



Children's Service Society

Safe Children · Caring Families
Strong Communities · Since 1884

Children's Service Society **SUPPORT SERVICES**

January, February & March

From the Desk of Jacci Graham



I want to take a few lines and express my heartfelt appreciation for all the people that have influenced me over the past ten plus years as I wind down my career and retire April 1, 2015.

First of all, thank you to all the amazing individuals that have shared your life experiences with me by allowing me to work with you in our counseling sessions, support groups and events. I've learned so much from all of you. I'll carry the stories of the children that I've been privileged to work with and shed tears with for the rest of my life. I've been inspired by the courageous birth mothers that have made adoption plans for their children so they can have a better life and I've often thought if I could have been that strong, brave and self-less. I'm in awe when I talk to our grandparents and other kinship caregivers with their desire to do what is in the best interest of the child they are caring for.

I've been blessed to work with some of the most dedicated professionals on earth. Our parent educators that go into the homes to

teach parents the skills to be the best they can be to the adoption and Grandfamilies staff. The many hours they spend so their families will have what they need is so impressive. I can leave knowing that the agency is in such great hands, each of the staff members are dedicated and know their jobs and love their jobs. Our children and families will be well taken care of.

Finally I'm appreciative to the many individuals, foundations, corporations and government officials that have funded our programs and seen the vision that we have had for the future of families in Utah. We have been blessed by hundreds of scout troops, church groups, individuals and corporate sponsors that have provided activities and services to our programs. Thank you.

To my co-executive director Encarni Gallardo and my board of directors, thank you for holding my hand and teaching me so much. We are an agency where miracles take place within our walls on a daily basis go forth and make sure that those miracles continue to occur. I leave with hope and excitement for the future of CSS.

With my best wishes for the future,

Jacqueline R. Graham, LCSW



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SUPPORT SERVICES

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Adoption/Mental Health Coordinator

Tami Hansen
Home Visitation Coordinator

Nanette Evans, CPM
Contract Compliance Coordinator

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A Word of Gratitude!

Each year Children's Service Society has a holiday event for grandparents and children in the Grandfamilies program. Children have a chance to interact with Santa and get some early Christmas presents. A heartfelt thank you to the following organizations and individuals for their generous donation of toys, space and their time, and for helping us make Santa's Workshop a success:

- West Valley City Firefighters IAFF Local 2970
- Christmas Box House International
- Cubes Storage
- Toys R' Us
- America First
- Odyssey House
- Bill Holmberg, Terramerica
- Joell Brown
- Carolyn Hoskins
- All the dedicated volunteers!



Heroin Use in Utah

Trust for Americans Health

The State of Utah is ranked 8th highest in the country for drug overdose mortalities and 6th for opiate related deaths. Although overall illicit drug use by teens has been decreasing, heroin is making a big comeback, particularly in Utah, among teens. Heroin is increasingly becoming an easily available drug for Utah teens. Heroin comes in the form of a brown powder or black sticky substance known as "tar heroin." Because heroin users do not know the potency of the drug or its true contents, they are at risk of overdose or death.

According to a 2013 study conducted by the Trust for Americans Health:

- 1 in 4 teens have misused or abused a prescription drug at least once in their life.
- Roughly 80% of those who use heroin started with prescription painkillers.
- Drug overdose deaths doubled in Utah in the past decade.
- Utah reported more drug overdose deaths in 2010 more than motor vehicle deaths.
- 21.6 million people are in need of substance abuse treatment, but only 2.3 million received it in 2001.



Heroin in powder form



Heroin in tar form

Recognizing the Signs of Heroin Use

Trust for Americans Health

Heroin tends to induce a rapid state of relaxation and euphoria due to chemical changes in the pleasure centers of the brain. It also blocks the brain's ability to perceive pain. Individuals with a previous history of heroin abuse may initially be able to conceal the signs and symptoms of their use. However, there are a number of noticeable signs of heroin use during and after heroin use.



Physical Signs

- Shortness of breath
- Dry mouth
- Constricted (small) pupils
- Sudden change in behavior or action
- Disorientation
- Cycles of hyper alertness followed by suddenly nodding off
- Droopy appearance, as if extremities are heavy
- Weight loss
- Runny nose
- Cuts, bruises or scabs from skin picking
- Needle track marks visible on arm

Behavioral Signs

- Lying or deceptive behavior
- Avoiding eye contact
- Increase in time spent sleeping
- Loss of motivation
- Withdrawal from friends and family
- Lack of interest in hobbies and favorite activities
- Repeatedly stealing or borrowing money from loved ones
- Hostile behavior toward loved ones

Paraphernalia to look for

- Needles or syringes
- Burned silver spoons. The spoons are used to cook heroin over a flame.
- Aluminum foil or gum wrappers with burn marks
- Missing shoelaces (used as tie off for injection sites)
- Straws with burn marks
- Small plastic bags, with white powdery residue
- Bowls and pipes
- Small colored balloons used to package and transport heroin
- Cotton balls are used as a filter for injecting
- Cigarette pieces about 2/8ths of an inch long are used as a filter for injecting

"I used to think a drug addict was someone who lived on the far edges of society. Wild-eyed, shaven-headed and living in a filthy squat. That was until I became one..."

