

# HIGHLIGHTS

November 2001 **CYS / Project Together Newsletter** Vol. XVI, No. XI

## For Your Information...

Patricia Taylor, new Resource Center Coordinator for CYS-Project Together, is spearheading a gift-making marathon in the Craft Room. Fabulous boutique items from cute to exquisite are in the works with the help of our volunteers who serve as Santa's Helpers. So circle Thursday, Nov. 15, on your calendar and drop by the Fourth Floor Conference Room to do all of your holiday shopping and then enjoy a break in our "Tea Room."

The holiday season is rapidly approaching. While the events of Sept. 11 are on everyone's mind, we must not forget the many children and their families in Orange County who need assistance. Clients in need during the holidays may be eligible as recipients for toys and other gifts from Operation Santa Claus toy program, Holiday Hope food program or an Angel Tree donation. Watch for forthcoming information on these programs and don't forget to add your donation to your weekly shopping list...

Mark your calendars. Please note that the Annual Holiday Get Together for mentors matched with CYS clients, scheduled for Saturday, Dec. 8, has been canceled. Don't be disappointed though! It is being replaced by the Elks Christmas Party slated for Saturday, Dec. 16. Be on the look out for the announcement in the mail and make your reservations early!...

It has been said that the successful prophet predicts interesting stuff, predicts the obvious and leaves the specifics out. Which one of these rules were broken when several chiropractors

*(continued on page 2)*

## Therapist Spotlight

### Carol Shack Feels Mentors Widen Scope of Her Work



Carol Shack, M.S.W., Clinical Social Worker at the Children & Youth Services (CYS) San Juan Capistrano Clinic, feels that the use of mentors has allowed her to broaden the scope of her work and to focus more on the family system.

Recently, she has been struck by the commitment and high quality of work provided by volunteers participating in the CYS-Project Together program. Carol works with a mentor who she says, "Has worked with one of my difficult cases for a year." When the case was discharged, the mentor accepted another child and soon is expected to take on the responsibilities of assisting with a third client." Carol feels that the mentor's "Sensitivity to children and families as well as assessment of problems and situations she encounters, has been invaluable. " It has helped the families and has provided insight to Carol.

"Although her primary function is to spend time with the children, she has been able to develop supportive relationships with parents as well," says Carol. "In fact, she has contributed greatly to increasing the family's compliance with therapy and medication." Additionally, the mentor, "Being bilingual and bicultural has been very important in developing relationships with Hispanic clients." Carol considers her to be a vital member of the therapy team.

Carol, who joined Children & Youth Services in 1985, participated in the opening of the San Juan Capistrano Clinic where she works as a bilingual Clinical Social Worker. She holds a B.A. degree in Women's Studies from University of California at Santa Cruz where she was one of seven women in a teaching collective who were founding members of the degree program. She has had a long-time interest in social and political issues impacting women.

Her interest in pursuing a broad systemic view of the impact of culture

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## Service Projects Generate Holiday Spirit

The holidays are a wonderful time to start service projects specifically to help others during the season and hopefully will spill over to service throughout the year. Youth and teenagers find great joy in giving to others and the practice gives them an opportunity to “come out of themselves” and put life in perspective. Holiday service projects not only generate holiday spirit, but also give youth a jump-start on a life-long philosophy of community service, making it possible for them to make a difference in their world and their future.

Start doing your research now! Begin by asking the child you mentor who he or she thinks needs help the most or search for a volunteer activity that suits the child’s interests. A listing of Orange County holiday projects and ongoing volunteer opportunities may be found on the World Wide Web via a search for Volunteer Orange County. It might be helpful to write out a volunteer plan together or at least list some possible volunteer activities and what has to be done to accomplish each one.

Here are some ideas

- Collect holiday gifts for children from school friends and donate to a local shelter. Ask fellow students to donate a small gift for someone his or her age. Spend a Saturday wrapping each gift, tagging it with age and sex. Deliver to a local shelter.
- Collect used blankets. Devote time to mending and cleaning the blankets. Deliver to soup kitchen or shelter.
- Make holiday cookies and other goodies. Keep half for yourself and wrap the rest into individual servings. Choose a senior center in the child’s neighborhood and deliver.
- Make holiday favors for Meals on Wheels recipients. You may even want to write them a holiday greeting!
- Work with the child or teenager to contact fellow students at school and neighbors to collect clothing for a re-

sale shop that benefits a charitable organization. For instance the American Cancer Society has a resale shop and accepts donations. Currently youth over 15 years of age are eligible to volunteer in the resale shop to sort, steam and hang clothing.

