

HIGHLIGHTS

February 2001 *CYS / Project Together Newsletter* Vol. XVI, No. 2

For Your Information...

David and Sherry Gold, owners of the 99¢ Stores, recently gave a generous donation of \$999.99 on behalf of the Sheila Gold Foundation, to CYS-Project Together—a wonderful way to start the New Year! Even more wonderful is the way the donation came about. Each year the employees of the 99¢ Stores are asked if they know of any organization or programs which could benefit from such a donation. John Alexander, who works in their corporate office suggested CYS-Project Together. But who was John Alexander and what was his connection to CYS-Project Together? No one on the CYS-PT staff had ever met John and knew he had not been involved with the program. Sharon Modaff, CYS-PT Service Chief I, called John to thank him for nominating our program and asked John how he learned about us. John commented, "My grandfather, Bill Sauter is so committed to the mission of your program that for years, he has been refurbishing bicycles to give to the children." The generous, caring and giving spirit is alive and well in the entire Sauter family...

A fond farewell to Jeffrey Pedroza, CYS-Project Together Volunteer Coordinator for the past two years at South Region/Laguna Beach. Due to the tremendous growth of the South Region, the responsibilities were split and Jeff opened a new office for CYS-Project Together in Laguna Beach. He took half of a burgeoning caseload of Jonathan Shiesel, Volunteer Coordinator of South Region/Costa Mesa, and etched new territory to meet the

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Therapist Spotlight

Frank Grimaldi Finds Great Rewards In Job

Frank Grimaldi, Licensed Marriage & Family Counselor (LMFT), is passionate when he speaks of being able to witness an adolescent transcend failing grades in school and negative behaviors to improved school performance and learning to get his needs met in a positive manner. He becomes even more excited when he tells you about former clients returning as adults to tell him about going to college, vocational training or working as a productive member of society. These are the rewards which Frank finds to be immensely satisfying as a therapist.

Frank is a therapist with CYS South Region Clinic in Laguna Beach with a special interest in treating adolescents with dual diagnosis mental health and substance abuse problems. He has expertise in the area of drug abuse treatment and AIDS education.

"I find it challenging to work with youths who may end up in the criminal justice system and those with conduct disorders." Frank utilizes all resources at his disposal to help these youth who are under his care to learn coping skills, to identify their values and to express



Frank Grimaldi, LMFC

themselves in a constructive and appropriate manner. He finds that CYS-Project Together Mentors matched with his clients reinforce what the child learns in treatment.

According to Frank, "Many of our clients are from dysfunctional families and the Mentors show them that not all adults are dysfunctional. They serve as positive role models to the clients. They bridge the gap from the professional services we give the clients to helping them use newly acquired skills in the real world. Mentors help them learn appropriate social skills that they will need when they enter the adult world."

Frank believes in community participation in the treatment process and understands how members of the community provide meaningful components

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Volunteers Are Special!

Michele Provides Love and Kind Regard

By Jonathan Schiesel
Volunteer Coordinator
South Region/Costa Mesa

Michele Ritz has been an exceptional Mentor to a 14-year-old girl, providing kind support through painful conflict.

A CYS-Project Together South Region/Costa Mesa Mentor since April 1999, her dedication to this young girl has been filled with love and kind regard, exemplifying the special qualities of an ideal Mentor. Michele has deep empathy, a great deal of patience and the ability to see the positive side of her Mentee's efforts to assert herself and find a sense of personal identity.

"The teenager has been trapped by the chaos in her life."

Throughout the term of this match, the teenager has been trapped by the chaos in her life. The girl was initially experiencing social isolation, felt



Michele Ritz, Mentor South Region, Costa Mesa

unattractive, and was in residential placement for a period of time because of the mother's inability to be responsible for the teen's welfare. Michele continued to maintain regular contact with her during this placement and after she was able to return home. Throughout

their relationship, the Mentee has pushed the boundaries, expressing her anger and confusion in many ways, and yet Michele has not allowed this behavior to deter her from being a wonderful support person.

