



post adoption PARENT GUIDE

October 2021 | Issue 7

Hello Families,

Happy October! Fall is in full swing, and that means safely enjoying outdoor festivities, changing the summer wardrobe to something more warm and cozy, and capturing the last bit of warm outdoor time before the holidays and winter arrive.

We are excited to continue building rapport and relationships with post-permanency families.



**We have a new email
address!**

Recently, our email address changed



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.

so if you did not hear back from us,
we apologize.

Please reach out via email at **id-
adoptsupport@riservicesinc.org**
or 208-252-6117.

We look forward to answering
questions and working with your
family!

[Visit our website](#)

NEWS

Last month, we served **80** families! We are happy to answer any questions about our services and how we serve each family as that differs greatly and is individualized for each family. Families are reporting they are feeling supported and better connected as a result of these services.

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 id-adoptsupport@riseservicesinc.org

If you did not receive the mailer consisting of the forms, please reach out to id-adoptsupport@riseservicesinc.org and we will happily send the forms to you. Please do not worry if you have not turned in your documents as of this date. We are continuing to work with families who are sending their subsidy forms in. At this time, your subsidy will not be impacted but please turn in your forms as soon as possible.

We look forward to hearing from you and working with your families. Since we began working with post-permanency families, we have successfully renegotiated subsidies for **12** families (which is **27** children!) We are continuing to work on subsidy renegotiations that we began in August for our current families as well, so that number will only increase. If you are in need of subsidy renegotiation for your children please reach out. We are happy to answer any questions about what this process entails, please feel free to give us a call.

FALL IS HERE!



October is filled with fall festivities and activities for you and your family. There are fall festivals, pumpkin carving events, pumpkin patches, and events for families who do not celebrate Halloween. We've included a variety of events throughout Idaho for families to attend below.

Additionally, our team came across some interesting articles that are beneficial to share with adoptive families. Below is a short excerpt of our Program Supervisor, Jacqueline Shafer, and her insights from the articles. We hope you find these articles helpful tools in better understanding how holidays/traditions can impact children from a variety of backgrounds, particularly children with trauma histories. Enjoy the excerpt and full articles!

Halloween and the Trauma Connection

As we think of Halloween, costumes, trick-or-treating, pumpkins, fall, and scary movies are the things that may come to mind initially. For children who have been adopted (whether through foster care, international, or private), the meaning of Halloween may be different. Children who have been adopted have been "impacted by trauma" and for some that is what Halloween experience may entail and may elicit unexpected triggers. Many times, we do not think that a holiday as simple as Halloween can lead to unexpected fears or triggers from children but for a child who has endured trauma, it can. As written in the article, the author shared "those things can trigger your child and send him or her right back to survival mode. And even worse...gets into the way of new brain wiring." Well intentioned and accidentally, we can place our child back into the place of the unknown. Recognize our children all have different needs. Be aware that even for a child who may have been adopted 10 years ago that Halloween may be fun but there are still moments that they struggle and have to revert to "survival mode."

In the article attached, the author talks about seven ways to celebrate Halloween without all the fallout. The seven ways are as followed:

1. Visit a Pumpkin patch
2. Decorate pumpkins at home, at the kitchen table. Use markers or other paints if your child can't carve.

3. Stay at home (with front lights turned off) and have a family movie night. Steer clear of scary movies and watch family friendly Halloween movies such as the Great Pumpkin, Charlie Brown
4. Attend a Trunk or Treat
5. Make fun food and have your own family Halloween celebration (let the kids help!)
6. Dress up at home (avoid scary if possible)
7. If you do trick or treating, go out before dark (make a few stops at homes you know as it will ease anxiety)

Big takeaway: YOU are not letting down your children if you tailor Halloween to meet their needs! You are doing the best to create safety for them.

The full article can be read here: **Celebrating Halloween with an Adopted or Foster Child**

Halloween and the Adopted Child: Costume Meanings

Carrie Goldman is a parent of adopted children and has a blog in which she writes about her story and family. In 2021, she covered Halloween costumes and the meanings for her children who have been adopted.

