

# CBTS NEWSLETTER

November 2007



## CBTS

Office: 268-4044

Fax: 263-0926

[www.cbtsutah.com](http://www.cbtsutah.com)

Lori Nadeau, C.F.O.

mobile: 634-5379

[cbts@xmission.com](mailto:cbts@xmission.com)

Carlos Serna, C.O.O.

mobile: 558-4845

[cserna@xmission.com](mailto:cserna@xmission.com)

Kim Ontiveros,

Program Supervisor

mobile: 557-9023

[kontiver@xmission.com](mailto:kontiver@xmission.com)

Anna Lieber, Proctor

Program Coordinator

mobile: 557-7814

[alieber@xmission.com](mailto:alieber@xmission.com)

Nick Renfro, Group

Coordinator/Specialist

mobile: 557-6327

[ahmahdrenfro@gmail.com](mailto:ahmahdrenfro@gmail.com)

Kim Sorensen, L.C.S.W.

mobile: 949-8067

[ksorensen@xmission.com](mailto:ksorensen@xmission.com)

## Learning Gratitude, Teaching Gratitude

"The point of Thanksgiving is to remember the things we have to be grateful for. It's our special time to give thanks...not just for the obvious, like food, but for the thousands of fortunate moments, the multitude of blessings that we receive each year.

That's not always as easy as it sounds. We tend to remember the bad things much more easily than the good. Using the tips below, you can make thankfulness an everyday habit.

Begin by keeping a gratitude journal. Don't write down negative things; only positive ones. For example, 'I'm grateful that I got to see a beautiful sunset.' 'I'm grateful that I have a class at school that I really like.'

Think of all the good things that happened because something bad happened first. For example, 'If I hadn't experienced unemployment, I would never have acquired the skills that got me a more fulfilling job.'

Don't focus on what you don't have. Focus on what you do have. For example, 'I'm so fortunate to have a warm place to sleep in the winter.' 'I'm so fortunate to live in a safe neighborhood.'

Think about the people you've know that have made you thankful for their existence. They can be family, friends, or simply people that you've read about or seen on television.

Think about people who have made life hard for you. Now think about the things you've accomplished because of them. Did you finish something because they said that you couldn't? Did their cruel actions make you vow never to treat others that way?

Think about the places that make you smile: A favorite hangout, a wooded trail, the home of someone you love, etc. Give thanks for all these things.

Now pass it on. True gratitude involves action. Lend a hand. Pitch in. Make a gift. Give your time. Listen. Give back as often as you can.

Remember, that hard times make good times sweeter. Also keep in mind that obstacles and challenges not only make you stronger, but they force you to explore outside of the comfortable routine that you've settled into. Without challenges, there can be no progress. Be thankful for the opportunities that they provide."

## F.Y.I.

If you did not attend our last Proctor Training Meeting you missed out. We enjoyed an excellent presentation on intervention skills and received valuable suggestions on ways to improve our communication and relationship with the youth we serve. Thanks Nick for arranging this training! Every CBTS proctor parent MUST have 30 hours/year of training in order to maintain their license. If you are not attending our monthly trainings on a consistent basis you are missing out. Where else can you receive beneficial training and be paid??



## CBTS CHRISTMAS PARTY

Wednesday, December 12

6:30 p.m.

Place: \*\*To Be Determined

★ All CBTS proctors and their families are invited to attend

This will include a potluck dinner and a talent show. We would like each family to plan on sharing some type of talent. Start practicing!!

\*\*We need suggestions on a possible place to hold the party. If you have any ideas, please let Lori know ASAP.

## CBTS PROCTOR TRAINING

Wednesday, November 14, 2007

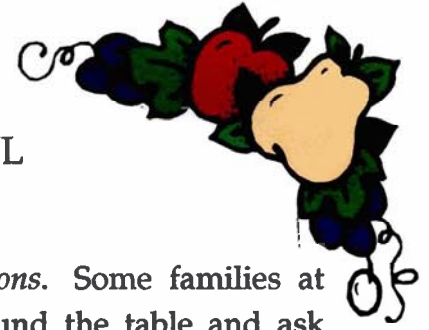
6:30 p.m.