- Everyone needs some cheer this year. Get a group of kids and adults together and sing! Share your cheer to a park, a shopping mall, a blind center, a senior center or a group of volunteers who give their time to nonprofit organizations.
- Help organize a food drive and collect nonperishable food for homeless. The Orange County Rescue Mission needs more than 4 tons of food a month and has a special food drive kit to help you plan and coordinate the effort. Call (714)258-4450.
- House of Hope has a Birthday Club and needs volunteers to provide decorations and favors for each child’s birthday.
- Habitat for Humanity needs students, business people and community activists to help build Habitat homes or to Adopt-A-House. Call to find out what a kid can do.
- The Wetlands and Wildlife Care Center of Orange County needs volunteers over 16 years of age to help feed the sick, injured or orphaned animals. Call (714)374-5587.
- Ask a convenience store or service station manager to co-sponsor your car wash and donate funds to help displaced families through the holidays.

Many organizations have special holiday projects that require a single effort. Keep in mind that community service is a way of thinking and a way of living. Consistent weekly or monthly volunteer service throughout the year creates a habit and a commitment that not only makes a difference; it also makes us all more mentally healthy

people. Consider the adage, “What you give to your community, you get back ten fold” and decide if this is true for you and those you teach.

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### For Your Information...

*(continued from page 1)*

predicted in the Chicago Tribune in 1903 that by the turn of the century that the little toe would be crowded out of existence because it had no useful function to perform. By the twenty first century, they predicted, the 8-toed man and woman would be the norm...

Congratulations to all regarding the county’s annual United Way Campaign that has been remarkable in the sheer number of creative fund-raising events. Of course, most of these featured food and items donated by our many partners in the business community. Employees and volunteers supported local non-profit agencies by purchasing everything from world’s greatest egg rolls to \$1 T-shirts—and let’s not forget the infamous Health Care Agency’s Jeopardy Game...

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### Happy Birthday!

May Sanoy	11/3
Tam Nghiem	11/7
Cami Levin	11/9
Lori Cieszko	11/9
Saeko Anan	11/11
Emma Jensen	11/14
Billie Cline	11/15
Rochelle Hyer	11/17
Theresa Tiliaia	11/18
Aline Winkler	11/18
Nicole Taylor	11/19
Hung Liu	11/25
Joann Hill	11/29

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### Quotable Quote

*“Proverbs contradict each other. That is the wisdom of mankind.”*

*A Millennium Primer*

## Volunteers Are Special!

## Tom Believes Mentoring is Serious Responsibility

By Veronica Chavez  
Volunteer Coordinator  
East Region

Tom Healey will be the first to tell you that success is difficult to measure.

A mentor with CYS-Project Together for 11 years for eight different children, he says, "Guess I wouldn't still be here if I didn't like it and get a lot from it." Tom has had to deal with a variety of client personalities and family issues and has managed client issues, family crises and has helped families by connecting them with community resources. His extensive background in recreation and interest in children's issues has made him a tremendous asset to the CYS-Project Together program.

He is currently matched with two youngsters. One is improving his social skills and interaction with adults. He is working with the other who is frustrated with his family situation and easily angered. Through patience and sensitivity, Tom has encouraged both clients to concentrate on school and focus on the positive. His choice of well-rounded activities has opened a world of fun and exciting activities for the two. He has taught them new skills to deal more effectively with educational challenges, which has improved their self-esteem.

In spite of progress, Tom will tell you "It's not easy to understand the subtle influences that we have as men-



tors. Some of what we do may not surface for a couple of years and without memory of its origin."

His favorite memories of the last 11 years are of the very simple things "Such as out of control laughter over something silly that one of us said, crying together, discovering a common shared pleasure, a quiet heart-felt conversation."

He takes mentoring as a serious responsibility that takes many forms. It is being there when it may not be convenient. Or it could be taking a late night phone call from a mother who has lost patience or from the child who had nowhere else to turn. It's knowing when to listen without offering advice and offering advice when warranted. It's going to the video arcade and having fun even though it may be the last place on earth you want to be. It's giving of

yourself honestly and without qualification to someone who may not show immediate or any appreciation.

Tom is consistent in his contact, and in spite of his very busy schedule with Toshiba America, he makes mentoring a regular part of his weekly routine. His goal is to empower kids to follow positive paths. He is in consistent contact with the therapists, which has been extremely beneficial to therapeutic process.

