

CBTS NEWSLETTER

FEBRUARY 2012

Make 2012 Year of the Child

by Joe Cramer, M.D.

"Let us officially declare 2012 the year of the child. That means for the next 365 days we as a nation or, better, we as citizens of the world and governments will focus on the health and well-being of children around the globe. This means for all of 2012 there will be no child abused.

- ◆ No child will starve or be malnourished.
- ◆ No child will be neglected.
- ◆ No child will go without immunization against preventable diseases.
- ◆ No child will be exposed to tobacco smoke at home or in a vehicle.
- ◆ No child will be forced to marry.
- ◆ No child will be a victim in drug battles, social unrest, wars or crimes.
- ◆ No child will be exploited in any fashion.
- ◆ No child will be bullied.
- ◆ No child will be homeless.
- ◆ No child will be discriminated against on the basis of race, color, religion, gender, or sexual orientation.
- ◆ Every child will have limits established to teach him or her rules with family and social obligations.
- ◆ Every child will have the opportunity to learn to work.
- ◆ Every child will have the pleasure to read.
- ◆ Every child will have clean water and sanitary facilities.
- ◆ Every child will have someone to listen to him or her.
- ◆ Every child will have good friends.
- ◆ Every child will learn to serve others by action, not just talk.
- ◆ Every child will be exposed to good music, literature and art.
- ◆ Every child will be encouraged to create.
- ◆ Every child with a disability or developmental delay will be identified and treated.
- ◆ Every child will be taught empathy, how to feel what others feel.
- ◆ Every child will be shown how to love.
- ◆ Every child will know of his or her divine worth.
- ◆ Every child who is available for adoption will be adopted.
- ◆ Every child in foster care will find love and understanding.

We have 52 weeks. One individual can't do it all, but each day we could at least get closer to making 2012 the year of the child. It's been said that the difficult we do immediately, the impossible takes a little longer. Let's hope it gets done in 2012."

Disciplining Teenagers

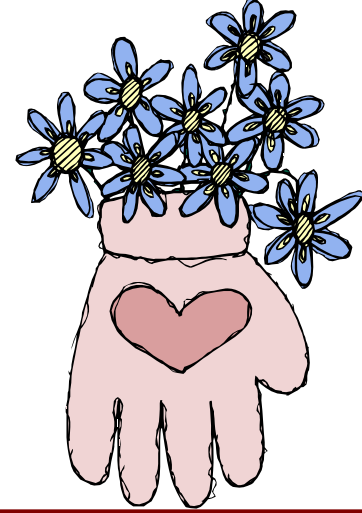
The use of rules and consequences becomes critical when you are negotiating your way through the late adolescent and young teenage years. Rules, rewards and consequences may change as your pre-teen's/teen's needs and desires develop. Rewards can be used to encourage your teen to follow the family rules and behave appropriately; consequence should be used for breaking the rules and misbehaving. The reward or consequence should match the misbehavior.

- **Loss of Privilege:** A privilege is a right granted by a parent. Privileges for this age group can be a later curfew, use of the TV/video games, or going to events without a chaperone. If your child misuses the privilege, he should lose it for a while. The loss of privilege should correlate with the misbehavior.

- **Grounding:** This action should be similar to the action you would take when taking away a privilege. An example would be when your teenager breaks his curfew and comes home late. The "grounding" action should directly mirror the misbehavior. Therefore, an appropriate consequence would be "grounding" your teenager to a week of earlier curfews, or not going out at all.

- **Restitution:** Restitution means that there is a "pay back" or a logical consequence for a specific behavior. The goal of restitution is to make good of a wrong. It gives your teenager the opportunity to correct his mistake. For example, your child damaged the house while he was home with his friends. Restitution would be requiring your teenager to earn the money to pay for the cost of the damage. This could be through an after-school job, working around the house, babysitting siblings, or doing additional chores until the work would amount to the cost of the damage. This kind of discipline not only gives your teenager the chance to redeem himself, but it is also a direct response to his action. He will be able to see how the consequence fits his action.

- **Overdoing Discipline:** One of the mistakes that you, as a parent, can make is overdoing discipline with your pre-teen or teenager. It is important to "pick the battles" that will matter and that will create an opportunity for learning and structure. Discipline is not necessary for all misbehaving actions. Sometimes it just takes a discussion with your child, rather than an enforced consequence. Whether to punish a young teenager is left entirely to discretion, but remember that too much of one thing can be harmful. The point of a consequence should be to teach your child an important life lesson and recreate structure, but it should not be a constant mode of parenting.



PROCTOR PARENTS NEEDED!!

