

2024 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

Applicant Countries of Origin

- Brazil
- Cambodia
- China
- Colombia
- El Salvador
- Guatemala
- India/Bangladesh
- Korea
- Romania
- Russia

Applications
Submitted

50

Awards
Granted

36

Areas of Support

- The U.S. name-change process
- Country of origin citizenship applications
- Birth search process & trips
- Engagement in art/music/creative therapy
- Attendance at adoptee-centric conferences
- Access to:
 - multiple sessions with a therapist or clinician
 - alternative therapies (EMDR, Katonah Yoga, memory work, energy work, brain spotting, internal family systems, somatic counseling)
 - resources for adoptees entering parenthood
 - identity-affirming academia & graduate programs
 - language courses

Connect with Us

For questions, comments, and collaboration inquiries, contact:

Whitney Fritz, Administrative Director
iamadoptee@gmail.com

 www.iamadoptee.org

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

