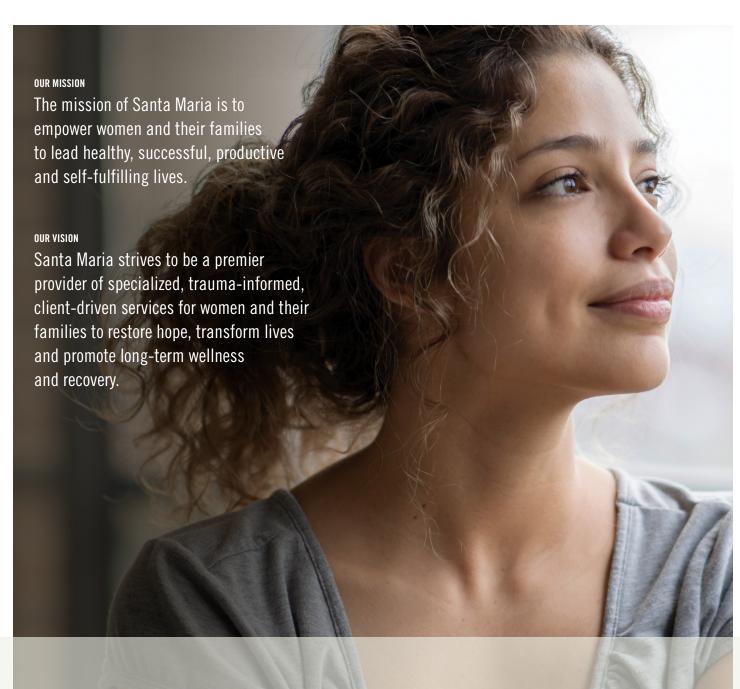


MAKING A DIFFERENCE AT SANTA MARIA





### IMPACTTHROUGH RESTORATION

- BY DESIGN

### BECAUSE OF YOU, WE CAN FORM THE FOUNDATION OF OUR RECOVERY COMMUNITY TOGETHER

Santa Maria continues to grow in our service to the community. It is one of the largest recovery communities in Texas serving nearly 6,000 women and their family members, just last year, with more than a dozen programs and services including detox, residential and outpatient treatment, recovery housing, criminal justice alternatives, healing for trafficking survivors, recovery support services, family reunification, prevention and so much more. These stories represent the restoration and hope we see every day.

You are the hero of our stories, for it is because of your support we have the resources to reach out and form the foundation of our recovery community. Please consider a gift today and be a part of building and restoring the lives of women and families in our community.

Be assured that your gift will be put to good use immediately, so that every woman has access to the support they need to thrive.

### THANK YOU FOR YOUR GENEROUS AND CARING SPIRIT.

To many, even those who follow us closely, it seems that Santa Maria has a multitude of programs, all with different names and services spread across three campuses and multiple community partner sites. Although that is true, there is a common foundation upon which every program rests:

- Help women achieve and maintain long-term recovery from addiction and trauma
- Strengthen parent-child attachment and bonding
- Build resiliency in children and families, enabling them to reach their full potential

Whether it is medical detox, residential or outpatient treatment, or recovery housing, we provide holistic supportive services designed to mitigate the harmful factors impacting the lives of our participants and to build their strengths and supports for long-term stability and wellness. We even serve outside our walls, with community-based solutions that begin addressing vulnerabilities and social determinants of health through prevention, outreach, and intervention. With all our services, we work to combat the stigma and bias too many of our participants face on a daily basis, and we foster equity in access to quality services and supports that help our families thrive and reach their full potential in life.

Our participants are referred by family members, child welfare, the courts, probation, jail or prison, healthcare facilities, schools, community centers and self-referral. Although our participants face many challenges such as poverty, homelessness, incarceration, mental health issues and intimate partner violence, they have amazing strengths and abilities as well. Santa Maria steps in with programs that offer hope, safety, and a nurturing environment, based on a mixture of respect, science, and compassion, to help unlock these strengths and abilities to our participants may move from surviving to flourishing. Through this, we restore not only individuals and families, but our larger community.

