

CBTS NEWSLETTER

September 2019



IMPULSE CONTROL

Youth without impulse control are hard to manage. They are reactors, and not thinkers, which can make parenting them feel like your parenting a hand-grenade. You never know when they'll have a fit or meltdown, try to run away, throw something across the room, or act out aggressively. Learning impulse control is imperative for youth, whether they are typically developing or they are experiencing a range of mental health or cognitive disorders. Most parents are already way on board with wanting to help their child gain impulse-control (or self-control) skills. But actually helping our teens learn impulse control skills is a much different task. Talking about it, telling them they need more impulse control, and lectures won't get us anywhere. The best way to teach is through specifically designed impulse control activities.

TIPS FOR PARENTS BEFORE TEACHING IMPULSE CONTROL ACTIVITIES FOR TEENS

Before you dive in- whenever you're working with a teenager, you need to know it's a two way street. We still have to prepare ourselves as parents, even more than when they were younger. These suggestions may help ensure that once you get to the point of actually implementing these impulse control activities for teens things will go more smoothly.

1. Have Realistic Expectations

Don't set the bar too high, but don't set it too low, either. If you know what they're currently capable of, your expectation should be 1 or maybe 2 steps beyond that. Also, understand that there will always be some low-level impulsive 'stuff' to their personality. Yes, it may drive you crazy, but try not to get bogged down by the little things.

2. Use Routines to your advantage

You can initially reduce some of the need for impulse control by using routines. These are people who desperately need routines and structure. When your brain is acting like a pinball machine, structure is a safe place to rest; even if your teen seems resistant to it at first. If you're on a diet, (which takes an immense amount of impulse control) you would set yourself up for success by removing the treats from your house, and planning out your meals. Give your teens the same benefit with routine in their life! Just because they're impulsive, doesn't mean they need- or even want- everything to be spontaneous.

3. Give Extra Support to the Extra Challenging Times

If you can, create extra structure around a particularly stressful time of day (or event- like exams) to help find more peace. Is getting to school on time a challenge? Implement a routine for night that includes making sure clothes are laid out, homework- and anything else they need- is already in the backpack, etc.

(cont.)

(Impulse Control cont.)

4. Get Their Buy-In

When you're working with a teen, you need their buy-in to implement change. Find the common ground during a calm moment. For example, "Can we both agree that there's too much fighting in the mornings before school?" Instead of "You're always running late, and it's not ok." Maybe your teen has some ideas about what would help them be on time? If you give them the time and space to open up, you might be surprised how insightful they are!

5. Pick One Area to Work On at a Time

Have you ever had a big project going on at work, while you're trying to stay on a very strict diet, and you're also not spending money because you're on a tight budget? It's completely overwhelming to focus on so many things, and share your attention span and impulse control over so many facets of your life. Classwork, peers, girl/boyfriends, jobs, parents, and extracurricular activities are all vying for that limited amount of impulse control. So, you have two choices for deciding which area to start with.

Option 1- Where is impulse-control getting your youth into trouble the most? Choose one topic, and if you can, break it down even smaller.

Option 2- Where will you be able to make the biggest impact the quickest? Will simply making sure the homework actually gets back to school be the biggest difference maker? You could choose to focus on that first.

6. Understand They Will Still Need Your Help

Teens are doing everything they can to gain more and more independence- which is completely developmentally appropriate! So it feels incongruent to say that they need even more help right now. But when we give them a new task to try, they're going to need our support. If they have support, they'll be more successful, which will give them more confidence, which will make them want to continue on their own. Once they're confident in the task, you can peel back some of your support- layer by layer.

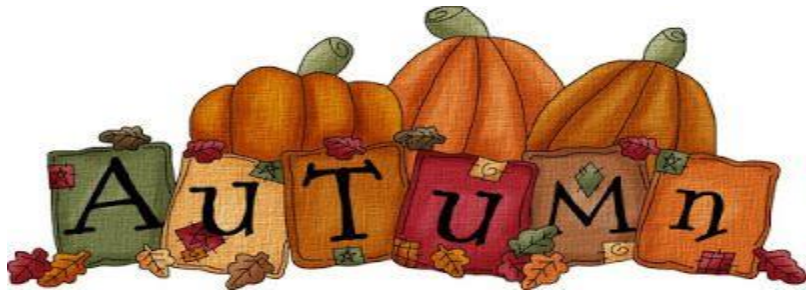
7. Practice, Practice, Practice

Impulse control is best compared to a muscle, and not a set of knowledge. You can't go to the gym once a month, or even once a week, and really expect to grow stronger. This isn't something that can be taught once, and then you expect them to know how to do it. It will take consistent work, for a lifetime, to grow and keep the impulse control 'muscles' strong.

8. Be A Good Role-Model

The need to continue practicing impulse control extends into our adult lives. So be the best role-model you can! If you can't be perfect, (and no one expects you to be!) talk about it with your kid.





PROCTOR PARENTS NEEDED

We are always in search of 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!



