



# post adoption PARENT GUIDE

January 2022 | Issue 10

## Hello Families,

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

Happy Valentines to our Post Permanency families! We hope your February is full of love, happiness, and finding joy in the little moments. Our Newsletter this month focuses on available training and resources for parents and families, with a special article focusing on teens and managing anger. .

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.

# TRAINING



## Training Highlights

### AdoptUSKids

AdoptUSKids is hosting a webinar in February focusing on the unique needs of families of color during a 90-minute presentation. The presentation will consist of ways that families can be supported as they are involved in the child welfare system, as well as highlighting key strategies for supporting families, and sharing stories from child welfare professionals with lived experience. A few of the presenters will be:

- Ligia Cushman, MA, national child welfare consultant, AdoptUSKids
- Roslind (Roz) Burks, MSW, program field representative, Post Adoption Services, OK
- Ja-Neen Jones, director of adoption and foster care resources, TRAC Services for Families, PA

The webinar will take place on Thursday, February 17, 2:00–3:30 p.m, Eastern Time

To register for the webinar and learn more, visit **AdoptUSKids**.

## ***Insight Conference***

*Hosted by Honestly Adoption*  
**March 23-24, 2022, Virtual**

Honestly Adoption will be hosting a 2-day virtual conference for adoptive and foster parents as well as professionals. This event will be full of great information, resources, and support for families and professionals.

Below is a brief summary of what the Insight Conference will consist of:

*We know that the foster and adoptive parenting journey can be difficult. There's no question you love your children, and want to do the best job you can in parenting them. But often you feel tired, overwhelmed, and lost when it comes to understanding their traumatic past and how to parent in a way that connects with them and builds lifelong trust.*

*That's where The Insight Conference comes in. We understand this struggle because we're parents just like you. Our goal with Insight is to provide personal access to world-renowned experts who can give you practical insight into your child's trauma and how it affects their lives and behaviors. But it doesn't end there. We also want you to walk away from Insight with the tools to help you parent effectively, and thus, transform your parenting journey.*

Additionally, here are just a few of the keynote speakers. To learn more about the speakers in depth, visit **Meet the Speakers**.

- Deborah Gray, LCSW
- Dr. Laura Anderson
- Gaelin Elmore
- Kristin Berry
- Mike Berry
- Justin and Alexis Black
- Melissa Corkum
- Jessica Sinarski
- Jeff Noble
- Lisa Qualls

Register by visiting **Insight Conference**

\*If this is a training that you are interested in and concerned about the cost, please reach out to us here at RISE. We can look into applying for grant funding for the training as it can be beneficial to you and your children. If you have other questions, please reach out.

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## **NACAC**

NACAC is offering two additional training sessions in February and March 2022 for families. Below is information about both training events.

Adoption Tax Credit Webinar  
February 15, 2022

# BLACK HISTORY MONTH



## February is Black History Month

During the month of February, Black History Month has been honored as a month-long celebration since 1976 as a way to honor and recognize contributions made by Black Americans in our country. NACAC has shared several articles and resources on ways that we can honor and recognize the needs and strengths of Black children and families.

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Maximillian Lisembee authored *Recruiting Families of Color* which discusses how bridging specific intentions to the work can help agencies find Black foster parents and other parents of color. The full article can be read here, **[Recruiting Families of Color](#)**

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NACAC staff member Deb Reisner authors an article, *Transracial Parenting* sharing her take on her transracial parenting journey looking beyond love. The full article can be read at **[Transracial Adoption: Love Is Just the Beginning](#)**

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NACAC board member JaeRan Kim presents her view of how parents involved in transracial adoptions can take their parenting journey from meeting their childrens' needs to a mission of racial justice. To read the full article, visit **[The Personal is Political: Racial Identity and Racial Justice in Transracial Adoption](#)**

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Additionally, NACAC is able to offer specific training geared towards Race and Identity. To learn more or request curated training, reach out to NACAC's training and support specialist, Barb Clark ([barbclark@nacac.org](mailto:barbclark@nacac.org)).

