

KBYH ADVENTURE PROGRAM



Some phrases, verses, or words that we have learned seem to reappear in our lives. It was something a teacher, a minister, or a counselor told me one day. It was an adult that gave a few words of wisdom that at the time had little meaning, but yet stuck with us all these years.

Two roads diverged in a yellow wood
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth
Then took the other, as just as fair
And having perhaps the better claim
Because it was grassy and wanted wear
Though as for that the passing there
Had worn them really about the same
And both that morning equally lay
In leaves no step had trodden black.
Oh, I marked the first for another day!
Yet knowing how way leads on to way
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence
Two roads diverged in a wood, and I,
I took the one less traveled by
And that has made all the difference.

-Robert Frost

(continued on pages 3 and 5)



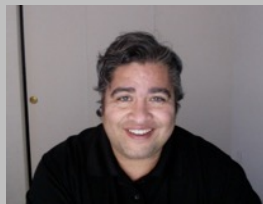
Juanita in gymnastics (left) and the Warren family enjoying their first winter in Tehachapi (right).



KBYH Staff Spotlight

Johnny Medina

Johnny is a 41 year old who holds a Masters in Social Work and Bachelor of Science in Psychology. He has 13 years experience in social services, 10 years experience in robotics and the semiconductor industry, with 5 of those years in US Marine Corps. He has lived in 38 states including the Caribbean. Johnny joins KBYH as a Group Home Social Worker. Welcome!



Upcoming Trainings

(please RSVP)

March 3, 4:00-6:00PM: “Managing Aggressive Behavior” with Mark Dominguez

April 16, 9:00-11:00AM: “Trauma-Based Therapy” with Lillian Adkins

Ongoing Trainings

Mark Dominguez will be offering the following trainings on an ongoing basis (participants must RSVP by the Monday of the week of training):

CPR/1st Aid Recertification (for anyone who has previously had CPR/1st Aid training): First Thursday of every month from 10:00am-Noon and from 6:00-8:00pm.

CPR/1st Aid-Initial Course (for those who have never had the training before): First Saturday of February, May, August, and November, 10:00am-3:00pm.

Congrats

Honor Roll

Anthony M.: 3.8

Cristian R.: 3.2

Fina C.

Perfect Attendance

Fina C.

Fayth T.

Received an A+ on English test: Cloe

Student of the Month: Hope

AB12 youth:

Miriam S. Completed 1st semester at CSUB

Marlin V. Earned her driver's license

Cheyenne C.: Perfect attendance and Honor Roll

Child Birthdays

February 7: Jayla P.

February 22: Raidene E.

February 23: Rhiannon W.

February 28: Jaylene C.



Foster Parent Birthdays

February 2: David Espinoza

February 8: John Gonzalez

February 9: Petrina Williams

February 14: Jose Alfaro

February 24: Mario Caudillo

February 25: Joshua Henry

KBYH Staff Birthdays

February 6: Judy Pilchard

February 12: Tamika Worthy

February 14: Johnny Medina

February 19: Karina Garcia

February 27: Anthony Young

KBYH Staff Anniversaries

Shawn Wilcox: 1 year

John Bacon: 16 years

Why have we invested in an Adventure Program?

1) Many of our residents have not been able to chose their own course in life. Instead they are moved from place to place filled with uncertainty, and many get involved with negative peer groups. These adolescents have suffered and missed out on opportunities that help to shape a young adolescent into a responsible young man whom many of their peers have benefited. Our Adventure Program is built on the belief that if you give someone an opportunity, instruction and support, they will be open to you and your guidance. This unconditional positive regard that we have for our residents can be unusual for them at first, but when we pair it with challenging activities such as hiking, ocean kayaking, rock climbing and just some basic fun, they start to allow themselves to be open to positive change. Stages of change can be difficult, especially for youth who have gone through so many changes. They are not sure where one problem ends and where another may begin. For teenagers who are battling substance abuse, it can be a far reaching problem as many of them have been subjected to drugs in the home. The normalization of illegal activity by adults on children can be crippling. We see the day to day struggles with some of our youth in placement that feel like drugs are just a normal part of life. This stage of change is called "pre-contemplation". The stage of contemplation is built on a trusting relationship that these activities foster. When a youth feels that he can be open and honest with a caring adult, they begin to share feelings and discuss the problems that have plagued them.



Foster Child of the Month: Nathien

Nathien has made great progress regarding his behavior and his reading ability. He has also made special improvement in his math skills. Nathien is now tutoring the younger children at his school. One of his special talents are working with his hands. His speciality is building a multitude of toys with Legos. Nathien keeps his room neat, clean and orderly. He loves to be a helper at home and at school. Thank you Nathien for your great progress and being part of the KBYH family. Also thank you, Petrina, for giving him support and encouragement.