Her perspective gives an interesting take on how and why our children might choose certain costumes. In her blog post, she shared “all of her (daughter’s) characters have been heroic in nature. They have magical powers or the ability to do things that regular mortals cannot. And none of them have had strong biological parental figures.” This is so true when you think about certain superheroes, characters, and animals that a child will dress up for.

Unintentionally, our children will gravitate towards a character that resonates for them whether that is Superman, a princess, villain, or another character. We may not even think about the backstories of these characters but if we think about it, there is an interesting connection for some.

In the article, Carrie shared “It is not uncommon for adopted children to fantasize about their birth families. Every child yearns to be special and different, but this need can be magnified with a child who was placed for adoption. I think Katie’s choice of Halloween costumes reflects a subconscious fantasy about who she is and what she will become.”

To read more about costumes and Halloween, the full article is available here: **Halloween and the Adopted Child: A Costume is More than It Appears**



TRUNK OR TREAT

Throughout Idaho, there are many different trunk-n-treat events! Below are different ones from different regions! :) Enjoy and be safe!

REGION 1



*Rathdrum, Idaho



*Spirit Lakes, Idaho

"HALLOWEEN FEST"

Oct 30 (Sat), 10 am-1 pm

ALL THINGS SENSORY CHILDREN'S DEVELOPMENT CENTER

2700 E. Seltice Way, Post Falls

A FREE event w/Trunk or Treat, costume contest, cake walk, Halloween crafts. Photo op with Marshall from "Paw Patrol" (\$5 donation). Neighbors-in-Need raises funds to provide items to families in need, Autistic individuals, & families with

children in pediatric ICU. For more information visit the **Halloween Fest event page.**

"SILVER MOUNTAIN RESORT TRUNK-OR-TREAT"

Oct 31, 2021

Location: 610 Bunker Ave, Kellogg, ID

Trick-or-treating is free and will begin at 6:00 and end at 7:00 on October 31st.

Have a fun and safe Halloween! We are bringing back Trunk-or-Treat in our parking lot for 2021. Come dressed in your best costume, and be sure to bring a bag with lots of room for candy!

Pumpkin Patch

*Prairie Home Farms
7790 North Atlas Rd.
Coeur d'Alene, ID 83835
208.762.3289*

REGION 2

"TRICK OR TREAT - ROCKING THE STREET"

*5PM to 7PM – FREE Public Trick-or-Treating in Downtown Orofino!

Join us on Johnson Ave. on the Friday night before Halloween to enjoy a fun and safe area to Trick-or-Treat! Your local business owners and community organizations will be on hand to give out treats, so WEAR A COSTUME, bring a friend or family member and expect to have a freaky good time!** Please remember to practice social distancing when possible, practice good hand washing hygiene and stay safe and healthy!** All children must be accompanied by an adult | For more information contact the Chamber at 208-476-4335



REGION 3



"TRICK OR TREAT AT THE MARKET"



"TRUNK AND TREAT"

Join us for our Final Day of the 2021 season. Bring your Kiddos and Enter our Costume Contest, take pictures by our Fun Backdrop and Trick or Treat in a Safe, Family Friendly Environment.

October 31, 2021 at 4 pm
Treasure Valley Eagles #3803
620 S Main St
Payette, ID

Located on the corner of Hwy 20-26 (Chinden) and Franklin out of Nampa

REGION 4

"TRUNK OR TREAT AND FOOD DRIVE"

Sunday October 17th
Time: 2 – 6 PM
Jordan's Garden Center and Seasonal Market, 2591 S Cole Rd
Boise, ID

Trunk or Treat sponsored by our lot and several local businesses. Of course the lot will be open and as usual the event and most of our activities are free including the petting zoo, corn pit, straw maze, and tons of photo ops. Including the Capes and Crowns cast of Disney Princesses and Super Heroes as well as Jedi from the Rebel Legion and Imperial Troops of the 501st. Maybe even Vader himself! There will be food trucks, kettle corn and a live band. We will also have pony rides, and a 130' blow up obstacle course! Learn more at [Jordan's Garden Trunk or Treat Event Page](#).



Kuna Chamber of Commerce Presents:

You've Been Summoned
To Attend Our
HALLOWEEN
Trunk or Treat

October 29th from 4:30pm-7:30pm

679 S. Best Business Ave - Complex
Bring the whole family, dress up and come to enjoy a night of fun, games and entertainment!

