



CBTS NEWSLETTER

JUNE 2009

The Special Art of Talking to Teenagers

The following suggestions are from the book, "I'm not mad, I just hate you!" They were written expressly with teenagers in mind. The authors call upon parents to engage in responsible communication with their adolescent children by adhering to these eight points before they start talking:

1. *Check Your Emotional Temperature.* Emotions can get in the way of good communication.
2. *If Necessary, Cool Down.* Use whatever works to defuse your raging anger or emotions.
3. *Think Through Your Goal.* Determine what you want to accomplish by bringing up a topic.
4. *Choose a Good Time.* Timing in communication is everything. Consider when your teenager will be most receptive to what you have to say.
5. *Talk Directly to Them.* That means within the same breathing space.
6. *Boost Your Chance of Being Heard.* Employ all the polite, sincere charm you would use when speaking to a friend.
7. *Be Aware of Your Body Language.* Speaking softly but looking like you are ready to pounce on your teenager will subvert your message.
8. *Keep an Argument from Becoming a Fight.* Do not be drawn into a fight when what you want to have is a discussion.

Do not dismiss these eight points until you have tried them, nor give up in frustration. It will take time to master this technique.



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INCREASING COMMUNICATION BETWEEN PARENT AND TEENAGER

Communication with teenagers is extremely important, but many of the typical changes that occur during adolescence tend to interfere with the effectiveness and amount of interaction between parent and child. Children do not confide in us as readily, and do not communicate their feelings as much as they did when they were younger. In addition, general communication about their activities—what they did, where they are going, or whom they are going with—also decreases. Therefore, many parents of teenagers have problems talking to their children, giving them advice, knowing their true feelings, or explaining things to them. On the other hand, children may have difficulty talking to their parents, expressing opinions, discussing things that bother them, or relating their experiences. These difficulties with verbal interaction are generally termed lack of communication.

A parent might say: "When I talk to my child, he gives me a blank stare and is obviously not listening to anything I am saying." "If I ask my son a simple question like 'How was your day?' he gets irritated and gives me a sharp answer. I can't even talk to him about simple things like his daily activities."

A teenager might say: "The only time my father talks to me is when I do something wrong or when he's trying to point out what I should do." "Every time I ask my parents something, I get a lecture."



Don't Talk Too Much



Opportunities for Communication Must Be Available

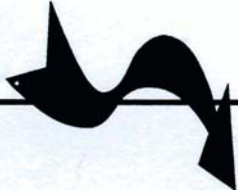
If you are in New York and I am in San Francisco, the odds that we will communicate often or at length are slim. Similarly, if your teenager spends most of the time in his room and you keep busy in another part of the house, the odds are slim that there will be much interaction between you and your adolescent. Therefore, before any form of communication can occur, you and your child must be together in the same room or location. You need to create opportunities for communication. Transport them places; go shopping with them; become involved in leisure time activities together; go out to eat together; visit their room, etc. Try to provide as many opportunities as possible for you and your teenager to be together so communication can occur.

Some youth feel their parents should put some of their lectures on tape and just replay them, because they have heard them so many times before. Sometimes when we are trying to make a point with a youth, it is best to be brief rather than to provide another lecture. Children usually tune out lectures. Your communication will be more effective if you are brief and to the point. Most of the time, parents continually repeat things because the teen does not do what they request. Rather than remind a child 500 times to clean his or her room, it would be better to set a rule and the consequence of the behavior. Spell out what you expect and what will happen, then leave it alone. Excessive questioning, lecturing, and repetition of questions and instructions produce more anger, resentment, stubbornness, opposition and back talk.



Think Before You Open Your Mouth

Many times teenagers say things just to get parents upset or to get a reaction from them. When you overreact, you are giving them exactly what they want. If this occurs, they may continue to say things that provoke a reaction. A significant amount of negative attention, confrontation, explaining away a child's feelings, or telling him how wrong he is can be avoided by staying calm and thinking a little before you talk. If you have assessed the situation and feel that the reason your child is saying certain things is to get a reaction from you, do not give him the reaction. It might be a good idea to tell him that you will consider the situation or use the "Let me think about it and get back to you later" approach. However, be sure you do get back to him.



