

# CBTS NEWSLETTER



October 2009

## FIVE WAYS TO RESPECTFULLY DISAGREE

It's easier to agree than disagree. But we can learn a lot from conversations where we don't see eye to eye - if we can listen and talk rationally, that is.

Unfortunately, lots of us either shy away completely from disagreements or lose it when things don't go our way. These five tips can help keep disagreements constructive - whether you're talking to a parent, friend, or anyone else:

1. Don't make it personal. If you get upset, it can help to remember you're mad at the idea or concept your parent (or friend, coworker, etc.) is raising, not the person.
2. Avoid putting down the other person's ideas and beliefs. If you've ever been on the receiving end of someone's tirade or put-downs, you know how valuable using respectful language and behavior can be. So instead of saying what you might be thinking ("That's a stupid idea."), try: "I don't agree, and here's why," Resist the temptation to yell, use sarcasm, or make derogatory comments and you'll have a much better chance of getting your point across.
3. Use "I" statements to communicate how you feel, what you think, and what you want or need. Using "you" statements can sound argumentative. For example, telling your parents, "You always remind me about my chores on Wednesdays when you know I have a lot of homework: has a very different tone from "I'm feeling pressured because I have a lot of homework tonight. Can I do those chores tomorrow?"
4. Listen to the other point of view. Being a good listener is a way of showing that you respect and understand the other person's perspective. That makes it more likely he or she will do the same for you. When the other person is talking, try to stop yourself from thinking about why you disagree or what you'll say next. Instead, focus on what's being said. When it's your turn to talk, repeat back any key points the other person made to show you listened and heard what was said. Then calmly present your case and why you disagree.
5. Stay calm. This is the most important thing you can do to keep a conversation on track. Of course, it's a huge challenge to stay calm and rational when you feel angry or passionate about something - especially if the person you're talking to gets heated. You may need to be the mature one who manages the conversation, even if the other person is a parent or someone who should know better.

Respect goes beyond difficult conversation, of course. Being helpful and considerate toward family members, teachers, or coworkers in our everyday actions helps all of us establish a foundation for those times when we might disagree.



## BOOK REVIEW

by Wanda B. (CBTS proctor parent)

### PLEASE STOP LAUGHING AT ME...

*One Woman's Inspirational Story*

Author - Jodee Blanco

A 3.5% daily rate cut was made in July of this year by the legislators. We did not cut your daily rate, instead, opting to make cuts elsewhere. July 2010 it is highly anticipated there will be even more cuts made. This is an important issue. It is extremely imperative that you contact your local representatives and express your feelings about the need for foster parents not to receive any additional cuts.

The following editorial appeared in the *Deseret News* issue September 23, 2009

## In our **Opinion** EDITORIAL

### Prioritize foster-care funds

When a biological parent fails to provide court-ordered child support, the case is referred to the state Office of Recovery Service.

So what is the remedy when the state fails to adequately provide for children in its custody or, worse, faces the prospect of reducing the already pitifully low stipends paid to foster-care families?

Most Utah foster parents know the answer to that question. They will foot the uncovered costs of caring for children the state has removed from homes amid allegations of neglect and/or abuse. The state counts on that benevolence.

It is true that people who foster children are a special ilk. But it does not rationalize the paltry stipends paid by the state for the care of foster children. The state provides foster families \$15-\$18 a day per child, depending on the age and other needs of the child. This doesn't come close to covering the basic needs of these children, such as clothing, food and other necessities.

And it's embarrassingly low, considering that it costs about \$25 a day to kennel a dog along the Wasatch Front, or compared with the \$54 per diem paid to state lawmakers during their general session.

As state lawmakers face the daunting challenge of addressing a projected \$850 million revenue shortfall when the 2010 Legislature convenes in January, foster parents fear the worst. Most cover the excess expenses of caring for foster children out of their own pockets. If funding holds steady, most probably could make do during the economic downturn. But if reimbursements are cut to help balance the state budget, some foster parents may be forced to stop accepting children into their homes, because they will have been priced out of providing the nurturing and stability the 2,600 Utah children in state custody desperately need.

The truth of the matter is Utah foster parents need — and deserve — a significant increase in monthly reimbursements for providing this important service. One report by the University of Maryland School of Social Work and the National Foster Parent Association says Utah foster families need a 45 percent increase in the reimbursement rate simply to provide minimum care.

Given the state budget forecast, such an increase is not feasible in the near future. But state lawmakers need to take extreme care not to cut reimbursements to families who already make significant personal sacrifices to care for children in state custody.

