

CBTS NEWSLETTER

April 2017



TRAUMA AND TEENAGERS

A traumatic experience is any event in life that causes a threat to our safety and potentially places our own life or the lives of others at risk. As a result, a person experiences high levels of emotional, psychological, and physical distress that temporarily disrupts their ability to function normally in day to day life. Teenagers who experience a distressing or frightening event are often concerned by these strong emotions. Despite the fact that these reactions usually subside as a part of the body's natural healing and recovery process, it is important for parents or caregivers to understand the ways in which a teenager manages distress and trauma so they can support and help them.

Teenagers can also be deeply upset by local, national or international tragedies, or trauma that affects their friends. Your teenager will handle trauma differently to younger children or adults. A younger child depends directly on their family, whereas many teenagers look to their peer group for support. In order to help them, parents need to understand the ways in which teenagers manage distress. Every young person is different, but common symptoms of distress include:

- *strong emotions such as sadness, anger, anxiety and guilt*
- *overreacting to minor irritations*
- *repetitively thinking about the traumatic event and talking about it often*
- *disturbed sleeping patterns*
- *withdrawing from family and friends – wanting to spend more time alone*
- *being very protective of family and friends*
- *returning to younger ways of behaving including giving up responsibilities or a sudden return to rebellious behavior*
- *increased need for independence*
- *self-absorption and caring only about what is immediately important*
- *loss of interest in school, friends, hobbies, and life in general*
- *pessimistic outlook on life, being cynical and distrusting of others*
- *depression and feelings of hopelessness*
- *difficulties with short-term memory, concentration and problem solving.*

(cont.)

A teenager may be deeply upset by an event, but despite this, they may not want to share their feelings with their parents. Some of the reasons for this include that they:

- *are needing more time to absorb what has happened*
- *are not wanting to acknowledge the event by talking about it*
- *don't want to upset their parents*
- *are wanting to be strong for parents and other family members*
- *don't think their parents will understand them*
- *think that parents will tell them what to feel or what to do*
- *don't agree with their parents' point of view on the event*
- *prefer to talk to their peers about it*
- *find instead that peers help take their mind off the event*
- *feel confused about how they think and feel about the event*
- *don't know how to express complicated, unfamiliar thoughts*
- *are frightened of strong feelings*
- *would rather distract themselves than think about the event*
- *already have a problem with communication before the event.*



Tips to help teenagers resolve traumatic reactions

There are a number of strategies that can be put in place to help a teenager resolve traumatic reactions. Some common suggestions include:

- *Encourage the young person to communicate without judging or advising them until they ask for your feedback.*
- *Show them that you really care for them and are genuinely interested and enjoy being with them.*
- *Negotiate changes in roles and responsibilities during recovery and be flexible. Don't try to stick rigidly to the way things were before the event.*
- *Continue to give love, support and trust, even if things are extremely difficult.*
- *Remember your teenager is the same person they were before the event, even if they seem different.*
- *If asked, gently let the young person know that they are having a 'normal' reaction to a frightening experience and that in time these very strong reactions will subside*



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Be sure and check out our new website at www.cbtsutah.com. You can click on the training section and complete your quizzes online. Submit your answers and the information will come directly to us!

We NEED more proctor parents (individuals, couples and families) throughout various parts of the Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive:

If you refer someone, and they come in for the initial interview, you will receive **\$25.00**.

If they complete the initial licensing process, and are approved, you will receive an additional **\$25.00**.

After they have remained with CBTS for three months (while taking placements), you will receive a **\$300.00** bonus check. That's an extra **\$350.00** per referral!

Please have them contact Lori to get the process started!!



We recently mailed out proctor and youth surveys. If you haven't taken the time to fill it out yet we would encourage you to complete them as soon as possible. We use these surveys as part of our quality assurance outcome measures.

Happy Easter??



CPR/FIRST AID CERTIFICATION

If you are due for CPR/First Aid training, please plan on attending one of these upcoming sessions.

Salt Lake Main Library

210 E. 400 So.

Tuesday, April 18 6:00 – 9:00 p.m.

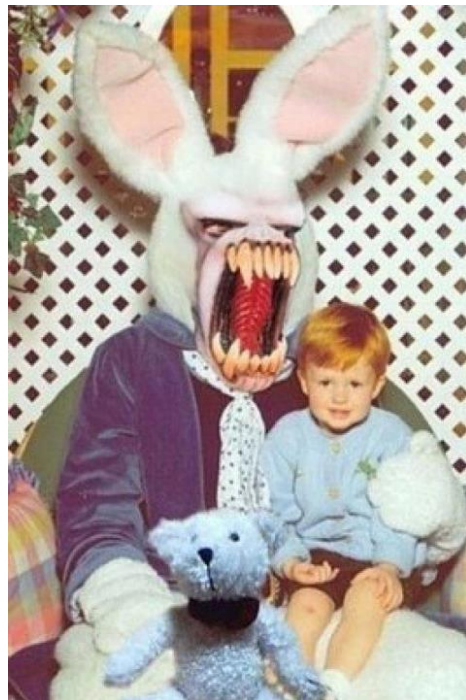
Saturday, April 29 9:00 a.m. – 12:00

The Wentworth at Willow Creek

8325 So. Highland Drive (2020 E.)

Monday, April 10 6:00 – 9:00 p.m.

