



CBTS AUGUST 2007 NEWSLETTER

TIPS FOR SUCCESS IN SCHOOL

GETTING READY FOR SCHOOL

from Parenting With Love and Logic

"The first hour of the day is the very best time to teach kids responsibility. We do this by allowing them to do most of the thinking, and most of the jobs we usually do for them. These four general rules will make morning a friendlier time for all.

1. Decide which jobs belong to the parents and which belongs to the youth. A talk with them will help them see that setting the alarm, waking up to the alarm, choosing clothes, dressing, washing up, remembering lunch money and school supplies are really their responsibilities. The only people to suffer consequences if these are neglected are them. Our responsibility is to back up the school's consequences for lateness.

2. Stay out of the reminder business. Reminders rob kids of the opportunity to make the mistakes needed to learn the lesson.

3. Don't rescue! Rescuing children robs them of the opportunity to learn lessons at emotional times when the lessons will be best remembered. In other words, if the kids walk to school, no taking them in the car so they won't be late. And no notes excusing their tardiness.

4. Replace anger with sadness when they make mistakes. Wise parents, when seeing that their kids will be late, say, 'I'm sorry you're going to have a problem with your teacher. I sure hope you work it out.'



Here are 10 ways that will ensure that your kids and you have a great school year.

1. Eat a good breakfast every morning. Do not let them skip breakfast.

2. Have them wake up early enough to get up on time so they are not tardy.

3. Be sure they get a good nights sleep.

4. Have them prepare all of their things the night before including clothes or uniforms, socks, shoes, backpacks, homework assignments, etc.

5. They should keep their backpacks and rooms organized so they can find what they need easily and nothing gets lost. Have them put all of their things in their room right when they get home. This will alleviate the chances of losing or misplacing something.

6. Praise them, encourage them, use positive reinforcement, work closely with them, let them know that you are available to help if needed.

7. Create a study routine for your child.

8. Go over homework together.

9. Check their backpacks for notes, missed assignments, etc.

10. Be a role model for your children. Be positive and supportive of the school system and teachers.

Don't
Forget!



REMINDERS FROM YOUR CHILD

- Avoid spoiling me. I know quite well that I don't need everything that I ask for. I am only testing you.
- Let me be silly sometimes. I know that it can be annoying, but I am having fun.
- Catch me being good. Just like you, I like to be told when I am doing good.
- Be the parent. There's no reason that I should have more control in this family than you.
- Encourage healthy habits. It's difficult to become physically fit when I am constantly sitting in front of the TV with a bag of chips and a soda.
- Involve yourself in my education - because if you don't care about it, neither do I.
- Avoid bailing me out of trouble each time I make a mistake - sometimes I need to experience the pain of consequences.
- Sometimes it's difficult for me to express my feelings. Please try to understand my feelings instead of just reacting to them.
- Be approachable when I need someone to talk to. If you are not, then I will seek comfort in someone who is.
- Encourage me to join a team, organization, club or activity. My self-esteem will improve and I will learn valuable life lessons.
- Be the best role-model that you can be. You may not be a sports hero or a rock star, but I look up to you and learn a lot from how you act and treat others.
- Love me.

GETTING TO KNOW YOUR CHILD

How well do you really know your child? Can you predict the answers that he or she would give to the following questions? Spend some time with your child discussing the questions below: you may get lucky and learn something about your child that you didn't know!

What do you look for in a friend?

What is your favorite thing to do?

What is your favorite thing about school?

What is your least favorite thing about school?

Who do you consider to be your hero? Why?

If you could change one thing about yourself, what would it be?

What three things do you think you are good at?

What is your best memory? Worst?

What is your favorite movie?

What are you most afraid of?

What makes a person good? Bad?

What makes you the most angry? Happy?

If you were the parent for a day, which rule would you get rid of?

What do you see in your future?

Describe yourself using five words or less?

What is your biggest problem at school? Home?

If you had \$10,000, how would you spend it?

If you could change one thing about the world, what would it be? Why?

CBTS PROCTOR TRAINING

Wednesday, August 15, 2007

6:30 p.m.

220 E. 3900 S. #16

Presenters: Kim Ontiveros
Amanda Thompson

Topics: Male Mental Health, Substance
Dependent, Property Offenders
Female Mental Health & Behavioral Health

★ Reminder - If you read the monthly newsletter and write up a paragraph or two about what you learned from reading it - you will receive 1/2 hour of training credit.

PROCTOR PARENTS NEEDED

We are still in need of bringing on new proctor parents. Historically we have found that our best source of quality proctor referrals have been from our current proctors.

If you refer someone and they meet the following criteria, you will receive a bonus check of \$100.00:

- ◆ Pass the background check
- ◆ Complete the preliminary training
- ◆ Be available to take placements
- ◆ Remain with us at least 3 months

Let Lori know if you have a possible referral.

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OPPOSITIONAL DEFIANT DISORDER

Even the best behaved children can be difficult and challenging at times. Teens are often moody and argumentative. But if your child or teen has a persistent pattern of tantrums, arguing or disruptive behaviors toward you and other authority figures, he or she may have oppositional defiant disorder (ODD). You may walk on eggshells around your child with ODD not knowing what may trigger a tantrum or argument. While this is one of the most difficult of behavioral disorders, setting firm boundaries with consistent consequences plus a commitment to improving your relationship with your child can help your family overcome the dominating grip that ODD may have on your household.

