

WINTER 2020

We're here **for** Recov**Her**y

GREAT NEWS

INSPIRED TO SERVE

Daphane and Kimberly are a power duo with “lived experience” who are passionate to assist new moms and their infants in building a better future through recovery. They each turned to Santa Maria when their own lives were unmanageable. As SMH alums, Daphne and Kimberly share much in common because of the similarity of their struggles. Both credit Santa Maria with giving them the tools to choose a path to recovery. Daphne and Kimberly joined our staff as a recovery coach and a linkage specialist respectively. They are able to impact their clients because they are relatable and real.

They both remember the moment that a SMH staff member inspired them to follow a path of training and education beyond their own battle with substance use. They each became motivated to help others find hope and opportunity. “While listening to my family counselor at Jacquelyn, I decided right there and then that I would become a counselor myself,” says Kimberly. She continues, “All I needed was for someone to tell me you can do this. I found that at Santa Maria. In fact, I found respect and dignity here. I would have taken anything, any job to work here; they saved my life.”

As a 2015 graduate of our treatment program, Kimberly fought for recovery after 36 years without a day sober. She followed her daughter to treatment and began to believe in

> more inside



SANTA MARIA



DAPHANE AND KIMBERLY THE FACES OF RECOV**HER**Y

herself. Since her graduation, she has been on a journey of learning. She went back to school and received both her bachelor's and master's degree in social work. While waiting to take the LMSW, (Licensed Master Social Work), she was accepted into the school of her choice, St. Edwards University, where Kimberly is currently enrolled in a Doctorate program in Education.

In only 18 months since her release, Daphne has put her incarceration for a drug-related crime far behind her. While in prison, she sought treatment and stayed in recovery groups, ready to make a change. After release, she moved to Paschall (SMH's Women's Recovery Center) for the sober housing and support services. She completed an associate's degree in business management on the computers in the center's lab. She seized the opportunity as an essential worker in a food service industry to move from part to full time, despite the pandemic. She was grateful for the work and the paycheck.

While working in the computer lab, Daphane was influenced and motivated by our recovery coach staff in action across the hall. She realized that there was a recovery coach training opportunity for her to complete that allowed her to work with women like herself and share

her success. She completed her certification and found her new position with our prevention staff.

Daphane and Kimberly are concerned that the necessary COVID-19 restrictions are keeping them from their vital community-based outreach. Their team mission is to reach and connect with the many vulnerable women who may not traditionally seek services for substance use disorder and available prenatal or postpartum assistance. By design, they co-locate in medical clinics, community centers and the county jail. Several of our 18 community partners are still not allowing in-person visits, following strict pandemic protocols. In the interim, the team has been providing the majority of their outreach through referral and by Zoom, phone and other virtual means. They fear that many women are not being connected to services. With the isolation and disruption of the pandemic, they also know that the numbers of women who need help is rising. They have adapted their approach, being flexible to the times, but are eager for a return to in-person community outreach work when safety allows. They are committed to helping as many women as possible to finding life in recovery.

THEY ARE THE FACES OF RECOVERY.



Nadine Scamp, LMSW, CEO

DEAR FRIENDS,

As it has worldwide, COVID-19 has colored every part of our world at Santa Maria (SMH). Our staff has recognized, first-hand, the meaning of being essential workers serving clients and their families, every day. They are following changed health protocols, which require diligence and much greater effort. They are moving direct services to telehealth

and reimagining the delivery of other services through social distancing and small groups, requiring thoughtful consideration and innovative thinking. They are balancing work and home life in these unprecedented times. Many of our staff are parents and grandparents working valiantly to help their children adapt to virtual learning. Some also face economic hardship as family members are either unemployed or having their hours reduced, while household expenses are on the rise. And of course, there is also the constant anxiety and concern about staying healthy and bringing home the virus to loved ones. In short, the stress of the times and the need for self-care has never been greater.

