

HIGHLIGHTS

April 2001

CYS / Project Together Newsletter Vol. XVI, No. 4

For Your Information...



Congratulations to one of CYS-Project Together's own, Dana Nguyen, who has accepted a position as a research assistant with a Harvard Post Traumatic Stress program. Dana

may have belonged to Cultural Competency by day, but dedicated time during her leisure hours as one of our outstanding CYS-Project Together Mentor. Dana, we wish you well...

Speaking of Cultural Competency, approximately 700 people attended the second annual Multicultural Conference sponsored by the Orange County Health Care Agency Behavioral Health Services & Pacific Clinics. "Toward an Inclusive Multicultural Agenda" was held in March and included plenary sessions on Linking Research with Practice and Policy in the Latino community and a presentation on Herbal Medications. Workshops covered such issues as engagement and retention of Asian Pacific Islanders in treatment, African-Centered Psychology, Treatment of Lesbian, Gay and Bisexual clients, Genealogical Photo Therapy, the Aging Culture, Culture and Sexuality and Dual Diagnosis from a cultural perspective. The conference raises awareness of the need to address cultural issues in providing mental health services in our community. It also provides

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Therapist Spotlight

Lisa Holland Advocates Using Mentors to Work with Clients

*By Ken Cornwell
Volunteer Coordinator
Aspen Community Services/Costa Mesa*

There are tremendous benefits to using Mentors in the therapeutic process, according to Lisa Holland, MFT Intern with Aspen Community Services.

So many benefits in fact, that over half of Lisa's clients are assigned Mentors.

"If the therapist has a close working relationship with a Mentor and if the Mentor works with the client frequently, therapy is enhanced and the child benefits," says Lisa. "I work with the client in therapy and the Mentor works with the child in a social setting. When we are all on the same page and the same issues are addressed in the therapy office, at home, at school and with a Mentor, one reinforces the other. In my experience, the children with Mentors do better, do not need as intensive therapeutic services and their time in therapy is shortened," she said.

When Lisa first sees a child in therapy, she assesses at that time if the child is ready for and would benefit from being matched with a Mentor. She



Lisa Holland, MFT Intern

then contacts the Volunteer Coordinator at the clinic and explains the particular needs of the client and fills out a request. She speaks with the coordinator at least twice a week to discuss needs and to provide an update on each Mentor and progress with the child with whom he or she is matched.

"The Mentor is a big part of my team and an even bigger part of each child's life," says Lisa. She finds that Mentors are also of great benefit for the parents. "The Mentor becomes another positive adult role model for the child." This is particularly important in single parent homes. The Mentor can often reinforce the positive values a child learns at home and can also provide a good role model for values and

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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** None
(714)480-6756
- North** Call for schedule
(714)577-5400
- South/
Costa Mesa** Call for appointment
(949)722-7086
- West** Orientation
Monday, April 16
6:30-8:30 p.m.
(714)896-7556
- Aspen/
Santa Ana** Call for times
(714)565-2830
- Aspen/
Costa Mesa** (949)515-5440

SAVE THE DATE

**Annual CYS-Project Together
Volunteer Recognition**
Tuesday, April 24
Old Orange County Court House
Santa Ana
For more information, please call
(714)796-0100

WELCOME NEW MENTORS

- East** Sarah Smallwood
- North** April Williams
- South/
Costa Mesa** Jennifer Becomo
Daisy Kinade
- West** Sandra Perez
- Aspen/
Costa Mesa** Zarna Kamdar
Lori Magallon

WELCOME NEW VOLUNTEERS

East Josephine Vu

THANKS TO THOSE WHO'VE MOVED ON

- South/
Costa Mesa** Sharon Hutchinson
- Aspen/
Costa Mesa** Cynthia Donelson
Eric Donnelson
Rich Hirth
Mei Kwan



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.

The Balboa Bay Club
Newport Beach

Best Price Toys
Westminster

Del Taco Corporate
Laguna Hills

Eagle Glen Golf Club
Corona

Hard Rock Café
Newport Beach

Irvine Spectrum Center
Irvine

Myra Kanter
Santa Ana

KFC
Fullerton

Maggiano's Little Italy
Costa Mesa

**Newport Dunes Waterfront
Resort**
Newport Beach

Ralph's
Irvine

The Ritz Restaurant & Garden
Newport Beach

Statek Corp.
Orange

Stratton Golf
Fullerton

Tale of the Whale Restaurant
Newport Beach

Teamsters Local Union 986
South El Monte

Villa Nova Restaurant
Newport Beach

Whahoo's Fish Taco
Santa Ana

Zov's Bistro
Tustin

Volunteers Are Special!

