



AT THE CROSSROADS

# Pathways

Live  
Learn  
Work  
Succeed

Guiding youth down a pathway of success one student at a time

September 2007

## Moab or Bust

To help bring summer to a fun close, Crossroads organized an end of the summer camping trip. Due to weather conditions in the Grand Canyon, the location changed to Moab, Utah. Moab is known for hiking, white water rafting, rock climbing and most of all for its world famous slick



Sunjay, Richard, Kyle, Nicholas, Brian, Scott, Brett, Jonathan and Jason, pose in front of the Arches National Park Sign.

rock mountain biking trails. Getting ready for the trip was an event its self. Crossroads rented a 12 passenger van, a trailer and borrowed a truck to get everyone out of town. The guys helped pack up the trailer and load the van so that everyone could take off Thursday afternoon.

When the Crossroads team arrived in Moab, they checked into the camp site and headed out to down town Moab. The staff and students walked around down town, looked in the shops and ate at Zach's wood fire pizza. The next morning kicked off with a trip to Arches National Park. Everyone on the trip entered the park to make the trek to the Delicate Arch. The Delicate Arch is the most famous of the 2,000 plus arches found in the park. After returning to the camp site for lunch the guys headed out on a 14 mile bike ride to Ken's lake for a swim.

Friday evening Brian Virgin, Brett M., Kyle D., attempted to find Millcreek Falls. The first attempt to locate the falls was unsuccessful,

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## The Dust Has Settled



Richard S. Works with Jesse to install shelving..

This last month has been one of construction, change and dust. Over the last few weeks the Crossroads 4-plex has undergone a lot of changes. As part of the program the Crossroads students learn basic home improvement skills. The students helped removed the carpet, padding and tacks from all four of the apartments. Over the next five days the students helped move the furniture from the bedrooms, family rooms and kitchens from all the apartments. While the students helped to move the apartments one by one, the flooring staff installed new hardwood into the common living areas and carpet into the bedrooms. Within the week all of the apartments were looking a lot better after the quick update.

Once the dust had settled from installing the flooring Crossroads started undertaking a new project- creating an onsite office. As part of the renovation Jesse Dalamas worked with Richard S., and Jonathan S. to install new shelving in the Crossroads office Space. Richard and Jonathan were taught how to measure, cut and install the wood to create the shelving. The staff as well as students are excited about all the changes, Brian Virgin said, *"The guys worked hard to help with the updates around the 4-plex. We are proud of them. We are also really excited about the changes and how it will make the program stronger and more efficient."* The completion of the office will allow all

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## Tick, Tock, Goes the Clock

Does it ever feel like you have enough time? For most people it never does. Time management is a great skill that can take a life time to perfect. To help student understand the value of time management and being organized, the Crossroads program uses the Franklin Covey day planner system. Each student is given a Franklin Covey day planner and is taught how to use it. This last month Crossroads was able to host Vinnie, store manager at the St. George Franklin Covey Store.

Vinnie came to the Crossroads 4-plex to give a lesson on how to better manage your time. He taught the students that successful people do not get everything done, they get the MOST IMPORTANT THINGS DONE. Students received training on their planners and a hand out page so that they could go over the PowerPoint presentation again on their own time. We will be following up with students in morning meeting and goal settings to encourage student to incorporate these skills in their daily life.



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### Hard Work Does Pay Off!



Learning to incorporate the value of hard work can be a challenge. The Crossroads students come from different background, areas of the countries and experiences. When they arrive in Utah, they are coached on how to live a balanced life and how to work hard.

For **Brett M.** the transition was a slow one. While living in New Jersey he struggled to keep a job, and go to school and work on his other responsibilities. Even once he got out to Crossroads he had a hard time balancing school and work. This semester **Brett** is doing a lot better. With his new job at Staples, **Brett** is feeling better about himself and is able to accomplish more. He is balancing his class at Dixie State College. Brett is enjoying working at Staples because it gives him an opportunity to do what he enjoys. **Brett** is currently working on his certification to be a computer technician. His business course at DSC will help Brett to continue his education which he hopes to continue.

