



post adoption **PARENT GUIDE**

March 2022 | Issue 11

Hello Families,

Spring is just around the corner, which also means a time change and spring break! In this newsletter you will find a variety of activities to do along with helpful information and training for our families. We hope March brings everyone luck and warmer weather.

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.

NATIONAL OBSERVATIONS



March National Observations

During the month of March, there are a variety of topics that are recognized and play a role in adoption as well as services related to RISE, INC. We've included several below:

National Developmental Disabilities Awareness Month



National Developmental Disabilities Awareness Month is observed in March in the U.S. This class of disabilities can refer to impairments in learning and behavior, such as autism, attention-deficit/hyperactivity disorder, and impairments in physical and/or intellectual functioning such as cerebral palsy, spina bifida, and Down syndrome. The campaign seeks to raise awareness about including people with developmental disabilities in all facets of community life. It also creates awareness of the difficulties that people with disabilities still face in fitting into the communities in which they live.

To learn more about how you can support and honor individuals with developmental disabilities, visit **NACDD**.

World Down Syndrome Day

Additionally, on March 21, 2022, it is World Down Syndrome Day. World Down Syndrome Day (WDSD), 21 March, is a global awareness day which has been officially observed by the United Nations since 2012. The date for WDSD, being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome. To learn more, visit **World Down Syndrome Day**.



Child Care Appreciation Day



Join Idaho's First Steps Alliance, a project of Voices, on March 7th to celebrate the dedication of child care providers across our state!

Child Care Provider Appreciation Day is a social media event to put a spotlight on child care in our state and thank the providers who have worked so hard during the pandemic to keep their doors open.

Families with small children depend on child care providers for kids to gain quality early learning experiences before Kindergarten and so parents can go to work to earn a living. But child care has been in crisis since the pandemic hit two years ago – we need to show the Idaho legislature how important it is to approve the continued use of federal relief dollars that are necessary to stabilize these critical businesses.

Register Here

Multiple Sclerosis Awareness



Multiple sclerosis, or MS, is a disease of the central nervous system that can cause symptoms throughout the body.

In the Treasure Valley, there is a monthly support group for individuals living with MS and their family and friends. Please contact Caleb at **boisemsgroup@gmail.com** prior to attending your first group meeting for more information. The group meets the 2nd Thursday of each month from 1:00 pm to 2:00 pm.

MS Awareness Week: March 13-19, 2022

Every day, people living with MS do whatever it takes to move their lives forward, despite the challenges. By sharing their stories, we help people better understand life with MS and become inspired to do whatever it takes to change the world for people living with MS.

You can help ensure that more people understand what life with MS can be like and engage more people to do something about it, by following our media channels and sharing the stories of those living with MS, who move life forward every day and don't let MS define them.

"Multiple sclerosis may be a part of who you are, but it doesn't define you as a person. You are who you are, and MS can't take that away from you." — Clarissa, diagnosed in 2006

Explore **powerful stories** of people with MS.

Together, we will do whatever it takes to change the world for people with MS. Additionally, there are walks throughout the state that individuals can join to show support. Below are a few throughout Idaho. Note that the walks will be taking place in April 2022.

Walk MS

Treasure Valley 2022
Saturday, Apr 9, 2022

Meridian, ID
Site Opens 9:00 am
Walk Starts: 10:00 am
Register

Salt Lake City, 2022
Saturday, April 23, 2022
West Jordan, UT
Site Opens: 8:30 AM
Walk Starts: 10:00 AM
Register

Spokane 2022
Saturday, April 9, 2022
Spokane, WA
Site Opens: 8:30 am
Walk Starts: 10:00 am
Register

Wenatchee 2022
Saturday, April 9, 2022
Wenatchee, WA
Site Opens: 8:30 am
Walk Starts: 10:00 am
Register

Celebrating Women



During the month of March, extra attention has historically been given to all the amazing accomplishments of strong, determined women. Read the NWHM Women's History Toolkit for more information and fun tidbits. **NWHM Women's History Toolkit.**

One of the things that we can think to do and honor the mother's of our adoptive children who have continued to be strong, loving, and providing hope to their children even during the hard times.

Social Work Month



THE TIME IS RIGHT
FOR SOCIAL WORK

Lastly, we would like to honor Social Workers during the month of March, as it is National Social Work Month. Many families that come into contact with the RISE Post-Permanency team have been graced with the support and guidance of a social worker. Social workers have been a key player in the lives of many children that come into foster care and other avenues of life.

