



End of Summer 2025| Issue 7/8

Hello RISE Families,

We hope that your summer has offered you and your family lots of opportunities to connect, relax and enjoy all that Idaho has to offer.

In June and July, we received some feedback from our readers/our families. We appreciate it! We even held our July issue so that we could incorporate what you have requested as well as what we have learned from you!

Your feedback and requests to cover specific topics in this and future newsletters is incredibly helpful in our endeavor to serve you in ways that are meaningful to you.

In addition to the feedback you provided, we had a great response from you all when we included a coloring page to honor Child Abuse Awareness and Prevention Month. We received so many beautiful pages back from families all across Idaho and continue to have them proudly displayed in our offices. We hear you loud and clear, you want more!

In this issue, we have included a coloring page, which aligns with one of our featured topic articles, "Benefits of Board Games." This topic was included per the request of one of our parents from Twin Falls Idaho, who asked for information and tips for working skill development on "managing disappointment, following rules, working together and considering future consequences."

We welcome the opportunity to display, share and even include in this newsletter the coloring pages that we receive back from our talented families! If you would not like the name of the artist displayed in the newsletter or social media, please make sure to write it on the back of the entry. Happy reading and coloring!

Our greatest hope is for RISE Family Services to honor our Idaho Families by providing useful support in every interaction that we have with you. Your feedback and requests make that possible. Please keep those requests coming!

Talk soon,
Sarah Andrade, LCSW
Executive Director
RISE Idaho Family Services

[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.

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 certainty, 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.

COMMUNITY CORNER

You Asked and We Listened!



Last month, we received a request to include information/guidance related to how to best have conversations related to how our families came to be. With permission, we have included the request as well as a relevant article, "Whose Story Is It Anyway?"

The parent wrote, "My daughter's friend came over for a sleepover and pizza. While we all sat around the table and dished up our plates, her friend turned to me and my husband and asked if we had adopted all of our kids. I was distracted and feeding our toddler pizza and I said, "Yes. We were so lucky." I was going to leave it at that. But her friend then started to ask about the kids "real parents." At that point, I looked up and saw my daughter's face. I changed the subject to ask what movie the girls planned to watch and if they wanted to make smores or popcorn for their movie night. Luckily, the girls started talking about their plans for the night. However, this experience made me think about all of the times I have had conversations with other people when they have asked about our adoptions. We adopted our daughter when she was 2 years old and we had fostered her since she was an infant. She is 9 now. Our family has had lots of talks about adoption. I was happy to change the subject when I saw her face, but I was surprised that she looked so uncomfortable. I asked her about it the next day when her friend left. She said that she hadn't told any of her friends from camp because she didn't want it to be the only thing that anyone thought or talked to her about. She said that she was glad she was adopted and she loved our family, but she didn't like that it was what people focused on when they knew it about her. She said that she is cool for lots of reasons that don't have anything to do with being adopted. I'm glad that she is so confident! What she said to me made sense and I wish I had

known about it sooner. I am proud of our family's journey, but I wish I would have known about how it made her feel or what she worried about when people found this out.

I plan to keep listening and talking with her about how different conversations about our family make her feel. I'm going to try really hard to remember that our family story isn't just my story and even if she is glad that she is part of our family, she might not be sharing how or why that happened for good reasons.

I would like more information about how and when to share our story and ideas for how to keep having this conversation with my kids as they all get older."

-Meridian, Idaho

Whose Story Is It Anyway?

Written By: Fran Eisenman

Adoptive Families

Sharing information about your family gets trickier as your child grows older. While shopping at a grocery store, Lynn and her three-year-old son, James, were approached by a stranger. The woman looked at James and asked, "Is he adopted? Do you have any children of your own?" Lynn was accustomed to receiving attention when she and James were in public. Their contrasting appearances often drew looks and comments. She usually gauges the questioner's sincerity before replying. If someone seemed genuinely interested, she would answer questions patiently, and tell the story of James' adoption in an upbeat tone that reflected how special their relationship was. On this occasion, Lynn noticed that James fidgeted as the woman examined his features. "If you're interested in adoption, I could give you the number of our agency," she said. "But I really can't talk now." The woman shrugged and walked away. In the car, Lynn asked her son, "What do you want Mommy to do when people ask about us?" James replied, "I don't like when people look at me, and I don't want you to talk about me. They're not our family."

