

We're here for Recovery

GREAT NEWS

RECOVERY ROOTS

Ashlynn knew **that** night it was time to go for help. Somehow, she made it home after a night of binging, but did not remember how. It had been days, weeks and months - actually 10 full years of drinking. Waking to a drink and drinking throughout the day had become her whole focus. She was missing her life. She was missing her daughter's life. Although she had been to treatment before it was just to appease her family. This time, Ashlynn made a decision to go for herself.

She decided on Santa Maria's Jacquelyn house while her daughter, Avery, was safe at home with her mother and aunt. Although Avery was a loved little girl, Ashlynn knew that regaining her own health would improve her daughter's life as well. She was determined to prevail and learn to live in recovery.

> more inside

SANTA MARIA



ASHLYNN AND AVERY - THE FACES OF RECOVERY

> continued

Ashlynn was assigned an amazing counselor who helped her understand things about her past, slowly and surely. She remembers, "At each session I cried and without being rushed, I was guided with grounding tools to recognize the hurt that was buried, way back. I quickly learned to allow those feelings to rise and then move forward. The other sessions and groups on recovery made a huge difference. Within 90 days, I had the tools to move to Paschall House and have Avery join me."

Ashlynn continued her recovery work with guidance and support from her coach, Amelia Murphy. She attends meetings three times a week where she has found a small, tight-knit group of women in recovery. She has a sponsor and is completing her step work. Thankfully, Ashlynn was honest with her employer about her health struggles and they allowed her to take advantage of FMLA and then return to her job. Since returning, she has been promoted and has a bright career future.

The women living at Paschall and working to rebuild their lives embraced both Ashlynn and her daughter, Avery. The residence at Paschall is peer-led sober housing

based on the Oxford House model. It allows the women who live there to build independence, constantly honing their recovery skills. Avery also received many services to assist with the transition and is flourishing. Today, she is a vibrant 7-year-old, attending second grade. Mother and daughter are close and loving, living through their first year of residence together since Ashlynn began her healing, bonding in new ways.



Says Ashlynn, "Santa Maria literally changed my life, but I had to be ready for those changes. It required that I be willing to do what was necessary for myself, including opening up and being interactive and honest about my life. If I didn't speak up, those things that had held me in bondage to drink would have continued. I did everything in my power to participate, to change and to be a better me."

She realizes that she must keep that mindset and continue to build her own "recovery capital." With those choices, her life continues to fall into place. The tools and support she received at Santa Maria give her the structure and stability to venture out on her own.

SHE IS THE FACE OF RECOVERY.



**Nadine Scamp,
LMSW, CEO**

DEAR FRIENDS,

I want to begin by expressing our gratitude to you for the incredible support you demonstrated this past year. September began a new fiscal year for us and we are looking forward to a prosperous fall season and beyond. Here at Santa Maria, we stay focused on our mission and our goals to constantly move forward. I thank the staff for the tenacity they display each day.

In this issue, you will read about our new Chief Clinical Officer, Vaughn Gilmore. We are so excited to welcome her to our team! Her knowledge and dedication to the recovery community will add strength to our programs. Of course, we will miss our dear Mary Buchner, who has been serving so devotedly in the recovery community for nearly 30 years. She will retire after a short transition and realize more family time and serenity. We wish her all the best!

I am proud to give an update on our participation in the Texas Change in Mind Learning Collaborative. This prestigious group is being led by the Alliance for Strong Families and Communities and has selected 10 highly successful Texas non-profit agencies to participate. The

agencies include: the Association for the Advancement of Mexican Americans, the Austin Public Education Foundation, Bastrop County Cares, the Boys and Girls Clubs of Greater Houston, the Children's Museum Houston, Family Service Center of Galveston County, Fort Bend County, New Hope Housing, Santa Maria Hostel, and the Texas Center for Child and Family Studies.

A selected leadership team from Santa Maria has been convening with counterparts from the other agencies and studying the process of embedding brain science principles that lead to improved program outcomes for children and families. Their training will further enhance our organizational culture and individual leadership ability to work collaboratively with partners. The latest trainings centered on the foundations of equity, diversity and inclusion. We thank Episcopal Health Foundation and the Powell Foundation for their support in making this collaboration possible.

Here in these pages, we have featured the core of our work, treatment. We hope that reading about our philosophies and methods results in a deeper understanding of Santa Maria.

SINCERELY

NADINE SCAMP, LMSW, CEO



SHIFTING TREATMENT TO RECOVERY

Some years ago, Santa Maria shifted our culture from a treatment center to a recovery community. The simple truth was our participants were here to begin a new life in recovery, not just to be “treated.” We realized that recovery only happens in an environment shaped by a trauma-informed approach. It is also greatly enhanced by peer-led support. The “secret sauce” was to form a community that connected healthy women inside and outside our gates.

