



post adoption PARENT GUIDE

September 2022 | Issue 17

Hello Families,

This time of year is always full of change and transition, as we say goodbye to summer and prepare for fall and a new school year. We hope that each of your children had a wonderful start to school and will have a fantastic school year ahead.

If you are in need of any Post Permanency services, please reach out via email at **id-adoptsupport@riservice.sinc.org** or 208-252-6117. We look forward to answering questions and working with your family.

[Visit our website](#)



Staff Update

We are excited to welcome Takisha Walker as our new Family Services Administrative Assistant supporting our Family Services teams here in Idaho.

Takisha has a background in Communications/Public Relations. She graduated from Boise State University in 2020 with her Bachelor's in Communications. She has worked a variety of different jobs including working as an Administrative Assistant with the State of New York and Basketball Communication Assistant with the Charlotte Hornets. She enjoys meeting and working with new people.

In her free time, Takisha loves spending time with her three year old daughter Journee as well as her family. She loves barbequing,

watching sports, and baking.

ANNUAL SUBSIDY



Subsidy Follow Up

Thank you to each family who has recently submitted their paperwork and reached out with questions. If you have not submitted your Annual paperwork, do not fret, you can still submit to us via email or mail.

If you did not receive any paperwork in the mail, please reach out to us directly – we're happy to help route the information and forms your way.

MENTAL HEALTH AMERICA

ALL THE FEELS

Mental Health America's
2022 Back-to-School Toolkit



mhanational.org/back2school

Student mental health must be a priority this school year

Mental Health America has released the 2022 Back-to-School Toolkit. This year's theme is All The Feels. To learn more about the theme and resources available, read through the toolkit. To view the toolkit click [HERE](#).

SUICIDE PREVENTION MONTH



You Have a Lifeline in Idaho

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

On July 16, 2022, Idaho joined the rest of the United States in beginning to use the 988-dialing code. 988 will be the new three-digit number for call, text, or chat that connects people to The Idaho Crisis and Suicide Hotline. Calls can be answered in multiple languages and anyone can use 988 if they are having thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.



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. If you or someone you know is struggling or in crisis, help is available. Call or text [988](tel:988) or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Identifying Warning Signs and Risk Factor

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.

FASD AWARENESS MONTH

ASD 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.
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- 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>)



FASD United
THE NATIONAL VOICE ON FETAL ALCOHOL SPECTRUM DISORDERS

FASD United supports individuals, families, and communities living with Fetal Alcohol Spectrum Disorders (FASD) and other preventable intellectual/developmental disabilities through multiple programs including the opportunity to meet 1:1 with a Family Navigator. The navigator serves members of the FASD community and anyone in need of one-on-one emotional support, referrals to resources and services. Their website also includes a list of resources and support for families to access.

<https://fasdunited.org/>



Are you looking for help and love Podcasts? Check out
<https://www.fasdsuccess.com/podcast>.

There are over 100 podcasts that contain expert tools, resources and the support you need.

EDUCATIONAL RESOURCES

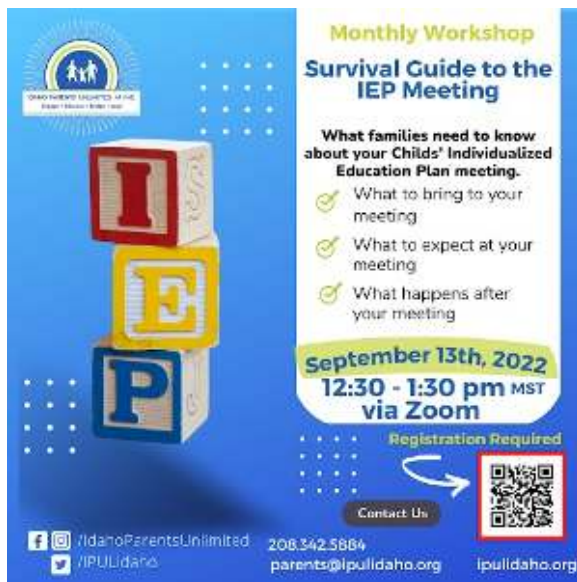
Idaho has an organization called Idaho Parents Unlimited (IPUL). Below is a brief explanation of who they are, what they do, and the community that they serve. What is Idaho Parents Unlimited?

Founded in 1985, Idaho Parents Unlimited, Inc. (IPUL) is a statewide organization which houses the Idaho Parent Training and Information Center, the Family to Family Health Information Center, Idaho Family Voices and IPUL Arts.

