



CBTS NEWSLETTER

August 2017

TEEN COPING SKILLS

Looking for some healthy coping skills for your teen, especially with school starting again? Following are some ideas for things your teen can do whenever stressed or depressed.

- ❖ Listen to music
- ❖ Go for a walk
- ❖ Take a warm bath or shower
- ❖ Laugh
- ❖ Watch a movie
- ❖ Call a friend
- ❖ Do some deep breathing/meditate
- ❖ Do a puzzle
- ❖ Read a book
- ❖ Journal
- ❖ Doodle
- ❖ Pray
- ❖ Exercise
- ❖ Stretch or do a few yoga moves
- ❖ Play with an animal
- ❖ Write a letter
- ❖ Read a magazine
- ❖ Be in a room with other people
- ❖ Make a meal
- ❖ Dance to fun music
- ❖ Paint your nails/give yourself a facial
- ❖ Talk to someone you love
- ❖ Make a scrapbook
- ❖ Create a gratitude list
- ❖ Be creative—paint, draw, color, write

You're so hard on yourself.
Take a moment.
Sit back.
Marvel at your life:
at the grief that softened you,
at the heartache that wisened you,
at the suffering that strengthened you.
Despite everything,
you still grow.
Be proud
of this.



Whatever your teen does whenever stressed or depressed, encourage them to do it offline whenever possible. The internet is full of interesting things, but much of what teens are exposed to online, especially via social media, can actually increase their stress

EARN EXTRA MONEY!!

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!!



DCFS AUDIT

We will be having our annual DCFS audit the last week of August. They will be selecting some of our proctor homes to visit. The purpose of the visit is to interview the youth(s) in your home, check for required safety items and discuss your role as a proctor parent. Some of the things they will be checking for include:

- Posted emergency numbers
- Posted evacuation plans
- Fire extinguishers
- First aid kit in home and vehicle
- Hazardous materials locked up
- Medications in lock box
- Emergency contact information in vehicle

If you have any questions regarding the audit, please contact Lori



How can I help my
child **SUCCEED** in
school?

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child every night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework every night.

Teach your children to be responsible for their actions and their schoolwork.

fun-in-first.blogspot.com

CBTS

234 East 3900 South #1

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau

Owner

Mobile: 801-634-5379

cbts@xmission.com

Liz Mavor

Proctor Program Supervisor

Mobile: 801-558-5668

emavor@xmission.com

Brittani Neto, LCSW

Clinical Supervisor

801-268-4044



FREE AUGUST EVENTS

- August 2-5 Salt Lake County Fair 11400 So. 2200 W. Aug. 2 & 3 – 5:00 – 10:00 p.m.
 Aug. 4 – 12:00 – 10:00 p.m. August 5: - 10:00 a.m. – 10:00 p.m.
- August 3 Movie “From Nowhere” Viridian Center 8030 So. 1825 W. 7:00 p.m.
 Three undocumented Bronx teenagers are graduating from high school while trying to get their papers to stay in the United States
- August 4 “Secret Life of Pets” Utah Olympic Oval 5662 So. Cougar Lane 8:00 p.m.
- August 4 Music in the Park – John Denver Tribute Band 200 W. 400 So. Bountiful 7:00 p.m.
- August 4 Fridays on Vine Concert 200 W. Vine Street Tooele 7:00 p.m.
- August 4 -5 Teen Anime Convention Viridian Center 8030 So. 1825 W. 4:00 – 10:00 p.m.
 Panels, contests, vendors
- August 4, 11, 18 Venture Out Canyon Rim Park 3100 So. 2900 E. 6:00 – 11:00 p.m.
 Outdoor activities, recreation clinics, music, outdoor movies
- August 7 The World Travelers Utah Cultural Celebration Center 1355 W. 3100 So.
 7:00 p.m. Folk music & dance
- August 8 Family Fun Days Gallivan Center 239 So. Main 11:00 a.m. – 2:00 p.m.
 Entertainment, face painting, inflatables, train, petting zoo



MORE FREE AUGUST EVENTS



- | | | | | |
|-----------|--|----------------------------|------------------|------------------------|
| August 12 | Volunteer at Stuff the Bus | Rio Tinto Stadium | 9256 So. State | 9:30 a.m. – 12:00 |
| | Stuff backpacks with school supplies – chance to win prizes | | | Free breakfast |
| | Anyone under the age of 18 must volunteer with an adult | | | |
| | Register at stuffthebus.uw.org | | | |
| August 19 | Blue Grass Saturday Night | Gallivan Center | 239 So. Main | 5:00 – 10:00 p.m. |
| | Bluegrass festival | | | |
| August 19 | Magna Main Street Arts Festival | Magna Historic Main Street | | 10:00 a.m. – 8:00 p.m. |
| | Music, vendors, kids activities, art truck | | | |
| August 19 | Summer Dance Festival | Viridian Center | 8030 So. 1825 W. | 11:00 a.m. – 9:00 p.m. |
| | Dances from around the world | | | |
| August 19 | Night Star Orchestra | 4500 So. 2300 E. | | 8:00 – 10:00 p.m. |
| | 18 piece big band – swing music | | | |
| August 19 | International Folk Festival | Sandy Amphitheater | 9400 So. 1300 E. | 8:00–10:00 pm |
| August 25 | Bountiful Music in the Park Concert Series | Beach Boys Cover Band | | 200 W. 400 No. |