"You mean a great deal to me, and I would like you to mean a great deal to your-self as well."

Because of Michele's highly developed sense of empathy, she was able to approach the teenager with acceptance and understanding. She helped by standing by her while the teen was working through the trauma in her life and allowing her to express the pain. Michele has the ability to express her own value system, which has provided the teenager with a measure for review of her own undisciplined behavior. This has been a source of conflict, yet the kind of conflict that says, "You mean a great deal to me, and I would like you to mean a great deal to yourself as well."

The relationship has challenged Michele to expand her ability to be loving and she has responded with determination and humor. This teenager has been very fortunate indeed to have such a caring and flexible Mentor in her life.

Michele has been exemplary in her responsiveness to supervision seeking to understand more fully the philosophy of the CYS-Project Together program, which endorses the essentials of unconditional acceptance and caring.

"No act of kindness, no matter how small, is ever wasted."

—Aesop

For Your Information...

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growing needs of the region. Jeff is also responsible for bringing in a record number of donations, mostly from untapped resources in South Orange County. Most of all, he appreciated for his easy smile, sense of perspective and his appreciation of our ability to transform our behavior and character. Thank you Jeff for your dedication and good work...

To extend the life of a child's sneakers or athletic shoes for a few more weeks when they have become too small, here is a trick courtesy of the *Boston Globe*. Push plastic bags deep into each shoe, making sure to

touch the toe of the shoe. Fill each bag in the shoe with water and place in the freezer of your refrigerator. Allow to freeze over night. The water will be frozen solid in the morning and each shoe expanded or stretched by 10 percent. This is a law of physics at work: 10 volumes of water expands to 11 volumes at freezing point...



Projects Corner

Give Love To Your Valentine In A Jar

Valentine's Day is the perfect opportunity to teach the true meaning of love as an act of sharing of ourselves and kindness and integrity toward others. These valentine favors are not only fun to make, but the recipient will cherish them for a life time. They are a gentle reminder of the hope and positive energy that can be created by just one person.

Love-A-Glitter

- 8 oz baby food jar with screw lid
- Distilled Water
- Tub caulking
- Waterproof glue
- Silver glitter
- 1-inch wooden heart from a craft store
- 1-inch wooden letters "I" and "U"

1. Clean jar and lid to sparkling stage.
2. Turn lid inside facing up on a table and glue wooden pieces on to inside of lid to spell out "I love you" or "I" heart "U." Allow to dry completely.
3. Fill jar with distilled water and one to two teaspoons of silver glitter.
4. Squeeze a thin bead of caulking around the top rim of the jar and around screw threads for the lid. Let set for 5 minutes.
5. Carefully screw lid tightly on jar, immersing the "I love you" into the water. Allow caulking to dry. Carefully turn the jar upside-down. Plug any leaks with caulking.
6. Shake jar lightly and rest lid side down. Smile is guaranteed.

Cup Of Warm Fuzzies

- 16-oz jar with screw lid
- 6-inch square of pretty fabric
- Glue
- 1 foot of ribbon
- Small bowl
- Spoon
- 1 cup of cotton balls



Splash of favorite scent or perfume
3-inch square piece of paper with hand-written instructions

1. Clean jar to sparkling stage.
2. Put cotton balls in bowl and permeate them with scent or perfume without making them damp. A scent that comes in a spray bottle is best for this purpose. Stir with a spoon to scent them well.
3. Place cotton balls in the jar and screw on lid.
4. Center the fabric on the top of the jar lid and glue securely to top and sides. Glue ribbon around jar rim and tie a bow.
5. Write the following instructions on the paper:

Cup of Warm Fuzzies

Place one warm fuzzy a day in the palm of your hand.

Say thanks for the warm fuzzy that is mine today.

Remember that warm fuzzies and love only multiply when given away.

So give the fuzzy and a kind word to the next person you see.

The fuzzies always return in the form of help and kindness yet to be.

"Service to others is the rent you pay for your room here on Earth."

