

HIGHLIGHTS

May 2001

CYS / Project Together Newsletter Vol. XVI, No. 5

For Your Information...

CYS-Project Together Day Camp outing at O'Neill Regional Park, scheduled for Saturday, April 21, was postponed due to rain and closed hiking trails, to Saturday, May 19. All mentors interested in registering for this day-long event, may do so by calling (714)796-0100. All mentors who signed up for April 21 have been notified. However, those who were not able to attend on that date, but are able to do so May 19, may still register. Thanks to the many mentors who demonstrated their interest and enthusiasm for this event...

The face and heart of downtown Santa Ana continues to evolve into a dynamic business, arts and cultural center. The newly opened International Business Center was one of the visitation points for Mexico's President Vicente Fox. The Orange County Children's Therapeutic Arts Center just opened at 208 N. Broadway in Santa Ana and complements the Orange County High School for the Arts, the California State University at Fullerton School for the Arts and lofts, as well as the thriving Artists' Village. The Therapeutic Arts Center is one of a few in the United States to provide group and individual sessions in a multi-cultural and multi-lingual arts curriculum which includes music, dance, media art and theater, for children with moderate to severe disabilities. Its mission is to "educate, empower and heal children and youth with special needs from diverse communities of limited resources through the creative art." For further information, call (714)547-5468...

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Therapist Spotlight

Dr. Way Assists in Meeting Needs of Today's Kids



Carol Way, Ph.D.

*By Samantha Roberts
Volunteer Coordinator
West Region*

For over 25 years Carol Way, Ph.D., has been involved in the mental health field, dealing with the important issues that face our children and their families.

In private practice for 13 years, she noticed a growing need for therapists who were able to deal with children and adolescents who face problems in an increasingly complex world. Carol diligently sought programs and courses that would give her education and experience in treating youth for chemical

dependency, post-traumatic stress and sexual orientation issues. She joined the county's Post-Traumatic Stress Disorder Team at Children and Youth Services West Region to gain more experience with these types of childhood disorders.

Today, the majority of her caseload reflects the growing number of children who struggle with dual diagnosis issues and those who need these services at progressively younger ages.

Her experience gives her a perspective on the current and future needs of children receiving mental health services as well as the direction and evolution of service delivery. She feels that future needs will require currently segregated services to become integrated. She hopes that one day there will be a multi-model approach to treating children, incorporating comprehensive and multi-faceted service delivery by experienced workers from probation, alcohol and drug abuse treatment, mental health and the schools.

Carol utilizes CYS-Project Together as a critical resource for the families she serves. "Not only are their basic needs met with such services as emergency food vouchers and bread donated by Ralph's, but the activities provide an outlet for family togetherness. Recently some of her families received donated passes from CYS-Project Together to Disney on Ice at Anaheim Pond. Carol marked, "I have never seen the client so happy."

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Projects Corner

Make Planning Summer Activity Your Project!

Summer time is special projects time. Even though many children are involved in year-round school, summer is still the season to devote some time to personal development and enrichment activities. It is the time when local parks and recreation departments have swim lessons, scuba classes, sailing lessons and first aid or baby-sitter training. It is a time when reading is for fun and not a grade. It is a time to experience and learn new things. It is the time to write down a wish list and follow through with some action.

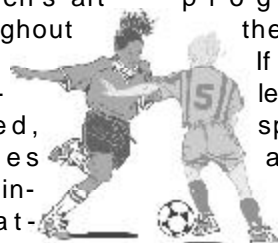
Summer is the season when many children develop interests and pastimes to last a life time. Psychologists will tell you that hobbies and pursuit of interests are healthy, beneficial to mental health and provide a familiar safe haven during times of stress, as well as a reward after work is done.

Mentors may help the children they work with by taking the time to discuss their interests, explore possibilities and to make an activity plan. It helps to get organized with a spiral notebook and a pocket folder. Work with the child to plan summer activities during one of your weekly outings. Start with a list. Encourage and help the child to write down special interests or hobbies he or she would like to develop. Some children simply don't know or cannot make up their minds. In this case, stop by a local library, recreation center, museum or craft store to pick up program and class schedules. Place them



in the folder to go through later explore which activities are of greatest interest.