He finds huge rewards in mentoring and notes that "Being a mentor helps me stay active. It causes me to do things I might otherwise not do such as long strenuous bike rides, hiking and swimming every weekend... Being a mentor helps me maintain perspective by providing me with regular snapshots of life and families often very different from my own."

Thank you Tom. You are amazing and immensely appreciated.

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## Therapist Spotlight

and society on individuals eventually contributed to her interest in obtaining a degree in social work. After many years of experience participating in a peer counseling group, she discovered that she greatly enjoyed the creative aspect of counseling. She worked for several years as an educator with children and teaching English as a Second Language.

Carol then decided that she wanted to contribute to helping others as a therapist and obtained a Masters in Social Work from San Diego State University in 1983. She was hired by the Child Guidance Clinic of Orange County in Santa Ana in 1984, working in their Child Abuse Treatment Program. In 1985, she came to work for Orange County Children & Youth Services where she has remains a valued member of the therapeutic team.

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# November 2001 Calendar of Events

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*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 & Sunday

Nov. 3 & 4

### Day of the Dead Celebration

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

Join the Kidseum family for this colorful festival to celebrate the living. Decorate sugar skulls, make paper flowers and jointed Calavera puppets. Create corn tortillas to eat. Day of the Dead bread and Mexican chocolate also will be available. The festival is free with Kidseum admission.

Time: 11:30 a.m.-3:30 p.m.

Cost: Children 5-12	\$2
Seniors & students	\$3
Adults	\$4

## Sunday, Nov. 3

### Children's Chorus

2001-2002 Arts Series of the Los Altos  
Methodist Church  
5950 Willow St.  
Long Beach  
(949)250-9114

Time: 7 p.m.

Cost: Free

## Saturday, Nov. 17

### Kids' Fishing Derby

El Dorado Park East  
Long Beach  
(562)570-1771

This annual fishing derby is for kids 2-15 years of age. The lakes are stocked with a variety of fish to ensure success. Bring the kids and the poles. Bait is provided

Time: 8 a.m.-noon

Cost: Free

## Saturday & Sunday

Nov. 17 & 18

Nov. 23-25

### Sawdust Festival Winter

#### Fantasy

935 Laguna Canyon Rd.  
Laguna Beach  
(949)494-3030

This arts and crafts fair offers a variety of activities for kids including Santa visits, train rides, art activities and craft booths, plus strolling carolers, magicians and jugglers. Also, the magicians are "magical."

Time: 10 a.m.

Cost: \$5

Nov. 12-18

### National Children's Book Week

Orange Library  
101 N. Center  
Orange  
(714)288-2420

Come Join in the reading fun. An array of old and new books to capture a child's interest and imagination will be available and the children's librarians will do special programs on request. Of special interest will be:

3:30 p.m. Thursday, Nov. 15

Poetry and Songs of Latin  
America with Suni Paz  
Place  
Main Library  
101 N. Center  
Orange

2 p.m. Sunday, Nov. 18

Reading Week Hamster  
Races  
El Medina Branch of  
Orange Library  
380 S. Hewes  
Orange

## Thursday-Saturday

Nov. 8-10

### Sugar Plum Arts & Crafts

Building #12  
Orange County Fair & Exposition Center  
88 Fair Dr.  
Costa Mesa  
(562)598-0857

Get ready for the holidays at this annual festival of holiday wonders.

Time: 10 a.m.-8 p.m.

Thursday & Friday

8 a.m.-4 p.m. Sunday

Cost: Adults

\$12

Seniors & children

\$5

Sunday, Nov. 11

### Silverado Canyon

#### Fossil Field Trip

Meet at the corner of Santiago Canyon Road and Silverado Canyon Road at the turn out.

(949)831-3287

Search for and identify Orange County fossils and minerals with geologists and paleontologists. Bring snack lunch, water, hat, sturdy shoes, rock hammer and dress for the weather.

Time: 9 a.m.

Cost: \$6

Thursday, Nov. 15

### Annual CYS-Project Together

#### Holiday BouTEAque

4<sup>th</sup> Floor Conference Room  
405 W. 5<sup>th</sup> St.  
Santa Ana  
(714)796-0100

Be prepared to do all of your holiday shopping for the gorgeous, clever and unusual gifts and holiday decorations at the lowest possible prices. You may also enjoy tea and pastries in the tea room.

Time: 10 a.m.-2 p.m.

