



January-February 2024 | Issue 1

## Happy February RISE Families!

My hope is that this newsletter finds each of you successfully through the first month of 2024 and looking forward to what is to come. We are past the holiday season, although not the holiday weather!

As we prepare for February, many of the children in our lives are eagerly planning the valentine treats and treasures that they will proudly deliver to friends, family and teachers, celebrating and honoring the special place that they hold in their hearts. Kitchen tables and classrooms are chalk full of construction paper, bottles of Elmer's glue and, of course, the dreaded glitter. As I sat at my own kitchen table, beholding the remnants of the sparkly red and pink disaster that happens this time of year, I thought about each of you, perhaps surveying your own impending chaos of cards, treats and carefully crafted messages, as well as the pressure to get those messages "*just right*."

I know that Valentine's Day is often celebrated as a "romantic" holiday, but I see value in celebrating the love that we have for each person that holds space in our hearts. Adoption is likely one of the greatest acts of love that people can experience. While there are many ways that an adoption can begin, they are all rooted in love, hope and promise for a child. Choosing to adopt a child is ultimately one of the greatest acts of love. The decision comes from a strong desire to provide a child with unconditional love and support.

We, at RISE Family Services, are so grateful to have the opportunity to celebrate wins, rally through rough moments and support such *amazing* and *loving* families in Idaho.

*Thank you for all that you do to make the world a more loving place.*

Sarah Andrade, Executive Director

*“Not flesh of my flesh, nor bone of my bone. But still miraculously my own. Never forget for a single minute, you didn’t grow under my heart but in it.” — Fleur Conkling Heyliger*

[Visit our website](#)



## 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.

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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@riseservicesinc.org](mailto:idadoptsupport@riseservicesinc.org) or by telephone at **208-252-6117**. As always, we look forward to answering questions and working with your family.

# HELLO 2024!



As we kick off the second month of 2024 we're thrilled to share a glimpse of what's coming in our future newsletters. Get ready for:

1. **Spotlight on Success:** We'll be featuring inspiring success stories from our community, highlighting the incredible journeys of families and individuals. Stay tuned for heartwarming tales of triumph.
2. **Expert Insights:** Look forward to exclusive content from experts in the field, providing valuable insights on parenting, well-being, and navigating the unique aspects of your journey. Expert advice tailored for you!
4. **Community Showcases:** We'll be shining a spotlight on different families within our community, celebrating their uniqueness and the diverse ways in which they contribute to the rich tapestry of adoption.
5. **Workshops and Events:** Stay informed about upcoming workshops, webinars, and community events tailored to address your specific needs. Enhance your skills, connect with others, and enrich your family experience.
6. **Sneak Peeks:** Enjoy sneak peeks into upcoming initiatives, projects, and resources we're developing to better support you on your journey. Your feedback will be invaluable as we continue to grow together.

We're excited about the possibilities the future holds and can't wait to share these enriching experiences with you. If you have suggestions or topics you'd love to see covered, reach out to us at [id-adoptsupport@riseservicesinc.org](mailto:id-adoptsupport@riseservicesinc.org).

Here's to a year filled with growth, connection, and shared moments!

# 2023 FEDERAL ADOPTION TAX CREDIT



## The 2023 Federal Adoption Tax Credit

Updated June 2023

For adoptions finalized in 2023, there is a federal adoption tax credit of up to \$15,950 per child. The 2023 adoption tax credit is NOT refundable, which means taxpayers can only get the credit refunded if they have federal income tax liability (see page 2).

The credit is claimed one time for each adopted child, and should be claimed when taxpayers file taxes for 2023.

To be eligible for the credit, parents must:

- **Have adopted a child other than a stepchild** — A child must be either under 18 or be physically or mentally unable to take care of him or herself.
- **Be within the income limits** — How much of the credit parents claim is affected by income. In 2023, families with a modified adjusted gross income below \$239,231 can claim full credit. Those with incomes above \$279,230 cannot claim the credit; those with incomes from \$239,231 to \$279,230 can claim partial credit.

### The Amount of Credit to Be Claimed

Families who finalize the adoption of a child with special needs in 2023 (see details at right) can claim the full credit of \$15,950 whether or not they had any expenses.

