



# Families By Choice

*Youthville's official newsletter for Resource Parents*

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## **Dextromethorphan (DXM)**

Dextromethorphan (or DXM) is a synthetically produced ingredient found in many [over-the-counter](#) cough and cold remedies and it is generally a safe and effective cough suppressant when used in small amounts. DXM is available over-the-counter in capsule, liquid, liquid gelatin capsule, lozenge, and tablet forms. Kids looking for an easy and cheap way to get high may abuse over-the-counter drugs. When abused, DXM can cause death as well as other serious adverse events such as brain damage, seizure, loss of consciousness, and irregular heart beat.

### **Effects of DMX Abuse**

Common Effects include:

- Confusion
- Dizziness
- Double or blurred vision
- Slurred speech
- Loss of coordination
- Abdominal pain
- Nausea and vomiting
- Rapid heartbeat
- Drowsiness
- Numbness in fingers and toes
- Disorientation

DXM abusers describe different "plateaus" ranging from mild distortions of color and sound to visual hallucinations.

### **Common Names**

- Alka-Seltzer Plus Cold & Cough
- Coricidin HBP Cough & Cold
- Dayquil LiquiCaps
- Dimetapp DM
- Robitussin cough products
- Sudafed cough products
- Triaminic cough syrups
- Tylenol Cold products
- Vicks 44 Cough Relief products
- Vicks NyQuil LiquiCaps

Nearly half of over-the-counter cough and cold remedies contain DXM.

### **Slang Names**

- Candy
- C-C-C
- DEX
- DM
- Red Devils
- Robo
- Skittles
- Velvet
- Vitamin D
- Robotripping
- Robodosing
- Tussin

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## **Youthville**

Administrative Offices  
900 W. Broadway  
PO Box 210  
Newton, KS 67114  
Toll-free: 1-800-593-1950  
Phone: (316) 283-1950  
Fax: (316) 283-9540

What would you like to see  
in the newsletter?  
Contact Dusty Buell at  
1-800-593-1950, ext. 8162 or through  
e-mail at [dbuell@youthville.org](mailto:dbuell@youthville.org)

## “Hooves of Heaven” Helping Area Youth

Northwest Kansas is a unique area of our state for many reasons. For the foster care department in NWKS it is unique because we have a special equine program that started here and is slowing growing across the state. Chuck and Lori Mattke are resource parents through Youthville and live on a farm in Trego County. From the time Chuck was a child, his love of horses was evident to those who knew him. When Chuck was a teenager, he spent several summers working at a youth camp for children with disabilities. Chuck ran the horse program at this camp and saw first-hand the connection between youth and horses and how the horses made a difference in the lives of children.

While Chuck and Lori’s children, Casey and Melia were growing up, Chuck continued to dream about the possibilities of connecting youth with the horses on their farm. His love of horses naturally flowed into their children. Their daughter Melia started giving horse-riding lessons and quickly the news of her talents spread across the area. This inspired Chuck and Lori, and slowly they began to plan how they could start an equine program in WaKeeney, KS. During this process, a group of interested individuals formed a board and gave their organization a name, Hooves of Heaven. Hooves of Heaven is now a 501-C-3 and has



developed into a not-for-profit organization. During this process, Chuck went away to Egala training and became a certified horse-handler. This training gave Chuck additional skills and abilities on how to work with youth and families with regard to equine-assisted activities and therapy.

Currently, Chuck offers weekend equine activities to resource homes and foster children in the Northwest Kansas area. Additionally, several organizations have asked Chuck for his assistance in working with specific youth who are struggling. On December 27, the organization traveled to Wichita to provide an equine activity for youth awaiting placement. Additionally, 10 youth from the Newton cottages were invited to attend this event. This event was developed due to the shortage of homes for youth and these children were spending their days in the child’s lounge with not much to do. Chuck and his organization spread the word throughout the community of WaKeeney and quickly donations came streaming in. Hooves of Heaven brought twelve horses, a horse-drawn wagon along with a pony cart donated by Chuck’s brother to put on this event. Additionally, ten volunteers came from the NWKS area along with Chuck’s

brother and his wife who live close to Wichita. Youth were given the opportunity to ride horses, participate in round-pen activities, take a wagon ride or get a quick ride on a pony cart. Hooves of Heaven also raised enough money to feed everyone who attended and give a gift card to the youth who came from the lounge. Hooves of Heaven wanted to show these youth going through a difficult time, that there are many individuals who are thinking, praying, and hoping that their lives might take a positive direction. This activity provided youth an opportunity to forget their current situation and spend some time connecting with a horse.

Amy Tuttle, NWKS Foster Care Lead said, “I have asked myself how you can tell if these events are successful. I have gauged the success by the comments I hear and watching the youth. I have seen youth terrified to ride a horse at the beginning and quickly they overcame their fears and didn’t want to get off. I have seen children select a specific horse because the horse has a similar disposition or status in the herd. It’s amazing to watch how these events unfold and I have quickly realized that no matter how much you plan, the event will take on its own dynamics because of the relationships built between the youth and the horses.”

