

Center Point

DAIAGON WILDERNESS CENTER

Day Treatment Program

Newsletter ☺ August, 2020

DIRECTOR'S CORNER

As we continue to prepare for the start of school Aug. 26, summer programming is moving along. Summer School ended July 29 and we had eight students obtain all their credits in credit recovery in addition to participating in programming.

In addition, several students are continuing to work hard in Harrisburg University Classes and RESCARE sessions. RESCARE is doing a great job trying to meet the students where they are and support their success.

Be on the lookout, by the way, for information on the start of school.

Jeremias Garcia

UPCOMING EVENTS

- Aug. 4 ~ High Ropes Challenge Course
- Aug. 5 ~ Virtual Family day – noon dismissal
- Aug. 6 ~ Closed
- Aug. 10 ~ Closed
- Aug. 17 ~ Closed
- Aug. 19 ~ Noon dismissal
- Aug. 20, 21, 24, 25 ~ Closed
- Aug. 26 ~ First day of school

WE ARE LEARNING ...

TOWARDS NO DRUG ABUSE: Students will continue having weekly TND groups. In these groups, topics such as stress, health, and goals as well as the recovery process are discussed.

ANGER MANAGEMENT: This month students will explore anger management while discussing cognitive restructuring, assertiveness training, and the conflict resolution model.

PACTT: As students continue to work their way through the Pennsylvania Academic Career and Technical Training Program, they will focus on the next steps of career development, as well as peer mediation and expressing one's self.

RESCARE: Another ResCare group will begin Aug. 10. Students who have not already completed the program are eligible to participate in a 20-hour program that focuses on helping them gain knowledge and skills in workforce development and independent living. After students finish their 20 hours, they will earn a \$250 stipend.

HARRISBURG UNIVERSITY: Several Center Point students enrolled in ResCare had the opportunity to participate in a program called Raspberry Pi through Harrisburg University starting July 27 and ending Aug. 3. The students received parts to build their own computer and learn about coding.

ACADEMICS: Summer school ended July 29; eight of our students were able to earn a total of 25 academic credits.

Improving Family Relationships with Emotional Intelligence



THERE'S NOTHING LIKE FAMILY. The people we're related to by blood and marriage are expected to be our closest allies, our greatest sources of love and support. Too often, however, our interactions with family are filled with misunderstanding and resentment, bickering and badgering. Those we should know and be known by best, end up feeling like adversaries or strangers.

Family is where our first and strongest emotional memories are made, and that's where they keep appearing. And this is why emotional intelligence (EQ) succeeds where other efforts at family harmony fail. Active awareness and empathy—the ability to be aware, accepting and permanently attuned to ourselves and others—tells us how to respond to one another's needs.

EQ is incredibly powerful in the family because it puts you in control of your relationships with parents and children, siblings, in-laws and extended family. When you know how you feel, you can't be manipulated by others' emotions, nor can you blame family conflict on everyone else. Most of the techniques for improving family relationships are therefore centered on communicating your feelings to those you care about, as close relationships are centered on emotions and feeling.

Without this emotional intimacy, family contact becomes a burden, because no one is comfortable spending that much time with a "stranger." If you want your family members to know and accept one another lovingly, you have to begin with your own emotional honesty and openness. When you do, the suggestions offered below are transformed from familiar reasonable advice to highly effective methods for bringing your family ever closer.

The following ten tips will lead you closer to your family and emotional intelligence.

10 High-EQ Tips for Improving Family Relationships

1. Take care of your health if you hope to take care of anyone else. The more demanding of your time your family is, the more you need to fit in exercise. Perhaps you and your family can seek out ways to exercise together.
2. Listen if you expect to be heard. Lack of communication is the loudest complaint in most families. The answer to "Why won't they listen to me?" may simply be, "You're not listening to them."
3. Teach emotional choice. Manage your moods by letting all feelings be okay, but not all behaviors. Model behaviors that respect and encourage the feelings and rights of others yet make it clear that we have a choice about what to do with what we feel.
4. Teach generosity by receiving as well as giving. Giving and receiving are parts of the same loving continuum. If we don't give, we find it hard to receive, and if we can't receive, we don't really have much to give. This is why selflessness carried to extremes is of little benefits to others.
5. Take responsibility for what you communicate silently. The very young and old are especially sensitive to nonverbal cues. More than our words, tone of voice, posture (body language) and facial expressions convey our feelings. We have to listen to our tone of voice and look at ourselves in pictures and in the mirror to assess our emotional congruency. Loving words coming through clenched teeth don't feel loving—they feel confusing.

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6. Don't try to solve problems for your loved ones. Caring for your family doesn't mean taking charge of their problems, giving unsolicited advice or protecting them from their own emotions. Let them know their own strengths and allow them to ask you for what they need.

7. Make a lasting impression through actions. Your values will be communicated by your actions, no matter what you say. Be an example, not a nag.

