



# post adoption PARENT GUIDE

April 2023 | Issue 24

## Hello Families,

Welcome to the season of Easter bunnies, rainbows, April showers and, at least for this year, snow! While we wait for spring to take hold, our Family Services Team here at RISE has welcomed a new team member (see below!) and new families to partner with.

Our team is proud to be one of many Idaho organizations that joins together in April, Child Abuse Prevention Month, to raise awareness and promote prevention opportunities. We are grateful to be able to take part in many of the community activities and awareness events. Our team had a blast with "chalk the walk" for local schools. We made festive CAP pins for team members and partners. We planted a garden of blue pinwheels out front and we are sporting bright blue from head to toe on Wednesdays!

I love to take part in fun events and celebrate the preventative measures that we have all worked so hard to support in our respective families, neighborhoods



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

and communities. We have had wins that warrant celebration. I remain hopeful that things will continue getting better.

However, I also see Child Abuse Prevention Month as a opportunity for each of us to pause, amid the celebration, and also practice humility. The hard truth is that while we may live in safe(r) communities, abuse does still occur. This month may also serve as an annual reminder that there is still work to be done, that each of us carries a responsibility to continue working to stop it. Below, you will find opportunities in your community to participate in Child Abuse Prevention Month.

Our team knows you to be a force to be reckoned with when it comes to providing safe, loving homes for kids. We can't wait to hear how you show your support. We are wishing you a safe and happy April!

Most Sincerely,  
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](#)

## Staff Update



### **WE WOULD LIKE TO WELCOME OUR NEWEST CASE MANAGER: BRITTANY P.**

We are excited to welcome Brittany Pullen to the RISE Family Services family. Brittany is our newest case manager for our post permanency department.

Pullen grew up in Anchorage, Alaska and then later moved to Boise, Idaho when she was finishing high school in May of 2015. Pullen then went on to continue her education by attending the College of Western Idaho and receiving her associates degree in Sociology May 2019. Pullen then completed her undergraduate degree at Boise State University in 2022. Pullen also looks forward to becoming a licensed social worker within this year.

# APRIL CALENDAR

## WORLD AUTISM MONTH



Did you know, Autism spectrum disorder is one of the fastest-growing developmental disorders in the United States. ASD is more common than childhood cancer, diabetes, and AIDS combined. In 2023, the CDC reported that approximately 1 in 36 children in the U.S. is diagnosed with an autism spectrum disorder.

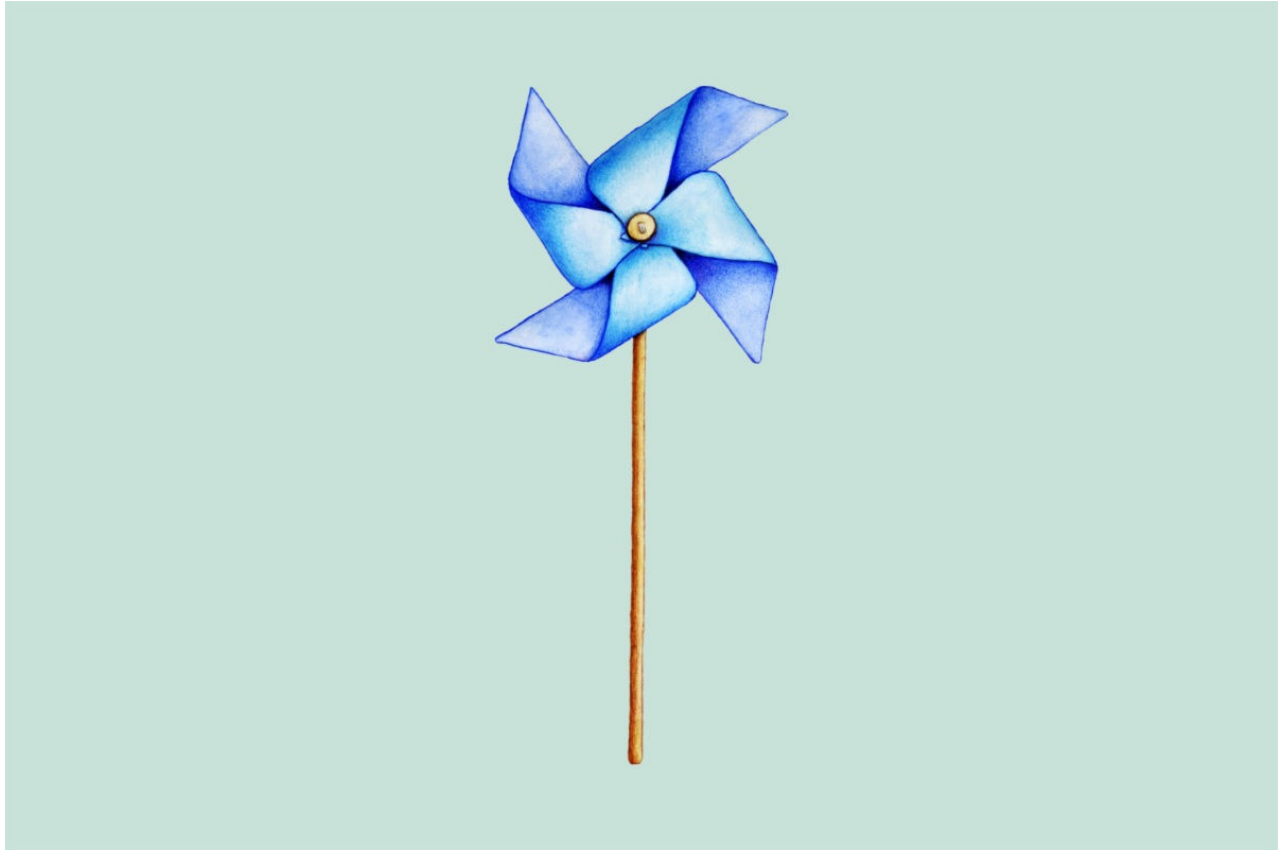
Each year during the month of April, individuals and organizations across the world celebrate Autism Awareness Month. This month aims to make the public more aware of this widespread disability. When we have a better informed public, we will be able to be more empathetic and supportive towards individuals with autism.

