



CBTS NEWSLETTER

SEPTEMBER 2009

Respect is Crucial to the Success of Relationships

"Every aspect of a relationship is affected in some part by both trust and respect. This holds true for all the relationships we participate in; family, friends, neighbors, business, and so on. It is how we personally define and understand the meaning of respect that helps us to be more successful in relationships. Respect is connected to everything in life from the way we feel about ourselves to the way we treat others.

- ◇ *Have self-respect.* Often the way we feel about ourselves is a key hinderance in building respectful relationships with others. If you don't respect yourself, chances are you are teaching others to disrespect you as well.
- ◇ *Know your boundaries.* You need to develop a clear outline of what is okay, and what is not okay to you when it comes to how you are treated by other people. You need to make self-respecting choices and communicate these values to others. In turn, you need to value the boundaries of those around you. In other words, you don't need to agree with someone else's opinion, but you do need to listen and appreciate their right to that opinion.
- ◇ *Listen to your gut feelings.* Basically, all people have the same need to be heard and to be valued. Listen closely and observe the way you speak to others, paying attention to your facial features, tone of voice, etc. It is easy to unintentionally hurt those closest to us in the guise of anger or frustration. Remember, respect is a two way street.
- ◇ *Be a better friend, spouse, son or daughter, neighbor, etc.* Participating in respectful relationships makes you stronger. Learning how to communicate and interact with respect will invite that same behavior back at you. When you disrespect someone you not only hurt the person, but you also hurt your credibility and break the chain of trust. Even an apology afterwards may not be enough to erase the damage done.

We have all read it, heard it, and experienced it - - 'Treat others how you want others to treat you.' These nine simple little words speak volumes if only you are receptive enough to hear them and pass them on. Oftentimes we blame situations or circumstances like stress, a harried lifestyle, an unreasonable boss, etc. to avoid acknowledging our own wrong doings or inappropriate behaviors. Standing up for our core beliefs and our boundaries should not involve either passive or aggressive behavior.

We have a right to be treated with dignity and respect. We have a duty to treat others with dignity and respect."

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HOW TO ENCOURAGE YOUR STUDENT TO DO THEIR BEST

"Encouraging your student to their best isn't as hard as you may think. It does take time and effort, but it should become part of a daily routine that both you and your child can enjoy more than dread.

Here's How:

1. Talk to your child about school. Know what classes he/she is taking, what does your child think of the teacher and/or ask what they are learning. This is excellent dinner table conversation if you can keep it light and positive.
2. Set the expectations. Adolescents need a clear map of what you want them to do. You would not do them any favors by not telling them what grades you will be expecting. Send a clear message to your child about the grades you expect to see in each class. Set consequences for poor grades as well as rewards for good grades. Keep your expectations in line with what your child feels they can do.
3. Help them establish goals. While your child will need to keep their goals in line with your expectations, they may have a goal that they feel is important too. Learning to establish goals teaches independence, one of the things your child needs to learn to become a successful adult.
4. Have what they need at home, or a way to get it. Resources are important for students. Your family should have a library card and a way to access the internet for homework. Without these things, your child could be at a disadvantage. It is also a good idea to set up a homework center.
5. Stay involved. Show support by attending parent/teacher conferences and other activities. Sign up for the school's online grade reports and have a list of their teacher's emails. Always be respectful to their teachers but do not be afraid to ask them tough questions. Be your child's advocate when necessary.
6. Set a good example and show them your love of learning. Modeling active behaviors like reading or taking classes shows them that school is just the beginning and gaining knowledge should be enjoyed.

CBTS

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PROCTOR TRAINING REMINDER

A memo was recently sent to proctors outlining the following change:

"Proctor training is held the third Wednesday of every month. Attending provides you with 2 - 2 1/2 hours of training as well as you receive an additional payment of \$25.00. Proctors can also receive credit toward training hours for reading the monthly newsletter and writing a brief summary of the topics, completing training packets, attending community sponsored trainings, reading relevant books and watching specific movies. Beginning September 1, 2009, if you do not attend proctor training your check on the 30th will be held at the office until you provide Lori with documentation of at least two hours of training for that particular month."

If you need a training packet or a list of books and movies, please contact Liz.

CBTS PROCTOR TRAINING

Wednesday, September 16, 2009

6:30 p.m.