We are currently in the process of licensing a new proctor family and are excited for them to join our CBTS family. But we can always use more proctors. We need individuals, couples and families located throughout the Salt Lake Valley. The best source of referrals we have found is through our own current proctor parents.

If you refer a potential proctor to CBTS and they sign on with us, complete their licensing requirements and remain with us for a minimum of three months, you will receive a bonus of \$100.00. Have them contact either Lori or Kim if they are interested in setting up an initial meeting.

CPR/FIRST AID CERTIFICATION

CBTS

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Kim Ontiveros, Proctor Program Supervisor

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Liz Mavor, Licensing Coordinator/Specialist

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Cody Hackmeister, Specialist

mobile: 801-557-6327

chackmeister@xmission.com

Marci Phillips LCSW/Clinical Director

mobile: 801-268-4044

mphilips@xmission.com

Murray High School

147 East 5440 South

Saturday, February 4 9:00 a.m. - noon

Proctor parents must keep their CPR and first aid certification current as part of their licensing requirements. If you attend this session, make certain you let them know you are with CBTS.



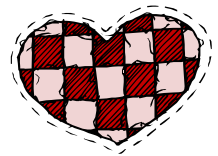
Please make note of the change in week of proctor training. Generally training is held the 3rd Wednesday of the month. But for February it will be held on the 4th Wednesday.

CBTS PROCTOR TRAINING

Wednesday, February 22, 2012

5:30 p.m.

Presenter: **Dave Leimseider**
from the Utah Pride Center



Raging hormones, misunderstandings, raised voices, restrictions and curfews come to mind for many when they hear the phrase “teen discipline.” But wouldn’t you rather think of respect, transitioning into adulthood, rational discussions and reasonable behavior? The recipe for raising children requires a delicate balance of authority and love. And, with teens, that balance becomes even more precarious. How can you discipline your teen without destroying your relationship? The following are 11 mistakes parents make regarding teen discipline.

1. *Lack of consistency* – While all children need consistent discipline, it’s even more important for teens. They get frustrated when a behavior is acceptable one day and not acceptable the next. The established rules need specific consequences. Realistic and consistent consequences demonstrate a “real world” view for teens. Creating house rules with consequences, then responding appropriately, provides all children with security and direction.
2. *Not listening* – Parents want to be respected but don’t always return that respect by listening to their teenager. Not listening to your teen expresses that you don’t feel he has anything valuable to say. Even when disagreeing, teens should be given time to express their feelings and thoughts. This shouldn’t give a teen the right to be ugly or behave inappropriately, of course. Modeling and developing guidelines for how argumentative ideas should be expressed is essential. If you want to be heard, learn to listen.
3. *Punishing in anger* – Sometimes parents only punish once they have reached the end of their patience. In reality, this allows teens to misbehave for a period of time before suffering any consequences. Not only is this confusing, it can also lead to abuse. Dealing with a teenager emotionally often produces dramatic immediate effects, but ultimately it creates a communication wall in the relationship. Consistent parenting, as described above, prevents punishing in anger. Stepping away from the situation to recover emotionally also proves helpful.
4. *Irrelevant punishment* – Whenever possible, the punishment should be reflective of wrongdoing. For example, if a teen returns home after curfew, limiting his nights out temporarily would be appropriate. A teen that doesn’t complete school work might be required to miss a social event to complete the work. If the teen misses the social event as a punishment, but doesn’t actually do school work, the consequences don’t make sense and just seem spiteful.
5. *Accepting any behavior because of age* – Although it’s a scientific fact that teens undergo traumatic emotional and physical changes, that fact should not be an excuse to be allowed to behave inappropriately. Often, teens who are allowed to behave badly do not grow out of that behavior as adults. Character is character at any age. Behavioral expectations should be related to what is right, not the age of the child.
6. *Using guilt rather than reason* – Guilt may create an immediate response, but this style of discipline actually promotes internal emotional issues for teens that may not be dealt with until adulthood, if ever. Reasoning with a teenager, providing a basis for your expectations and consequences, does not always evoke an immediate response, but the long-term results are typically more positive.
7. *Being a friend rather than a parent* – Teens usually have more than enough social outlets. They need boundaries and safe, secure situations in which to grow. You are the provider of both, and when you act like a friend, your teen will lose security. Teens who view their parents as authority figures and providers are more likely to be close to them in adulthood.

Despite what appearances might suggest, teens do not respect parents who behave like teens. Relating to your teen, based on your own experiences, can be a successful method of working through challenging situations, but at no time should you lose your parent status.

