

The logo features a stylized sun with rays in red, orange, and yellow, positioned to the left of the text 'CBTS NEWSLETTER'. The text is in a large, blue, serif font.

CBTS NEWSLETTER

March 2010

PARENTING TIPS

- 1. Avoid power struggles with your child.** This teaches your child the art of manipulation. Instead, state your expectation then explain the consequences for not following through. Then let your child make the decision. Be sure to follow through with the consequences.
- 2. Choose your battles!** Avoid nagging or setting limits that really aren't necessary. Determine whether the behavior is worth making an issue of. Is the behavior illegal? Unsafe? Dangerous? Destructive? Age-appropriate? Immoral? Or is it just annoying?
- 3. Use humor to diffuse situations when possible.** A little humor can go a long way. Keep in mind that humor does not include ridicule or sarcasm.
- 4. It is important for BOTH parents to be "on the same page" with regards to discipline.** Children have an easy time identifying the "weaker" parent and an even easier time manipulating that parent. Both parents need to be consistent and willing to work as a team.
- 5. Avoid shaming or humiliating your child.** It is important to use discipline as an opportunity to teach. Shaming and humiliating will teach the child that she is not valued.
- 6. Back your words up with action.** By not following through with consequences, you are acknowledging your lack of authority and your child will soon learn to "tune you out."
- 7. Avoid over-reacting with unnecessarily harsh consequences.** Keep in mind that "the punishment should fit the crime". Grounding a child for a month because he was 15 minutes late getting home from school hardly seems reasonable, but restricting the television for the rest of the evening seems appropriate.
- 8. Be sure to give consequences immediately.** Avoid delaying the consequences by making comments such as, "Wait until your mother/father gets home!" Comments like this undermine the authority of the parent making the statement.
- 9. Catch your child being good.** Praise, compliments, and positive attention will go a long way. Avoid using general comments such as, "Good job!" or "Wow, that's great." Instead, be more specific by saying "Wow, you really must have studied hard to get such a good grade on your test, way to go!" or "That was very generous of you to share your toy with your sister; it's nice to see you two getting along so well!"
- 10. Make sure that consequences are unpleasant to the child but never harmful or demeaning.** If you send your child to her room for 30 minutes and she spends her time there playing video games and talking on the phone to her friend, then she's really not getting a consequence. If you take away your child's phone privileges but the child never uses the phone anyway, then that's not really a consequence.
- 11. Whenever possible, tie in feelings with your child's behavior.** Ask her how she felt when she acted the way she did

WHAT PARENTS CAN DO ABOUT UNDERAGE DRINKING

What Parents Can Do: Bonding

Bonding is a feeling of being loved, connected to, and valued by others. Research indicates that children are less likely to drink when their parents are involved in their lives and when children and parents feel close to each other. Family conflict and lack of bonding increase the risk of drinking. To increase family bonding:

1. Create a positive, loving home environment
 - ◆ Be kind and respectful of each other.
 - ◆ Do fun activities together on a regular basis.
 - ◆ Eat dinner together, have pleasant conversation.

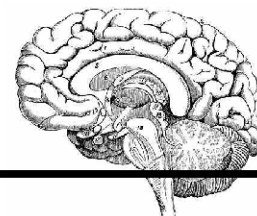
Think of your child's feelings as an emotional bank account. Each positive thing you say is like a deposit. Each negative comment is a withdrawal. To keep from bankrupting your child's emotional account and damaging the relationship, you need to deposit more positives than negatives.

2. Have daily positive interaction
 - ◆ Take time daily to talk with your children about their interests and activities. Get to know your kids by asking about their lives, hopes, fears, and concerns. Stay involved with their education. Kids who make an effort to get good grades and are involved in school activities are far less likely to drink.
 - ◆ Notice and compliment the good in your child. Try to maintain at least a 4-to-1 ratio of positive comments to negative ones.
 - ◆ In connecting behavior or giving consequences, make sure your child knows that he or she is still loved.
3. Notice your child's emotional well-being.
 - ◆ Help your children become competent and involved in worthwhile activities. Encourage them to cultivate a positive, optimistic attitude.
 - ◆ Watch for signs of excess stress or depression. These can lead to teen drinking.
 - ◆ Take time to listen with empathy to your kid's concerns. Spend one-on-one time daily.

