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## HEALING HEARTS



**The facts are alarming. The consequences are dire. The healing starts now.**

An ever-growing body of research shows that children impacted by trauma are more likely to face challenges as adults, including addiction, health issues, and criminal justice involvement. Children in families where maternal addiction is present face high rates of trauma including abuse/neglect, and many have endured homelessness or witnessed violence against their loved ones, or have been separated from their mothers due to CPS or legal involvement.

In Harris County alone, there are an estimated 104,000 pregnant/parenting women who will need treatment this year and 50% to 80% of families involved with Children Protective Services are dealing with a substance use problem (Department State Health Services). These issues not only affect the child but have far reaching implications throughout the community placing a burden on the healthcare (medical and mental), criminal justice, and child welfare systems.

Seeing these issues first-hand, Santa Maria has recently created the Healing Hearts program through funding from the Harris County Hospital District Foundation. Healing Hearts is designed to address not only the short-term critical needs of the children, but provide for positive long-term whole family change and help break the cycle of addiction and poverty. Nadine Scamp, CEO of Santa Maria, stated that, "So many of the children we serve have witnessed trauma. Through Healing Hearts, we will provide children's mental health and trauma therapy services to provide opportunities for healing and resiliency. By intervening now, we have the opportunity to change the path of our children and provide them with hope for the future." Through various types of therapy such as Family Therapy, Play Therapy and Art Therapy, as well as Nurturing Parenting classes for both children and mothers, the focus will be on helping children and families develop coping skills, learn positive means of expression, and improve family functioning.

Only a few months old, Healing Hearts is already making a positive impact. Take Ann\* and her daughter Amy\* who were one of the first clients to go through the program. (\*Names changed for client confidentiality.)

"My child has started therapy sessions a little over two months ago. Since then, I have seen a great change in her behavior. The therapy sessions not only help my child, but also help me as a parent to better address behavior issues that may arise from time to time." — ANN

"This class is helping me handle my anger with my mom and in school." — AMY (age 10)

# HAPPY ANNIVERSARY!

## SARAH-CHASTITY'S STORY... IN HER OWN WORDS

**I AM ONE YEAR CLEAN AND SOBER.** On this day, January 17, last year, I made a decision that would forever change my life, I checked myself into a 90 day drug treatment facility named Santa Maria Hostel. Let me start off by saying that I had hit my rock bottom and made the conscious decision to surrender and admit that I was powerless over my addiction to prescription pain and muscle relaxant medications. I didn't know what I was doing but I do know I was so tired of chasing "that high" and most of all I was so fed up with letting my children down every time. All the accidental overdoses, never having money, no relationship with my sons, legal trouble...I was DONE! This was the hardest yet best thing I've ever had to do. I walked into Santa Maria 6 1/2 months pregnant not knowing if I would even be taking my baby home with me from the hospital or if I would have to give him to his daddy but I do know that all I wanted was some help to change my life. If anyone knows me then they should know that I like to be in control and let's just say I had authority figures that I had to listen to and a schedule I had to follow.

After the first week of getting out of my "purple scrubs" I was determined to FINALLY complete something that I started. I had A LOT of days and nights I cried myself to sleep because I missed my children but told myself that if I didn't get treatment that I wouldn't be alive to even see my children. I had the best and most strong group of women surrounding me. I learned so much and finally had forgiven myself. What I'm trying to say is yes there is hope and yes you can overcome ANY addiction even when it feels unreachable ALL you have to do is

decide that you want it bad enough! I'm a living testimony everybody because let me tell you...I was as bad as they come! I want to thank ALL the ladies that walked my journey with me, ALL the women that gave me wisdom and ALL family and friends that stuck by my side...so thank you! To my recovery coaches, Tracy Dudley and LaNisha Jiles, thank you for ALWAYS listening to me and when I was down you both picked me up! As I also celebrate ONE YEAR CLEAN AND SOBER TODAY I'M BLESSED BEYOND WORDS! I thank God every single day and I'm so grateful and in gratitude of all that he has given me! God bless everyone!



*My daughter's 6th birthday party at Chuck E. Cheese with all the people I love and cherish. This day is very special to me because the year prior for my daughter's birthday I was in Harris County Jail with a CPS protective order against me saying I couldn't see my daughter for 30 days so that CPS could do their investigation. Because I was in jail, it was the only year she didn't have a party. This party was also the only birthday of hers that I've been clean and sober for her entire life.*

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*My 30th birthday dinner with all the people I love most. My sons Jonathan Jr. (12), Jordan (10), Charles III (6 months), my daughter Carissa (6), my husband Charles Jr. and me. This day is special to me because I never thought I would see my 30th birthday due to my drug use and especially never thought I would have ALL my babies together at the same time.*

## SARAH-CHASTITY BLEDSOE, FORMER SANTA MARIA CLIENT



### PLAY TIME

Many thanks to BHP Billiton for building a playground area at our Bonita House location. The kids and moms love it!