# COMMUNITY CONNECTIONS



This past month, a really neat agency connected with us to share about their program. We thought it may be something that families might be interested in.



The Mayfly Project (TMP) is a national non-profit organization that is changing the lives of children in foster care across the country. Boise started their TMP project in 2021 and were able to mentor 6 children over the past year.

Their mission is to mentor children in foster care via the sport of fly-fishing, and provide opportunities for children in foster care to have fun,

build self-esteem, and develop a meaningful connection with the outdoors. **In Idaho,**

the organization has the ability to also work with children who are involved with Idaho Relatives as Parents and children who've found forever homes via adoption from foster care.

For more information about the local chapter, visit **Boise -MayFly**. You can find more information about the national organization by visiting **The Mayfly Project** for more information.



### WHY FLY FISHING?

Life in foster care is stressful, as children struggle with being moved around and never knowing the plan for their placement. Along with uncertainty, many children in foster care are trying to manage symptoms from trauma.

Fly fishing is the ideal tool for supporting this population because it is currently prescribed by medical professionals as a tool to help manage PTSD, anxiety, and trauma-related disorders.

The meditative movements of a cast, mixed with the calming effect of a river, and having a positive role model available, are the ideal combination for a foster child to:

- Find brain rest
- Improve self-esteem and confidence
- Build a connection with the outdoors
- Create positive memories
- Find a positive hobby.

### THE MAYFLY PROJECT

The Mayfly Project is a national 501(c)(3) non-profit on a mission to mentor children in foster care via the sport of fly fishing.

### HOW TO SIGN UP

To sign a child up, we need to connect you to our local project lead mentor. Please contact Kaitlin, our co-founder, to find out more information and receive a permission form.

Children must be over the age of 8 years old, be available for 3-6 months of outings, and not be a safety risk to themselves or others.

[www.themayflyproject.com](http://www.themayflyproject.com)  
208-659-6584  
[kaitlin@themayflyproject.com](mailto:kaitlin@themayflyproject.com)

Local Contact



# THE MAYFLY PROJECT

## WHO ARE MENTORS?

Caseworkers report that our mentee's favorite part of joining in a Mayfly Project is having their own mentor. We provide a 1:1 mentor ratio and also a 3 in a group safety policy so that our mentees have the optimal opportunity to learn how to fly fish and receive positive attention, while also being in a safe environment. All of our mentors go through a vetting process, background checks, and a training process.



**CONNECT**  
**PROTECT**  
**EMPOWER**

"Seeing the children smiling, feeling good about their accomplishments, enjoying time in nature with The Mayfly Project mentors, was worth more than we could have ever expected." -Case Worker



40

Projects in  
28 States

300

Kids to be  
mentored in  
2020

# VALENTINE'S DAY



## Valentine's Day and the Impact on Birth and Adoptive Families and Their Children

As February approaches, many associate this month with love. As we were doing research for our newsletter, our team came across a brief but impactful message about Valentines' love, and the connection with adoption.

As shared in the article, adoption can be seen as a unique kind of love triangle. Children who have been adopted navigate the love of two families, and experience two identities within those families—the identity before their adoption with one family and the identity after an adoption.

The life and family after adoption represents the present, while the life and family before adoption represents the past. This past family can consist of biological parents, extended family, and other important relationships that the child had before adoption.

At times, that past life may seem like a distant memory, but for our children, it can still be their present—so be mindful of this shared identity, love, and understanding of family. If they need to share memories of loved ones during this holiday, either through words, art or music, encourage them to do so. If being in contact with birth families is not an option, consider some other ways to honor family, both past and present, and build new traditions around this holiday together. To find suggestions and read more from the short article, visit **Valentines' Thoughts**.

*"For love within a family, love that's lived in  
But not looked at, love within the light of which  
All else is seen, the love within which  
All other love finds speech.  
This love is silent."— T.S. Eliot*



During Valentines, art, and crafts are always fun ways to connect with one another and get a dialogue going about love and it's many forms. Below are a few valentine craft ideas.

