



CBTS NEWSLETTER

December 2006

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FIGHTING HOLIDAY BLUES

"Fighting the holiday blues is something that all of us are up against at one time or another. When you first feel the blues coming on and your attitude is taking a turn for the worst, it is time to take action. Do what you need to do to make yourself feel better, forget your problems and enjoy the holidays.

Often we feel lonely or overwhelmed as the holidays approach. These feelings can cause many to want to forget about the holiday all together. Even in a household of people a person can feel lonely causing depression if they are not a part of the hustle and bustle of the holidays. If you feel lonely in a house full of people, make an effort to become a part of the group, make an effort to get out of your shell and join in whatever is going on.

Cheer someone else up! If you are really feeling down and think that holidays are nothing special find a way to cheer another person up. This is one way to fight depression and make yourself feel better. You can donate time in a local hospital. Find a child who does not have much and make their holiday better. Give food, time or a donation to the local food bank to enhance someone's life over the holiday season. Send cards

and care packages to those in the military that can't be home for the holidays. Send cards to people in care centers. Showing that you care to others who have nothing can make you feel better about yourself.

Keep your holiday entertaining simple and carefree. Enjoying the company of others is more important than how your home is decorated or if the cookies are homemade. Keeping the holiday season lighter without all the added worry is going to make your attitude change and make you feel better about the season. Do not expect too much around the holidays. Do not worry about how many presents you are going to get. The holiday is more than the value of the presents you receive. It is the friendship and love that you experience during the holiday season.

If your holiday attitude has changed because of problems in the family, learn to put differences aside during the holidays. Do not hold grudges. Depression builds because of what is going on and the problems within the family. Attempt to let the problems go. Talk. Learn more about others. Interact. You'll feel better about them and about yourself."



Local Christmas Events

Festival of Trees

South Towne Expo Center 9575 South State
Nov. 29 - December 2 10:00 a.m.-10:00 p.m.
\$4.00 for adults; \$2.50 children (2-11)

Christmas Around the World Festival

Performers include the Swiss chorus, Baltic folk music,
Basque dancers, Bagpipers & Venezuela Cantando
Riverton Civic Center 12830 S. Redwood Road
December 6 - 8 6:00 - 9:30 p.m.
December 9 1:00 - 9:00 p.m.
Free

Holiday Lights at Thanksgiving Point (Lehi)

December 1 - 31 5:30 - 10:00 p.m.
(Closed Sundays and Christmas Day)
\$7.00 per car

Ride With Mrs. Claus

A tractor pulled wagon ride with Mrs. Claus telling
stories and secrets about Santa
Gardner Village 1100 West 7800 South
Monday Dec 4, 11, 18 5:00 - 8:00 p.m.
\$2.00/ride

Live Nativity

Real people and real animals recreate the Nativity
Gardner Village 1100 West 7800 South
December 15 - 16 6:30 p.m.

Free

Horse drawn carriage rides 5:00 - 8:00 p.m.
\$10.00 for up to six people

Trees of Diversity

Multicultural collection of trees and wreaths
WVC Cultural Center 1355 West 3100 South
November 29 - January 3 9:00 - 7:00 p.m.
(Friday and Saturday by appointment - closed Sun.)
Free

Bonnie Harris Christmas Concert

WVC Cultural Center 1355 West 3100 South
December 4 7:00 p.m.
Free - also free hot cocoa

CHRISTMAS THOUGHTS

"Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To all, charity. To every child, a good example. To yourself, respect."

Oren Arnold

"Christmas is not a time nor a season, but a state of mind. To cherish peace and mercy, is to have the real spirit of Christmas."

Calvin Coolidge

"I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included."

Bernard Manning

"Christmas is doing a little something extra for someone."

Charles Schulz

CURFEWS

"It's so unfair! All my friends get to stay out later than I do. Don't you trust me?" Setting a curfew is pretty easy when youth are little, but it gets harder and harder as they mature. You have less control over their lives and they can get around on their own. But while youth certainly need more independence as they grow up, giving them structure is also vitally important to their growth and development; and just as importantly it helps to keep them safe.

