



post adoption PARENT GUIDE

September 2021 | Issue 6

Hello Families,

Happy September! Hopefully, you and your children have had a wonderful start to the school year. We've been busy bees here at RISE working on subsidy renegotiations, grants, and offering support to families.

We are excited to continue building rapport and relationships with post-permanency families. If you have any questions, please feel free to reach out to adoptsupport@mycpid.com or 208-252-6117.

[Visit our website](#)



Who Is Rise

RISE, Inc is a non-profit organization that was founded in 1987. RISE provides a range of services to adults, children, and families in Utah, Oregon, Arizona, Texas, and Idaho.

RISE provides services such as foster care, after-school and summer programs, early intervention, mental health therapy, behavioral supports, respite, and disability services. RISE, Inc. recently acquired the Idaho chapter formally known as Community Partnerships of Idaho.

UPDATE



Subsidy Follow Up

Just a reminder that if you have **NOT** returned your Annual Idaho Adoption and Guardianship Assistance form(s), please submit those at your earliest convenience to adoptsupport@mycpid.com.

If you did not receive the mailer consisting of the forms, please reach out to adoptsupport@mycpid.com and we will happily send the forms to you. We look forward to hearing from you and working with your families!

SUICIDE PREVENTION MONTH



September is **National Suicide Prevention Month**. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Additionally, **National Suicide Prevention Week** is September 5-11, 2021 and **National Suicide Prevention Day** is September 10, 2021.

There is an average of 123 suicides each day in this country, the 10th leading cause of death in America — second-leading for ages 25-34, and third-leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month, the week, and the day, are devoted to the prevention of suicide, spreading awareness of its causes, and offering resources to those who are in crisis and contemplating suicide.

Below are just a few of the warning signs and risk factors linked to suicide. If you ever feel that you, a friend, or a family member is struggling with intense emotions or thoughts of suicide, be there for them and reach out for support. Suicidal thoughts impact many individuals so know you are not alone. Someone is always available to chat via the National Suicide Prevention Lifeline (1-800-273-TALK).

Warning Signs

This is not an exhaustive list of all warning signs that can be present for suicide

- Talking about wanting to die or kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feelings of hopelessness and no reason to live
- Talking about feelings of being trapped
- Talking about being a burden to others
- Increasing usage of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge

Suicide Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of. ***This is not an exhaustive list of all risk factors that can be present for suicide***

- Mental health disorders (mood disorders, schizophrenia, anxiety, and/or personality disorders)
- Alcohol or other substance-related disorders
- Hopelessness

- Impulsive or aggressive tendencies
- History of trauma or abuse
- Physical illnesses
- Previous suicide attempt
- Family history of suicide
- Job or financial loss
- Easy access to lethal means
- Lack of supports / social isolation
- Lack of preventative services (mental health, medical, or substance treatment)
- Cultural or religious beliefs

*Adapted from **“Understanding Risk and Protective Factors for Suicide”** and **“Risk and protective factors for suicide”** by the Suicide Prevention Resource Center.

Below are several different events to participate in to recognize National Suicide Awareness Month



World Suicide Prevention Day Live

World Suicide Prevention Day is September 10. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. Learn more by visiting **World Suicide Prevention Day Live**

#BeThe1To

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help, and give hope.

#BeThe1To has created the five action steps for how we can communicate with someone who may be suicidal. To learn more about the five steps visit **#BeThe1To Five Steps**. They've created a page in Spanish as well, visit **#BeThe1To Cinco Pasos**

#BeThe1To Ask.

Don't be afraid to ask the tough question.

When somebody you know is in emotional pain, ask them directly:

"Are you thinking about killing yourself?"

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



BREAK THE SILENCE



Suicide Prevention & Awareness 5k Walk

RIVERSTONE PARK, CDA

September 11, 2021
In person registration opens at 8:30 AM



Break the Silence

Join us on Saturday, September 11th, for the 10th annual Break the Silence 5K walk, run, jog, (or however you roll)! The walk is in remembrance of those lost to the completion of suicide; and an effort to raise suicide awareness and prevention. The annual "Break the Silence" Walk begins at the beautiful Riverstone Park in Coeur d'Alene.

