



Children's Service Society

Safe Children • Caring Families
Strong Communities • Since 1884

Children's Service Society

SUPPORT SERVICES

July, August & September

From the Desk of Jacqui Graham



July 1 starts the New Year at Children Service Society. This is the time of year that we start our new budget year, and we start

implementing some of the goals that we have set for the upcoming year. It is a fresh start, we take a little time to take a deep breath use some vacation time to recharge our batteries and move forward.

We are very proud of our Home Visitation program that helps parents learn to enhance their parenting skills. Children Service Society is pleased to announce our new Home Visitation Coordinator, Tami Hansen. She will oversee our Home Visitation Program and continue the excellent work our parent educators have been doing in that program. We have been honored to be part of the state's Pacific Island project that is

trying to improve the birth out comes for children in the Pacific Island Population. The services and efforts that the State Health Department is using to target this population is seeing amazing results and we are very pleased to be part of those efforts.

Last spring CSS Executive Directors, Board President, Elder Merrill Bateman and Lane Beattie met with Governor Herbert to ask for support with an expansion of our Grandfamilies Program to other areas in the state. The Governor was very responsive and supportive so we will be working with his office in this next year to try to secure state funding for that expansion. In Utah, there are over 85,000 children being raised by relatives, mostly due to their parent's substance abuse issues. Grandfamilies is the only program that addresses the needs of this population.

Jacqueline R. Graham, LCSW

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SUPPORT SERVICES

Jacqui Graham, LCSW
Program Director

Anna-Lee Hernandez, SSW
Grandfamilies Coordinator

Jenny Williams, LCSW
Adoption/Mental Health Services
Coordinator

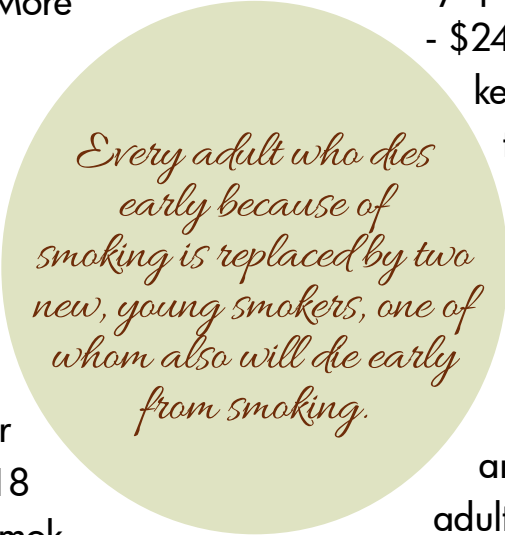
Tami Hansen
Home Visitation Coordinator

Nanette Evans, CPM
Contract Compliance Coordinator

Becky Davis
Social Services Assistant

Tobacco and Kids

Half of all children between the ages of 3 and 18 are exposed to cigarette smoke regularly either in public places (i.e. restaurants) and at home. More than 3.5 million kids under the age of 18 are smokers. Ninety percent of adult smokers began at or before age 18. More than 3,000 kids in the United States try their first cigarette every day; and another 700 additional kids under 18 year of age become daily smokers. About a third of young smokers will die prematurely from smoking related diseases. The immediate and long-term health risks and consequences associated with youth smoking include respiratory problems, reduced immune function, tooth decay, pre-cancerous gene mutations, reduced lung function, emphysema, vision problems, hearing loss and early signs of heart disease and stroke.



Every adult who dies early because of smoking is replaced by two new, young smokers, one of whom also will die early from smoking.

For many decades, tobacco manufacturers have intentionally targeted the youth in promoting their product. The tobacco industry currently spends \$8.8 billion every year - \$24 million every day – on marketing cigarettes. Furthermore, today's cigarettes are more addictive than those produced in previous decades. Research shows that children and adolescents may be more sensitive to nicotine and are more easily addicted than adults. Tobacco companies have used chemical additives to increase the impact of the addictive element of cigarettes, nicotine. They have done this by increasing nicotine levels, adding ammonia which speeds up the delivery of nicotine to the brain, adding sugars to make it easier to inhale tobacco smoke, adding flavoring like chocolate to mask the harshness of tobacco levulinic acid to make the smoke feel less irritating.

Source: Campaign for Tobacco-free Kids.

Understanding The Toll of Tobacco in Utah

Campaign for Tobacco-free Kids

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders and suicides combined- and thousands more die from other tobacco-related causes- such as fires caused by smoking and smokeless tobacco use.

- High school students who smoke: 4.4% (7,700).
- Kids under 18 who become daily smokers each year: 1,700.
- Packs of cigarettes bought or smoked by kids each year: 2.3 million.
- Adults who die each year from smoking: 1,200.
- Annual tobacco industry marketing expenditures in Utah: \$37 million.
- Annual health care costs in Utah directly caused by smoking: \$542 million.
- Kids under 18 in Utah who will ultimately die prematurely from smoking: 39,000.



IS YOUR GRANDCHILD BEING BULLIED?

Stopbullying.gov

Between 15 to 25 percent of students report being bullied with regular frequency. Social media sites and cell phones are also being used as tools for bullying. How can grandparents recognize the signs of bullying when their grandchildren don't talk about it or think that alerting someone might make the situation worse? Here are five signs to look out for:

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1. They act up or skip school.

A dramatic drop in your grandchild's grades and increased anxiety about going to school can be signs of bullying.

2. They bring up the subject of bullying.

Children most often confide in a grandparent since they see them as a comfort zone. If they begin to open up, it's important not to overreact, but instead ask them for details.

3. They stop going to their usual activities.

Although kids can, and do, change their minds, a sudden disengagement from sports or favorite hobby could mean there is trouble.