### SANTA MARIA "SELFIE"

SMH's Cynthia Turner stops for a "selfie" to thank Green Standards and ExxonMobil for their generous furniture donation.



### A GOOD NIGHT'S SLEEP

Thanks to the great people at Mattress Firm, the women and children at Paschall House are now sleeping on brand new beds.



### A GREAT DAY

Many thanks to Great Day Houston and long time friend, Debra Duncan, for providing make-overs for two of our ladies.

# Holiday Helpers

A special thank you to all the companies, organizations and individuals that made the **HOLIDAYS** special for the women and children of Santa Maria. We deeply appreciate your support.

Abiding Faith Church  
 Awty International School/  
 Mrs. Marcelle Gharibeh  
 Baylor Children's Nutrition Research  
 Center/ Udita Iyengar  
 Bison  
 BHP Billiton  
 Born Identity Project/Monica Jones  
 Chapelwood Women's Group/  
 Donna Rogers  
 The Campbell Trio  
 Chase Bank/Noni Mrok  
 Jeanne & Keira Clark  
 Karen Criswell  
 Ms. Ann Cockwell (Professional Football  
 Players Mothers Association)  
 Cub Scout Pack 401  
 Cub Scout Pack 1332  
 Cypress Bible Church/Kathy Crosby  
 Daughters of the American Revolution

Deaconesses of Deadwood  
 ExxonMobil/Kris Carr  
 Marashalon Fruster and Family  
 Karen & CJ Gaddis  
 Girl Scout Troop #9704/Ashley Gardner  
 Dani Gleason & Family  
 Ann Gleason  
 Fountain of Praise Church/Trenny Hennie  
 Dr. James Flowers  
 Kimberly & Joseph Isaac/Isaac's Limousine  
 & Town Car Service, LLC  
 Joyful Sound Choir/Paula Spencer  
 Kohl's  
 Maria Malik  
 Marek Family Foundation  
 Mercy Street  
 Mom's in Prayer  
 Valerie Nguyen  
 Ms. Dorothy Okung (Professional Football  
 Players Mothers Association)

Tina Perez and Friends  
 PricewaterhouseCoopers/Marc Caillouet  
 Saint Mark's Ministries/  
 Anthony Brodie, Pastor  
 Spring Branch Presbyterian Academy/  
 Kathryn Dethloff  
 St. Pius High School/  
 Sr. Donna Pollard, O.P.  
 Salvation Army – Angel Tree/  
 Lieutenant Maxie DeBlanc  
 Serenity of the Woodlands  
 Texans Wives  
 UCR/Bethany Carlock  
 The Vision Church of Pearland/  
 Pastor Hunt  
 Ingrid Wallis  
 Dr. Beverly Walker & Friends  
 Wal-Mart Central Fill Pharmacy  
 Westco Grounds/Becky Ratcliff  
 Zion Church

A big thank you to  
**CUB SCOUT  
 PACK 1332**  
 for their holiday drive that brought in 48 new baby outfits, as well as washcloths, blankets and bibs, for the children at Santa Maria.



Special thanks to the  
**PROFESSIONAL  
 FOOTBALL PLAYERS  
 MOTHERS ASSOCIATION**  
 (PFPMMA) for donating toys to the children of Bonita House. Pictured (left to right) are SMH's Cynthia Turner with NFL Mothers Ms. Dorothy Okung and Ms. Ann Cockwell.



**WALMART  
 EMPLOYEES**  
 and their families (pictured) helped brighten the holidays for the mothers and children at Bonita House.



**THE WOMEN'S RECOVERY  
 COMMUNITY CENTER**  
 celebrating its first holiday season with a traditional meal, Christmas trees with all the decorations and granting wish list items for the mothers and children. Special thank you to Dr. Beverly Waller, with St. Luke's Hospital, Jeanne Clark with ExxonMobil, Keira Clark with CenterPoint, Dr. Flowers with HealthTrust, Karen Criswell, Friends of SMH and Graduates.



Want to receive  
Pathways electronically?  
Email: [kkelly@santamariahostel.org](mailto:kkelly@santamariahostel.org)



Congratulations to our Homeless Female Veterans Program (VIEWS) for winning the **EXCELLENCE IN VETERANS ASSISTANCE AWARD** from the Veterans Mental Health Summit. Pictured (left to right) are: CEO, Nadine, Scamp, VIEWS Case Manager Rhonda Richardson, Housing Director Yolanda Martin and Laura Marsh, M.D., Mental Health Care Line Executive at the Michael E. DeBakey VA Medical Center.

## WISH LIST

Santa Maria Hostel is unique in that our clients bring their children with them to treatment. We serve many infants and children, over 50 each day throughout the year and are always in need of the following items.

Please call [281.657.0898](tel:281.657.0898) to make a donation.

- Financial Contributions
- Diapers
- Infant formula
- Baby wipes
- Strollers
- Car seats
- Infant and children's clothing
- Infant bedding, including receiving blankets
- Bassinets
- Diaper bags
- Bottles

*Thank You!*