



# post adoption **PARENT GUIDE**

July 2024 | Issue 7

## Happy July RISE Families!

I hope this finds each of you enjoying the summer season, or at least finding creative and fun ways to manage this heat! As we hit our midsummer mark, our team here is grateful for the opportunity to reach out to you all with updates, information and well wishes!

In the past month, we have received and responded to several communications from parents and families regarding the approval timeline for subsidy renegotiation requests and the status of the post adoptive grant process. My hope is to provide that here, but if you find yourself having further questions, please know that you are always welcome to reach out to us at [idadoptsupport@riseservicesinc.org](mailto:idadoptsupport@riseservicesinc.org) or by telephone at 208-252-6117.

In regards to the timeline for subsidy renegotiation requests, both our partners at the Department and our RISE team are aware that the time for review of these requests has increased and there have been ongoing efforts to improve this. The substantial increase of requests for renegotiations has been identified as the primary contributor to a longer turnaround time. This week, we were provided with an update that should yield faster responses to these efforts to improve timelines for reviewing and responding to renegotiation requests. We anticipate starting to receive requests back soon.

As you all are aware, the post-adoptive grant process was halted in May of this year, as all of the grant funding allocated by the state had been issued to post-adoptive families for the fiscal year. Additionally, communication went out through the Department and through RISE indicating that the state was utilizing this pause as an opportunity to evaluate and improve this process. Our understanding is that this evaluation is currently underway and we look forward

to the updates to come! Upon receiving notice of post-adoptive grant funding being exhausted, RISE shared with you all that while the funding had all been successfully distributed, we understood that this could be a hardship for those of you who had applied and were then denied when the funding ran out. We have worked with many of you in identifying and gaining access to community and system funding and resources to meet the needs identified in your grant request. As a reminder, we are still here and still ready, willing and able to assist with accessing funding and resources to meet a need that your family is experiencing. Please reach out or mention to your RISE case manager if we can be helpful.

As always, we look forward to hearing from you about your needs, experiences as a post-adoptive family in Idaho or with our services, as well as your ideas or thoughts about how we might do things differently or better. We are here and honored to serve and support *you* and *your family*.

*Talk soon,*

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.

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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 adoption. ***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.

# ANNUAL REVIEW

## **Idaho's Adoption & Guardianship Assistance Annual Review**



It's that time of the year again! Please keep an eye out for the annual subsidy review forms, which will start being sent out at the end of the month. If you are needing to update any of your information, please reach out to us at **id-adoptsupport@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 RESOURCES



As the new school year approaches, we understand how important it is to be ready for the new school year, so we've prepared a comprehensive list of back-to-school resources just for you. From essential supplies to helpful tips and support services, check out our resource list today and make sure you're fully prepared for a successful school year!

**Peregrine Family Resource Center**-Peregrine has school supplies, household supplies, clothes, shoes and much more available to help students.

**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.

**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.

Please contact the counselor of the school your student attends and they can determine your eligibility for the program.

**Operation School Supplies**- Provides school supplies for students of families who cannot afford to purchase school supplies during the school year. To arrange for school supplies, please contact the Peregrine Elementary School Counselor or Peregrine Community School Liaison for help with school supplies.

**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](http://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](mailto:TFCIdaho@riseservicesinc.org)

## UPCOMING EVENTS



- **Powerful Tools for Caregivers Series:** This event series is designed to help family caregivers find balance while caring for a loved one. Participants will learn how to reduce stress, make tough decisions, navigate family dynamics, connect with fellow caregivers and build resources.
  - Registration: <https://www.empoweridaho.org/events/community-event-powerful-tools-for-caregivers/>
  - When: Every Friday, July 12 – August 16, 2024 | 1 PM – 3:30 PM MDT
  - Where: City of Eagle City Hall | 660 E Civic Ln, Eagle, ID 83616
- **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**

## UPCOMING WORKSHOPS



# WESTERN PARTNERSHIPS CONFERENCE ON HUMAN SERVICES

Boise, Idaho

The Western Partnerships Conference on Human Services provides quality disability and mental health training to human service professionals, teachers, counselors, parents, self advocates and community members who serve and support individuals with developmental disabilities and mental illness.