4. They suddenly don't want to be around their friends.

If your grandchild suddenly stops hanging out with someone or they swap friends, there is always a reason. It could be your grandchild decided she/he doesn't like her/his group of friends or it's also possible that the decision was made for him by the other

5. Their online habit have changed or increased.

Digital harrassment is becoming a pervasive aspect of bullying. Don't rush to limit your grandchild's internet or phone access. It won't stop, so instead take a step back and hear your grandchild out and come up with a solution together.

New Cellphone and Mobile Restrictions

KSL, UDOT and the Department of Public Safety

If you don't already use a hand-free system for your cell phone when you drive, it's time to look into one. A new Utah law goes into effect that may change the way many of us drive, and most Utah residents haven't heard about it yet. Texting while driving is already illegal, but current Utah law does not specifically ban us from doing all kinds of other distracting things with our phones. "To focus on the road, to focus on your driving, that's the main intent." Starting 13 May 2014, the following are all illegal.

1. Use of a laptop or cellphone
2. Sending texts, emails or instant messages
3. Searching the Web
4. Picking a song
5. Dialing a phone number
6. Take or view pictures or video
7. Entering data



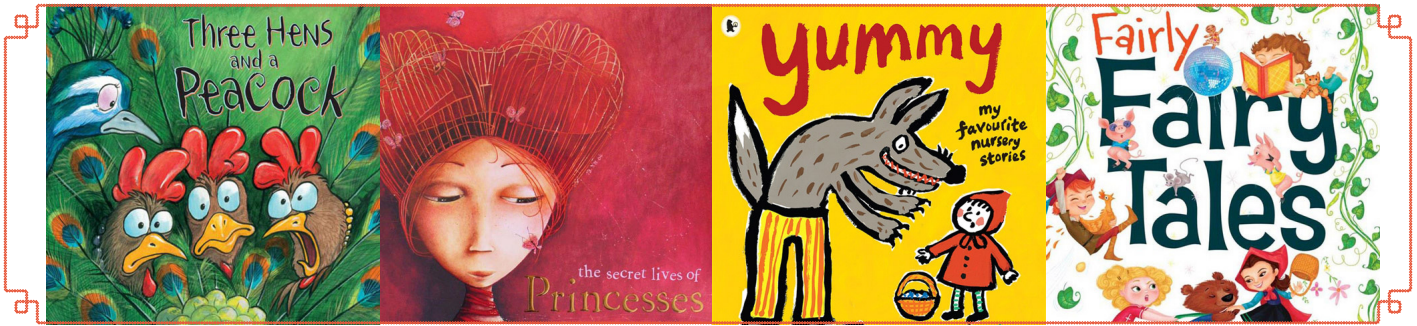
Things that draw your attention and eyes off the road.

Exceptions: You can, however, still dial your phone with your hands during a medical emergency, reporting a safety hazard, or reporting criminal activity. We are allowed to use our cellphones and other mobile devices using Voice-Operated technology, and other systems that are physically or electronically integrated into the car, such as Bluetooth. We can still use our mobile devices to view GPS, and other mapping programs. We can also still talk with our phones up against our faces, but you have to use Voice commands to dial the number.

It's a class "C" misdemeanor with a fine up to \$100, or a class "B" misdemeanor if you cause someone else to get hurt. "The ultimate responsible driving behavior is 100 per cent focus on driving."

REMINDER: New restrictions went into effect on May 13, 2014.

Summer Reading Activity



From parks, swimming pools to their own back yard, summer offers kids plenty of fun outdoor activities to keep them occupied. Summertime is also an ideal time - for days that are too hot to enjoy the outdoors- for grandparents and grandchildren to experience and share the magic of reading. Start a summer club with your grandchildren and include their friends in the neighborhood. Turn the book club into a festive event by having treats and activities related to the books you are reading. This will encourage your grandchildren and their friends to associate reading with fun. In addition to promoting fundamental literacy skills, reading will also improve the communication skills of your grandchildren. You can also use stories to teach your grandchildren valuable life lessons and provide insights and solutions to everyday problems.

Here is a suggested reading list for all ages:

Peek-a-Zoo

By Nina Laden

Ages: 0-4

Presto Change-O! A Book of Animal Magic

By Edouard Manceau

Ages: 3-6

The Dandelion's Tale

By Kevin Sheehan

Ages: 3-7

Why Does the Earth Spin?

By Mary Kay Carson

Ages: 7 & up

Matilda

By Roald Dahl

Ages: 8 & up

Inkheart Trilogy

By Cornelia Funke

Ages: 8 & up

Wonder

By R. J. Palacio

Ages: 10 & up

The Absolutely True Diary of a Part-time Indian

By Sherman Alexie

Ages: 12 & up

The Book Thief

By Markus Zusak

Ages: 13 & up

Miss Peregrine's Home for Peculiar Children

By Ransom Riggs

Ages: 14 & up

Latest Updates

- Grandfamilies BBQ in August. Check our website www.cssutah.org for details.
- Grandparents Day is on September 7, 2014. Celebrate and honor your grandparents and show them how special they are.

*"Nobody can do for little children what grandparents do.
Grandparents sort of sprinkle stardust over the lives
of little children."*

Alex Haley



Children's Service Society

Safe Children · Caring Families
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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
www.thecoolspot.gov
www.theantidrug.com
www.teens.drugabuse.gov
www.drug-rehab.org
www.cdc.gov/parents

CHILDREN'S SERVICE SOCIETY SUPPORT SERVICES IS FUNDED BY:

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Sorenson Legacy Foundation
Sterling & Shelli Gardner Foundation
United Way of Salt Lake
UPS Foundation
Utah Division of Child & Family Services
Utah Health Department, Office of Home
Visiting
Utah Masonic Foundation

