

Process for Unsealing Adoption Records
Information Provided by David Miller*
St. Joseph's Orphanage Restorative Inquiry

1. Send two letter seeking “Non-Identifying Information” about your biological parents:
 - a. Letter One to the “Vermont Adoption Registry” of the Department of Children and Families (website: <https://dcf.vermont.gov/vt-adoption-registry>).
 - b. Letter Two to the private agency that handled the adoption (most likely Catholic Charities, the Lund Home, or some other agency).
2. Request a Birth Certificate from the Vermont Vital Records of the Department of Health that has the adopted parents on the Certificate.
(website: <https://www.healthvermont.gov/health-statistics-vital-records/vital-records-population-data/birth>)
3. Compose a letter to the appropriate** Probate Court as to the reason you are in need of unsealing the adoption records (health issues are a good reason to seek the unsealing). Include the Responses from the Vermont Adoption Registry and the private adoption agency along with a copy of the birth certificate.
4. Probate Court will schedule a hearing with the Probate Judge.

* David states that this unsealing process can be very unsettling and it's important to have good support. If you would like to connect with David about the process, he can be reached at 802-862-8913.

** Prior to composing your letter, contact your local Probate Court (there are 11 in Vermont) to see if you need to file your request locally or with Burlington Probate Court.