



# post adoption PARENT GUIDE

May 2023 | Issue 25

## Hello Families,

Here's to those April showers bringing us some May flowers! It is sometimes unbelievable how quickly we move from the busy business of "back to school" to summer break and graduation season. While each season holds its own magic for a kid, I hold a special place in my heart for Idaho summers. I have fond memories of the excitement of summer time activities. I remember fishing the snake river on hot July days, when the goal was to catch fish, but the result was almost always a ragtag group of kids slipping into the water to horse around and dash any chance of a decent catch.

Growing up and/or raising kids in Idaho really can be an incredible experience. As an adult, I just love being able to see kids have the opportunities to share in some of the summer magic that Idaho offered me as a kid. I hope that all of our families are able to get in some of that *Idaho Summer Wonder* this year.

I am also excited about the month of May because it is Mental Health Awareness Month. We are recognizing this event here at RISE Family Services by encouraging opportunities for our team



## 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

members and the families we support to engage in honoring their own needs by practicing self-care, fostering resiliency and honoring the need to take time to unplug and engage in the things that recharge us.

We have some tools, resources and opportunities included in this month's newsletter to support you in doing the same. We hope that you all are celebrating your wins, making fun summer plans that offer you a chance to recharge and remembering that you and your needs matter.

We are wishing you a safe and happy May!

Most Sincerely,  
Sarah Andrade, Executive Director

Please reach out via email at **id-adoptsupport@riservicesinc.org** or 208-252-6117. We look forward to answering questions and working with your family.

[Visit our website](#)

services.

# MAY CALENDAR

**Take Care of Yourself: May is Mental Health Awareness Month**



Mental health is essential to everyone's overall health and well-being. So much of what we do physically impacts us mentally, it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and success.

May is mental health awareness month, a time that the US observed since 1949. Increase awareness of the importance of mental health and wellness in Americans lives, and to celebrate recovery from mental illness the idea behind this month-long observation is to increase awareness in general and to give people an avenue to speak up if they are struggling or need help.

Mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and down of life, physical health and mental health, can help you on the path towards focusing both.

To learn more about mental health awareness month please visit:

**[https://nami.org/Your-Journey/Family-Members-and-Caregivers?  
utm\\_source=MailChimp&utm\\_medium=Newsletter&utm\\_campaign=2023MHAM&utm\\_content=](https://nami.org/Your-Journey/Family-Members-and-Caregivers?utm_source=MailChimp&utm_medium=Newsletter&utm_campaign=2023MHAM&utm_content=)**

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## Mental Health in Children



# Children and Mental Health

## Is This Just a Stage?

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

### Mental Health in Childhood

Raising a child can be challenging. Even under the best circumstances, their behaviors and emotions can change frequently and rapidly. All children are sad, anxious, irritable, or aggressive at times, or they occasionally find it challenging to sit still, pay attention, or interact with others. In most cases, these are just typical developmental phases. However, such behaviors may indicate a more serious problem in some children.

Mental disorders can begin in childhood. Examples include anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder, depression and other mood disorders, eating disorders, and post-traumatic stress disorder (PTSD). Without treatment, these mental health conditions can prevent children from reaching their full potential. Many adults who seek mental health treatment reflect on the impact of mental disorders on their childhood and wish they had received help sooner.

### When to Seek Help

How can you tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that are cause for concern? In general, consider seeking help if your child's behavior persists for a few weeks or longer; causes distress for your child or your family; or interferes with your child's functioning at school, at home, or with friends. **If your child's behavior is unsafe, or if your child talks about wanting to hurt themselves or someone else, seek help immediately.**

*Young children* may benefit from an evaluation and treatment if they:

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomachaches or headaches with no known medical cause
- Are in constant motion and cannot sit quietly (except when they are watching videos or playing video games)
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Are not interested in playing with other children or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things many times out of fear that something bad may happen

*Older children and adolescents* may benefit from an evaluation and treatment if they:

- Have lost interest in things that they used to enjoy
- Have low energy
- Sleep too much or too little or seem sleepy throughout the day
- Are spending more and more time alone and avoid social activities with friends or family
- Diet or exercise excessively, or fear gaining weight
- Engage in self-harm behaviors (such as cutting or burning their skin)
- Smoke, drink, or use drugs
- Engage in risky or destructive behavior alone or with friends
- Have thoughts of suicide
- Have periods of highly elevated energy and activity and require much less sleep than usual
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear

Learn more about warning signs at [www.nimh.nih.gov/children](http://www.nimh.nih.gov/children).

### Get Immediate Help

If you, your child, or someone you know is in immediate distress or is thinking about hurting themselves, call the **National Suicide Prevention Lifeline** toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY (4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the **National Suicide Prevention Lifeline** website at <https://suicidepreventionlifeline.org>.

