted from foster care annually
  • More kids in post-adoption than in foster care
  • Average age at adoption is 6 years
  • Average time in foster care 3.5 years
Children adopted from foster care have elevated mental health problems

- 30% have severe mental health problems
- At high risk for substance abuse

Age at adoption consistently risk factor for problems

Other problems include

- Poor school achievement, substance use, poor self-esteem, physical health, fighting, lying
Need for Adoption-Specific Psychotherapy

- Some standard techniques are useful, but may need an “adoption lens”
  - Positive parenting
    - Older kids can enter families with many behaviors seen as unacceptable by families
    - Older kids may respond particularly poorly to discipline
  - Behavioral techniques may need to be modified to take into account past history and trauma
- Parent-child issues
  - Parents want to protect kids from painful stories
  - Kids want to protect adoptive parents from their feelings about birth parents
Need for Adoption-specific Psychotherapy

- Adopted children think frequently about birth families and their adoption experience
- May be issues of unresolved grief and loss
- Unrealistic parental expectations
- Standard psychotherapy often ineffective
- Children adopted later bring many complexities
Our Approach to Developing New Therapy

• Brought together experts: TIES & C.A.S.E.
• Held a national conference – Annie E. Casey Foundation sponsored - May 2008
• Brought together
  • Adoption/foster care researchers
  • Child psychotherapy researchers
  • Adoption policy specialists
  • Cost-effectiveness experts
Our Approach to Developing New Therapy

- Developed a manual and toolkit
  - Evidence based child and parent techniques
  - Best practices in adoption treatment
- Pilot test manual
- Revise manual
- Seek funding for randomized control trial to develop evidence base
- Training and dissemination
Proposed Research Plan

- Randomized control pilot
- 2 sites – Los Angeles & Washington DC metro area
- 5-12 y.o. children being adopted from foster care
- Children placed after age 5
- In pre-adoptive or adoptive home less than 3 years
- 40 families in each group
Theoretical underpinnings of Adoption-Specific Therapy

• Uses core components of evidence-based care, with an adoption lens
  • Behavioral interventions
  • Trauma, loss and attachment interventions
  • Focus on positive parenting
• Teaches important child coping skills
  • Emotion regulation
  • Problem-solving
• Developmental framework of adoption
Goals of Adoption-specific Psychotherapy - Child

- Promote appropriate behaviors/bonding through positive parenting
- Facilitate developmentally appropriate understanding of adoption process
- Develop coping strategies
- Working through loss/grief
- Strengthen sense of identity, self-esteem
- Honor birth family – loyalty issues
- Talking with others about adoption
- Cope with trauma
Goals of Adoption-specific Psychotherapy - Parent

- Promote positive parenting/attachment
- Teach parents to talk with child about adoption
- Understand child’s need to grieve losses
- Teach parents to support positive coping
- Help parents understand complexity of identity development in adoptees
- Help parents understand loyalty to birth family
- Help parents use adoption-specific lens in parenting child
Parameters of Treatment

• 8 modules plus Trauma Treatment if needed
• Each has several parent and child sessions, then joint family sessions
• Separate parent and child therapists
• Activity-based with discussion
• May not use all modules, depending on family’s circumstances
• May involve consultation of other disciplines
• 20-24 weeks total
Evaluation Plan

- Baseline, post-treatment, 3 mo. follow-up
- Child-focused measures
  - General, symptom-focused, coping & emotion regulation, trauma, attachment, adoption dynamics
- Parent/family-focused measures
  - Parenting stress, family functioning, discipline
- Therapeutic alliance scales
- Parent Daily Report (MTFC) given weekly by independent evaluator
- Fidelity checklists
Module 1. Trust, Positive Coping Strategies & Behavior Management

Purpose – Parent and Child:

- Form therapeutic alliance; discuss basic premises of adoption; focus on children’s strengths (e.g., “What I Like About You) and engender positive interactions (reflective listening, child-led play); help parents develop appropriate behavior management plans (e.g., pre-teaching, reward charts); aid child in developing coping strategies (affect regulation, feeling identification, problem-solving strategies).
Module 2. Developmental Understanding of Adoption Experience

• Purpose: Parents:
  - Assess parents’ understanding of adoption experience for them & child; help parents tell child’s adoption story & develop comfort & skill in talking to child about difficult history

• Purpose: Child:
  - Assess children’s understanding of their adoption; help child tell their story at appropriate developmental level; create list of unanswered questions; validate adoption as a valued family form
Module 3. Substance Abuse Prevention

• Purpose: Parents:
  Increase parents’ understanding prenatal substance exposure (if appropriate); help parents talk with child about birth parent substance abuse; reduce family risks and strengthen protective factors; reinforce child refusal skills.

• Purpose: Child:
  Help children discuss birth parents’ substance use; discuss child’s increased risk for substance abuse and substance abuse prevention strategies; improve discussion of substance use with parents; teach child refusal skills; practice resisting peer pressure to try drugs/alcohol.
Module 4. Loss and grief issues about birth family & foster care

- **Purpose: Parents:**
  - Facilitate parents in understanding child’s losses; assisting children in grieving; coping with own adoption-related losses; dealing with rejection; talking with child about divided loyalties

- **Purpose: Child:**
  - Help child acknowledge previous losses; understand the “whys”; explore related feelings; grieve the losses; coping with divided loyalties
Module 5. Attachment/joining with adoptive family

- **Purpose: Parents:**
  - Assist parents in understanding attachment & how to facilitate it; “claiming” the child; developing family rituals

- **Purpose: Child:**
  - Help child talk re: feelings about safety & security (or lack thereof); increase attachment to parents
Module 6. Search for identity/self-esteem

**Purpose: Parents:**
- Help parents understand identity development for adopted children; explore special identity issues with transracial adoption.

**Purpose: Child:**
- Assist children with identity development & integration of heritage of birth and adoptive families; explore the particular issues for transracially adopted children.
Module 7. Adoption and the outside world

• **Purpose: Parents:**
  - Help deal with questions about child’s background and adoption from other children, parents and strangers; decide who to tell about child’s difficult past history.

• **Purpose: Child:**
  - Empower children to handle questions others ask about adoption.
Module 8. Trauma Treatment (if appropriate)

• Purpose: Parents:
  • Help parents understand that later placed children likely to have experienced traumatic events; accept children’s trauma disclosures; provide a safe place for child to talk, draw or play about what happened to them.

• Purpose: Child:
  • Help child process memory of traumatic event(s) with trusted therapist by creating trauma narrative, reframing maladaptive beliefs of child about event or their role.
Termination Session & Party

• Purpose:
  • Parents and children focus on positive gains and what they learned
  • Meet separately with own therapists for ½ session
    • Deal with own goodbyes and possibly past goodbyes
  • Come together for celebration
Next Steps

• Secure funding for randomized pilot
• Do larger trial
• Work on sustainable funding for intervention
• Expand to international/domestic adoption
• Disseminate and train for replication
  • East and West Coast training centers