Kimberly Sees World Through the Child's Eyes

By Sunney Shin
Volunteer Coordinator
North Region

Kimberly Arisue has been a Mentor with CYS-Project Together for one and one half years and finds great joy in looking at the world through a child's eyes.

A petite and energetic woman, she jokingly quips, "Children have always been drawn to me. Maybe it's because of my size." A plant administrative and service center manager for Relizon, Kim has a very busy schedule, but always puts aside one day a week to spend with her 11-year-old CYS-Project Together child.

Matched with a child in need of a friend who could help her build trust, self-confidence and self-esteem, Kim reached out to see the world from a child's point of view and approached their relationship in a manner that makes the child comfortable. Kim helps the child with her homework and takes her on outings in the community.

Together, they developed a creative system to plan their time together. The two made a list of favorite places to go on outings, writing each on a separate piece of paper and placing them in one box. Then they made a list of crafts or activities on pieces of paper and put them in a second box. Each week at the end of their time together, they pull an outing and activity from the boxes and make their plans for the following week. This process has helped to build trust in the child that

"Each week at the end of their time together, they pull an outing and activity from the boxes and make their plans for the following week."

her Mentor will be back the following week, and has also helped her to take risks of dealing with the unknown by making a choice to pull a mystery activity out of the box each week.

They love to drop by Prehistoric Pets to feed the turtles, often participate in the arts and crafts available at Lakeshore Learning Center and they love to go see the ducks at Mile Square Park. The youngster, who once found it difficult to say how she felt or what she wanted to do, now has no trouble verbally expressing her feelings. She has learned that she likes to "create" things, has improved significantly in school and is making more friends. This is a dramatic change in a child with ADHD, significant problems academically and behavioral problems that led her to the principal's office almost on a daily basis.

"I wish more people could see how little it takes to add happiness to another person's life."

Kim loves children and hopes to adopt one of her own some day. While she started her Mentoring career with a desire to make a difference in the world, she marvels at the difference the experience has made in her life. "I wish more people would see how little it takes to add happiness to another person's life." The bond between the two has affected Kim greatly. She will be the first to tell you how much she has learned about patience, hard work and the benefits of "talking it over."

Kim is particularly grateful for support and communication from therapist Susan Nunnally, LCSW. They speak on a weekly basis to keep each other informed about progress and to discuss ideas as to how to deal with issues in the "comfort zone" of the Mentor/Mentee relationship. Kim also mentioned that CYS-Project Together

Volunteer Coordinator Peggy Evans was very supportive when she served in the North Region.



For Your Information...

(continued from page 1)

a forum where the most current information can be exchanged and where professionals practicing in various disciplines can learn together how to provide better multi-faceted treatment for the benefit of clients...

Many Mentors have called regarding future mentor/child activities and to ask when we might have another Saturday morning "Breakfast With the Beasts and Elephant Ride". Reservations for the latter were limited and there were many on the waiting list. All Mentors will receive a notice when we are able to schedule this. Please mark your calendars and make your reservations now for the next outing, April Fool Day Camp, scheduled for Saturday, April 21...

Check out our new CYS-Project Together website at www.oc.ca.gov/hca/behavioral/cyspt. If you have any questions about mentoring or being a mentor, you can submit it online by clicking "Ask Your Mentoring Question..."

APRIL 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.

Sunday, April 1 & 8 Spring R

**Orange Co:
Drama Lab
2701 Fairview
Costa Mesa:
(714)432-56**

This event is always a full length play chosen by advanced students.

Time: 2 p.m.
Cost: \$5

Saturday Artist Village Open House

**Between 2nd & 4th Streets
and Bush &
Downtown
(714)571-42**

Visit more than 50 art studios and galleries as Santa Ana comes alive with the arts.

