

# Optum



## Relias Spotlight Series

**October 2023**

Hello Providers,

Kinship caregiving is a term we're hearing more often. However, kinship caregiving is not anything new. In fact, families have been helping raise relative children for decades but kinship caregiving or kin care, for short, has been receiving more attention in recent years. Kinship care includes relationships developed through informal arrangements, legal custody, guardianship order, a relative foster care placement or kinship adoption.

It's estimated that two million children (about the population of Nebraska) are in some sort of kin care relationship and that one in 11 children live in kinship care at some point before turning 18. The organization, Grandfamilies, reports over 10,500 grandparents in Idaho are responsible for their grandchildren and for every one child in Foster Care, there are 13 children being raised by family outside of the foster care system. Many of these families are doing this informally and without additional support.

According to the Annie E. Casey Foundation, research shows that placement of a child with a known family member has many benefits:

- Less difficulty adjusting

- Less likely to experience school and social disruptions
- Less likely to experience new or worsening mental health problems
- Are more likely to stay with siblings as well as maintain lifelong family connections
- Improves overall stability with fewer moves and lower re-abuse rates

While kinship caring can have many benefits to the child and family, raising a loved one’s child or children can also bring unexpected and difficult challenges. Optum Idaho wants to support our members, their families, and our providers by providing the following kindred caregiving trainings and resources.

We encourage you to log into [Relias](#) and search for the following modules:

<b>Class</b>	<b>Course</b>	<b>CEU</b>
<a href="#">Caring for Caregivers: Supporting Individuals that are supporting others</a>		
<a href="#">Duties of a Caregiver</a>		
<a href="#">Employee Wellness: Caregiving Side Effects</a>		
<a href="#">About Caregiver conduct</a>		

Other resources available:

- ❑ [Grandfamilies.org](#)
  - [Quick Facts about Idaho](#)
- ❑ [IDHW Kinship and Caregiving Resources](#)
- ❑ [Idaho Caregiver Alliance Welcome to the Idaho Caregiver Alliance - Idaho Caregiver Alliance](#)
- ❑ [Idaho Caregiver Alliance/ Family Caregiver Navigator - Providing Caregiver Support to Idahoans](#) (208-426-5899)
- ❑ [Grandparent Grant in Idaho- Temporary Assistance Family in Idaho - \(TAFI\)](#)
  - [Apply for TAFI](#)

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,  
The Optum Education and Training Team