

HIGHLIGHTS

August 2001 *CYS / Project Together Newsletter* Vol. XVI, No. 8

For Your Information...

Please watch for your new CYS-Project Together annual events schedule to arrive in the mail. In addition to some exciting outing events for mentors and mentees, there will also be some mind bending mentor meetings. The outings provide mentors and mentees with an opportunity to socialize among each other. The meetings allow mentors to keep up to date with the most current information on mentoring and to share your successes and concerns with your fellow mentors...

The government of Venezuela has taken the lead in providing a nationwide program that teaches youth life philosophy, productivity, responsibility and self-discipline. Considered a radical step in prevention, rehabilitation and development of well-rounded happier adults, the program is being taken to other countries as a model of effectiveness. The total cost last year was \$60 million. What is it? It is a national youth classical music program that provides an instrument, daily lessons and participation in youth orchestras and choral groups for every child, including those in the most impoverished barrios.

(continued on page 2)

This issue of Highlights is dedicated in memory of Bernie Rappaport, MD., whose vision brought CYS-Project Together and many other innovative county programs to fruition.

see page 3

Therapist Spotlight

Chris Uyeno Puts Philosophy Into Action With Mentors & Kids

*By Jonathan Schiesel
Volunteer Coordinator
South Region/Costa Mesa*

Chris Uyeno is a South/Costa Mesa clinician who demonstrates an in-depth understanding of the power of the CYS-Project Together mentor program in relationship to her clients developing a trust of adults.

She provides compassion, empathy and encouragement, not just with her clients, but also with her volunteer mentors. She is always available to them, offering an opportunity to process their experience and to brainstorm approaches and strategies to use with the children.

She updates mentors on family dynamics and discusses experiences and activities she feels may be beneficial for the child.

Known for her excellence in supervision of mentors, she listens and learns from them as they share their perceptions and experiences with each child. Mentors have expressed that they feel important as a team member and Chris provides them with a sense of appreciation for the work they do with the children. She knows that the perspective of the mentor provides an important and critical viewpoint of the child in the community and home settings. This allows her to provide more complete and effective therapy.

Chris works with several mentors at a time. She responds to their calls quickly and initiates calls to them when needed. This quality of respect is meaningful. As a Volunteer Coordinator, I have worked with Chris for 12



years and I am also part of her team as well. She has always interacted with me with an open and supportive attitude that translates into a multi-disciplinary team effort. The results speak for themselves because the children receiving services are being given the very best opportunity for growth and comfort.

Chris always takes time to discover a positive outlook on just about any situation. She will consciously choose to take a moment to reflect in order to move the discussion from confusion to an insight of clarity. She works hard to see the light in the dark and this effort opens the door to inspiration and optimism. For this philosophy put into action, thank you, Chris.

Volunteers Are Special

Josephine Vu Serves As Mentor & Volunteer

By Veronica Chavez
Volunteer Coordinator
East Region

Josephine Vu serves as both a mentor and office volunteer for CYS-Project Together's East Region Clinic.

A California State University/Fullerton student, she is working toward her degree in Human Services, she became involved with CYS-Project Together to get some first hand experience. She wanted to learn more about mental health issues and make sure it was the right career path for her. As a result of volunteering for "both sides" of the program by working in the clinic and as a mentor, Josephine says, "I have learned a lot. Of course, I have learned a great deal through mentoring, but a lot about maintaining charts and client issues as well."

Josephine has served as a wonderful adjunct to the clinic, working on some time-consuming projects for staff. She has learned all about how Children and Youth Services staff work with clients by assisting with answering phones, taking messages, putting together information packets and working on forms and understanding the purpose for each one. She also greets clients and answers their questions. Her ready smile and gentle manner puts clients at ease and the staff appreciates her presence.

Soft-spoken, Josephine provides a calming influence on the 7-year-old boy she mentors. She has been able to set firm limits for a child who is high energy and at times very difficult. The result has been that he responds in a positive manner.



Josephine was born in Vietnam and came to the United States when she was 11 years old and has always wanted to help people. All of us at East Region are pleased that she has chosen to major in Human Services in order to meet that goal. She is and will be a terrific asset to the field she has chosen.

