



post adoption PARENT GUIDE

August 2024 | Issue 8

Happy July RISE Families!

I hope this newsletter greets each of you with the hope and promise that a new school year brings.

This summer has certainly been an interesting season for much of Idaho. While there is always plenty of fun and recreation to be had in all that an Idaho summer has to offer, I know that I am not alone in being ready for cooler weather. I also know that I am not alone in hoping that the weather is cooperative in providing relief to our families living in the communities that have been experiencing a very active fire season this year.

Over the summer, our RISE team has had the pleasure of partnering with many of you in identifying and gaining access to community, grant and system funding as well as other resources to meet unique needs. As your interest in and use of these services has increased, so has our dedication. In an effort to continue to honor your needs with the same intention and timely responses, we have welcomed two new staff members! Introductions to come!

Our goal remains to serve Idaho families in ways that are timely, compassionate and meaningful for *you*.

As always, we look forward to hearing from you about your needs and experiences as a post-adoptive family in Idaho as well as with our services. *Talk soon,*

Talk soon,

Sarah Andrade, LCSW
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.

ANNUAL REVIEW

Idaho's Adoption & Guardianship Assistance Annual Review



Annual adoption and Guardianship review forms have been sent out. If you have not received your form, emailed or a physical copy, please reach out to us at **[id-adoptsupport@riseservicesinc.org](mailto:idadoptsupport@riseservicesinc.org)** or call us at 208-252-6117. If you have any questions, please do not hesitate to reach out to us.

BACK TO SCHOOL



Preparing for a Successful Year

As summer winds down, the excitement and anticipation of a new school year begin to build. Whether you're a student, parent, or educator, the back-to-school season is a time of fresh beginnings and new opportunities. Here are some tips and ideas to help make the transition smooth and successful.

1. **Organize and Plan Ahead**

Start by creating a checklist of everything needed for the new school year. This includes school supplies, uniforms, and any required documents. Planning ahead can help reduce last-minute stress and ensure that nothing is forgotten.

2. **Set Academic Goals**

Encourage students to set realistic and achievable academic goals. Whether it's improving grades, participating in extracurricular activities, or developing better study habits, having clear goals can provide motivation and direction throughout the year.

3. **Establish a Routine**

A consistent daily routine can help students adjust to the demands of school life. This

includes setting regular times for waking up, meals, homework, and bedtime. A well-structured routine can improve time management and reduce anxiety.

4. Create a Study Space

Designate a quiet, well-lit area at home for studying and completing homework. Having a dedicated study space can help students focus and be more productive. Make sure it's free from distractions and equipped with all necessary supplies.

5. Promote Healthy Habits

Good nutrition, regular exercise, and adequate sleep are essential for academic success. Encourage students to eat balanced meals, stay active, and get enough rest. Healthy habits can boost energy levels, concentration, and overall well-being.

6. Stay Connected

Communication is key to a successful school year. Parents should stay in touch with teachers and school staff to stay informed about their child's progress and any upcoming events. Students should also feel comfortable reaching out for help when needed.

7. Encourage Extracurricular Activities

Participating in extracurricular activities can enhance a student's school experience. Whether it's sports, music, art, or clubs, these activities provide opportunities for personal growth, social interaction, and skill development.

8. Address Anxiety and Stress

It's normal for students to feel anxious about the new school year. Openly discuss any concerns and provide reassurance. Techniques such as deep breathing, mindfulness, and positive self-talk can help manage stress and build resilience.

9. Celebrate Achievements

Recognize and celebrate both big and small achievements throughout the year. Positive reinforcement can boost confidence and motivation. Celebrate milestones such as good grades, completed projects, and personal improvements.

10. Stay Flexible

Finally, remember that flexibility is important. Unexpected challenges may arise, and it's okay to adjust plans as needed. Staying adaptable can help everyone navigate the school year with a positive attitude.

By following these tips, students, parents, and educators can work together to create a supportive and successful back-to-school experience. Here's to a fantastic new school year filled with learning, growth, and achievement!

Find Help Idaho-A guide to community resources and services Idaho.

The Idaho Care Line-2-1-1 -Provides information on free or low cost resources and services.

Assistance League Boise: Operation School Bell-The Assistance League of Boise (ALB)- Operation School Bell provides brand new clothing and shoes to disadvantaged elementary school age children throughout Ada County. The program provides far more than just a new wardrobe. It allows students to fit in better with their peers and empowers them to reach their potential.

