



August 2023 | Issue 8

## Happy August RISE Families!

I know that for many of you, August is when we say farewell to summer schedules and greet all of the nerves, excitement and chaos of getting ready to send kids back to school.

I remember loving the first day of school. I loved having a new teacher and being in a new classroom. The first day of school was usually the time that my siblings and I had a couple of new items of clothing or shoes, and I have memories of feeling like I was a force to be reckoned with when I proudly donned a new t-shirt or pair of sneakers and rolled into my classroom to slide a pristinely sharpened set of crayons into my desk for the year. There are few satisfactions that compare to a fresh set of crayons when you are a kid. Am I right?

As adults, "Back to School" season hits a little differently. While one may still feel excited for the kids who are off to a "brand new year, with brand new possibilities," we are also aware of the pressures that exist for their adults in



## 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, Florida, and Idaho.

RISE provides services such as foster care, after-school and summer programs,

preparing for a new academic year. The stress of getting kids back on a schedule, the cost of pulling together school supplies and of course... those wardrobe requests. It can be an overwhelming experience for everyone. The start of a new school year is always a whirlwind, but it can also be a time that sets the tone for everything that follows. My hope for every parent and guardian this year, is that they are able to extend grace to both their kids as well as to themselves. Adjustments can be hard and that is okay. The truth is that every kid and every family experiences the return to school a little differently and that there are no "supposed to's."

In the season we dedicate to showing up for lessons, let's not forget that giving ourselves and one another grace is also a skill worth mastering and demonstrating.

Warm Regards,  
Sarah Andrade, Executive Director

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](#)

early intervention, mental health therapy, behavioral supports, respite, and disability services.

# ANNUAL REVIEW

## Idaho's Adoption & Guardianship Assistance Annual Review

Thank you to each family who has recently submitted their paperwork and reached out with questions. All paperwork is due to RISE by August 31, 2023. If you have not received any paperwork please reach out to us directly by email: [id-adoptsupport@riservicesinc.org](mailto:idadoptsupport@riservicesinc.org) or calling us at 208-252-6117.

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Are you experiencing challenges that you didn't expect following an adoption, achieving permanency or dealing with changes in your family? Well, no one can plan for everything! Encountering unanticipated challenges or circumstances when a family experiences a change is one of the only certainties that can *really* be guaranteed. The other certainly, is that WE ARE HERE FOR YOU! RISE Family Services Post-Permanency Support team members are standing by to support you throughout your journey.

RISE Family Service post-permanency support services offer a wide range of assistance options, tailored to the specific needs of your family. Supportive services can include:

- Supporting your family in applying for a renegotiation of subsidy payments to assist with the increased cost associated with more intensive needs,
- Supporting your child and family in gaining access to grant funding to allow for resources, enrichment activities, stabilization, or the overall well-being of your child(ren),
- Case Management/Intensive Case Management to support you in advocating for exceptional or emotional needs for your child, navigating the child welfare system or community resources and accessing support networks.

The bottom line is that ***we are here for you!*** If you or someone you know is in need of support related to a post-permanency adoption, please reach out to us. We know that supporting Idaho Families through their post-adoption journey is every bit as critical as entering an adoptions. ***We are here.***

Please feel welcome to contact us via email at [idadoptsupport@riservicesinc.org](mailto:idadoptsupport@riservicesinc.org) or by telephone at **208-252-6117**. As always, we look forward to answering questions and working with your family.

WELCOME BACK TO SCHOOL  

*" Learning is a treasure that will follow its owner everywhere" - Chinese Proverb*

Summertime is over and it is time to prepare your children to get back into the groove with school. The start of a new school year is a busy time for families. We wanted to

share a few reminders of how to prepare, support, and advocate for your children as they go back to the school routine.

**Structure and Routine:** Implement a regular routine and structure around your day. In addition to the schedule of what to do in the morning to get out of the door for school each day, Implement a schedule/routine around what to do after school each day.

- Make opportunities for your kids to use their voice and talk about their day.
- Play with your kids
- Provide structure around homework time. Set aside a study hour for children; to be used for reading and completing their homework assignments.
- Keep a nightly routine such as taking a bath, brushing your hair and teeth.

**Transition:** Talk about what is going to happen. Talk about when it is going to happen and talk about how you can help them with what is coming. Transitions can be big triggers for kids; help them to be prepared for the next thing.

**Regulation:** Help remind your kids of what they can do to self-regulate when the need arises. Behavior is an expression of regulation, giving ideas on what they can do to manage their behaviors. Practice strategies they can use in the classroom, on the bus, or on the playground. Behavior is an expression of regulation.

**Advocate:** You are your children's biggest advocate. Talk to teachers and staff about what your kiddo needs to learn and be successful in their day.