What Parents Can Do: Boundaries

Boundaries are the rules and expectations that define what parents expect their children to do or not to do. Unclear rules and expectations leave kids vulnerable to underage drinking. To set clear boundaries:

1. Teach the risks of underage drinking
 - Begin talking with your child about not drinking alcohol early in life - preferably before age eight.
 - Explain the real risks of underage drinking, asking questions to be sure your child understands.
 - Emphasize that alcohol is a dangerous drug for your child's still developing brain. Review the dangers of alcohol often as he or she grows up.
2. Set clear rules and expectations
 - Set clear rules about not drinking alcohol while underage, and establish firm consequences for drinking.
 - Discuss with your child situations where they might be encouraged to use alcohol. Brainstorm and practice ways to say 'no.'
 - Ask them for a personal commitment to live by the rules.
 - Consistently enforce the rules by giving appropriate consequences every time.
3. Help kids to choose friends wisely
 - If your child's friends drink, your child is much more likely to drink too. Encourage them to choose friends who support your family values and no alcohol rules.
 - Get to know your kids friends and their parents.
 - Discuss your no alcohol policy with your kids' friends and their parents. Enlist their support to help keep your kids in an alcohol free environment.



What Parents Can Do: Monitoring

Monitoring is knowing where children are and what they are doing. Because the teen brain has not fully developed impulse control, inadequate monitoring can leave kids at risk for alcohol abuse. To improve parental monitoring:

1. Know your child's activities

- Always know where your children are, who they are with, and what they are doing.
- Ensure that your kids have planned activities and appropriate adult supervision.
- Children need fun. Help provide safe, enjoyable, no-alcohol fun for your kids and their friends.
- Setting clear boundaries without parental monitoring is ineffective at preventing teen alcohol use. At some level, most kids appreciate parental monitoring. It's very real proof their parents love them enough to care about their well-being.

2. Ensure an alcohol-free environment

- Ensure that alcohol is not available to your children at home or from friends, siblings, etc. If they go to a friend's house, call to make sure parents will be home and there will be no alcohol.
- If alcohol appears at a party, instruct your kids that they need to call you, and you will pick them up. Then reward their good behavior.
- If you, as an adult, choose to drink, always keep your alcohol locked up and away from your kids and their friends.

3. Maintain monitoring

- Parents be aware that studies show kids are at higher risk for alcohol, drugs, and sexual behavior between the hours of 3 p.m. and 6 p.m. while many parents are still at work.
- Find ways to check on your kids when you are not around, either with phone calls, text messaging or through a neighbor dropping by.
- Drop in occasionally, unannounced. Let them know it's because you love and care about them.

FACTS ABOUT UNDERAGE DRINKING

The brain goes through dynamic change during adolescence (ages 12-21) and alcohol can seriously damage long-and-short-term growth processes.

The prefrontal area (responsible for good judgment and impulse control) undergoes the most change during adolescence. Researchers found that adolescent drinking could cause severe changes in this area..which plays an important role in forming adult personality and behavior. Damage from alcohol at this time can be long-term and irreversible.

The hippocampus (involved in learning and memory) suffers from the worst alcohol-related brain damage in teens. Those who had been drinking more and for longer had significantly smaller hippocampi. In addition, short-term or moderate drinking impairs learning and memory far more in youth than adults. Frequent drinkers may never be able to catch up in adulthood.

Because the teen brain produces an abundance of dopamine (a pleasure producing neurotransmitter generating feelings of pleasure from a chemical instead of a real experience), it can rapidly go from liking, to wanting, to needing alcohol, programming it for alcoholism.

Damage from underage alcohol use may also lead to other types of addiction. Research shows 67% of teens who drink before age 15 will try other illicit drugs.



1. Kidnappers aren't very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run - anywhere.
4. There is nothing left to learn the hard way.
5. You enjoy hearing about other peoples operations.
6. You have a party and the neighbors don't even realize it.
7. Your eyes won't get much worse.
8. Your investment in health insurance is finally beginning to pay off.
9. Your secrets are safe with your friends because they can't remember them either.
10. Your joints are more accurate meteorologists than the national weather service.
11. Things you buy now won't wear out.
12. Your supply of brain cells is finally down to manageable size.

Signs of Wear

Games For Older People

1. Sag, You're It.
2. Pin the toupee on the bald guy.
3. 20 questions shouted into your good ear.
4. Kick the bucket.
5. Red Rover, Red Rover, the nurse says Bend Over.
6. Simons says something incoherent.
7. Hide and go pee.
8. Spin the Bottle of Mylanta
9. Doc Goose.
10. Musical recliners

"OLD" is when...your spouse says, "Let's go upstairs and make love" and you answer, "Pick one, I can't do both!"