**Brett** is excited about his progress he said *"I getting to a place where I can balance. Back home I would have skipped class to hang out with my friends."* **Brett** has seen the difference this change has made in many of his relationships. Brett said *"my parents are more trusting, because I am doing what I am supposed to. They see the change, and it defiantly feels good to have my parents trust me."* **Brett** has been working hard to balance, school, work and his other priorities. He said being in the structured environment at Crossroads has helped him to grow. He likes having people around who will support him and call him out when he is starting to slip a little. **Brett** is excited about the future and says that *"life is good when you work hard. You can get ahead and you feel good about yourself."*

**Kyle D.** has had a similar experience. Once he got to Utah **Kyle** was out on the job search. He wanted a job that would keep him active and busy. He accepted a position at Clark's Quality Roofing, which is located close to the Crossroads 4-Plex. **Kyle** likes working at Clark's because "it is like getting paid to work out." Since starting there, **Kyle** has learned a lot of basic roofing skills, and had the opportunity to work all over Southern Utah and parts of Nevada. For **Kyle** the hardest part about working at Clark's is having to get up at 5:30 in the morning to be at work on time. Though it's hard for him to make the sacrifice he feels good about it, *"I feel accomplished to be able to hold a demanding job*



Kyle stands proudly in front of Clark's where he spends much of his time.

*and be consistent with it."* **Kyle** has been able to work full time, work on his Crossroads goals and stay serious about his sobriety. When asked how working at Clark's will prepare him to be out on his own **Kyle** said, *"Being busy is forcing me to learn time management."* **Kyle** looks forward to moving on with his program and gaining more trust and independence.

Though many of the Crossroads students choose to attend school at Dixie State College, others decide to attend trade school. **Gianni B.** decided to pursue an education in cosmetology at *Hair. A Paul Mitchell Partnership school.*

**Gianni** has been attending cosmetology school for almost two months and is trying to maintain a part time work schedule. **Gianni** is up to the challenge of balancing full time cosmetology school, and a 11-15 hour work week. **Gianni** is exciting about all he is learning, he enjoys working with other people and looks forward to graduating hair school. **Gianni** eventually wants to get a business degree so that he is better prepared to run his own salon or business. Of the progress he has made since being at the Crossroads **Gianni** said, *"I recently looked back on my old goals. I saw all that I had accomplished. I had nowhere to go when I came here, and now I am doing school, working and accomplishing a lot. Brian and Michael were my mentors; they showed me how to be honest, how to work hard and how to just do it."*



Gianni B. with his father and school owners at the opening of Hair.

At The Crossroads is proud of all the hard work of our students. The path to independence is a long one. It takes a different route for everyone who has walked it. Most people make a few detours, and trip and fall along the way. Though no two paths look alike, the road to independence is defiantly paved with Hard Work and determination.

### A Special Thanks for your Support!

- ★ **Daniel Alger:** for letting Crossroads Barrow your truck on the Moab Camping Trip.
- ★ **Franklin Covey, St. George:** For presenting a lesson on time management at the Crossroads Building.
- ★ **Tyler Vanderhorst at Trailer Source:** For the donated use of the trailer for the Moab Camping trip.

### Upcoming Donation Opportunities:

- **Tuachan Thriller \$200:** Tuachan is the local out door theater. Help the Crossroads students get a little more cultured and enjoy local legend.
- **Utah Shakespearean Festival \$200:** Send the Crossroads students to see *The Tempest* at the world class Shakespearean festival in Cedar City.



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Welcome to Crossroads Family



Crossroads is excited to introduce Scott Barrett. Scott joined the Crossroads team this month. Scott will be working with the Crossroads Students during the afternoon and evening helping to follow up on goals and assignments. We especially look forward to having Scott work with the guys at the gym.