# Teach Your Kids About Handling Stress with These Fun Activities from the National Alliance on Mental Health

# STRESS CATCHER

## CATCH SOME GREAT COPING STRATEGIES AND SKILLS FOR MANAGING STRESS

From the NATIONAL INSTITUTE of MENTAL HEALTH

Life can get challenging sometimes, and it's important for kids (and adults!) to develop strategies for coping with stress or anxiety. This stress catcher "fortune teller" offers some strategies children can practice and use to help manage stress and other difficult emotions.

Follow the instructions to create a fun and interactive way for children to practice coping strategies.



### CREATE YOUR STRESS CATCHER

- STEP 1.** Color the stress catcher (on page 2), and cut out the square.
- STEP 2.** Place the stress catcher face down. Fold each corner to the opposite corner, and then unfold to create two diagonal creases in the square.
- STEP 3.** Fold each corner toward the center of the square so that the numbers and colors are facing you. Turn over the square, and again fold each corner into the center so that the color names are visible.
- STEP 4.** Fold the square in half so that the color names are touching, and the numbers are on the outside. Now open it and fold it in half the other way.
- STEP 5.** Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
- STEP 6.** Close the stress catcher so only the numbers show.

### USE YOUR STRESS CATCHER

1. Pick a number, and open and close the stress catcher that number of times.
2. Next, pick a color and spell out the color name, opening and closing the stress catcher for each letter.
3. Then pick a color that is visible and open that flap.
4. Read what it says, and practice the coping strategy.
5. This game can be played with one or two players and is a way to practice coping strategies.



### ADDITIONAL RESOURCES

5 Things You Should Know About Stress  
[www.nimh.nih.gov/stress](http://www.nimh.nih.gov/stress)

The Teen Brain: 7 Things to Know  
[www.nimh.nih.gov/teenbrain](http://www.nimh.nih.gov/teenbrain)

5 Action Steps for Helping Someone in Emotional Pain  
[www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain](http://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain)

National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
1-800-273-TALK (8255) for free 24-hour help

Crisis Text Line  
[www.crisistextline.org](http://www.crisistextline.org)  
Text HELLO to 741741 for free 24-hour help

For more information about mental health, visit the NIMH website at [www.nimh.nih.gov](http://www.nimh.nih.gov). For information on a wide variety of health topics, visit the National Library of Medicine's MedlinePlus service at <https://medlineplus.gov>.

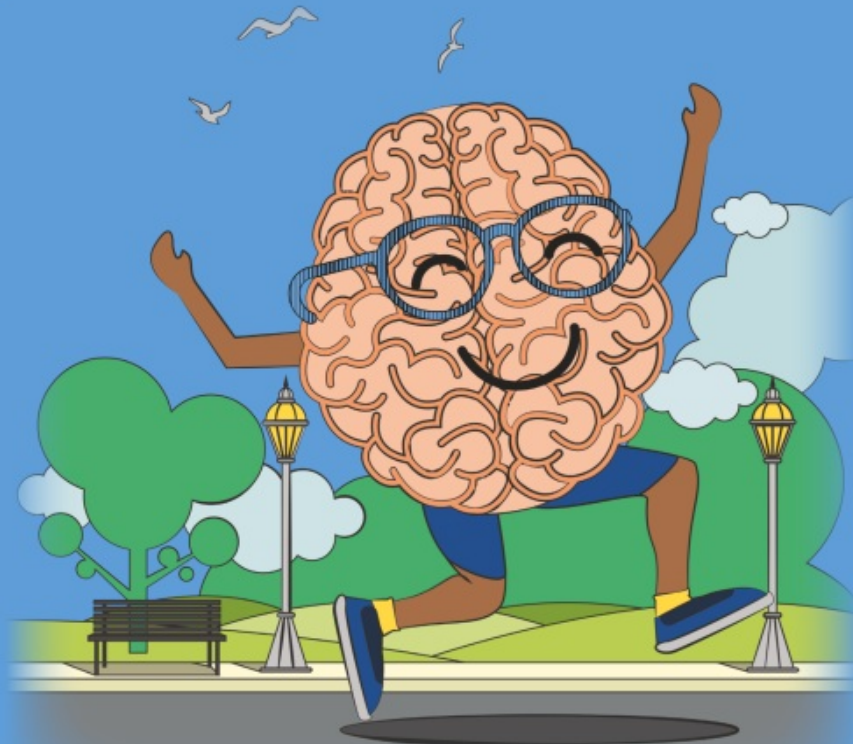


**NIH** National Institute  
of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

NIH Publication No. 20-MH-8121

# STAND UP TO STRESS!



## A COLORING & ACTIVITY BOOK FOR KIDS AGES 8-12

*From the* **NATIONAL INSTITUTE** *of* **MENTAL HEALTH**

A coloring and activity book for kids ages 8-12 from the National Institute of Mental Awareness

This free coloring and activity book teaches children about stress and anxiety and offers tips for coping in a healthy way.

Download and print the [PDF version](#) today.

# 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](#)

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## **Idaho Resiliency Project**

[\*\*https://www.idahoresilienceproject.org/resources\*\*](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/\*\*](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](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>

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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.

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

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## **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.



## 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)]