



January 2022 | Issue 10

Hello Families,

2021 has come and gone with a blink of an eye!

Hopefully, 2021 has been a year full of smiles, laughter, and fond memories being made that you and your family can reflect on in the new year. As we enter the New Year, may it be bright and full of many new memories with your family and friends.

Please reach out via email at **id-adoptsupport@riseservicesinc.org** or 208-252-6117. We look forward to answering questions and working with your family!

[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 Renegotiations!

With the close of the 2021 year, annual documentation, we will no longer be accepting any from 2021. As we get closer to July, we will send out annual documentation and letters to families.

Thank you to everyone who has submitted documents over the past few months! If you have any questions in regards to annual documentation, please reach out.

SELF CARE



Recently, NACAC published a helpful article for families focusing on self-care. Self-care can be one of the hardest things to do as a parent, child, or even professional. Below is a short excerpt from our Program Supervisor, Jacqueline Shafer, and her insights from the articles. We hope you find this article helpful in offering tools to ensure you take some time for yourself during these upcoming months.

When we think of taking self-care as parents and professionals, it can be hard and often left as a last priority. There are always obstacles that arise when we attempt to take care of ourselves. In the article, Deena McMahon mentions four different barriers that can come up for parents when it comes to self-care.

1. Self-Care has lost its meaning, which can lead to frustration and anger for a parent. Self-care is "Easy to say. It's not easy to do." At times as parents, we can't just drop everything we are doing to put our needs first, especially if our children have higher needs and require more daily assistance and guidance.
2. Deena McMahon writes "Many who choose to foster and adopt are natural caregivers", and as such are always the ones willing to put the needs of their children, partners, pets, or other folks outside their home first before themselves. If they ask for time for themselves, they may feel they are being needy or selfish for taking care of themselves first.
3. "Most adoptive and foster parents want to be there for their families." This can be in making a cake, soothing an owie, or just offering support. Self-care would take away from them being able to provide the support that they want and may need to give to their loved ones.
4. There is the idea that parents "Simply do not know what would help them." It takes an extra thought or time to think about what would help them, which leads to more exhaustion.
5. The notation that they "Somehow shouldn't need support." Some parents may fear that others will judge them for asking for help, as "They chose to adopt or foster" children from hard places.

Learning or identifying ways to take self-care can be hard but doable. If we think about things, we can learn ways to best care for ourselves so we don't feel that we are taking away from caring and giving love to our children or partners. In the article, there are eight different suggestions on ways to take the road to good self-care. Deena McMahon shared "From working with parents, I know that to overcome social, mental, and emotional barriers to self-care, you must first come to understand the importance of taking care of yourself, and then build self-care into your daily routine. You must believe that you are worth taking care of, and that your happiness and well-being are not peripheral to, but essential for good parenting." (McMahon, 2005). Your worth is important. Sometimes just remembering that is significant!

- *Give yourself permission to need something.* It can be hard putting yourself first and asking for help, but sometimes that is how you get your own needs met. As it states in the article, "Having needs and trying to meet them is not a sign of incompetence or weakness. It is part of a healthy family life." (McMahon, 2005). If you feel your energy is tapped out, reach out and ask for help. Allow yourself a moment to rest, even if it's only a moment.
- Keep it simple. Self-care does not have to be expansive, such as an all day spa event. It can be having a ten-minute break to wind down from your day or a coffee break when your children are napping.
- Stop comparing yourself to other adults and families. Honor your family and the unique needs that yours has. No family has the same needs as others.
- Know which part of the day is the hardest and have a plan to make it go more smoothly. Build awareness of your family and the needs that are present. If you know when there are times in the day that are harder, give yourself grace. Set routines that will help alleviate any other stressors or increase your own emotions.
- Join a parent support group. Being able to connect with parents or other caregivers with similar experiences can be huge. It may seem that there aren't many support groups in your area, so that can make it harder. Connect on social media, a blog, or another interface. We've included in this month's newsletter a few support groups throughout Idaho As well.
- Have a downtime every day. Take 10 minutes a day (or more) to give yourself time to prepare or reflect on your day. Have coffee, write in a journal, watch your favorite show, or read a good book.
- Routinely have something to which you can look forward to. Find the little things to look forward to. Date night, coffee/lunch with friends, or even grocery shopping alone. As stated in the article, "Remember, waiting too long to reward yourself for a job well done is not an effective way to shape your behavior. Immediate positive reinforcement works for adults too." (McMahon, 2005). You are more than a parent, you are a person with needs as well, so always remember your worth.
- Accentuate the positive. Recognizing the good in yourself, your children, and family is important. Take time to celebrate the little things, laugh, live, and love.

As Deena writes at the end of her article, "Caring for children who have special needs is a matter of the heart. Self-care is a mind-set and a positive choice. If you can find a balance between caring for your children and meeting your own needs, you will ultimately be much better equipped to do both." (McMahon, 2005).

"Teach your kids good self-care by modeling it for them. They will learn to honor and respect themselves, and prioritize their health because you prioritize yours." — Hayley Gallagher

The full article can be read here: **Self-Care: Barriers and Basics for Foster/Adoptive Parents**

—
Additionally, here's a little image of 7 different easy self-care strategies that you can utilize in your daily life.