Studies Show Diet Influences Behavior

Some two dozen scientific studies, according to the nonprofit Center for Science and the Public Interest (CSPI), contend that certain foods and food dyes can adversely affect children's behavior, sometimes dramatically. Most of the studies focused on Attention Deficit Hyperactivity Disorder (ADHD).

According to Dr. Marvin Boris a Woodbury, NY pediatrician, it makes a lot of sense to modify a child's diet before resorting to drug therapy. Boris' 1994 study indicated that two thirds of his subjects were affected by diet and that avoiding certain foods and additives can greatly benefit some troubled children. Boris joined other professionals from University of Texas Health Science Center at San Antonio and Georgetown University, asking for new research and for the Department of Health and Human Services to "consider banning synthetic dyes in foods and other products (cupcakes, candies, sugary breakfast cereal, vitamin pills, and toothpaste) widely consumed by children.

While drugs are highly effective in reducing the symptoms of reduced attentiveness, concentration, excessive levels of activity, distractibility and impulsiveness in ADHD, there is concern over the long-term side effects of the drugs used. These include dependency, cancer, reduced appetite and

insomnia. There is also a concern over treating the cause and not just the symptoms.

"Parent's Guide to Diet, ADHD and Behavior" is available for \$1.50 from CSPI-Behavior, Suite 300, 1875 Connecticut Ave., Washington, DC 20009.

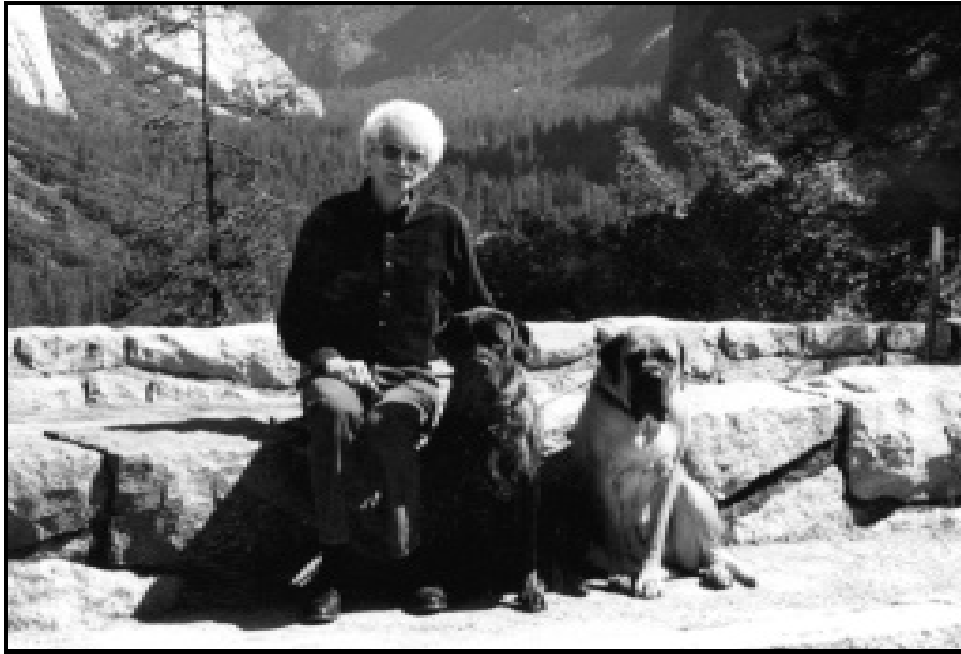
For Your Information...

(continued from page 1)

The children participating experience joy, mastery, a sense of well-being and confidence. It has made the difference. Instead of youth gangs terrorizing neighborhoods or children living without hope or direction, they are now playing music. Venezuela's National Youth Orchestra travels worldwide, but the greatest amount of work is being done in the neighborhoods and even youth detention facilities...

One of America's founding fathers, Thomas Paine, noted at this time in 1776 that the American revolution was

inevitable, because, "No island could long rule a continent." But according to Bob Shieffer of CBS/60 Minutes, "We sometimes forget what a long shot America was. There have been many revolutions since ours, but before ours no people had ever broken away from a colonial power. Those present at the beginning had no idea how it would come out. But they risked their lives and fortunes because they believed they were right and thought that if they could explain the reasons for their revolution, they would be successful"...