Friday, Nov. 23

### Day After Thanksgiving

#### Marketplace

Orange County Fair & Exposition Center  
88 Fair Dr.  
Costa Mesa  
(949)723-6616

Over 1000 merchants will be available for this special market on the busiest shopping day of the year. This outdoor shopping experience is celebrating the holidays California style and will also feature entertainment.

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

Cost: Adults

\$2

Children under 12

Free

## Projects Corner

## Make Holiday Gifts From Simple Things

Baskets of pinecones, school picture frames from junk and creative candles—You can easily spend an hour or two and make some fabulous presents for people for between \$1 and \$5.

Again, it is time for children and teenagers to begin making their holiday gifts for parents, teachers and friends. Money always seems to be an issue, so it is nice to know that simple gifts that you make are always the most appreciated. Here are some gifts that are easy and fun to make.

### Pine Cone Basket

Inexpensive basket from a 99 Cent Store

Pine Cones

2" gold or red ribbon with wire edges

Twist tie

1. Purchase an inexpensive basket with a handle. One that is at least 6 inches across is best.
2. Collect pine cones of different sizes and arrange in the basket with smaller ones on top.
3. Make a large bow out of the ribbon and affix to the handle of the basket with the twist tie.

This makes a beautiful holiday decoration.

### School Picture Frame

Wallet size school photo

Safety scissors

Chalk

Discarded computer disc (3½-inch)

Small sea shells

Dried foliage or flowers  
(smaller is better)

Pebbles

White glue

Gold paint and paint brush  
(optional)

1x 3-inch strip of cardboard (back of a notepad)

Tape and pencil

1. Take wallet size photo and center it on the computer disc. Using the chalk, outline the edges of the photo onto the disc, so you can see where you will place it.
2. Arrange sea shells, dried flowers and pebbles around the edges of the disc and outside the chalk line. Carefully glue on each piece. Allow glue to dry thoroughly.
3. Using the scissors, trim white border off of the photo so only the printed image of the photo is left. Coat the back of the photo with a thin layer of glue and center photo inside the frame you crafted from the shells, flowers, foliage and pebbles. Hold until you are sure edges of photo are stuck securely. You should have a 1/8-inch black border between the frame and the photo.
4. If you wish, dab or brush the frame with gold highlights.
5. Mark cardboard strip at 1-inch and 2-inches. Fold at 1-inch mark and again at 2-inch mark to make a triangle out of the cardboard. Tape the ends of the folded cardboard together. Glue one side of the 1-inch edge of the triangle to the back of the frame with the fold flush with the bottom edge of the frame. This will make your frame free-standing.

### Creative Candles

2 10-inch red or green tapered candles

2 feet of holiday 1-inch ribbon

Silk flowers or cinnamon sticks

Glue

1. Tie candles together with ribbon and make a pretty bow.
2. Glue silk flowers or cinnamon sticks to the center of the bow.



## 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	As required (949)499-8614
West	Call to schedule (714)896-7556
Aspen/ Santa Ana	Call for times (714)565-2830
Aspen/ Tustin	(714)508-1919

Costa Mesa	Tina Chang Tanja Litschke
West	Tam Nghiem Andre Sanz
Aspen/Tustin	Janelle McLaughlin

### WELCOME NEW MENTORS

North	Lori Cieszko LeighAnn Dejesse Lonnie Pham Mary Williams
South/	ToniAcosta

### THANKS TO THOSE WHO'VE MOVED ON

North	Lahsha Boyd Amber Hempell Gwen Petersen
South/ Costa Mesa	Mindy Brown Cezar Lucki
South/Laguna	Melissa Albrecht John Eggers

## 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.

- American Paint Paddle**  
North Charleston, SC
- The Beach House Restaurant**  
Laguna Beach
- Concourse Entertainment Center**  
Anaheim

- Carl's Jr. Corporate**  
Anaheim
- Claim Jumper**  
Irvine
- Cornwell Foods**  
Irvine
- Denny's Restaurant Corporate**  
Spartanburg
- Entertainment Publication**  
Costa Mesa
- L.A. Fitness**  
Fountain Valley

- LensCrafters**  
Westminster
- Local Union 324**  
Buena Park
- Mimi's Café**  
Tustin
- Pasta Bravo**  
Aliso Viejo
- Pavilions**  
Huntington Beach
- Cheryl Pitts**  
Santa Ana
- Ralphs**  
Walnut

- Ralphs**  
Westminster
- Bill Sauter**  
Balboa Island
- Sonic Burgers**  
Anaheim  
Santa Ana
- Stater Brothers**  
Westminster
- TW's Sandwich Shop**  
Long Beach
- Vons**  
Garden Grove
- Zany Brainsy**  
Huntington Beach

