



Save-the-Date Changes Dinner and Auction

Saturday, October 21
Edmonds Yacht Club

This year's auction will be more casual with less silent auction items, more fun live auction items, open table seating, and much more.



Summer is Coming!



By Sandy Barnes

To parents of acting out teens, this sounds like impending disaster. They can't use the activities that have worked in the

past to fill up those summer weeks. Soccer camp. Swim team. Church trip. Visit to Grandma. They may realize that their teen probably won't comply. Their teen may have already learned that they don't have to cooperate with their parent's plans.

Most of all, no school. Parents often rely on school to organize their teen's time during the year. The student is supposed to attend every weekday. However, the parent may realize that their acting out teen doesn't attend regularly anyway.

Long evenings warm weather, so many opportunities to get into trouble: smoke weed, hang with those rough kids, drink alcohol, prowl cars. Parents can worry themselves crazy thinking of the possibilities!

Parents in the Changes groups have been facing summer for twenty years. Our advice to them is relax and slow down. Those weeks will slip away, especially if you can stay calm. Don't

have unrealistic expectations. Avoid the ultimatums. A 16 year old could get a summer job (wouldn't that be great?) but likely they won't. Especially if the parent insists on it or gives them spending money. Don't enable their bad activities with money, phone or driving privileges. You can learn how to do this through the Changes program.



Maybe your unruly teen may agree to go visit family members. Avoid putting out a lot of money for a plane ticket when the teen may refuse to go at the last minute. Playing video games in the basement is not always a bad habit. An At-Risk Youth petition (if the teen is eligible and the parent willing) can help moderate curfew and staying out all night issues.

Think, Plan, Act. This keeps the parents on track and away from panic. September will come around soon!



Changes Annual Picnic

Saturday, August 12
11:00 am until 4:00 pm
Willis Tucker Community Park, Snohomish WA

Do you enjoy playing volleyball? We will be hosting a tournament between the three Changes meeting locations.

Top Chef Competition

Bring your best dish to share and compete to win a prize and recognition for your culinary prowess!

Changes' Donors GiveBIG!

On May 10th of this year, the Seattle Foundation held GiveBIG, an annual nationwide day dedicated to raising funds for nonprofits. Thanks to our generous donors, Changes raised over \$4,000. Funds raised will be used to continue our outreach efforts to bring new parents into Changes meetings.



Way to go Changes members and all others that helped make this year a successful GiveBig campaign!

Consider joining a Changes Committee

as a way to "Give Back". Use your talents to help Changes continue to build on our program, process, resources, and tools.

Current committees: Board Development, Budget, Program and Meeting Development & Review, Outreach, Fundraising & Events, Communications & Marketing, and Bylaws & Judiciary.

Contact Peter Wick (Executive Director) for more details at office@cpsn.org



Can't commit to joining a Committee? Consider Sharing Your Story.

We are looking for parents who will share their stories. Particularly, we would like to interview someone about the benefits they received through Court & Support. Your story can be anonymous.

Call or email Terri Suzuki at 206-859-3377 or suzki33@gmail.com to be interviewed. Help light the way for other parents!

June is Pride Month!

Happy Pride month to parents who are LGBTQ or are parents of LGBTQ kids! The theme this year is "Indivisible." Pride month is a great way to connect as a family and our area has lots of celebrations for all ages. Here are a few ideas for things to do to celebrate Pride month:

- Attend the Seattle Pride parade downtown on June 25th from 11:00 am
- Walk in the parade together
- Read a book about gay culture/history together
- Hang a rainbow flag at your house



While you don't get to go to these events, under 21 events are well chaperoned in our area and are a lot of fun. Consider encouraging your teen to attend these events:

Youth Pride Dance at Pravda Studios, 1406 10th Avenue, Seattle, June 24th, 7 PM - midnight
Gay Straight Alliance events at your child's high school

My son (now 33 years-old) remembers feeling loved and accepted as I took him to these kind of events. So, get out there and make some family memories!



March 16 Speaker Event: *Why Addiction is a Disease and Why There's Hope*

Changes and Northbound Treatment Services hosted a free public presentation on March 16 featuring award-winning addiction specialist, Dr. Kevin McCauley at the Seattle Downtown Public Library.

The Facebook Live video event is available on the Changes Facebook page at <http://bit.ly/2rSo39x>

Fred Meyer Rewards Program

So many Changes members and others have connected their Fred Meyer Rewards cards to benefit Changes when they make purchases, that it has become a nice stream of funding for Changes.



If you are a Fred Meyer shopper, get a rewards card, link Changes as your choice for nonprofit donations – Changes gets a check from Fred Meyer each quarter at no expense to you. If you need more information or help enrolling, please contact the Changes office at office@cpsn.org

Go to <https://www.fredmeyer.com/topic/community-rewards-4> and sign in to enroll your card to donate to Changes.

Program Reps Working Hard for Changes!

Changes Program Representatives met on May 6. Attendees were Maureen, Lisa, Anne, Stephanie, Allan, Peter, and Amy.

Meeting Group Reports:

Everett: average 13 attendance, 9 orientations, 7 returned, 2 new teams

Redmond: average 5-17 attendance, 8 orientations, 50% retention, 3 new teams

Seattle: average 28 attendance, 3 orientations, 50% retention, 1 new team

Group Issues Discussed

Everett

- Needs tools/direction in on-boarding new Rep.
- Tablet: what to do with parents who don't use email at all

Redmond

- Needs new location before 2018
- **Peter** and **Cindy** will lead with help from Redmond Reps; we welcome suggestions.

Two key factors: free parking and a storage unit. Follow Relocation policy.

Seattle

- Finds it challenging to use the tablet; starts slow and keyboard not easy to type. They changed back to manual recording. (Redmond is using the tablet fine)

- Have suggestion forms regarding updating Large Group Scripts

Common Topics

- Secretary notes: each group decides what to do with them after one year. More for record-keeping purpose. (Or more? – Amy)

- Google Drive: Reps need to familiarize of the folder and what can be found there. Encourage using that as a centralized source of documents and updates

Program Representative Issues Discussed

- Question came up about the raise from \$5-\$10. It was decided before the suggestion process started.

- How suggestions work:

Suggestion submitted —> committee review —> back to Rep to approve (—> *If needed Committee review again*) —> Report to Board for approval Board meeting: centralized info on what is being worked on

- Amy and Peter are welcome to visit the meetings anytime for observation only

Orientation Script

- Reps continue to sit in with experienced trainer to get familiarized with script (Kathleen)

- There's inconsistency in the poster vs. script

Member Information Manager

Make sure each meeting uses the up-to-date contact list; maybe use a new excel format?

Review Volunteer Job Descriptions

It was very efficient to have Henry (Program Committee Chair) sit in on this session

Support Changes as you shop

Amazon will donate 0.5% of the price of your eligible **Amazon Smile** purchases to **Changes Parent Support Network** when you shop at smile.amazon.com



- Same prices and selection
- No cost to you
- Use your current Amazon account OR create a free account with an email and password
- Amazon Smile eligible purchases will be noted on the product detail page

Amazon Smile purchases provide needed funds for Changes program and services.

For more information, visit smile.amazon.com/about

2017 Events Calendar



August 5: Program Rep Meeting, 10-Noon, Mountlake Terrace Library

August 12: Changes Annual Picnic

October 21: Changes Dinner & Auction, Edmonds Yacht Club

December 9: Annual Membership Meeting, 10-11:30, location TBD

"I was a deer caught in the headlights and had no where else to go! Soon, through Changes, I started to recognize when it was my daughter's problem and when it was my own."

~ mother of 19 year old daughter