CYS-Project Together Fondly Remembers Dr. Bernie Rappaport

January 4, 1934 - July 14, 2001

“Dr. Rappaport never lost his desire to ensure that children receiving mental health treatment could and should benefit from any and all services available to them, through the county system. His wish to bequest funds to CYS-Project Together in lieu of flowers is a living testimony to the dedication and caring Dr. Rappaport had for children. His legacy will live on through a fund that has been established in his name.”

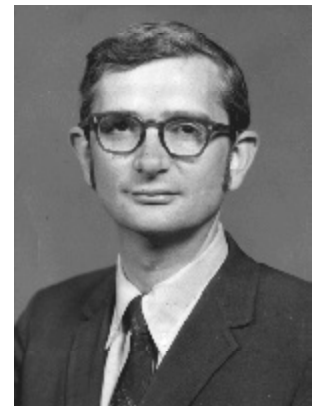
*Sharon Modaff,
Service Chief I,
CYS-Project Together*

It is with great fondness that the CYS-Project Together staff remembers Dr. Bernie Rappaport, Medical Director of the Orange County Health Care Agency's Behavioral Health Care Services, who passed away in the early morning hours of July 14.

Responsible for many of the visionary programs in mental health, Dr. Rappaport conceptualized the Project Together mentor program 17 years ago as a humanistic and practical means to enhance therapy and benefit children in treatment. He felt that perhaps if children could have the opportunity to put the behavioral strategies learned in therapy to work with a “safe” person in the “real” world, perhaps they would enjoy success and improvement. He also believed that many of the children he saw needed positive adult role models for inspiration. Thus, was born a unique and lasting mentor program, which matches adult role models from the community with children in treatment.

As part of his legacy, a fund has been set up in his name to carry on the spirit of his intention for CYS-Project Together. Friends and colleagues are asked to send donations in his name to CYS-Project Together in lieu of flowers.

(continued on page 6)



AUGUST 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.

Fridays

Aug. 3-24

Sizzlin' Summer Concerts

Plaza of the Sun
20 Civic Center Plaza
Santa Ana

August 3—Steel Drum Duo
 Aug. 10—Smooth Jazz Trio
 Aug. 17—Good Time Rock-N-Roll
 Aug. 24—Second Street Band
 Time: Noon-1:30 p.m.
 Cost: Free

Tuesday-Thursday

Aug. 7, 8 & 9

Summer Family Showcase Series

Peppertree Park
200 S. "C" St.
Tustin

Time: Tuesday—Children's Band and Night at the Movies
 Cost: Free
 Time: Wednesday—Dine and dance in the park
 Cost: Spaghetti dinner \$5
 Time: Thursday—Little Kids Big Show
 Cost: Free

Friday, Aug. 10

Magical Moonshine Theatre

Pearson Park Amphitheatre
400 N. Harbor at Lemon & Sycamore
Anaheim
(714)765-4130

The City of Anaheim sponsors this event that will feature fables, stories, large puppets and masks.

Time: 7 p.m.
 Cost: Adults \$2
 Children under 12 \$1

Friday-Sunday

Aug. 10-12

Gem, Jewelry & Bead Show

Building # 12
Orange County Fair & Exposition Center
88 Fair Dr.
Costa Mesa

For information call (760)747-9215
 This is one of the largest and most exquisite displays of gems, jewelry and beads in the country. Displays and demonstrations are educational.

Time: Noon-7 p.m. Friday
 10 a.m.-7 p.m. Saturday
 10 a.m.-5 p.m. Sunday
 Cost: Adults \$4
 Children under 12 Free

Through Saturday, Aug. 11

Reading Club

Orange Public Library
101 N. Center St.
Orange
(714)288-2400

Those participating in this club may check out books to read or books on cassettes and receive a reward.
 Time: Call for new library hours
 Cost: Free

Friday, Aug. 17

Magic Under the Stars

Pearson Park Amphitheatre
400 N. Harbor at Sycamore and Lemon
Anaheim
(714)765-5274

Sponsored by the City of Anaheim Community Services, this show features a variety of magic, grand illusions, sleight of hand and comedy magic.