—Mohammed Ali

Mentor's Mentor

Dear Mentor's Mentor,

I have been a Mentor with CYS-Project Together for 5 years and am completing my time with my second match. He will be graduating from high school this year and we will be moving on. I love being a Mentor and consider the opportunity I have had to be a part of this child's life as a gift. However, I'm not sure I'm ready to be matched with another child, which involves another long-term emotional commitment and the feeling of responsibility that goes with the assignment. I want to take a break, but I feel by leaving CYS-Project Together program that I will be left with a sense of loss—almost like severing a part of my identity. Is there a way I can take a break and return in the future, or at least maintain my contact with the program?

Mentor

Dear Mentor,

Five years out of your life is an incredible commitment. As a matter of fact, you are encouraged to maintain your involvement with CYS-Project Together. Make an appointment with your Volunteer Coordinator and sign up as a CYS-Project Together Community Service Volunteer. We will be glad to put you to work for the program in other ways. Your assignment may depend on the number of hours you are available, your interests and skills. You may be able to commit your time weekly, monthly or on a special project basis. Some of the volunteer assignments include tutoring, reading program, assisting in our Resource Center, working on craft projects for our annual Holiday Boutique, assisting with Mentor/Child outings and special events, or perhaps sharing your experience and wisdom with new Mentors.

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FROM THE REGIONS

VOLUNTEER TRAINING

All of Our CYS-Project Together volunteers are welcome to attend any training. Please call your Volunteer Coordinator for more information.

- East** Tuesday, Feb. 22
5:30-7p.m.
Topic: Skill Building
(714)480-6756
- North** (714)577-5400
- South/
Costa Mesa** Call for appointment
(949)722-7086
- South/
Laguna Beach** Individual sessions
by appointment
(949)499-5346
- West** Tuesdays
6:30-8:30 p.m.
(714)896-7556
- Aspen/
Santa Ana** Call for times
(714)565-2830

**Aspen/
Costa Mesa** (949)515-5440

WELCOME NEW MENTORS

- East** Sarah Smallwood
- South/
Costa Mesa** Georgia Messemer
LaVella Perez
Kristin Stanly
Ui Shin Yi
- South/
Laguna Beach** Melissa Albrecht
- Aspen/
Santa Ana** Danielle Howard
Denise Nguyen

WELCOME NEW VOLUNTEERS

- North** Brianna Hannon
- Aspen/
Santa Ana** May Sandy

THANKS TO THOSE WHO'VE MOVED ON

- East** Heather King
Angie Ramirez
- North** Carlos Ixmay
Mayte Ortega
- South/
Costa Mesa** Masao Kamiyama
Susan Raybould
- West** Charles Park
Leslie Soule
Wendy Wells

Happy Birthday!

- | | |
|------------------|------|
| Janice Sharon | 2/12 |
| Mary Wiley | 2/12 |
| Loretta Galleher | 2/16 |
| Nini Do | 2/21 |
| Larry Herschler | 2/25 |
| Reyno Acoba | 2/26 |
-

There's More Than One Way to Hug a Child...

Those of us at Children & Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Your generosity allows community resources to become an important asset in the therapeutic process. Each month, we extend our thanks and give recognition to our caring donors.

David & Sharon Asher
Anaheim

Aspen Youth Services
Santa Ana

College Hospital
Anaheim

District Attorney's Office
Law & Motion
Santa Ana

Edison Security
Garden Grove

Ford Motor Credit
Orange

Gregory Stevens Salon
Laguna Beach

**Sheila Hedden and
Blockbuster Video**
Mission Viejo

In-N-Out Burger Corporation
Irvine

Susan & Dennis Leibel
Irvine

Los Alamitos High School
Los Alamitos

Carol Martino
Costa Mesa

Mission Hospital
Corporate
Mission Viejo

Mission Hospital
Mission Viejo

Operation Santa Claus
Santa Ana

Palace Park
Irvine

Pfizer Foundation
Princeton, New Jersey

Tarsadia Hotels
Costa Mesa

Lyn Toma
Irvine

Tricia Richardson
Garden Grove

Sam's Club
Fountain Valley

Statek Corp.
Orange

HIGHLIGHTS

Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.

