

CBTS NOVEMBER 2006 NEWSLETTER



Serving Others Together

"When you read biographies of great leaders, many of them tell about how much they were shaped by experiences of serving others as a family. They were moved to compassion when they saw their parents show compassion.

No matter the age of your children, volunteering together **as** a family is a great way to spend quality time together while also shaping your child's character. And it doesn't have to take a lot of time. There are hundreds of ways to volunteer as a family. It all depends on what fits your family.

Research found that 67 percent of adults who remember that their family volunteered when they were young now volunteer **as** adults. A service project is more than just an activity you're 'supposed to do.' With some planning and follow through, family volunteering can promote family support and communication, empower children, provide positive role models, cultivate positive values and promote caring and responsibility for others.

- ♥ Talk in your family about the **kinds** of issues you'd like to help and the kinds of activities you'd like to do.
- ♥ Decide together the **kinds** of things you'd like to try one time, and start with that. Be sure to choose projects that allow every family member to contribute in a meaningful way.
- ♥ Actively involve children in choosing and planning service projects. Give them responsibilities that match their abilities and interests.
- ♥ Start looking for opportunities where you already have connections such as at church, work, school, etc.
- ♥ Talk with other families about whether they'd like to do something together.
- ♥ Visit 1-800-volunteer.org to find the **local** resource center listing volunteer opportunities.

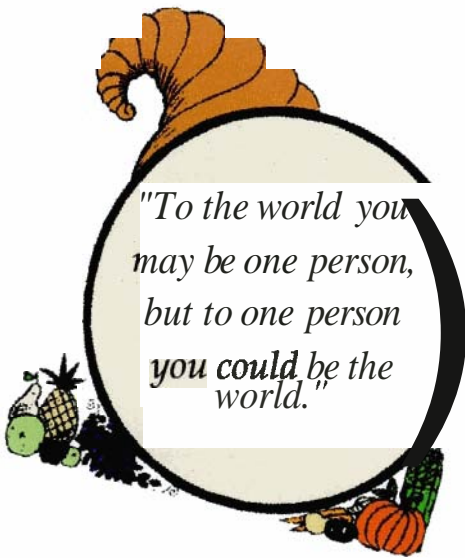
"What wisdom can you find that is greater than kindness."
Jean Jacques Rousseau

Random Acts of Kindness

Below are simple acts of kindness to get you started.

- ♥ Phone or e-mail someone who has been going through a tough time, just to let them know you care.
- ♥ Pick up any litter you see as you go through the day.
- ♥ Leave a bouquet of flowers on someone's front door step.
- ♥ Deliver a toy to a child in a children's hospital.
- ♥ Shovel the walk of a neighbor who is elderly, sick or busy with small children.
- ♥ Send a thinking-of-you card to someone you know who is struggling with a problem.
- ♥ Call a friend or family member and tell them why you love them.
- ♥ Write a family e-mail to a soldier. For information, visit <http://anyservicemember.navy.mil/>
- ♥ Plant trees. For \$10.00, Trees for Life **will** send you a Trees for Life Adventure Kit (seedlings, instructions, tree starter carton, etc) and **also** plant 10 **fruit** trees in a developing country. For information visit www.treesforlife.org.
- ♥ Adopt a grandparent. Ask the volunteer coordinator at a local nursing home about the process for matching families and residents and then choose an elderly person to visit regularly.
- ♥ Become a chemo angel. Chemo angels provide small gifts and cards to someone undergoing chemotherapy. Or your family can become a 'card angel' and simply send a weekly card. For more information visit www.chemoangels.com.

LOCAL VOLUNTEER OPPORTUNITIES



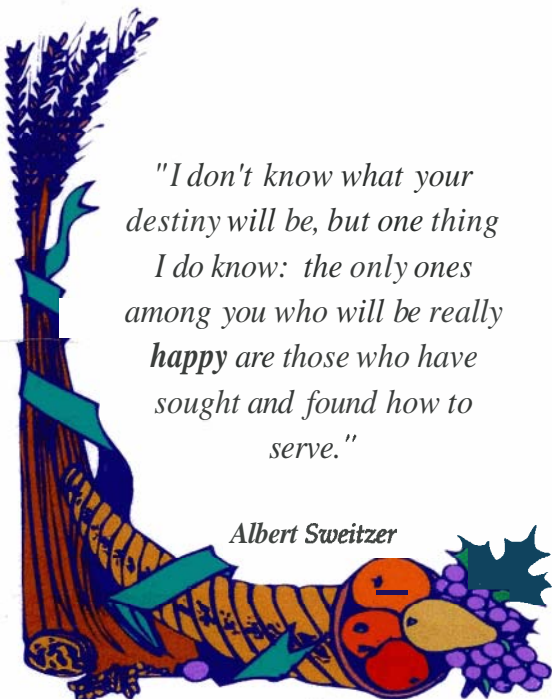
*"To the world you
may be one person,
but to one person
you could be the
world."*