CBTS RESPITE POLICY

With summer coming up we wanted to remind you of the CBTS Respite Care Policy. Respite care is short term care that helps a family or individual take a break from the daily routine and stress of caring for the youth in their home. It is an essential part of the overall support that families may need to keep their child in a safe and healthy environment. CBTS proctors are required to notify treatment team members of any respite situation with a ten day advance notice. Upon this notice the Program Specialist may review respite care options in conjunction with the CBTS Program Supervisor. Upon identifying the best match based on the treatment needs of the youth, respite care may be set up. The respite family must be educated on the treatment needs of the youth and be familiar with their history. If respite care is unavailable you must staff the case with the Program Supervisor and alternative arrangements need to be considered. All respite placements must receive the final approval from the Division Case Manager and the Program Supervisor or their designee.

CPR/FIRST AID TRAINING

West Jordan Library (1970 W. 7800 S.)
Wednesday, June 24 5:30 p.m.



West Valley Library (2880 W. 3650 S.)
Thursday, June 11 5:30 p.m.

Sandy Library (10075 S. 1350 E.)
Saturday, June 20 10:15 a.m.

Taylorville Library (4870 S. 2700 W.)
Tuesday, June 30 5:30 p.m.

TRAINING OPPORTUNITIES

CBTS Proctor Training

Wednesday, June 17, 2009

6:30 p.m.

For All Proctor Parents

Foster Parent Practice Model

July 9 9:00 a.m. - 1:00 p.m.

July 16 9:00 a.m. - 1:00 p.m.

July 23 9:00 a.m. - 1:00 p.m.

This is a training offered by DCFS. If you commit to attending this training you must be present all three days in order to receive a certificate of completion. This training is held at the DCFS Oquirrh office located at 2655 South 3800 West.

F.Y.I.

You can receive training credit for reading the newsletter each month and writing a paragraph or two on what you read and how it will assist you in your role as a proctor parent. This needs to be turned into Lori in order to make certain you receive credit on your training log.

TALKING WITH YOUR TEEN

One of the most common problems that parents and teens experience is a gulf in understanding. The proverbial 'ships passing in the night' or 'speaking totally different languages' are common descriptions of teen-parent communications. It often happens that both a parent and a teen are experiencing the same sorts of feelings and frustrations, without ever letting the other know it.

Reflections for Better Communications

- ◆ It's natural to have preconceived ideas about the world, ourselves, and those we love and our interactions with them. If you are able to place imaginary 'brackets' around those preconceptions and set them aside before you have a conversation with your teen or your parent, you may be surprised at what you discover.
- ◆ Each person shares equal responsibility or blame when communication is difficult or isn't working.
- ◆ Remember the old adage: 'Try walking around in the other person's shoes for a day.' Try looking at the world from your parent's or teen's perspective.
- ◆ It's easier to say that the other person doesn't or can't understand than to work to understand the other person.
- ◆ Who is more frustrated when someone doesn't 'get it' or understand what is being said - the speaker or the listener?

Circle as many of the following words that describe a typical conversation or how you feel when you are talking with your teen or parent.

comfortable	frustrating	not heard	angry
understood	predictable	annoying	exciting
impatient	sincere	loud	gentle
confusing	sensible	frequent	seldom
happy	endless	open	warm
boring	hopeful	optimistic	tense
controlling	considerate	hurrieddraining	
depressing	enjoyable	anxious	repetitive

***** Use each other's responses to begin a conversation about your communication. This exercise will work best if each person agrees to listen closely to what is being said with an open mind and without interrupting. You may also want to establish some ground rules for your conversation such as speaking about yourself before speaking about your teen or parent and no criticizing or blaming.

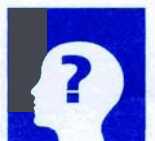
Completing the following exercises can be a first step toward better communication.

Answer the following questions.

1. How often do you feel you have (or had) the same conversation?
2. Do you feel as though you can predict exactly where each conversation is going?
3. What do you usually talk about with your teen or parent?
4. What was the last meaningful conversation you had? How did it end?
5. When you are having a conversation with your teen or parent, what do you dislike most about it? What do you appreciate the most about it?
6. Are there things you would like to discuss with your teen or parent but feel you can't? If your answer is yes, why not?

Check off the following statements that apply to your relationship and/or communication with your teen or parent:

- I know he/she really understands and cares about me and my thoughts and feelings.
- He/she doesn't understand how I feel.
- He/she wants to understand, but just can't.
- He/she just rambles on and on and on.
- I've heard it all a million times before.
- I'm tired of taking all the blame/responsibility.
- He/she is always lecturing me.
- I don't even bother to listen.
- I appreciate his/her point of view, but...
- That's just the way adults/teens talk.
- I want to believe, but...
- I don't feel I'm being heard.
- I've heard all this before.



