



post adoption **PARENT GUIDE**

September 2024 | Issue 9

Hello RISE Families,

I hope that this finds each of you enjoying the cooler temperatures, eagerly anticipating our gorgeous autumn colors and fall recreation.

So far, September has been a busy, but exciting time for our RISE Family Services Division.

We have welcomed two new team members, who have both demonstrated incredible passion for serving Idaho kids and families. An introduction to both is included for you below.

Our division has also been fortunate to license our first Treatment Foster Care Family and we could not be more excited! We look forward to sharing more about this process and experience in the months to come. As fostering was an experience that many of you had in your journey to becoming a family, I'm sure you can appreciate how exciting and special this is, we are honored to be part of it for this family. If you have an interest or know someone who may be interested, please reach out!

We have also been fortunate to work closely with community partners to further resource our families. We've partnered with families and local organizations to identify and secure grant and funding opportunities for academic, home, and recreation/sports needs.

Our team has mountains of appreciation for each of you that has reached out to share your feedback, to include the benefits and barriers you have experienced in your post-adoptive journey. This has allowed us the opportunity to seek

solutions internally, as well as alongside our partner at the Department of Health and Welfare. Please feel encouraged to continue to reach out with your needs, as well as your experiences!

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

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.

RISE provides services such as foster care, after-school and summer programs, early intervention, 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

Reminder: Idaho's Adoption & Guardianship Assistance Annual Review



If you have not received your annual review form, please reach out to us at adoptsupport@riseservicesinc.org or call us at 208-252-6117.

STAFFING UPDATE

We are excited to announce the addition of two new members to our team at Family Services!

Kailey has joined us as our Post Permanency Case Manager. Her expertise and dedication will be instrumental in supporting families and ensuring lasting, positive outcomes.

Raelin is our new Independent Living Case Manager. With her passion and commitment, she will play a key role in helping our foster youths achieve their goals and live independently. Please join us in giving Kailey and Raelin a warm welcome! We are thrilled to have them on board and look forward to the great work they will do.

To learn more about Kailey and Raelin, please read their bios below.

Kailey

Kailey Leslie graduated Cum Laude from Idaho State University with a Bachelors in Psychology, a minor in History, and is completing a sign language studies minor.



Prior to RISE, she worked as a program manager with developmentally disabled adults, a case manager at the Salvation Army, a trainer at Dutch Bros Coffee, and an activities coordinator for a care home for the disabled senior population.

Raelin

Raelin received her bachelor's degree at Brigham Young University in Provo and has gone on to receive her teacher's certificate to teach Elementary Education and Special Education and has recently received her certificate in Medical Coding.

She has a variety of job experiences, including working at Hays Shelter Home as a youth specialist, a Psycho-Social Rehabilitation specialist in the schools and with the refugees in the community, a crisis support specialist and case manager with ID-Hope working with the homeless population and as a Special Education teacher at Kuna Middle and High School.

Every summer for the past several years she has also worked as a job mentor, team supervisor and area specialist in the Rise Summer Work Experience Program.

When Raelin is not working she enjoys spending time outdoors. She likes hiking, gardening, trying new things, and visiting new places. At the end of the week, Raelin loves to hunker down with a blanket and watch movies while eating popcorn and drinking hot chocolate.



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

SEPTEMBER



Suicide Prevention Month

At Family Services, we recognize the importance of mental health and the impact it has on our community. Every September, we come together for Suicide Prevention Month to raise awareness, share resources, and support those affected by suicide. Mental health struggles can affect anyone, and it's crucial to create open, compassionate conversations.

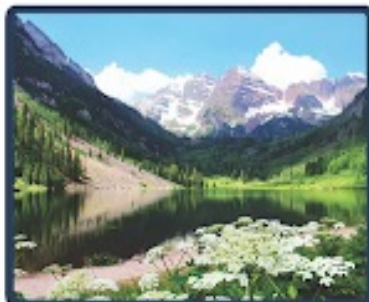
By recognizing warning signs, offering support, and encouraging people to seek help, we can help prevent suicide and reduce the stigma surrounding mental health issues. This month, let's commit to checking in with others, spreading kindness, and promoting the message that help is available and that no one has to face their struggles alone.

If you or someone you know is struggling with suicidal thoughts, you are not alone. The Suicide Prevention Hotline provides free, confidential support 24/7. Don't hesitate to reach out, whether for yourself or a loved one by calling or texting 988.

Means Matter

If deadly methods are not readily available, a suicidal person may delay or not make an attempt.

- 1 Putting time and distance between a suicidal person and their method can save a life.
- 2 Parents of students at risk should temporarily remove firearms from the home and lock up medications and toxins.
- 3 Parents should communicate with physicians so that medications prescribed to youth are effective but not deadly when treating patients who are potentially suicidal.
- 4 Make sure kids don't have access to keys where medications, toxins or weapons are stored.



If you, or someone you know, is in crisis or emotional distress, please call 9-8-8

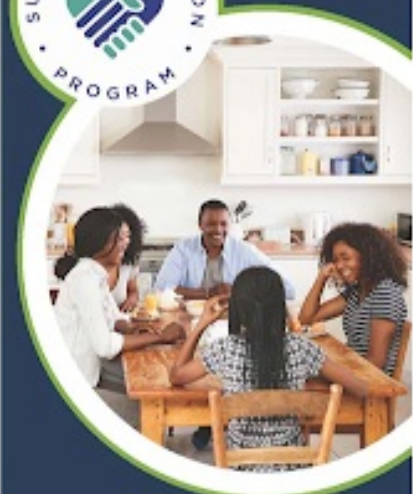
Suicide Prevention Program
Idaho Department of Health & Welfare
Division of Public Health
Boise, Idaho 83720
Phone: 208-334-4953

spp.dhw.idaho.gov

Much of the information here is courtesy of the Suicide Prevention Resource Center. Visit their website for more information on suicide prevention for schools at www.sprc.org.



Youth Suicide:



Helping Your Children



Fetal Alcohol Spectrum Disorder Month

September is Fetal Alcohol Spectrum Disorder awareness month. Every September, we join the global community in spreading knowledge and understanding about FASD. Fetal Alcohol Spectrum Disorder refers to a range of lifelong physical, behavioral, and cognitive disabilities caused by prenatal alcohol exposure. Children affected by FASD may experience developmental delays, learning challenges, and difficulties with impulse control and social skills.

Since FASD is entirely preventable, raising awareness is key. The safest choice during pregnancy is to avoid alcohol completely. Early diagnosis and intervention can make a significant difference in improving outcomes for those impacted.

Let's work together to spread knowledge and support healthy pregnancies and brighter futures.

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



RECIPE

Acorn Doughnuts

Autumn brings so many opportunities for cooking. Fresh apples and pumpkins



abound in every farm stand and the last of our vegetables from summer are ready to be brought in from the cold. The smells of soups and crockpots are filling kitchens and the ovens are wafting heavenly scents of fresh baking through the house. Here is one of our favorite, kid-friendly fall recipes, to dig into with your kids this season.

Ingredients:

- Doughnut holes
- Chocolate frosting or melted chocolate
- Chocolate sprinkles
- Pretzel sticks

Instructions:

Dip top of doughnut holes into chocolate and roll in chocolate sprinkles. Insert a small piece of pretzel stick to the top.

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