IPUL Education: The Parent Training and Information Center ensures that parents of children with disabilities receive training and information on their rights, responsibilities, and protections under the Individuals with Disabilities Education Act (IDEA) in order to develop the skills necessary to cooperatively and effectively participate in planning and decision making relating to early intervention, educational, and transitional services.

IPUL Health: As the State Family Voices Affiliate and the Family to Family Health Information Center, IPUL assists families in making informed choices about health care; provides training, information, and resources to families of children with special health care needs.

To Learn more about IPUL, visit ipulidaho.org. Additionally, monthly, IPUL puts on a variety of trainings that can be of benefit to families with children who have disabilities. In September, they are putting on a two part training series linked to Individualized Education Plans (IEPs). Below are more details about both training sessions!



The poster is for a 'Monthly Workshop' titled 'Survival Guide to the IEP Meeting'. It features a blue background with a white dotted pattern. On the left, there are three stacked blocks with the letters 'I', 'E', and 'P' on them. At the top left is the IPUL logo. The main text on the right side of the poster reads: 'Monthly Workshop Survival Guide to the IEP Meeting. What families need to know about your Child's Individualized Education Plan meeting.' Below this is a list of three bullet points: 'What to bring to your meeting', 'What to expect at your meeting', and 'What happens after your meeting'. The date and time are listed as 'September 13th, 2022 12:30 - 1:30 pm MST via Zoom'. A 'Registration Required' note is present with a QR code and a 'Contact Us' button. At the bottom, there are social media handles for Facebook, Instagram, and Twitter, along with a phone number (208.342.5884), an email address (parents@ipulidaho.org), and the website (ipulidaho.org).

Part 1: Survival Guide to the IEP Meeting
September 13th, 2022
12:30 - 1:30 PM, MST
REGISTER HERE

Part 2: Survival Guide to the IEP Meeting
September 27, 2022
12:30-1:30 PM, MST
REGISTER HERE

TRAINING



FREE Class Really Great FREE Class* FREE Class*

Register: [homesofhopeidwa.org>Training](https://homesofhopeidwa.org/Training)

Parenting for Better Days

provided by the Idaho Resilience Project

Join an 8 week class to implement Trust-Based Relational Intervention® (TBRI®) with your kids

Mondays from 6:15-8:30 PM (Pizza included)

Childcare available age 5 to 12 years

Location: LEWISTON CLUB 1021 Burrell Avenue
Boys & Girls Clubs of the LC Valley

SEP 19 & 26 OCT 3, 10, 17, 24 (not 31) NOV 7 & 14

Facilitated by Cheryl Allman, LCPC, TBRI Practitioner
Director of Counseling & Programs, Homes of Hope
FREE class as part of Hope Harbor Idaho



Registration deadline 09/12/2022

[homesofhopeidwa.org>Training](https://homesofhopeidwa.org/Training)

**The Best Defense is a
Good Offense: Supporting Children
with Intersecting Identities**

Thursday, September 22, 2022 | 1:00 pm - 2:30 pm EST
Extended Access Available Sept. 23 - Oct. 23, 2022

Register Here

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

Mental health needs are at an all time high in our youth. Let's face it, it's a complicated time to be growing up. Children of color and those identifying as LGBTQ+ are at particular risk, especially those who have been in foster care or are adopted. We'll discuss how a child's developing identity and wellbeing are connected and how protective it is when parents can support this development. We'll cover ways that bring you closer together, and help children feel more powerful and proud, to counteract the shame, depression and loss that children who are in foster care or adopted often experience. We'll talk candidly about how to embrace the unique developing identities of children even when they don't match their family's. Parents will come away with daily tools, increased compassion and lots more confidence.



Challenging Child?

We know you want to be a great parent to your challenging child.

To achieve that, you need **new tools** that truly work. We're guessing that you've tried lots of things and because none of it has worked, it's easy to feel like a failure.

We believe it's wrong for parents of challenging kids to feel judged, alone, and like a failure as a parent.

We understand how frustrating it is to try and parent a child that doesn't want to be parented.

That's why our brain-based program restores peace to your family by teaching YOU a new skill set that is needed for their healing.

Here is how it works.

1. Sign up for our online Parent Training
2. Learn the tools.
3. Experience hope and support.

Sign up now so you can stop feeling alone and like a failure and start building your bridge to peace and being back in control of your family's future.

**www.healthyfoundations.co (not .com) or
(208) 860-7828**