©Hallmark Licensing, Inc. Maxine.com

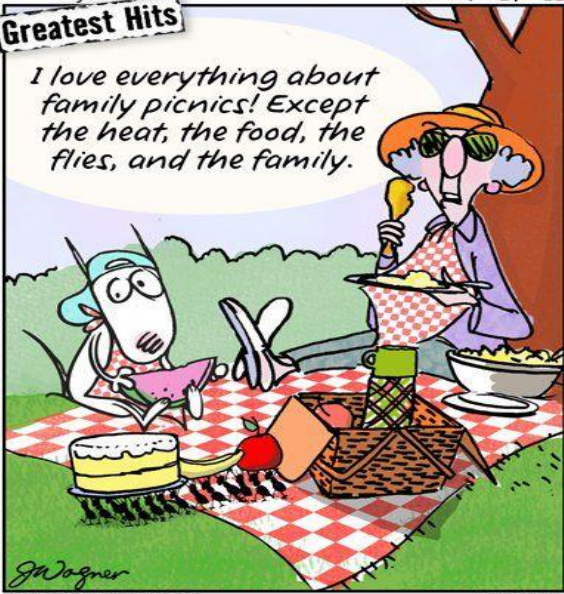


©Hallmark Licensing, Inc. Maxine.com

Crabby Road
Greatest Hits

7-14-11

I love everything about family picnics! Except the heat, the food, the flies, and the family.

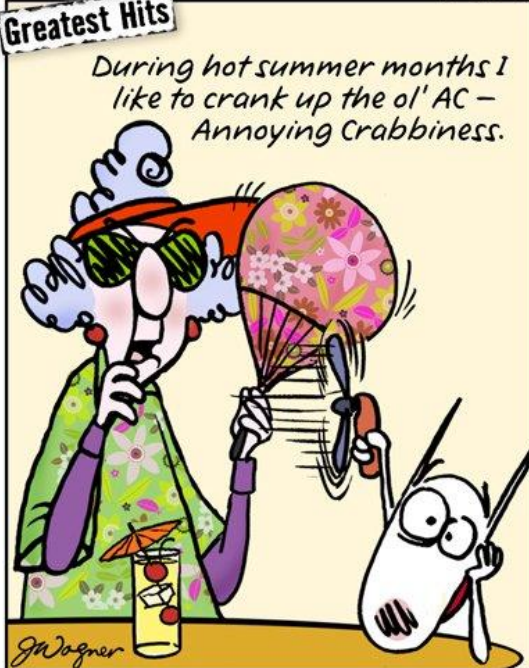


©Hallmark Licensing, Inc. Maxine.com

Crabby Road
Greatest Hits

7-12-11

During hot summer months I like to crank up the ol' AC - Annoying Crabbiness.



©Hallmark Licensing, Inc. Maxine.com

I hired a pool boy for the summer. Next year I'm hoping to afford the pool.

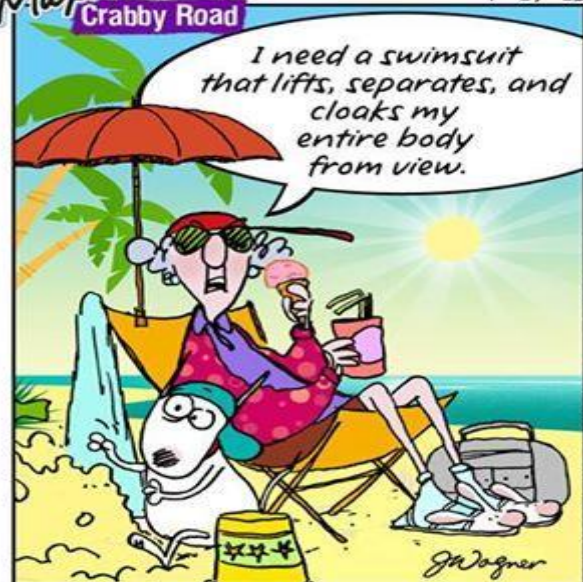


© HMK, LIC.

Maxine
Crabby Road

7-19-13

I need a swimsuit that lifts, separates, and cloaks my entire body from view.



©Hallmark Licensing, Inc.