

# YSCC News



August 2012

## Did you know?

A review of the international research literature on family resilience shows **strong emotional bonds, effective patterns of communication, the use of coping strategies and family belief systems** are important means by which families manage to cope with hardship. **Positive parenting is a key influence on children's development.** YSCC has services geared toward building parental skills and supports. Learn more at [www.yscc.net](http://www.yscc.net) or call us at 918-227-2622

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Youth Services of Creek County is a nonprofit 501(c) (3) tax exempt agency and a member of the Tulsa Area United Way. We are proud to be the only non-billing agency in the area that provides services to all Creek County residents free of charge. Contact us at [www.yscc.net](http://www.yscc.net) or 918-227-2622

## United Way Campaign Season Begins

The Tulsa Area United Way (TAUW) has a simple yet specific mission statement: We unite people and resources to improve lives and build stronger community. United Way has fostered a strong presence in Creek County by partnering with 13 local agencies to help improve lives and make our community stronger. This is evident in the 140 kids who utilized YSCC's shelter last year or the 240 students who received outreach services. Of course none of

this would be possible without individual and business support during TAUW campaign season. YSCC is proud to not only be a partner agency but to also raise funds in support of the United Way's annual campaign. Campaign season begins August 15<sup>th</sup> and ends November 15<sup>th</sup>. TAUW invested 90 cents of every dollar back into local services last year. That equates to more lives touched, changed and saved through giving during TAUW campaign drive. To

kick off YSCC's campaign, we will host a garage sale on August 3<sup>rd</sup> from 8am until 2pm. Be sure to check out local events hosted throughout the campaign season including Chunk the Change and a chili lunch hosted by several Creek County TAUW agencies. Need more convincing? For every dollar YSCC donates, we receive \$13 back. That makes a huge difference in the lives of our community.



## Back To School: 9 tips to Help Your Child Adjust

Preparing to go back to school is hard on both parent and child alike. Relaxed schedules of summer give way to new routine come August. Here are some tips to help transition you and your child back into a school routine with as little fuss and tears as possible.

1. Start early. Give your family at least 2 weeks to adjust.
2. Be enthusiastic about the upcoming change. If you are excited and confident, your child will be, too.
3. Prepare yourself and your child for their new environment. Attend Meet the Teacher night so that your child can be introduced to his/her new teacher(s) and classroom in advance. Be

- sure to visit the cafeteria, library, gym, and playground. Practice unlocking combination on locker. Spend enough time to make sure your child is confident in their environment
4. Invite one of your child's friends over or take your child somewhere his/her friends spend time. Seeing a familiar face will remind your child of the social interactions associated with school. It will also give your child someone to look forward to seeing on the first day.
5. Start daily routines. Let your child become involved with packing lunch or laying out clothes. Also, begin an earlier bedtime.
6. Be supportive of your child. Listen to his/her concerns. If

- your child has concerns that you are unsure how to handle speak with other family members or school staff. Do your best to ease your child's concerns while focusing on the positives of school.
7. Put aside extra time on the first day for chatting and commuting. But remember not to prolong the good-bye. If your child whines or clings, staying will only make it harder.
8. Always say good-bye to your child. Be firm, but loving about separating. Never ridicule a child for crying. Instead, make supportive statements like, "it's hard to say good-bye."
9. At the end of the day, focus on your family. Discuss the day with your child.

## Bridging the Gap through Volunteering



"Unless someone like you  
cares a whole awful lot,  
Nothing is going to get  
better. It's not."

— Dr. Seuss, *The Lorax*

Volunteers are the treasure of a non-profit organization. The reason is simple; volunteers infuse the air with a carnival spirit. Just as a carnival ignites a sense of excitement, volunteers bring new ideas and activities to an organization. A volunteer provides a break from the day to day schedule and a sense of change. Volunteers bring in a playful spirit helping to mix up the daily duties and routines. Enthusiastic and creative volunteers help bridge the gap between organizations employees and clients. Those who are passionate about helping others show clients the joy of giving back to individuals and their community. The very act of donating time, energy and talent to the youth in your community, instills hope in the future generation.

Volunteering does not require

extensive training, a substantial skill set or extravagant amounts of time. All that is needed is a generous heart and an open mind. Volunteering looks a countless different ways and can take on almost any form from basic cleanup to office work to playing games to donating supplies.

Volunteering not only brings you and the people that you volunteer for joy, it also builds self-confidence, helps to connect you to others, gives you a sense of pride in your community and offers valuable experiences that translate to job skills,

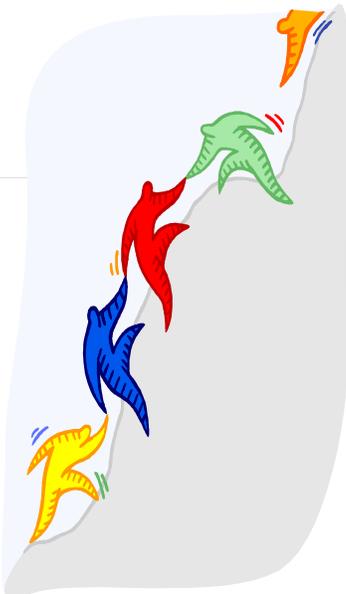
At YSCC, we value volunteer involvement. We see the joy on the faces of our residents. Recently, at our annual League the Way event, the Sara Lund Community Service Award was given to its namesake,

Sara Lund. The award, which will be given out each year, was created to highlight the exclusive contribution made by our special volunteers.

Sara Lund has donated her time, energy and talents to YSCC for 8 years; which is all the more impressive considering that Sara is 16 years old. In addition to donating time at YSCC, Sara also volunteers at her church and other causes in the community. She understands and embodies the very definition of filling the gap. We respect her for that.

And we respect the time, talent and efforts you bring to our YSCC family. Visit our Wish List (under Get Involved) to see our current needs of supplies to donate now. To get involved in our shelter use the Contact Us form (under About Us) or call 918-227-2622.

## Building Resilience in Youth



Put simply, resilience is the ability to overcome; to recover. Difficult times come to all people. The good news is that the ability to "return to an original, calm state" is a set of skills we can instill in our children. The better news is that many of those skills are ones we can model, and practice, in our everyday lives. Maintaining a relationship with your child that allows for honest, open communication will create a strong emotional bond and foster the good communication that is not only critical to a strong parent/child

connection, it is also the first step toward building resilience. Another way to build resilience is to develop appropriate and healthy ways to handle conflict, strong emotions and unpleasant or unexpected circumstances. This skill set is often referred to as coping skills. It is also important to realize that different people handle situations differently so coping skills may look very different depending on the person. In general though, healthy coping strategies do not hurt yourself or others and commonly fall in one of

three categories; relaxation, exercise and expression. Relaxation refers to activities that relax the body and mind. Exercise refers to activities that burn off energy and expression refers to activities that allow for individual expression through art, music, communication, etc. Lastly, a family belief systems anchors children into a sense of something greater than themselves and builds resilience through perspective. Fostering resilience helps prepare children for hardship and creates stronger parent/child bonds. Win-win.