



THE LONGING TO BELONG

JUNE 2007

CBT'S NEWSLETTER

"Children and teens grow and develop, achieving developmental milestones, because they have reliable, quality relationships with people who care for them. They in turn form attachments with those who provide that early care. Sometimes youth who come into care have not had the opportunity to develop secure attachments. There may be inconsistencies in the way care has been provided or they may have learned that adults cannot be trusted because of abuse. Rejection or perceived rejection by the person who provides primary care can lead to insecure attachment.

If a child or teen experiences rejection or abuse, or lives with inconsistencies in care, it is likely that they will feel confused and painful about their relationship with the person providing that care. On the one hand they may not be able to get close to that person, but they still feel attachment to them. A sense of loss and pain can occur.

When they have to leave home to live with a proctor there are further losses for them. Existing bonds - even though those bonds may themselves be unsatisfactory, are disrupted, and they may struggle to maintain an attachment to a harmful family situation or unavailable parent.

The following behavior may be evident:

- ◆ *Running away from a placement to return home;*
- ◆ *Strong defense of parental behaviors, even when promises are broken;*
- ◆ *Fantasizing about parents and home situation;*
- ◆ *Selfharming behavior; and/or*
- ◆ *Fear of getting close to others.*

Loss in relation to relationships with parents or significant others will be compounded by changes in other familiar things, such as schooling and friends. There is a loss of a sense of belonging and a rupture of 'what is known.' For a youth coming into care there may be a number of crises, separations, moves, losses. They may not have dealt with one before another happens. Thus they may be far more emotionally vulnerable when other losses occur.

After a significant loss there is a period of grief that is an important part of moving forward to cope with a changed world. It is not a matter of just learning information about the new world, but more a process of learning how to 'be and act' differently in this changed world.

(cont.)

There are four significant areas of 're-learning' that a youth must cope with when they move to a placement.

- 1. Re-learning physical surroundings.*
- 2. Re-learning relationships with parents, other family members, proctors and others.*
- 3. Re-learning self. Often a youth who comes into care is still learning how to be themselves in a chaotic and unpredictable world. Suddenly they are challenged to adjust to new unknown situations and there can be impacts on sense of self, confidence and self esteem.*
- 4. Re-learning their place in space and time. Often a youth is confused and wishes they were somewhere else. Memories can be triggered at any time and a youth may be responding to a situation from the past,*

What can proctors do to assist grieving youth?

- ◆ Allow them to express their grief in their own way within an agreed framework.*
- ◆ Encourage them to talk about their feelings.*
- ◆ Convey acceptance, affection and patience.*
- ◆ Provide structure, routine and boundaries.*
- ◆ Help them retain a feeling of connection.*
- ◆ Help retain memories.*
- ◆ Respect the need for them to be alone if that is what they wish.*
- ◆ Assist them in finding things to do.*
- ◆ If you feel it is important, request counseling.*



What can proctors do to ensure youth maintain positive links with their families?

- ◆ Listen to them and help them talk about their family, without asking probing questions.*
- ◆ Accept that they may have ambivalent feelings about their family and allow them to express those feelings without judgement.*
- ◆ Avoid criticism of their family. Accept that the child may be disappointed with a visit and acknowledge those feelings, without apportioning blame or making excuses.*
- ◆ Help them plan for a visit - things to do and talk about.*
- ◆ Demonstrate acceptance of the natural family - where appropriate, invite them to spend some time with you before or after a visit, ask their opinion, keep them informed of relevant events such as school programs, share photos with them, etc.*
- ◆ Accept that contact can cause them to re-visit feelings of anger, sadness, confusion, and that this may lead to behavior problems around the time of visits. Remember the input on grief and loss - they may be still grieving the loss of parent and familiar surroundings including friends, school and relatives.*
- ◆ Seek support for yourself and acknowledge the need for this.*

JUNE COMMUNITY EVENTS



June 4 Summer Reading Kick-Off at Wheeler Farm 5:30 p.m.
For all ages Free entertainment, family activities Bring your own blankets or
chairs and picnics if you like

June 6 Orchestra & Chorus of Sandy City Summer Pops Concert
9400 South 1300 East Free

June 9 Huck Finn & Water Melon Drop 9:00 a.m. - 12:00 p.m.
Fitts Park Free

The stream will be stocked with over 500 pounds of trout. Open to boys and girls 12
and under. Hot dogs, chips and drink and scones will be for sale.

June 13, June 20, June 27 Harry Potter Movie Series 6:00 - 9:00 p.m.
Columbus Center 2531 South 400 East Free

June 16 2nd Annual Venture Outdoors Festival 3:00 - 9:00 p.m.
Canyon Rim Park 2900 East 3100 South Free
Activities for kids, treasure hunt, crafts, kids race, outdoor clinics on fly fishing,
archery and biking

June 16 Millcreek Bike Rodeo & Breakfast Cottonwood Park
4300 South 1300 East 9:00 - 11:00 a.m. Free

June 21 - 24 Utah Arts Festival Library Square 200 E. 400 S.
CBTS will have a limited number of free tickets available for this event. Please ask
Lori if you are interested in attending.

June 30 Tribute to Music Columbus Center Auditorium 7:00 p.m.
2531 South 400 East Free Listen to patriotic and uplifting music
performed by local talent

Contact the City Library at 524-8200 to obtain Community Exploration Cards. They
are good for the month and provide free general admission for up to four people to
Red Butte Garden, the Children's Museum, Utah Museum of Fine Arts and Utah
Museum of Natural History.