Jodee was an attractive, happy, well-liked elementary school student whose problems began in the fourth grade. She is the only child from a wealthy family, whose father traveled all over the world in his business. Her mother was an attractive, out-going, stay-at-home mother, and both parents doted on their only child. Jodee became a target when she refused to join her friends in the 'in-crowd' in putting down others who were different, or who had physical problems. From that day on, Jodee became a target. Because she was seen as a person who didn't go along with the day to day cruelty that the others expressed, and she spoke up for others, she was hounded, physically and mentally abused for the rest of her school years. For a time, her parents thought it was her problem and took her to psychiatrists and tried her on anti-depressant medication, and urged her to be strong and walk away when others bullied her.

Principals and educators touted the 'kids will be kids' line, and insinuated that the problem was hers, that if she would just quit being different, and ignore them, the problem would go away. Jodee became despondent and suicidal. The anger and hopelessness she felt was turned inward. This young woman had many advantages that in the end helped her overcome these scars: she had supportive loving parents and extended family members, she began to cultivate a network of friends (others who were different as well), and she immersed herself in scholastic pursuits, learning a new language, winning speech and poetry awards throughout her high school years.

This is a very easy book to read. It reads like fiction even though, unfortunately, it is not. Young girls ages 12-16 and even adults would find this book holds their interest and will keep them turning the pages until the book is finished.



## JOB FEST 2009

Wednesday, October 7, 2009

3:00 - 5:30 p.m.

Horizonte School

1234 South Main Street

Prizes - Food - Workshops

Meet dozens of employers!!



CBTS

220 East 3900 South #16

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau, C.F.O.Co-Owner

mobile: 801-634-5379

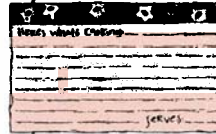
cbts@xmission.com

Carlos Serna, C.O.O./Co-Owner

mobile: 801-558-4845

cserna@xmission.com

Great website for recipes for teens particularly with diabetes, lactose intolerance or vegetarian diets  
[kidshealth.org](http://kidshealth.org)



**Reminder** - You must have a documented 2 hours of outside training each month if you do not attend the monthly CBTS proctor training session. Your check on the 30th of the month will be held at the office until we receive it. We have a large selection of books at CBTS on a variety of subjects that can be checked out and read for training credit.



## MANDATORY CBTS PROCTOR TRAINING

Wednesday, October 21, 2009

6:30 p.m.

220 East 3900 South

Presenter: Jared Stafford with Division of Juvenile Justice Services  
Mr. Stafford is one of our auditors and will be presenting on what he is looking for and expecting from CBTS and their proctor parents. He can also answer any questions you may have regarding policies, procedures, rules, etc. During the months of October and November we will be having two different audits and they will want to inspect our proctor homes. This will be an extremely informative and important training.

Kim Ontiveros, Program Supervisor

mobile: 801-557-9023

kontiver@xmission.com

Liz Mavor, Specialist

mobile: 801-558-5668

emavor@xmission.com

Adam Miller, Specialist

mobile: 801-557-6327

amiller@xmission.com

Kim Sorensen, LCSW/

Clinical Director

mobile: 801-949-8067

ksorensen@xmission.com





## OCTOBER EVENTS

- October 3-4 Flight Bird Show Tracy Aviary 589 East 1300 South 1:00 p.m.  
Free
- October 5 Health & Safety Fair Murray Park 6:00 - 9:00 p.m. Free
- October 7 Chick-Fil-A Jordan Landing 7676 S. Campus View 5:00 - 8:30 p.m.  
Crafts & food Free
- October 10 Science & Art Festival Library Square 210 East 400 South Free  
11:00 a.m. - 4:00 p.m. Hands on scientific and artistic activities
- October 12 'Lady Beware' Personal Safety and rape protection seminar  
7:00 - 8:00 p.m. Sandra Lloyd Performing Arts Building (West of Riverton  
City Hall) Free
- October 24 Fall Festival at the District 11400 South Bangert Highway  
1:00 - 4:00 p.m. Face painting, pumpkin painting, pumpkin carving, costume  
contest, visit businesses to trick-or-treat Free
- October 26 Haunted Hollow Draper Historical Park 6:00 - 8:00 p.m. Free  
Pumpkin patch, movie, magician, crafts, you are encouraged to wear a  
costume
- October 27 Terrific Tuesday 10300 South Beckstead Lane 7:00 p.m. Free  
Arts & crafts, movies, games, demonstrations
- October 31 Monster Block Party Gallivan Center 239 South Main St. Free  
Family friendly Halloween party





## OBITUARY

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

Knowing when to come in out of the rain;

Why the early bird gets the worm;

Life isn't always fair;

and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable strategies (adults, not children are in charge).

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims. Common Sense finally gave up the will to live when a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death by Truth, Trust, Responsibility and Reason. He is survived by I Know My Rights, I Want It Now, Someone Else Is To Blame and I'm A Victim.