220 East 3900 South

Topic: Abuse & Neglect

Presenter: Rick Berry

Child Protective Services

This is for ALL CBTS Proctors

(If married, spouses must complete training hours also.)

SAVE-A-HEART

CPR & FIRST AID CERTIFICATION

Murray High School (147 E. 5440 So. Choir Room)

Tuesday, August 4 6:00 - 9:00 p.m.

Saturday, August 15 9:00 a.m. - 12:00

Salt Lake Main Library (210 E. 400 S.) Room A or C

Wednesday, August 12 6:00 - 9:00 p.m.

Thursday, August 27 6:00 - 9:00 p.m.

The first 1.5 hours is CPR training, the second 1.5 hours is First Aid. The course is good for two years. Make sure you let them know you are with CBTS if you attend. It is a licensing requirement for all proctors to be current on their CPR & First Aid. If you need additional information you can reach Save-A-Heart at 1-888-582-7114.





On Wednesday, August 12 we held our annual CBTS Picnic and Talent Show. We appreciate everyone who attended and brought such great food. We also had a number of the youth present their various talents. Thanks to Alisha, Chantelle, Keila, Coral, Mandy, Jordan, Omari and Christian for sharing their talents with us. Alisha and Keila were willing to let us print their poems in the newsletter.



Our fantastic Clinical Director, Kimberly Sorensen, was married on August 29. We wish Kim and Tracy all the best!



We recently had several youth successfully graduate from our Chill Out Group. Great job to Jon, Isaiah, Chantelle and Baylee.

*Today is the first day that I'll say this
That when I met you I could not stop thinking
of you!
We became friends but then we had to separate.
We never knew how to talk this through,
And soon everything changed.
So today, I'm sending you this poem for you.
Thank you for the life we had.
Thank you for the joy you gave me.
I know sometimes I got mad,
But I never stayed mad at you as you can see.
Cause in this life I don't want a day to go by
Without you by my side
Because while I wait for you I'm dying
And I don't want to live like that
And always be crying.
I'll take care of you and you of me.
I know when you left I fell apart.
Some nights I feel there is no exit
But I know you'll always be in my heart.*

Keila N.

*Why do you act as if they're different?
Can't you see we're all the same?
Look beyond their color,
and call them by their name.
Why do you act as if they don't belong?
Can't you see that they do?
God put us all together
So, see, He loves them too.
Can't you put all your hate behind you
and learn to get along?
Can't you see being prejudice is very wrong?
Who cares about their color?
It's only skin.
We should be more interested in what they have within.
Since we're all here on earth together
Can't we just be friends?
Isn't that the message we should want to send?*

Alisha M.

BE WELL UTAH FAMILY FAIR



SATURDAY, SEPTEMBER 12, 2009

10:00 a.m. - 4:30 p.m.

University of Utah Campus

50 North Medical Drive

EVERYTHING IS FREE!!

Health Screenings

- ◆ blood sugar
- ◆ blood pressure
- ◆ glaucoma
- ◆ visual acuity
- ◆ cancer
- ◆ cardio fitness
- ◆ body fat analysis
- ◆ body mass index for kids and adolescents
- ◆ sleep disorders



Kids Corner

- ◆ Smokey the Bear
- ◆ Magicians
- ◆ Intermountain Therapy Animals
- ◆ Live Reptiles
- ◆ Puppet Show
- ◆ Face Painters
- ◆ Gymboree
- ◆ Art Activities
- ◆ Origami
- Shoot hoops with members of the U of U Men's basketball team



Healthy cooking demonstrations, recipes and tips

Especially for Women

- ◆ stress management
- ◆ financial and social health
- ◆ bone health
- ◆ breast cancer detection
- ◆ midlife health assessment

Learn About Your Family's Health

- ◆ Nutritional counseling
- ◆ Skin cancer
- ◆ CPR
- ◆ Emergency preparedness
- ◆ Dental health
- ◆ Using your medications safely
- ◆ Internet safety
- ◆ Poison control

Performers



Wasatch Academy Funk Band

10:00 a.m. - 10:45 p.m.

Utah Hispanic Dance Alliance

11:00 - 11:45 a.m.

Wasatch Academy Rock Band

Noon - 12:45 p.m.

Afro-Brazilian Martial Art

1:00 - 1:45 p.m.