There is no need to pre-register. Make certain you let them know you are with CBTS and they will send us the invoice.



IRS INFORMATION

It's that time of year...again! The following information hopefully will assist you in understanding the tax laws and credits that apply to proctor families. I suggest you consult your tax advisor for complete and up to date information prior to filing.

Question: Do I have to declare proctor care payments as income?

According to IRS Publication 525 "Generally, payment you receive from a state, political subdivision, or a qualified foster care placement agency for caring for a qualified foster individual in your home is excluded from your income.

A qualified foster individual is a person who:

Is living in a foster family home, and

Was placed there by:

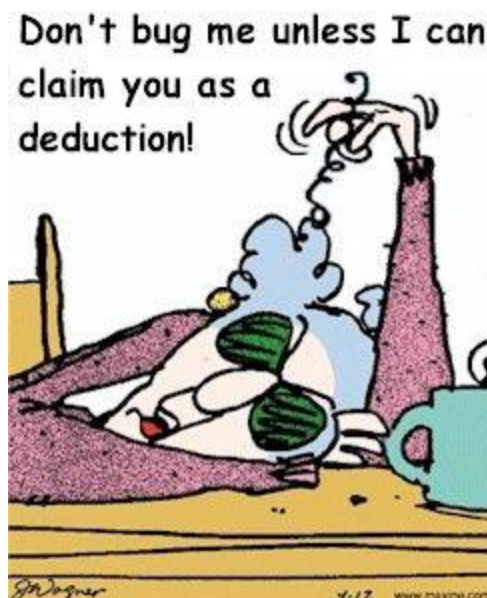
An agency of a state or one of its political subdivisions, or

A qualified foster care placement agency

CBTS will not be sending you a W-2 or 1099 form.

Question: Can I claim an exemption for the children in care in my home?

According to IRS Publication 17, an eligible foster child or adopted child may be claimed as a dependent if the child meets the rules of a "qualifying child." Some of these rules include: being "under the age of 19 at the end of the year, under the age of 24 and a full-time student, or any age if permanently and totally disabled. The child must have lived with you for more than half of the year and the child must not have provided more than half of his or her own support for the year." See <http://www.irs.gov/publications/p17> to see if your child qualifies.



FREE APRIL EVENTS

- April 4 Vintage Dance Class Viridian Center 8030 So. 1825 W. 8:00 – 9:30 p.m.
For ages 14 & up
- April 8 Easter Egg Hunt Canyonview Park 12200 So. Huron Road 1:00 – 3:00 p.m.
Games, crafts, Easter bunny Bring your own basket For ages 12 & under
- April 8 Kate McLeod Folk Concert Viridian Center 8030 So. 1825 W. 7:00 p.m.
- April 8 Health & Wellness Workshop SLC Public Library 210 E. 400 So. Room 2
11:00 a.m. – 1:00 p.m. Join a nutritionist & personal trainer for a session on meal
planning, workout schedules, shopping for nutritional food
- April 15 Easter Egg Hunt Utah Youth Soccer Complex 7965 So. 4000 W. 9:00 a.m.
Hung for candy & prize filled eggs
- April 15 South Jordan Easter Egg & Candy Scramble 11010 So. Redwood Road 10:00 a.m.
- April 15 Draper Easter Egg Hunt 12500 So. 550 W. 10:00 a.m. For ages 12 & under
- April 15 Easter Egg Hunt Liberty Park 600 E. 900 So.
9:00 a.m. Easter bunny & refreshments
Bring a basket to collect your treats



MORE FREE APRIL EVENTS

- April 20 Spring Fest: Earth Day Celebration WVC Hall 3600 So. Constitution Blvd.
5:00 p.m. Family & children activities, information tables
- April 21, Home & Gadget Show So. Towne Expo 9575 So. State 12:00 – 6:00 p.m.
22
- April 22 Spring Concert West Valley Symphony of Utah Utah Cultural Celebration Center
1355 W. 3100 So. 7:00 p.m.
- April 22 Youth Job Fair SLCC Meadowbrook Campus 250 W. 3900 So. Building B
11:00 a.m. – 2:00 p.m. For ages 14-14 Lunch will be provided
- April 24 Smart Spending Family Night Kearns Library 5350 So. 4220 W. 6:00 -8:00 pm
Classes for ages 5-12 and 13-18 Financial education for the whole family
- April 29 Festival of Choirs Temple Square 50 W. North Temple 8:00 p.m.
- April 29 Kids Fiesta: A Celebration of Dia DeLos Ninos Viridian Center
8030 So. 1825 W. 11:00 a.m. – 2:00 p.m. music, storytellers, piñatas, crafts,
magic show in English & Spanish

