



CBTS NEWSLETTER

July 2007

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CORRECTING YOUR TEEN'S BEHAVIOR

One way to correct your teenager when they behave inappropriately is to use a teaching method called guided self-correction. This method encourages teenagers to be more active participants in correcting a situation. With this method the parent asks a series of questions to get the teenager to think about a situation and determine why a behavior or decision was inappropriate. Here are some tips for using guided self-correction:

Ask questions. Begin by asking general, non-threatening questions such as "What happened?" or "Let's talk about what's going on here."

Have your teen describe the behavior. The questions you ask should prompt your teenager to describe their behavior or the situation they are in. This is the first step toward correcting the problem.

Help your teen see whether his or her reasoning is sound. If your teenager's answers to your questions don't indicate to you that they are using sound reasoning, take time to talk about their reasoning process and how the reasons connect to the situation.

Vary your questions. After your teen has described the situation, ask more specific questions to focus on the problem.

Encourage your teen to take ownership of the problem. As the discussion continues, ask questions about what actions your teenager can take to solve the problem. That's a good foundation for them to take ownership of the problem as well as its solution.

Help your teen connect behaviors and outcomes. As your teen takes ownership of the problem, they should begin to see connections between what they did and what happened as a result.

Talk it out. Remember that your role is to talk out the problem with your teen, not to solve the problem.

Use empathy and encouragement. This shows your teen you care and that you have faith in their ability to change inappropriate behavior and make good decisions.

THE FOUR FACTORS FOR A PHENOMENAL FAMILY

1

Create a nurturing and accepting family system.

The number one need in all people is the need for acceptance, the need to experience a sense of belonging to something and someone. The need for acceptance is more powerful in your family than anywhere else. Consciously decide to actively and purposely work on improving your family situation every day. You may need to do such things as:

- ◆ help your children set and achieve goals
- ◆ set aside an hour a day for the family, every day
- ◆ catch your children doing something right
- ◆ look for the best intentions in your children
- ◆ eliminate patterns of verbal abuse

3

Establish meaningful rituals and traditions

Here are some ways to establish rituals and traditions in your own family:

- ◆ Plan purposeful celebrations. Birthdays, holidays, and other events are all opportunities to create a tradition or even a ritual.
- ◆ Tell family stories. Build into family get-togethers special times for retelling these stories, complete with slide pictures and mementos. Bring out picture albums or old films.
- ◆ Worship together. For many families, attending a worship service is a major family ritual.

2

Promote rhythm in your family life

Children need rhythm in their lives, and it is unsettling to them when they don't have it. Here are some steps to help promote that rhythm:

- ◆ Create a predictable pace of family life. It can be difficult to schedule the events of the week but your family does need a pace - a rate of progress throughout the day built around key activities such as specific times when meals are served, regular bedtimes, a specific list of chores, etc.

4

Be active in your communication

The greatest things you can give your children are your ears and your voice. Meaningful dialogue takes into account each family member's need for acceptance, self-respect, encouragement and security. Here are several strategies for encouraging active communication:

- ◆ Make time to talk in the car
- ◆ Have discussions during game time.
- ◆ Do a group project together such as painting a room, washing the car, tending a garden, etc.



Note

RUNNING AN EFFECTIVE FAMILY MEETING

Purpose

The purpose of the family meeting is to set aside a period of time each week for the whole family to spend constructive, quality time discussing the concerns and issues which need to be addressed.

Agenda

Discuss family problems and decide on possible solutions.

- Have each family member give positive feedback to the other family members.
- Announce plans for upcoming events.
Delegate chores to each family member.
- Discuss family rules and consequences for breaking them.
Play a game together a family

Tips

1. Develop a set of 'family meeting rules' at your first meeting. Be sure to write them down.
2. Have the family meeting at the same time and place each week as much as possible.
3. Make sure that all family members are present and have a chance to be heard.
4. Put all decisions from the meeting in writing. Have each family member sign the sheet when the meeting ends.
5. Keep the meeting positive. Have rules against disrespectful behaviors such as interrupting, insulting or yelling.
6. Avoid distractions. Turn off the TV and radio, take the phone off the hook, etc.

To all of the youth and families with CBTS,

I am going to graduate school to get my Master's in Social Work. I wanted to say goodbye and express how much I have enjoyed working with each of you. While I have been at CBTS, I have had the opportunity to work with many different youth and proctor parents. Through my experience, I have learned that each of you has strengths to share with others and to the community. I hope you continue to support one another to grow and to succeed in life. Hopefully, I will be able to come and work with CBTS again in the future. Thank you.

Sincerely,

Sara Bannon

CBTS PROCTOR TRAINING

Wednesday, July 18, 2007

6:30 p.m.