To learn more about Hooves of Heaven and their programs, please visit their website:

[www.hoovesofheaven.com](http://www.hoovesofheaven.com)

### Placement Agreement Form Changes

Have you noticed that the Placement Agreement Form that is signed when a youth is placed in your home has changed? Recently, this form underwent some updates to help meet the goals and mission of Youthville. Please note that under the section on that form numbered #4 there was wording added to support the efforts of resource parents working and partnering with birth families when applicable. Also under the number #8 there was the addition of wording that resource parents are to help with transportation for appointments that the youth in their care might have. If you have questions about these changes, please contact your worker.



## Resource Parent Spotlight: The Frisbie Family



George and Amanda Frisbie have been foster parents for nearly two decades. Previously an SRS worker, Amanda says the opportunity to become a foster parent presented itself in a way that she just knew this is what her and her husband were supposed to do. The Frisbies' became first-time foster parents to a teenager who needed a place to call home. Over the years the Frisbies' have provided a foster home for 25 children and have adopted seven of them into their family permanently.

The Frisbies' have had their share of obstacles over the years, but none too demanding that they could not overcome. The children's behavior can sometimes be problematic. "It's difficult," Amanda says, "to understand some children's behaviors and where their habits come from."

Amanda points out that continuing her education about how to deal with behavior issues among other things has been the most beneficial to her and her husband in being better foster parents. Also, she thinks networking and gaining support

from other foster parents is vital to acquiring new insights into helping these children in need.

The most important thing Amanda feels she and her husband do for the children that come into their home is simply giving them a different perspective on what life has to offer them. She realizes that most children come to her home only knowing one way to live. She wants to provide an example of a loving home and try to show them that they can break the cycle and live a productive, happy life.

The most rewarding thing to Amanda about being a foster parent is seeing the children grow up and the different paths they take in life. Amanda has a senior in high school who is considering going to college to be an engineer.

Amanda's advice to those wanting to become foster parent is to make sure that it is a family decision because all members of the family will be greatly impacted. She also says becoming a foster parent is "well worth the time because I understand the impact I am making in these children's lives."

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### Signs of Use



- Your child takes large amounts of cold or cough remedies or takes a medication even when not ill
- Over-the-counter drugs seem to vanish from your medicine cabinet
- You find over-the-counter drugs stashed in your child's room or backpack
- Falling grades, mood swings, and changes in normal habits or appearance also can signal a possible drug abuse problem

### Information provided by:

[http://www.drugfree.org/parent/resources/cough\\_medicine-abuse](http://www.drugfree.org/parent/resources/cough_medicine-abuse)

### More information available at:

<http://www.jointogether.org/news/research/summaries/2006/cough-medicine-ingredient.html>

## Training Calendar for January - February

Date	Title	Time	Location
1/2/07	Lying, Stealing & Bedwetting	6:30-8:30p	Concordia
1/8/07	Creative Discipline	6:30-8:00p	Wichita-Kin
1/8/07	Grief & Loss	7:00-9:00p	Colby
1/8/07	Discipline	6:00-8:00p	Beloit
1/9/07	Stress & Burnout	7:00-9:00p	Newton
1/9/07	Fostering A Child with ADHD	6:30-8:30p	Garden City
1/11/07	Cultural Diversity	6:00-9:00p	Liberal
1/16/07	Brain Development	7:00-9:00p	Great Bend
1/18/07	Dealing with Challenging Teens	6:30-8:00p	Wellington
1/18/07	Anger Control	6:30-8:30p	Dodge City
1/22/07	From Fostering to Adopt	6:30-8:00p	Wichita-FC
1/22/07	Bipolar Disorder in Children	7:00-9:00p	Phillipsburg
1/23/07	Boundary Issues Part I	6:30-8:30p	Hutchinson
1/25/07	Discipline	7:00-9:00p	Pratt
2/5/07	Anger Control	6:30-8:30p	Concordia
2/6/07	Building on Strengths	6:00-8:00p	Beloit
2/8/07	Building on Strengths	6:30-8:30p	Liberal
2/12/07	Role Changes	6:30-8:00p	Wichita-Kin
2/12/07	Building on Strengths	7:00-9:00p	Colby
2/13/07	Birth/ Resource Parent Relations	7:00-9:00p	Newton
2/13/07	Parenting Tips & Principles	6:30-8:30p	Garden City
2/15/07	Childhood Depression	6:30-8:30p	Dodge City
2/19/07	Welcome to Our Lives	6:30-8:00p	Wichita-FC
2/20/07	Creative Discipline	7:00-9:00p	Hays
2/22/07	Building on Strengths	7:00-9:00p	Pratt
2/27/07	Boundary Issues 2	6:30-8:30p	Hutchinson



Don't forget that all licensed resource homes need to have completed the PS MAPP Update by July 1, 2007. Many homes have taken this course over the past year, yet there are still a few that need to meet this requirement. Youthville will be offering classes in selected areas March-June. The Update is also available on line through Children's Alliance. This is a self paced course and is free. Please be in communication with your worker about how you intend to complete the Update. For the many homes who have already completed this- THANK YOU and make sure you turned in a certificate to your worker.