

# CFF MISSION

We champion children and families using evidence-based, resilience-centered, and innovative approaches.

# CFF VISION

We envision healthy, vibrant, and resilient communities where all children and families thrive.

# CFF VALUES

Adaptability  
Integrity  
Collaboration  
Authenticity  
Compassion

# CFF APPROACH

We approach care through a trauma-informed lens to help children reach their full potential. The trauma of abuse, neglect, and tragedy weigh heavily in the lives of our children and families.

We ask not, "What's wrong with you?" but "What **HAPPENED** to you?"

## What additional post-adoption services are available?

In addition to professional counseling services with a certified Adoption Therapist and DDP practitioner, CFF's post-adoption services include referrals for Functional Family Therapy (FFT), an intensive, short-term intervention/prevention program that offers in-home family counseling explicitly designed to address challenges from a relational/family-based perspective; Case Management Services; Monthly Support Network and Training Meetings; and Darla Henry's 3-5-7 Model (MY LIFE) work to help your child understand their personal adoption journey. These services are available to any Delaware family, no matter where your adoption was completed, and most of them are provided entirely free of charge.

When calling for services, please ask for Mike McHugh, Kim Sabanayagam or a post-adoption social worker 800-220-3092.



**OUR NAME IS  
OUR PROMISE**

*Children & Families First is: Licensed by the Delaware Department of Services for Children, Youth, and Their Families and Accredited by the Council on Accreditation.*

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# POST-ADOPTION THERAPY SERVICES



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OUR PROMISE**



## What is Post-Adoption Therapy?

Adoption has a lifelong impact on those it touches, and members of adoptive families may need professional help when concerns arise. Timely intervention by a professional skilled in adoption, attachment, and trauma issues often can prevent concerns from becoming more serious problems. Recognizing the need for competent adoption professionals to assist families after adoption, and the fact that schools of social work and clinical training programs often do not include adoption-specific training, Children & Families First is proud to provide post-adoption therapy to anyone touched by adoption.

## Why do I need a Post-Adoption Therapist?

A therapist's understanding of the unique developmental, emotional, and behavioral issues that arise in adoption/permanent guardianship is so critical. CFF assures you that you will have access to a certified DDP therapist (Dyadic Developmental Psychotherapy) to help you navigate these challenges. DDP is a specialized treatment for adoptive/guardianship families with children who have experienced separation, abuse, and neglect in their birth families and suffered from developmental trauma. DDP works within the parent-child relationship, focusing on developing trust and attachment security, leading to more positive interactions and pro-social behaviors.

It is so important to work with a therapist who is expert and familiar with the unique challenges that adoptive families confront. One who has experience and training in attachment, trauma, and brain development, as well as knowledge of core issues associated with adoption, is best suited to help families identify issues and plan effective treatment strategies. It is within the context of the new parent/child relationship that the child will begin to heal.

Children & Families First is proud to provide post-adoption consultation and DDP to families in need. Families will work with a licensed clinical social worker who is the only DDP-certified practitioner in Delaware with over 20 years of experience in adoption.

Please contact Kim Sabanayagam, LCSW, C-DDP, at [kim.sabanayagam@cffde.org](mailto:kim.sabanayagam@cffde.org) or 302-319-0207.