



September 2023 | Issue 9

Happy Autumn RISE Families!

It has been an incredibly busy summer for RISE Family Services in Idaho. It is my hope that this finds you with all of the back-to-school excitement at bay, settled routines and nothing but hope for the rest of the school year.

I think that you will find this month's newsletter to be both informative and fun to read.

As I approach the end of my first year with RISE, I am excited to implement new and exciting things that I have learned from some of you, our team here and the kids that I have had the privilege of hearing from. At the top of my list of items I plan to tackle in the next year is increasing our opportunities to interact with and support each of you. To start, I am asking that you reach out with items/topics that would be of value or interest to you to include in our newsletter. You are welcome to send your information requests/suggestions to my email at saraha@risefamilyservices.org.



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,

Our Family Services Team would like to wish you a happy, fun, and safe entry to fall and hope that you are able to enjoy some of the fun activities that Idaho has to offer during this season.

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. If you have not received any paperwork, there is still time to get it in. Please reach out to us directly by email: **id-adoptsupport@riseservicesinc.org** or calling us at 208-252-6117.

You can also download the form by clicking [here](#)

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 or by telephone at **208-252-6117**. As always, we look forward to answering questions and working with your family.

September is Suicide Prevention and Awareness Month, a time dedicated to raising awareness about mental health, providing support, and reducing the stigma surrounding suicide. It's an opportunity for communities and individuals to come together, share resources, and promote conversations that can save lives. Let's work together to spread hope, understanding, and empathy.

How to Help Someone You Know

****information from www.dhs.gov****

If you know someone who is at immediate risk of suicide, call 911 right away. It can be difficult when someone you know expresses thoughts about suicide, but you can show support by doing the following:

- Talk. Your willingness to express your concern for the person in crisis can be the first step in getting that person help.
- Listen. Being an active listener is another way of reminding a person in crisis that they are not alone.

- Remain Present. Your physical and emotional presence in the person's life makes a difference. If you are worried about their safety, get help from a mental health professional immediately.
- Call or text 988. Last year, 988 was activated as a new three-digit dialing code. When someone dials 988, they will be connected to the existing National Suicide Prevention Lifeline. This confidential support line is available 24 hours a day to provide free help to people in suicidal crisis or mental health-related distress.
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What To Do If You Are Struggling

If you are struggling or in crisis, remember that there is hope and there are steps you can take to seek help and support.

- Call or text 988. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.
- Use your **Employee Assistance Program** and call: 800-222-0364 (TTY: 888-262-7848, International: 314-387-4701). Counselors are available 24 hours a day, seven days a week, to provide support, referrals, and information for emergency services.

American Foundation for Suicide Prevention presents: Out of the Darkness Treasure Valley Walk

Many people's introduction to AFSP comes through the *Out of the Darkness Walks*, taking place in cities nationwide. In our Community, Campus and Overnight Walks, those affected by suicide – and those who support them – raise awareness and much-needed funds, strongly sending the message that suicide can be preventable, and that no one is alone.

Date: Saturday, October 7th, 2023

Location: Kleiner Park, Meridian, ID

Registration and Partner Fair: 9:00 am

Sound Healing offered by Brittany Forester, Founder of Ember Healing: 10:00 am

Opening Ceremony: 10:15 am

Walk Start Time: 10:45 am

[Register Now](#)

Walk with NAMI 2023

NAMIWalks 2023 represents a powerful chance to leave a significant mark on the local mental health landscape. Whether you're a previous participant or a new voice waiting to be heard, we're pretty sure you'll find the festivities inspired and inspiring.

Date: Saturday, October 7th, 2023

Location: North Idaho Animal Hospital 320 Ella Street, Sandpoint, ID 83864

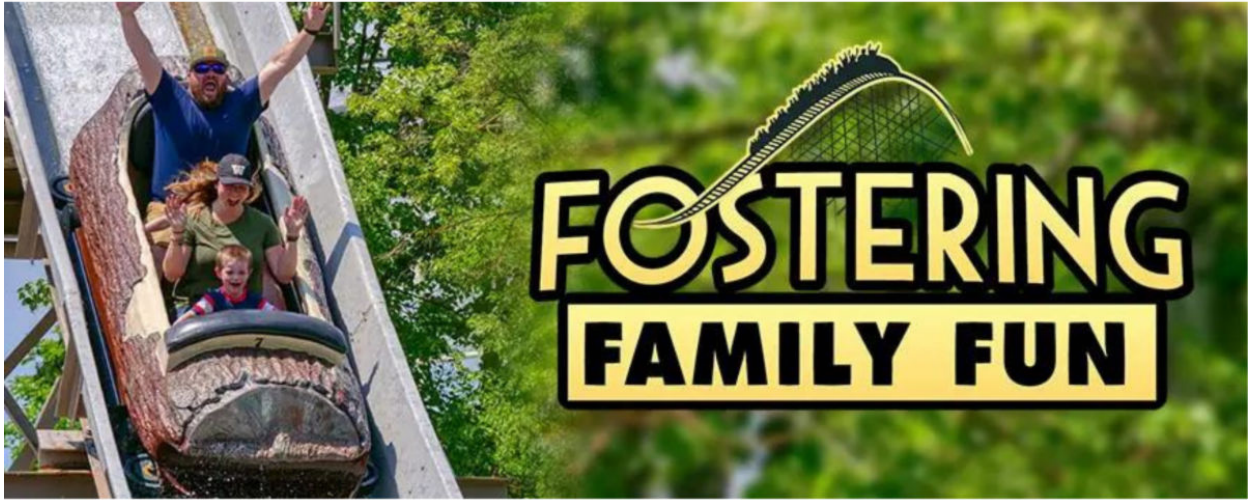
Time: 9 am- 12 pm PT

[Register Here](#)

Fetal Alcohol Spectrum Disorder (FASD) Awareness Month is observed in September. This important month aims to increase understanding about FASD, a range of lifelong physical, mental, behavioral, and cognitive disabilities that can occur in individuals exposed to alcohol during pregnancy. It's an opportunity to promote prevention, early diagnosis, and support for individuals and families affected by FASD, fostering a more informed and compassionate society.

** All tickets have been claimed as of now, to be placed on their waitlist [Click 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/>.



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>

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



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 (not .com)



HEALTHY FOUNDATIONS

Family Program

*In-home or Online
Parent Coaching*

RISE, Inc. | [idadoptresources.org]

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

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