'KUNA HALLOWEEN TRUNK OR TREAT'



TRUNK OR TREAT MAZE 2021

**OCTOBER 31ST
5:30PM TO 7PM**

Ten Mile Community Church

"TEN MILE TRUNK OR TREAT"

Ten Mile knows how to put together an awesome Trunk or Treat! Not only is this event a safe place for your kids to have fun and get some great candy, parents will also have fun getting to know other people and looking at the awesome decorations. This year our Trunk or Treat is a maze and families will have fun finding ways to get to the stations and even play some games. To learn more, visit [Ten Mile Church](#).

"TRUNK OR TREAT MCCALL"

Trunk or Treat McCall
October 31, 2021

"LOWE FAMILY FARMSTEAD"

2500 South Eagle Road
Kuna, ID 83634

Time: 2-4 PM

maize@lowefamilyfarmstead.com

Location: Alpine Village 616 N 3rd St,
McCall, ID

CALL or TEXT: 208-922-5678

REGION 5

"MIDDLEKAUFF'S ANNUAL TRUNK OR TREAT"

OCTOBER 29, 2021 AT 2 PM – 6 PM
Middlekauff's Annual Trunk or Treat
1243 Blue Lakes Blvd N, Twin Falls, ID
83301-3308, United States
Visit [Middlekauff's Event Page](#) for
more information.



"TUBBS BERRY FARM"

We are located at 1250 S Park Ave W in
Twin Falls!



REGION 6



"TRICK-OR-TREAT POCATELLO"

Downtown Pocatello, ID
420 N Main St, Pocatello, ID

Trick-or-Treat Downtown takes place on
Friday, October 29 from 3-5:30pm. Our
merchants and businesses will have treats
for all of the little ghosts and goblins! Come
in costume and walk business to business
enjoying a safe, daytime Halloween event.

"SHEER MADDNESS TRUNK-N-TREAT"

Shear Madness Hair and Nail Salon will be
hosting a trunk-n-treat event! It will be held
in their parking lot located at 1010 W Bridge
St. Blackfoot, ID on Oct 30, 2021 from 4:00
pm to 6:00 pm!

"CORN MAIZE"

135 West 450 north
Blackfoot, Idaho
<https://wildadventurecornmaze.com/>



REGION 7

"DRIVE-THRU TRUNK-OR-TREAT!"

October 28, 2021 • 5-8 p.m. | College of Eastern Idaho

College of Eastern Idaho, CEI Foundation, and the CEI Student Senate will be hosting a free community Drive-Thru Trunk-or-Treat event on the CEI campus. This year we are one of the only Trunk or Treat Events in the area! Trunk space is limited so turn in your registration form as soon as possible!

"REAL HEROES DRIVE-THRU"

Saturday, October 30, 2021 2:00-4:00pm
Location: Freeman Park, Idaho Falls

We are so excited to see you all at the Real Heroes Drive-thru Trunk or Treat again this year! Be sure to check your kids' treats for a special treat for mom! Bring all your little ghosts and goblins to the annual "Real Heroes' Trunk-or-Treat" event hosted by IFPD, BCSO, and local businesses. Drive-through the park for a socially distanced trick-or-treat experience and see first responder vehicles and business booths! For more information or to get involved email jclements@idahofallsidaho.gov or call (208)612-8655

"COUNTRY TRAILS CORN MAZE"

10 Acre Corn Maze, 60 ft. Slide, Kids Straw Maze, Corn Pit, Slack-lines, Corn Hole, Pumpkins ☐, Concessions, Tractor Train Ride, Hay Ride, and More!

rexburgmaze.com



FALL FESTIVALS AND OTHER FUN EVENTS!!

"FAMILY FALL FESTIVAL"

Ammon's Chick-fil-A will be hosting their annual Family Fall Festival! Below is information from the Facebook event page:

Sunday Oct 12, 2021 from 5-7 pm.

Our fall Festival is here once again! Join us for fall games, trunk or treating, free swag, and more. Wear your costume and get ready for some fun! This festival is for ALL AGES and you will not want to miss it! Please dress warm, as this event will be outside and it is Idaho. Cow and Baby Cow cannot wait to see everyone! Visit the **Chick-Fil-A event page** for more information.