*Example — A woman adopts three of her grandchildren from foster care and the state paid all of the fees. All three children receive monthly adoption assistance benefits and thus are considered special needs. The grandmother earns less than \$239,231 so can claim the full credit of \$15,950 per child for a total of \$47,850. How much the grandmother actually receives, however, will depend on her tax liability (explained on page 2).*

Other adopters can claim a credit based on their qualified adoption expenses, which are the reasonable and necessary expenses paid to complete the adoption as long as those expenses are not reimbursed by anyone else. If the expenses are less than \$15,950, the adopters claim only the amount of the expenses. If expenses exceed \$15,950, the maximum to be claimed is \$15,950 per child.

*Example — A couple adopted two children from China and had \$40,000 in legal, travel, and agency fees. They received employer reimbursement of \$20,000, leaving them with \$20,000 in qualified adoption expenses. They can claim only \$20,000 (not the maximum \$31,900 they might have been eligible for had their expenses been higher). If their modified adjusted gross income was between \$239,231 and \$279,230, they would receive only a portion of the credit, since the credit begins to phase out at incomes of \$239,231.*

### When to Claim the Credit

Parents who adopt a child with special needs and are not basing their request on expenses claim the credit the year of finalization. Parents who adopt internationally cannot claim the credit until the year of finalization. Parents who are adopting from the U.S. and claiming qualified adoption expenses can claim the credit the year of finalization or the year after they spent the funds.

*Example — A family begins adopting a U.S. infant in 2021 and incurs \$4,000 in expenses in 2021, \$5,000 in 2022, and \$3,000 in 2023. The adoption finalizes in 2023. The parents must file for the \$4,000 spent in 2021 on their 2022 taxes. They cannot claim the \$5,000 and \$3,000 until they file their 2023 taxes.*

### Qualifying as Special Needs

Families who finalized in 2023 the adoption of a child who has been determined to have special needs can claim the full credit of \$15,950 regardless of their adoption expenses. The credit for all other adopted children is based on the family's qualified adoption expenses.

Basically, a child with special needs is a U.S. foster child who receives adoption subsidy or adoption assistance program benefits (which can include a monthly payment, Medicaid, or reimbursement of nonrecurring expenses). The instructions for the 2023 tax credit explain that to be considered a child with special needs, the child must meet all three of the following characteristics:



1. "The child was a citizen or resident of the United States or its possessions at the time the adoption effort began (US child).
2. A state (including the District of Columbia) has determined that the child cannot or should not be returned to his or her parents' home.
3. The state has determined that the child will not be adopted unless assistance is provided to the adoptive parents. Factors used by states to make this determination include:
  - o The child's ethnic background and age,
  - o Whether the child is a member of a minority or sibling group, and
  - o Whether the child has a medical condition or a physical, mental, or emotional handicap."

Just because a child is disabled does not mean the child is special needs under the tax credit. No child adopted internationally is considered special needs for the adoption tax credit. Not even every child adopted from foster care is considered special needs (about 10 percent of children adopted from care do not receive adoption assistance support). **Those who do not receive any support from the adoption assistance program are likely not to have been determined to have special needs.**

Bottom line, if your child does not receive adoption subsidy/adoption assistance benefits, you will likely have to have qualified expenses to claim the credit.

#### How Much Taxpayers Will Benefit

How much, if any, of the adoption tax credit a parent will receive depends on their federal income tax liability in 2023 (and the next five years). In one year, taxpayers can use as much of the credit as the full amount of their federal income tax liability, which is the amount on line 18 of the Form 1040 less certain other credits (see Child Tax Credit below). Even those who normally get a refund may still have tax liability and could get a larger refund with the adoption tax credit. Taxpayers have six years (the year they first claimed the credit plus five additional years) to use the credit.

People who do not have federal income tax liability will not benefit this year. We encourage them to claim the credit and carry it forward to future years since the credit may become refundable again in the future.

Below are a couple of examples of how the tax credit might benefit families who finalized adoptions in 2023. (These are simplified examples.)

*Example 1 — A couple adopted two brothers who had been determined to be special needs. The parents had \$6,500 in federal income tax withheld from their paychecks, and their tax liability is \$7,000, which means they would normally*

*owe \$500 to the IRS. Their adoption tax credit is \$31,900. They use \$1,000 in child tax credit and \$6,000 in adoption tax credit on their 2023 taxes. They get a refund of the \$9,500—the \$6,500 they already paid plus \$3,000 in child tax credit, and can carry over \$25,900 for up to five more years.*

*Example 2 — A couple adopted three siblings with special needs. They had \$1,000 in federal income tax withheld from their paychecks, and their tax liability is \$0, which means they would receive a refund of \$1,000. They have \$47,850 in the adoption tax credit, but they cannot use it with their 2023 taxes since they have no federal income tax.*

*liability. They should still file Form 8839 with their 2023 tax return so that they can carry the credit forward for up to five additional years in case their tax liability goes up in*

For adoptions finalized between 2015 and 2022, you should visit the Families Rising website, [www.nacac.org](http://www.nacac.org), for further information about how to file for the adoption tax credit. Adoptions finalized before 2015 are no longer able to file for the credit.