HERE ARE A FEW STORIES OF THE IMPACT OF OUR SERVICES THAT GO
BEYOND THE TRADITIONAL UNDERSTANDING OF DRUG AND ALCOHOL REHAB.
IN EACH, WE FOUND A WAY TO SERVE OUR PARTICIPANTS AND THEIR FAMILIES
BY HELPING THEM FIND A HEALTHIER WAY FORWARD, NOT ONLY FOR THEM BUT
FOR GENERATIONS TO COME.



Kerri was born in Marble Falls, Texas. Although she lived in this beautiful small town, her childhood was anything but idyllic. Her father lost custody of her at the age of 2, and she was sent to live with her mother, a woman struggling with a meth addiction. Soon after, her father took his own life. Kerri's early years were tumultuous, and she was often neglected.

As a young adult Kerri took her mother's path and become involved with alcohol and drugs. This life left her vulnerable to trauma and violence. Beaux, her pride and joy, was born into these unsafe surroundings. Beaux's father was physically abusive and violent with Kerri for years. She was not providing a safe home for Beaux to grow up and she knew it, so she got away to protect her son.

However, she could not find a safe and stable living arrangement. This resulted in her first case with CPS. Kerri was lost as to how to navigate the child welfare system and although she got her son back temporarily, it did not last. She was soon arrested for intoxication and child endangerment. Beaux was placed in foster care.

Kerri faced three years of probation or the offer to be placed in treatment to start rebuilding a life in recovery. Kerri made the choice of recovery. She chose Santa Maria to restore her life.

Kerri participated in her first substance use and trauma treatment alone at Jacquelyn House. There she met Tommy Austin, our court liaison, who offered her assistance in navigating her case with the possibility of regaining custody. Kerri says, "Tommy said that I was someone who was smart, put together and all I needed to do was learn how to talk to those making the decisions and do all they asked to get my son back. He gave me hope and promised to work with me."

Tommy made sure Kerri was prepared to advocate for herself. She requested an additional stay at our Bonita House where Beaux could live with her under supervision. Thankfully, she was allowed temporary custody of her son. She began parenting Beaux, learning to be a good mom and to include recovery basics in their lives. For her next step, Kerri chose to live in Santa Maria's recovery housing which provided continued support for the family's journey through individualized case management.



# "I HAVE A JOB AND A STABLE, SAFE HOME, SOMETHING I COULD NOT DO BEFORE. WITHOUT THE TIME AND THE CARING LOVE I FOUND AT SANTA MARIA, WITHOUT TOMMY AUSTIN, I WOULD NEVER BE HERE."

Tommy continued to guide her, now including Beaux in the counseling. Soon, Kerri was awarded full custody of Beaux. "Without Tommy there to show me how, that would have never happened," says Kerri. "I would have given up long before, thinking that Beaux would be better off without me."

Says Kerri today, "After I addressed my trauma and addiction, a light flicked back on in my life. I can be silly with my son, enjoy life and have dreams."





# THE FLORES FAMILY - STRENGTHENING FAMILIES





"We came to this country to provide a better future for our children," says mother, Nadia. "We want to adapt and learn the culture here, but mostly, we want to preserve our family bond." Realizing that her children would need support navigating adolescence, she was drawn to a workshop outlined in a pamphlet that their elementary school in Aldine ISD sent home. The content of the family workshops was appealing, and she thought the course, available by Zoom, was a great opportunity to work on her family's resilience. Nadia had also been hearing about the importance of family communication in her church.

She was met with enthusiasm from her daughters Nicole and Natalie, ages 8 and 10, and resistance from her 15-year-old son, Noe. She signed up anyway and the family began the 10-week course called Strengthening Families. They were provided with a manual, daily exercises and practices that added simple routines in their life. After the first two sessions, happily, her son decided he wanted to join in the class. The course was led by instructor, Luz Mosquera (SMH prevention staff member). Very soon, the family began to see positive changes in their interactions. They began holding a weekly family dinner and meeting each week. Their conversations led them to the understanding that they were all part of a team that needed to stay connected. Especially impactful, their honesty around drugs and alcohol led the family to a higher level of consciousness of responsibility and confidence knowing that they were there for each other.

Luz visited their home and made sure they had everything they needed to be successful. Her kindness and care was apparent and touching. Nadia says, "This was really a training for school, for social situations and real life. I see more leadership, confidence and participation in school from all of my children. I feel grateful that my son comes home and openly talks with me about some of the difficult things in his day. I have learned to listen without judgment, only support."