It is important to remember that the work we do is challenging in the best of times. Each day, we are called to serve women in distress and in crisis. Their emotions are raw, their needs great and our collective response is critical! Protecting our own health is the only way to ensure that

our work will be effective and successful. We are proud to announce a campaign for staff mental health, SMH STRONG, a project funded by a grant from Episcopal Health Foundation.

This newsletter is dedicated to the incredible range of support that we have received from you, our partners! It is a bit longer than usual so that we can give a good representation of the types of donations made. I know these gifts will inspire you and some of the photos will certainly make you smile.

I also want to highlight the generous emergency COVID relief funding from Episcopal Health Foundation, and Texas Methodist Foundation, as well as the Small Business Administration's Paycheck Protection Program award from the federal government. This funding has permitted SMH to continue operations at full speed, keep everyone employed, and have the critical PPE and technology needed and respond to emerging needs. We weathered an outbreak of illness on both campuses and still kept going. I couldn't be more proud of the team effort by our staff.

THANKSGIVING WISHES TO ALL

We are grateful for your compassion, concern and caring for our clients, their families and for our amazing staff. Please stay well and safe – we are all in this together! Blessings to you and yours for the holidays.

SINCERELY

NADINE SCAMP, LMSW, CEO

ANNOUNCING SMH STRONG



There is a general understanding that the pandemic's psychological effect on the general public, essential workers and coronavirus survivors are similar to those of large scale disasters, when depression, post-traumatic stress disorder and anxiety spike. Coupled with the grief and loss of loved ones, poor health and loss of meaningful social contact and social recreation, many people will consider therapy and mental health education to improve their well-being. There is currently a trend to seek professional help with less stigma.

Here at Santa Maria, facing the COVID-19 healthcare crisis remains an up close and challenging task. We recognize that resilience will be the key to positive mental health to maintain our collective strength in these times. We are excited to be able to craft and fund a program directed at the mental health and wellness of our employees, **SMH STRONG**.

We have partnered with two Houston agencies, Family Houston and Mental Health America Greater Houston, to provide direct services to our staff, with all costs covered by COVID-19 emergency grant funding awarded by Episcopal Health Foundation.

Family Houston will be offering individual, couples or family professional, confidential counseling through 6 "results based" sessions connecting therapist and staff member through telehealth services. Each and every staff member will be encouraged to attend these sessions without worrying about incurring costs. Participating staff will also be eligible to continue with free financial coaching and case management assistance, if desired.

Mental Health America Greater Houston will be offering classes on the following four topics, with open registration to all employees. The classes will be organized with small groups of cohorts with ample opportunity for participation. The topics are Self-Care and Burnout, Mental Health 101, Stress, and Trauma 101.

We are proud to offer this assistance to our staff at this unprecedented time. We encourage others to seek support and assistance, realizing that mental health is an important key to overall wellbeing.

This project was funded by Episcopal Health Foundation

A COLLABORATION WITH A
NETWORK OF DESIGNERS,
MAKERS AND ARTISTS TO CREATE
UNIQUE UP-CYCLED PRODUCTS,
PROVIDE A RESOURCE LIBRARY
OF REUSABLE MATERIAL FOR THE
CREATIVE COMMUNITY

MAGPIES AND PEACOCKS — A UNIQUE HOUSTON INITIATIVE

Magpies & Peacocks, Inc. is the nation's only 501(c)3 non-profit design house dedicated to the collection and sustainable reuse of post-consumer clothing, scrap textiles and accessories diverted from landfill – in order to disrupt the cycle of waste in the fashion industry and mitigate its enormous environmental and social impact. They collaborate with a network of designers, makers and artists to create unique up-cycled products, provide a resource library of reusable material for the creative community, offer skill building and sustainability education, and incubate circular fashion innovation.

Magpies & Peacocks is partnering with the Mayor's Office of Human Trafficking and Domestic to create pathways to financial independence through The MAKR Collective – a formal program to provide survivors tools and skills to help them become successful independent makers, business entrepreneurs or attain gainful employment. This unique community workforce development model provides fashion waste and textiles to independent makers at no cost as they create products and are paid per-piece produced after a 30-day skills training.