## Building Bridges at Therapeutic Arts Center

A special combined mentor workshop and client outing, "Building Bridges to Cultural Awareness & Understanding", held Saturday, Sept. 29, at the Orange County Children's Therapeutic Arts Center (OCCTAC) in Santa Ana attracted a capacity crowd. While mentors learned about the evolving diversity of Orange County and California and the value of cultural sensitivity for children and mentors, even the most reticent of clients participated in the multi-faceted arts program to learn hip hop dancing, how to play musical instruments and how to make up their

own song to sing together. Mentors joined the clients for the second half of the program to make All-American masks. The workshop and client outing activity was presented by CYS-Project Together Volunteer Coordinators Ken Cornwell of Aspen/Tustin and Martha Murphy of Central and Dr. Ana Jimenez-Hami, President of the OCCTAC, and staff. Clients working with mentors and TBS coaches will have an opportunity to participate in a pilot program being developed by CYS-PT and OCCTAC. The program will include music, drama, dance and visual

arts. For further information, please call Martha Murphy at CYS-Project Together at (714)796-0121.



Bob Walters makes mask with client.



Nancy Robins oversees the food preparation by CYS-Project Together Resource Center Coordinator Patricia Taylor and volunteer Carlyle Aguilar.

### Annual Picnic 2001

Saturday, Oct. 13  
Mile Square Park



Volunteers Oliver Taylor (left) Chico Chavez (center) flip the hamburgers as North Region Volunteer Coordinator Sunney Shin waits for the next batch.



Prehistoric Pets presenter Tyler Schmidt explains all about the ferocious looking, but friendly animals.



Mentors took getting wet laying down as the kids tried to fill the water bottles perched on their foreheads.



West Region Volunteer Coordinator Samantha Roberts and volunteers Glenda Foronda and Carlyle Aguilar recuperate after the egg toss.



Mentors Misty Puffer (left) and Janet Peters (center) took turns at getting to know the animals.

## Mentor's Mentor

### Art Lessons Are Too Good To Be True

Dear Mentor's Mentor,

A child I mentor is in his early teens and attended with me the recent "Building Bridges" Workshop sponsored by CYS-Project Together at the Orange County Children's Therapeutic Arts Center (OCCTAC). During the event he became totally engrossed in learning how to play the guitar. The instructor even taught him how to play a song using three notes. He very much wants to take advantage of the opportunity provided by the program to take music lessons. The boy is high risk and lives in an area where the norm is for teenage boys to get involved in gang activ-

ity. So, as you can imagine, I am anxious for him to develop this interest.

Here is the problem. His mother is reluctant to allow him to do this because she cannot believe anyone would offer this for free. She feels there must be a price. It is difficult to explain it to her because she is non-English speaking.

I do not expect music to solve all of the boy's problems, but it is a great step in the right direction. It was wonderful to see him so enamored with an instrument. He literally would not put it down even to participate in other activities during the afternoon. He is not only disappointed, he figures that is just the way life is. Is there anything we can do?

Mentor

Dear Mentor,

In the future, children and teenagers interested in participating in the CYS-Project Together Children's Therapeutic Art Center program will be able to join a special club and will be issued a membership card that will pro-

vide them with ongoing lessons from the center. Through this special arrangement, CYS clients may participate in dance, music, art and drama lessons at no cost.

Additionally, CYS-Project Together will provide parents with information in English, Spanish and Vietnamese regarding eligibility for the program and how they may participate in the arts center. OCCTAC encourages parent participation and offers special classes and volunteer opportunities for them. The center employs bilingual bicultural staff to answer questions and assist clients and their families. OCCTAC is funded by grants and through individual payments.

We agree that it is unusual to hear of a program such as this at no cost. This is a result of our strong belief that when a child develops an interest and participates in the arts, it is therapeutic and also helps change a child's negative behaviors while at the same time he or she is developing a life long interest.

Mentor's Mentor

# The Back Page



### Building Bridges

*Ty Tover, of Orange County Therapeutic Arts Center teacher CYS-Project Together kids hip hop dancing. (For more see page 6.)*

# HIGHLIGHTS

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- Aspen/Santa Ana ..... Adrienne Davalos ..... (714)565-2830
- Aspen/Tustin ..... 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. 5<sup>th</sup> Street, Suite 436  
Santa Ana, CA 92701

*Address Correction Requested*