Growing Awareness

As our children age, they become more aware of the conversations that take place around them—and about them—and they begin to react to what is said. Although curiosity is human nature and not meant to be intrusive or hurtful, questions about a child's history or birth family may ask for more than you're willing to share. The child who looks nothing like his parents may feel self-conscious when questions arise. Parents who have always

been public “ambassadors” for adoption should rethink their responses and assess their child’s comfort level by asking key questions:

- How do you feel when people ask questions about our family?
- Would you like to answer people’s questions, or do you want me to talk?
- What would you like me to say if someone asks where you are from?
- What should we say if someone asks if you were adopted?

Let your child’s wishes guide your response. Remember that poorly-phrased questions, such as “What did he cost?” or “Why did his real mother give him away?”—even if well-intentioned—should be deflected. You might say, “The details of our family’s story are private,” or discuss the economic and practical reasons why children need parents, without divulging personal details. Continue to talk with your child about what information is private and allow him/her to share the information he/she chooses to share when he/she is older.

To Share or Not to Share?

Never share information your child doesn’t know. This may include details about birthparents, birth siblings, abuse or neglect, or your own fertility.

Ask your child what he/she is comfortable with others knowing and recheck periodically as he/she matures. The child who didn’t mind at age three may be horrified by public attention at age five.

Use words your child knows. Don’t speak about an “orphanage” if you have always told your child that he/she lived in a “baby house” or “child care home.” Gently correct others and reinforce positive terminology, such as “birthmother” and “adoption plan,” whenever possible.

Postpone or simply deflect conversations when needed. Whether with strangers or extended family members, if your child appears uncomfortable, move the conversation to a later time. Respect your child’s right to decide what part of his/her story can be shared and with whom.

THE BENEFITS OF BOARD GAMES

Written by Carly Klayman, LMSW



Children often enjoy playing games as well as spending time with their parents and siblings. Combining these two pastimes can be exciting for a child. There are many benefits of board gaming for children such as enhancing social skills, boosting their self-esteem, developing fine motor skills and hand-eye coordination, teaching number, shape, color and word recognition, and encouraging flexible thinking. Board games also help increase a person's attention span and ability to focus on a task.

How do Board Games Enhance Social Skills?

Board games help children learn important social skills such as waiting, turn taking, sharing, how to cope with losing, making conversation, problem solving, compromising, collaborating and being flexible. These skills are important in school-aged children so that they can appropriately respond in social situations both inside and outside of the home. Games like Candyland and Chutes and Ladders teach children that flexibility is crucial because luck can change very quickly. Children quickly learn that these games are not necessarily about skill acquisition but more about how one may cope with change in a playful environment.

The Ups and Downs between Winning and Losing

Have you ever seen a 4 year old appear ecstatic during a game of Chutes and Ladders when they climb up the ladder? Have you also seen that same 4 year old appear in extreme distress when they fall down the chute? For some children it's very difficult for them to move down the game board or

lose the game. It is very helpful, if parents model moving down the game board or losing with a calm attitude. For example, if a parent is almost at the candy castle, but they pick a gingerbread man and need to move all the way back to the beginning of the game, a parent can say, "That's okay, maybe next time I'll pick a better card." When a parent models a calm response it is a powerful way for children to imitate an appropriate reaction to a difficult situation.

Some Things to Consider when Choosing a Game for Your Child: You can check the side of the board game box for the age range and average playing time. Make sure the age recommendation and playing time is appropriate for your child's chronological and developmental age.

