



CBTS NEWSLETTER

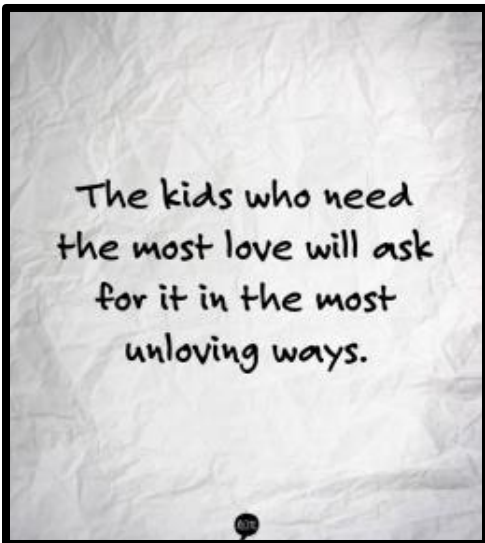
October 2017



CREATING RULES IN THE HOME

Structure and consistency create safety. A defiant kid is really trying to – awkwardly for sure – recreate a feeling of familiarity that makes them calm down. Often teens will defy parents and run to hang out with their friends because their friends create a safe space for them to be themselves. How can you create safety in your home?

- A. You need a set of rules that everyone can follow, including you.
- B. Limit the number of rules. Don't make it challenging to elicit good behavior. Make it easy.
- C. Have the same consequence system – a 3 or 4-step process – for nearly everything. You don't have to have a different consequence for each separate behavior. Step 1 can be a reminder, for example. Step 4 might be grounding for 3 days or over the weekend.
- D. “Consequence” doesn't mean “punishment.” Consequences are the results of actions you choose to take. “If you do X, Y happens.” If negative consequences don't work (and for many they don't), use a system of positive consequences. Find ways for kids to earn small rewards.
- E. Allow children to have a say in some of the rules
- F. Don't give the reward before the task is completed. Everyone, including your kid, knows that's not how it works.
- G. Give the kids a week or two to learn your rules well. Practice, practice, practice! Allow for some missteps in the beginning and pardon them. This is also your chance to refine the rules and consequences and learn more about what works and what doesn't.



- H. Know that you don't have to have the same rules as the “cool family” does. You need to do what works for you and your family.
- I. Allow the kids to choose a consequence for you when *you* mess up. This empowers kids beyond belief. Use the word “reasonable.” They know what this means. It could be a dinner out or a special dessert or an extra 15 minutes of computer/gaming time.

(cont.)

J. You can negotiate, but I find that negotiating with children is like negotiating with a mini-terrorist. Most ADHD children can out-argue an adult so don't get into a verbal dispute. It is very rarely helpful for the child, and it will exhaust and demean you.

K. **Have your rules and consequences posted in multiple places.** If you make up rules and consequences as you go, your children will also make up behaviors as they go. You'll have chaos. Make it clear what your rules are and you **MUST** follow through on the consequences. There is no point in having a rule that you don't follow. Also, if you have a consequence that you don't follow through on, you are shooting yourself in the foot – it might solve your problem temporarily but now you have a metaphorical bullet in your foot! Again, post your rules and consequences.

L. Allow for “redemption. Perhaps “If you complete this list of chores, you can go to the movies with your friends tonight.”

M. Many ADHD children cannot compel themselves to behave in a general way, (“Don't yell”), but they can behave given a manageable period of time and a specific request. So, for example, you might say, “I need you not to talk for just 10 minutes while I finish this work, then we can do something fun.” .

N. You're either in a relationship with your children or you're not. This is especially true of teens – they only see it two ways. You're with them or you're against them. The trick is to balance firmness with kindness. Take a matter-of-fact approach to your rules. It's just something you do to keep the house running smoothly. It applies to everyone, not just them. And it's consistent – no surprises. Firmness and kindness.

O. **Remember that you're the adult, whether you like it or not.** You are not their friend. If you need a child as your friend, something is wrong. Someone has to be the leader and that someone is you. Boundaries!



DCFS AUDIT

We had our DCFS audit at the end of August and got our results back recently. Overall, CBTS received a score of 98% on the audit findings. That is the highest score we have ever received!

Thank you to those proctor families and youth who participated in this audit,

We will be having our Office of Licensing audit probably towards the end of the month. Several homes will once again be selected for the auditor to come out and check. This audit will entail more of the licensing/safety requirements check. We will notify you as soon as we know if your home is selected.



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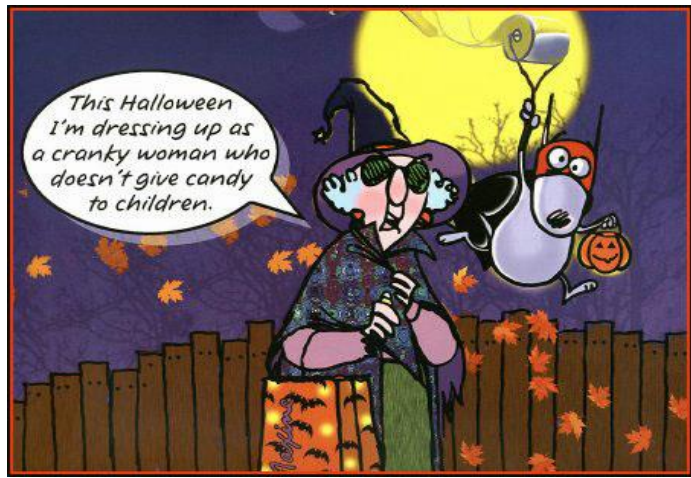
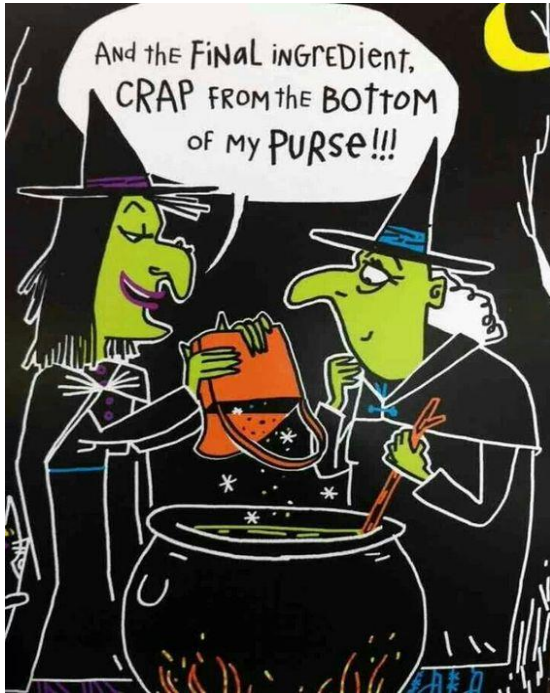
801-268-4044