CBTS STAFF LIST

Office: 268-4044

Fax: 263-0926

www.cbtsutah.com

Lori 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 Sup.

Mobile: 557-9023

kontiver@xmission.com

Anna Lieber, Proctor Coord.

Mobile: 557-7814

alieber@xmission.com

Nick Renfro, Group Coord.

Mobile: 557-6327

Kris Phillips, Specialist

Mobile: 502-5687

kphillips@xmission.com

Amanda Thompson, Specialist

Mobile: 558-2507

aathompson@xmission.com

Kim Sorensen, L.C.S.W.

Mobile: 949-8067

ksorensen@xmission.com

Contact Lori if you need some ideas for community service
opportunities this summer for youth ages 12 - 18. We have a
list of agencies needing volunteers.

"Raising a child is one of the most gratifying jobs you'll ever have and one of the toughest. Try as you might to be the best parent you can, our complex world challenges you every day with disturbing issues that are difficult for children to understand and for parents to explain. Research shows that children, especially those between the ages of 8 -12, want their parents to talk with them about today's toughest issues. Even when they reach adolescence, they want to have caring adults in their lives to talk about these issues. In fact, those who have early conversations are more likely to continue turning to their parents as they become teens.

Kids are hearing about and often must cope with tough issues such as violence at increasingly earlier ages, often before they are ready to understand all the aspects of complicated situations. Parents and other caring adults have a unique opportunity to talk with their children about these issues first, before everyone else does. Parents have the ability to raise healthy, confident, secure children who know how to resolve conflicts peacefully and make smart decisions to protect themselves. Parents should talk with their children to help them learn correct information and to impart the values they want to instill. Here are some tips on getting started.



Develop open communication

It is important that you talk with your kids openly and honestly. Use encouragement, support and positive reinforcement so they know they can ask any question on any topic freely and without fear of consequence. Provide straightforward answers. If you don't know the answer, admit it - then find the correct information.



Monitor the media

Over the years, many experts have concluded that viewing a lot of violence in the media can be risky for children. Pay special attention to the kinds of media your children watch or play with. Try watching TV or playing video games with your children and talk with them about the things you see together. Let them know why violent movies or games disturb you. Watching the news and other media with your children enables you to discuss current events and provide an opportunity to reinforce the consequences of violence.



Take a stand

Parents need to be clear and consistent about the values they want to instill. Don't cave in to your children's assertion that "everybody else does it (or has seen it)." You have a right and responsibility to say, "No."



Control your own behavior

When it comes to learning how to behave, children often follow their parents' lead, which is why it is important to examine how you approach conflict. Do you use violence to settle arguments? When you are angry, do you yell or use physical force? If you want your child to avoid violence, model the right behavior.



Hold family meetings

Regularly scheduled family meetings can provide children with an acceptable place to talk about complaints and share opinions. Use these meetings to demonstrate effective problem-solving and negotiation skills.

CBTS PROCTOR TRAINING

Wednesday, June 20, 2007

6:30 p .m.

CBTS 220 E. 3900 S.

Presenters: Prevent Child Abuse

Proctor youth are invited and highly encouraged to attend this training.



Due to Sara Bannon enrolling in graduate school her last day with us was May 31. We wish Sara well in all of her future endeavors and appreciate her efforts during the past 16 months.

We have hired Amanda Thompson to take Sara's position. Amanda has a variety of experience working with adolescents and families. We welcome her to our CBTS family.



TOP TEN THINGS YOU'LL NEVER HEAR A DAD SAY

10. *Well, how about that?...I'm lost! Looks like we'll have to stop and ask for directions.*
9. *You know, now that you're thirteen, you'll be ready for unchaperoned dates. Won't that be fun?*
8. *I noticed that all your friends have a certain "up yours" attitude... I like that.*
7. *Here's a credit card and the keys to my new car....GO CRAZY!*
6. *What do you mean you wanna play football? Figure skating not good enough for you, son?*
5. *Your mother and I are going away for the weekend ...you might want to consider throwing a party.*
4. *Well, I don't know what's wrong with your car. Probably one of those doo-hickey things...you know...that makes it run or something. Just have it towed to a mechanic and pay whatever he asks.*
3. *No son of mine is going to live under this roof without an earring.*
2. *Whaddya wanna go and get a job for? I make plenty of money for you to spend.*
1. *Father's Day? aahh..don't worry about that...it's no big deal.*



PRS ACTIVITY

TIME TRAVEL

You are living today with the result of choices you've made up to this point. Choices can open doors - or close them. They also tend to snowball over time so that it becomes harder and harder to change once you're rolling on a certain course of action. Whether that's good or bad depends on if you like the results of your choices. One of the biggest secrets that no one has probably told you is this; when you are "grown up" you won't feel too much different than you do now. You'll still be the same person inside. Sure, you'll mature, you'll add experience and develop skills to deal with situations - but you'll still be very much the you that you are now. Many people say they wish they'd known that the actions they took when younger really did have important consequences.

Travel in your mind to the future. You are 80 years old and looking back at your life. Ask your older self these questions:

What are you proudest of having accomplished in your life?

Did you marry? Have children?

What kind of places have you lived in?

What kind of jobs did you do?

What did you like about them?

How much education did you complete?

How did you deal with the obstacles you encountered?

What was your biggest disappointment?

If you had it do over, what would you change?

