



post adoption **PARENT GUIDE**

April 2024 | Issue 4

Hello RISE Families!

Child Abuse Prevention Month has been observed in April since its presidential proclamation in 1983. Since that time, Americans have participated in a national campaign to spread awareness, foster dialog and support the well-being of our most critical resource and hope for the future, our children.

Supporting this campaign looks different across different communities. In ours, it looks like seas of blue pinwheels and ribbons, training, fundraisers and moments where we seek to find a balance between the ocean of need that still exists with the progress that has been made toward a brighter, more hopeful future for the kids in our communities. While the need for prevention is still greater than we would like, it is hopeful and encouraging to see so many individuals, families and entire communities working together to prevent child neglect and abuse and rallying together to promote the physical, social and emotional well-being of children and families.

While I agree that April is a wonderful time to contribute to the efforts of securing safe, stable and nurturing environments and relationships for our children to grow in, I offer that April is not the only time that this need exists or that we are capable of this support. Each morning, every one of us wakes up with the opportunity to do one small thing to promote the health and safety of the children and families in our communities. We all share this responsibility and play a role in supporting the well-being of others.

One of the things I love most about our Idaho RISE families is that you are the people who wake up each morning and answer that call. You go ALL IN on contributing to happy, healthy and well-resourced kids. When things are wonderful, you celebrate and share. When things are hard, you rally with

inspiring passion, humility and grit.

Thank you for all that you do to make the world a more loving place. We see you and we are grateful for you.

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.

POST-PERMANENCY GRANT

Important Information Regarding Post-Permanency Support Grant

We regret to inform you that, due to overwhelming demand, the Department of Health & Welfare is no longer accepting new Post Permanency grant applications. All funds have been fully allocated until July 2024. We understand the importance of funding for your projects and initiatives, and we sincerely apologize for any inconvenience this may cause.

For those who have already submitted grant applications and are awaiting approval, please be assured that they are diligently working through pending approvals. We appreciate your patience and understanding as we strive to support your endeavors.

Thank you for your ongoing support and commitment to making a positive impact in our community.

APRIL

CHILD ABUSE PREVENTION MONTH



April marks Child Abuse Prevention Month, a time dedicated to raising awareness about the importance of protecting children from abuse and neglect. It's a reminder that every child deserves to grow up in a safe, nurturing environment.

Why It Matters

Child abuse can have devastating and long-lasting effects on a child's physical, emotional, and psychological well-being. By raising awareness and promoting prevention efforts, we can work together to create safer communities for children everywhere.

How You Can Help

- 1. Educate Yourself:** Learn the signs of child abuse and neglect. Knowing what to look for can help identify and intervene in situations where a child may be at risk.
- 2. Support Families:** Offer support and resources to families in need. Sometimes, parents may be struggling and in need of assistance. By offering a helping hand, you can help alleviate stress and reduce the risk of abuse.
- 3. Speak Up:** If you suspect a child is being abused or neglected, don't hesitate to report it. You can contact local authorities or child protective services to ensure the safety and well-being of the child.
- 4. Spread Awareness:** Share information about Child Abuse Prevention Month with your friends, family, and community. The more people who are aware of the issue, the greater impact we can make in preventing child abuse.

Together, we can make a difference in the lives of children and ensure they grow up in safe, loving environments. Let's work together to prevent child abuse and create a brighter future for our youth.

Parent & Caregiver Support

The Crying Baby Plan

Action steps for when you're feeling overwhelmed.

Idaho Federation of Families

Provides resources, connection, training and support for parents and caregivers

Home Visiting Program

A free and voluntary service that pairs parents and caregivers with a designated home visitor; typically a trained nurse, social worker, or other early childhood professional.

Idaho Diaper Bank

Provides a list of locations and times where parents or caregivers in need can receive diapers free of charge.

St. Luke's Birth and Parenting Education

Parenting classes and resources.

Treasure Valley New Parent Help Line: (208) 706-5770

Resources for new parents.

Idaho Library Commission

Connecting you to your local library and their events.

[Help Now Line](#)- Call or Text (986) 867-1073

Autism Acceptance Month

EMBRACE DIFFERENCES

April isn't just about raising awareness of autism; it's about celebrating acceptance and understanding. Autism Acceptance Month is a time to embrace neurodiversity and recognize the unique strengths and contributions of individuals on the autism spectrum.

Acceptance is about more than just awareness. It's about creating a world where everyone is valued for who they are, regardless of their neurology. By promoting acceptance, we can foster a more inclusive society where individuals with autism are supported and celebrated for their diversity.

How You Can Participate

Listen and Learn: Take the time to listen to the voices of autistic individuals. Learn from their experiences and perspectives to gain a deeper understanding of autism. Promote Acceptance: Challenge stereotypes and misconceptions about autism. Advocate for inclusive policies and practices that support the needs and rights of autistic individuals.

Celebrate Differences: Embrace the unique strengths and talents of individuals on the autism spectrum. Celebrate diversity and promote acceptance in your community and beyond.

Take Action: Get involved in initiatives that promote autism acceptance and inclusion. Support organizations and events that celebrate neurodiversity and advocate for the rights of autistic individuals.

Together, let's work towards a world where acceptance is the norm and everyone is valued for who they are. Happy Autism Acceptance Month!

CALLING ALL CARING 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/**](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



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](#)

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



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

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

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