The first National Autism Awareness Month was declared by the Autism Society in April of 1970. Since then, autism has become the fastest growing diagnosis in the world, with the diagnosis rate of children with autism increasing from 1 in every 2000 children in the 1970's to 1 in every 68 children today.

To learn more about autism and how you can help raise awareness please visit:  
<https://www.autismspeaks.org/world-autism-month-faq>

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# National Child Abuse Prevention Month



Child Abuse Prevention Month is a time to raise awareness and inspire collective action, so children can lead their best lives. Idaho Children's Trust fund is a local agency in Idaho that has focused and dedicated to the prevention of child abuse and neglect. Please read more about child abuse prevention from the ICTF website below.

<https://idahochildrenstrustfund.org/childabusepreventionmonth/>

## Origin

In 1983, President Ronald Reagan issued a proclamation designating April as National Child Abuse Prevention Month.

Six years later, the color blue began to represent awareness of child abuse and neglect. In 1989, a grandmother from Virginia tied a blue ribbon on her car. She did this in memory of her grandson after he suffered fatal consequences of child maltreatment. This simple act alerted her community to the tragedy of child abuse. The color blue now reminds people why it is so crucial to prevent child abuse.

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# Pinwheels for Prevention

Prevent Child Abuse America introduced the blue pinwheel as the national symbol for Child Abuse Prevention in 2008. Representing a carefree childhood, the pinwheel reminds us of the responsibility we have to ensure happy, healthy, and safe childhoods for all children in our communities.

## Get Involved

“Together, we can prevent child abuse...because childhood lasts a lifetime” – Prevent Child Abuse America

Some simple ways to participate in Child Abuse Prevention Month:

- Display pinwheels, especially gardens of blue pinwheels
- Draft a letter to your elected officials emphasizing the need to invest in Idaho families and children
- Wear blue
- Draw a pinwheel and write a positive message using sidewalk chalk
- Post your support for Child Abuse Prevention month on social media, in a video, or a blog post

## Upcoming Child Abuse Prevention Events In Idaho

**When:** April 29th, 2023 11am-4pm: Health Fair

**Where:** Hispanic Cultural Center- 315 Stampede Dr. Nampa

**When:** April 26th, 2023, 7pm: Resilient Idaho Movie Screening

**Where:** Mad Swede Downtown Boise

**When:** April 26, 2023, 3:30m- 5:30pm: Strengthening Families Celebration

**Where:** Post Falls Head Start

**When:** April 28th, 2023, 1pm-3pm: Nampa Family Justice Center Community Training-Awareness and Prevention for Internet Crimes Against Children

**Where:** Nampa Police Department

**When:** April 29th, 2023 11am-4pm: Idaho Immunization Coalition's Health Fair

**Where:** Hispanic Cultural Center of Idaho- 315 Stampede Dr. Nampa

**When:** April 30th, 2023, 12pm-4pm: Dia de los Ninos

**Where:** Cecil D Andrus Park, Boise

# UPCOMING WEBINAR & TRAININGS

## Idaho Children's Trust Fund Online Prevention Training

The Idaho Children's Trust Fund (ICTF) is the lead agency in the State of Idaho for child abuse and neglect prevention, as designated by the governor.

ICTF has partnered with "Darkness to Light" to increase awareness around the prevention of child sexual abuse by providing access to "Stewards of Children" training online for just \$3 (regularly \$10).

Click the link below and then follow the registration directions to secure your training for \$3.

Register at: <https://idahochildrenstrustfund.org/training/online-prevention-training/>

## What is Stewards of Children?

Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Studies show that with education and training, most abuse can be prevented. This program is designed for organizations that serve youth as well as for individuals who are concerned about the safety of children. It is a nationally distributed, evidence based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

The training is two hours, contains a mix of survivor stories, expert advice, and practical guidance for prevention of child sexual abuse. It is available in three formats – a group setting led by a Darkness to Light Authorized Facilitator, it can be taken individually online, or it can be taken virtually in a group setting led by a Darkness to Light Authorized Virtual Facilitator. The training is 2 hours.