"We are a community struggling with different issues and I have learned a new approach to know how to start and lead a conversation to discuss these things. I have also learned to make better decisions about consequences and discipline that keep the communication lines open," shares Nadia.

"I WANT TO THANK ALL
THE PEOPLE INVOLVED
IN TAKING THE TIME
TO WORK WITH US,
ESPECIALLY MS. LUZ.
THIS PROGRAM WAS
PRICELESS."





Laura entered Santa Maria on July 4, pregnant, making a decision that she would break her addiction and bring a healthy baby into this world. Drug and alcohol were all she knew as a child, as her mother had been active in her addiction throughout this time. As Laura matured, she continued the pattern. She had lost everything to drugs, but she wasn't willing to lose this child.

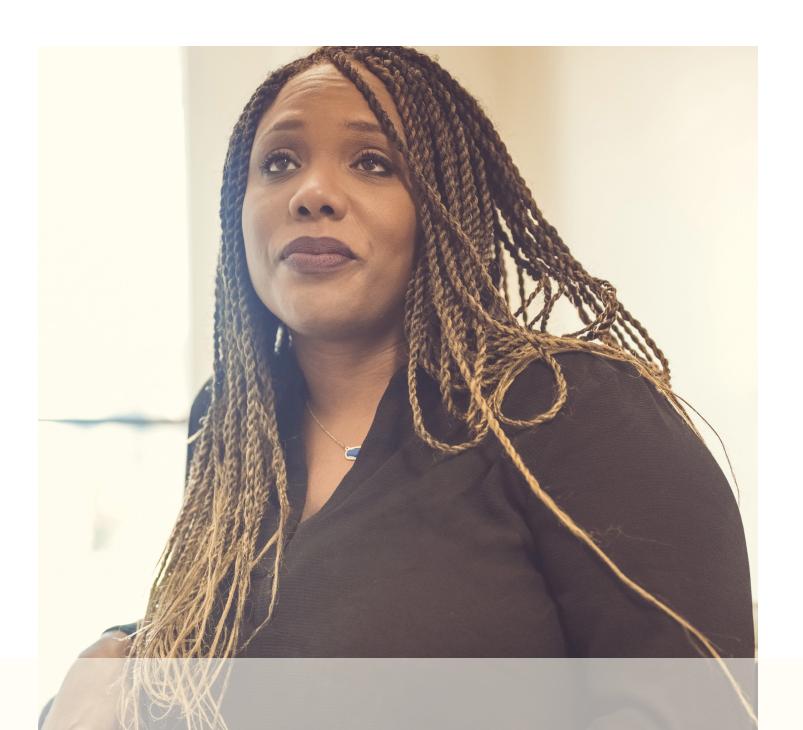
Laura was one of the first participants of the newly designed Ben Taub MPAT Clinic, an integrated prenatal clinic for pregnant and postpartum mothers with substance-use disorders. With the MPAT Clinic, Laura had a full team supporting her, including OB, psychiatry, nursing, social work, and her peer support specialist, Santa Maria recovery coach Michelle Hansford. This clinic, created through a partnership of Baylor College of Medicine, Harris Health, and Santa Maria, was designed to improve maternal and infant health outcomes by embracing every mother with respect and understanding, reducing the stigma attached with substance-use disorder so often found in healthcare settings, and improving access to integrated services that encompassed needs outside the traditional healthcare field such as transportation and housing.

Laura's prenatal care was first rate, and her medication assisted treatment (MAT) was closely monitored and supported. At Santa Maria's Jacquelyn House, she found herself in the company of many other women who had lived parts of her story, and she began to forgive herself for the choices she made. She started a life-long journey of recovery.

Her beautiful daughter, Bella, was born prematurely, and for the first month of life, Laura's daily routine included a morning and afternoon trip to the hospital as well as the daily trip to the medication assisted treatment clinic for her medication for opioid use disorder. Santa Maria's recovery coach and parent coach supported her throughout, providing emotional support, parent coaching, and tangible resources. Soon, the baby was healthy enough to come home.

Two years later, Bella is a charming toddler, full of smiles and quick with her words. She giggles when her mom calls her a "silly goose." The strong connection between mother and child is evident.