8. *Attack the person rather than the behavior* – It's essential to make sure your teen knows that you love him despite anything he does. Even greater, you love him enough to not let him develop behaviors that may be harmful to him or anyone else. Direct your criticisms and comments at the behavior, not the teen. Be sure to express that you're not only confident that the behavior can change, but you're expecting it to change. Then work together on specific restrictions and actions that need to take place for the behavior to improve.

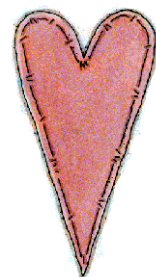
9. *You become the enemy* – At times, you may feel like the enemy, and your teenager might actually refer to you as such. No matter how hurt you may feel, it's important to remain the one person who consistently stands by your teenager. Friends and teachers will come and go. You will always be the parent. By establishing rules and consequences, you're the one person in your teen's life that holds him accountable no matter what. Even if we don't like authority figures in our lives, they typically establish order and security.

10. *Lose your sense of humor* – It's not funny when your teenager messes up, particularly when you're left to clean up the mess. Losing your sense of humor won't help. It may not seem funny at the time, but most challenging situations can eventually be viewed in a comical way. If your teen feels comfortable laughing and joking with you regularly, he'll also be more likely to listen when you get serious.

11. *Stopping your teen from failing at all costs* – Some of life's greatest lessons result from failing. Parents who micromanage their teens because they are afraid of their teen failing prevent their child from developing important life skills. As much as you don't want to have to discipline your teen, letting him fail and living with the consequences can teach him more than your chosen punishment.

TWENTY-ONE POINTERS FOR PARENTS OF TEENAGERS

- ◆ Be neither martyr nor tyrant; negotiation and compromise are often helpful.
- ◆ Listen and talk, and encourage the same.
- ◆ Be open, honest, fair and caring; actions say more than words.
- ◆ Relate privileges to desired behavior.
- ◆ Praise the positive and minimize criticism.
- ◆ Be willing to swallow your pride.
- ◆ Put best interest ahead of personal revenge.
- ◆ Avoid multiple rules and demands, but consistently expect compliance with a limited number of important ones.
- ◆ Recognize that occasional mood swings, intense feelings, self-absorption and defiance are normal.
- ◆ Be helpful but not a slave, and understanding but not a doormat.
- ◆ Accept independence when balanced by responsibility.
- ◆ Enrich your life in other dimensions, as the goal in parenting is to be not needed.
- ◆ Be flexible without indulging and limit setting without constricting.
- ◆ Allow, within reason, natural consequences of choices.
- ◆ Be not personally defeated when peers and other parents are elevated above yourself.
- ◆ Take comfort that this too shall pass.
- ◆ Base your sense of worth on yourself, not on another's appraisal.
- ◆ Be not dismayed by inconsistencies in attitudes and needs.
- ◆ Expect not perfection; relax and enjoy the good times.
- ◆ Realize that adolescence is the most difficult period of life, exceeded only by that time when you are the parent.



It is with mixed emotions that CBTS announces the resignation of both Carlos Serna as C.O.O. and Kimberly Sorensen as Clinical Director. Both of these individuals have given so much to the growth of CBTS and have been dedicated to providing quality services for the youth and families we serve. However, they have both decided to pursue new career opportunities at this time. We wish them both well in their new endeavors but will miss them dearly.

Despite this loss, CBTS continues to be a strong, viable agency and committed to providing high quality services. Our staff and amazing proctor parents are to be commended for their incredible dedication!!

Letter to CBTS Proctor Parents

Dear Proctor Parent(s):

It is with great regret to let you know that I have resigned as Clinical Director of CBTS. After almost 7 years with this wonderful agency, I have decided to make a change for my own personal growth and life-journey.

I have had so many wonderful experiences, challenges, and rewards from these past 7 years. And you, as a proctor parent, have been a part of that experience for me. I want to thank you for opening your homes and hearts to me, and letting me be part of your life.

I want to personally commend you on the work that you do for youth, and let you know how important I feel it is to have homes that will nurture and care for the children that are in so much need of love and support. It is a role that I will always admire in my lifetime, and I hold you in high regard for taking on both the rewards and challenges that being a proctor parent offers.