Scott Barrett grew up in South Weber Utah. He lived there until his senior year of high school until his family relocated to Southern Utah. Scott finished high school he accepted an athletic scholarship to Utah State University, in Logan Utah. Scott played defensive end during his four years on the Utah State football team. Scott was able to travel with the team and see parts of the country that he had never seen before. While at Utah State Scott studied Sociology and completed a 1 year internship at a juvenile residential treatment center. He enjoyed working with adolescence and became interested in the social services industry. Scott graduated with a bachelor's degree in sociology in 2007.

Since finishing his undergraduate degree Scott has had a busy summer. He was fortunate enough to marry his sweetheart Lexi just a few months ago. Since then Scott and his wife have moved back to Southern Utah. Scott is currently pursuing a Masters Degree in Mental Health Counseling. He will be interning with clinical Director Matt Eschler at Southern Utah Counseling Experience when his schooling allows. Scott hopes to finish his graduate degree and become a Licensed Professional Counselor and continue to help people find a way to be happy in life.

In his free time Scott enjoys being active. He likes to play basketball, go hiking, work out, lift weights and do just about anything to be active. Scott is excited to be here at Crossroads and working with young adults. Scott is a great asset to the Crossroads team and to the young adults that Crossroads serves.

"Dust" continued from pg 1

of the goal settings to be done in a formal setting. Staff will be able to access student files and print handouts and assignments without leaving the property. The office will also hold the Crossroads Library with inspirational and education books and DVD's. Jesse also worked with Crossroads students again to help put the finishing touches on the student apartments. Richard, Sunjay S., and Nicolas C. helped to remove the old baseboards. Jesse taught them how to measure the new baseboards cut them and install them in the apartments. All of the hard work finally paid off. With its fresh coat of paint the Crossroads 4-plex looks like a completely new place. We are excited about all the changes and look forward to continue building a better future.

"Moab" continued from pg 1

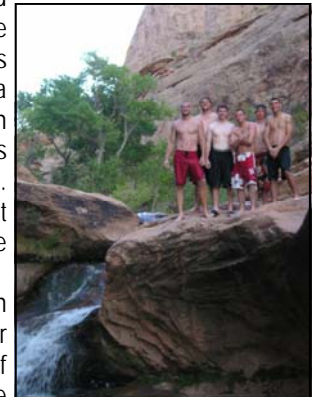


The Crossroaders take a minute to pose in front of the Delicate Arch after their hike.

to find the falls before they returned to St. George. When the exploration group returned to the campsite they found, Michael Alger had prepared a feast of hamburgers, hot dogs for dinner. The group had a nice dinner together and relaxed before they headed to bed. The following morning they loaded up the bikes and were off to test their skills on the challenging slick rock terrain. The first few miles of the ride were challenging as they ascended the face of the mountain, however after reaching the summit it was time for some fun. Kyle D. lead the group with his fearless style on the descent back to the trailhead. "Riding on the slick rock trails was the best part of the trip" said

Kyle D. The Staff and Students had a good time goofing around on the bikes, especially taking the jumps and trying to land them.

With high temperatures remainder of the afternoon was spend relaxing in a nearby swimming pool. With time for one more activity before returning home the group decided to return to Millcreek Canyon to find the illusive Millcreek Falls. The groups perseverance paid off. Millcreek falls is a 12 foot waterfall tucked in the canyon combined with a pool deep enough for us to jump into from the surrounding cliffs. With some thick juicy steaks for dinner it was a perfect way to wrap up an active and exciting weekend.



ATC Staff and Nicholas, Jason, Jonathan and Kyle at Millcreek Falls.

The trip gave staff and students an opportunity to spend time together outside the normal day to day stress of the program. Students were able to see the staff as regular people who like to joke and goof around, and the staff also enjoyed being able to get to know the students differently than they would in day to day life.

New staff member Scott Barrett said, "It was a blast! In Moab I really enjoyed getting to know the boys and learning their

strengths and who they are." We look forward to being able to do a trip like this again in the future.



ATC Students pose as Masters of the Slick Rock in Moab Utah.