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Independence v Healthy Living v Spiritual Awareness v Strengthen Relationships

### CROSSROADS IS COOKING

There is almost nothing as good as a home cooked meal. The only thing that could make that better is if it was free. For all of the student here at Crossroads, that is exactly what it was, a free home cooked meal. Last month **Dawson Hinton** along with his wife **Stefanie** helped teach our monthly cooking classes.



Federico F. and Evan G. help serve

Monday night started off hot. The students were asked to get a pot of water boiling so that the corn could cook while they made enchiladas. The students neglected to put the top on the pot and the entire kitchen was steamy by the time **Dawson** arrived. He taught the students that if they had put a lid on the pot, the water boils faster and the kitchen wouldn't have filled up with steam. Knowing that little trick earlier would have saved everyone from a hot cooking experience.

The students got right to work helping to prepare the chicken enchiladas. The chicken was pre-boiled and **Doug M** and **Evan G.** started by shredding the chicken. While they were working hard **Dylan O.** started to grate the cheese. When everyone was done with their parts **Dawson** showed the student how to make the sauces, after which **Federico F.** and **Sebastian F.** helped roll the enchiladas and put them in the pan.



Dylan O. helps grate cheese for the chicken enchiladas.

While the enchiladas were cooking everyone had a good time talking and laughing until it was time to eat. The corn was boiled, the enchiladas were hot and chips were the perfect side dish to this great meal. We all look forward to next month's class on how to Barbeque.

### STUDENTS ON THE MOVE!

Congratulations on all your hard work:

- **Chandler D., Evan G., Richard S., and Kyle D.** Welcome to the program. We are excited to have you here with us!
- **Brett M.** on completing all of his step one goals!
- **Gianni B.** on starting cosmetology school!
- **Evan G.** For starting his job at Jiffy Lube.

### WELCOME RYAN STEVENSON



Ryan joins the counseling team at Southern Utah Counseling experience, and will be working closely with the Crossroads staff and student's.

After completing his Master's Degree in Social Work at the University of Utah, Ryan and his family, moved south to St. George to enjoy the sunnier climate. It made perfect sense as Ryan enjoys outdoor activities such as biking, hiking, camping, and other sports popular in this area. He has interests in completing a marathon/triathlon and doing whatever he can to maintain a healthy lifestyle, both in body and mind. Ryan also loves learning about new cultures and

has enjoyed opportunities to travel to different parts of the world. His greatest adventure yet has been parenting an energetic baby boy and nurturing a meaningful relationship with his wife of three years.

As a therapist Ryan feels it is important to help clients explore ways in which they can live happier and healthier lives. Using a humanistic approach, he connects with clients in the office or out in nature. Ryan employs a broad range of interventions and methods to guide his clients to a better understanding of themselves and their environment. Some of the approaches he uses in addressing such issues as anxiety, depression, low self-esteem, poor relationships and emotional trauma include Psychodynamic, Cognitive - Behavioral, and Experiential Theory. Ryan also hopes to broaden his professional proficiency in areas of sports psychology and life coaching. His area of focus is individual, couples and family therapy.

Ryan's professional employment has included work with behaviorally challenged and troubled teens, adult out-patient at Valley Mental Health in Salt Lake City and college aged students at the University of Utah Counseling Center. Ryan also has coached high school soccer and hopes to return to coaching in an athletic environment in the future.

### UPCOMING DONATION OPPORTUNITIES:

- **Lake Havasupai Camping Trip \$350:** Help send the Crossroads students and staff to brave the Grand Canyon heat and hike into the Havasupai reservation.
- **Home Improvement Class \$500:** Help teach the Crossroads Students valuable home improvement skills by supporting our classes.



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### Zion Continued from page 1...

pressure removes the weak parts of us if we allow it. Last week a group of men in the Crossroads Leadership program were able to experience this for themselves. This experience designed specifically to cut through all of the weak parts of these men and leave exposed their strong parts. We described the difference between excellence and perfection. Perfection was not the expectation but excellence was. I don't believe perfect is as important to our growth as excellence is. These great young men participated in a Kayaking adventure with three distinct purposes. **First** they were to work as a four man team. **Second** they were to row to an island in the reservoir with out losing any member of their team. **Third** they were to pick up trash on this island left behind by others and



Crossroads students make a first attempt at loading the kayak.



Crossroad Students successfully load the kayak and head out to the island.

return to the point of entry while keeping time. They competed against a clock, themselves and each other. These men faced the decisions of whether to pick up the smallest amount of trash possible quickly, or to spend some time bettering the environment and picking up larger amounts of real trash. They faced the issue of dealing with each other's different strengths. They asked themselves, "Do we leave behind the ones we don't think perform or do we assimilate, teach, and motivate them to achieve their excellence?" After racing against the clock, they learned that they need each other, they need communication skills, and that they need to curb competition when building a community base.

I believe that these men accomplished mass wasting of poor habits and beliefs and became a little more Zion in there quest for excellence. I believe that we all need to evaluate our brand of excellence and allow pressure to work for us. Stop medicating every thing that causes angst. Stop using addictions as a form of avoiding growth. Embrace pressure as a means to slough off our parts that are weak. Pressure or stress may be painful sad, and at times seem insurmountable. The promise of growth and Zion, like erosion, is the only medication we need to meet the struggle and win. Be excellent. Embrace your stress.

Brett M. returns triumphantly after participating in the Active Learning Session.