Cypress Kids College provides economical enrichment programs, Orange Coast College has a children's theater arts program and the Sawdust Festival will be providing no to low cost children's art programs throughout the summer. If the child is athletically inclined, sports activities include aquatics, soccer, track, pool, martial arts and even horseshoe pitching. Marine facilities have programs for sailing, tide pool exploration and marine ecosystems. Regional parks conduct clean up days, trail maintenance projects, nature hikes, birding expeditions, as well as wildlife and environmental education programs



Choose one activity to explore. Sign up for classes or set aside time during each week to spend on the activity together. For instance, if the child is interested in history, identify Orange County's many historical sites and schedule visits during the summer to as many of them as possible. If the child has medical interests, sign up for a first aid course and a visit with paramedics.

Help the child organize what he or she has learned by writing in the notebook and placing any information or activities on the subject in the folder. Usually, the more learned about a topic, the more interesting it becomes to the child. It boosts self-esteem to develop proficiency in a sport or activity or to build a working knowledge of a subject.

Carol Way, Ph.D.

(continued from page 1)

These types of resources assist families by enhancing their daily lives, according to Carol. They allow the family in crisis to come together under pleasant circumstances to enjoy an event together and to do something special that would otherwise be impossible due to poverty.

Carol is extremely grateful to the CYS-Project Together mentors who work with her clients. She applauds their timeless efforts to impact each child's life in a positive way. Many of them provide the child with basic skills experience by exposing him or her to the community and the resources around them. The mentor is able to open a child's eyes to things he or she would otherwise never have experienced. One of Carol's mentors has gone beyond her mentoring commitment by providing transportation and involvement in group therapy with the child, who would be unable to participate due to his homebound parent.

In her experience with mentors, Carol finds that they provide an objective sounding board for the children and feedback for the child's therapist. Carol feels that the mentors assist therapists by modeling positive behavior for the clients and by providing rewards and recognition for progress. The mentor provides a model for appropriate social behavior and offers consistent unconditional friendship, both of which are invaluable to the child.

Quotation

"Help your sister's boat across the water and yours too will reach the other side. Kindness can become its own motive. We are made kind by being kind."

—Eric Hoffer, author of "The Passionate State of Mind"

Getting Too Close For Comfort

Mentor's Mentor

Dear Mentor's Mentor:

I have been mentoring an 8-year-old boy for over a year. I feel we are making great progress regarding his behavior, social awareness and in developing interests other than video games.

The problem I'm having is with setting limits and boundaries with the child's mother. Every time I go to pick him up for an outing, his mother wants to talk to me about her problems. I always try to be courteous and listen as best I can, but I feel anxious because I feel she is cutting into the time I spend with the child. Plus, I don't feel I'm prepared to solve her problems.

The same thing happens when I call the parent during the week to make arrangements for my next outing with the child. And there have been times when the mother has called me at home and asked me to drive her to the store or if I could babysit the child while she goes out. One time, as I was returning the child home after an outing, the mother met me at the front door and said she was going out to meet a friend and commented, "I know you wouldn't mind staying with him for a few more hours.". She then left! I was flabbergasted and didn't know what to say, especially since she made the statement in front of the child.

I signed up to be a mentor to a child, not a counselor, chauffeur or babysitter to the mother. This is awkward and I don't want to be rude, but I don't know if I can continue my relationship with the child.

Mentor

Dear Mentor:

Believe it or not, this is a very common problem experienced by mentors.

According to Ken Cornwell, CYS-Project Together Volunteer Coordina-

tor for Apen Community Services/Costa Mesa, his advice for all mentors regarding communication with primary caregivers is "Keep it polite, business-like and very brief."

Many of the children receiving treatment did not get there on their own. Many times their behavior or issues are exacerbated by a dysfunctional family. "The key here," according to Ken, "is to not allow yourself to get pulled into their family dysfunction."

Ken advises that it is imperative that you set defined boundaries with the parents regarding your involvement. Make arrangements with the parents to meet with the child at a consistent time each week. Your job as a mentor is to be there for the child, not the parent. So it is appropriate for you to politely remind the parent that you must spend all of the time you have allotted with the child. Always establish a destination point outside the child's home for an outing.

As for the child being "dumped" on you as the mother is walking out the door, it is time to call the therapist and your volunteer coordinator to discuss a comprehensive problem resolution.

