

# THE INFORMER: A POSITIVE ALTERNATIVES PUBLICATION

Alpha House Menomonie

Alpha House River Falls

Intervention Services

Prevention Services

## STRESS MANAGEMENT - How to reduce, prevent & cope with stress

### Strategy #1

#### Avoid Unnecessary Stress

- Learn how to say NO
- Avoid people who stress you out
- Take control of your environment
- Avoid "hot-button" topics
- Pare down your to-do list

### Strategy #2

#### Alter the Situation

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

### Strategy #3

#### Adapt to the Stressor

- Reframe problems
- Look at the BIG picture
- Adjust your standards
- Focus on the positive

### Strategy #4

#### Accept the Things You Can't Change

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

### Strategy #5

#### Make Time for Fun & Relaxation

- Set aside relaxation time
- Connect with others
- Do something you enjoy every day
- Keep your sense of humor

### Strategy #6

#### Adopt a Healthy Lifestyle

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes and drugs
- Get enough sleep

[www.helpguide.org](http://www.helpguide.org)



## FROM THE INTERIM DIRECTOR: Jamie Lawrence-Olson, M.S.

After Kim Edwards left Positive Alternatives in November 2011, Jamie Lawrence-Olson was appointed by the Board of Directors as Interim Executive Director. Jamie has a M.S. in Vocational Rehabilitation with a B.S. in Human Development Family Studies from the University of Wisconsin-Stout. Jamie has worked for PA since August 2002 as the Program Coordinator for Prevention Services and as Assistant Executive Director since 2006. Jamie is originally from Menomonie having graduated from Menomonie High School in 1989 after moving to Wisconsin from Wyoming in 1986.

When Jamie isn't at work she is very busy being a mom to three children (ages 14, 11, 3), attending her daughters sporting events, doing lawn work, reading and spending time with family and friends.

Jamie can be reached at 715-235-9552 or at [jlawrence-olson@positive-alternatives.org](mailto:jlawrence-olson@positive-alternatives.org)

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THE INFORMER:

GROUP HOME AFTER CARE SERVICES



After care is a new service being offered by Alpha House group homes. Our after care specialist works with youth and their families during the youth's stay in order to prepare for discharge. This process provided at no additional cost will include establishing client and family goals, deciding on expected outcomes, and creating plans to reach those outcomes.

After the youth is discharged, the after care specialist will meet with the youth and their families 6 times to follow-up and offer support. After care services are available for all Alpha House residents whose stay is 3 months or longer.

If you have any questions regarding After care services please contact:

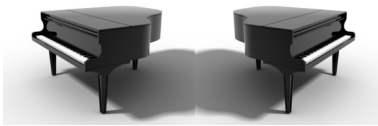
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(After Care Specialist)  
715-235-9552  
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FUNraisers for PA

Positive Alternatives held its 2nd Annual Dueling Pianos fundraiser in collaboration with the Dunn County Humane Society on Friday, January 27, 2012 at the Stout Ale House. It was a full house that evening with over \$4000 being raised by ticket sales alone, \$1600 in business sponsorships, over \$300 in tips donated by the FUNKEYS, \$70 from drink specials and over \$500 in raffles, silent auction and 50/50. Thank you to all that supported our causes and we look forward to another successful event in 2013!



8th Annual Menomonie Idol Karaoke Competition

Back again this year to the Dunn County Fair Free Stage is the 8th annual Menomonie Idol Competition! Sure to be a good time again this year, the preliminaries, where up to 50 contestants take the stage to impress the judges with their vocal talents, will take place on July 27<sup>th</sup>. From there, 10 finalists will return for day two of the competition, July 26<sup>th</sup>, to battle it out for the top three spots! Cash prizes will be awarded to the top three performers.

To be a contestant, you can pre-register by calling Jamie at (715)235-9552. The contestant fee is \$20.00 for pre-registered contestants, \$25.00 if you register the day of. No contestants under the age of 10 will be accepted; no duets will be accepted.

TEENCOURT Mock trial gets program under way



Madison Medenwaldt, center, a youth advocate at Positive Alternatives, plays the role of a teen offender during a recent mock trial in preparation for a Dunn County Teen Court program scheduled to begin Feb. 15th. Teen court coordinator Aaron Mason, left, and Elk Mound High School student Jordyn Messing also participate in the event.

It may have been a mock trial, but the stage was set for the real thing. The jury, the defense lawyer and the prosecutor thought they were trying a real case on January 18th. The "minor" pled guilty to being intoxicated after failing a Breathalyzer test (with a blood alcohol level of 0.16) and being taken into custody by police in the parking lot of a local convenience store. She was then referred to Dunn

County Human Services. After hearing the evidence, questions and summations by the defense attorney and prosecutor, it was up to a jury of her peers to determine the teens fate. The jury, consisting of teens from the area, deliberated for nearly half an hour before returning to the courtroom to present their verdict and recommendations for her punishment. The jury addressed teen with their verdict

and recommendations that included an essay, letter of apology, counseling, skill-building and community service geared toward better ways to connect with the community.

To read full articles on the mock trial visit the Eau Claire Leader Telegram or Dunn County News on the web and search Dunn County Teen Court.

