



## SOCIAL SERVICES NEWS

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### **FOR IMMEDIATE RELEASE**

**DATE: Aug. 1, 2012**

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### **ADOPTION SUPPORT GROUP FOR ADOPTED TEENS IS PLANNED**

**HICKORY --** A group for adopted teens ages 14-18 will be held for 11 weeks beginning Sept. 25.

The group is called T-JAM (Teens-Just About Me). It will meet at 6-8 p.m. on Tuesdays at the Family Services Center, located at 3050 11th Avenue Drive SE, Hickory. The group is for teens who were adopted two or more years ago. It provides adopted teens the opportunity to meet other adopted teens and share the thoughts and feelings that often cannot be understood by their non-adopted friends.

"Adopted teens frequently have questions, feelings and concerns about their adoption," said Candis Dugan, post-care clinician at Family NET, which is holding the group meetings. "These feelings are a normal part of growing up. It is often helpful for these teens to discuss their feelings and experiences with other teens who have also been through the adoption process."

The group will be led by trained facilitators and use art, games, role-play and discussion to explore adoption issues. There will also be three sessions for parents during the course of the 11 weeks. A family celebration will be held at the completion of the group.

Participants must register with and be assessed by Family NET, which provides behavioral health services for children and adolescents. The cost of the group should be covered by most private insurance and Medicaid. If the family does not have insurance, a cost will be determined through the Family NET sliding fee scale, which is income-based. The deadline for applying for this group is Aug. 10. The number of teens who can participate is limited.

For more information, contact Candis Dugan, LCSW, at 828-695-6552 or [cdugan@catawbacountync.gov](mailto:cdugan@catawbacountync.gov).

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