The women who turn to Santa Maria for assistance are suffering from deep experiences of trauma. They have often been exposed to multiple traumatic events that were extremely severe and overpowered the coping skills they possessed. Oftentimes, these events occurred in their childhood. These overwhelming events, often unacknowledged or unreported, simply became unanswered and untreated experiences that threatened development, stability and peace for each individual. Their treatment also led to drug and alcohol use and many forms of behavioral health disturbance.

Ultimately, our participants’ health and hope were only possible when addiction and trauma were addressed together. There needed to be sufficient time and emphasis on answering a question,

“WHAT HAPPENED TO YOU?” SO BEGAN THE TRAUMA-INFORMED APPROACH ON OUR CAMPUSES.

WHEN INTERVIEWING PARTICIPANTS AND STAFF AS TO WHY OUR PROGRAM WORKS... HERE IS WHAT THEY TOLD US:

- We offer choice through many pathways to recovery by meeting our participants where they are and listening to their preferences.
- Their program is individualized and not rushed. There is time for understanding the past.
- There is collaboration in everything, no hierarchy and no answers dictated.
- The treatment plan is their choice with no agenda other than establishing healing goals and a path to a better life.
- Shame and judgement are erased from the equation and integrated support leads to a level of inclusivity that inspires trust and hope.
- Our staff is a wide diversity of personalities and backgrounds, many with lived experience of addiction and trauma. These experiences result in unparalleled peer support.
- There is a level of cultural understanding and awareness that promotes safety.
- We celebrate recovery and peers demonstrate that a life without addiction is full and hopeful.

TRAUMA-INFORMED CULTURE

With constant attention, caring awareness and sensitivity, we began a practice of on-going assessment and quality improvement to ensure that the six guiding principles of trauma-informed care were practiced in all we do.

THOSE GUIDING PRINCIPLES ARE:

- 1. Safety
- 2. Cultural, Historical and Gender Respect
- 3. Trustworthiness and Transparency
- 4. Peer Support
- 5. Collaboration and Mutuality
- 6. Empowerment Voice and Choice



We are proud of the recovery community we have designed and work hard every day to maintain the highest of standards, evidenced-based practices and the care our participants need and deserve.

WE APPRECIATE THAT YOU SUPPORT THOSE SAME IDEALS AND WALK BY OUR SIDE TO HELP US IMPLEMENT OUR VISION.

LAST YEAR ALONE:

5,991	women, children & family members were provided services
848	women benefitted from substance use treatment, detoxification and supportive services
191	women benefitted from transitional/ sober housing and supportive services
301	women benefitted from pregnant/ postpartum intervention (PPI) services
938	children benefitted from supportive services



VOLUNTEER SPOTLIGHT

National Charity League - CYPRESS GEMS

Since its inception in 1925, National Charity League has evolved into one of the largest charitable endeavors in the country. With more than 3 million annual service hours given to 6000 charities nationwide, the group is established in local chapters with mothers and daughters serving communities together. Our patrons are the Cypress Gems Chapter, living the vision of connecting hearts, hands and minds so that every community thrives. Certainly, the Santa Maria community benefits from their generous monthly offerings to our families.

We count on them to host social activities, assist with organization and collection of supplies, provide holiday décor, and serve as greeters and ambassadors at our events and so much more. Says Anna Lewis, Cypress Gems liaison to SMH, "I believe we need to celebrate these ladies and let them know there is hope. I believe that each of these ladies matter and that each of the children in your home can become leaders in the community."

Recently, our Senior Director of Community Engagement, Marcia Chaney, spoke to 100+ member moms at a lively evening program. The group listened with rapt attention to the mission and work of Santa Maria and posed many wonderful questions accompanied by beautiful smiles encouraging our work. We are so grateful for the monthly events they create to support our residents!

**THE MOTHER-
DAUGHTER BOND**
has the power to elevate
the human condition



GIVING BEGINS EARLY
when a young girl learns from her mother





WELCOME TO OUR NEW CHIEF CLINICAL OFFICER

We want to welcome E. Vaughan Gilmore, LCSW, and LCDC, as the new Chief Clinical Officer (CCO) at Santa Maria. She will be responsible for the oversight and development of program services, quality initiatives and training of staff and interns. She will ensure that all staff has the resources and training to provide high quality, efficient and effective delivery of treatment services.

