



March 2024 | Issue 3

Hello RISE Families!

Here is to welcoming a fantastic spring!

The spring season is often a time for many to think about renewal and growth. As our days of sunlight begin to lengthen and the spring weather tempts us with brief glimpses of a warmer season to come, our outdoor surroundings transform themselves with new life, vibrant foliage and hope. Our trees fill out, our lawns turn rich shades of emerald and our flowers showcase some pretty incredible blooms. Wildlife all over seems to be preparing to usher in the next generation to join in the celebration. It feels natural for us to incorporate what we observe with each of the spring signs of renewal and growth to describe our own hopeful experiences or goals. How many of us have made references to it being "time for spring cleaning" or time to "turn over a new leaf?"

I find spring, in particular, to be a wonderful time to reflect on the growth that is possible following a difficult event or season of our life. Our family enjoys several springtime hobbies, but one of our favorites is hunting for wild mushrooms in Idaho and Eastern Oregon. The kids are ruthless in their pursuit of these little treasures and have taken to tracking post-burn sites to make informed requests for our spring and summer excursions. There is wisdom in this. While manicured and shiny campsites offer many amenities, so too do the sites that are growing and recovering.

I love that spring provides an opportunity to see proof that growth following struggle is not only possible, but that it can be beautiful to behold.

Thank you for all that you do to make the world a place where growth is nurtured and celebrated.

Sarah Andrade, Executive Director

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.

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 adoption. ***We are here.***

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

Developmental Disabilities Awareness Month

Throughout this month, we shine a light on the strengths, challenges, and achievements of individuals living with developmental disabilities. It's an opportunity to raise awareness about the challenges that individuals with disabilities face and to advocate for inclusion and accessibility for all. Let's join together to raise awareness, advocate for equal opportunities, and celebrate the unique talents and contributions of individuals with developmental disabilities. Together, we can create a more inclusive and supportive society where everyone can thrive.

World Down Syndrome Day

Additionally, March 21st, 2024 is World Down Syndrome Day. On this day we honor the unique abilities and accomplishments of individuals with Down syndrome. It's a day to promote inclusion, raise awareness, and advocate for the rights of individuals with Down syndrome worldwide. Let's celebrate diversity, embrace differences, and foster a more inclusive society where everyone is valued and empowered to reach their full potential. Join us in spreading love, acceptance, and support for individuals with Down syndrome.

National Social Worker Month

Throughout this month, we celebrate and recognize the incredible dedication and compassion of social workers across the country. Their tireless efforts make a positive impact on individuals and communities everyday. Let's take this opportunity to express our gratitude and appreciation for the role that social workers play in society. Thank you to all the social workers for your hard work and commitment to making the world a better place!

International Women's Month

In March we also celebrate International Women's Month. It's a time to celebrate and recognize the achievements, resilience, and contributions of women around the globe. From breaking barriers to driving change in every aspect of society, women continue to inspire and lead. Join us in celebrating the remarkable women who shape our world and inspire us every day!

2024 Annual Idaho Foster Care Conference

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

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 (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.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](#)



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.
Learn More »



WesternIdahoYouthSupportCenter.org



RISE, Inc. | idadoptresources.org

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