### **How to Cope With After-School Meltdowns**

Going to school can be completely exhausting for many kids. The school day can be physically, mentally, emotionally and mentally draining. Young children expend a lot of energy sitting still and focusing in class. They have rules to follow, work to complete and responsibilities to fulfill.

After-school meltdowns can leave parents feeling overwhelmed and unsure of how to help their children.

Here are some strategies that can help you cope with after-school meltdowns:

- Discover the importance of establishing routines,
- creating a calm environment, and
- offering healthy snacks to help your child transition smoothly from school to home.
- Learn how open communication, physical activity, and breaking tasks manageable chunks can promote emotional well-being.
- Explore relation techniques, set limits on technology use, and foster self-care habits.

With these practical tips, parents can work to create a harmonious after-school routine and support their child's emotional well-being.

## Lunch Box and After School Snacks

Looking for ideas to pack a tasty and nutritious lunch box for your kids? After-school snacks should be satisfying and energizing. Here are a few of our favorite lunch box and snack ideas that will have your little ones eagerly looking forward to their lunch box and after-school treats.

### Lunch Box Ideas:

1. **Sandwiches or Wraps:** You can prepare different types of sandwiches or wraps using ingredients like turkey, ham, chicken, cheese. Opt for whole-grain bread tortillas for added nutrition.
2. **Pasta Salad:** Prepare a cold pasta salad with veggies like cherry tomatoes, cucumbers, bell peppers, and olives. Toss it with a light dressing and add some grilled chicken or protein of your choice.
3. **Bento Box:** Create a fun and balanced lunch by packaging a variety of bite-sized items like sliced fruits, veggies, cheese cubes, crackers, and a small portion of protein like boiled eggs or deli meat.

### After-School Snack Ideas:

1. **Energy Balls:** Prepare energy balls using dates, nuts, seeds, and other ingredients of your choice. They are easy to make and provide a quick boost of energy.
2. **Veggie and Dip Cups:** Pack small containers with sliced veggies along with a portion of hummus or ranch dressing for dipping.
3. **Homemade Popcorn:** Air-pop some popcorn and season with herbs, spices, or a sprinkle of grated parmesan cheese for a delicious snack.

# TRAININGS

## Back to School Essentials: Improving Executive Function

**DURATION:** 1 hour, 30 mins. 48-hour access begins upon checkout.

**PRICE:** \$10.00 Register [Here](#)

Many adopted and foster children struggle with executive function challenges, meaning that their brains can have difficulty with complex thinking, regulating feelings and impulses, and coordinating thoughts and feelings. These issues can affect every aspect of a child's life, including success in academics and peer relationships. This workshop for parents and professionals is timed to coincide with the return to school. It will focus exclusively on interventions, which are paradoxically simple and complex, general and specific.

This webinar is the second in a series on executive function provided by C.A.S.E.

Attendees do not need to have viewed the previous webinar.

1. Presented by John Sobraske, adopted person, a stepparent of adopted children, and an adoption psychotherapist in private practice.

## Back to School with Foster & Adopted Kids

**PRICE:** FREE

How can you help your child succeed at school? We talk with Heather Forbes, a Licensed Clinical Social Worker and the owner of the Beyond Consequences Institute. She specializes on the impact of trauma and is the author of Help for Billy and Classroom 180.

This course covers the following learning objectives:

- List 3 tips for helping your child transition into the new school year.
- Describe how to establish a collaborative relationship with your child's school.
- Explain 2 ways your child's past trauma will impact their school life.

**ENROLL NOW**

## Handling Screens and Technology as a Family

**PRICE:** FREE

In this course we will talk about screen time, smart phones, social media, and pornography and provide practical and actionable steps for parents. The instructor is Krista Boan, co-founder of the nonprofit, Screen Sanity.

This course covers the following learning objectives:

- Describe what is meant by the "ride, practice, drive" approach for device and app introduction.
- List 2 ideas for handling when your child's friends have different technology rules than your family.
- Explain what is meant by "all screen time is not created equal."
- Explain how to handle negative behavior that happens when a child is asked to stop using a device.

[\*\*ENROLL HERE\*\*](#)

# RESOURCES JUST FOR YOU



Silverwood Theme Park has partnered with Idaho Family and Children Services to provide all foster children in the state of Idaho the opportunity to visit the park for

FREE once a year! The goal of this program is to help children in foster care create healthy bonds with their new families by providing a safe, fun, and exciting place to make lasting memories together.

**[LEARN MORE HERE](#)**

*\*\*Currently, this program is only offered to foster families in the state of Idaho, but we are looking into future expansion to our bordering states.\*\**

## **Idaho Resiliency Project**

**<https://www.idahoresilienceproject.org/resources>**

The Idaho Resilience Project (IRP) is an organization dedicated to helping Idaho's youth and families build resilience and forge a path beyond trauma. Understanding that adversity happens at the individual, family, and community levels, IRP is working with organizations across the state to improve and create a shared understanding of resilience-informed communities. Through regional collaboration, IRP is working to create safe, stable, and nurturing relationships and environments to positively impact the development of skills that will help youth and families reach their full potential. Explore the calendar to find upcoming training and events. Check out the resource page to find videos, documentaries and lesson plans for every age and stage.