220 East 3900 South

Presenter: Carlos Serna

Topics: Code of Conduct, Incident Reports, Proctor Parent Responsibilities, Due Rights Process, Licensing Requirements

ALL CBTS Proctor Parents need to be in attendance



## TEACHING CHILDREN TO BE GRATEFUL

The following are important strategies for teaching kids to be thankful and express it. Try them and see if they work for you.

*Make a List.* From time to time, take some time as a family to make a list of the things you are grateful for. It is fun to watch their priorities change as they grow older.

*Set the Example.* Parents have to model behavior they hope their children adopt as their own. A simple, sincere expression of gratitude when the kids do something they were asked to do is always appropriate.

*Don't Demand Thanks.* "I work my fingers to the bone every day for you, and I never hear a word of thanks." Avoid demanding thanks from your children. They will internalize example much more than they will threats or humiliation. If you offer it sincerely to them, they will learn the skills of gratitude.

*Teach Through Role Playing.* If you notice a lack of the gratitude attitude, consider a little role playing. Have them act out a scenario where someone went out of their way for someone else, and have the receiver express gratitude.

*Establish Family Traditions.* Some families at Sunday dinner go around the table and ask each child to name on thing they are thankful for. Others write thank you notes after every birthday and Christmas. By having family rituals that center on gratitude, children learn to express thanks.

*Offer Service.* Take your family to a nursing home or a homeless shelter to volunteer. Volunteer to assist an elderly or ill neighbor. They will often find that a little selfless service tends to make selfishness go away.

*Try Going Without.* From time to time, have a family project that involves going without something important. A little sacrifice causes us to miss things that we take for granted and helps us be a little more humble and grateful when the thing is restored.

*It's the Little Things.* A little common courtesy can go a long way, and taking time to notice the little acts of service in a family or a neighborhood can be so positive. Look for ways to say thank you often.

CBTS staff and administration would like to express their thanks to Kris Phillips for his hardwork and dedication in serving youth and families. We will miss him and wish him well in his future endeavors. We also appreciate everyone's patience with us during this transition period.

Volunteering Worksheet

What does volunteering mean to you? What do you expect to get out of volunteering?

List any volunteer projects you have participated in:

1.

4.

5.

Were these experiences positive or negative? What benefits did you get from volunteering? For each of your previously stated experiences, determine whether it was positive or negative, and list any benefits you received:

1. (circle) positive/negative      Benefits gained:

2. (circle) positive/negative      Benefits gained:

3. (circle) positive/negative      Benefits gained:

4. (circle) positive/negative      Benefits gained:

5. (circle) positive/negative      Benefits gained:

Make a list of the types of agencies you are interested in volunteering with:

1.

2.

3.

CPR/FIRST AID CERTIFICATION SCHEDULE  
FOR NOVEMBER

West Valley Library (2880 W. 3650 S.)

Saturday, November 10 10:15 a.m.

Thursday, November 29 5:30 p.m.

Anderson/Foothill Library (1135 S. 2100 E.)

Wednesday, November 7 5:30 p.m.

Riverton Library (1830 W. 12860 S.)

Tuesday, November 20 5:30 p.m.

Sandy Library (10075 S. 1350 E.)

Saturday, November 17 10:15 a.m.

For more information contact Save-A-Heart at 582-7114



**MORE PROCTORS NEEDED!!!**

We are still in need of additional proctor parents. Please let Lori know if you have a referral for an individual, couple and/or family. If they sign on with us and complete the requirements which include completing their initial training/licensing requirements and have a 75% occupancy rate, you will be given a \$100.00 bonus check after their third month.



## TOP TEN SIGNS YOU'VE EATEN TOO MUCH THANKSGIVING DINNER

10. Hundreds of volunteers have started to stack sandbags around you.
9. Doctor tells you your weight would be perfect for a man 17 feet tall.
8. You are responsible for a slight but measurable shift in the earth's axis.
7. You decide to take a little nap and wake up in mid-July.
6. World's fattest man sends you a telegram, warning you to "back off!"
5. Getting off your couch requires help from the fire department.
4. Every escalator you step on immediately grinds to a halt.
3. Red Cross changed your blood type from "O" to gravy.
2. You've had a garage door installed in your bedroom.
1. Blinking leaves you winded.



"There. Now it's halftime. What do you say we all go to the table and have a nice, quiet Thanksgiving dinner."



Thanks to his new pop-out fullness indicator, Andy was able to leave the Thanksgiving table satisfied, not stuffed.