*the future or the credit becomes refundable.*

#### Interaction with the Child Tax Credit

In 2023 the Child Tax Credit is only partially refundable for age 0-17 years old. In 2023 this credit will interact and likely reduce the amount of the Adoption Tax Credit that is used. If you are claiming a Credit for Other Dependents that will still reduce the amount of the Adoption Tax Credit you are able to use this year.

#### Claiming the Credit

To claim the credit, taxpayers will complete a 2023 version of IRS Form 8839 (available at [irs.gov](http://irs.gov) in early 2024) and submit it with their Form 1040 when they file their 2023 taxes, most tax software will create this form for you. Before filing, taxpayers should review 2023 Form 8839 instructions (also available at [www.irs.gov](http://www.irs.gov)) very carefully to be sure that they apply for the credit correctly and to see if anything has changed. The instructions are needed to calculate how much of the credit will be used.

The instructions state that taxpayers may e-file their tax return to claim the adoption tax credit, there is no requirement to paper file the return. There is no requirement to submit documentation in 2023 (documentation was required in 2010 and 2011 when the adoption credit was refundable).

For more information, visit [www.nacac.org/taxcredit/taxcredit.html](http://www.nacac.org/taxcredit/taxcredit.html), e-mail [taxcredit@nacac.org](mailto:taxcredit@nacac.org), or call 800-470-6665. Families Rising is not a tax professional organization and this information should not be considered to be legal or tax advice.

Families Rising • 970 Raymond Avenue, Suite 205, St. Paul, MN 55114

# VALENTINE'S DAY

# Ways to Show Love in Adoption: Valentine's Day



***These 14 ideas will make this Valentine's Day your very best.***

*Denalee Chapman February 14, 2016*

Ah! Love! How wonderful that we have a day devoted to celebrating love. Helen Keller said, *"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."* What is more beautiful than real love? On this day of celebration, let's consider not just feeling love, but also showing it. Following are fourteen ways to show love in adoption:

1. Acknowledge your child's birth mother with a special Valentine card. This is from you, not from the child. Include your real feelings: What is it that you love about her? What would you tell her if this was the last time you could communicate with her? What adjectives describe your feelings for her?
2. Send flowers to your caseworker. Sure, it's their job to make the adoption happen—but don't you just love 'em? Without your caseworker you might not have your child.
3. Tuck little notes inside a red balloon. Blow up the balloon, then stick a note to the outside saying "Pop Me." These little notes of love for your adopted child will be a fun surprise after the loud \*POP\*!
4. Wrap a little gift for each year of the age of your child. Attach a photo of your child as a newborn to the first gift, a 1-year-old on the second gift, and so on. This makes a wonderful present for a birth mother.

5. Write a poem or letter, then read it aloud and post it on YouTube. Send the link to the recipient—your parents, child, birth mother, etc. Seeing your face and hearing your voice is as much a gift as the actual words.
6. How Do I Love Thee? “Count the ways” on a list you create for your mom or dad. As an added gift, frame the list . . . they’ll love it!
7. Mommy & Baby Gummy Bears: If you’re a birth mother, consider buying some large and small gummy bears, packaging them up in a clear bag tied with a bow. Attach a note of love and send it to your child.
8. Candy heart phrases: Have your child choose the candy hearts with his/her favorite phrases. Use a piece of poster board to write a story for your child’s birth mother and have your child glue the hearts in the proper spots in place of written words.
9. Socks. Find some cute socks with hearts on them. Send them with a note of love to a member of the adoption triad who means something special to you.
10. Give flowers with a flair. If you live near enough to the birth mother of your child, hand-deliver fresh cut flowers in a vase you decoupage with photos of your child.
11. Make heart-shaped chocolates. Pick up a candy mold in the craft section of a store. Melt chocolate chips with just a spoonful of shortening or coconut oil in 30-second increments in the microwave. Pour into the molds. Stick the filled mold into the freezer then let your child pop out the chocolate hearts. This is a great gift for Mom, Dad, Birth Mother, or anyone!
12. *Give laughter. Attach an envelope to a bag of nuts. Label the envelope: Nutty thoughts. Fill the envelope with funny things your child has said, or ask your child to make up jokes to fill the envelope with. Give the nutty gift to your child’s birth mother.*
13. *Send some kisses. Fill a small box with candy kisses. Put lipstick on your child and have him/her cover the outside of the gift box in kisses. Spraying the lipstick kisses with hairspray will help them to not smear. Give this gift to a birth parent or adoptive parent.*
14. *Publicly thank your child’s parents. Upload a picture to a social media site of your child with his adoptive parents. Tag them in the photo and thank them for being his/her parents.*

