



# post adoption PARENT GUIDE

October 2024 | Issue 10

## Hello RISE Families,

I hope that this finds each of you enjoying crisp autumn mornings as we welcome fall events and traditions.

October has been a month of hustle for our team here at RISE. We have done strategic planning in anticipation of a fantastic 2025. We have worked with SO MANY families and youth in securing needs and resources for the year to come. We have also been busy preparing for next month, which is of particular importance to our team and the work that we engage in.

November is National Adoption Month, which we love to honor and celebrate alongside our families. Our team is so fortunate to have the opportunity to hear, every day, about all of the beautiful ways that families can come together. We are honored to have the opportunity to not only serve you, but to be able to advocate for you in meaningful ways. Below, we have included a request to those who may be inclined to share some of your stories so that others may have the opportunity to be inspired by your journeys. If interested, please send your adoption stories to: [id-adoptsupport@riseservicesinc.org](mailto:id-adoptsupport@riseservicesinc.org).

November is also a critical month for us, as it hosts an opportunity for each of us to cast our votes in local, state and national elections. You bring both unique and universal experiences and perspectives that are critical to the decisions that are being made. Your vote is important. If you have not done so already, we hope that you register and make a plan to vote.

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,*

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.

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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.

# NATIONAL ADOPTION MONTH



November is National Adoption Month! We're looking for families who'd love to share their adoption stories for our November newsletter. Your experiences can inspire and support others. Privacy is our priority, so if you prefer to stay anonymous, we've got you covered. Interested in sharing? Reach out to us at [id-adoptsupport@riseservicesinc.org](mailto:id-adoptsupport@riseservicesinc.org).

# NATIONAL ADD/ADHD AWARENESS MONTH



October is National ADHD Awareness Month, a time dedicated to raising awareness, promoting understanding, and dispelling myths about Attention-Deficit/Hyperactivity Disorder (ADHD). ADHD is a neurodevelopmental condition that affects millions of people worldwide, impacting both children and adults in different ways. It can influence attention, focus, impulse control, and organizational skills, but it doesn't define a person's potential.

Throughout this month, various organizations and advocates come together to provide resources, share personal stories, and highlight the importance of early diagnosis and treatment. The goal is to break down stigmas and help individuals with ADHD thrive by accessing the support they need. Whether through educational webinars, social media campaigns, or community events, there are many opportunities to get involved and learn more about ADHD this month.

Let's take this time to support one another, embrace diversity, and celebrate the unique strengths that individuals with ADHD bring to our communities. Join the conversation, share your story, and be part of the change!

# EMPOWERING PARENTS GRANT

## Applications Now Open





The 2024-2025 Idaho Empowering Parents Grant application is now open! This program provides eligible families with up to \$3,000 per child to help cover education-related expenses such as tutoring, technology, and learning materials. Families can apply through the official Idaho Department of Education website by creating an account, verifying their eligibility, and submitting their application online.

Don't miss this opportunity to support your child's education.

For more information or to apply please visit

<https://empoweringparents.idaho.gov/>

***Please be advised that this program is through the Idaho Department of Education and is different from the Post Permanency grant program offered by the Department of Health and Welfare. For additional support, please contact:***

*Idaho State Board of Education  
empoweringparents@edu.idaho.gov  
208-334-2270 Option #7*

# NATIONAL PUMPKIN DAY

## Celebrate with a Delicious Treat!



October 26 is National Pumpkin Day, a perfect time to celebrate all things pumpkin! Pumpkins aren't just for carving—they're also a key ingredient in some of the season's best recipes. To mark the occasion, here's a sweet and simple recipe for Pumpkin Dump Cake that your family will love:

### **Pumpkin Dump Cake Recipe:**

#### Ingredients:

- 1 can (15 oz) pumpkin puree
- 1 can (12 oz) evaporated milk
- 3 large eggs
- 1 cup sugar
- 1 tsp cinnamon
- 1 box yellow cake mix
- 1 cup melted butter
- 1 cup chopped pecans (optional)

#### Instructions:

1. Preheat your oven to 350°F and grease a 9x13 inch baking dish.
2. In a large bowl, mix the pumpkin puree, evaporated milk, eggs, sugar, and

cinnamon. Pour the mixture into the prepared baking dish.

3. Sprinkle the cake mix evenly over the pumpkin mixture.
4. Drizzle melted butter over the cake mix and top with chopped pecans if desired.
5. Bake for 50-55 minutes, or until the cake is golden brown and set.
6. Let it cool slightly, then serve with whipped cream or ice cream!

Enjoy this fall-inspired dessert with family and friends, and have a happy National Pumpkin Day!

# 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 Region 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)

# RESOURCES JUST FOR YOU



**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





## 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)



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## 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



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.

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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/>.



## 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.

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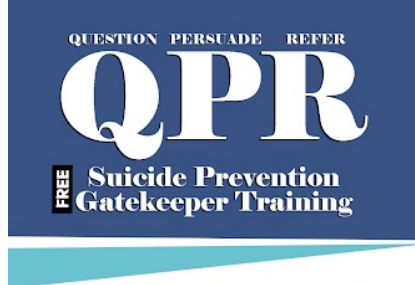
## Youth Resource and Opportunity Collaborative

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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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](http://idadoptresources.org)

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

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