All participating clients are engaged in case management with the Mayor's Office direct services platform. The clients selected consist of, but not limited to, people who identify as females, males and members of the LGBTQIA+ community. Santa Maria is proud to have a participant selected for this pilot project initiative. We applaud the public/private partnership that creates opportunities for survivors of trafficking.

STARS - SURVIVORS OF TRAFFICKING ACHIEVE RECOVERY AND STABILITY

In August 2020, the Office for Victims of Crime, a component of the Department of Justice's Office of Justice Programs, awarded and announced \$35,104,338 in nationwide grant funding to provide safe, stable housing and appropriate services to victims of human trafficking. The grants will go to 73 organizations nationwide to provide six to 24 months of transitional or short-term housing assistance for trafficking victims, including rental, utilities or related expenses, such as security deposits and relocation costs. The grants will also provide funding for support needed to help survivors locate permanent housing, secure employment, as well as occupational training and counseling. Santa Maria is one of two Houston area recipients to receive a \$500,000 grant award. SMH

will be able to provide treatment when needed and safe and secure transitional housing. SMH will also be able to coordinate other services related to recovery through case management and peer recovery coaching.

SMH will also draw on expertise of partners, including Greater Houston PATH Collaborative (Pathways for Advocacy-Based Trauma-Informed Healthcare Collaborative), and members CHI St. Luke's and Baylor College of Medicine in identifying, screening, and providing services for survivors of human trafficking. We will also continue a very close and continuing partnership with Harris County Precinct 1 Constable Alan Rosen and Harris County Sheriff's Office. We have received referrals of survivors and worked with both offices for a number of years.

SANTA MARIA IS GRATEFUL FOR THE OPPORTUNITY TO PROVIDE HOUSING AND COORDINATE SERVICES FOR SOME OF OUR COMMUNITY'S SURVIVORS.

COME HOME HOUSTON

Come Home Houston is a new program recently awarded through funding from SAMSHA to Baylor College of Medicine, with Santa Maria (SMH) serving as a sub-grantee. The award is for a 5- year period for nearly \$2 million. The grant will be specifically targeted to serve underserved homeless individuals who are living with both substance use and co-occurring mental health disorders.

Santa Maria has been selected as the site to provide services for these identified individuals. Primary treatment will include integrated substance use disorder and mental health treatment. The program expects to assist 60 participants a year

to successfully gain housing. This will be achieved by support and individualized services related to recovery housing, health, life skills, vocational training and employment coaching.

Women are already being selected by our case managers and coaching staff who have deep roots in the communities targeted by these objectives. As they are admitted, they are assigned a recovery coach and a counselor. They also are welcomed to their new residence. We wish to thank Family Missions West for stepping up to create welcome baskets for the new arrivals. These baskets of basic needs and comfort will indeed assist the women in settling in and understanding that they have arrived at a place of safety and promise.

FRONTLINE SUPPORT MINISTRY

During the summer when COVID-19 surged across Harris County, our frontline essential staff were facing an outbreak of coronavirus on each campus. Many colleagues were out due to themselves or family members testing positive or needing to quarantine. In addition, many clients had also tested positive for the virus or were in isolation because they had been exposed to the virus. Each day offered a new challenge.

We were so touched by unique and compassionate service offered by Mercy Street Church. Amanda Craig, Director of Spiritual Formation and Mental Health, put together a group of committed volunteers, "Mercy Streeters," who were paired with willing frontline staff and made space to listen, process, pray, and offer emotional support for those staff.



Amanda said, "The faithful work of Santa Maria during this time of global crisis has been truly incredible. While this has been difficult for all of us, essential workers like the staff at Santa Maria have faced relentless daily challenges that most of us can't imagine. In the midst of it all, they have continued to do everything they can to keep their clients safe and serve them well. Their faithfulness inspires us, and we are honored to support them in any way we can."

One participant recalled, "Our weekly calls helped me center and recognize that things would get better and we would come out stronger."

Although staff and clients could not attend services in person, this ministry was a great example of Mercy Street's mission "to create a safe harbor of hope and transformation, so all may experience the radical grace of God!"