## 20 TRUE THINGS

1. Life isn't fair, but it's still good.
2. Life is too short to waste time hating someone.
3. Your job won't take care of you when you are sick. The people who love you will. Stay in touch.
4. You don't have to win every argument. Agree to disagree.
5. Cry with someone. It's more healing than crying alone.
6. When something bad happens, you can either lay down and die, or you can get over it and move on.
7. When it comes to chocolate, resistance is futile.
8. Make peace with your past so it won't screw up the present.
9. Don't compare your life to others. You have no idea what their journey is all about.
10. If a relationship has to be a secret, you shouldn't be in it.
11. Everything can change in the blink of an eye.
12. Whatever doesn't kill you really does make you stronger.
13. It may be too late to have a happy childhood; but you can still have a happy life.
14. No one is in charge of your happiness but you.
15. What other people think of you is none of your business.
16. However good or bad a situation is, it will change.
17. Don't take yourself so seriously. No one else does.
18. You don't make yourself look or feel better by making someone else feel badly, or by making fun of them. A person who feels good about themselves, doesn't need to put other people down to build themselves up.
19. Don't let someone else define who you are.
20. Frame every so-called disaster with these words, "In Five Years, Will This Matter?"
21. Believe in miracles.
22. Envy is a waste of time. You already have all you need.
23. The secret to a good life is not getting what you want; but wanting what you have.
24. All that truly matters in the end is that you loved.
25. You deserve to be loved because of who you are, not because of anything you did or didn't do, what you look like, how you dress, who your parents are, where you live, or any of the superficial things in life. Those are just window dressings; take them away and you are what is left, a human being just like everyone else who is worth being loved.

## TAKING RESPONSIBILITY

It's common for kids to try to avoid taking responsibility for their actions, especially when the outcome is a negative one. Often kids believe that if they project blame onto someone or something else, this relieves them of the need to admit a mistake, as well as the need to solve the problem. But instead, making excuses takes power away from kids because it keeps them from owning problems and finding solutions.



**Discuss** - How do we use excuses to try to deny responsibility for our actions and what is happening in our lives??

Examples of excuses and how they can be re-stated in a way that reflects taking responsibility for both the problem and the solution:

- ◆ Excuse: It broke.
- ◆ Taking Responsibility: I broke it. How can I fix it?
  
- ◆ Excuse: He started it.
- ◆ Taking Responsibility: I chose to get involved in something I should have stayed out of.
  
- ◆ Excuse: I can't do it.
- ◆ Taking Responsibility: I choose not to do it. I need help to do it.

Think of three excuses you have used recently. Write each one down. Then rewrite each one taking responsibility.



1. Why do we use excuses?
  
2. When you use a responsible statement, who is in control?
  
3. Tell about a time you made an excuse to avoid a negative consequence. What happened?
  
4. Is it better to take responsibility and accept consequences or make an excuse to avoid consequences? Why?
  
5. How can accepting responsibility help improve your relationship with your friends and family?

Finish each of these:

- When I get angry at my friends, I ...
- When I am picked on, I...
- When I can't have my way, I...
- When I get in trouble, I...
- When my parents won't listen to me, I

# HALLOWEEN SUN SIGNS



**Aries** Pushes the other ghosts and goblins aside to get to the door first.



**Taurus** Will only eat the finest of Swiss chocolates



**Gemini** Goes around the neighborhood once, changes costumes and goes around again



**Cancer** Stays at home and gives candy to the other trick-or-treaters



**Leo** Plans their costume for months, then won't go out because someone else had the same idea.



**Virgo** Wears a neatly-pressed suit and tells everyone they're a bookkeeper.



**Libra** Is still standing in front of the closet trying to decide on a Halloween costume



**Scorpio** Isn't in it for the Halloween candy



**Sagittarius** Will manage to wander to the next town



**Capricorn** Makes a list of all the houses that give good candy and the optimal route to take



**Aquarius** Builds their costume out of spare flashlights and spends all night tinkering when it shorts out



**Pisces** Skips the whole thing to compose poetry to the moon

## Two Nuns and a Mini Dracula

Two nuns, Sister Mary Agnes and Sister Mary Vincent, are traveling through Europe in their car, sightseeing in Transylvania. As they are stopped at a traffic light, out of nowhere, a small vampire jumps onto the hood of the car and hisses at them through the windshield.

"Quick, quick!" shouts Sister Mary Agnes, "What should we do?"

"Turn the windshield wipers on. That will get rid of the abomination," says Sister Mary Vincent.

Sister Mary Agnes switches on the wipers, which knock the mini-Dracula around. But, he hangs on and continues hissing at the nuns. "What shall I do now?" she shouts.

"Try the windshield washer. I filled it with holy water before we left the Vatican," replies Sister Mary Vincent.

Sister Mary Agnes turns on the windshield washer. The vampire screams as the water burns his skin, but he hangs on and continues hissing at the nuns.

"Now what?" shouts Sister Mary Agnes.

"Show him your cross," says Sister Mary Vincent.

"Now you're talking," says Sister Mary Agnes. She then opens the window and shouts, "Get the hell off our car!"