C. Kemp, Author

Common Teen Heroin Abuse Myths

Newport Academy

MYTH

FACTS



Myths Parents Believe

Heroin isn't a drug that most teens turn to:

- Parents incorrectly believe that teens tend to stick to "light" drugs to party like marijuana and alcohol.
- Parents may neglect to recognize the signs that their teens are using heroin if they believe the myth that teens don't use heroin.

Parents may believe that they can't intervene in their teen's drug use because their own history with drugs:

- It doesn't make parents hypocritical to want better for their children even if they have experimented with drugs themselves

Myths Teens Believe

Heroin is natural so it's okay to do it:

- While it may be a natural substance, it still has very harmful and addictive properties

It's okay for teens to try heroin and they won't become addicted:

- The reality is that one instance of heroin use can lead to life long addiction.

Parenting Tip: Positive Reinforcement

HealthyPlace.com, NewKids Center.com



Instead of punishing children to improve behavior, using positive reinforcement boosts a child's self-esteem and contributes to character development. Additionally, positive reinforcement also serves as a preventative measure for misbehavior. Similarly, it promotes good behavior because a children will seek praise instead of thinking they will get in trouble for misbehaving.

Positive reinforcement is an effective method for developing or changing behavior. In general, good behavior at home and school tends to be ignored. Positive reinforcement allows children to become confident, self-reliant and independent. It also helps children feel pleasant about the choices they make, and motivates them to continue with the behavior that brings them rewards.

Positive reinforcement is important in every child's life. Staying positive throughout the day will help children overcome difficult moments in life.

Why Should We Use Positive Reinforcement?

Children look forward to doing things that gives them a sense of self-worth and validity.

How to Use Positive Reinforcement for Children?

- Deliver praise when you are near your child and when the behavior you are praising is taking place.
- Use sincere, enthusiastic tone of voice.
- Use nonverbal reinforcement. Smile, hug your child, high five them or pat them on the back.
- Be specific: when praising your child say exactly what behavior you approve of.
- Often, children need attention; even negative attention is better than no attention at all. Giving frequent praise can avoid the need for children to act out inappropriately to get parental attention.

Fun Learning Activities for you and your grandchildren

Grandparents Raising Grandchildren

What can you do with your grandchildren that will keep them entertained and learning at the same time? There are numerous activities that are fun, but also teach your grandchildren important skills while spending time with them. Young children learn best through play because it allows them to explore and experience new things. Children can learn some valuable skills through play including solving problems, comparing and contrasting objects, developing imagination and expressing creativity, learning about themselves, others and the world, and expressing their feelings in a healthy way.

Homemade Finger Paint

Ingredients

1/2 cup cornstarch
4 cups boiling water
cold water
food coloring

Directions:

- Dissolve cornstarch in a small amount of cold water.
- Gradually add boiling water and stir constantly.
- Cook until mixture is clear and thick.
- Add food coloring.
- Cool before using.



Latest News

The Children's Service Society recently expanded the Grandfamilies Program to Northern Utah. The new office in Ogden is located at 3340 Harrison Blvd, Suite 130 will serve families in Weber, Box Elder, Morgan and Rich counties. The services provided include support groups for grandparents, children's classes, case management and crisis intervention. For more information on the Grandfamilies Program in Northern Utah or to access services, please call 801-546-6460.



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Safe Children · Caring Families
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655 East 4500 South, Suite 200
Salt Lake City, UT 84107
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
www.thetruth.com
www.thecoolspot.gov
www.theantidrug.com
www.teens.drugabuse.gov
www.drug-rehab.org

CHILDREN'S SERVICE SOCIETY SUPPORT SERVICES IS FUNDED BY:

Ally Bank
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In-N-Out Burger Foundation
Intermountain Healthcare Community Care Foundation

www.cdc.gov/parents
www.guidance.group.com
www.familyfunshop.com
www.brillbaby.com
www.eyenearlyeducation.org

Intermountain Healthcare Community Partner Fund
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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