Here is a helpful list by age to keep your child engaged whether they are a preschooler or a teenager:

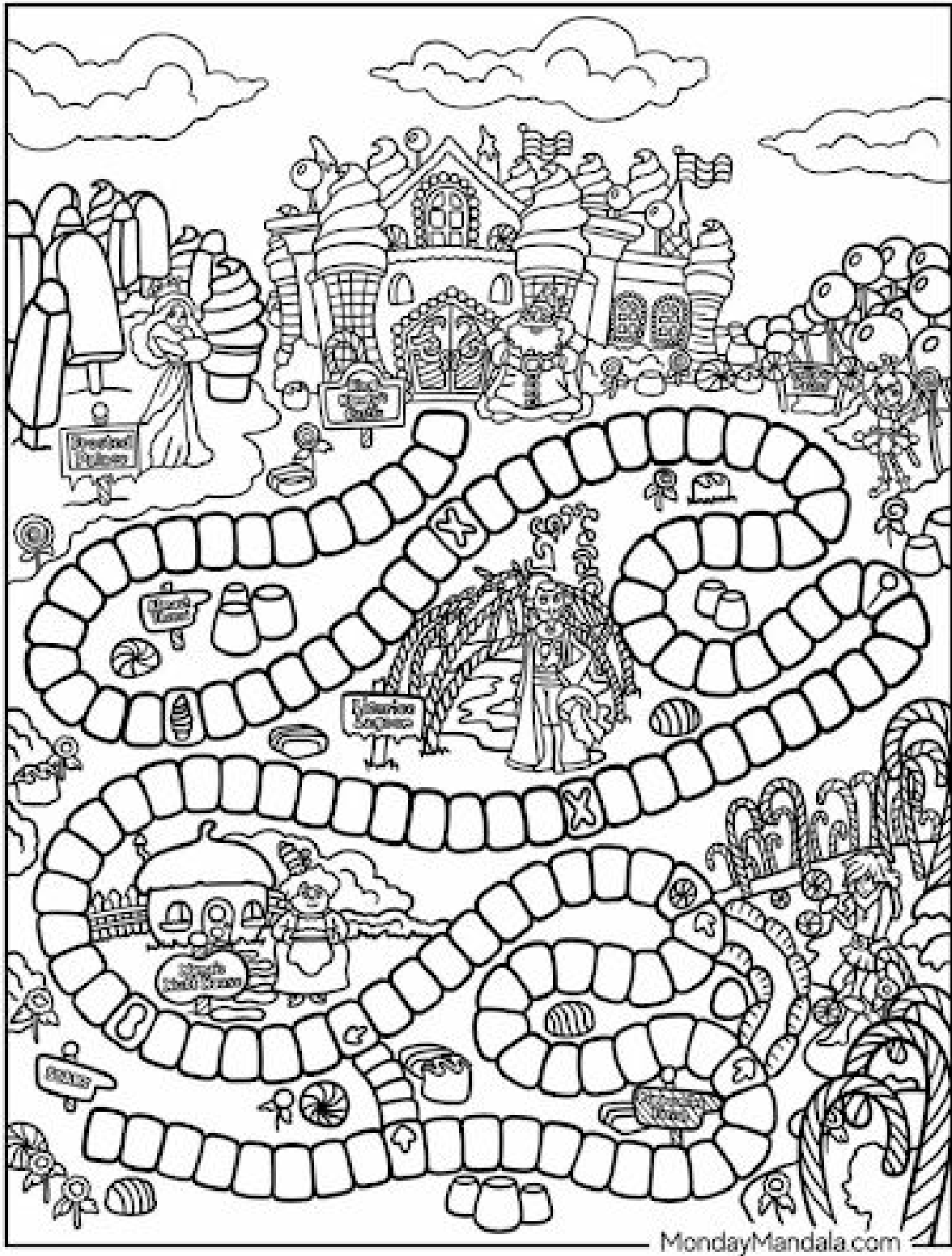
<i>Preschool, Toddler and Elementary School Age</i>	<i>Ages 7 and Older</i>	<i>Teens</i>
<ul style="list-style-type: none"> • Candyland • Chutes and Ladders • Hoot Owl Hoot • Sneaky Sneaky Squirrel Game • Don't Break the Ice • Memory • Sequence • Zingo 	<ul style="list-style-type: none"> • Connect 4 • Trouble • Sorry • Monopoly • Scrabble Jr. • Blokus • UNO • Apples to Apples • Jenga • Spot It 	<ul style="list-style-type: none"> • Clue • Scrabble • Battleship • Othello • Scattergories • Trivial Pursuit

Everyone Wins on Family Game Night!