Saturday, Feb. 3

Art Adventures: Charcoal Still-Life

The Bowers Kidseum
1802 N. Main
Santa Ana
(714)480-1520

This class is especially for children to study objects and their surroundings with an emphasis on light and shadow effects as well as blending and erasing techniques.

Time: 10 - 11 a.m.
Cost: \$10

Saturday, Feb. 10

Girls Sports Extravaganza

Orange County Fairgrounds
Building 10
55 Freeway and Fair Drive
Costa Mesa
(714)848-1201

Sponsored by Women In Sports Careers (WISC) this is an event for any female interested in amateur or professional sports or to simply explore options for a suitable activity. The day promises to be exciting and dynamic with sports clinics in every basic sport from softball to soccer, as well as surfing and tennis. There will be demonstrations in gymnastics, biking and extreme sports. Professional athletes will do presentations and conduct a special "Girl Talk With the Athletes." More information is available at the web site: womensportsevents.com

Time: 10 a.m. - 5 p.m.
Cost: Adults: \$2
Under 18: \$1

Friday, Feb. 16

George Washington Birthday Celebration

Memorial Center
2102 S. Flower
Santa Ana
(714)571-4242

This is a perfect after school program that is both educational and fun. Arts, crafts and refreshments will be provided.

Time: 3:30 p.m.
Cost: Free

Saturday, Feb. 17

Snow Trip to Big Bear

Jerome Center
726 S. Center
Santa Ana
(714)647-6559

Dress warm and in layers for this day in the snow. Jackets, gloves and boots are recommended. This is a popular and exciting trip, so make your reservations early. The bus will pick up those attending, ages 6 and up, at the Jerome Center at 8 a.m.

Time: 8 a.m. - 5 p.m.
Cost: \$3 per person

Saturday, Feb. 17

Art Adventures: Fan Design

The Bowers Kidseum
1802 N. Main
Santa Ana
(714)480-1520

This class is especially for children who will learn how to make their own fan design and how to create various color schemes with paint.

Time: 10 - 11 a.m.
Cost: \$10

Saturday, Feb. 17

Tea Party: Celebrate Harry Potter

The Bowers Kidseum
1802 N. Main
Santa Ana
(714)480-1520

Make a wizard's hat and hear some wonderful stories. Tea will be served.

Time: 10:30 a.m. - noon
Cost: \$15

Thursday, Feb. 22

Ping Pong Tournament

Memorial Center
2102 Flower St.
Santa Ana
(714)571-4242

Compete for trophies in this great indoor event that is guaranteed to get you hooked on ping pong.

Time: 3:30 to 5:30 p.m.
Cost: Free

Saturday & Sunday

Feb. 24 & 25

Malibu Cat Show

Orange County Fair Grounds
Building 12/Park off of Arlington
55 Freeway and Fair Drive
Costa Mesa
(909)372-9079

Time: Saturday 11 a.m. - 6 p.m.
Sunday 9 a.m. - 5 p.m.
Cost: Adults: \$5
12 and under: \$4

Saturday & Sunday

Feb. 24 & 25

Orange County Woman & Family Expo

Orange County Fair Grounds
Building 10/Park off of Arlington
55 Freeway and Fair Drive
Costa Mesa
(626)961-3782

Time: 10 a.m.-5 p.m.
Cost: Free

Month of February

Going to Rome

Kidseum
1802 N. Main
Santa Ana
(714)480-1520

Each month the Kidseum features a country and conducts educational programs and presents exhibits on culture, art and music. Of particular interest are the art workshops that are free with

admission, during which a child can make his or her own piece of art within the theme.