Make a difference in your life, the life
of your family and in someone else's
life this season...

Have a family meeting and come up
with a service project the whole
family can be involved in. The best
way to forget about your problems
and worries is to serve others.

*"I don't know what your
destiny will be, but one thing
I do know: the only ones
among you who will be really
happy are those who have
sought and found how to
serve."*

Albert Schweitzer



Canyon Creek Assisted Living Center: 568-9909

Help with resident activities

No minimum age.

Catholic Community Services: 977-9119

Help sorting donations or help with monthly Saturday
service days.

Minimum age: **16** alone, no minimum with parent

Crossroads Thrift Store: 359-8837

Help with sorting donations and cleaning.

No minimum age.

Food Bank: 887-1229

Monday night is Family Night at the Food Bank.

Families are welcome to sort food from 5:00 - 7:30 p.m.

No minimum age.

LifeCare Bank: 887-1229

Deliver Food Boxes, help seniors with yard work, or for
very young children, make greeting cards for seniors.

No minimum age with **parent/guardian**.

Neighbors Helping Neighbors: 581-5162

Help with yard work, painting, cleaning, visiting or
making crafts for elderly.

No minimum age with **parent/guardian**.

Repertory Dance Theater: 412-3798

Assist individuals with disabilities at recreational
activities and special events.

Minimum age: **7**

Utah Council for the Blind: 292-1156

Help with ceramics classes, group activities and
reading to the blind.

No minimum age.

Volunteers for Outdoor Utah: 582-9905

Help with projects that improve and maintain public
lands and natural resources.

Minimum age: **8**

YWCA: 537-8601

Help with childcare and special projects. Contact Jan
Smith

Minimum age: **16** alone, **10** with parent/guardian



F.Y.I.

Effective immediately one-time payments for special needs money cannot be submitted without receipts of purchase. Case workers can no longer put in for an amount and have the check sent to us. The specific special needs amount must be spent **first**, the receipts turned into the office and then reimbursement will be issued. This means if a youth has special needs money coming **proctors** will need to purchase the items first, bring the receipts into the office and we will reimburse you at that time. **This** is the only way of assuring that we will receive reimbursement from DCFS and JJS also.

Look!

We have had several experiences recently involving proctors failing to report important information to their proctor specialists. The following areas must be reported to the specialist as soon as possible:

- accidents
- hospitalizations
- illnesses (other than minor issues such as a cold)
- attempts and/or threats of suicide
- assault - physical and/or sexual
- verbal or physical threats
- drug use
- involvement with law enforcement
- possession of a dangerous weapon
- out of control behavior
- destruction of property
- refusal to take prescribed medications
- AWOL
- failure to return - curfew violations
- if in doubt - **CALL!**

Failure to report can result in drastic consequences for the youth, yourself and/or CBTS. For example: failure to report that the youth has been refusing to take their medication can result in a medical neglect charge. Our contract requires that we complete an incident report within a 24 hour period and that we notify the appropriate parties.

We are all here to help each other. Please make it a priority to report vital information to your specialist.

UTAH LAWS CONCERNING TOBACCO



Utah Code Section 76-10-105. Buying or possessing cigars, cigarettes, or tobacco by minors

1) Any 18 year old person who buys or attempts to buy, accepts, or has in his possession any cigar, cigarette, or tobacco in any form is guilty of a class C misdemeanor and subject to:

- a) a minimum fine or penalty of \$60; and
- b) participation in a court-approved tobacco program, which may include a participation fee.

2) Any person under the age of 18 who buys or attempts to buy, accepts, or has in his possession any cigar, cigarette, or tobacco in any form is subject to the jurisdiction of the Juvenile Court and:

- a) a minimum fine or penalty of \$60; and
- b) participation in a court-approved tobacco education program, which may include a participation fee.