Keshin Talko Japanese Drummers

2:00 - 2:45 p.m.

SEPTEMBER ACTIVITIES

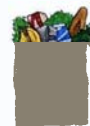
September 4

Wheeler Farm 6351 S. 900 E. 5:00 p.m. .50/person
Experience farm life and do farm chores such as milking a cow



September 5, 12, 19

Farmers Market 10610 South Redwood Road



September 9

Healthy Games for Kids Ask-a-doc Kids & TV Vision Screenings Free
Redwood Health Center 1525 West 2100 South 5:00 - 7:00 p.m.

September 10-20

Utah State Fair 155 North 1000 West 10:00 a.m. - 11:00 p.m.
Opening Day Special September 10 - 5 and under free (everyday),
6 and up only \$2.00



September 10

9th & 9th Festival (9th So. 9th E.) 10:00 a.m. - 6:00 p.m. Free
Food, performers, arts & crafts



September 10

Holladay Heritage Day Festival 4580 S. 2300 E. 10:00 a.m. - 10:00 p.m.
Fun for the entire family Free

September 12



Utah Green Festival 8215 So. 1300 E. 9:00 a.m. - 5:00 p.m.
Informational classes, learn what you can do to reduce the impact on the
environment Free

September 12-30

Get Bewitched at Gardner Village 1100 W. 7800 S. 10:00 a.m. - 8:00 p.m.
Halloween displays and witches galore Free



September 26



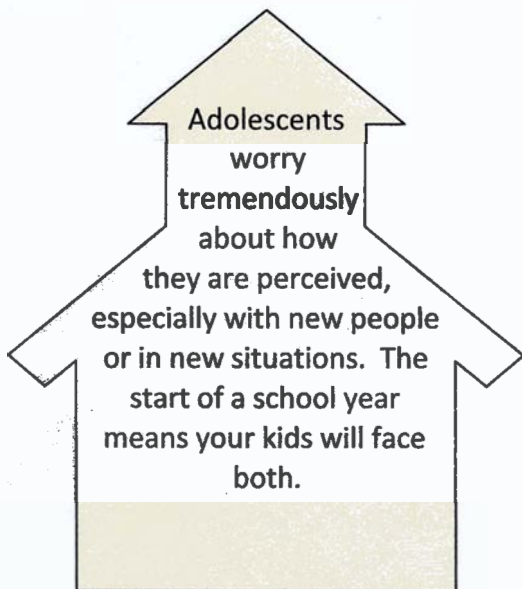
Deaf & Hard of Hearing Festival 5709 S. 1500 W. 11:00 a.m. - 7:00 p.m.
Free hearing test, arts & crafts, children's activities

September 26

Pumpkinfest 500 E. 8880 So. 2:00 - 8:00 p.m. Free
Music, crafts, games



P.R.S. PEER PRESSURE



DISCUSS

1. What kind of things do friends encourage you to do that go against your beliefs/values?
2. What are the different styles of those who try to pressure you. Do they threaten? Do they insult you or call you names? Do they try to make you feel that you have to do it in order to 'be cool'? Do they keep bugging you even after you've said no?



Role play the following scenarios:

1. *You are on your way home from school. Your best friend shows you a pack of cigarettes and says, "Let's go over here behind the building and smoke."*
2. *You are walking to school. Your friend, who skips school a lot, tries to get you to cut with him.*
3. *You are in a store and your friend suggests you both shoplift some items.*

DISCUSS THE DIFFERENT WAYS YOU CAN RESPOND TO PEER PRESSURE

- SAY NO OVER AND OVER
- SAY NO AND LEAVE
- CHANGE THE SUBJECT
- IGNORE THE PERSON AND WALK AWAY
- SUGGEST AN ALTERNATIVE
- SAY YOU'RE NOT ALLOWED
- GIVE A REASON WHY YOU CAN'T
- GIVE A REASON WHY IT'S A DUMB IDEA
- GO HANG OUT WITH SOMEONE ELSE
- OTHER IDEAS?

1. What kind of pressure is hardest for you to resist?
2. How can you prepare yourself for these situations?
3. Is it harder to resist friends or people you don't know?
4. Have you ever tried to pressure a friend? Why?
5. Would you risk losing a friend over something you felt strongly about?
6. What consequences are you thinking of when someone tries to pressure you?