FREE JUNE SUMMER ACTIVITIES

June 1-3

Our Nation's Defenders Showcase (as part of Air Force Week) Starts at 10:00 a.m. Free
 Pioneer Park, Salt Lake City Military displays
 Lunch 11:00 a.m. - 1:00 p.m. Honor Guard & Drill Team Demonstration 1:00 - 2:00 p.m.
 Military Working Dogs Demonstrations 3:00 - 4:00 p.m.



June 1-3

IMAX Movie "Fighter Pilots" 1:30 - 4:15 p.m. Free
 Clark Planetarium, Gateway Mall Salt Lake City Pilots will be available for questions and photos



June 1

Summer Reading Kickoff Party Wheeler Farm 6351 South 900 East 5:30 p.m. Free
 Arts & Crafts Performers Free Giveaways

June 3

U.S. Air Force's Premier Show Group Tops in Blue Abravanel Hall, Salt Lake City 6:30-9:00 p.m.
 Free

June 4

Mormon Tabernacle Choir 8:30 p.m. Tabernacle on Temple Square, Salt Lake City Free



June 5

Journey to the Center of the Earth (3D) Liberty Park 700 East 1000 South Starts at Dusk Free

June 5

United States Air Force Band 7:00 p.m. City Park, Bountiful Free

June 12

Paul Brewer, Magician Murray Park Pavillion #5 495 East 5300 South 2:00 p.m. Free



June 13

Asian Festival 10:00 a.m. - 7:00 p.m. 9575 South State Street Sandy Free

June 15

Orchestra & Chorus of Sandy City Sandy Amphitheater 9400 South 1300 East Free

June 15-28

WestFest Centennial Park 5415 West 3100 South West Valley City

June 19

Dances from Eastern Europe Murray Park Pavillion #5 495 East 5300 South 2:00 p.m. Free

June 19

Chalk Art Festival 4:00 - 9:00 p.m. Gateway Mall Free



June 30

Utah Symphony Cultural Celebration Center 1355 West 3100 South West Valley City 8:00 p.m. Free

Home Depot hosts free wood workshops for kids 5-12 on the first Saturday of every month. Projects range from birdhouses to jewelry boxes. (for locations, homedepot.com)





1. How do you decide who to marry?

"You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." Alan, age 10

"No person really decides before they grow up who they're going to marry. God decides it way before and you get to find out later who you're stuck with." Kristen, Age 10

2. What is the right age to get married?

"Twenty-three is the best age because you know the person forever by then." Camille, Age 10

3. How can a stranger tell if two people are married?

"You might have to guess, based on whether they seem to be yelling at the same kids." Derrick, Age 8

4. What do you think your mom and dad have in common?

"Both don't want any more kids." Lauri, Age 8

5. What do most people do on a date?

"On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date."

Martin, Age 10

6. When is it okay to kiss someone?

"The law says you have to be eighteen, so I wouldn't want to mess with that." Curt, Age 7

"The rule goes like this: if you kiss someone, then you should marry them and have kids with them. It's the right thing to do." Howard, Age 8

7. Is it better to be single or married?

"It's better for girls to be single but not for boys. Boys needs someone to clean up after them." Anita, Age 9

8. How would you make a marriage work?

"Tell your wife that she looks pretty, even if she looks like a dump truck." Ricky, Age 10

Top 10 Signs Your Wife & Kids Don't Like You

(all in fun guys)

10. You call her "sweetie" she calls you "that guy whose food I'm poisoning."

9. You sleep in separate beds, in separate rooms, in separate houses, in separate states.

8. She watches "Desperate Housewives" for ideas on how to cheat.

7. Each year, the kids give a "World's Greatest Dad" mug to the mailman.

6. They keep leaving phone numbers of divorce lawyers in mom's purse.

5. When they need batteries, they always seem to take ones from the smoke detector over your bed.

4. Always asking their mother, "He's really the best you could do?"

3. When other kids say, "My dad can beat up your dad," they reply, "How much would that cost?"

2. Your wife has a lifetime membership to "Match.com."

1. They held a tribal council and voted you out of the family.

