

February 2008

CBTS NEWSLETTER

CBTS

801-268-4044

cbtsutah.com

Lori M. Nadeau,
C.F.O./Co-Owner
Mobile: 634-5379
cbts@xmission.com

Carlos Serna,
C.O.O./Co-Owner
Mobile: 558-4845
cserna@xmission.com

Kim Ontiveros, Program
Supervisor
Mobile: 557-9023
kontiver@xmission.com

Anna Lieber, Placement
Coordinator
Mobile: 557-7814
alieber@xmission.com

Liz Mavor, Specialist
Mobile: 558-5668
emavor@xmission.com

Nick Renfro,
Specialist/Group Coord.
Mobile: 557-6327
ahmahdrenfro@gmail.com

Kim Sorensen, LCSW
Mobile: 949-8067
ksorensen@xmission.com

GIFTS TO THE PROCTOR PARENT

By Jo Ann Wentzel

“Did you ever stop to think about the gift you’re given as a proctor parent? We all know the gift you give to a child is invaluable. We are aware of the struggles, sacrifices, and trials one endures when they become a proctor parent. But, what about the gifts?”

You will become an expert in many things so among your gifts is that of learning. Every one of these youth will have their own special interests, hobbies, sports likes and dislikes, music, clothing, books, etc. I have learned a great deal about diabetes when an occasion to parent a youth with that disease arose. Many of you can recite all the side effects of certain medicines and which meds are better for specific conditions. We become those in the know with so many subjects simply because we need that knowledge to better parent these kids.

On the flip side of learning is the gift of being a teacher. We teach lessons and life skills that can turn lives around. What an awesome responsibility to change a life, but what a gift. You might have taught them a value, an ethic, or a moral. Teachers are revered and every parent is a teacher.

You have the gift of being the first person to watch a youth enjoy a certain activity. Some youth who come to proctor care have led sheltered lives. They may have never caught a fish, planted a garden, seen a play, etc. Watching them experience new things is such a gift since if not for you, it may not have happened.

Sharing your belief, faith, hopes and dreams with someone is a gift. Some proctor youth become members of the family and that is a gift. Others become a valued friend, another gift. Occasionally, one who has driven you crazy, pushed all your buttons, and tried your patience, is able to return home. Another gift.

Then, there is that special gift of love. A chance to receive love is always a gift. A chance to give love is as well. No one has too much love. Both giving and receiving love is a gift. To see how excited a youth, who does appreciate things, gets when they finally have them is wonderful. To see laughter on faces that only have known pain is a blessing. When you are responsible for these things, you feel good about yourself.

There are flashes of brilliance when you come up with the solution to solve a problem after lots of failures. There is the light of awakening in a youth’s life as an important decision is made. There are those times when you are the one to whom the real child is revealed. These are all gifts and only fully appreciated by those who give their hearts and homes to at-risk youth.”



PROCTOR TRAINING

Wednesday, February 20, 2007

6:30 p.m.

220 East 3900 South #16

Presenter: Gang Task Force

ALL proctors are **REQUIRED** to complete 30 hours/year of training (50 hours the first year) in order to maintain their license. CBTS offers a monthly training in which not only you receive 2 ½ hours of training credit but you also get **PAID \$25.00** for attending. Being paid for receiving valuable training is virtually unheard of anywhere else. CBTS greatly appreciates those proctors who make an effort to attend training on a monthly basis. However, far too many proctors have not taken the opportunity to attend on a regular basis. If you do not choose to attend the monthly training sessions you will need to secure your own alternative training opportunities.

Our training session in January was on hygiene. Kim Sorensen, L.C.S.W. did an excellent job and had valuable information to share. A packet is available, along with a worksheet for you to complete, which will provide you with two hours of training credit. Ask your specialist for a copy.

LICENSING REQUIREMENTS

Recently a letter went out to those proctors lacking licensing requirements. If you received a letter we need those missing requirements brought current as soon as possible.

We also sent out a memo regarding the need for all proctors/staff to have \$100,000/300,000 liability limits on their automobile policies. This is a requirement of the new Department of Human Services contract. We need to have a copy of your automobile coverage declaration form in your personnel file. A copy also needs to be sent to the Divisions.

If you have any questions regarding either the letter or the memo, please contact Lori or Anna.



10 Tips to Stay Ahead of the Game

BE A PARENT, NOT A PAL. Let's face it: the teen years can be bumpy. As parents, we need to be our teen's anchor, not their best friend. Set clear boundaries, yet approach your teen with love and respect. So figure out those limits that work best for your family, and then enforce them. All the time. While it may feel like we're 'losing our kid' during the teen years, we're really just a few years away from forming a true friendship as our teen enters adulthood.

IGNORE THE ATTITUDE. SAVE YOUR ENERGY FOR THE BIG STUFF. Choose your battles. Is it really worth arguing about blue hair? If your teen's challenging or general attitude gets under your skin, decide whether it's a battle you want to tackle. Of course you want to stand your ground on issues that are important, but not all issues are monumental. Be selective.

TALK THE TOUGH TALKS. Sex. Cigarettes. Drugs. Alcohol. Guns. Gangs. Definitely uncomfortable topics of conversation with your teen to be sure. But teens need to hear your perspective on these topics, understand why you feel the way you do, and know you are someone they can come to with questions.

COMPLIMENT YOUR TEENS. Make it a habit to say at least three positive things to your teen every day (even if it's just 'hey, thanks for feeding the dog.'). It's easy to notice the negative, but no one has yet to complain about receiving a compliment – even a teen.