Time: 7-10 p.m.
Cost: Free

Saturday Ladybug Vase Class

**East Anaheim Community Center
8201 E. Santa Ana Canyon Rd.
Anaheim
(714)765-52**

This class is for children 6 years and up. Each child will be given a vase to decorate with hand-painted ladybugs. Sponsored by Anaheim Community Services, call for regis:

Time: 9-10:30 a.m.
Cost: \$14

Saturday, April 14 Paint 'Til You Faint

**East Anaheim Community Center
8201 E. Santa Ana Canyon Rd.
Anaheim
(714)765-5228**

Sponsored by Anaheim Community Services, paint and take ceramics is a

great way to relax and be creative. Participants will receive instruction on painting techniques, color selection and pattern application. Pieces will be fired in the kiln and returned to students the following week.

Cost: Adults \$15
Children \$10

Saturday, April 7 Santa Ana Zoo's Spring Sp"egg"tacular

**1801 E. Chestnut
Santa Ana
(714)953-8555**

This should be a wonderful event for children who will find and learn about eggs of all sorts. Sponsored by Friends of the Santa Ana Zoo.

Time: 11 a.m.-2 p.m.
Cost: Event is free with zoo admission:
Adults \$4
Children \$2

Saturday, April 7 Storytelling

**Santa Ana Zoo
1801 E. Chestnut
Santa Ana
(714)953-8555**

Animal tales abound at this special time for children.

Time: 11 a.m.
Cost: Free with zoo admission:
Adults \$4
Children \$2

Wednesdays, Fridays & Saturdays Through April 7 An American Leader: Cesar E. Chavez Exhibit

**Anaheim Museum
241 S. Anaheim Blvd.
Anaheim
(714)778-3301**

This exhibit features a photographic biography of one of California's most influential leaders, Cesar E. Chavez, and the impact of the Farm Worker's Union movement on civil rights and the status of the Latino vote.

Time: 10 a.m.-4 p.m.
Wednesday-Friday
Noon.-4 p.m. Saturdays
Cost: Free

Saturday, April 14 Easter Egg Hunt & Storytelling

**Modjeska Park
1331 S. Nutwood
Anaheim
(714)765-5228**

This is an appropriate event for children up to age 12.

Time: Story 9 a.m.
Egg Hunt 10 a.m.
Cost: \$2 per child

Saturday, April 14 Easter Egg Hunt & Storytelling

**Peralta Park
115 N. Pinney
Anaheim
(714)765-5228**

This event is for young children up to age 12.

Time: Story 9 a.m.
Egg Hunt 10 a.m.
Cost: \$2 per child

Saturday, April 14 Spring Egg Hunt

**Tustin Sports Park
12850 Robinson St.
Tustin
(714)573-3328**

There will be four age groups for the egg hunt.

Time: 10 a.m.
Cost: Free

Friday & Saturday April 20 & 21 Student Dance Concert

**Robert Moore Theatre
Orange Coast College
2701 Fairview Rd.
Costa Mesa
(714)432-5640, X1**

Time: 8 p.m.
Cost: \$9 Advanced purchase

Saturday, April 21
Santa Ana Zoo's
Earth Day Celebration

1801 E. Chestnut
 Santa Ana
 (714)953-8555

Learn about recycling, conservation and the environment during the exciting interactive educational program.

Time: 11 a.m.-2 p.m.

Cost: Free with zoo admission of
 Adults \$4
 Children \$2

Sundays, April 22 & 29
One Act Festival

Orange Coast College
 Drama Lab
 2701 Fairview Rd.
 Costa Mesa
 (714)432-5640, X1

This is a medley of a wide variety of one act plays.

Time: 2 p.m.

Cost: \$5 advanced purchase

Friday, Saturday & Sunday
April 27-29
Youth Expo

Orange County Fair &
 Exposition Center
 88 Fair Dr.
 Costa Mesa

Enter at Main Gate off of Fair Drive
 (714)708-3247

This always promises to be a fabulous event for preschool through high school age youth. Admission is free, but don't let that hold you back from appreciating the jazz festival, the science and engineering fair, the carnival rides, the talent show, the petting zoo, the display of school projects, the pampered pet contest, the 4-H and scouting projects as well as the tour of Centennial Farm. You may also pick up information as well as tasty food items from the many booths of non-profit community organizations that service youth and families. The focus is celebration of the positive achievements of youth.

Time: Friday 9 a.m.-3 p.m.

Saturday & Sunday
 9 a.m.-4 p.m.

Cost: Free

Saturday & Sunday
April 28 & 29
Floral Park Home &
Garden Tour

Floral Park
 Santa Ana

Tickets available at 19th & Flower or Greenleaf & Santa Clara.

This popular annual event is held rain or shine.

