



## Children's Service Society

Safe Children · Caring Families  
Strong Communities · Since 1884

# Children's Service Society SUPPORT SERVICES

October, November & December

## From the Desk of Jacci Graham



As we enter the fall and winter season of the year there are so many family centered activities. This is such a fun time for children and families. It is important that parents and children participate in the activities that build relationships within the family. Our services at the Children Service Society have been developed and designed to enhance the family and ensure a better environment

for children. If you have suggestions for further article subjects you would like us to explore in our newsletter please let us know. Enjoy this wonderful time of year with your family, take time to just enjoy your relationships. If we can be of service please call and we will link you with services with our agency or link you with other valuable community services.

Happy Holidays!

*Jacqueline R. Graham, LCSW*



### INSIDE THIS ISSUE

<i>Synthetic Drugs</i>	2
<i>Guide to synthetic drugs</i>	3
<i>Safe Halloween Tips</i>	4
<i>Thanksgiving Poem</i>	5
<i>Christmas Recipe</i>	6
<i>Informative Websites</i>	7



### SUPPORT SERVICES

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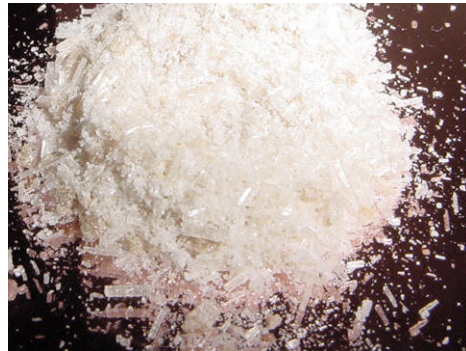
# Rapidly Emerging Threat of Synthetic Drugs

Office of National Drug Control Policy

- Synthetic marijuana commonly known as K2 or Spice is sold in legal retail stores as “herbal incense” or “potpourri.”
- Synthetic cathinones are often sold as “bath salts” or “jewelry cleaners.”
- According to a 2012 survey of youth drug-use trends, **1 in 9** 12th grader in America reported using synthetic marijuana in the past year.
- Synthetic marijuana is the second most frequently used drug among high school students.
- These drugs can contain a significant amount of different chemicals with varying degree of potency making them extremely dangerous.



*Bath Salts*



*Ketamine*



*Spice, K2*

# GUIDE TO SYNTHETIC DRUGS

The Partnership at Drugfree.org

	Bath Salts	Synthetic Marijuana	Ketamine
Street Name	Bliss, Blue Silk, Cloud Nine, Drone, Ivory Wave, Lunar Wave, Red Dove, Snow Leopard, Stardust, Vanilla Sky, White Knight	Bliss, Black Mamba, Bombay Blue, Fake Weed, Genie, Spice, Zohai	Cat Tranquilizer, Cat Valium, Jet K, Kit Kat, Purple, Special K, Special La Coke, Super Acid, Vitamin K
What does it look like?	Sold in powder form in small plastic or foil packages. The powder is white, off-white or slightly yellow colored	Dried leaves typically sold in small, silvery plastic bags of dried leaves	Clear liquid and a white or off-white powder. It is typically packaged in small glass vials, small plastic bags and capsules
How is it abused?	Bath salts are usually ingested by sniffing or snorting. They can also be taken orally, smoked or put into a solution and injected into veins.	Smoked in joints or pipes, but some users make it into tea	Powdered ketamine is snorted or smoked. Liquid ketamine is injected or mixed into drinks.
Effect on the Mind	Agitation, insomnia, paranoia, delusions, suicidal thoughts, seizures, panic attacks, irritability, depression	Panic attacks, paranoia, giddiness, anxiety, confusion	Hallucination, distorted perception of sight and sound, lack of control
Effect on the Body	Rapid heart rate, chest pains, nosebleeds, sweating, nausea, and vomiting	Increased heart rate, increased blood pressure, pale skin, profuse sweating, lack of pain response	Slurred speech, constant sniffing, immobility
Long-term Health problems	Kidney failure, liver failure, long-term mental illness, death	Short-term memory loss, emotional instability, lack of stamina	Depression, reduced memory function, mood and personality changes, ketamine bladder syndrome

