



CBTS NEWSLETTER

January 2008

CBTS

Office: 268-4044

Fax: 263-0926

www.cbtsutah.com

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

Carlos Sema, C.O.O./
Co-Owner
mobile: 558-4845
csema@xmission.com

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

Anna Lieber, Proctor
Coordinator
mobile: 557-7814
alieber@xmission.com

Nick Renfro,
Specialist/Group Coordinator
mobile: 557-6327
ahmadrenfro@gmail.com

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

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

A PRAYER FOR THE NEW YEAR

Dear Lord:

May we get a clean bill of health from our dentist, our psychiatrist, our urologist, our gynecologist, our cardiologist, our proctologist, our podiatrist, our plumber and the IRS.

May our hair, teeth, facelift, abs and our stocks not fall and may our blood pressure, cholesterol, weight and mortgage interest rates not rise.

May we find a way to travel from anywhere to anywhere in the rush hour in less than an hour and when we get there, may we find a parking space.

May we have the strength to get through this presidential campaign and may some of the promises made be kept. May we believe at least half of what the candidates propose and may those elected fulfill at least half of what they promise and may the miracle of reducing taxes and balancing budgets come to pass.

May we realize that if God really wanted us to touch our toes while exercising he would have put them further up our bodies.

May what we see in the mirror delight us and what others see in us, delight them. May someone love us enough to forgive our faults, be blind to our blemishes and tell the world about our virtues.

May the telemarketers wait until after we finish dinner to call us. May our checkbooks and budgets balance and may they include generous amounts for charity.

May we remember to say 'I love you' at least once a day to our spouse, our children, our parents, and all of our significant others.

May we smile and laugh throughout the year.

SAYING GOODBYE

During the months of December and January we will have had six of our youth transition back home. This is a great accomplishment for them and we wish them all the best. However, the transition period can also be a difficult time for the youth as well as the proctor. The following information may be beneficial to keep in mind.



"Attachments occur with the proctor family if you are doing it right. However, when it comes time to leave, this becomes another scenario of leaving a family that you are bonded with. It needs to be handled with extreme care and love. Acting out can include running away, triangulation, telling lies, doing anything to avoid the change.

To help a youth get across this bridge it is important to: establish telephone contact after they have left, send pictures home with them that tell the story of the time they spent with you, write letters, remember birthdays, arrange visits if at all possible. After they return home, reiterate your concern and love for them. Reinforce this before they leave. Remind them that you will always be there for them.

When the acting out begins, address it immediately, don't wait and wonder 'what the heck is going on?' Understand that separation anxiety is normal and natural. Call it what it is, and work out a plan to deal with it. Discuss the differences between the two houses and how they are the same. Help them feel comfortable with their anxiety rather than uncomfortable.

- ◆ Reinforce the positive aspects of the change and the continued relationship that you will always enjoy.
- ◆ Follow through.
- ◆ Be there.

It is normal for a child to 'trash' the family before they leave in order to make it easier to leave. After all isn't it easier to leave a household that can't stand you rather than a household that loves you? Don't let the trashing even begin. Tell them right away that you understand how they feel and what they are going through and how hard this new transition is going to be for them. Don't be surprised if you are a little angry and sad about your impending loss too. Share those feelings with the youth. After all we are all human and when we love and let go it hurts."



NEW YEAR'S RESOLUTION

Attend CBTS Proctor Training every month!

Wednesday, January 16, 2008

6:30 p.m.

220 E. 3900 S. #16

Presenter: Kim Sorensen, L.C.S.W.

Topic: Hygiene

Absolutely no youth are invited to attend this training. If they come with you they will need to wait in the main office.

DCFS PRACTICE MODEL TRAINING

This is a mandatory training that DCFS offers several times a year for proctor parents. We have informed DCFS that they need to schedule a training in the evening or on weekends for our proctor parents who work. If you would be able to attend this session please let Lori know so she can get you registered.

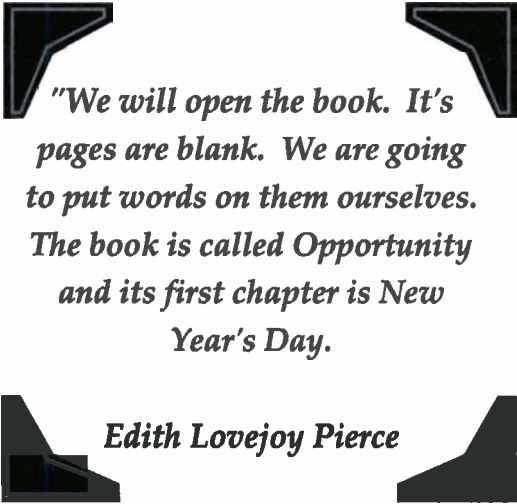
Thursday, January 10 9:00 a.m. - 1:00 p.m.