On-site registration and check-in opens at 8:30 AM on race day.

Or

[Register Here](#)

Film Screening

Idaho Federation of Families is hosting a film screening for My Ascension during the week of September 6-14, 2021. The film shares the story of 16-year-old, Emma Benoit who attempted suicide and survived. To register and learn more about the movie, visit [My Ascension Film Screening - IFF](#)

Additionally in October, there will be two walks in the Treasure Valley. See below for details.

Out of the Darkness - Treasure Valley Walk

Date: 10/09/2021 / Registration: 9:00 am --- Event Time: 10:00 am - 11:30 am

Location: Kleiner Park, Meridian, ID

For more information, visit [Out of the Darkness Treasure Valley Walk](#)

NAMI Walks Your Way - Idaho

Sunday, Oct. 2, 2021, 12:00 pm - 4:00 pm

Location: Veterans Memorial Park 930 Veterans Memorial Pkwy Boise, ID and Virtually Anywhere!

Participate in NAMI Walks Your Way through social media
Use the hashtag #NotAlone when posting on social media
Visit **NAMI WALKS** for more information and to register!

MENTAL HEALTH



Student mental health must be a priority this school year.

Mental Health America recognizes the profound impact that the COVID-19 pandemic has had on youth mental health. Therefore, as students across the country return to their classrooms, we know we must prioritize their mental health and emotional well-being so that they can thrive in and out of the school setting. MHA has launched its annual Back to School Toolkit to give parents, teachers, and school personnel the tools

and resources they need to support their children's mental health.

This school year brings increased fear and trauma for many students after more than a year away from in-person learning. This year's toolkit, *Facing Fears, Supporting Students*, is full of hands-on materials that can help students navigate all the emotions and challenges of the new school year.

To view the toolkit, **Mental Health Toolkit**.

FASD AWARENESS MONTH

September is Fetal Alcohol Spectrum (FASDs) Awareness Month. September 9th is International FASD Awareness Day.

Annually, on September 9, International FASD Awareness is recognized and honored to promote education and awareness about FASD. The National Organization on Fetal

Alcohol Syndrome has a great list of resources for parents. To view those resources, visit **NOFAS Parents**.

FASD FACTS:

This is not an exhaustive list of all facts linked to FASD.

- No amount of alcohol use is known to be safe for a developing baby before birth
- Exposure to alcohol from all types of beverages, including beer and wine, poses a risk to developing babies at every stage of pregnancy.
- A developing baby is exposed to the same concentration of alcohol as a pregnant woman.
- Fetal alcohol spectrum disorders (FASDs) are preventative if a developing baby is not exposed to alcohol before birth.
- Avoiding all alcohol while pregnant (or if you may be) will absolutely guarantee that a child will not have a condition along the continuum of FASDs.
- An estimated 40,000 babies are born each year with FASDs, which can result in birth defects, intellectual or learning disabilities, behavior problems, and trouble learning life skills.
- The rates of FASDs are estimated to be comparable to the rates of Autism. Up to 1 in 20 U.S. school children may have an FASD.
- FASD-related disorders last a lifetime.
- Make a plan for a healthy baby -- don't drink any alcohol if you are pregnant or suspect you are.
- If you become pregnant, stop drinking alcohol. Every day matters. The sooner you stop drinking, the better for your baby.

*Adapted from the National Organization on Fetal Alcohol Syndrome (<https://nofas.org>).

September is FASD

FETAL ALCOHOL SPECTRUM DISORDERS

Awareness Month





**AN ALCOHOL-FREE PREGNANCY IS
THE BEST CHOICE FOR YOUR BABY.**

- Fetal alcohol spectrum disorders (FASDs) are completely preventable if a woman does not drink alcohol during pregnancy.
- There's no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- All types of alcohol are equally harmful, including all wines and beer.
- Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.



For more information, visit www.cdc.gov/fasd or call 800-CDC-INFO.

When a pregnant woman drinks alcohol, so does her baby. Why take the risk?