Teen Retail: Teen Retail provides an opportunity for youth in need to purchase new school clothing from a local department store. This allows students a wide variety of choices and styles. Through Teen Retail, ALB provides new school clothes to Ada County middle school, junior high and high school students, meeting a very real need in our community. These students deserve to have a positive school experience, and this is one way we can bring a sense of normalcy and excitement to their school year. Please contact the counselor of the school your student attends and they can determine your eligibility for the program.

Backpack Program-Meridian Food Bank-Provides weekend food snacks, and meals, for students in need. The food sack is typically delivered to your child's school each Friday. *To sign up for the Backpack Program, please contact the Peregrine Elementary School Counselor or Peregrine Community School Liaison.*

Computers for Kids, Inc.-Provides free/reduced computers for students who qualify.

The Salvation Army - Looking for Assistance? Many locations are holding events throughout August, so the sooner you **contact** your local Salvation Army to request assistance, the better. Find a list of locations by entering your city or zip code at **centralusa.salvationarmy.org/usc/locations**

The Idaho Foodbank- The Backpack Program provides enough food in one bag for two breakfasts, two lunches, two dinners, and two snacks. This bag fits into a child's backpack on the last day of the school week so they have enough food to eat over the weekend. These foods are nutritious, shelf-stable, and easy for a child to prepare and eat if there is not an adult around. To learn more, please contact your local food bank.

Boise Bicycle Project-A non-profit community organization that refurbishes donated bikes, teaches bicycle education, offers youth programs, and bicycle giveaways, for kids in need.

United Way- United Way offices nationwide host annual back-to-school drives to collect and distribute free school supplies to families in need. Check with your local chapter to find out how you can benefit from a back-to-school drive near you.

Boys and Girls Club- The Boys and Girls Clubs work with a number of **national retailers** to collect and distribute free back-to-school supplies to families in need. Check with **your local chapter** to find out how these collections can benefit your family.

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

UPCOMING EVENTS



Empowering Parents Program

Applications for the 2024-2025 school year will open this fall. For more information or support in accessing this resource, please see the resource section of this newsletter, reach out to your RISE Family Services Worker or access the site directly here:

[Empowering Parents](#)

RESOURCES JUST FOR YOU

Healthy Foundations Family Programs

The Healthy Foundations Family Program®

covered by Idaho Medicaid

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/>

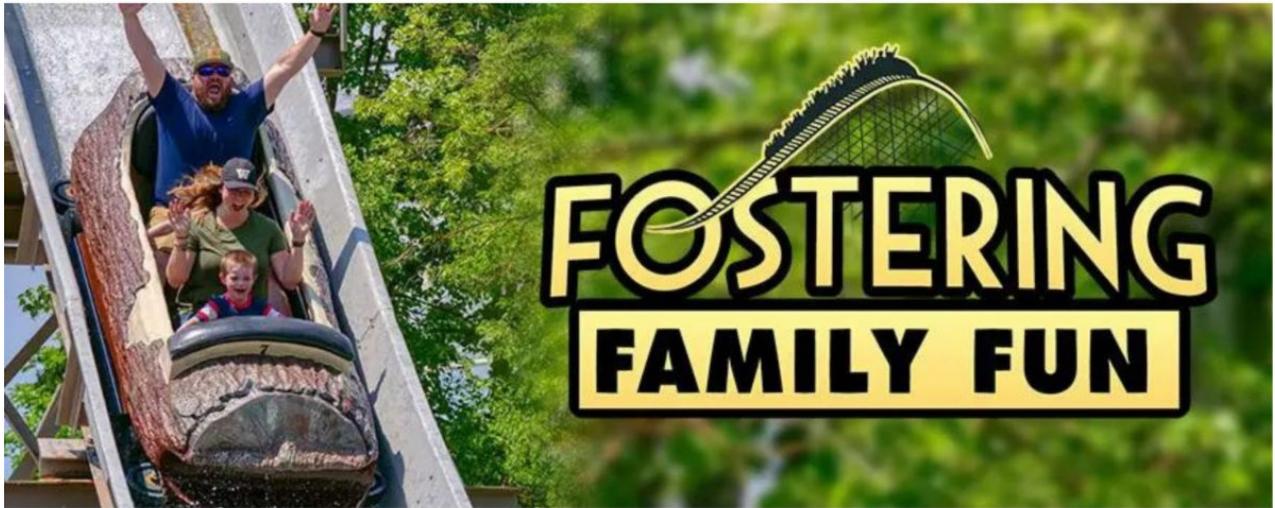
the TBRI® podcast



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!

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®

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



IDAHO
LIVES
PROJECT



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



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

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!