

2025 IAMAdoptee Therapeutic and Wellness Subsidy for Intercountry Adoptees

Project Overview:

This wellness subsidy program enables intercountry adoptees to access therapy, counseling, and wellness services that can be critical in their journey toward healing. Our goal is to empower intercountry adoptees by providing the resources, support, and community connections they need to navigate their unique journeys.

Program Objectives

- Provide accessible support
- Foster emotional resilience
- Encourage community & connection
- Enhance access to culturally competent care
- Reduce financial barriers to care
- Strengthen family and peer support networks
- Measure impact and improve services

Areas of Support

- Adoptee-centric mental health care and therapy
- Adoption-competent trauma therapies (EMDR, IFS, somatic, etc.)
- Birth family search, DNA testing, and reunion support
- Travel for homeland return and cultural reconnection
- Passports, visas, translation, and immigration documentation
- Language learning and cultural education
- Legal name change and citizenship processes
- Creative and expressive therapies (writing, art, music, performance)
- Adoptee mentorship, support groups, and community spaces
- Adoption-focused conferences and retreats
- Education, career development, and professional training
- Support for adoptees entering parenthood and breaking generational trauma

Applicant Countries of Origin

- Cambodia
- China
- Colombia
- Ethiopia
- Guatemala
- Kazakhstan
- Russia
- South Korea
- Taiwan

Applications
Submitted

76

Awards
Granted

43

Total Amount Given
in 2025

\$11,508



www.iamadoptee.org



[@iamadoptee](https://www.instagram.com/iamadoptee)



Connect with Us: With questions, comments & collaboration inquiries, contact:

Whitney Fritz, Administrative Director - iamadoptee@gmail.com