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## MIRRORS



*“By providing services and support for the entire family, we maximize the opportunity for long term recovery and the ability of the entire family to thrive.”*

— Nadine Scamp

For the past 57 years, Santa Maria has been assisting women and their children by offering unique and effective programs to empower them to lead healthy, successful, productive, and self-fulfilling lives. Over the past several years, it has become evident that the families of our clients are in need of additional support if we are to best ensure sustained recovery and break the often multi-generational cycle of addiction. Furthermore, we knew that our families would benefit from richer and more integrated physical and behavioral health services, particularly during the pregnant and postpartum time period when families are ready to make positive changes for their newborns. With these needs in mind, Santa Maria recently began the MIRRORS program, funded through a SAMHSA Pregnant and Postpartum Women's Services grant. Santa Maria is one of only a handful of organizations across the country to receive this multi-year grant.

For many of our families, access to quality, affordable health and behavioral health services has been lacking. In partnership with medical staff from the Baylor College of Medicine, MIRRORS adds a full interdisciplinary team to work with our pregnant and post partum women and their families, providing critical services such as individual mental health counseling through a post doc clinical psychologist, family and child therapy, and health care navigation and advocacy tailored to pregnant and postpartum health concerns. A unique and well received aspect of the program is home visits conducted by Family Coaches, who are able to provide support and guidance to caregivers (often a grandmother) both during the mother's stay with us in treatment and as she transitions back home.

Santa Maria CEO, Nadine Scamp, stated that: “We know that the pregnant and postpartum period is a critical time of intervention to assist a woman in initiating her recovery and ensuring the health of her baby. At the same time, we recognize that mother and baby are not an isolated unit but are part of a larger family system. If we do not help that entire family system successfully meet the challenges that accompany addiction, we are limited in our ability to impact long term outcomes. By providing services and support for the entire family, we maximize the opportunity for long term recovery and the ability of the entire family to thrive.”

# RECOVERY... NOW AND FOREVER

## AMBER'S STORY

**T**he first thing you notice when you meet Amber is that she is a confident and self-aware woman. But she hasn't always been this way. Like so many other women here at Santa Maria, Amber has had a troubled past and turned to drugs and alcohol to cope and create some sort of comfort. It all started for Amber at the young age of 15 when she first started using marijuana which quickly escalated to cocaine, meth, ecstasy, and other substances by the time she turned 16. Amber stated, "I was using to escape my feelings and drugs were the only thing to make it better." Although she didn't realize it at the time, she had an addiction. But it didn't stop there. Her addiction escalated and she soon began selling drugs which offered her a lifestyle of status, money, drugs, and possessions. Amber recalls of her earlier times, "I was in the game and hustling while using daily and couldn't stay sober."

Amber became pregnant and delivered her baby 3 weeks early which prompted tests that revealed her past drug use bringing about her first experience with Children Protective Services (CPS). Amber went to a rehab facility in Austin and tried to work the program but soon found herself relapsing not only on using but dealing drugs as well. Amber hit "rock bottom" when she was arrested for Xanax with her baby in the car. Amber reflects, "At that exact point I knew that I had hit bottom. I was filled with guilt and shame and now realize that I needed that experience to show me that I was not the person I wanted to be." Amber's infant son was placed in the care of a relative by CPS and Amber had to make a lifestyle change for the sake of her baby. Amber stated, "I remember telling myself that enough was enough and I didn't know who I was but I knew that I loved my son and had to work on my issues and most importantly, be honest with myself."

**"I REMEMBER TELLING MYSELF THAT ENOUGH WAS ENOUGH AND I DIDN'T KNOW WHO I WAS BUT I KNEW THAT I LOVED MY SON AND HAD TO WORK ON MY ISSUES AND MOST IMPORTANTLY, BE HONEST WITH MYSELF."**

With her son in the care of a relative, Amber came to Santa Maria to get help. She remembers making the tough decision to leave her son. "I had the option of bringing my son to treatment with me at Santa Maria but I knew in my heart that I couldn't be a mom until I fixed myself first. Looking back on it, the sacrifice was difficult but for me it was the right choice." At Santa Maria Amber thrived and learned a lot about herself and her past. She realized that she had underlying abandonment and rejection issues that stem from an alcoholic father and distant mother that lead her to the drug lifestyle. Amber now has the tools and skills to cope with her addiction. While Amber's path to recovery will continue for her lifetime, you can see that she now has the confidence, drive, and determination to be not only the person she always wanted to be but a mother to her son. We are happy to report that Amber has a great job now in a supervisory capacity while she actively works her recovery. And the best news of all, Amber is getting her son back this month. When asked how Santa Maria has helped her: Amber simply stated, "Recovery is my new life now."