## **Find Help Idaho**

**<https://findhelpidaho.org/>**

Idaho Health Data Exchange is collaborating with findhelp to provide a safe, secure, and effective platform for users to connect people with social services. Simply search and immediately connect to identify medical, behavioral, financial and basic supports relevant and available to meet your needs.



## Brown like Me

Brown like Me has become many of our family's favorite nonprofit organizations in the area. Brown like Me is a "local nonprofit that is helping black youth in Idaho connect with their culture through community outreach".

To learn more about this organization and to view their upcoming events, please visit <https://brownlikeme.org/>.



## Summer Reading Program

Summer reading programs are designed to help children maintain or improve the reading skills they developed during the school year, so that when school resumes in the fall, they are ready to continue moving forward. While there is not a statewide summer reading program in Idaho; rather, Idaho libraries host programs that are implemented and funded locally. We would encourage you to check with your local library to get in on all of the goodies your local librarians have put together for summer, to include: specially curated book lists for every age and stage, reading challenges to be acknowledged with fun prizes as well as reading circles, and youth social events.

## The Mayfly Project: Mentoring Foster Children through Fly Fishing

\*information obtained from [themayflyproject.com](http://themayflyproject.com)\*

The Mayfly Project is a national non-profit organization that is changing the lives of children in foster care across the country. Our 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.

The children that participate in our projects learn all the basics of fly fishing, join in our conservation initiative efforts, and receive a 2:1 mentor ratio at our 5 TMP outings where we teach and mentor in groups together. When the project is completed, each child receives their own curriculum, specialized buttons for participating in the program, fly rod setup, and all the gear they need to continue to pursue fly fishing. Foster parents, relative caregivers, adoptive parents, and group home staff are invited to participate as well! THERE IS ABSOLUTELY ZERO COST TO PARTICIPATE! We fundraise year round to ensure each kid/youth who participates has what they need to fly fish on their own!

### **Register A Child Here**

Watch video: <https://vimeo.com/330261257>

## **Kids Bowl Free!**

Select bowling centers and schools around the country are participating in the first ever Kids Bowl Free program. Registered Kids Receive 2 FREE GAMES Of Bowling Each Day Of The KBF Program All Summer Long! This program is designed by bowling centers to give back to the community and provide a safe, secure, and fun way for kids to spend time this summer. Children whose age does not exceed a limit by a participating bowling center are eligible to register for 2 free games each day of the KBF program, all summer long, courtesy of the participating bowling centers along with the schools and organizations.

### **Participating Bowling Centers in Idaho**

- Boise: Emerald Lanes, Westy's Garden Lanes
- Burley: Snake River Bowl Emerald Lanes
- Coeur D'alene: Sunset Bowling
- Idaho Falls: Bowl-Ero Lanes
- Lewiston: Orchard Lanes
- Meridian: Meridian Bowling Lanes, Pinz Bowling Center
- Pocatello: Tough Guy Lanes

To register, click the bowling center associated with your location.

[https://www.kidsbowlfree.com/all\\_centers.php#ID](https://www.kidsbowlfree.com/all_centers.php#ID)

## **Idaho Care Line**



The 2-1-1 Idaho Careline is a program of the Idaho Department of Health and Welfare. It is a free statewide community information and referral service.



## National Parent Helpline®

1-855-4A PARENT 1-855-427-2736

To get emotional support from a trained Advocate and become empowered and a stronger parent.

## Youth Resource and Opportunity Collaborative

The Youth Resource and Opportunity Collaborative (YouthROC) provides upstream prevention support and resources to assist youth aged 10-17 with behavioral health needs. The ultimate goal is to prevent youth from entering the juvenile justice and child welfare systems by providing connection to community-based resources and services. YouthROC will assist youth in acquiring the resources and support they need to improve their health, well-being, and future success.

For more information about the YouthROC program or advisory committee please reach out to Savannah Swisher, Project Manager at Southwest District Health.

To learn more, click [here](#)



# PARENTING CLASS

Online; \$25 if Idaho Medicaid



BECAUSE PARENTING KIDS WITH CHALLENGING BEHAVIORS REQUIRES AN INTENTIONAL APPROACH

[www.healthyfoundations.co](http://www.healthyfoundations.co) (not .com)



HEALTHY FOUNDATIONS

*Family Program*

*In-home or Online  
Parent Coaching*

RISE, Inc. | [[idadoptresources.org](http://idadoptresources.org)]

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

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