Time: 7 p.m.
 Cost: Adults \$2
 Children under 12 \$1

Saturday, Aug. 18

Pacific Symphony Orchestra & Fireworks

Centennial Regional Park
3000 W. Edinger Ave.
Santa Ana

Time: 7:30 p.m.

Cost: Free

Friday, Aug. 24

Fiesta Fun Summer Carnival

Brookhurst Park
2271 Crescent Ave.

Anaheim
(714)765-4130

The Fiesta Fun Summer Carnival takes you south of the border where children and adults may enjoy music, games and great prizes.

Time: 3-6 p.m.
 Cost: 5 game tickets for \$1

Friday, Aug. 24

Special Free Bonus Show

Pearson Park
400 N. Harbor at Sycamore and Lemon
Anaheim
(714)765-5274

The Anaheim Ballet will perform all types of dance forms from hip-hop to classical ballet.

Time: 7 p.m.
 Cost: Free

Friday-Sunday

Aug. 24-26

33rd Annual Indian Pow Wow

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

For accurate information contact: Southern California Indian Center (SCIC) at (714)962-6673

This is the largest Indian Pow Wow and Indian Arts and Crafts Show in California and features cultural, religious and artistic aspects of Native American cultures. A family-oriented event, there will be dancing, drumming, music, children's craft area, Native American foods, jewelry and artifacts. According to Paula Starr of SCIC, there will be a special focus this year on California tribal information, crafts, drummers and singers, as well as a special salute to California foster parents.

Time: 2-10 p.m. Friday
9 a.m.-10 p.m.
Saturday & Sunday

Cost: Adults \$6
Teenagers 12-17 \$3
Seniors \$3
Children 6-12 \$1
Parking Free

Wednesdays
Through Aug. 15
Concerts in the Park

Peppertree Park
200 S. "C" St.
Tustin

Take and picnic dinner and enjoy! The Aug. 1 offering is Murphy's Law, Aug. 8 is Orquestra Mazacote and Aug. 15 is Open Wide.

Time: 6:15 p.m.
Cost: Free

Friday-Sunday
Aug. 31-Sept. 3
Orange International Street Fair

Orange Circle at Glasell & Chapman Orange
(714)283-3766

This annual event, which takes place the heart of old Orange, features food from around the world and wonderful entertainment.

Time: 5-10 p.m. Friday
10 a.m.-10 p.m.
Saturday & Sunday
Cost: Free

August 2001
Leigh Steinberg Leadership Institute

Human Relations Council of Orange County
California State University/Fullerton & BearPaw Reserve
(714)567-7470

Specifically designed for middle school and high school students, the institute is sponsoring four intensive summer programs that bring together students from diverse economic, social, ethnic and cultural backgrounds. The students will learn advanced training in human relations and safe school issues, skills and strategies. The interactive programs include conversations, field trips, multimedia presentations, simulations and other activities to experience human re-

lations through multiple perspectives. Call for further information and times.

Summer Wednesdays
Nature Nights

Oak Canyon Nature Center
6700 Walnut Canyon Rd.
Anaheim Hills
(714)998-8380

These are entertaining and educational programs in the outdoor amphitheater.

Time: 7 p.m.
Cost: Free

2-Week Sessions in & August
Nature Camp & Science Summer School

Environmental Nature Center
1601 16th St.
Newport Beach
(949)645-8489

This natural science enrichment program is offered to students from kindergarten through 6th grade, providing quality science education in an integrated outdoor activity and hands-on setting to reinforce the learning experience.

Cost: \$210-230 per session
A limited number of scholarships are available for children with financial need

Saturdays
Nature Conservancy Guided Hikes and Bike Rides

Santiago Canyon Rd. & San Joaquin Hills
Laguna Beach
(714)832-7478

Guided hikes and mountain bike rides are conducted on Saturdays and range from moderately easy to more rigorous. It is a wonderful way to become acquainted with nature. Please call for information on times and other activities.