*Amber's new tattoo – the Santa Maria logo.*

*"I call it my recovery tattoo; you see nothing happens in God's world by mistake. Representing my recovery, how it happened, where it happened, and why it happened. God is amazing because I love my life today and I love me!" — Amber*



## LACE UP! SUNDAY, SEPTEMBER 27TH

2015 HOUSTON RUN FOR RECOVERY  
**5K FUN RUN & WALK**  
CELEBRATING NATIONAL RECOVERY MONTH

September is National Recovery Month and that means it's once again time for the Run for Recovery.

For more information:

[WWW.HOUSTONRUNFORRECOVERY.COM](http://WWW.HOUSTONRUNFORRECOVERY.COM)





## RUNNING WITH THE PAC

*Santa Maria's Peer Advisory Council (PAC) is up and running and already making a positive impact on the community.*



## MOBILIZING RECOVERY

*Santa Maria's Recovery Support team in action. In collaboration with Plane State jail (Texas Department of Criminal Justice), Santa Maria provides services while the client is still incarcerated and is there with a safe and supportive ride to recovery immediately after their release.*



## COUNCIL OF STATE GOVERNMENTS VISITS SANTA MARIA

*Pictured (left to right): Karen Watts, Council of State Governments, Jennifer Helley, SMH, Barbara Page, SMH, Nadine Scamp, SMH, Maureen Richey, Council of State Governments, Nicole Jarrett, Council of State Governments, Amelia Murphy, SMH, Tracey Dudley, SMH, and Cynthia Branch, SMH.*

# BAMBI HOSTS 5 YEAR REUNION

Senator John Whitmire and other special guests were on hand recently to celebrate the 5 year reunion of the BAMBI program. The Baby and Mother Bonding Initiative is a partnership of Texas Department of Criminal Justice, UTMB, and Santa Maria to provide incarcerated mothers and their newborns with residential programming at SMH that promotes healthy parenting, recovery and life skills. Former alumni came from all over the state to share their wonderful success stories. Since its inception, BAMBI has had 147 women graduate and only 12 have returned to prison, an extremely high success rate compared to the general prison population.



*"I feel like BABMI has helped learn so much about my addiction with alcohol, my triggers, & ways to deal with it. Also, having Abiding Faith every week and church on Saturdays really helped me grow in my faith with the Lord, because without Him, none of this would have been possible. I am now a full time student, majoring in Psychology so I can become a counselor for women and be able to help them heal from tragedies they've have to endure. Without BABMI, none of this would be possible. I'm so grateful, blessed, & humble to have been a part of this amazing program, which is now a huge part of my testimony I share with many." — Angelina*



*"The BAMBI Program is the foundation to many of my accomplishments in this present day. I am forever grateful and blessed to be a part of this program despite the circumstances that lead me there. BAMBI. is not a program to get sober...it's a program to learn how to live your life successfully and to be the best mother, wife, daughter, sister, individual you can be free of addiction." — Brandee*

## IT'S TIME FOR A LITTLE R&R

Make sure to join Santa Maria the third Friday of each month for some R & R... that's Recovery Recognition for our ladies. Help us celebrate the amazing accomplishments of our clients and see first hand how Santa Maria is providing life-changing services.

**What:** Recovery Recognition Day  
**When:** Third Friday of every month  
 2:00pm-4:00pm  
**Where:** SMH Bonita House  
 2605 Parker Rd.,  
 Houston, TX 77093  
**More Information:** (281) 745-8532



*GED graduates celebrating at last month's Recovery Recognition Day with Santa Maria's Education Coordinator, Linda Johnson (center).*

SANTA MARIA

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Houston, TX 77093



WANT TO RECEIVE  
PATHWAYS ELECTRONICALLY?  
Email: [kkelly@santamariahhostel.org](mailto:kkelly@santamariahhostel.org)

# A NEW START *Luncheon* BENEFITING SANTA MARIA HOSTEL

## TUESDAY, OCTOBER 6, 2015

11:30 am Registration - 12:00 noon Luncheon  
RIVER OAKS COUNTRY CLUB

Co-Chairs: Kelli Fondren and Lindsey Fondren Smith  
Honoring The Honorable Denise Bradley

Reserve your table today by contacting Barbara Page  
713.301.2618 or [bpage@santamariahhostel.org](mailto:bpage@santamariahhostel.org)  
[www.santamariahhostel.org/luncheon](http://www.santamariahhostel.org/luncheon)



## THERE'S NO PLACE LIKE HOME

Santa Maria operates three facilities in the Houston area serving more than 3,300 women and children last year alone. As a non-profit organization, we rely on the community for support and we are reaching out to you today and inviting you to contribute to our "There's No Place Like Home" campaign that aims to replace our old and well worn dormitory furniture at our Jacquelyn location with new, cost-effective, sturdy, and safe furniture. In addition, each dorm will be repainted and new blinds installed.

The fundraising goal for "There's No Place Like Home" campaign is \$80,000 and we would be happy to discuss with you the many options available to invest in this campaign including "Naming Rights" for underwriting a complete dormitory at \$2,300 each.



FOR MORE  
INFORMATION,

please contact

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