Time: 10 a.m. - 4 p.m. daily

Cost: Adults: \$4
Children: \$2

1st Saturday of Month Bolsa Chica Wetlands Free Tour

Bolsa Chica
Ecological Reserve Bridge
Pacific Coast Highway between
Warner and Golden West
Huntington Beach
(714)840-1575

This is a free 2-hour tour across the wetlands and an opportunity to see delicate sea life developing in the marshland and almost extinct coming back to life. This is a hard won ecological reserve and one of the few remaining wetlands on the Pacific Coast. Pelicans, ducks, swans, herons, egrets and least terns abound, so bring you binoculars and a jacket. This is a California only experience.

Time: 9 - 10:30 a.m.
Groups leave every 15 minutes

Cost: Free

Saturdays Family Story Time

Newport Beach Public Library
1000 Avocado Ave.
Newport Beach
(949)717-3800

Children 3 to 7 years old and their favorite grownups may join each other for dramatic storytelling and crafts.

Time: 10:30 a.m.

Cost: Free

Mondays Pajama Story Time

Newport Beach Public Library
1000 Avocado Ave.
Newport Beach
(949)717-3800

Children 3 to 7 years of age may bring their stuffed animals and enjoy a bedtime story.

Time: 7 p.m.

Cost: Free

Mondays-Fridays Kidscene After School Program

Vincent Jorgensen Community Center
Adjacent to Mariners Branch Library
2005 Dover Dr.

Newport Beach
(949)717-3800

First through sixth graders may study and play at this enhanced drop-in program that also provides staffed Homework Center. Registration required.

Time: 2 - 5 p.m.

Cost: Free

Third Weekend of the Month Free Train Rides

Fairview Regional Park
2525 Placentia
Costa Mesa
(714)54T-RAIN

Orange County Model Engineers Club operates a kiddie sized train on nearly 2 miles of track for young children.

Time: 10 a.m. - 3:30 p.m.

Cost: Free

Saturdays Children's Workshops

Lakeshore Learning Center
18679 Brookhurst
Fountain Valley
(714)963-8255

Children 3 years and older may attend these workshops which provide arts and crafts experiences. No reservation is necessary.

Time: 11 a.m. - 3 p.m.

Cost: Free

Saturdays Nature Walk

Carbon Canyon Regional Park
4442 Carbon Canyon Rd.
Brea
(714)996-5252

Take a walk among the beautiful coastal Redwood trees and discover the secret of Carbon Canyon Creek. The 8:30 a.m. ranger-led 1.1-mile tour is the only one that is free and lasts about one and one half hours.

Time: 8:30 a.m.

Cost: Tour is free
Parking is \$4 per vehicle

Saturday Nights Campfire Night

O'Neill Regional Park
30892 Trabuco Canyon Rd.
Trabuco Canyon
(949)858-9365

Gather around the campfire after sunset and listen to the stories the ranger tells every Saturday night under the stars. Bring a jacket, a blanket and an open mind. You will be surprised at the things you learn.

This is an activity that is fun for any age. Meet at the Nature Center.

Time: 8 p.m.

Cost: Parking is \$4 per vehicle

Saturdays Free "Make & Take" Workshops

Lake Shore Learning Materials
18679 Brookhurst St. (S. of 405)
Fountain Valley
(714)963-8255

Children 3 and older are welcome to attend the free "Make & Take" workshops where children create their own art and toys while learning new skills.

Time: 11 a.m. - 3 p.m.

Cost: Free

Canoe Tours

Upper Newport Bay Regional Park
Shellmaker Island
600 Shellmaker
Newport
(949)640-6746

Meet at Shellmaker Island for this guided tour of the Back Bay in canoes on loan from the Boy Scouts of America. An adult must accompany those under 18. Reservations are required.

Time: 8:30 a.m.

Cost: \$13

Mentor's Mentor

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Please stay involved with the program, plus you will have period of time to make a decision about taking future mentoring assignments. "There's more than one way to hug a child."