**<https://adoption.com/ways-to-show-love-in-adoption-valentines-day>**



# TRAINING

## **Upcoming Workshops & Support Groups**



FOR CHILDREN 12 +  
& CAREGIVERS

## Journaling Workshop

Learn about the positive benefits of journaling while making your own junk journal! All supplies included, free of charge.

Saturday, February 24

12 PM - 3 PM



**FAMILY**  
STRENGTHENING  
EDUCATION PROGRAM

at the FA Office

3010 W. State Street

REGISTER NOW: 208-345-3344 X 1015 OR ENROLL@FAMILYADVOCATES.ORG



**2024 ANNUAL  
IDAHO FOSTER CARE CONFERENCE**  
*"A journey of a thousand miles starts beneath one's feet."*

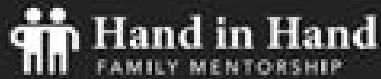
<b>North Hub</b> <b>March 15 &amp; 16</b> Coeur d'Alene	<b>West Hub</b> <b>April 5 &amp; 6</b> Meridian	<b>East Hub</b> <b>April 19 &amp; 20</b> Idaho Falls
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**FRIDAY 1:00 PM - 8:15 PM**  
Doors open at Noon. Dinner is provided.  
**SATURDAY 8:30 AM - 1:00 PM**  
Doors open at 8 AM for light breakfast.  
**Scan to Register or click to visit [FamilyRTC.org](https://FamilyRTC.org)**



CEUS • LOCAL RESOURCES • DOOR PRIZES • NETWORKING

## Hand in Hand: Hopeful Hands Event



# HOPEFUL HANDS

An evening with motivational speaker Stephanie Ellison and her first-hand account of how connection can heal trauma, abuse, and neglect.

Join us Saturday, 2/24/24 at 6:30pm at JUMP on 1000 W Myrtle St, Boise for this FREE event for guests 13 years and older. Appetizers will be served.



Fostering Idaho  
FOSTER | SHARE | SUPPORT



RSVP & LEARN MORE AT

[handinhandmentoring.org/hopefulhands](https://handinhandmentoring.org/hopefulhands)

**An evening with motivational speaker Stephanie Ellison and her first-hand account of how connection can heal trauma, abuse, and neglect**

**Saturday, February 24, 2024 at 6:30pm  
Jack's Urban Meeting Place (JUMP)  
1000 W Myrtle St, Boise, ID 83702  
Appetizers will be served**



Hand in Hand Family Mentorship will be hosting an event in February called, "Hopeful Hands." It will take place on February 24th, 2024 at 6:30 p.m. at JUMP in downtown Boise. This event is for everyone!

Our speaker will be Stephanie Ellison from Abilene, Texas. Stephanie travels throughout the country sharing a story of hope and healing for victims of trauma, abuse and neglect, as well as guidance for those who support them.

Also in attendance will be four non-profit organizations in the Treasure Valley, each working to support struggling individuals and families. They will share a brief overview of their organization and how the community can get involved.

To RSVP click the link: [www.handinhandmentoring.org/hopefulhands](http://www.handinhandmentoring.org/hopefulhands)

## A New Beginning Support Groups

### **Youth Adoptee Support Group: You Are Not Alone:**

A New Beginning's youth groups are a safe place to connect, have fun and most of all, realize YOU ARE NOT ALONE! Living in a world filled with unknowns, diversity, and big decisions, it is important to build a community of people who uplift.

#### *Schedule*

YANA Meeting dates are:

February 13 & 27

March 13 & 27

April 10 & 24

May 8 & 22

June 12 & 26

#### *Registration & Fees*

A subscription to YANA is required. Each monthly subscription includes 2 (1 hr) virtual activities per month.

