HIGHLIGHTS

November 2003 | A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together | Vol. XVIII, No. 11

Therapist Spotlight—Elizabeth Sobral, MFT

Mentoring Advocate, Dedicated Professional

"Mentors are a God send, especially today when so many programs are being cut," says Elizabeth Sobral, MFT and clinical bilingual therapist at Child Guidance Center in Santa Ana. "Children need so much support and mentors act like buffers and extended family."

As an example, Elizabeth observed the changes that have taken place in one of her clients since he has had a mentor. She said that initially the youth was non-compliant at home and school, and would provoke and tease his peers. He was often defiant and displayed an irritable mood and poor concentration. Elizabeth matched the boy with a mentor to assist with his social skills and help build his self-esteem. The two have been matched for nearly a year and the change in the youth has been significant.

"To see the face of my client when he talks about his mentor is a therapy session in itself," according to Elizabeth. She noted that Delmer Galdamez, the child's mentor, takes great interest in both the boy and his family. She feels the mentor has helped immensely by modeling positive behaviors and attitudes. "His availability to the minor and the support he provides the minor's parents work very well also." Delmer, who has had an extensive background in social services in his homeland of Honduras, always seems to come up with age appropriate and fun activities. Elizabeth values his enthusiasm and dedication.

In turn, Delmer credits Elizabeth's supervision and direction with helping him to become an effective mentor. According to Delmer, Elizabeth is very supportive and he appreciates her ability to converse with him in his native Spanish language.

Elizabeth graduated from the University of La Verne in La Verne, California, where she received her Masters Degree in counseling and marriage and family therapy. Prior to coming to the Child Guidance Center in March of 1998, she counseled students at the University of La Verne, and was in private practice in Laguna Beach.

In her spare time, which is minimal, Elizabeth is a volunteer counselor for the Red Cross. She first became involved with the organization following the September 11th disaster in New York City. She spent two weeks in the city to help counsel families of firefighters, policemen, building employees and others. "I felt helpless during this time, the sadness was very palpable, indescribable really. This is something we were very naive to... a very rough and sad awakening." She continues to volunteer for the Red Cross, and is often called upon to assist those in need throughout Southern California.

Although highly dedicated to her profession, Elizabeth also knows the importance of recreation and joy in one's personal life. This month she and her husband, Carlos, plan to celebrate their 25th wedding anniversary in a very unique fashion. He has arranged for the two of them to go to Italy and renew their wedding vows. Both are looking forward to an enjoyable adventure.

SAVE THE DATE!

Holiday Party For Mentors and Mentees

Sunday, December 14
11 a.m. to 2 p.m.
at the
Elks Club in Huntington Beach
Featuring food, entertainment, Santa and gifts

More detailed information will be mailed soon.

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November 2003
Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults.

Tuesday, Nov. 4
"What Works at Work"
Orange County Public Library
Tustin Library
345 E. Main St.
Tustin
(714)544-7725
Designed especially for teenagers up to 18 years of age, this is one of the programs coordinated by Teen Librarian Tim Scott.
Time: 4-4:45 p.m.
Cost: Free

Saturday, Nov. 8
Scales, Feathers & Fur*
Orange County Zoo
Irvine Regional Park
1 Irvine Dr.
Orange
(714)973-6847
Time: 10-11 a.m.
Cost: $3

Saturday, Nov. 8
Guitar Ensemble Concert
Orange Coast College
Fine Arts Room #119
2701 Fairview Road
Costa Mesa
(714)432-5880
Time: 8 p.m.
Cost: $5 Advance

Saturdays, Nov. 8 & 22
Friends Tours*
Shellmaker Island
East Bluff @ Back Bay Drive
Newport
(949)923-2269
This is a roaming outdoor classroom, teaching those on the tour about the birds, the sea life, the history and ecology in the bay.
Time: Every 15 minutes between 9 & 10:15 a.m.
Cost: Free

Thursday, Nov. 13
Art Walk
Old Town Orange
Meet at Chapman & Glassell
Orange
Enjoy an early evening of art, strolling entertainment and old California ambience around the plaza in Orange.
Time: 6-9 p.m.
Cost: Free

Saturday, Nov. 15
"Hoe-down" Family Fun Night
YMCA of North Orange County
2000 Youth Way
Fullerton
714-879-9622
Enjoy a western-themed night of fun including refreshments, western-style dancing, crafts, games and door prizes.
Time: 6-8 p.m.
Cost: Free

Tuesday, Nov. 18
Ocean Tales, Mermaids, Whales & Pirates
Taft Library
740 E. Taft Ave.
Orange
(714)288-2430
Harlynne Geisler is the storyteller for this adventure program suitable for all ages.
Time: 3:30-4:15 p.m.
Cost: Free

Wednesday, Nov. 19
Animal Tales of the Rain Forest
El Modena Library
380 S. Hewes St.
Orange
(714)288-2420
This special program will feature puppetry.
Time: 3:30-4:15 p.m.
Cost: Free

Thursday, Nov. 20
Indian Tribes in North America
Orange Library
101 N. Center St.
Orange
(714)288-2420
Children, teenagers and adults will learn dances, songs and stories of Native American tribes.
Time: 3:30-4:15 p.m.
Cost: Free

Sundays, Nov. 2 & 16
Surfin' Sunday
Surfing Band Concert and Exhibits
Huntington Beach International Surfing Museum
411 Olive St.
Huntington Beach
(714)964-3483
This surfing band event has become very popular with all ages, featuring local and international musicians. It is always held in conjunction with exhibitions, which currently feature *Skateboards from 1950s to Present,* highlights of International Surfing Association's World Championship of Surfing (surfers from 40 countries) held in Huntington Beach in October, and the *Life of Filmmaker, Surfer and Inventor George Greenough.*
Time: Concert 1-3 p.m. Sundays
Museum open daily, but call for times
Cost: Free

Mentors may use the Harbors Beaches & Parks passes for entry and parking at County of Orange facilities. Special events may have an additional fee.