Foster Family of the Month: Amando Reyna and Graciela Padron

Graciela Padron and Amando Reyna are outstanding foster parents who are highly deserving of this recognition. They were certified in 2013. They have performed all of their foster parent duties and responsibilities in an outstanding manner and have been able to navigate through some of the toughest challenges associated with foster care with their first set of placements. The Padron/Reyna's are very loving, dedicated foster parents who have provided a wonderful home for the children who have been placed in their care. The Padron/Reyna CH treat every child as if they were their own. They have received many accolades from the Department of Human Services on how well they take care of the children placed in their care. The Padron/Reyna's celebrate every holiday and the children are dressed accordingly. They have received accolades from the biological parents on how well the children are dressed. The Department of Human Services often inquire if there are openings in their home. The Padron/Reyna CH involves the children in numerous activities and family outings and they provide each child with a very loving, structured and stable environment. It is apparent that each child receives the unconditional love, nurturing and parenting they need to become happy, well adjusted children. Thank you for opening up your heart and home!

Kern County DHS Spotlight: Christa Chaffin

We proudly recognize Christa Chaffin as Kern Bridges' Social Worker of Month for February. Mrs. Chaffin is a highly competent, friendly and professional social worker who has always been available to care for the issues or needs of the foster children under our care. She is thoroughly familiar with her cases and she has promptly responded to many of our requests for help. On many sticky issues, Mrs. Chaffin has given results rather than excuses. She is a dedicated Social Worker who is always at the service of the foster child and us. There have been many times during which Mrs. Chaffin has been involved with her children after normal working hours and she has been there taking care of business. Mrs. Chaffin is highly respected by many of us, and we are grateful for her service and support.



KBYH Adventure Program Continued

2) "I WANT TO STOP FEELING SO STUCK". Contemplators acknowledge that they have a problem and begin to think about solving it. Contemplators struggle to understand their problems, to see its causes, and wonder about possible solutions. Many contemplators have indefinite plans to take action within the next few months. "YOU KNOW YOUR DESTINATION, AND EVEN HOW TO GET THERE, BUT YOU ARE NOT READY TO GO YET". It is not uncommon for contemplators to tell themselves that some day they are going to change. When contemplators transition to the preparation stage of change, their thinking is clearly marked by two changes. First, they begin to think more about the future than the past. The end of contemplation stage is a time of ANTICIPATION, ACTIVITY, ANXIETY, and EXCITEMENT.

3) PREPARATION STAGE. Most people in the preparation stage are planning to take action and are making the final adjustments before they begin to change their behavior, but have not yet resolved their AMBIVALENCE and still need a little convincing. Through the activities in our program, they have the **time** to think about change. We have had a 100% success rate of kids being drug free while participating in high adventure. The youth are out of their environment, learning and experiencing new things, which gives them the time they need to not feel the anxiety and pressure of substance use. Exposing them to new activities is key, as they experience the excitement of a drug free environment they are better equipped to prepare for changes.

4) ACTION STAGE: Stage where people overtly modify their behavior and their surroundings. Make the move for which they have been preparing. Requires the greatest commitment of time and energy. CHANGE IS MORE VISIBLE TO OTHERS.

5) MAINTENANCE STAGE: Change never ends with action. Without a strong commitment to maintenance, there will surely be relapse, usually to pre-contemplation or contemplation stage. MOST SUCCESSFUL SELF-CHANGERS GO THROUGH THE STAGES THREE OR FOUR TIMES BEFORE THEY MAKE IT THROUGH THE CYCLE OF CHANGE WITHOUT AT LEAST ONE SLIP. MOST WILL RETURN TO THE CONTEMPLATION STAGE OF CHANGE. SLIPS GIVE US THE OPPORTUNITY TO LEARN.

Helping to change lives is at the core of our programming at Kern Bridges. There are many places that offer to take care of residents, but we are offering an opportunity to many youth that may have never had the opportunity before possibly due to financial and or family circumstances. We are not only taking care of our youth, but we also give them the environment, supervision and guidance that they need to excel into a more positive lifestyle and building positive memories can be life changing.

- Mark Dominguez MA Psych. Kern Bridges Social Worker.



SAFETY

Carbon monoxide, often abbreviated as CO, is a gas produced by burning fossil fuel. What makes it such a silent killer is its odorless and colorless properties. It is extremely difficult to detect until the body has inhaled a detrimental amount of the gas, and if inhaled in high concentrations, it can be fatal. Carbon monoxide causes tissue damage by blocking the body's ability to absorb enough oxygen. In fact, poisoning from this gas is one of the leading causes of unintentional death from poison.

Here are some common household sources that can emit carbon monoxide:

- Kerosene or fuel-based heaters
- Chimneys, furnaces, and boilers
- Gas water heaters
- Wood stoves and gas stoves
- Fireplaces
- Charcoal grills
- Gasoline powered equipment and generators (such as houseboats)
- Automobile exhaust
- Portable generators
- Tobacco smoke

Some of these pieces of machinery and equipment have been replaced with electricity as fuel sources in the modern day, thus eliminating the possibility of carbon monoxide leaks. However, in older houses and apartments, such risks can still prevail, so always perform periodic checks for possible gas leaks. Be sure to always keep enclosed spaces well ventilated as a precautionary measure, and never operate a charcoal grill or light a fireplace in an enclosed, poorly ventilated space.

-From Symptomfind