8. Acknowledge your errors to everyone, including younger family members. Saying you're sorry when you hurt someone you love models humility and emotional integrity. You can demonstrate that no one is perfect, but everyone can learn at any age. Apologizing proves you can forgive yourself and makes it easier to forgive others.

9. Discover what each person's unique needs are. You can't assume that your grandmother needs the same signs of love as your three-year-old or that either one will have the same needs next year. When in doubt, ask!

10. Be generous in expressing love. Everyone in a family (especially young children) needs the emotional reassurance of loving words, gestures and looks. Those who demand the least emotional attention may need it most.

The foundations of emotional intelligence in the family

Look to yourself first. A family is a system made up of interdependent individuals, but that doesn't mean you can blame your family of origin for the way you are today, any more than you can hold your mate and children responsible for your personal happiness. Your best hope for fixing any family problem is to attend to your own emotional health. When you act on the belief that you have a right and obligation to assert your own emotional needs, your family will notice that your emotional independence benefits not only you, but the whole family, and they may quickly follow your lead.

Remember that consistency builds trust. Studies have shown that lack of consistency destroys trust. Off-and-on emotional awareness will cause those who love and depend on you, especially children, to get confused and frightened. That's why it's so important to keep your awareness active with family.

Recognize that being close doesn't mean being clones. Sometimes family ties blind us to the uniqueness of those we love. Pride in the family continuum can make it easy to forget that. You can't be expected to have the same talents as your siblings, even though you may look a lot alike; that you won't necessarily choose to follow in parent's footsteps; or that you and your spouse should spend all your leisure time joined at the hip just because you're married.

Remember that knowing people all your life doesn't mean understanding them. "I knew you when..." doesn't mean I know you now, no matter how much I've always loved you. We all change, and yet each of us seems to only see change in ourselves. How infuriating is it to be introduced as someone's kid brother when you're 55 or to be perpetually treated as the airhead you were at fourteen despite the fact that you're now CEO of your own company. Now that

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Family Development

"Meeting your children where they're at."

We often hear this phrase, but do we stop to think about what it truly means? And are we, as parents, practicing this method when situations are tense and emotions are running high?

So often, it is all about our expectations as parents; if we expect our children to follow our rules 100% of the time for instance, we would set ourselves up for disappointment, frustration and resentment. Plus, we would create a lot of unnecessary upset for our children. If you are struggling to meet your children where they are and you are having a difficult time trying to develop and maintain connection with your children, we at Diakon Youth Services' Center Point program are here to help you and your family.

Parenting is the hardest job there is and you do not have to do it alone. The basis for our influence in our relationship with our children is our connection with them. We develop and maintain connection with our children in so many ways, but we can destroy it quickly.

One of the ways we can do that is when we fail to meet our children where they are. We have those opportunities every day; we do not have to wait for those tense situations to arise. Maybe they are feeling nervous to talk to you about a mistake they made, so you choose to be upset that they aren't opening up. Instead, respecting both where they are and their apprehension can help you to understand their hesitancy as just that, and not their choosing to be purposely defiant.

Our Aug. 19 Center Point Family Support Group will cover this topic and delve into how we can best meet our children's needs and still hold onto a structure and stability.

you've acquired empathy, you can gently steer your family away from stagnant patterns of interaction by modeling the attention you'd like to receive. When you're with your family, don't automatically seek the conversational refuge of talking over old times. Ask what's new and show that you really care by eliciting details and then listening with your body and mind.

Watch out for destructive emotional memories. Catching your 30-year-old self responding to a parent in the voice of the 5-year-old you can make you feel weak and frustrated. With EQ you don't need to keep getting snared by emotional memories. Whenever you feel out of control with family—whether it's kicking yourself for acting like a kid with your parents or agonizing over where the anger you're dumping on your innocent spouse and children is coming from—take a moment to reflect on the memories that are imposing on your behavior today.

Cherish every stage of life in each family member. No matter how well we understand that it can't happen, we desperately want Mom and Dad to stay the way they are, and for the kids to stay home forever. The best way to accept that fact emotionally is to embrace change. Accept the natural fear that your parents' aging evokes but use your emotional awareness and empathy to figure out how you can cherish this moment for its unique qualities. What can you and your parents share now that wasn't possible in the past? Can you keep having fun and make sure everyone still feels useful and worthy in the family support system, even though roles and responsibilities must be altered?

If you're not sure what will work, ask. Fully accepting your fear of change can make it easier to broach subjects that you may have considered awkward in the past. Maybe your parents are just waiting for your cue. Feel them out. In a flexible, healthy family dynamic, change is just one of the many opportunities you have to enrich one another.

For the full article or more articles like this, please visit <https://www.help-guide.org/articles/mental-health/improving-family-relationships-with-emotional-intelligence.htm>.