IDAHO Families: Medicaid or Private Pay of \$25 per month per child is accepted

NON-IDAHO families: Private Pay is \$25 per month per child

If you have more questions about the YANA program, please email [yana@adoptanewbeginning.org](mailto:yana@adoptanewbeginning.org)

### **Adoptive Dads Support Group: DANA (Dad's Are Not Alone)**

Meets the 4th Tuesday of every month. Perfect for Dads and Dads-to-be of adopted children. It doesn't matter which adoption program, adoptive Dads can connect. Topics vary and the group remains a safe, fun and connective space.

Find dates and RSVP – [click here](#)

**Adoptive Moms and Moms-to-be Support Group:**

Adoptive Moms and moms-to-be who have had a child placed in their home or Moms who have completed a home study and are waiting for child placement are invited to our group. Our Mom Tribe is the perfect place to connect to others who have an adoption journey. Our adoption professionals are partnering with adoption peers to lead compelling and informative groups the 3rd Tuesday of each Month. Building your peer community, learning for each other, adoptive parents, experts and discovering resources.

When: 3rd Tuesday of each month

Time: 7 pm – 8:30 pm

Find dates and RSVP – [click here](#)

# CALLING ALL HEARTS

## RISE Is Seeking Treatment Foster Care Parents



Are you passionate about making a positive impact on the lives of children and youth in need? If, so we have an exciting opportunity for you!

We are actively seeking compassionate individuals or families who are interested in becoming treatment foster care parents in Regions 3 & 4. Whether you are a seasoned foster parent looking to expand your impact or someone considering treatment foster care for the first time, we welcome you to join our dedicated team.

As a treatment foster care parent, you will have the unique ability to provide a nurturing and supportive environment for children and adolescents who have experienced trauma or have behavioral and emotional challenges.

By opening your heart and home to these vulnerable young individuals, you can play a pivotal role in their healing and growth. As a treatment foster care parent, you will receive specialized training, ongoing support, and a generous stipend to ensure that you have the resources and knowledge needed to provide the best care possible.

If you are interested in learning more about becoming a treatment foster care parent, please contact RISE Family Services at 208-252-6117 or email

**[TFCIdaho@riseservicesinc.org](mailto:TFCIdaho@riseservicesinc.org)**

# RESOURCES JUST FOR YOU

## Healthy Foundations Family Programs



## Are your child's mental health problems making parenting seem impossible?

- Watch our FREE parenting video
- Schedule a FREE 15-minute consult
- Use our 90-day in-home program to help you build a bridge to better behaviors

Change your family's future here:  
[www.healthyfoundations.co](http://www.healthyfoundations.co) (not .com)



## Empowering Parents Program Grant

The Empowering Parents program provides eligible families with grant funds for use towards eligible education services and devices to help students recover from learning loss. Section 33-1030, Idaho Code, defines eligible education expenses. Eligible education expenses and a chart of commonly approved and denied items. Learn more about the eligibility at <https://empoweringparents.idaho.gov/>

## Idaho's Wednesday's Child

### What is Idaho Wednesday's Child?

Idaho Wednesday Child is a program aimed at connecting children in foster care with permanent families through adoption. The program began in 1981 as a partnership between Idaho's Child Welfare system and local media outlets. Every Wednesday, a



child who is waiting to be adopted is highlighted and introduced to the community through various media channels, including television, radio, and online platforms.

Idaho Wednesday's Child has played a vital role in transforming the lives of children in foster care, offering them hope, stability, and the love of a forever family.

Learn more at: <https://idahowednesdayschild.org/>



The TBRI® Podcast features conversations about Trust-Based Relational Intervention®, an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children.

On this podcast we talk about the elements of trauma-informed care and chat with experts in the field about implementing TBRI® across different communities of care and practice.

To learn more **click here**



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.idahoaresilienceproject.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](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