Easy Self-care Strategies

FOR

Busy Parents



1. Breathe LOVE

Each morning when you wake up, before you get out of bed, take 5 deep breaths. With each inhale and exhale, imagine the love you give and receive moving through you. A great way to start your day.

2. Start a Bullet Journal

A bullet journal is a fun way to get organized, clear and clean your mind, and express your creativity. It's great for making to-do lists, documenting your life goals and making art. Design your bullet journal in the format that works best for you.





3. Chair Yoga

If you have 5 minutes and a chair, then you can do chair yoga. Sit up straight but relaxed, feet on the floor, stretch your arms and roll your neck, coordinating the motion with your breath.

4. Get Active with Family

Make the most of family time by weaving in your workout, too! DO an exercise tape with your little ones, go for a walk as a family, shoot some hoops, or plan a family outing to the park.





5. Make a Lunch Date

Missing your social life? Plan a lunch date! Even if you work full-time, going out for your lunch break instead of scarfing down your food in front of your computer will help you recentre.

6. Take a Book Break

Leave the TV off for the night and pick up a book instead. Reading is good for your brain and losing yourself in a story has been shown to reduce stress and muscle tension.





7. Create a Car Sanctuary

If you have a car, you will inevitably spend time in there. Why not capitalize on the forced alone time and get your zen on? Play your favorite music or podcast, cover your seat in a soft blanket, and add some portable aromatherapy for extra stress relief.

THECENTEREDPARENT.COM

SUPPORT GROUPS



On our website, <https://www.idadoptresources.org/> under Family Resources is a tab titled Support Groups (<https://www.idadoptresources.org/support-groups/>). There you will find a variety of support groups that are available to families in Idaho. Many of these support groups are online, so attending in-person is not mandatory and works for the families that are not located in the Treasure Valley. Many of these support groups happen monthly, so be sure to check in and see if there are new ones added. Below are the support groups available during January 2022.

FYI Complex Diagnosis

This group is for those who are interested in learning about the complexities of mental health and developmental disabilities.

January 4, 2022, 12:00 PM—1:00 PM

[Register Here](#)

FYI Adoptive Parents

This group is to support parents who have adopted. Join us the 1st and 3rd Mondays of the month.

January 14, 2022, 1:00 PM—2:00 PM

[Register Here](#)

FYI Parents of Youth Transitioning

This group will support parents who have a youth transitioning from intensive outpatient, residential care or the juvenile justice system. Join us on the 3rd Tuesday of every month.

January 18, 2022, 12:00 PM—1:00 PM

[Register Here](#)

FYI Coffee Chat

Join us on the 3rd Wednesday of every month to make your voice heard. Coffee Chats provide a format for parents to make their success and concerns known. There is often a topic for the month, but we welcome all conversations.

January 19, 2022, 12:00 PM—1:00 PM

[Register Here](#)

Adoptive Moms and Moms-to-be Support Group – 3rd Tuesday of each month
Adoptive Moms and moms-to-be who have had a child placed in their home or Moms who have completed a home study and are waiting for child placement are invited to our group. Our Mom Tribe is the perfect place to connect to others who have an adoption journey.

When: 3rd Tuesday of each month

Time: 7 pm – 8 pm topic discussion

[RSVP](#)

Adoptive Dads Support Group

DANA (Dads Are Not Alone)

Perfect for Dads and Dads-to-be of adopted children. It doesn't matter which adoption program, adoptive Dads can connect. Topics vary, and the group remains a safe, fun and connective space.

Meets the 2nd and 4th Tuesday of every month via Zoom at 7pm

[RSVP](#)

Youth Adoptee Support Group – YANA

The Youth Adoptee Support Group a.k.a. YANA provides a safe place for developing friendships, leadership, learning together and meeting like experienced humans and focusing on connection! It's perfect for adopted youth ages 8-13 years old. YANA (You Are Not Alone) is a support group for youth adoptees that focuses on connection. The connection is with other youth adoptees who relate to the unique adoption experiences. The Youth Adoptee Support Group is a safe place to connect, have fun and most of all, realize YOU ARE NOT ALONE! Living in a world that is filled with negativity it is important to have a community of people who uplift and fill you. We are planning on meeting twice a month over Zoom due to COVID 19. We have activities planned for each night. We can't wait to meet and connect with your kids!

For a schedule of YANA events, **[click here](#)**.

WEBINAR

Depression in Children and Teens: What You Need to Know

Presenter: Dr. Lisa Cullins, MD Child Psychiatrist

*Thursday, January 20, 2022 | 1:00 pm – 2:30 pm EST
Extended Access Available Jan. 21–Feb. 21, 2022*

In this webinar, Dr. Lisa Cullins, MD will provide an overview of depression, including diagnostic criteria and how it presents in children and teens, particularly those with histories of trauma, loss and broken attachments. She will also discuss treatment options and what parents and professionals need to know to support children and youth with depression.

Register Now! Use coupon code DEPRESS at checkout to receive your **FREE registration**. There is a \$15 charge per registrant after the first 600 registrants have used the discount code.

RISE Services Inc. | [idadoptresources.org]

RISE, Inc. | 3076 N. Five Mile Rd., Boise, ID 83713

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by elizabethca@riseservicesinc.org powered by



Try email marketing for free today!