Mentor's Mentor

THE ROAD NOT TAKEN

Two roads diverged in a yellow wood,
 And sorry I could not travel both
 And be one traveler, long I stood
 And looked down one as far as I
 could
 To where it bent in the under-
 growth;
 Then took the other, as just as fair,
 And having perhaps the better
 claim,
 Because it was grassy and wanted
 wear;
 Though as for that the passing there
 Had worn them really about the
 same,
 And both that morning equally lay
 In leaves no step had trodden black.
 Oh, I kept the first for another day!
 Yet knowing how way leads on to
 way,
 I doubted if I should ever come
 back.
 I shall be telling this with a sigh
 Somewhere ages and ages hence:
 Two roads diverged in a wood, and
 I
 took the one less traveled by,
 And that has made all the
 difference.

Robert Frost



Pam Brooks of Mission Hospitals Human Resources Department, coordinated this year's Angel Tree campaign for the hospital employees.

Thank You Mission Hospital

The employees of Mission Hospital have been very generous to clients of Children & Youth Services by their donations to CYS-Project Together. During the year 2000, employees donated holiday turkeys for needy families, gifts through the Angel Tree program, school clothing and other donations to meet special needs of the families receiving services.

A total of 200 turkeys were donated at Thanksgiving by the employees, who had a choice of taking the turkey as a holiday bonus or donating it for needy

families. Hundreds of children had special Christmas wishes granted when Mission Hospital employees removed tags from their Angel Tree and purchased a gift to meet the needs of a child listed on the tag. Many CYS clients went to school with pride and perhaps felt just like the other kids because they were wearing new or gently used clothing donated by Mission Hospital employees.

To all of you, thank you for having so much room in your hearts for the children and their families that we serve.

Frank Grimaldi Finds Great Rewards In Job

(continued from page 1)

of the child's treatment plan. A case in point is that of a male client positively impacted by help from caring people over the holidays. Their acts of kindness have helped this boy change his perception of adults and the world around him.

You may have read in the last *Highlights* newsletter about the hair stylists of Gregory Stevens Salon in Laguna Beach who adopted a family in need for Thanksgiving and Christmas. This all came about when Frank was having his hair cut at the salon and he shared with his stylist his concerns for a teen he had been working with for two years. He stated that even though he had seen significant changes in the youth, he was very concerned about the

financial status of the boy's family and how this was affecting the teen. He shared his intent to purchase the trimmings to go along with the turkey donated by Mission Hospital to the boy's family. The stylist was so moved that he shared Frank's "mission" with other salon employees. As a result of Frank's caring involvement with his client, the boy's family not only enjoyed a wonderful Thanksgiving dinner, they were also adopted by the salon as well as a salon customer for Christmas.

Since November, when the teen was very depressed, suicidal and acting in negative ways, he has improved tremendously. He has changed his look, patterned after the "Gothic Movement" and included wearing all black clothing and dying his hair black, to that

of a more "main stream" teen. He is less depressed, going to school regularly, has improved his grades and is even considering trying out for the school football team.

According to Frank, his client continues to mistrust adults to a degree, but "These two acts of kindness and generosity from the staff of Gregory Stevens Salon has made a positive impact on him."

Frank went on to say, "What happened to my client over the holidays has helped to change his perception of adults."

Frank Grimaldi loves his work and is particularly satisfied when he is able to draw on resources in our community to improve or redirect the lives of the youths he sees in therapy.

The Back Page

County HCA Honors CYS-Project Together



Sharon Modaff, Service Chief I, CYS-Project Together, accepts congratulations for the recognition received at a state level for CYS-Project Together program from The Health Care Agency (HCA), at the HCA Employee Recognition Ceremony on Wednesday, Jan. 17, at the Old County Court House. CYS-Project Together was recently named a 2000 Challenge Award Winner by the California State Association of Counties. The annual statewide merit competition honors excellence in county government programs in California.

HIGHLIGHTS

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- Aspen/Santa Ana Adrienne Davalos (714)565-2830
- Aspen/Costa Mesa Ken Cornwell (949)515-5440

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

405 W. 5th Street, Suite 436
Santa Ana, CA 92701

Address Correction Requested