SIGNS & SYMPTOMS

If your child's oppositional behaviors are persistent, have lasted at least 6 months and are clearly disruptive to the family, the issue may be ODD. The following are behaviors associated with ODD;

- ◆ Negativity
- ◆ Defiance
- ◆ Disobedience
- ◆ Hostility toward authority figures

These behaviors might cause your child to regularly and consistently show these symptoms:

- ◆ frequent temper tantrums
- ◆ argumentativeness with adults
- ◆ refusal to comply with adult requests or rules
- ◆ blaming others for mistakes or misbehavior
- ◆ acting touchy and easily annoyed
- ◆ anger and resentment
- ◆ aggressiveness toward peers

COPING SKILLS

- ◆ **Learn ways to calm yourself.** Keeping your own cool models the behavior you want from your child.
- ◆ **Take time for yourself.** Develop outside interests, get some exercise and spend some time away from your child to restore your energy.
- ◆ **Be forgiving.** Let go of things you or your child did in the past. Start each day with a fresh outlook and a clean slate.

TREATMENT

ODD is not something that your child can overcome on his or her own, nor can it be solved with medication, herbal supplements, vitamins or a special diet. Successful treatment of ODD requires commitment and follow through by you as parents and others involved in your child's care. But most important in treatment is for you to show consistent, unconditional love and acceptance of your child - even during difficult and disruptive situations. Ideally, treatment involved your primary care doctor and a qualified mental health professional. They can screen for and treat other mental health problems that may be interfering with ODD, such as ADHD, anxiety or depression. Successful treatment of the often co-existing conditions will improve the effectiveness of treatment for ODD.

SELF-CARE

At home, you can begin chipping away at problem behaviors by practicing the following:

- ◆ recognize and praise your child's positive behaviors
- ◆ model the behavior you want your child to have
- ◆ pick your battles - avoid power struggles
- ◆ set limits and enforce consistent reasonable consequences
- ◆ develop a consistent daily schedule for your child
- ◆ work with your spouse or others in the home to assure consistent and appropriate discipline procedures
- ◆ assign your child a household chore that is essential and that won't get done unless the child does it
- ◆ give effective time-outs
- ◆ offer acceptable choices, give a certain amount of control
- ◆ remain calm and unemotional in the face of opposition



The Division of Juvenile Justice Services recently completed their annual audit of CBTS. They reviewed personnel, youth and proctor files as well as inspected various proctor homes. We received positive feedback and were complimented on providing quality services to youth. We sincerely appreciate everything you do as proctors in serving the youth and their families.

Licensing regulations pertaining to proctor parents/proctor homes were reviewed by JJS. The same requirements pertain to homes providing services for DCFS youth. Our DCFS audit will also be coming up soon. Please read over the following and assess your knowledge and compliance.

- ✓ Proctors must have 50 hours of training the first year and 30 hours annually thereafter. For married couples, both must complete the annual training hours.
- ✓ CPR/First Aid must be kept current.
- ✓ We must have a copy of your current automobile insurance card along with a copy of your coverage amount declaration form.
- ✓ B.C.I.'s on anyone in the home 18 years of age or older must be completed on an annual basis.
- ✓ Fire escape plans must be posted in your home.
- ✓ Quarterly fire drills must be conducted involving all of the youth in the home.
- ✓ There must be a working fire extinguisher available and the youth must know where it is located.
- ✓ There must be a working smoke detector on each floor in the house.
- ✓ You must have a first aid kit in the home and the youth must know where it is located. You should also have a small one in your automobile.
- ✓ Medications must be stored in a locked box.
- ✓ Hazardous materials must be stored in a locked area.
- ✓ Alcoholic beverages should be kept inaccessible to youth.
- ✓ Cohabitation and Conflict of Interest forms must be completed on an annual basis.

CPR/1st AID CERTIFICATION

West Jordan Library (1970 W. 7800 S.)
Wednesday, August 29 5:30 p.m.

Sprague Library (1100 E. 2131 S.)
Thursday, August 2 5:30 p.m.
Saturday, August 18 10:15 a.m.

Sandy Library (10075 S. 1350 E.)
Thursday, August 9 5:30 p.m.

For more information call Save-A-Heart at 582-7114. If you attend, tell them you are with CBTS and they will send the invoice to us.

PRS ACTIVITY

Get together and role play the following scenarios. Act out each scene and discuss the appropriate responses.

- ◇ You open up a birthday gift from a relative and it is something that you really didn't want.

- ◇ You are in a convenience store with a friend that has no money. While you are paying for your soda, you look over and see your friend steal a candy bar.

- ◇ You are at a local park with a friend and an older individual comes up to you and tells you he has some "stuff" in his car and he wants to show it to you.

- ◇ You are walking home from school and notice a suspicious man climbing into your neighbor's window. You know that the neighbors are away on vacation.

- ◇ You have a friend that is constantly telling lies to other people and now he is telling you a lie.

- ◇ You loaned a friend five dollars and now he is avoid you.

- ◇ A classmate is bragging that his older brother steals car stereos on the weekends and says that he was able to steal nine of them last weekend.

- ◇ While spending the night at a friend's house, your friend talks you into sneaking out of the house. The two of you walk to a park, and while you are there, your friend pulls out a cigarette and offers to share it with you.

- ◇ You're with a group of friends and a teacher walks past you and drops a bundle of papers that go all over the floor. It is a teacher that you don't really like.