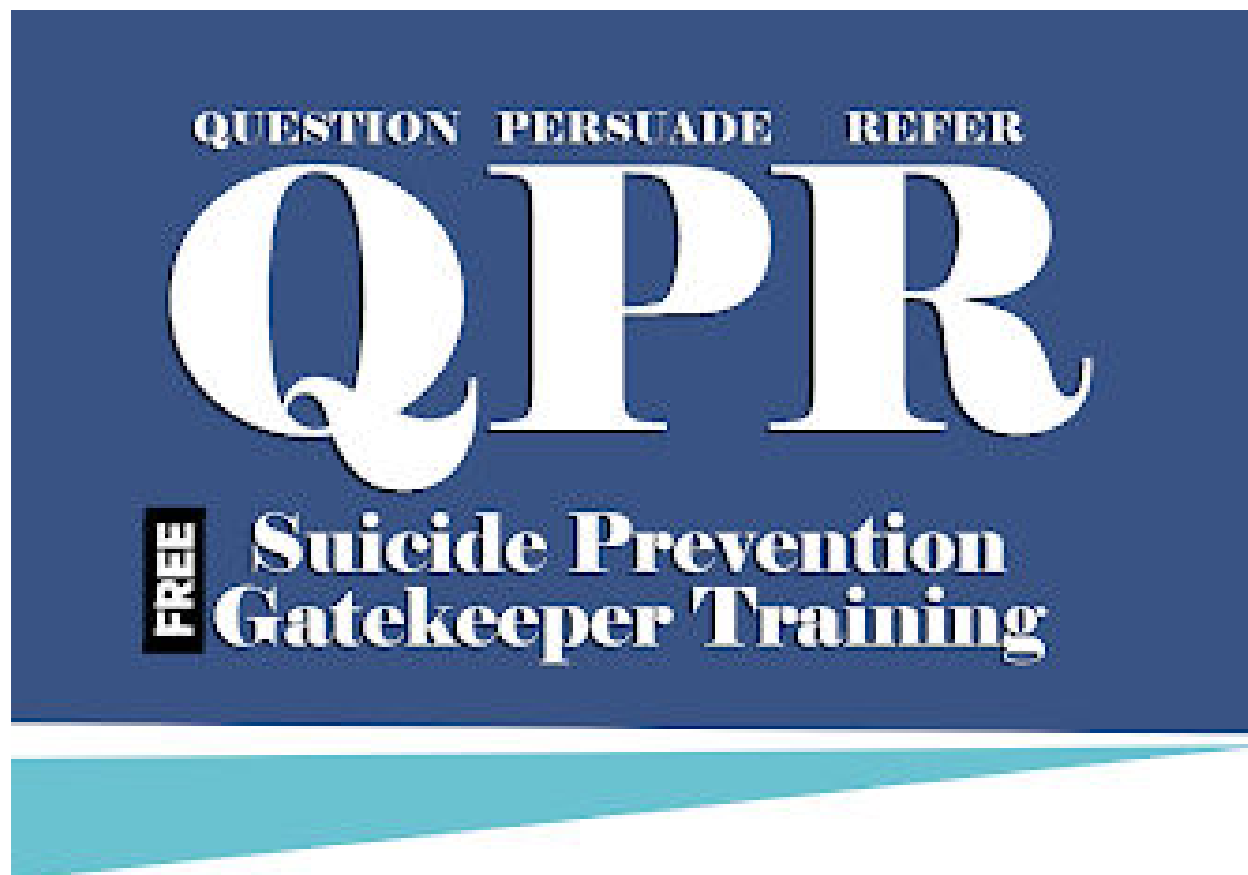
To get emotional support from a trained Advocate and become empowered and a stronger parent.

## 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](#)



In partnership with the Department of Health and Welfare, the Office of the Superintendent of Public Instruction is providing **FREE** online QPR suicide prevention training for our Idaho school communities through our Idaho Lives Project and the QPR Institute.

As a QPR-trained Gatekeeper you will learn to:

Recognize the warning signs of suicide  
Know how to offer hope  
Know how to get help and save a life

Adults 18 and older are invited to take this **FREE** 2-hour online training.

**REGISTER**





## WESTERN IDAHO YOUTH SUPPORT CENTER

We're here to support you in a crisis.

### Why Western Idaho Youth Support Center?

The Western Idaho Youth Support Center is open 24/7/365 to provide youth ages 10-17 free help during a crisis. A crisis looks different for every person, but may include thoughts of suicide, bullying, homelessness, physical or sexual trauma, emotional abuse, loss of a loved one, excessive stress, or mental health conditions like anxiety and depression. Whatever the situation, crisis center staff will work with the youth and their families to ensure they get the help they need.

### What to Expect

The support center provides a place for youth to rest, eat, and get the help they need during a crisis situation. Once at the center, youth will meet with a compassionate team of professionals and peers who will help them get through their crisis and provide resources to support a healing journey. There's no cost to receive services. Insurance may be billed, but it is not required to get the help youth need.

### The Western Idaho Youth Support Center provides:

- A free and safe place to be during any crisis
- Crisis intervention & mental health support
- Basic medical screening
- Mental health evaluation
- Ongoing support after youth leave

**We're Here  
24/7/365.  
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