VOLUNTEER SPOTLIGHT

EXTRAORDINARY TIMES...
EXTRAORDINARY SUPPORT

FAMILY MISSIONS WEST

As our new clients arrived for the Come Home Houston program, they came with very few personal care items. They did not wait for long, however, as the great group from Family Missions West stepped up to provide the most beautiful welcome baskets we've ever seen!



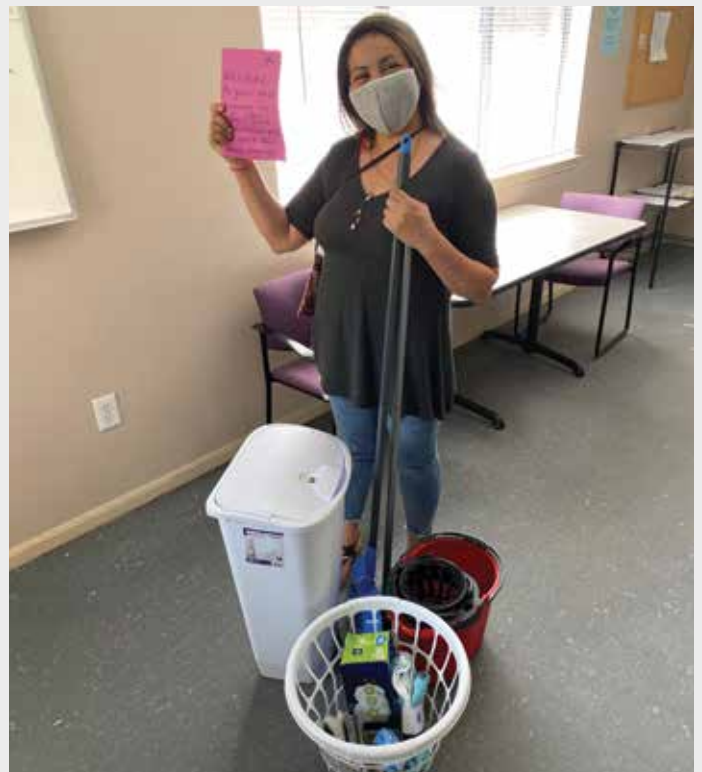
left to right;, volunteers from Family Missions West
Veronica Samano, Claudia Ponce and Conchita
Perez de la Sierra



Hamill Foundation, in conjunction with Girl Scouts of San Jacinto Council, distributed thousands of boxes of Girl Scout cookies to area food pantries, assistance ministries, homeless shelters providers and addiction recovery centers and SANTA MARIA HOSTEL!! We are so grateful to The Hamill Foundation and the Girl Scouts San Jacinto Council for making this happen.

MERCY STREET CHURCH

Always willing to lend a hand, the angels of Mercy Street Church jumped at the chance to provide household starter and cleaning kits for every move-in in our Hope Housing apartments. Thanks to all our friends for helping our new residents get off to a great start.



April ready to clean her new home

LABOR OF LOVE

Our partnership with Kathryn Griffin, Director of Human Trafficking Initiatives, Harris County Constable Precinct 1, runs deep. Her constant support was increased ten-fold as she continues to send weekly food donations. Her generosity began in mid-March and began every week up to (and probably beyond) this publication's print date. Through her efforts at a local warehouse, we have received over \$21,370 in pantry staples and frozen meats! Wow, what a difference one person can make!



Kathryn Griffin keeping the donations flowing

TRUNK OR TREAT FOR HALLOWEEN

Leave it to the creativity and spirit of the National Charity League Cypress Gems Chapter to present a socially-distanced Halloween Trunk or Treat for the children (and moms!) at Bonita House. Their fantastic decorations, warm generosity and all-around fun attitude made everyone excited to dress up and be spooky.



Having fun in costume

The volunteer squad

VANS SHOES FOR EVERYONE!