Vaughn was formerly with The Menninger Clinic, as the Director of Addiction Services. In her role there, she led a team of addiction professionals focused on providing integrated treatment for co-occurring psychiatric and addictive disorders. She began there as a staff social worker and addictions counselor, helping both adult and adolescent patients get on the path to recovery. She focuses on evidence-based practices when providing group, individual, and family therapy interventions.

In her leadership role, Vaughan integrated peer recovery services into the inpatient setting and helped to implement hospital-wide outcome measures focused on substance use disorders. Her professional interests include expanding access to recovery pathways and reducing stigma associated with addictive disorders.

Vaughan provides supervision, professional presentations, and training on a range of topics related to the assessment and treatment of substance use disorders for mental health and addiction professionals. A graduate of Texas Christian University, Vaughan obtained her master's degree in Social Work from the University of Texas at Arlington.

Vaughn will be working with retiring CCO, Mary Buchner, to ensure a smooth transition.

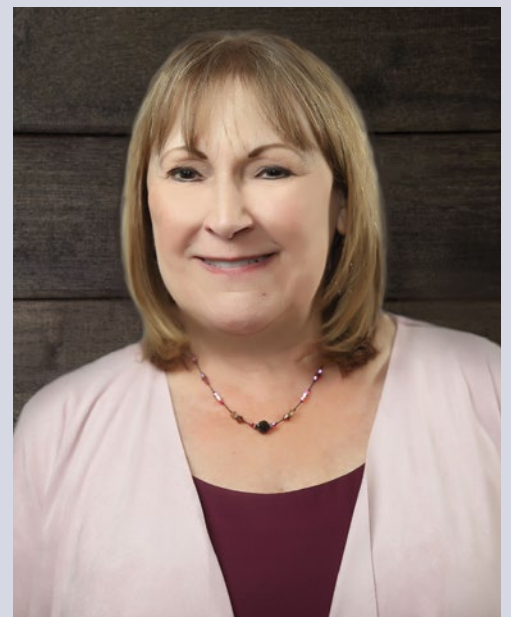
THANK YOU

Mary Buchner has been in the field of substance use disorder and mental health for over 30 years. She began her career working for the Medical Director of the first private psychiatric hospital in Houston for 11 years, where she gained insight into mental health disorders. She then went on to obtain the required education for her LCDC (License Chemical Dependency Counselor) at the University of Houston. During her 12 years of service at Volunteers of America, she served in various positions beginning as a counselor and gradually was promoted to the Director of Treatment Services. She has been employed by Santa Maria Hostel as the Chief Clinical Officer since 2015.

As an officer of SMH and key member of the executive management team, Mary has contributed significantly to our program development and excellence. She was the key driver for our initial CARF certification and recent recertification. Her cheerful outlook, deep respect and compassion for our participants and her collaborative leadership have set the foundation for all of our clinical programs.

We wish her all the best in retirement. To say she will be missed is certainly an understatement.

WE LOVE YOU, MARY.





WE HAVE A NEW LOOK IN OUR DONATIONS CENTER!

Open by appointment, we are accepting all basic needs for our participants and their families.



BABY ITEMS



BED AND BATH



**CLOTHING AND
SHOES**



**SELF-CARE AND
HYGIENE ITEMS**

FOR MORE DETAILED INFORMATION VISIT OUR WEBSITE:

www.santamariahostel.org/help-pave-the-way/in-kind-donations-wish-list

LOCATION:

2605 Parker Road
Houston, TX 77093

TO ARRANGE DONATION DROP OFF
APPOINTMENT, CONTACT MARCIA CHANEY
MCHANEY@SANTAMARIAHOSTEL.ORG
832-236-8611

Maybe you have a group/organization that would like to sponsor a drive for clothing or other basic needs! We would love to help you plan something this fall!



KEEP OUR RESIDENTS WARM AND COZY

WANT TO GO SHOPPING FOR A CAUSE?
ON A MISSION TO BRING JOY TO YOUR
GIVING HEART? WE HAVE THE OPPORTUNITY!

MOST NEEDED:

SPORTS BRAS

new, all sizes S to 3XL

UNDERWEAR/PANTIES

new, all sizes S to 3XL

SLIP ON SHOES/SNEAKERS

size 6 - 10

SWEAT PANTS OR YOGA PANTS

S - 3XL

HOODIE SWEATSHIRTS

M - 3XL



HAVE YOU ADDED US ON AMAZON SMILE?

It only takes a moment and can have a big impact.

Just shop at smile.amazon.com, select Santa Maria Hostel as your designated charity, and Amazon will donate 0.5% of eligible purchases to us—no fees, no extra cost.

SAVE THE DATE

for our Annual Fundraising Event

Tuesday, May 3, 2022



SANTA MARIA

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