

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

Our services can help families:

- Strengthen attachment and emotional connection
- Reduce conflict and improve communication
- Better understand trauma-related behaviors
- Help children process grief and loss
- Support emotional regulation and trust
- Create healthy conversations around adoption, foster care, race, trauma, and identity
- Build stronger feelings of safety, permanency, and belonging within the family

Families often find comfort in knowing they do not have to navigate these challenges alone. Healing happens in relationships, and with the right support, children and families can continue building stronger connections, resilience, and hope together.

For more information, contact:
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**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.

July 2026

POST-ADOPTION & PERMANENCY SUPPORT SERVICES



**OUR NAME IS
OUR PROMISE**



Children who have experienced foster care, adoption, trauma, grief, loss, or multiple caregiver transitions often carry complex feelings and unanswered questions about their story, relationships, identity, and sense of belonging. Many children communicate these struggles through behavior long before they have the words to explain what they are feeling.

At Children & Families First, our **Post Adoption & Permanency Program** provides trauma-informed, relationship-based services designed to strengthen attachment, support healing, and help families feel connected, supported, and understood.

One of the free services we can provide utilizes principles from the evidence-informed 3-5-7 Model® developed by Darla Henry to help children and families process grief, loss, identity, attachment, and permanency in developmentally appropriate ways. In Delaware, this program is known as **MY LIFE** (My Young Life In Foster Care Explained). An experienced adoption counselor comes directly to your home to work alongside your family in a comfortable, familiar environment. Through storytelling, therapeutic activities, life books, play-based interventions, and supportive conversations, children are helped to better understand their experiences while caregivers gain tools to strengthen emotional connection, trust, and attachment.

Additional Post Adoption & Permanency Services may include:

- Adoption-competent counseling*
- Attachment-focused and trauma-informed therapy*
- Dyadic Developmental Psychotherapy (DDP)*
- Functional Family Therapy (FFT)
- Parent coaching and education
- Case management and advocacy
- School and systems navigation support
- Support groups and peer connections
- Resource and respite support
- Assistance in navigating developmental, behavioral health, and special needs services

Most of these services are available at no cost to your family

** indicates costs may apply in certain situations*