"NEON JUNGLE"

October 15- Oct 24, 2021, 6-10 pm
Kootenai County Fairgrounds
4056 North Government Way Coeur d'Alene, ID

Come one come all to an event unlike any other! Take a break from the spooky this October and join us in this awesome experience! Walk through a glowing jungle filled with flowers, exotic birds and search for our neon leopard. Be transported to a mythical forest plus a few more secret worlds you have to see to believe. Perfect for all ages and handicap accessible. For more information, visit the [Neon Jungle event page](#).



CITY OF HAYDEN'S 
"Friday Night Frights"
DRIVE-THRU ONLY TREAT GIVEAWAY!

Friday, October 29th
5:00-6:30 p.m.
Parking lot:
Hayden Meadows
Elementary School
900 E. Hayden Ave., Hayden

Treat giveaways
from the employees
of the City of Hayden
along with the
Hayden Chamber as
well as some of your
favorite Hayden area
businesses!

FREE to the public
and everyone is
welcome!

Please remain in your car as
you drive through the different
stations. Have fun!

Contact City of Hayden's Recreation & Community Events for more
information at (208) 209-1080.

"FRIDAY NIGHT FRIGHTS"

Drive-Thru Treat Giveaway: Friday,
October 29, 5:00-6:30 p.m.
900 E Hayden Ave, Hayden, ID 83835

Hayden Meadows Elementary School parking lot. We had such a great turnout and so much fun last year that we're doing it again! A Drive-Thru Halloween Treat giveaway with local Hayden area businesses and organizations joining in on the fun!

"SANDPOINT HALLOWEEN PARTY"



Join us for a
Frightfully Fun, Totally Free
HALLOWEEN PARTY

Free Games, Spooky Tunnel, Free Pumpkin Decorating, Yummy Treats, Costume Contest & More!

Friday October 29, 2021 @ 5pm - Bonner County Fairgrounds
4203 N. Boyer Ave Sandpoint, ID 83864

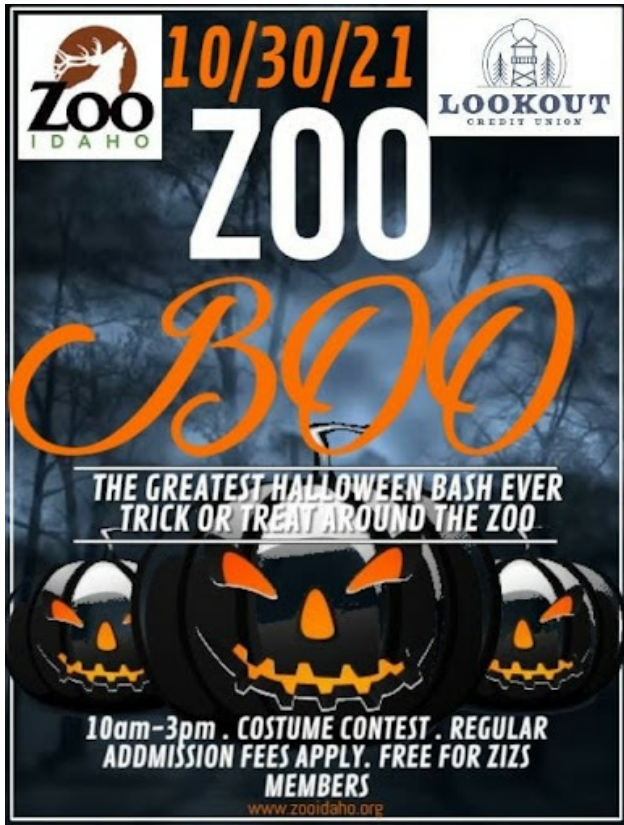
"BOO AT THE ZOO"

Tautphaus Park - Idaho Falls, ID

Oct 28 to Oct 30, 2021

5:00 -8:30 p.m

It's that time of year! Join us for BOO AT THE ZOO on October 28, 29, and 30 from 5-8:30 pm. This "Merry not Scary" event is for ALL AGES! Enjoy costume contests, trick-or-treat stations, thousands of lights and illuminated pumpkins. Tickets are good for any of the 3 nights. Purchase at <https://bit.ly/3EWH6D2> Over 500,000 lights and 1000 pumpkins set the mood, plus light sculptures, decorations, trick-or-treat stations throughout the zoo. Costume contests for all ages and more.



