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!

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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.
<table>
<thead>
<tr>
<th><strong>Street Name</strong></th>
<th><strong>Bath Salts</strong></th>
<th><strong>Synthetic Marijuana</strong></th>
<th><strong>Ketamine</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>How is it abused?</td>
<td>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.</td>
<td>Smoked in joints or pipes, but some users make it into tea</td>
<td>Powdered ketamine is snorted or smoked. Liquid ketamine is injected or mixed into drinks.</td>
</tr>
<tr>
<td>Effect on the Mind</td>
<td>Agitation, insomnia, paranoia, delusions, suicidal thoughts, seizures, panic attacks, irritability, depression</td>
<td>Panic attacks, paranoia, giddiness, anxiety, confusion</td>
<td>Hallucination, distorted perception of sight and sound, lack of control</td>
</tr>
<tr>
<td>Effect on the Body</td>
<td>Rapid heart rate, chest pains, nosebleeds, sweating, nausea, and vomiting</td>
<td>Increased heart rate, increased blood pressure, pale skin, profuse sweating, lack of pain response</td>
<td>Slurred speech, constant sniffling, immobility</td>
</tr>
<tr>
<td>Long-term Health problems</td>
<td>Kidney failure, liver failure, long-term mental illness, death</td>
<td>Short-term memory loss, emotional instability, lack of stamina</td>
<td>Depression, reduced memory function, mood and personality changes, ketamine bladder syndrome</td>
</tr>
</tbody>
</table>
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
ways test make-up in a small area first.

L
ook both ways before crossing the street.

O
wer risk for serious eye injury by not wearing decorative contact lenses.

L
only 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.

H
enter 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 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 31/2 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

RESOURCES

- www.parentsempowered.org
- www.thecoolspot.gov
- www.theantidrug.com
- www.teens.drugabuse.gov
- www.drug-rehab.org
- www.cdc.gov/parents

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- Salt Lake County Substance Abuse Prevention Services
- Sorenson Legacy Foundation
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- United Way of Salt Lake
- UPS Foundation
- Utah Division of Child & Family Services
- Utah Health Department, Office of Home Visiting

Children’s Service Society

Safe Children - Caring Families
Strong Communities - Since 1884

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www.guidance.group.com
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