HAPPY BIRTHDAY

Sylvia Rissler	11/6
Francisco Alcazar	11/10
Susan Payne	11/14
Kristen Murray	11/14
Chris Barrett	11/16
Michelle Louie	11/17
Nicole Taylor	11/19
Melissa Capasso	11/30

Mentoring Tips and Tidbits

Match Outing Activity to Mentee's Interests

The following "Tips" for interesting and fun things to do with your mentee was taken from the California Mentor Foundation website, courtesy of the Youth Mentoring Connection. To access the CMF website, go to www.calmentor.org.

Does your mentee enjoy sports?
Check local college and high school sports schedules and choose an event to attend such as football or basketball, and/or check out lesser-known sports such as field hockey, rugby or rowing. Some colleges may have youth days or special activities through their athletic departments for community members.

Does your mentee know what you do for a living?
Give a tour of your current job and talk about your responsibilities. You could also visit the site of your first job, or a place that reminds you of that first job, and discuss it with your mentee.

What could you do with your mentee this weekend?
Pretend you are tourists in your city. Visit the typical sites and write a letter to the editor of the local paper or city magazine about the experience.

Does your mentee enjoy writing?
Get your mentee a journal and introduce him/her to writing about their goals, dreams and aspirations.

Do you want to make your mentee feel special?
Surprise him/her with an unexpected phone call, email or letter.

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Adventure City
Anaheim

James and Dena Anderson
Anaheim

Colleen Bartley
Placentia

Cathleen Berry
Placentia

Books Are Fun
Mission Viejo

Jean Brayer
Santa Ana

Mr. and Mrs. Brudage
Indiana Wells

Glen and Jennifer Christofferson
Fountain Valley

Claim Jumper Restaurants
Irvine

Costco Wholesale
Yorba Linda

Lucille Cruz
Silverado Library
Silverado

Dr. Chantal Sejourne Daitch
Westminster

Nancy Decker
Placentia

Karen Emerson
Chapman Branch Library
Orange

Bernie Gordon
Placentia

Frank Grimaldi
Laguna Beach

Dr. R. E. Gruner
Mandeville, LA

Monica Guevara
Placentia

Mark Gunderson
Westminster

La Paz
Brea

Antonio Larrea
Brea

Kimberly Lichnich
Mission Viejo

Lee Lobardo
Santa Ana

Rembrandt's Employees
Sally
Jack and friends
Mr. and Mrs. Pickerel
Frances
Faye Knowlton
Paul Kelly
Placentia

Smith Barney Citigroup
Orange

Statek Corporation
Orange

Mentoring Matters

WELCOME NEW MENTORS

South/Costa Mesa
Ada Reveles, Kristen Langston, Heather Murphy

THANKS TO THOSE WHO HAVE MOVED ON

South/Costa Mesa
Rachel Magana, Francisco Alcazar, Marie Debor, Julia Munoz

West
Shawnee Koop, John Muse, Tonia Latorre, Douglas Voorhees, Marcella Michel, Kristin Pawling, David Minna

Aspen
Al Castro, Donna Linsey

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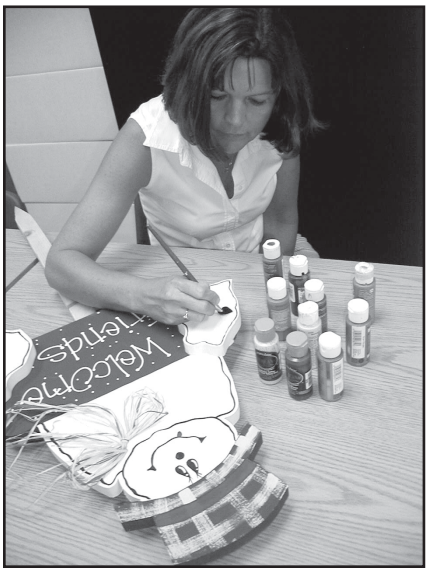
The Back Page



Santa's elves are again hard at work preparing for the annual CYS-Project Together Holiday BouTEAque, set for Wednesday, November 19 from 10 a.m. to 4 p.m. in the Fourth Floor Conference Room at 405 West 5th Street in Santa Ana. In addition to handcrafted holiday decorations and CYS-PT Cookbooks, several new surprises are planned for this year's fundraising event, including a silent auction, baking contest, Christmas Tree Walk and gift basket opportunity drawing. Of course, a delicious selection of sweet treats will also be offered. All proceeds benefit clients and families served by Behavioral Health Services/Children and Youth Services.

How to Contact Children and Youth Services—Project Together

General Information

Phone: (714) 796-0100
Website: www.ochealthinfo.com/behavioral/cyspt
Email: CYSPT@hca.co.orange.ca.us

Central Staff

Sharon Modaff, Service Chief I	(714)796-0100
Nancy Robins, Program Supervisor I	(714)796-0115
Martha Murphy, Volunteer Coordinator	(714)796-0121
Peggy Evans, Volunteer Coordinator	(714)796-0117

RegionalVolunteer Coordinators/ Resource Specialists

East—Veronica Chavez	(714)480-6756
North—Sunney Shin	(714)577-5422
South/Costa Mesa—Jonathan Schiesel	(714)850-8444
South/Laguna—Lee Boon	(949)499-8614
West—Diane Prescott	(714)896-7509
Aspen—Adrienne Davalos	(714)565-2830

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.

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