YAB PA YOUTH ADVISORY BOARD

Post-Adoption Support
SWAN Helpline:
1-800-585-7926
SWANHelpline@diakon-swan.org

Pennsylvania
Department of Human Services

PCYA
Pennsylvania Children and Youth Administrators

University of Pittsburgh | School of Social Work
Pennsylvania Child Welfare Resource Center

What to Expect After Adoption



Adoption doesn't erase the past, it builds the future.

Adoption is a big step and the beginning of a new chapter in your life. While everyone's experience is different, it's normal to have questions and a mix of emotions along the way.

01 **You Have a Permanent Family**

Adoption means you are part of a family forever. You have people who are committed to caring for you, supporting you, and being there for you through life's ups and downs.

02 **It's Okay to Have Mixed Feelings**

You may feel excited, happy, relieved, nervous, confused, or even sad at times. You might miss people from your past while also feeling positive about your future. All of these feelings are normal.

03 **Staying Connected**

You may be able to maintain relationships with siblings, relatives, friends, mentors, teachers, or other important people in your life when it is safe and appropriate to do so. These connections can continue to be an important source of support.

Ashleigh:
An Older Youth
Adoption Story

04 **Your Voice Matters**

Your thoughts, feelings, and opinions are important. Don't be afraid to ask questions, share your concerns, and talk about what you need. Healthy families listen to and support one another.

05 **Remember**

Adoption is not about being perfect. It's about building relationships, creating memories, and growing together as a family. There may be challenges along the way, but you don't have to face them alone. You have people who care about you and want to see you succeed.

Did You Know?

Teens deserve families too. While thousands of children are adopted each year, older youth are generally less likely to be adopted and more likely to age out of foster care without a permanent family connection.

Being adopted as a teen can make a lifelong difference. In one study of older youth who were adopted from foster care, all of the young people surveyed said they were satisfied with their lives. Having a permanent family and supportive adults can provide stability, encouragement, and a sense of belonging that lasts well into adulthood.

(https://www.wilder.org/wp-content/uploads/2025/08/AmpersandFamilies_LT-Outcomes_1-20.pdf)