Time: Please call for times
Cost: Free

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 is 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

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

Dr. Rappaport had a 26-year connection with Orange County

(continued from page 3)

Linda Rappaport, Service Chief at South Region/Laguna, and Dr. Bernie Rappaport migrated to Southern California in 1975 because Linda was “tired” of the Chicago winters. Linda, who was attending graduate school in social work in Chicago at the time, completed her degree at University of Southern California after the move. While she was studying in the sun, Bernie took a position as Deputy Director of Children & Youth Services/Mental Health Services with Orange County, where he stayed for 26 years. In 1997, he was appointed Medical Director of Behavioral Health for the County. He also served as a clinical professor at the University of California at Irvine’s Department of Psychiatry and Human Behavior.

Dr. Rappaport held a degree in math and physics from Rutgers University in New Brunswick, New Jersey, and received his M.D. from Western Reserve University School of Medicine in Cleveland, Ohio. He served as a pediatric intern at John Hopkins and was both an assistant resident in psychiatry at Topeka (Kansas) State Hospital and a fellow at the Menninger School of Psychiatry in Topeka. He completed his residency in psychiatry at the University of Chicago Hospitals and Clinics and served as a fellow in pediatric psychiatry at Columbia-Presbyterian Hospital and New York State Psychiatric Institute.

Dr. Rappaport is remembered for his humanistic philosophy, pensive and quiet nature, his casual and approachable demeanor and his urge to integrate all aspects of care for the benefit of the clients and clinicians. He was an avid runner, a “regular” at the gym, a voracious reader, a lover of dogs—man’s best friend, and a student of life. He marked his successes by the people he knew, because all were significant to him.

He was a very special human being who left his mark on the lives he touched.

Mentor’s Mentor

Dear Mentor’s Mentor,

I have never been a mentor before so I was a bit unprepared for the task of finding something to do each week. I am matched with a child who is hyperactive and I have found that if we do not keep busy, he has a tendency to act out, wander off or just plain mis-behave. It is also difficult for him to sit through an entire movie or even sit in a restaurant without hopping up and down. On our last outing, I thought we would just go to a local coffee shop and talk and this was a disaster. We ordered drinks and snacks, but he wanted to keep ordering more things off the menu. When the food came, he was in and out of the restrooms or checking out the pie case, instead of eating. Before I could finish paying the bill, he was on his way to the parking lot. Please give me some ideas for appropriate activities to do with a child such as this.

Mentor

Dear Mentor,

Planned activities are a great way for mentors and mentee to explore their community and learn about each other. I suggest you keep a list or a copy of Highlights Ongoing Activities for quick reference. After experiencing a similar issue, one of our CYS-Project mentors spent time with the child writing a list of places they wanted to go and activities they wanted to do. They cut their suggestions into strips like cookie fortunes and put them in an “Activities” box and a “Places To Go” box. Now at the end of each outing, one draws an activity and the other draws a place to go out of the boxes. This is the way they make their plans for the next week.

According to Richard Jordan, Psy.D., therapist with Aspen Community Services/Santa Ana, since the child you mentor is hyperactive, the activities and places you go can be a learning experience, but should not be so challenging in terms of focus and immobility that both of you get frustrated. It seems the key here would be to plan activities and places to go that require vigorous physical motion, stimulates visually, but also

captures the child’s interest, according to Dr. Jordan. You will likely find that as long as the child is doing something that interests him and is stimulated, he will do well, he said. We usually find that the child will focus well when doing something that stimulates him, he said.

You will have to find out the child’s limits and interests by trial and error. Be sure to have several activities as back up in case the first one does not work or you have more time on your hands. Here are some ideas:

- Hike or bicycle at one of our county parks
- Make bread from scratch
- Check out Saturday sports programs such as soccer or swimming
- Attend a football game
- Visit in interactive museum
Log on to a computer at your library and surf the web for community events
- Pretend you are a tourist and visit all the sites in your city
- Rock climbing at a local sport training store
- Bowling
- Rowing on the bay
- Canoeing
- Folk dancing
- Attend an Indian Pow Wow
- Go to baseball batting cages
- Running on the beach
- Video games
- Fly a kite

According to Dr Jordan, when working with a hyperactive child, it is not a good idea to do activities that require sitting for long periods of time or to attend events that have long lapses of time with nothing happening. Additionally, highly charged events and crowded places such as fairs and amusement parks would be very difficult because there would be too many distractions or the child might be easily lost in the crowd. Therefore, it is a good idea to plan activities that require vigorous physical movement or visual stimulation, but not a lot of excitement. Most important, according to Dr. Jordan, realize that every child is unique and you need to find out his interests and how much stimulation works.