To go along with our board game theme, we've included a fun coloring page inspired by the article "*Benefits of Board Games*." Like we mentioned earlier, this idea came from a parent who asked for ways to help kids build skills like handling disappointment, following rules, working as a team, and thinking ahead. Coloring and play—what's not to love?

We would welcome the opportunity to display, share and even include in this newsletter the coloring pages that we receive back from our talented families! If you would not like the name of the artist displayed in the newsletter or social media, please make sure to write it on the back of the entry. Happy reading and coloring!

Submit your work of art to id-adoptsupport@riseservicesinc.org



RESOURCES JUST FOR YOU

Foster and Adoptive Parent Hotline

The Department of Health and Welfare has added a service to provide after-hours support to our post-permanency families! As of August 1, 2025, the Foster Parent Helpline is available to our post-permanency families.

The Helpline team includes 10 Family Support Clinicians who rotate coverage to ensure timely support any time of day or night.

The Helpline operates 24 hours a day 7 days a week and provides immediate assistance with:

- Crisis intervention and safety planning
- Parent coaching and support
- Connecting you to crisis services and other resources

It is available to your family if:

- You adopted your child from foster care in Idaho and live in Idaho OR
- You adopted your child from foster care in another state and live in Idaho OR
- You adopted your child through a private adoption and live in Idaho OR
- You obtained legal guardianship of a child who was in foster care when the guardianship happened and you live in Idaho

Please remember:

- **During business hours, you will still contact RISE, Inc. for post-permanency support at 208-252-6117**
- The Helpline focuses on urgent clinical support and is not for questions about subsidy payments, renegotiations, or other requests for financial assistance or other non-urgent concerns

To reach the Helpline, call the Centralized Intake Line 208-334-5437(KIDS) and press option 3 for Foster Parent Crisis Support.

YMCA Family Fun Nights

Details: The Treasure Valley YMCA invites foster, kinship, and adoptive families to their free family fun nights at all four Treasure Valley locations. These monthly events provide a chance to meet other families, share fun and laughs, and enjoy a night out - at no cost. Upcoming Family Nights include:

August 8 – Teen Take Over at Tomlinson South Meridian YMCA,
August 8 – End of Summer BBQ at Caldwell YMCA,
August 15 – Family Cornhole Tournament at Downtown Boise YMCA, and

August 29 – Back to School Party at West Boise YMCA. Families can also register for programs and learn more about their opportunity for free benefits at the Y.

Get More Info: [Check Out YMCA Programs and Activities](#) or email Casie.Jones@dhw.idaho.gov



Southwest District Health provides counseling and behavioral health services at our Caldwell location and offers in-person and telehealth options.

Our **licensed clinical social worker** serves adolescents and adults living within the six counties of Southwest District Health for a variety of behavioral and mental health issues. They conduct mental health assessments, offer counseling, and provide consultation and education related to mental health.

Individuals can be referred by any of the Southwest District Health programs or call 208-455-5300 to schedule an appointment.

The Western Idaho Community Crisis Center (WIDCCC) provides free and in-person crisis care 24/7/365. Care includes:

- Crisis stabilization for a client-defined crisis
- Shower, clothing, food, and a place to rest
- Individualized referrals to community-based resources

We serve adults 18+ experiencing crisis for up to 23 hours and 59 minutes during a single episode of care, but longer stays may be available depending on the needs of the client.