- Valentine popsicle stick craft
- Rainbow Heart Paper Pom Pom Wreath
- Valentine's Day Bird Feeders
- Silly Heart Puppet

For more ideas, visit **Valentine's Crafts**

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## Anger and Teenagers



Sometimes in love, there's war. Families are no different—the spectrum of emotions is often modeled and experienced in a home. When it comes to anger, particularly teen anger, it can be difficult to understand and manage well as a parent.

Our program supervisor's monthly article/topic review focuses on teenagers and managing a teen's anger. It will include fourteen tips on how to best support your teenager with anger, as well as a few additional resources.

As we all know, dealing with anger can be hard. It doesn't matter if it's our own anger or others, but having an understanding of what's happening and resources and tips can help.

In the article, *14 Best Tips on How to Deal with Your Angry Teenager*, the author writes, "Dealing with an angry teenager may seem like an unattainable goal" but it can be attainable with a little help.

As a parent of a 15-year-old, I can relate. During our teenage years, we are still developing emotionally, socially, and intellectually as well as learning ways to navigate our emotions and feelings. Teenage brains are still developing connections between emotional centers of the brain and the prefrontal cortex, the thinking and planning part of the brain. Mix this brain development with hormone development, and you have teenagers that can present as unpredictable emotional beings. One moment, they might be happy, go-lucky, then the next moment they're angry and only see red. The author shares, "It might surprise you to realize that the adolescent years are a difficult time, and despite what privileges they may have, they're still navigating life and becoming their own people."

Regulation of emotions, particularly anger, requires the ability to identify feelings when you're having them and actively work to minimize their effect on the body—that means actively engaging the brain and body to slow down and move from fight or flight response, to homeostasis.

Below are 14 tips that can help you as you are navigating your teenager's anger. These are broken into two categories, one for parents and one with coping strategies for teenagers.

#### Parent Strategies:

1. Seek Professional Help (when required)
2. Be a role model. Set good examples.
3. Set boundaries. Establish clear rules. (We would also argue, be consistent with these rules—consistency creates predictability, and predictability fosters safety)
4. Be ready to compromise
5. Validate their feelings
6. Expand their circle of trust (It takes a village to raise a child, truly)
7. Share decision-making
8. Reward them for controlling their anger

#### Anger Coping Skills for Teenagers:

1. Teach Problem-Solving Strategies
2. Deep breathing exercises
3. Exercise
4. Taking a break
5. Turn unhelpful thoughts into helpful ones
6. Help your teenager identify triggers

Remember that your teenager is not using their "thinking brain" to make rational and sound decisions, therefore they're going to need your help to deal with the anger resulting in their actions. Modeling how to regulate your emotions, and helping to support a teen by co-regulating with them, is an important step in managing anger and other various emotions.

As parents, we can help our teens identify triggers and emotions, as well as identify any coping skills that may work for them. Take a collaborative approach, rather than a combative approach. And when we make mistakes, that's ok, model how to apologize and try to make it right again.

To read the article in detail, visit **[How to Deal with Your Angry Teenager.](#)**

# EVENTS

## Upcoming Community Events



### Boise Zoo

\$2 dollar admission to Zoo Boise every Tuesday during the month of February

### The Kids Fair

The Kids Fair  
February 26, 2022  
Hours: 10am-6pm  
5610 N. Glenwood St.  
Garden City, ID 83714

There will be bouncy houses, photos with favorite characters, magic show, dance performances, clowns, games, activities, prizes, local vendor booths, and more.



# WEBINAR

## Available Webinars on Adoption Assistance and the Adoption Tax Credit

February 15th 2pm Central Time, Adoption Tax Credit

March 8th 2pm Central Time. Advocating for Adoption Assistance

Register Here:

<https://nacac.org/get-training/upcoming-trainings/>