The theme this year is The Time is Right for Social Work! To learn more about the theme and month, visit **The Time is Right**.

Take a moment to honor family or friends who are social workers, as well as your child's social worker! :)

EVENTS



Community Events

Courageous Kids Climbing

March 12, 2022

10am-12pm
1334 East Bird Dog Drive
Meridian, ID, 83642

Children with physical and developmental disabilities will be invited to learn how to climb the climbing walls at Vertical View. To reserve a spot, reach out to **JeffRiechmann@cs.com**.

Story time at Athol Community Library

March 29th
10-11am

School Break Zoo Camp, Zoo Boise

March 21-25

Boise Zoo is hosting two camps during spring break for kids who may be interested in a career working at a zoo or becoming a Zoologist! Learn more reading the descriptions below or visit **Boise Zoo!** Cost per camp is \$195 for Zoo Boise members and \$215 for non-members.

Zoology Camp! (7-11 years old)

03/21/22 - 03/25/22 from 9:00am - 4:00pm

Take on the challenge of being a zoologist! In this program, you will participate in the same activities of a zoologist including determining physical similarities and differences between animal groups using up-close biofact investigations, studying and creating animal diets, observing, and recording animal behaviors and finding ways that humans can help animal wildlife.

Zoo Careers (Ages 12 - 15)

03/21/22 - 03/25/22 from 9:00am - 4:00pm

Interested in working at a zoo or another career with animal wildlife? Depending on the career, you may need skills that include fundraising, art or graphic design, marketing & communications, architecture and construction, animal collection management, education, and wildlife conservation as well as animal care. Join us to explore the many careers available at zoos and other animal-focused organizations. We will meet the veterinarian staff & zookeepers, design animal diets, conduct DNA extraction, learn how genetics plays a role in captive breeding, and explore wildlife conservation projects funded by the Zoo Boise community. To assist your career planning, salaries, required education and experience, and résumé building will be explored.

The Addams Family: A new Musical

March 6, 2022
2:00 pm - 3:30 pm
College of Southern Idaho, Twin Falls

Disney Princess:

March 3, 2022
10 am
The Concert Morrison Center, Boise

Spring Break Camp Extreme Idaho

March 21-25, 2022

9:00am-4:00pm

Idaho State Museum 610 Julia Davis Dr. Boise, ID 83702

Dry deserts, soaring mountains, swift rivers; Campers will explore and navigate the wild landscapes that make Idaho such a unique state. Learn about the plants, animals, and people that call these places home. Make your own desert themed board game, float a boat, or play farmer freeze tag.

Register

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Camp Ka-Mee-Lin

March 28 – April 1, 2022

Camp Ka-Mee-Lin began in 1995 with the intention of offering a variety of fun and safe outdoor enrichment camp programs to the residents of Post Falls. Our goal is to create an environment in which exploration and inquisitiveness thrive. While at camp, imagination and active play blend together as campers forge memories with new friends that will last a lifetime.

Register

SCHOLARSHIPS



Scholarship Opportunity

The UMPS CARE Charities All-Star College Scholarship is for youth adopted at or

after the age of 13. This scholarship gives students \$10,000 per year for a four-year institution and \$5,000 for a two-year institution. To learn more about the eligibility, **visit our scholarship page**. Here is **the application** which can be saved and returned to at a later date. The deadline for submission is May 13, 2022.

TRAINING



Transracial Families: Building Positive Racial Identity

A one-day virtual event for parents, professionals, and those considering transracial placement
Register

On March 24, from 10:30 am to 5:00 pm central time, NACAC will present a virtual conference on transracial families for parents and professionals.

Moving from Shame to Self-Esteem: Strategies for Parents to Support Their Children

Presented by Laura Ornelas, LCSW
Live Stream: March 10, 2022
7:00 – 8:30 pm EST
Extended Access Available March 11 – April 11, 2022
Register

Children who have experienced loss, separations, and/or trauma often struggle with understanding their past. This tends to leave them feeling like they were responsible, that there is something wrong with them, and/or that the outcome would be different were it not for them. Because they do not have the mental capacity of adults, it can be very hard to explain to them otherwise. Instead, they can be left with big feelings of guilt and shame and inaccurate thoughts that result in low self-worth and poor self-esteem, which can play out over a lifetime in their behavior. Come hear more at this workshop about how parents can address these concerns at their root through simple daily interactions with their child.