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

Cost: \$13-\$15

Saturdays and Sundays
Orange County Marketplace

Orange County Fair &
 Exposition Center
 Main Lot
 88 Fair Dr.

Costa Mesa
 (949)723-6616

One of the largest arrays of new and used items in the world are available here.

Time: 7 a.m.-4 p.m.

Cost: Adults \$2
 Children under 12 Free

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 the 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 your binoculars and a jacket. This is a California only experience.

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

Cost: Free

Saturdays
Free "Make & Take"
Workshops

Lake Shore Learning Center
 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

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

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



Projects Corner

Pen Pal Experience Links Kids Around the World



Each week children and teenagers around the world anxiously await letters addressed to them individually to arrive at their home postal mail boxes or E-mail addresses. The letter is from someone in another country halfway around the world who is the same age and has compatible interests. Sometimes, the correspondents may even share the same disability or emotional problem.

Pen Pals and E-Pals write to each other once a week to share their experiences, their concerns and their solutions. Some maintain contact with their Pen Pals into adulthood. Others might pursue this activity for a year. The experience opens a new world to those who participate and helps raise self-awareness and self-esteem by expressing themselves, improving their writing skills and expanding their knowledge. It also lets them know that someone cares enough to write.

For example, an E-Pal network was established by speech therapists, so their patients could correspond with stutterers from around the world. The children loved having a special friend who understood their problem and could hardly wait for their speech therapy session so they could receive their letters and send ones to their pals. The children learned they were not alone with their problem and the activity inspired them to work hard on their speech. There are Pen Pal clubs, societies and organizations through which you may choose Pen Pals by country, by interest and language. WKN Fun Clubs is run by kids only. The Japan Pen Pal Association is English language and "snail" mail only. Keypals is an E-mail only service, but specializes in connecting children with special needs.

You can help a child find a compatible Pen Pal or E-Pal. Here's how.

Take a leap into the "Cyber Information Highway".

Children's Services of the Orange County Public Library's 28 branches throughout the county provide computers with filtered internet services for children to use. To utilize computer equipment and access the Internet, children will need a library card and a permission slip signed by a parent. For further information, call (714)566-3000. The libraries are open on Saturdays. Other libraries throughout the county offer Internet access to children, but their guidelines for use vary and many restrict E-mail services.

As an adult, if this is your first step into cyberspace, it is always best to learn how to do it with a child. By allowing the child to take the lead in this adventure, you will learn how well a state of "no fear" in terms of technology works to get you what you want. Because the screen moves with almost every click of the mouse, it holds the child's attention.

Children may use the library to find an E-Pal, send E-mail or may use the Internet to find a Pen Pal. One of the best sites for this project is Kidlink which is a non-profit humanitarian organization working to help children through secondary school become involved in global dialog. The web site is supported by volunteers, most of whom are parents and teachers. Child E-Pals send their electronic mail to a teacher or parent coordinator who delivers the letter to the child at the other end.

This site is easy to navigate and has well planned content. Over 175,000 children from 139 countries have participated in 19 languages through electronic communication, dialog groups, regular mail communication, fax, video conferencing and ham radio communication. Fabulous resources for teaching and learning with the internet are

also available on this site: www.kidlink.org

To find a list of Pen Pal or E-Pal sources, click Pen Pal Garden or type in one of the sites listed below which we have found to be excellent sources where you can select a Pen Pal or E-Pal immediately.

Japan Pen Pal Association (postal mail only) at www.gakubun.co.jp/jpa/index

Keypals at www.mankato.msus.edu/dept/comdes/kuster/kids/kaypalslist

WKN Fun Clubs at www.worldkids.net.clubs

Pen Pal Page Collection at www.focusin.com

SAPE (Russian) at SAPE@michander.com or www.michander.com/sape

E-mail is exciting and provides a rapid response.

Sending letters by regular mail may require a trip to the post office to find out the rate of postage from here to another country. It is fun to choose some of the interesting and beautiful special edition stamps to put on the envelope. Many children prefer the "old fashioned" Pen Pal mail system, just so they can collect the stamps.

Take the time to make a copy of the letter before it is sent and have the child save all letters sent and received in a box or a notebook. Take the time to go over a group of letters with the child and you will find a story of another child from another world emerges. Your child's or teenager's reading and writing skills improve as the project progresses. Awareness and acceptance of different languages, cultures and people will ensue. You may also want to find a map in the library and pinpoint the location of the child's pen pal.