I'm so
glad I
live
in a world
where
there are
Octobers

once of green gables



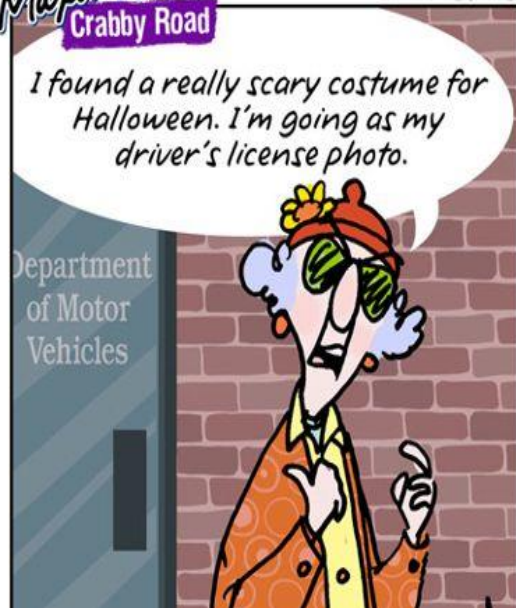


Crabby Road 10-29-11



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FREE OCTOBER EVENTS



- October 2 Halloween Classic Movie Series “Nightmare Before Christmas”
Viridian Center 8030 So. 1825 W. 7:00 -9:00 p.m.
- October 3, How to be a Ghost Hunter Viridian Center 8030 So. 1825 W. 7:00 – 8:00 p.m.
Learns about ghost hunting in Utah
- October 3 Vintage Dance Class Viridian Center 8030 So. 1825 W. 8:00 – 9:30 p.m.
For ages 14 and older No partner necessary
- October 3, Parenting the Love & Logic Way Viridian Center 8030 So. 1825 W. 6:30-8:30 p.m.
10, 17, 24 End power struggles, teach responsibility, prevent arguments call to register 801-707-3272
- October 5 A Concert Celebration Jordan High School 95 E. Beetdigger Blvd. 7:30 p.m.
Choral Arts Society of Utah with the Utah Wind Symphony
- October 6 West Jordan Symphony Fall Concert Viridian Center 8030 So. 1825 W.
7:00 – 8:30 p.m.
- October 9 Halloween Classic Movie Series “Beetlejuice” Viridian Center 8030 So. 1825 W.
7:00 – 9:00 p.m.
- October 14 In Concert: Crescent Super Band Viridian Center 8030 So. 1825 W. 7:00-9:30 p.m.
Big band, swing & American songbook
- October 16 Salt Lake Co. Mayor Ben McAdams’ Diversity Dinner Utah Cultural Celebration Center
1366 W. 3100 So. 6:00 – 9:00 p.m. Bringing individuals of diverse backgrounds
together to promote understanding & respect for one another

MORE FREE OCTOBER EVENTS

- October 16 Halloween Classic Movie Series “Bedknobs & Broomsticks” Viridian Center
8030 So. 1825 W. 7:00 – 9:00 p.m.
- October 17 A Medieval Knight Viridian Center 8030 So. 1825 W. 7:00 – 9:00 p.m.
Learn the art of sword fighting & medieval crafts
- October 20, 21, 22 Rock, Gem & Mineral Show Viridian Center 8030 So. 1825 W. 10:00 am -7:00 p.m.
- October 21 Third Saturday for Families Utah Museum of Fine Arts 410 Campus Drive 1:00-4:00 p.m.
Decorate your own African and Pacific Islands masks
- October 23 Halloween Classic Movie Series “Young Frankenstein” Viridian Center
8030 So. 1825 W. 7:00 – 9:00 p.m.
- October 27 Halloween Celebration at the City Library 210 E. 400 So. 1:00 p.m.
Activities, prizes, trick-or-treating
- October 27, 28 Pumphin Palooza Viridian Center 8030 So. 1825 W. 7:30 – 10:00 p.m. (27th)
12:00 – 2:30 p.m. (28th) Pumpkin carving contests, jack-o-lantern display, pumpkin pie eating contests, crafts, costume parade, etc.
- October 31 Halloween Classic Movie Series “Hocus Pocus” Viridian Center
9:00 p.m.





Combine a Reese's peanut butter cup with a pretzel

Doughnut, vampire teeth and chocolate chips become a Vampire Doughnut treat



Cover a tin can with gauze or strips of white cloth - add eyes -- and you have a mummy candy holder



Easy Halloween decoration

Terra Cotta pots turned upside down - draw on a face and glue on a stick and raffia