## RISE Family Services Caution

We care about you and applaud all of the experiences, education and skills that you are all committed to constantly developing in your journey to create and maintain safe, inclusive and nurturing homes for your family to grow in. We would never want to discourage you from continuing to build your toolkit or understanding of our ever-

changing world. However, we are also committed to not sending you into anything blind. That said, we want to provide a caution to you prior to engaging in this training. While the material is relevant and evidence based, it is also real and intense at times. Child sexual abuse is a reality, it can also be a very tough topic.

Please be aware and/or prepared for some of the survivor stories to affect you in a personal way. These stories are real and personal experiences of actual survivors. As these stories are factual accounts of children who have experienced sexual abuse, Darkness to Light chooses to include them in their curriculum.

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## **Unpacking Autism: The Impact of Understanding**

Hosted by C.A.S.E/Center for Adoption Support and Education  
Presented by Alyssa Fenix, Transition Coordinator

Join us for this webinar that will unpack some of the myths and stereotypes around Autism, and how the misrepresentation can impact individuals access to supports as well as increase the gaps in equity and inclusion, but most importantly get a better understanding of neurodiversity and how to be a better supporter and ally of people with Autism Spectrum Disorder (ASD).

Webinar Access Available: April 21-May 21, 2023

Registration Link: <https://adoptionsupport.org/event/syf-webinar-unpacking-autism-the-impact-of-understanding/>

For FREE Registration, use this Coupon Code at checkout: AUTISM

## **RESOURCES JUST FOR YOU**

### **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.

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## 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.

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## 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/>.



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## 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.

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# THE MAYFLY PROJECT: MENTORING FOSTER CHILDREN THROUGH FLY FISHING

\*information obtained from 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>

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## **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.

## 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.

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## 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.

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### 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*

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## Brandsource Scholars

**BrandSource Scholarship:** In collaboration with Together We Rise - Foster Love, the

BrandSource Scholarship provides access to academic and workforce opportunities for America's current and former foster youth. To accomplish this, scholarship recipients receive up to \$11,000 in an effort to alleviate the financial burdens associated with securing a trade certification, license and/or vocational degree. To ensure their long-term success, recipients can receive access to personal mentorship and career development services.

### **Applicants must be pursuing the following trades:**

- Appliance Repair Technician
- Plumbing
- Electrician
- Carpentry & Woodwork
- Cabinet Making
- Electronics Repair
- Equipment Operator
- Industrial Mechanical Service

### **Application Process**

The BrandSource Scholarship provides workforce-enriching opportunities for current and former foster youth enrolling in trade schools or apprenticeship programs. Foster Love believes that foster youth can benefit from trade and technical skills that will allow them to immediately enter the workforce upon completion with the opportunity to earn a favorable living in a sustainable field. [Click here](#) to learn more about the application and scholarship requirements.

# FAMILY FUN

## **APRIL SHOWERS BRING MAY FLOWERS**

So it could be a rainy month of family fun. Take some time this month to have some fun and connect as a family. To make it a bit easier for you, below is a list of ways you can make some family memories this month.

- Make a spring bucket list.
- Play "I spy" outside.
- Drive around to look at flowers in bloom.
- Plan a family hike.
- Do a color-based outdoor scavenger hunt.
- Make a bouquet of flowers from the yard.
- Go for a bike ride.
- Plant a garden.
- Host an outdoor picnic with friends.
- Make a spring craft.

- Go to the library and start a new book.
  - Pick five items from your closet to donate.
  - Plant a tree for Arbor Day.
  - Recycle egg shells: When you make eggs for breakfast, carefully crack them open, rinse the shell and dry. Fill with a little bit of soil and plant grass seeds. Draw faces on your shell and the grass that appears will make hair!
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## Mom's Zucchini Bread



<https://www.allrecipes.com/recipe/6698/moms-zucchini-bread/?print>

Each year on April 25th , National Zucchini Bread Day encourages bakers to make this delicious bread. Enjoy this recipe from Vicki Monte, and don't forget the butter and jelly!

Prep Time: 15 mins

Cook Time: 40 mins

Additional Time: 20 mins

Total Time: 1 hrs 15 mins

### Ingredients

3 cups all-purpose flour

1 teaspoon salt

1 teaspoon baking powder

1 teaspoon baking soda

1 tablespoon ground cinnamon

3 large eggs

1 cup vegetable oil  
2 ¼ cups white sugar  
3 teaspoons vanilla extract  
2 cups grated zucchini  
1 cup chopped walnuts

### **Directions**

Preheat the oven to 325 degrees F (165 degrees C). Grease and flour two 8x4-inch pans.

Sift flour, salt, baking powder, baking soda, and cinnamon together in a large bowl. Beat eggs, oil, sugar, and vanilla together in a separate large bowl with an electric mixer until combined; add flour mixture and beat well. Stir in zucchini and walnuts until well combined. Pour batter into the prepared pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 to 60 minutes. Cool in the pans on a wire rack for 20 minutes. Run a table knife around the edges to loosen. Invert carefully onto a wire rack and let cool completely.