

# Sometimes Nothing Works

A young man living in an assisted living center was receiving behavioral therapy and the reports from both the therapist and house manager showed positive progress in behavior and attitude.

An argument within the house between this young man and another began over who had been in jail the most. This included the fact that the young man had only been in juvenile detention, not adult jail. As the argument continued it was necessary to call the police.

# Sometimes Nothing Works cont.

By the time the police had arrived, the young man had calmed and was talking to the house manager.

As the police officer was ready to leave the young man asked, “Aren’t you taking me with you?” The officer responded that there was no reason.

The young man jumped up, grabbed a butter knife and threatened the officer. Now there was a reason.

# I Need Secure

A teenage boy is locked in a juvenile security unit because of behavior and his tendency to run. The secure section of the unit was a “juvenile jail” complete with bars, platform bed chained to the wall, sink and toilet. In that area, there is limited interaction and time is spent mostly in quiet.

While in the regular housing unit, the young man goes to his staff and tells them that he needs to go to the secure unit. Staff proceed to tell him that he was not going because he did not need to. To make a long story short, the young man ended up in the secure unit because he did what he had to do to get there.

# I Don't Want to Go

A young man was in an out-of-home placement for over a year. He talked about how he wanted to go home and can't wait to get out of there. His parents continued to try to arrange to take the boy out for an afternoon but every time he would do something the evening before that would prevent him from being able to go, such as punching a hole in the bathroom wall or physically assaulting another kid.

Staff and parents were constantly puzzled and decided that he was actually afraid of leaving and screwing up. They decided to come and get him unannounced so that he would not have the opportunity to sabotage the experience. The first outing was a success and the behaviors improved related to leaving campus.

# Bathroom Reading Material

One evening a preteen and his mother were headed home after group therapy for appropriate sexual boundaries. They needed to stop at a local convenience store to get gas before heading home.

The young man said he had to go to the bathroom so his mother told him to go on in. After mom finished filling the car she went into the store and saw a long line of men waiting outside the restroom door.

The next thing the mother heard was the clerk at the restroom door yelling, "Get out of there now!"

# Bathroom Reading Material cont.

It became clear that rather than needing to use the bathroom the young man had taken pornographic magazines off the rack to bathroom. Since these magazines are sealed on the shelf, and he had thrown them in the trash in the bathroom he was arrested for theft of over \$60.00 of “reading material.”

He spent that night in juvenile detention and the next three years in both an unsecured therapy facility and a secured juvenile detention.

# First Drink

A young man who was prenatally exposed to alcohol was doing very well. He was holding a good job and engaged to be married. Everything is looking good. And then it happened.

One evening a group of his friends decided they should take him out for a drink. After all he had never had any alcohol. That evening he had his first drink and it was all down hill from there.

He began a downward spiral that included more drinking, losing his job, and the breakup of his engagement.

## First Drink cont.

His girlfriend wanted him to quit drinking and go back to the way things had been. If he couldn't do that, they were done.

He went to his mother complaining that if his girlfriend really loved him, then she would accept him just as he is. His mother quickly reminded him that if he really loved her, he would quit drinking and get things back the way they were, for her.



# Soup's On

After dinner one night the older children were responsible for cleaning up the kitchen. Normally this would require adult supervision so that the dishes were done and put away, counters, cook tops and sinks cleaned, and the floor swept. Unfortunately Dad was called away and he could not be present for the entire process.

The next day, Dad reached up into the cabinet to bring down bowls for breakfast. As the bowls came down, one bowl tipped, spilling the last evening's soup all over Dad. Before getting mad, Dad was able to remind himself that in fact he had instructed that the kitchen be cleaned up (which it was) and that he was not there to supervise the process.

Dad quietly took a shower and changed his clothes. He did not mention it to anyone for three days.

# Under Lock and Key

A little boy is fascinated by things in a cabinet. He is told repeatedly that those things were not to be played with but he kept on. Finally in an attempt to keep him and things safe, Dad decided to put a lock on the cabinet. Because the cabinet doors opened out together a normal lock would not work so dad put a hasp and keyed padlock on. Within days they found the little boy, reaching into the cabinet. He discovered that if he pulled the doors out together that he would have enough room to reach in underneath.

# Nothing Too High

A preschool age boy likes matches. He had had some difficulty at church lighting matches in the sanctuary while everyone was socializing after church. The parents were aware of this fascination and did everything they could to keep the household matches and lighters out of his hands.

One day mother went down into the basement to do laundry and found burnt matches on the floor at the base of a cabinet. She immediately had her son come down and explain how they got there. He admitted that he had burned them. She then asked him where he got the matches, thinking that he had found some that they were not aware of. No, he pointed to the matches that were on the top of the cabinet, clearly out of his reach. She then asked him to show her how he got them. He proceeded to shinny up a basement support pole until he was high enough to reach them.

# Got to Get Ready

A twenty-two year old has been outside working construction in the summer heat. He has to get ready to go to work at a fast food joint in town. Without any hesitation he goes into the house to get ready.

While in the bathroom, he receives a telephone call. His father takes the phone to him and as he reaches into the bathroom he is able to see his son sitting on a chair, with no clothes on, while the shower is running.

The young man takes the phone call and as he is handing the phone back to his dad he says "I forgot to shut off the water." He then proceeded to get ready for work. That didn't explain the folded towel on the shelf.

# 4-H Brownies

In order to make changes to improve brain health, one area is nutrition. Two of the changes that many need to make is an increase in the amount of protein and an elimination of sugar.

One young lady wanted to cook but the family stressed the need for the project to be appropriate for the family's nutrition plan. One such recipe was for "Black Bean Brownies." It was already being eaten by everyone in the family.

## 4-H Brownies cont.

With each cooking project the food must be accompanied by the recipe and nutritional information. It is also standard that the judge taste each entry.

The brownies looked delicious – moist and chocolaty. The judge was very complimentary about the project however was not wanting to taste them. There was something about the name “Black Bean Brownies.” However, she was convinced that she should try and much to her surprise they were actually “Good!”