



# CBTS NEWSLETTER

APRIL 2007

## QUALITIES OF SUCCESSFUL PARENT-TEEN RELATIONSHIPS

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Have you ever wondered why some family relationships are strong, close, and successful while others struggle? No matter what type of relationship you are in, all relationships require focused attention and deep caring. The following list will aid you in nurturing and strengthening your relationships.

### 1. *Heart*

When you are a parent with heart, you'll demonstrate affection, kindness, compassion, and daily expressions of love in both words and deeds.

### 2. *Empathy*

When you are willing to temporarily "live" in the world of another to identify feelings, thoughts and beliefs, your personal bond strengthens.

### 3. *Adaptability*

When you choose to be flexible with your expectations during new or challenging circumstances, you will weather the storm with your relationships intact.

### 4. *Respect*

When you treat teens (and all family members) with high regard simply because they have inherent value as human beings, you enhance self-esteem.

### 5. *Trust*

When you are trustworthy and you create a safe environment, your teens will be more confident, ethical and better adjusted.

### 6. *Appreciation*

When you look for the positive, praise, and express gratitude, you will be **fulfilling** one of your teen's most basic human needs.

### 7. *Conflict Resolution*

When you view disagreements, stress, or crisis as opportunities for learning about each other, you will promote growth for all involved.

### 8. *Support*

When there is a clear understanding of responsibilities and teens have a voice in decision making and consequences, you will be supporting your teen's passage from child to adult.

## HOW TO GET ALONG WITH YOUR PARENTS

Does it feel like you and your parents just can't see eye to eye? Is the arguing stressing you out? Following these steps may help.

1. Make a list of the things that you and your parents fight about the most.
2. Identify what it is that gets you so upset or angry - are you mad that your parents disagree with you, or are you upset that they can't/won't see your point of view?
3. Decide on a FAIR compromise - a resolution that you can live with and that you think your parents will accept. A compromise means that you give up some of your demands - it does not mean that you get your way.
4. Write down your proposed compromise and read it aloud at least three times to see how it sounds.
5. Set up a time to talk to your parents, do not just bring it up over dinner but make an actual appointment and tell them that you have an important proposal to make.
6. Bring your notes with you to the meeting so you can stay on track if/when emotions get high.
7. Before talking to your parents, take a few deep breaths and think calming thoughts. Make a promise to yourself that you will not raise your voice or get angry even if your parents do.
8. When you have presented your case take another deep breath and let your parents talk. Really listen to what your parents have to say. Even if you do not like what they are saying hold back your anger and keep your ears and mind open.
9. Avoid shutting down or growing frustrated. Avoid interrupting them and jumping in with a rebuttal. Just listen.
10. If your parents reject your proposal, stay focused and avoid getting emotional. Thank them for their time and express your disappointment that you could not reach a compromise.
11. If your parents accept your proposal, be grateful and assure them that you will not let them down. Then do everything necessary to show them they made the right decision in going along with you.
12. Whatever the outcome, be sure to do what your parents ask of you. By going along with their wishes you build trust and show your maturity which in turn may make them more willing to relax their stand at a future date.
13. If the topic is a very sensitive one and you still can't see eye to eye, ask your parents what they need from you in order for them to consider your proposal.
14. Make a vow to give them what they need and ask them if you can agree to revisit the subject in a few weeks time.
15. If the outcome disappoints you, do not throw a fit. Go to your room and write your feelings in a journal, go for a walk, listen to some music, etc.

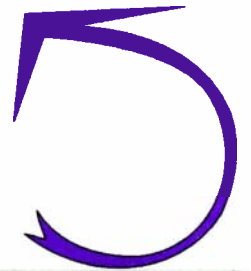


*F.Y.I.*

Proctors are required to complete **50** hours of training the first year and **30** hours annually thereafter. CBTS provides a monthly training covering topics required by our contract. Proctors receive 2 1/2 hours of training credit for attending along with being paid **\$25.00**. We have also recently began holding proctor training at various proctor homes throughout the valley and providing a potluck dinner. CBTS sincerely appreciates those proctors who make it a priority to attend proctor training each month. If you are currently not attending our monthly proctor training meetings on a regular basis you are missing out on valuable **information** as well as the ability to network with other proctor parents.

Other ways of obtaining training credit includes attending outside **conferences/trainings**, reading approved books, reading the monthly newsletter and writing up a synopsis of what you learned and completing CBTS packets.

Please keep in mind - maintaining **your training hours is not optional**. If you want to provide proctor care you must complete the annual required training hours.



## *CBTS PROCTOR TRAINING*

*Wednesday, April 18, 2007*

*6:30 p.m.*

*Susan Phillips' Home  
1122 East Chevy Chase Drive (5190 South)*

*Topic: Mental Health Issues*

*Pot Luck Dinner*

## MONITORING: STAYING INVOLVED IN YOUR TEEN'S LIFE

'To be effective, parents need to be involved in their children's lives. While this is important at each stage of development, parents need to be especially concerned during adolescence, when their teens strive to gain greater freedom and independence.

Research has shown that an effective parenting style employs a reasonable amount of control and consistency, coupled with parental warmth and support. This type of parenting has been associated with positive outcomes in children. Problematic parent-child relationships are characterized by low levels of parental acceptance and control. One of the factors contributing to the delinquency of teens is insufficient monitoring by parents.

Monitoring means keeping track of your adolescent. This practice entails being able to answer these four questions at all times: 1) Who is your teen with? 2) Where is he or she? 3) What is he or she doing? and 4) When will he or she be home? As soon as this practice becomes habit, monitoring can serve as a foundation to build other parenting skills.

How can you know the answers to the four questions without interviewing your teen each time he or she walks out the door?

### *Talk With Your Teen*

Monitoring means being involved in your teen's life. It includes being an interested, active listener. Listen carefully. How are things going with their friends? What problems are they having? What classes do they like? Building a positive relationship will help you monitor your teen's activities without seeming intrusive.

### *Manage Your Teen's Freedom*

Adolescence is a time when youth want more freedom. As teens learn the process of managing freedom, parents need to monitor their progress. Adolescents should earn their right to more freedom. With freedom comes the responsibility to endure the consequences of choices. As teens demonstrate responsibility at one level of freedom, parents can help them move to the next level by giving a little more freedom.

### *Set Clear Guidelines*

Even though they can handle more responsibility teens still need boundaries and limits. It is important that teens know exactly what is expected of them. After discussing the rules, you may even want to write them down to avoid discrepancy over what was said.

### *Stay in Touch With Your Teen*

If your children are supposed to be home at a certain time, plan to be home at the same time. If you can't be there, call to check on them or have a trusted neighbor check on them.

### *Set a Good Example*

When you go out, let your children know where you are going, how long you'll be gone, and a number where they may reach you. This provides an excellent role model of considerate behavior.

### *Keep a Family Calendar*

Have a space where all family members can write down their meetings, appointments and activities.

### *Meet Your Teen's Friends*

Much of their behavior will be influenced by their peer group. Get to know their friends.

# **We Need More Proctor Homes!**

we are filling up quickly and we need to find  
move proctor homes for our youth.

**WE NEED YOUR HELP!**

Please start asking around to friends, family,  
coworkers and more.

There is a \$100.00 incentive for any proctor  
that refers someone that meets the following  
criteria:

- Completes all licensing requirements
- Remains with CBTS for at least 90 days
- Has a 90% occupancy rate

**PLEASE HELP US CONTINUE TO  
SERVE MORE YOUTH!!!**



If you are interested please contact Lori with CBTS @  
801-268-4044.