Setting and enforcing clear, fair and firm boundaries - and following through with consequences - are a critical part of being a good parent. It's most effective, though, when the boundaries are balanced by a warm, caring relationship with your children that includes their participation in the decision-making process. Curfews provide needed structure and help youth learn to be responsible. Making them part of the curfew discussion and establishing clear expectations and consequences gives them some of the independence they are looking for while still maintaining the boundaries they need to thrive.

Youth are more likely to grow up healthy when families have clear rules and consequences, and monitor young people's whereabouts.

"The external structure parents provide their children...helps children develop their own internal structure of self-discipline for taking care of themselves and other people."

Jean Illsley Clarke

- **Think ahead** - Don't try to set curfews when your children or teenagers are begging to go out right now. Talk about expectations early and be clear that everyone understands what's expected. Agree together on the consequences if curfew is broken.
- **Confirm the plans** - Before they head out the door, find out where they are going, who will be with them, how they'll be getting there and back and when they plan to be home.
- ◆ **Adjust** - Review and negotiate curfews together. There are exceptions to every rule, so it may be appropriate from time to time to change a curfew or to allow your child to participate in a positive activity in school or in the community.
- **Enforce** - Be consistent when enforcing consequences, but when boundaries are broken, don't give the impression that your child has failed. Instead, use these situations to teach about responsibility.
- ◆ **Affirm** - Tell your child how much you appreciate it when they tell you where they'll be and when they arrive home on time. This positive feedback will make it more likely they'll follow through next time.
- ◆ **Be realistic** - There is no 'magic' curfew time for all youth. Match curfews to the needs of your family, your children and your community. Negotiate curfews that work for you and your family and adhere to local laws.

FAMILY WHEREABOUTS CONTRACT

We, the members of the _____ family, promise to keep each other informed of our whereabouts at all times. This means telling someone in the family:

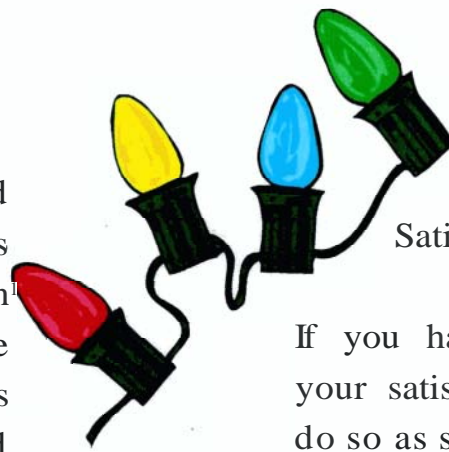
1. where we'll be,
2. the **name(s)** of the **person(s)** we'll be with,
3. a number where we can be reached, and
4. when we'll be back.

Signed on this date _____

By _____

Joyous Season Payments

The Division of Juvenile Justice Services and the Division of Child and Family Services is once again providing a \$58.00 joyous season payment for youth in custody during the month of December. The purpose of this additional money is to assist the youth and proctor in purchasing Christmas gifts. Joyous season checks will be included with the December 10th paychecks.



Satisfaction Surveys

If you have not yet returned your satisfaction survey please do so as soon as possible. They are used to monitor our quality of services and outcome measures.

CPR/FIRST AID CERTIFICATION

West Jordan Library

1970 West 7800 South

Wednesday, December 13 5:30 p.m.

Sprague City Library

1100 East 2131 South

Tuesday, December 5 5:30 p.m.

Saturday, December 16 10:15 a.m.

West Valley Library

2880 West 3650 South

Tuesday, December 19 5:30 p.m.

Riverton Library

1830 West 12650 South

Thursday, December 28 5:30 p.m.



"To discourage anybody from shaking the gifts one of those boxes has been filled with hornets. Yep, I hate to think what those hornets might do if anybody shook their box."

The first 1.5 hours is CPR training, the second 1.5 hours is First Aid. Contact Save-A-Heart at 582-7114 for additional information. Let them know you are with CBTS when you register and/or attend the class.