Utah Code Section 76-10-104. Providing cigars, cigarettes, or tobacco to minors

1) Any person who knowingly, intentionally, recklessly, or with criminal negligence provides any cigar, cigarette, or tobacco in any form, to any person under 19 years of age, is guilty of a class C misdemeanor on the first offense, a class B misdemeanor on the second offense, and a class A misdemeanor on subsequent offenses.

2) For purposes of this section "provides":

- a) includes selling, giving, furnishing, sending, or causing to be sent

Utah Code Section 76-10-103. Permitting minors to use tobacco in place of business.

It is a class C misdemeanor for the proprietor of any place of business to knowingly permit persons under age nineteen to frequent a place of business while they are using tobacco.

CBTS does not condone, allow, permit, supply or encourage the use of tobacco products by any of its clients. CBTS proctors are not to condone, allow, permit, supply or encourage the use of tobacco products by the youth in their home. Any youth coming to the CBTS office is subject to be searched at any time. **I**f any illegal items are found in their possession they will be confiscated and will be subject to law enforcement being involved.



Please make certain you go over this information with every CBTS youth in your home.



TOBACCO FACTS

Did **you** know that almost 500,000 people die every year from tobacco related disease? It would take three jumbo jets completely full of people crashing every single day of the year and killing everybody on board to equal the amount of people who die each year from tobacco related illnesses.

Smoking kills more people than Aids, alcohol, drug abuse, car crashes, murders, suicides and fire combined!

There are over **4,000** toxic chemicals in tobacco. Some of the chemicals in cigarettes include: ammonia (poison used for cleaning), arsenic (poison which causes death), carbon monoxide (poison comes from car exhaust), hydrogen cyanide (used in the gas chamber), formaldehyde (used to preserve dead bodies), methane (sewer gas), and acetone (nail polish remover).

About one-third of youth smokers will eventually die from a tobacco related disease.

Every day, about 1,500 youth become daily smokers.

Every day, about 3,900 youth ages 12 to 17 try a cigarette for the first time.

1 out of 3 smokers begin smoking before the age of 14.

In just one year, cigarettes leave about **31,000** kids fatherless and **12,000** kids motherless. That's 33 mothers a day.

People can become addicted to tobacco after just one use. Nicotine is as addictive as heroin or cocaine. Over time, the body becomes physically and psychologically dependent on nicotine.

Tobacco products are the only product mass produced and sold that when used as directed on the label, **kills**.

Second hand smoke causes **3,000** lung cancer deaths per year.

Here's the good news! More people are quitting tobacco than every before. The longer we, as a society, can delay the age of the 'first use' of tobacco products by youth, the higher the likelihood is they will choose not to use tobacco.

**MANDATORY PROCTOR TRAINING
MEETING**

For ALL CBTS proctors and proctor youth

Wednesday, November 15, 2006

6:30 p.m.

220 E. 3900 S. # 16

Presenter: Salt Lake County Health Dept.



CBTS TELEPHONE NUMBERS

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Anna Lieber, Proctor Coordinator

Mobile: 557-7814

Nick Renfro, Group Coordinator

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Sara Bannon, Proctor Specialist

Mobile: 558-5668

Kris Phillips, Proctor Specialist

Mobile: 502-5687

Kim Sorensen, L.C.S.W.

Mobile: 949-8067

www.cbtsutah.com

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REMINDER

Per our contract with Division of Child and Family Services all proctor parents will be required to attend the Practice Model Training. Currently the next session they are offering is during the weekday. We have asked them to schedule a training on the weekend for those proctors who work. The next session will be held on:

January 16, 23, and 30, 2007

9:00 a.m. - 1:00 p.m. each day

1385 S. State Street #157

Please contact Lori as soon as possible if you would be able to attend this session.

REGRETS

*If I could take it back I know I would.
I wasted so much time in life on you.
Forget you and move on; I know I could.
But all those things you said I thought were true.
You lied to me and misused all my trust.
I was so blind to not see your true colors.
What I thought was love was really just lust.
He said, You're the one to be are not b s.
I sit in a daze and think of good times,
Reminiscence of you makes me depressed.
The things you told me were nothing but lies.
When I first met you I thought I was blessed.
Since you don't care I have one thing to say,
Have a good life and don't come back my way.*

Anonymous

(written by a proctor youth)