WIDCCC is located at 524 Cleveland Blvd #160, Caldwell, ID 83605 and walk-ins are welcome any time day or night. Referrals or first responder drop-offs are welcome, but not required. To learn more about adult crisis center services, visit widccc.org or call 208-402-1044. Western Idaho Community Crisis Center: Adult Crisis Center Services

The Western Idaho Youth Support Center (WIYSC) provides free and in-person crisis care 24/7/365. Care includes:

- Crisis stabilization for client and family-defined crisis
- Clothing, food, and a place to rest and recreate
- Individualized referrals to community-based resources

We serve youth ages 10-17 experiencing crisis for up to 23 hours and 59 minutes during a single episode of care, but longer stays may be available depending on the needs of the youth and family.

WIYSC is located at 204 10th Avenue South, Nampa, ID 83651 and walk-ins are welcome any time day or night. Referrals or first responder drop-offs are welcome, but

not required. To learn more about youth crisis center services, visit westernidahoyouthsupportcenter.org or call 208-899-4727.



FREE

Childcare Days

for our Safe Families community!

What: Babysitting for children ages 12 months–10 years

When: Each Monday, 9a.m.–12p.m.

Where: King of Glory Lutheran Church
3430 N Maple Grove, Boise

Who: For parents who need a little extra time to themselves

Space is limited - Sign up today!

Families Must Register Ahead of Time

Childcare provided by King of Glory Lutheran Church

[CLICK HERE TO REGISTER](#)



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

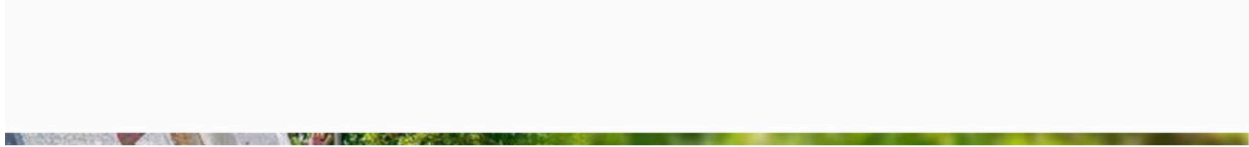
Change your family's future here:
www.healthyfoundations.co (not .com)



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.

Spotlight on Idaho's Wednesday's Child: Making a Difference for Youth in Need

Idaho's Wednesday Child is a vital initiative that helps connect children and teens in foster care with potential adoptive families. Each Wednesday, a child or sibling group in need of a forever home is featured on Idaho's local news station and social media, allowing the community to learn about their unique personalities, hopes, and dreams. By sharing these stories, Wednesday's Child's highlights the incredible young people who are looking for stability, love, and a chance to thrive in a permanent family.

For families and individuals considering adoption, Idaho's Wednesday's Child provides a window into the lives of youth who need support and belonging. Even if adoption is not the right path for everyone, simply spreading the word and supporting these efforts can make a huge difference. by engaging with Wednesday's Child— whether through viewing, sharing, or supporting the program— you help foster awareness, increase opportunities for these youth, and bring them one step closer to a nurturing, stable home.

Let's support Idaho's Wednesday's Child and show that our community stands together in caring for its most vulnerable members.

To learn more about Idaho's Wednesday Child please visit
<https://idahowednesdayschild.org/>

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/>.



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.

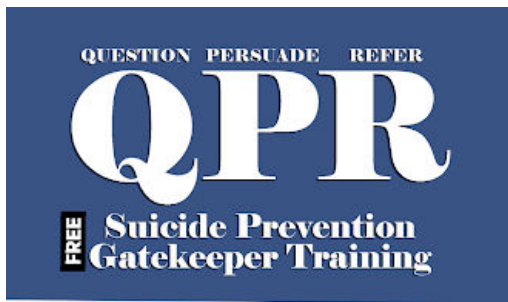
Youth Resource and Opportunity Collaborative

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](#)



QUESTION PERSUADE REFER
QPR
FREE Suicide Prevention Gatekeeper Training





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. Learn More »



WesternidahoYouthSupportCenter.org

WESTERN IDAHO YOUTH SUPPORT CENTER
PROVIDING YOUTH A SAFE PATH FORWARD
operated by Pathways of Idaho

RISE, Inc. | [\[idadoptresources.org\]](http://idadoptresources.org)

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

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