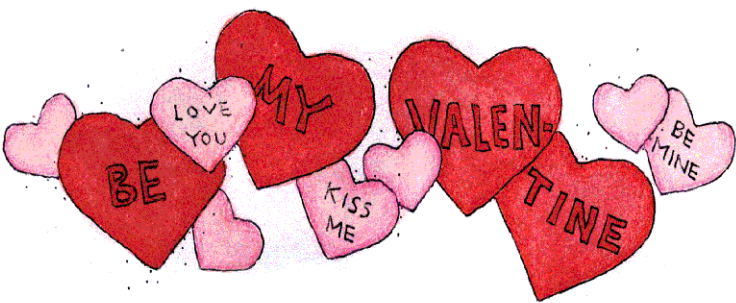
I know that you are in very good hands with the trusted and respected colleagues that I leave behind. They are amazing individuals, who are dedicated to the youth and families they serve. I will miss them a great deal. I wish you and your families all the best.

Sincerely,

Kimberly Sorensen



CBTS announces that Marci Phillips, LCSW, will be coming on as our new Clinical Director. She brings with her years of experience working with at-risk youth and their families. Marci has been a contracted clinician with CBTS for several years.



Men are just simply happier people, and here is why...

- Chocolate is just another snack.
- Car Mechanics tell you the truth.
- The world is your urinal.
- You never have to drive to another gas station restroom because this one is just too icky.
- Wrinkles add character.
- New shoes dont cut, blister, or mangle your feet.
- One mood all the time.
- If someone forgets to invite you, he or she can still be your friend.
- Your underwear is \$8.95 for a three-pack.
- You are unable to see wrinkles in your clothes.
- The same hairstyle lasts for years, maybe even decades
- Your belly usually hides your big hips.
- One wallet and one pair of shoes one color for all seasons.
- You have freedom of choice concerning growing a mustache.
- You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

- ♦ Marriage is a relationship in which one person is always right and the other is a husband.
- ♦ My wife and I always compromise; I admit I'm wrong and she agrees with me.
- ♦ Marriage is grand -- and divorce is at least 100 grand.
- ♦ Married life is very frustrating. In the first year of marriage, the man speaks and the woman listens. In the second year, the woman speaks and the man listens. In the third year, they both speak and the neighbors listen.
- ♦ When a man opens the door of his car for his wife, you can be sure of one thing: either the car is new or the wife.
- ♦ Before marriage, a man will lie awake all night thinking about something you say. After marriage, he will fall asleep before you finish.
- ♦ Many a man owes his success to his first wife and his second wife to his success.
- ♦ I'm an excellent housekeeper. Every time I get a divorce, I keep the house.
- ♦ Marriages are made in heaven. But so again, are thunder and lightning.
- ♦ If you want your wife to listen and pay strict attention to every word you say, talk in your sleep.

The Rules by which females are governed

The FEMALE always makes the rules. The RULES are subject to change at any time without prior notification...by the FEMALE.

No MALE can possibly know all the RULES.

If the FEMALE suspects the MALE knows all the RULES, she must immediately change some or all of them.

The FEMALE is never wrong. If the FEMALE is wrong, it is due to a misunderstanding which was a direct result of something the MALE did or said wrong. The MALE must apologize immediately for causing the misunderstandings.

The FEMALE may change her mind at any time. The MALE must never change his mind without the express written consent of the FEMALE.

The FEMALE has every right to be angry or upset at any time. The MALE must remain calm at all times, unless the FEMALE wants him to be angry or upset. The FEMALE must, under no circumstances, let the MALE know whether or not she wants him to be angry or upset.

The Male is expected to "mind read" at all times.



- February 2,7,9,14,
16, 21, 23, 28 Income Tax Assistance West Valley City Hall 3600 S. Constitution Blvd.
5:00 - 8:00 p.m. To make an appointment call 211
- February 4 Financial Fitness Fair WVC Fitness Center 5415 West 3100 South
10:00 a.m. - 3:00 p.m. Free tax preparation if your income is \$49,000 or less
Information provided on Medicaid, CHIP, food stamps, open a bank or credit union
account on the spot, meet with a credit counselor, learn about budgeting, credit reports,
housing assistance, utility assistance, food, and prizes
- February 8, 15,
22, 29 Tracy Aviary Liberty Park 589 East 1300 South
- February 4, 11,
18, 25 Skating Lessons at Hollywood Connections 3217 Decker Lake Drive
11:00 a.m. - 12:00
- February 11 Family Art Saturday Salt Lake Art Center 2:00 - 4:00 p.m.
- February 11 Learn to snowshoe Millcreek Canyon 3800 South 3500 East
1:00 - 3:00 p.m. Register online at Splore.org
- February 11 Safety Fair Valley Fair Mall 3601 South 2700 West 2:00 - 4:00 p.m.
Crime prevention information, home safety information, child ID kits, etc.
- February 16 Murray High School Choir Concert 147 East 5065 South 7:00 -9:00 p.m.
- February 29 Hogle Zoo 2600 Sunnyside Avenue