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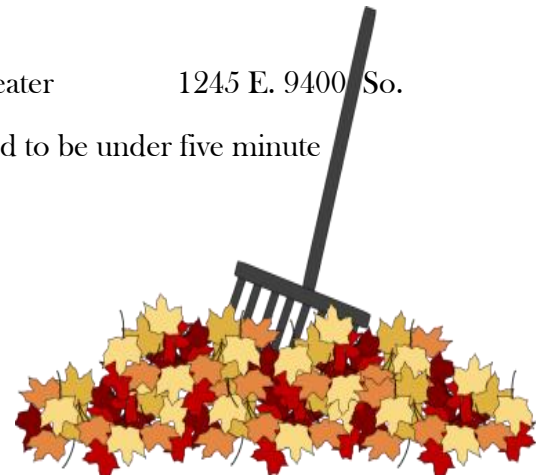
801-268-4044

THANKS!!

Dawn Grames began a new position with Granite School District and unfortunately left CBTS in August. She was an amazing asset to the youth and families we serve and will be greatly missed. But we wish her well in her new role as a mentor for youth in custody in the district. Ann Eyre was hired in August to take Dawn's role. We welcome her as the newest member of the CBTS family!

FREE SEPTEMBER EVENTS

- September 2 Labor Day Music Festival 55 No. 200 W. Tooele 5:00 – 8:30 p.m.
Bring blankets and chairs
- September 3 Big Band Dance Night Gallivan Center 239 So. Main St. 7:00-9:00 p.m.
- September 5 Fashion Place Mall Concert Series 6191 So. State Street 4:00 p.m.
Live bands & entertainment
- September 7 Latin Festival 200 W. Vine Street Tooele 3:00 – 8:00 p.m.
- September 11 Patriotic Bike Parade Utah Cultural Celebration Center 1355 W. 3100 So.
6:00 – 7:00 p.m. Free hot dog meal, sidewalk chalk art, games
- September 12 Fashion Place Mall Concert Series 6191 So. State Street 4:00 p.m.
Live bands & entertainment
- September 14 SLC Veg Fest Library Square 210 E. 400 So. 12:00 – 8:00 p.m.
Speakers, music, cooking demonstrations, kids zone
- September 14 9th & 9th Street Festival 900 So. 900 E. 11:00 a.m. – 5:00 p.m.
Kid & pet friendly activities, music, entertainment
- September 14 Free-For-All Open Mic Night Sandy Amphitheater 1245 E. 9400 So.
8:00 p.m. All ages family friendly event – acts need to be under five minute



MORE FREE SEPTEMBER EVENTS

- September 14 Mariachi de mi Tierra Veridian Center 8030 So. 1825 W. 7:00-9:00 p.m.
Ballads & dance tunes from Mexico along with ballet performances
- September 14,15 Festival Italiano Gateway 400 W. 100 So. 12:00 - 7:00 p.m.
Arts & crafts, Italian cars, entertainment
- September 14,15 Living Traditions Garden Party 1060 So. 900 W. 12:00 - 4:00 p.m.
Music, dance performances
- September 19 Fashion Place Mall Concert Series 6191 So. State Street 4:00 p.m.
Live bands & entertainment
- September 21 Better Days Festival Library Plaza 210 E. 400 So. 9:00 a.m.-9:00 p.m.
Marking 150 years of women voting in Utah & 100 years of the 19th amendment
- September 26 Fashion Place Mall Concert Series 6191 So. State Street 4:00 p.m.
Live bands & entertainment
- September 28 Rendezvous Mt. Culture Festival Gateway 400 W. 100 So. 2:00-8:00 p.m.
Music, product giveaways, speakers, snowboarding movie



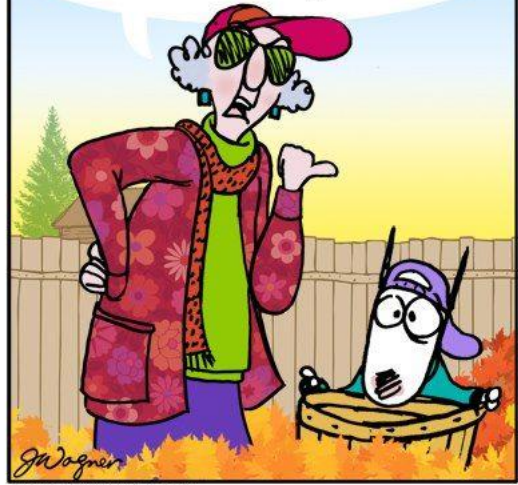
I love a brisk fall breeze, especially when the leaves blow into the neighbors yard.



Maxine's Crabby Road

9-26-12

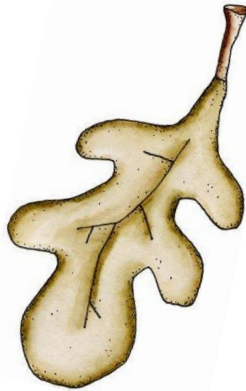
I like fall. It's when I officially switch from not gardening to not raking.



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I use a leaf blower on my lawn. It's called "the wind."



Crabby Road

9-24-11

There's nothing like a brisk fall morning to keep me in bed till noon.



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Maxine's Crabby Road

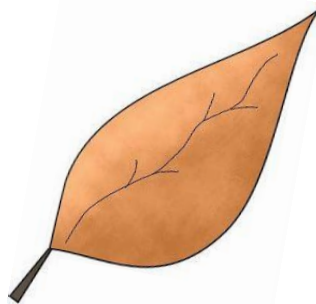
9-22-13

It's the first day of fall! Time to stop not exercising outdoors and begin not exercising indoors!



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It's the first day of fall. Leg shaving season is officially over.



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