LAURA SAYS THAT BELLA IS THE SOURCE
OF HER STRENGTH, HER DETERMINATION,
HER MORALS AND HER FUTURE. LOVE
WITH BELLA COMES SO EASILY. LAURA HAS
LEARNED TO LOVE HERSELF THROUGH THE
LOVE OF HER LITTLE GIRL. THEY ARE A PAIR A HEALTHY MOM AND A HEALTHY BABY.



## INTERSECTION BETWEEN MENTAL HEALTH AND ADDICTION

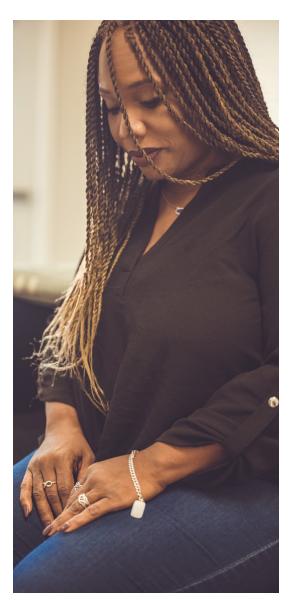
After maintaining sobriety for several years, Angel moved from her Houston home base to Galveston, away from her recovery support. Knowing she needed mental health assistance, she attempted to get prescribed medication from a community resource. Without coordination and despite her past, she was given a drug in the same family as one of her former drugs of choice and a cocktail of other prescriptions. She was over-medicated and all she wanted to do was sleep, 18 hours a day.

She quickly lost her job, her home, and her children and spiraled back to the streets. For the next three and a half years, she lived in hotels and cars and quickly accumulated traffic violations and finally, a charge of possession that triggered criminal justice involvement. She was alone and miserable.

Facing prison, she chose the alternative and again turned to treatment. Angel began the slow process of coming back to herself, in the care of her team at Santa Maria. This time, she found integrated treatment that addressed both her substance use disorder and her mental health issues. Like almost 65% of her peers in treatment, she learned that her life would not be stabilized without balancing both. She had the benefit of a mental health counselor, who was part of her treatment team at Santa Maria. This counselor worked to monitor her medications but also to train Angel in a healthy lifestyle by creating habits that allowed her to establish routines in four key areas: community, health, purpose, and home. She began to slow down and practice gratitude, household organization and time for self-care. These simple, yet essential tools, were incorporated into her daily life. Other SMH team members rallied to her assistance and she grew strong.

Little by little her life improved. She reunified with her children and found an incredible career path. She is now part of a four-person team with the UT Health Heroes Opioid Outpatient Program. She serves a community of those trapped in desperate opioid use, giving the same hope and advice that was given to her.

ANGEL HAS BEEN LIVING IN
THE FULLNESS OF RECOVERY
FOR SEVEN YEARS, FINDING
STRENGTH IN THE BROKEN
PLACES OF HER LIFE, AND
SHARING THAT STRENGTH
WITH OTHERS.





### BOARD OF DIRECTORS

KEITH RUDY Chairman

DEBORAH KEYSER Vice Chair

vice citan

ANDREW HUSMANN

Treasurer

**ELIZABETH HURST** 

Secretary

LISA CARPENTER Kelli Fondren Andy Icken

ELIZABETH PEREZ Frank Rynd Russell Weil

### LEADERSHIP TEAM

NADINE SCAMP, LMSW

Chief Executive Officer

BARBARA M. PAGE

Chief Financial Officer

VAUGHAN GILMORE, LCSW-S, LCDC

**Chief Clinical Officer** 

#### SANTA MARIA LOCATIONS

**BONITA HOUSE (MAIN CAMPUS)** 

2605 Parker Rd., Houston, TX 77093 | T: 713-691-0900 | F: 713-691-0910

**JACQUELYN HOUSE** 

2005 Jacquelyn Dr., Houston, TX 77055 | T: 713-957-2413 | F: 281-657-0956

PASCHALL - WOMEN'S RECOVERY RESIDENCE AND COMMUNITY CENTER

807 Paschall St., Houston, TX 77009 | T: 281-745-8532









#### SANTA MARIA



SUCCESS THROUGH RECOVERY

WWW.SANTAMARIAHOSTEL.ORG

facebook.com/SantaMariaHostel

