

PEEK AT THE POINT



Quarterly Newsletter

Fall 2008

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Anthony's STORY

When Anthony first walked into the room, I was immediately struck by his outgoing nature, his goofy grin and his overall sense of ease and fulfillment. I would never have imagined the story he was about to share with me.

Anthony grew up in Denver. Until the age of 5 he was bounced from foster home to foster home. He was then adopted by the grandparents of two of his step sisters. He never really felt like part of the family and, in effect, searched for a family and love in places outside of his adopted home.

At 10 years old, Anthony started hanging out with known gang members. That year, Anthony was jumped into a gang. These jumps, or severe beatings, usually last 3-4 minutes and are a requirement of gang initiation.

Anthony was given his first gun at age 11 and there was nothing to stop him from using it. I have to admit that this was absolutely shocking to me. He shared his past with such passion and enthusiasm I had to wonder whether or not he understood the severity of his actions.

What *I* needed to understand was that this type of life is all that he knew. Going to school and dodging bullets was just as normal for him as going to a high school dance was for me. This was his life. These were his experiences. Of course he was going to speak about them in such an animated manner.

Throughout his teen years, Anthony bounced from school to school and continued to live a very violent life until he found himself sentenced to prison with the Department of Youth Corrections.

This is where Anthony's entire persona changes. He's quiet and serene. His voice is gentler and his body language is much more relaxed.

While in prison, he felt "horrible and remorseful." He realized he had hurt his family and found himself in not the best of environments. He didn't want to hurt people anymore. He earned his GED while at DYC and he started reading the Bible.

Eventually, Anthony earned a certificate in Biblical Studies and Christian Ministry. He started a Bible Study group and found out he was an excellent leader.

Anthony is now at Turning Point. Says his primary counselor, "Anthony came in with probably the most goals out of anyone I've seen enter this program. He sets goals and strives to achieve them. He assumes the role of a father figure [with other clients in the program] and gives them direction."

Since coming to Turning Point, Anthony has successfully found employment in the community thanks to a local business owner who continually reaches out to give Turning Point youth another chance. Anthony has worked intensively with his primary to create a budget, research education options, and begin searching for a place to live once he leaves Turning Point. He looks forward to gaining more experience in his career, moving out on his own, and going back to school. ■

If you would like to get more involved and help youth to achieve their goals, please give us a call at 970.221.0999

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TURNING POINT
CENTER FOR YOUTH &
FAMILY DEVELOPMENT
We Turn Lives Around

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Fort Collins, CO 80525

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Day Resource Program IN GREELEY

Over the past few months, Turning Point has been working with referring agencies in Weld County to provide a local day treatment program to approximately 25-30 youth in need of therapeutic care and individualized education services. The result of this cooperation is Turning Point's new Day Resource Program.

Turning Point's Day Resource Program provides outpatient treatment and education services to youth struggling with addictions, mental health issues and behavioral concerns. The program provides youth with 30 hours per week of education, along with regularly held substance abuse treatment groups and traditional therapies including group, individual, and in-home family therapy. ■

COMMUNITY DONATIONS ARE REQUESTED TO PURCHASE THE FOLLOWING:

- School equipment and furniture
- Kitchen equipment for dining room service
- Desktop computers and laptop computers

970.567.0885

Thank you for your support!

SUMMER EVENTS A Success!



Our 2008 Golf Tournament and Pedal to the Point Bike Tour raised much needed funds to support local youth. We'd like to thank everyone that sponsored, volunteered and participated at each of these events.

If you'd like to get more involved with next year's events, or simply offer feedback on this year's events, please give us a call at 970.567.0885.

CONTACT Information

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HOW TO TALK TO YOUR Teen

NOTES FROM THE DESK OF JOHN GRAY, MA, LPC



I read an article in a popular news magazine a while back about what children want most from adults. Number one is for adults to listen to them. Here are a few simple tips on how to enhance your communication with your kids. To begin with, it is important to understand self-esteem and identity are rooted in interaction. How we interact with children impacts how we see them and how they see themselves.

I like to think of parenting in terms of the roles we play. We are husbands, wives, disciplinarians, chauffeurs, and much more. One tool is to see these various roles as hats we wear. Make time to take off the disciplinarian hat and put on the listening hat. You can get creative and use a variety of different props to help prompt you for the different roles. Some people use different rings, rubber bands, and so on to help remind them to stay in the role, especially the listener role.

Creating open communication with your children helps to promote healthy self-esteem and actually pays dividends if and when there are struggles in the family. Open and healthy communication (when emotions are not elevated as they are in an argument) must be practiced so that once an argument ensues, healthy problem solving skills are developed and demonstrated. Examples of practicing open communication are: “say more about that,” “I want to understand more . . . “ You see, you are encouraging more communication from your children, not making statements that end up stopping a two way flow.

We tend to interpret information in three ways: tactile, visual, and auditory. It is best to use some combination when attempting to communicate information we want our children to remember and use. For example; talking to your children about what a clean room really means and combining that with a visible list of the areas and methods used to clean a room. Post this list where the children can easily reference it and encourage open communication about the list.

Encourage your children to talk to you and give space for them to talk at their pace. Watch their TV shows and listen to their music and engage them about it. “What do you like about this show?” “What stands out to you about this music?” I hope this is helpful and you find yourselves enjoying the process of communication with your children and not just focusing on a product or outcome. For, it’s the process of communication where the selves of your children live. ■

John Gray, MA, LPC is Program Director of Turning Point’s Community Centered Services Program, providing out-patient treatment services to youth in Northern Colorado.

These services include:

- Day Treatment Program in Fort Collins
- Day Resources Program in Greeley
- In-Home Therapies and Counseling for children ages four and up and their families
- Group and Foster Home Consultation and Guidance.

THIS PROGRAM IS NOW ACCEPTING NEW CLIENTS. MOST INSURANCE PLANS ACCEPTED.

For Referrals, please contact Kim Wood, Clinical Coordinator
at 970.221.0999 x26 or kwood@turningpnt.org

THANK YOU FOR YOUR Support!

If you would like to financially support Turning Point’s programs serving high risk youth, and if you would like to provide troubled youth with the tools and opportunities they need to turn their lives around, please make your contribution using the enclosed envelope.



Turning Point Center for
Youth & Family Development
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Please contact Nicole Conant
at 970.567.0885 or
nconant@turningpnt.org
if you have any questions.

Visit us on the web at www.turningpnt.org

WE TURN LIVES
AROUND...
*with your
help!*

The mission of
Turning Point Center for
Youth & Family
Development is to
provide a high quality,
structured and therapeutic
environment with growth
and change opportunities
for everyone involved.

COMING Events

FRIDAY SEPTEMBER 5TH

6-9 p.m.

Museum of Contemporary Art, 201 S. College Avenue, Fort Collins

Turning Point Youth Art Show and Auction!

Organized by Turning Point youth
to support the Suicide Resource Center.

For more information, please contact Emily Kernen at 970.221.0550 x422

SATURDAY OCTOBER 4TH

6:30 p.m.

Megan Burt, Finalist in the Telluride Bluegrass Festival Song writing Contest

Everyday Joe's Coffee House, 144 S. Mason Street, Fort Collins

\$10

Proceeds from concert benefit Turning Point

For more information, please contact Nathan Scott at 970.567.6459

WEDNESDAY OCTOBER 15TH

3:30 p.m. - 8:30 p.m.

Fort Collins Regional Library District Read-A-Thon

Proceeds from the Read-A-Thon benefit Turning Point

To sponsor 1/2 an hour of reading or to make a flat donation,
please contact: Sue Ellen Jones at 970.222.4116