CBTS

220 East 3900 South

Topic: Juvenile offenders and the relationship between mental health and substance abuse

Reminder: Proctors are **REQUIRED** to have 50 hours of training their first year and 30 hours annually thereafter. The topics we are covering are also **REQUIRED** by our contract with DCFS and DJJS. If you have been attending training on a regular basis - Thank You! If you have not been attending training on a regular basis - **START NOW!** You can not maintain your proctor license without keeping your training hours current. If you have received any outside training hours please let Lori know.

Play this little game with your children.

Would you rather...

Be happy but poor?

Be miserable but rich?

Be the most popular student in school?

Be the smartest student in school?

Go without television for the rest of your life?

Go without junk food for the rest of your life?

Make headlines for saving somebody's life?

Make headlines for being the youngest person to graduate college?

Never have to go to school again but work a job that you don't like?

Finish school and get a job that you like?

Be considered good looking?

Be considered a good person?

Have the ability to fly?

Have the ability to become invisible?

Have your favorite celebrity stay with you for a weekend?

Have a small speaking part in a Hollywood movie?

Never celebrate another holiday or birthday for the rest of your life?

Never eat candy or drink soda for the rest of your life?

Make \$100,000 a year digging holes with a shovel?

Make \$30,000 a year playing your favorite sport?

Live the rest of your life with no teeth?

Live the rest of your life with the hic-ups?



What is your conflict style? Read the description of each conflict style below. Which styles apply to you?

The Shark



- My way is the right way.
- Because I know I am right. I need to get my way.
- There are winners and losers in a conflict - I want to be the winner.

Sharks tend to use force in order to get the other person to give in.



The Fox

- I'm not always sure that others appreciate how I get my way.
- It's okay to compromise, sometimes.
- I'll give a little if you give a little too.

Foxes compromise and bargain. They look for ways for each side of a conflict to gain and lose equally.

The Teddy Bear

- The most important thing to me is to be accepted and liked by others.
- I avoid conflict at all cost.
- If I have a disagreement, I'll avoid dealing with it because I don't want to damage my relationship with the other person.

Teddy bears try to smooth over conflict and avoid confronting issues.



The Owl

- I think that conflict can improve relationships between people.
- Dealing with conflict reduces tension.

Owls use problem solving techniques that allow both sides to have their needs met. Everyone wins and everyone's perspectives about the conflict are recognized.



FREE COMMUNITY ACTIVITIES



- July 2 Cultural Celebration Center 1355 West 3100 South 8:30 p.m. Utah Symphony Free
 Bring a blanket or lawn chair
- July 3 Freedom Fest Fireworks Show Granite High School 3305 South 500 East 6:00 - 10:00 p.m. Free
 Entertainment, Food & Craft Vendors, Fireworks Show
- July 4 Granite High School 3305 South 500 East 7:00 a.m. - 2:00 p.m. Free
 Flag Ceremony, Breakfast (8:15 a.m.), Parade (9:00 a.m.), Carnival Games, Music, Arts & Crafts, Dutch Oven Cook Off
- July 4 Jordan Park 1060 South 900 West 5:00 - 10:30 p.m. Free Food, Music, Games, Fireworks
- July 6 - 7 Days of 47 Pops Concert Abravanel Hall 123 West South Temple Free
- July 9 Cultural Celebration Center 1355 West 3100 South 8:30 p.m. Free
 Songs & Stories of the American West Bring a blanket or lawn chair
- July 10 Lunch in the Park Murray Park Pavilion #5 12:00 p.m. Free
 Bring your lunch and listen to Idlewild
- July 6 Movies in the Park ET Jordan Park 1060 South 900 West Approximately 9:00 p.m. Free
 Snacks available to purchase
- July 13 Movies in the Park Ghostbusters Lindsey Gardens 9th Avenue & M Street Free
 Snacks available to purchase
- July 14 All Horse Parade South Towne 10450 South State Street 6:00 - 8:00 p.m. Free
- July 16 Cultural Celebration Center 1355 West 3100 South 8:30 p.m. Free
 Hawaiian & Pacific Island Performing Artists Bring a blanket or lawn chair
- July 18 Sandy Amphitheater 9400 South 1300 East Utah Symphony 8:00 p.m. Free
- July 20 Movies in the Park Annie Riverside Park 739 North 1400 West Free Approximately 9:00 p.m.
- July 24 Native American Celebration Liberty Park 500 East 900 South All Day Free
- July 30 Cultural Celebration Center 1355 West 3100 South 8:30 p.m. Latin American Rhythms Free
 Bring a blanket or lawn chair