"OLD" is when...your friends compliment you on your new alligator shoes and you're barefoot.

"OLD" is when...you are cautioned to slow down by the doctor instead of by the police.

"OLD" is when... 'getting a little action' means I don't need to take any fiber today.

"OLD" is when... 'getting lucky' means you find your car in the parking lot.

For the first half of your life, people tell you what you should do; for the second half, they tell you what you should have done.

Richard Needham

Age mellows some people; others it makes rotten.

Anonymous

Old age comes at a bad time.

San Banducci

Live your life and forget your age.

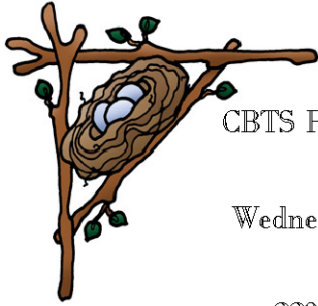
Norman Vincent Peale

Signs of Menopause

You sell your home heating system at a yard sale.

Your husband jokes that instead of buying a wood stove, he is using you to heat the family room this winter. Rather than just saying you are not amused, you shoot him.

The Phenobarbital dose that wiped out the Heaven's Gate Cult gives you four hours of decent rest.



CBTS PROCTOR MEETING

Wednesday, March 17, 2010

5:30 p.m.

220 East 3900 South

Presenter: To be announced



CPR/First Aid Schedule

Murray High School (147 E. 5440 S.)
Saturday, March 6 9:00 a.m. - 12:00

SLC Library (210 E. 400 S.)
Monday, March 8 6:00 - 9:00 p.m.
Saturday, March 27 9:00 a.m. - 12:00



MARCH EVENTS

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|-------------|------------------------------------------------------------------------------------------------------------------------------------|
| March 2 | Middle Eastern Cooking Demo & Tasting
I.J. & Jeanne Wagner Community Center
2 North Medical Drive
7:00 p.m. Free |
| March 13 | Salt Lake Art Center Family Art
20 South West Temple
Free art making activities
2:00 p.m. |
| March 13 | St. Patrick's Day Parade
Gateway
90 South 400 West SLC
Irish music, food & dancing
10:00 a.m. |
| March 23-26 | Saigon Exhibit Traveling Smithsonian Exhibit
Utah Cultural Center
1355 South 3100 South WVC
9:00 a.m. - 6:00 p.m.
Free |

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How Well Do You Know Your Teen?

If you don't know what makes your child happy or sad or excited, there is no emotional bond between you. The questions below address how much you know about your child. They can be answered with either "yes" or "no." Make sure you can truly answer each question if you are going to write "yes." Often people assume they know the answer, but when pressed, they really do not.

1. What your teen is putting most of his/her energy into right now?
2. What personal issues your teen is trying to resolve?
3. What daily hassles irritate your teen?
4. Who has the most daily influence on your teen's thoughts and behaviors?
5. The names of your teen's three closest friends?
6. Who your teen would confide in first if there were a serious problem?
7. What your teen considers to be his/her greatest strengths?
8. What your teen considers to be his/her greatest weakness?
9. Who your teen considers to be his/her biggest enemies?
10. Your teen's favorite time of day?
11. Your teen's favorite movies?
12. Your teen's favorite childhood stories?
13. Your teen's favorite hobby or pastime?
14. Your teen's favorite colors?
15. Your teen's favorite foods or meals?
16. Your teen's heroes?
17. Your teen's favorite song, band or singer?
18. Your teen's favorite books?
19. Your teen's favorite television shows?
20. Your teen's attitude about his/her body?



PRS ACTIVITY: Getting to know you

Ask these questions. See if you can guess what each other's answers will be.

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?

Be known as a thief?

Be known as a nerd?

Make headlines for saving somebody's life?

Make the headlines for being the youngest person to graduate college?

Lose your best friend forever?

Have no contact with your family for a year?

Wear glasses for the rest of your life?

Wear braces for the rest of your life?

Hold a non-poisonous snake for 10 minutes?

Sleep in a room that has three medium-sized spiders crawling on the walls?



Have your favorite celebrity stay with you for a weekend?

Have a small (speaking) part in a Hollywood movie?

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?

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

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

Be considered good-looking?

Be considered a good person?

Spend a night alone in a supposedly haunted house?

Spend the night alone camping in a mountain forest?

Live the rest of your life with no teeth?

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

Have the ability to fly?

Have the ability to become invisible?

Spend a year in jail for something you did?

Spend a year in jail for something you didn't do?

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

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