# Tips for a Safe Halloween

Centers for Disease Control and Prevention

**S**words, knives and similar costume accessories should be short, soft and flexible.

**A**void trick-or-treating alone. Walk in groups or with a trusted adult.

**F**asten reflective tape to costumes and gags to help drivers see you.

**E**xamine all treats for choking hazards and tampering before eating.

**H**old a flashlight while trick-or-treating to help you see and others see you.

**A**lways test make-up in a small area first.

**L**ook both ways before crossing the street.

**L**ower risk for serious eye injury by not wearing decorative contact lenses.

**O**nly walk on sidewalks or on the far edge of the road facing traffic.

**W**ear well-fitting masks, costumes and shoes to avoid blocked vision, tripping or falls.

**E**at only factory-wrapped treats.

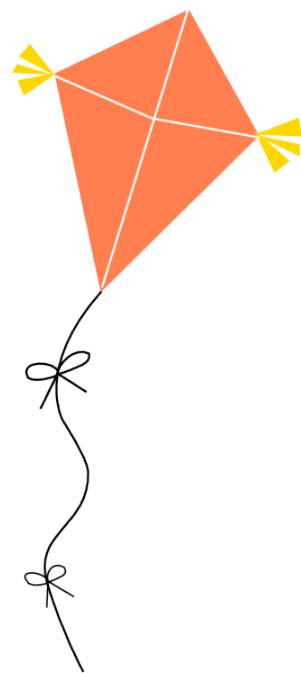
**E**nter homes only if you're with a trusted adult. Only visit well-lit homes.

**N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

# Thanksgiving Poem

*Be thankful when you don't know something  
For it gives you the opportunity to learn.  
Be thankful for the difficult times.  
During those times you grow.  
Be thankful for your limitations  
Because they give you opportunities for improvement.  
Be thankful for each new challenge  
Because it will build your strength and character.  
Be thankful for your mistakes  
They will teach you valuable lessons.  
Be thankful when you're tired and weary  
Because it means you've made a difference.  
It is easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are  
also thankful for the setbacks.  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles  
and they can become your blessings.*

*Author Unknown*



# Holiday Recipe: Cookie Ornaments



**1 HR 15 MIN: Prep Time**

**2 HRS 15 MIN: Total Time**

**36: Servings**

1 pouch (1lb 1.5 oz) sugar cookie mix  
1/3 cup butter or margarine, melted  
2 tablespoon all purpose flour  
36 small candy canes  
2 containers creamy white or vanilla frosting  
1 egg

1. Heat oven to 375°F. Line cookie sheets with cooking parchment paper. In a medium bowl, stir cookie mix, butter, flour, egg until soft dough forms.
2. On floured surface, roll dough until about 1/8 inch thick. Cut with 3 to 3 1/2 inch cookie cutters. Place cutouts 1 inch apart on cookie sheets.
3. Bake 5 minutes. Meanwhile, break off top of each candy cane to create loop for hanging cookies.
4. Remove cookies from oven; press 1 candy piece on top of each cookie to make a loop. Bake 1 to 2 minutes longer or until edges are set. Cool on cookie sheet 2 minutes. Remove from cookie sheets to cooling rack. Cool completely, about 20 minutes.
5. Line cookie sheet with parchment paper. Place 1 container of frosting at a time in 2-cup glass measuring cup. Microwave uncovered on high for 45 to 60 seconds, stirring every 15 seconds, until melted. Dip each cookie in frosting, allowing excess to drip off. Place cookies on parchment paper. Decorate as desired. Let stand until frosting is set, about 1 hour.



# Upcoming Events

- *Halloween Party, October 22*
- *Christmas Party, December 4*
- *Santa's Workshop, December 9*



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655 East 4500 South, Suite 200  
Salt Lake City, UT 84107  
[www.cssutah.org](http://www.cssutah.org)

*Administration*  
801-355-7444

*Care About Childcare*

Referrals: 801-355-4847  
Training: 801-326-4403  
Recruitment: 801-326-4404

*Support Services*  
801-326-4409

## RESOURCES

[www.parentsempowered.org](http://www.parentsempowered.org)  
[www.thecoolspot.gov](http://www.thecoolspot.gov)  
[www.theantidrug.com](http://www.theantidrug.com)  
[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)  
[www.drug-rehab.org](http://www.drug-rehab.org)  
[www.cdc.gov/parents](http://www.cdc.gov/parents)

[www.guidance.group.com](http://www.guidance.group.com)  
[www.familyfunshop.com](http://www.familyfunshop.com)  
[www.brillbaby.com](http://www.brillbaby.com)  
[www.eyeonearlyeducation.org](http://www.eyeonearlyeducation.org)  
[www.fightthenewdrug.org](http://www.fightthenewdrug.org)

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*UPS Foundation*  
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*Utah Health Department, Office of Home Visiting*