Thursday, January 17 9:00 a.m. - 1:00 p.m.

Thursday, January 24 9:00 a.m. - 1:00 p.m.

Location: 2655 South 3800 West Valley City

You must be able to attend all three sessions.



"We will open the book. It's pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

Edith Lovejoy Pierce



DEALING WITH BIOLOGICAL PARENTS

“If the plan is for reunification, part of your job is to help the youth and parent maintain an attachment with each other. You should not expect the children in your care to deny the attachment they have to their biological family. They cannot ‘shut off’ the attachment while he/she is with you and turn it back on when he/she returns to his or her family. Children in proctor care need contact with their family in order to nurture the attachment. At the same time, they cannot become better parents without opportunities to parent their children. When children and families are separated, they miss the opportunity to adjust to each other as they grow and change. Helping the parent and child to maintain a connection:

- *Helps the biological family to feel supported and less threatened by the child’s relationship with you;*
- *Helps children know you support their relationship with their parents;*
- *Helps children know they do not have to choose between you and their parents.*

Families who need proctor care have reached a crisis. Families who are in crisis need support to strengthen their family. Whenever possible, your job is not to rescue a youth from his or her family, but to help strengthen the family. Sometimes the best way to help a youth is to help his or her parents. It can be hard to have positive feelings about their parents if you know the youth has been abused or neglected by them. Try to remember that the parent may not have known a better way of dealing with their child or may have had a mental health or substance abuse problem. That doesn’t mean that abuse or neglect is acceptable. But, most of the parents you will encounter have been doing the best they know how to do.

Be aware of your feelings about the biological parents. Be very honest with yourself. If you are thinking negative thoughts about the parents, do not express such thoughts to the youth. If you can, find out the family’s story. Everyone has a story. Then try to imagine yourself in their place. When children see that you and their biological parent(s) are communicating and sharing the responsibility for their care, children will have an easier time seeing that their biological family is still their family.

Here are some things you can do:

- *Treat the parents respectfully.*
- *Support the parents’ efforts to parent.*
- *Keep the biological parent up to date on what the child has been doing. If it is advisable within the treatment team, give them a call or send a brief note in the mail on a regular basis.*
- *If you need to address a concern with the biological parent do so out of the child’s presence.*
- *Remember that the child will always have a biological family (whether they have contact with them or not), and that the biological family will always be important.*
- *If the child doesn’t have a picture of the biological family, help them obtain one.*
- *Don’t overreact to criticism by the biological parent. Sometimes seeing a proctor parent do the job that a biological parent would like to be doing leads a parent to feel defensive or resentful.*
- *Some children will return to an environment that offers less material benefits than were provided in the proctor home. You can help by letting them know that it is a fact that certain people live differently, but that his or her home condition does not have anything to do with his or her worth as a person.*

The History of New Year's Resolutions

The Babylonians are known to have celebrated the new year approximately 4,000 years ago and this ancient civilization is credited by some with originating an annual tradition still going strong: The New Year's resolution. The first day of the Babylonian year was considered to be March 23rd, and a common Babylonian New Year's resolution was their custom of returning something borrowed from a friend over the course of the previous year.



TAKING THE "ME" OUT OF YOUR NEW'S RESOLUTION

What's the first word that comes to mind when you set upon deciding on a New Year's Resolution? Me. Why not kick off 2008 with a unique New Year's resolution? Those same old ho-hum resolutions just don't cut it any more. How about a resolution worthy of remembering? A resolution that could make a difference in your life and the lives of others.

Things You'll Need:

Willpower

Imagination

Step 1: Think about making your New Year's resolution resolve around others. Some examples could be:

- ◆ Resolve to donate to a charitable organization
- ◆ Resolve to donate your time serving as a volunteer
- ◆ Resolve to donate your talents to others. Example: If you know how to knit or crochet, make some hats for the homeless.

Step 2: Many resolutions revolve around fixing things for yourself such as your weight or your finances. How about resolving to fix more meaningful things. What's the most meaningful thing you can repair? How about a broken relationship with a loved one.

Step 3: How about reflecting back to 2007 for a moment. If there is one thing you could change about 2007 what would it be? Resolve to make 2008 different. Were you lonely? Resolve to take action and put yourself out there. Volunteer, join a league, join a club, etc. Did you lose a loved one? Resolve to do something of lasting joy to remember them by.

Step 4: Once you have chosen a resolution, give yourself a deadline. Having a set time motivates you to see it through.

Overall Tip: Ask yourself "Is this resolution something I should do or something I want to do? Always go with the 'want.'