Our thanks goes out to Jim “Mattress Mack” McInvale once again! Several times over the last few months, his trucks have pulled up to our delivery door with necessities and goodies alike! His generous reputation in our city proceeds him and his latest gifts to SMH are no exception. Imagine our excitement when he proposed a pair of new shoes for every client, their children and our very deserving staff!

Yes, it is true! We received cases of new VANS shoes for all on campus!



WE ARE GRATEFUL TO MACK’S FRIEND, STEVE VAN DOREN, THE FOUNDER OF VANS THAT HELPED MAKE THIS POSSIBLE. WE ARE ALSO GRATEFUL TO CONSTABLE ALAN ROSEN’S OFFICE FOR HIS ATTENTION IN MAKING THIS A SPECIAL NEW SHOE DAY FOR ALL!



left to right; Kathryn Griffin, Nadine Scamp, CEO, Mattress Mack, Constable Alan Rosen



SECOND SERVINGS — KEEPING OUR PANTRY WELL STOCKED

Our partnership with Second Servings began in September 2017. In the past three years, they have donated over 53,000 pounds of food, valued at over \$500,000! That’s an amazing amount of quality nutritional products to benefit our client’s health and our budget.

“As Houston’s only prepared and perishable food rescue organization, Second Servings believes that filling stomachs, not landfills, with perfectly edible surplus food makes a lot of sense. It is practical, efficient and essential to meeting the enormous need for food in our struggling community,” Founder and President of Second Servings Barbara Bronstein said.

“WE CHERISH OUR LONGSTANDING PARTNERSHIP WITH SANTA MARIA HOSTEL, AND LOOK FORWARD TO CONTINUING TO DELIVER FRESH PRODUCE, DAIRY PRODUCTS, ARTISAN BREADS AND MUCH MORE FOR THE RESIDENTS TO ENJOY.”



BACK TO SCHOOL

Going back to school this fall has been a very different kind of event. The children who live at Bonita House and Paschall in our treatment and housing programs needed to be prepared to begin the semester on our campus, participating in the virtual learning programs provided. Our childcare team quickly pivoted and provided mentoring and oversight throughout the day.



Reverend John Soard, Holy Family Episcopal Church and Avery with her new backpack.

We asked some of our biggest supporters to help us with the school supplies and personal devices needed and they all really came through! Thanks to St. Mark's Episcopal School for the I Pads and I Pad Minis. Reverend Patrick Miller worked with headmaster Garhett Wagers and Director of Technology, Allie Sarahan, to get



left to right; Garhett Wagers, Reverend Patrick Miller, Allie Sarahan on the St. Mark's campus.

these devices ready for distribution and use. Reverend Miller also connected us with Christian Community Service Center who gave each student grade appropriate school supplies off the HISD master list. They also gave vouchers from Fiesta Mart that were used to provide new underwear and socks aplenty. Reverend John Soard of Holy Family Episcopal Church worked with members of his congregation to provide Chrome notebooks, back packs and school supplies for 10 children. Of course, as always our friends at Mercy Street also pitched in providing 20 backpacks filled with school supplies as well. We also have to thank Jack & Jill of Greater Houston for providing gift cards that were used for various headsets to make studying a simple, quiet time for our students. Our kids are transitioning to in-person learning now and we wish them good luck and success throughout the year.

HEALTHCARE SERVICES AT HOME

Influenza (flu) is a contagious disease that can be serious, and getting a flu vaccine has been shown to reduce the risk of illness, hospitalization and death. This year, in the middle of the pandemic, getting the flu vaccine can also save healthcare resources for the care of patients with COVID-19. We are grateful to Legacy Community Health, our great community partner, for agreeing to "pay a house call" to the women and children living at Bonita House to give flu shots. This allowed us to continue safe stay at home protocols and made it so convenient for all.

When asked to assist us, they were eager to help and readied a traveling clinic quickly. We would like to recognize the splendid job of both staff, Ruston Taylor and Cristina Murphy, who provided such personalized care for our moms and children! They were so compassionate and patient administering the vaccine, that not a tear was shed by anyone. We are truly grateful for our partnership with Legacy.



SANTA MARIA

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