"ZOO BOO 2021"

Time: 10 AM – 3 PM

Location: 2900 S 2nd Ave, Pocatello, ID

Cost: Admission to the zoo

If you are looking for a howling good time this Halloween, Zoo Boo is sure to deliver. Come dressed in your favorite costume for this Halloween bash from 10:00 a.m.–3:00 p.m. Trick or treat around the zoo and participate in fun activities provided by our vendors. Dress to impress and enter our costume contest: individual and group prizes! This is a not-so-spooky, safe trick-or-treating atmosphere. Have a fanging ghoulish time! For more information, visit **Zoo Idaho - Pocatello.**

"HALLOWEEN FOSSILS & FUN"

Oct 31 (Sun), 5-9 pm

SPECTACULAR SPUD MUSEUM

2204 N. 9th St., Coeur d'Alene

Annual FREE event for all! Goodie bags w/surprises & fossils! Learn more about the event at the **Halloween Fossils and Fun Event Page**

"HALLOWEEN AT THE CAROUSEL!"

October 31, 2021, 12 pm to 5 pm

Halloween Fun at the Carousel, wear your costume and come for tricks or treats and a fun ride. Grab the brass ring and win a

"COMMUNITY HALLOWEEN PARTY"

free ride! Learn more at **Halloween at the Carousel.**



SATURDAY 30 6:00PM-8:00PM

**At the Edgemere Grange
3273 Bandy Road, Priest River, ID**

Food, Games, Prize Table, Cake Walk,
Costume Contest and more!

PLEASE BRING 1 BAG OF CANDY PER FAMILY

**For more information please call
Chelsea (208) 610-6512**

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PARENTING HELP & SUPPORT!



Our case manager, Jessica Colson is in graduate school completing her Masters in Social Work degree! As well as being our case manager, she is doing her internship with us! She recently watched a really interesting webinar and wished to share her insights with

the families that we serve!

As I was doing research for school, I discovered a webinar that sparked my interest and I thought would be great to share with the families we serve! The webinar that I listened to was called Quietening the Storm by Sharon Fuller. Sharon Fuller is the parent of adopted and biological children. She has been working in the foster care field for 11 years. She is the founder of The Attachment Place (TAP), for more information please go to <https://theattachmentplace.com>. Through her time working in the field, she has come up with five shifts for parents to follow to help calm the chaos, gain confidence in parenting abilities, and ways to help adopted children.

The five things that were discussed at the beginning of the webinar are as follows:

- How to create a therapeutic environment to help yourself become a calming force in your family rather than adding to the chaos
- How you can be in your child's corner instead of constantly at odds with him or her
- How to feel more confident rather than always second-guessing yourself
- How to look at root causes instead of focusing solely on behaviors
- How to intentionally parent for connection rather than focusing on the negatives

Once you've thought about the questions above, the next thing addressed is the shifts in parenting ability. The five shifts are as follows:

- Take responsibility for your happiness and wholeness
- Adjust your expectations and your approach
- Environment matrix
- Parent the heart, not the behaviors
- Invest in coaching

These shifts help a parent gain confidence and find peace in their family. The standard parenting that may have worked in the past with biological children does not always work for adoptive children or children with trauma history. No matter the age of the child, all they want is to please their parents. There is always a why behind the behavior. Focusing on a child's heart and helping a child empathize is the first step in addressing a behavior.

Additionally, click on the name to view the webinar: **5 Steps My Clients Use to Calm the Chaos and Gain Confidence in Parenting Their Adopted Child Without Losing Their Mind webinar.**

Since I watched her webinar and found it insightful, I have connected with Sharon to learn more about her webinars and the work she does. Sharon provides nine pre-recorded training modules, weekly Q & A calls, four individual coaching sessions, and email access between weekly Q & A's and your individual coaching sessions to parents of adopted children and children with trauma history. These tools are designed to help support you throughout your nine-week journey.

Please reach out to myself or Sharon for further information. I have provided her contact information for you below. Our staff can help apply for grant funding to help cover the cost of this training.

The Attachment Place, LLC
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