Good luck and let us know how this works.

Mentor’s Mentor

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)577-5422

**South/
Costa Mesa** Call for appointment
(949)722-7086

**South/
Laguna Beach** Call for appointment

West Call to schedule
(714)896-7556

**Aspen/
Santa Ana** Call for times
(714)565-2830

**Aspen/
Tustin** (949)508-1919

WELCOME NEW MENTORS

East Saeko Anan

North Vanessa Piscazzi

**South/
Costa Mesa** Nicole Hlista
Cezar Lucki

**South/
Laguna Beach** Stacie McKenzie

Happy Birthday!

Stephanie Subia	8/3/01
Dennis Sanders	8/6/47
Tom Healey	8/7/49
James Hutchcraft	8/8/75
Samantha (Nhi) Nguyen	8/10/72
Sandra Perez	8/11/74
Mary Williams	8/17/79
My Le	8/26/74
Misty Puffer	8/27/70
Grace Passage	8/30/49

West

Jon Arat
Brian Dorish
Jana Elam
Melinda Rind

Aspen/ Tustin

Ken Graves
Chaylynn Kelly
Christine Rudy

THANKS TO THOSE WHO'VE MOVED ON

South/ Costa Mesa

Josh Ramirez
Jehan Seirafi

West

Mario Marquez
Hong-Ngoc Pham
Chen Yoast

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.

Concourse Entertainment Center
Anaheim

Daisy Troop
Page Private School
Costa Mesa

Mimi's Café
Tustin

Movieland Wax Museum
Buena Park

Orange County Fair
Orange County

Planet Kids
Fountain Valley

Ralph's
Walnut

Statek Corp.
Orange

TW's Sandwich Shop
Laguna Beach

A Forum for
Addressing, Respecting and Understanding
The Mental Health Needs of Refugees

September 12, 2001
Newport Beach Marriott

Registration: \$35 until August 29
\$55 after deadline

For information, call: (714) 796-0188

Quotable Quote

"I am a free-willed intelligent being with the power to choose my own thoughts. Everything follows thought. - Therefore, I am the cause of my own experience." —Bill Barnes*

The Back Page

Talk to The Animals



CYS-Project Together Mentor Bob Walters (right) and one of the three boys he mentors feed the rabbits at Jones Mini-Farm. Children and their mentors enjoyed the Amtrak ride to San Juan Capistrano and time spent at the farm feeding the animals and riding the horses. For the young teenager in the photo, it was a day of "firsts"—the first time on a train, the first time on a farm, the first time feeding rabbits and goats, and the first time riding a horse. CYS-Project Together planned activities are designed to provide enrichment experiences for clients.

HIGHLIGHTS

August 2001 **CYS / Project Together Newsletter** Vol. XVI, No. 8

Published by:
County of Orange Health Care Agency/Behavioral Health Services
Children and Youth Services/*Project Together*
405 W. 5th St., Suite 436
Santa Ana, CA 92701
(714)796-0100
www.oc.ca.gov/hca/behavioral/cyspt
Sharon Modaff, Service Chief I
Nancy Robins, Program Supervisor I
Martha Murphy, Editor
Volunteer Coordinators

- Central Martha Murphy (714)796-0100
- Peggy Evans (714)796-0100
- East Veronica Chavez (714)480-6756
- North Sunney Shin (714)577-5400
- South/Costa Mesa Jonathan Schiesel (949)722-7086
- South/Laguna Lee Boon (949)499-5346
- West Samantha Roberts (714)896-7556
- Aspen/Santa Ana Adrienne Davalos (714)565-2830
- Aspen/Costa Mesa Ken Cornwell (714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and 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