## STRENGTHENING FAMILIES 12-16

For Parents/Care Givers and Youth ages 12-16, Strengthening Families is a parent, youth, and family skills-building curriculum designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills, and build family strengths. The program is delivered with fourteen sessions for parents, youth, and families. Sessions are highly interactive and include role-playing, discussions, learning games, and family projects.

**Parent Topics:** Expectancies & Stress Management (realistic expectations in terms of developmental expectancies); Rewards (difference between rewarding and bribery); Goals & Objectives (defining “good” behavior); Noticing & Ignoring/Charts & Spinners (“secret rules of success”); Communication (listening & speaking roles); Alcohol, Drugs & Families (parents’ role in prevention); Problem Solving / Giving Directions; Limit Setting I (positive practice, good behavior cues, punishment); Development/Implementation of Behavior Programs (goal statements).

**Youth Topics:** Social Skills I (conversation skills, listening & speaking skills); Creating Good Behavior (goal statements & “secret rules to success”; How to say “NO” to Stay Out of Trouble (4 basic steps taught); Communication (rules for family talks); Alcohol & Drugs (effects & consequences); Problem Solving (role playing 7 steps); Introduction to Parents’ Game (effective & ineffective directions); Recognizing Feelings (how to recognize feelings in self & others); Dealing with Criticism (giving and receiving criticism); Coping with Anger (controlling & expressing anger).

**Family Topics:** Child’s Game (training in child’s game and rewards); Goals & Objectives; Differential Attention/Charts & Spinners (families make charts & spinners); Communication (review rules and roles of communication skills); Learning From Parents’ (discussing drug & alcohol issues while practicing communication skills); Problem Solving Parents Game (using effective directions); Development/Implementation of Behavior Programs.

## WELCOME NEW STAFF

### Group Home

Shawn Post Priller  
(ACM, River Falls)

Andrea Altmann  
(Lead RC, River Falls)

Caylee Pelot  
(Lead RC, Menomonie)

Karla Peterson  
(Aftercare Specialist, River Falls & Menomonie)

### Intervention Services

Becky Koske  
(Newly Appointed  
Program Coordinator)

Kara Dolney  
(PASS Case Manager)

Sky Holt  
(Electronic Monitoring  
Case Manager)

### Prevention Services

Maleigha Myers  
(Restorative Justice  
Specialist & Prevention  
Services Support Staff)

Kirsten Jochimsen  
(Truancy Prevention  
Specialist)

## NEW POSITIVE ALTERNATIVES WEBSITE

Over the past few months Administration staff has been working with a volunteer from the University of Wisconsin-Stout Americorps member Tyler Schroeder. Tyler’s position is to assist local nonprofit organizations in developing technology use standards as well as helping them acquire adequate computer hardware, improve employees’ computer literacy, develop websites, and create social media outlets in order to reach out to a new generation of volunteers. He has been working with us to update our website to make it more users friendly and appealing to the eye. A big THANK YOU also to Joe Hecht our Menomonie Group Home Overnight Manager for putting in time in downloading and making improvements to our website also.

Parent forms can be found on the website to be printed off along with referral forms for certain programs.

Check out the website at [www.positive-alternatives.org](http://www.positive-alternatives.org).

## TEENCARE CRISIS INTERVENTION SERVICES

### Hotline:

The hotline is available to youth, parents, and concerned others on a 24/7 basis. Everyone who responds to a hotline call has received training on how to handle specific issues relating to teens and parents/guardians.

1.800.491.TEEN(8336)

### Temporary Shelter:

Youth in crisis, on the run, or pushed out of the home possibly need a place to stay because for one reason or another they cannot, or will not go home. TeenCare provides shelter through 2 volunteer crisis homes in Menomonie. TeenCare is a voluntary program, and parents must give permission for youth to stay with us. You may stay up to 14 days; the average stay is 2-3 days. At the end of the program, a family meeting will be held to discuss concerns and issues.

### Counseling:

While in the program, youth meet with a Youth Advocate several times a day to discuss their situation and explore options. It is possible for a youth to receive counseling only and not enter shelter. A TeenCare representative can meet with a youth confidentially or with other family members. This can happen at our offices in Menomonie, or at a neutral location close to where the family lives.

### Outreach:

TeenCare informs youth of program services through presentations in schools within the six counties. TeenCare staff also participates in community events where there are opportunities to interact with youth.

We are on the web:

[www.positive-alternatives.org](http://www.positive-alternatives.org)

Positive Alternatives Inc.

Services for individual needs...because no two lives are the same.

Through a continuum of family and strength based services, Positive Alternatives strives to equip at risk youth and young adults with the social, emotional and developmental skills needed to flourish.

Positive Alternatives Inc.  
603 Terrill Road  
Menomonie, WI 54751  
715-235-9552

2860 Williams Avenue  
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## THANK YOU TO OUR CONTINUED SUPPORTORS

Otto Bremer Foundation

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Johnson Motors

Rice Lake United Way

Mayo Clinic Health System—  
Menomonie

Andersen Foundation

Menomonie Theatre Guild

Andersen Foundation—Next  
Generation Grant

Menomonie Optimist Club

St. Bridgets Church

Jackie Hunt— State Farm Insurance

United Way of St. Croix Valley