### A Bright Idea Continued from page 1...

fixture was turned off before they learned how to install the ceiling fan. Kenny installed the first fan as a demonstration. After a brief recap and a few questions **Tim L** installed the next ceiling fan. While he was working **Dylan O.** and **Doug M** stood by giving encouragements. Tim was successful at installing the fan and the group moved on to the next bedroom. **Sebastian F** worked quickly to get the next fan put in. The same process happened on the second night with another group of students. **Gianni B** and **Franklin B** and **Gianni B.** worked with **Brain Virgin** to work on the ceiling fans on night two.



Brett M. Learns hands on how to remove a light fixture properly.

Everyone who attended the class had a good time. Kenny and Jesse worked well with the Crossroads students, they even answered different questions about their professions and the school or experience they had that qualified them. We look forward to having them back to the 4-plex in the future for more home improvement projects.

Along with the home improvement classes At The Crossroads is in the middle of a building face lift. In the last month Crossroads installed **new dishwashers and refrigerators.** We are looking forward to installing **new carpet and hard wood floors** later this

### UPCOMING EVENTS

July:

- **24th Pioneer Day Celebration**
- **26th CPR and First Aid Class**
- **31st Home Improvement Class: Fire Safety**

August:

- **2nd Home Improvement Class: Fire Safety**
- **10th Washington County Fair**
- **23-26th Havasupai Camping Trip**

September:

- **13-16 Family Workshop Weekend:** Please let us know if you and your family are planning on attending. We look forward



Tim L. and Evan G. Enjoy an early morning pancake breakfast on the 4th of July. Latter that day students went to see the new movie, Transformers.


## WHAT CAN A GROUP OF PEOPLE LEARN FROM RIDING IN A CANOE? Read "A Zion Society" page 1

## LOOK AT OUR NEW ADDITIONS

See "A Bright Idea in Action" on page 1 and "Welcome Ryan Stevenson" on Page 2

## INTERESTED IN DONATING?

See Upcoming Opportunities on **Page 2** or on our website [www.GuidingYouth.com](http://www.GuidingYouth.com)



**AT THE CROSSROADS**  
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## BUILDING A BETTER FUTURE



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**July 2007**

### COME JOIN WITH US



Every morning starts with new challenges and opportunities. One of the great opportunities that I have on a daily basis is to spend time with our students. It is a blessing to learn with them as we tackle the challenges of real life. All of the Crossroads staff have learned about themselves and taken lessons from being able to attend the Active Learning Sessions. These activities include program staff and therapeutic lessons with our Clinical Director.

We want you to have the same opportunity. Come join with us in our semi-annual **Family workshop September 13<sup>th</sup>-16<sup>th</sup>, 2007**. It is a special opportunity to spend time with your student and the Crossroads program. You can see firsthand how they are growing, learning, and applying the skills necessary to be healthy and Independent adults. You will be able to learn with them as you participate in a **special Active Learning Session, attend family therapy and have a chance to meet with the Crossroads staff.**

The weekend is specifically designed to help parents and students learn better communication skills and to build better family relationships. More information will be available on our website, and in a flier that will be sent out to you next week. We look forward to seeing you here soon

### A BRIGHT IDEA IN ACTION

Whoever said screwing in a light bulb was easy? Well if they thought that then they probably weren't screwing in a ceiling fan. On June 12<sup>th</sup> and 14<sup>th</sup> Crossroads hosted two home improvement classes. On each night **Kenny**, an electrician and **Jesse**, a contractor came to the house to help the students learn how to install ceiling fans in all of the bedrooms at the Crossroads 4-plex. The idea for the home improvement class came from **Brett M.**, a Crossroads student. After completing the class **Brett** said, *"It felt empowering to install the fans myself, and even better to see one of my ideas come to fruition."* Kenny and Jesse had the students gather in the family room and first put together the ceiling fans. The students and staff worked in teams to put together the fans. There were several small mistakes made while groups were trying to put the fans together, most were due to **Celina Alger** talking while trying to follow instructions.



Gianni B. installs a ceiling fan with the help of Kenny a licensed electrician.

After completing the ceiling fans we went into the first bedroom. Kenny showed the students how to take off the existing light fixture, how to test for live wires. Everyone was careful to make sure that the electricity to the

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### A Zion Society!

By Matt Eschler, LMFT

A forty five minute drive from St. George Utah is a national Park named Zion Canyon. Zion Canyon took millions of years to become what we now drive through and enjoy. It was formed through a geological process called Mass wasting. This mass wasting is the process by which soil and rock move down slope under the force of gravity. When gravity or pressure moves dirt and rock erosive pressure begins to build. When the pressure on a slope exceeds the resisting force, mass wasting occurs. Left over from mass wasting is the strong rock that would not move because its strength outweighs the pressure placed on it. These remaining rock formations are what we see as we look at our Zion Canyon. The erosion toward perfection is why we call this canyon Zion. At one time Zion Canyon was a stream bed now it has been cut and polished into a natural wonder that is most excellent!

Humans are not so different. Principals that create Zion in our earth will also create Zion in us. Zion by definition is an imaginary place considered to be perfect or ideal. I would suggest that this imaginary place is yours to have if you live a principled lifestyle. Much like the canyon that was cut by pressure, we humans are smoothed, cut, and shaped by constant pressure. Pressure is good, pressure is necessary;

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**Live your life on purpose!**