GET TO KNOW THEIR FRIENDS. Friends are a big deal. And you can learn a lot about your teen through their friends, but connecting with the parents of these friends is your lifeline. By checking in with the parents, you'll have your finger on the pulse of your teen's activity – inside and outside the home.

DON'T BE A MAID It's important for teens to have meaningful roles and responsibilities in the family. Start with household chores – mowing the lawn, making a meal or doing the laundry – and work your way up. These tasks prepare teens for independent living as young adults, and give them a sense of responsibility and accomplishment.

MAKE RESPECT A TWO-WAY STREET. If you expect respectful behavior from your teen demonstrate it daily with your teen. And this may be difficult as teens roll their eyes at you in exasperation or give you the cold shoulder. But grit your teeth and get through it. Respect will be the foundation for building good relationships and getting teens to accept their family's values as their own.

LISTEN, DON'T LECTURE. When kids are ready to talk, be ready to listen. While this undoubtedly happens when you are running late or are really tired from a busy day at work, when you stop and listen to your teen, it's amazing what you'll find out. Resist the urge to offer too much advice or tell them what to do. Help them figure out for themselves by asking questions that will guide their decisions.

AGREE TO DISAGREE. It may seem like you disagree about everything with your teen. Don't worry; it's normal. Teens need to question 'the norm' to figure out what makes sense to them and learn how to think for themselves. And while a little latitude is a good thing, you still have the final word when it comes to how your teen should behave.

HAVE FUN TOGETHER. Know what 'fun' means to your teen and know that it won't always be your idea of 'fun.' Discovering creative ways to spend time with your teen is what's important – and makes one-on-one time enjoyable.



Tips to Help Parents Instill Financial Responsibility in Their Teen

Three ways to help your teen manage their money

1. Discuss monetary issues with your teen on a regular basis.
2. Demonstrate your family's values and beliefs in regards to money.
3. Talk to them about their paycheck and how they plan to use it.

Show your teen that saving money is important.

1. Talk to them about their future. Show them the advantages of having money saved when they are ready to go to college or live away from home for the first time.
2. Help them plan for emergencies.
3. Help them set financial goals.

Encourage your teen to put more money in their savings.

1. Set guidelines – half of gift money goes in savings.
2. Show them how savings can grow over time.
3. Set goals and then reward them by putting additional money in their savings account.

Promote good spending habits in your teen.

1. Be a good role model – monitor your spending habits.
2. Give them the opportunity to learn from their mistakes. If they spend all of their money on a new cell phone and don't have enough left to go to a movie with friends, they'll have to miss the movie this time.

Activities that can help your teen learn to manage money responsibly.

1. They watch you manage expenses, so spend wisely.
2. Allow them to make their own purchase decisions.
3. Let them be a part of the decision making process for a family purchase.

Tips to show your teen the importance of budgeting.

1. Make them responsible for some of their own monthly expenses, like car insurance payments.
2. Help them set up a budget and compare income to expenses.
3. Incorporate savings into their budget.



CPR/FIRST AID CERTIFICATION

West Jordan Library (1570 West 7800 South)
 Wednesday, February 27 5:30 p.m.

Sprague City Library (1100 East 2131 South)
 Saturday, February 16 10:15 a.m.

West Valley Library (2880 West 3650 South)
 Thursday, February 7 5:30 p.m.

Anderson/Foothill Library (1135 South 2100 East)
 Thursday, February 21 5:30 p.m.

Sandy Library (10075 South 1350 East)
 Tuesday, February 12 5:30 p.m.



When you go to the class make certain you let them know you are with CBTS. They will send the invoice directly to us. For more information regarding the classes contact Save-A-Heart at 582-7114.

Valentine's Day Humor



Worst thing you can say on a first date

- I used to have a real bad bedwetting problem...but the last couple of weeks I've gotten it under control.
- I know we just met and this might seem a little sudden...but could I borrow five hundred dollars?
- I don't see my ex-girlfriend that much...thanks to the U.S. Department of Justice.
- Wait till my wife hears about this!
- I had a good time tonight. I'd love to see you again in 6 - 8 months with good behavior.



You know you live in Utah....

If you've worn shorts and a parka at the same time, you live in Utah.

If you measure distance in hours, you live in Utah.

If you have switched from 'heat' to A/C and back again in the same day, you live in Utah.

If you drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you live in Utah.

If the speed limit on the highway is 75 mph—you're going 80, and everyone is still passing you, you live in Utah.

If you find 10 degrees 'a little chilly,' you live in Utah.

If driving is better in the winter because the potholes are filled with snow, you live in Utah.

If you know all four seasons: almost winter, winter, still winter and road construction, you live in Utah.

I HATE MY JOB DAY!

When you have an "I hate my job day," try this:

On your way home from work, stop at your pharmacy and go to the thermometer section and purchase a rectal thermometer made by Johnson & Johnson. Be very sure you get this brand. When you get home, lock your doors, draw the curtains and disconnect the phone so you will not be disturbed. Change into very comfortable clothing and sit in your favorite chair.

Open the package and remove the thermometer. Carefully place it on a table or a surface so that it will not become chipped or broken. Now the fun part begins. Take out the literature from the box and read it carefully:

"Every rectal thermometer made by Johnson & Johnson is personally tested and sanitized."



Now, close your eyes and repeat out loud five times, "I am so glad I do not work in the thermometer quality control at Johnson & Johnson." Remember, there is always someone else with a job that is more of a pain in the butt than yours!