Ken also has some suggestions to better deal with a talkative parent who wants to share all of their problems with you. Discuss your next meeting with the child during your current outing. Write a note to the parent with a date, time and destination. Remain standing during any discussion with the parent and maintain distance by confining your part of the discussion to the child, the destination and the time you will return.

Setting boundaries can be very difficult, especially when dealing with someone who may lack awareness in this area. Understand that sometimes, problems with the parent or caregiver simply cannot be solved by using any of the strategies mentioned above. However, it is important to remain patient. It may help you to focus on the reasons you are mentoring in the first place that is for the benefit of the child.

Mentor's Mentor

For Your Information...

(continued from page 1)

A word of wisdom from those who make toothpaste: it's not just good for cleaning teeth. It is now considered an all-purpose polisher and cleaner for things on which nothing has worked before. The underground housewife's diary of uses includes using it as an emergency silver polish or as a hole in the wall filler. Recent trench research on uses of this product has proven that toothpaste works well to cure childhood ills of ink on clothing and removal of scratches from eye glasses. To remove ink, simply rub toothpaste into fabric and wash off. To remove scratches from glasses, rub toothpaste in circular motion onto the lenses for a minute, rinse and dry with soft cloth...

SETTING BOUNDARIES

- Plan ahead and take preventative measures
- Make requests for boundaries clear
- Set verbal and physical limits
- Call therapist and volunteer coordinator for assistance
- Cut off unreasonable requests by stating boundaries

Adrienne Davalos
Volunteer Coordinator
Aspen Community Services



MAY 2001

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.

Thursday, May 3-
Sunday, May 6

Anaheim Cinco de Mayo Fiesta
La Palma Park
Harbor Boulevard @ La Palm Ave.
Anaheim
(714)765-5274

This event will feature carnival rides, free entertainment, soccer tournaments and fabulous food.

Time: Call for hours
Cost: Free

Saturday, May 12
Imagination Celebration

Santa Ana Zoo
1801 Chestnut
Santa Ana
(714)836-4000

Activity and storytelling will focus on use of imagination.

Time: 10 a.m.-4:30 p.m.
Cost: Adults \$4
Children under 12 \$2

Saturday, May 12
Instruments, Rhythms and Rhymes

Children's Workshop
Adam's Music Studio
950 E. Katella #3
Orange
(714)765-5228

Tapping into children's natural love of music and rhyme, an instructor will cover a variety of topics and musical styles using familiar songs and new tunes. Instruments will include guitar, banjo, mandolin, dulcimer, strum stick and bass. Parent attendance is required.

Time: 2-4 p.m.
Cost: \$10

Saturday & Sunday
May 19 & 20

2001 Musical Odyssey
First Presbyterian Church
600 N. Main St.
Santa Ana
(714)525-7464

Time: 3 p.m.
Cost: Adults \$10
Children under 12 \$5

Saturday, May 19
9th Annual Children's Art Festival

Center Street Promenade
@ Anaheim Boulevard
Anaheim
(714)280-0772

This is a day of free family fun with hands on art activity booths, live performances, carnival booths and a pancake breakfast.

Time: 10 a.m.-3 p.m.
Cost: Admission free with cost for some activities

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 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
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

Saturdays
Family Story Time

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

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

Times: 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 may bring their stuffed animals and enjoy a bedtime story.

Times: 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 train on nearly 2 miles of track for young children.

Time: 10 a.m.-3:30 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 sun-down 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

Sundays

Kayak Tours

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

Explore the Back Bay with a trained naturalist in a kayak. Reservations are required and may be made by calling (800)585-0747.

Time: 10 a.m.

Cost: \$15

Sundays

Morning Tracker Hike

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

Learn how to identify tracks of nocturnal animals. Join the ranger for the morning hike and check out the clues left behind. Group should meet at the Nature Center.

Time: 9 a.m.

Cost: Parking \$4

From the Archives

The Month of May

Throughout the ages and across all cultures, May has been the month to celebrate the renewal of life in the Northern Hemisphere. It was called Beltane in Celtic, Walpurgis in Teutonic and Floralia in Latin. Named for Maia, the grandmother who was also the goddess of death and fertility. The May pole is the centerpiece of European celebrations and represents the hub of the wheel of heaven, the world center, the tree of life, the symbol of male fertilization. The dancers of life who intricately weave the ribbons around the pole was to direct nature to turn the wheel to create life. Some believe that the Christian celebration of Easter replaced the ancient solar festival of renewal and rebirth.