Training sessions provide the most innovative, cutting edge techniques and information in the disability services field to our attendees. Speaker presentations will offer new ideas, insights and strategies to inspire and challenge our audience. Our sessions are designed to empower attendees to put into practice what they learn, interact with each other and find inspiration. The conference provides an exciting forum for the exchange of practical knowledge and new strategies.

If you have any questions please reach out to Nienke Cruikshank at  
[nienkec@riseservicesinc.org](mailto:nienkec@riseservicesinc.org)

*Registration for the 2024 conference will close on Sunday, July 28th at 11:59 PM MST*

## Learn about EMDR

"EMDR helps to defrost frozen memories, providing healing to the root of pain."



"We repeat what we don't repair"

"Trauma can be extremely difficult to carry. EMDR can help."

### Hand in Hand EMDR Workshop

Toni Alrich, a licensed clinical social worker with 22 year experience in behavioral therapies will be teaching preparation skills for trauma symptom management as well as the process of EMDR therapy.

Date: July 25, 2024

Time: 7:00-9:00 pm.

Location: Title One Office 1120 S. Rockham Way, Suite 150

Thanks to a generous donor, three attendees will be selected to receive 3 complimentary sessions of EMDR therapy with Tom Alrich

#### Definition of EMDR

A structured therapy that encourages the patient to briefly focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the traumatic memory.

Copy and paste the link below to register for the workshop:

<https://forms.gle/6c1X6ZUEA6PLhiuF9>

# 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/>

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# the **TBRI®** podcast

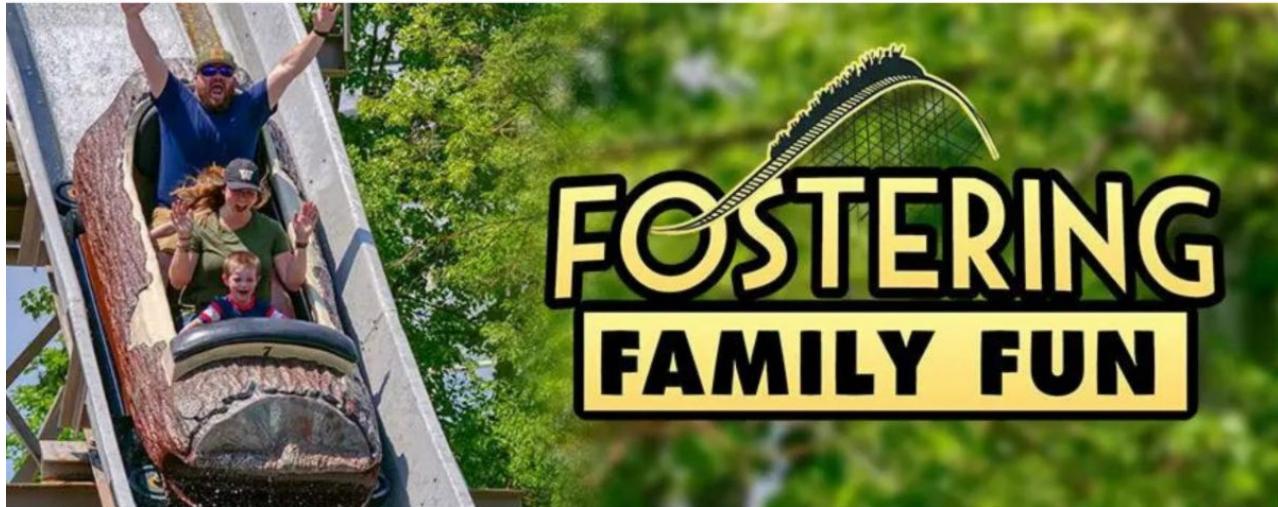


The TBRI® Podcast features conversations about Trust-Based Relational Intervention®, an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children.

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](#)

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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.\*\**

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## **Idaho Resiliency Project**

[\*\*https://www.idahoresilienceproject.org/resources\*\*](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.

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## 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.

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## 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>

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## **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.kidzbowlfree.com/all\\_centers.php#ID](https://www.kidzbowlfree.com/all_centers.php#ID)

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## **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®

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1-855-4A PARENT 1-855-427-2736

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

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## 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](#)

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QUESTION PERSUADE REFER



**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

**REGISTER**



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



## 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](http://WesternidahoYouthSupportCenter.org)



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

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

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