Encourage the child to identify common ground with his or her pen pal and to appreciate the differences. Help him or her write the first few letters and ask for a news update from abroad on a weekly basis. You will be surprised at what you will learn!

Lisa Holland Advocates Using Mentors

(continued from page 1)

behavior where a good example is absent, says Lisa. "A parent can be friendly, but their role is not that of a friend. A Mentor can be a good friend."

According to Lisa, "I like to emphasize the importance of time that Mentors give to the children. Their role is not that of a sugar daddy or sugar mommy, but that of a person who cares enough to give their time." According to Lisa, it is the time that is the most valuable asset. It lets the child know that they are "worth the time" and that they have value as human beings, but the time spent also gives the child adequate exposure to good behavior and an opportunity to put it into practice.

Lisa is a bilingual therapist and wanted to work at Aspen because it is a full service agency where she could experience working as a member of a multi-disciplinary team with psychologists, psychiatrists, therapists and Mentors. This approach provides continuity of care and consistent communication among all of the disciplines, which benefits the clients. Lisa, who obtained her Masters in Marriage and Family Therapy from Pepperdine has earned 2800 hours toward the required 3000 hours for licensure and hopes to complete her requirements by next year.



Quotable Quote

"Great spirits have always found violent opposition from mediocrities. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices, but honestly and courageously uses his intelligence."

—Albert Einstein

Mentor's Mentor

Dear Mentor's Mentor,

I was matched with a child six months ago. At first we were seeing each other once a week and had really begun to bond. Recently our visits have become very inconsistent and I have become frustrated by the difficulty I am experiencing in seeing her. Each week I call to make plans with the child for the weekend. Often when I arrive to pick her up, I'm told by one of the parents that she is sick, is not there, or has decided not to go. As a result, I have made it a practice to make plans a week ahead and to call the home an hour before I am to pick her up. Several times the phone has been out of order. Another time, I was told that the child had spent the night with a friend and wasn't home yet. I get a sense that the parents could care less if I show up or not.

I want to continue as this child's Mentor, but I do not feel I am getting the cooperation or support I need from the parents. What should I do?

Mentor

Dear Mentor,

Inconsistency in communications and contact with the mentee is a frequent concern of Mentors. The Mentor needs the cooperation and support of the parents in order to do his or her job. This is a touchy issue.

According to Marichu Wolmerath, Ph.D., West Region Clinic therapist,

"This is a byproduct of unrealistic expectations on the part of the parents. Sometimes they are willing to get the help they desperately need with the child, but they are either not able or not willing to do what needs to be done on their end in order for that to happen.

"I suggest that you put this issue to the parents, but frame it in the context of a partnership between you in order to meet the needs of the child. It is important to explain that the intention is to enhance parental involvement in the relationship. The parents may have their own issues to deal with and may not understand the impact they are having on you."

Dr. Wolmerath further suggested that no matter what your approach is that you proceed in a manner that is empowering to the parents. "This will make the parents more willing to readily participate in the process."

It would also be helpful to have the therapist participate in the discussion and perhaps cover the times and dates you are to meet with the child and that when an appointment is made that the parents and the child are expected to be there. It should also be emphasized that participation in the Mentor program is part of the child's therapeutic regimen.

Mentor's Mentor



Happy Birthday!

Tim Smith	4/1
Sally Fulmer	4/4
Karen Lee	4/5
Pat Lucas	4/6
Donna Goodman	4/7
Kimberly Arisue	4/8
Dierdre Kelly	4/11
Melissa Richey	4/14
Alondo Campbell	4/15
Michael Khoo	4/18
Jennifer Hazan	4/29

The Back Page



Ken Cornwell and Adrienne Davalos, CYS-Project Together Volunteer Coordinators for Aspen Community Services, recruit Mentors from the community and work closely with therapists to match Mentors with children in need of positive adult relationships in their lives. Aspen is one of many contract agencies that help the county meet the community demand for mental health services. Through this type of partnership, the County is able to draw on resources available in the private sector and staff members of contract agencies are enthusiastic about the opportunity to build multi-disciplinary treatment teams to meet the County's standards.

HIGHLIGHTS

April 2001 CYS / Project Together Newsletter Vol. XVI, No. 4

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- West Samantha Robert (714)896-7556
- 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
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Address Correction Requested