Quotation

"If every American donated five hours a week, it would equal the labor of twenty million full-time volunteers."

—Whoopi Goldberg

Keys To Happiness

Work like you don't need the money.

Love like you've never been hurt.

Dance like there's no one watching you.

Sing like no one can hear you.

—Anonymous

Volunteers Are Special!

Recognition 2001 Honors All Who Serve Children

CYS-Project Together Volunteer Recognition 2001 paid tribute to the International Year of the Volunteer and the part our mentors and volunteers played this past year in "making a difference one child at a time".

The theme, Passport To A Child's Future, was carried out by honoring the 293 mentors and volunteers who donated their time to brighten children's

lives and improve their prospects for the future.

Juan Granados, a national trainer of mentors and mediator in violence prevention, was the keynote speaker, providing a broad perspective on the highly individualized services provided by CYS-Project Together. "Our world is not the same one that we grew up in. (Through mentoring) We are creat-

ing a safe container for our young people," he said. In reference to volunteering in our communities, Granados stressed the importance of humility in service, "Humility is not thinking less of yourself, but about yourself less." By thinking of others and nurturing young people, we promote communication, which promotes a more peaceful world.



Column 1: South Region/Costa Mesa; West Region; Aspen/Costa Mesa; East Region volunteers

Column 2: Aspen/Santa Ana; South Laguna; Central Volunteers; North Region



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** Call for appointment (714)480-6756
- North** Call for schedule (714)577-5400
- South/
Costa Mesa** Call for appointment (949)722-7086
- West** Call to schedule (714)896-7556
- Aspen/
Santa Ana** Call for times (714)565-2830
- Aspen/
Costa Mesa** (949)515-5440

WELCOME NEW MENTORS

- East** Heather Physioc
Josephine Vu
- North** Jon Arat
Lori Cieszko
Bridget Firestone
Joann Hill
Jennifer Johnson
Ronelle Rodriguez
Sandy Torres
Mary Williams
- West** Misty Puffer

WELCOME NEW VOLUNTEERS

- East** Arquilla Howard

THANKS TO THOSE WHO'VE MOVED ON

- East** Kristin Acuna
Salley Fulmer
Gus Munoz
Maria Sevilla

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.

Adventure City
Stanton

Angels
Anaheim

Children's Museum of La Habra
La Habra

Claim Jumper
Irvine

Concourse Bowling Alley
Fullerton

Family Fun Center
Anaheim

Feld Entertainment
Woodland Hills

Friends of the Santa Ana Zoo
Santa Ana

Glacial Garden Ice Arena

Golden Spoon Frozen Yogurt
Anaheim

KFC
Fullerton

Local Union 324
Buena Park

Mighty Ducks

MOMS Club of Orange County

Regal Lanes
Orange

Statek Corp.
Orange

Recognition 2001 Honors All Who Serve Children

(continued from page 6)



Juan Granados was keynote speaker for Volunteer Recognition 2001



Margie Brothers and Holly Magana of CYS Administration listen attentively to speakers during the evening

The Back Page



Getting Ready Is Team Effort

Top: Adrienne Davalos, Volunteer Coordinator for Aspen Community Services, and Veronica Chavez, CYS-Project Together Volunteer Coordinator for East Region Clinic, assemble flower arrangements for the annual Volunteer Recognition held Tuesday, April 24, at the Old County Courthouse.

Bottom: CYS-Project Together Service Chief Sharon Modaff, and Volunteer Coordinators Jonathan Schiesel, South Region, and Ken Cornwell, Aspen Community Services/Costa Mesa, affix pins for volunteer service to cards.

HIGHLIGHTS

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 405 W. 5th St., Suite 436
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www.oc.ca.gov/hc/behavioral/cyspt

Sharon Modaff, Service Chief I
 Nancy Robins, Program Supervisor I
 Martha Murphy, Editor

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East	Veronica Chavez	(714)480-6756
North	Sunney Shin	(714)577-5400
South/Costa Mesa	Jonathan Schiesel	(949)722-7086
South/Laguna		(949)499-5346
West	Samantha Roberts	(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
Santa Ana, CA 92701

Address Correction Requested

