



SPRING 2022

We're here **I** for Recovery

CASSANDRA - THE FACES OF RECOVERY

SANTA MARIA





Changing Course for a Promising Future

Sitting in a warm and cozy living room, Cassandra recalled the days and years that brought her to her present life. She has a great job, with lots of responsibility and most importantly her beautiful youngest daughter, Kara, by her side. Her oldest daughter is also a part of her life, although she does not live with them full-time. Cassandra glows when she talks about her “mismatched family” of sisters from Santa Maria. She recalls the laughter, conversations, cooking and events they have shared. Mostly, she remembers the brave journey of recovery they have faced together.

Cassandra began drinking in high school. She thought that alcohol helped her overcome her shyness and she felt more comfortable, happy and lively under the influence. She felt it helped her socially to connect to a group. This lasted a short time, soon her drinking began to become a problem. Before too long, Cassandra started using drugs with her friends.

Her drug use got out of hand when she began cocaine and heroin. She went to college but found it difficult to focus. She had her oldest daughter in her first year of college. She went to treatment and after both inpatient and outpatient programs, she had periods of sobriety but always went back to her drugs. At this point, she lived with her parents who helped support and care for her daughter.

Her parents moved to Houston and Cassandra hoped she might stop using and become involved in a different life here. As much as she tried, things got worse. Frustrated and frightened by her behavior, her mother took custody of her daughter, knowing that the girl needed a safe and stable environment.

Cassandra moved to a hotel and through a clouded and hazy mind, in her denial, she definitely thought she had things under control. However, soon, she had lost everything and turned to robbery for her survival and a source of money for drugs. Cassandra was arrested and faced a long stint in prison, due to her prior convictions. While incarcerated, she discovered she was pregnant. When her daughter Kara was born, the infant was taken and immediately placed into the

foster care system. Cassandra had never felt such intense pain as she felt with this searing separation and loss. It was then and there that she decided to change so she would never feel this way again.

Through a restorative criminal justice program, she met a Recovery Coach from Santa Maria inside the prison walls. Her coach convinced her to go to our program and participate in treatment.

She was allowed to finish her sentence at Santa Maria. After four months apart, Kara was brought to Cassandra to live at Bonita House, in August of 2019. They have not been separated since.

She credits her addiction counselor at Bonita House with some insight into the traumas of her life, which allowed her to grow. Her mental health counselor assisted with grounding exercises and ways to develop resilience in the face of stress. She was surrounded by a group committed to recovery. Her mother became very involved with Nar-Anon, a 12-step program for family and friends of persons with substance use problems. Slowly, she put her life back together. With the assistance and support of this group of people, she has blossomed.

Today, Cassandra shares a beautiful smile with all she meets. Her warm and gentle ways have emerged and she displays a noticeable quiet strength. She has goals and passions for her future and for her daughters' futures.

SHE IS THE FACE OF RECOVERY.



DEAR FRIENDS,

Thank you for the great love and support shown over the holiday season! Our supporters were so generous with their time, gifts, toys, and donations which warmed many hearts on our campuses. Your generosity has launched 2022 on a high note. There are many interesting articles in this edition of our newsletter, but I wanted to highlight the continued success and expansion of our Caring for Two efforts. This two-generational approach to supporting families with expectant or new mothers has been steadily growing its reach across the Greater Houston area with impressive outcomes. Evaluation results of our MIRRORS program, the residential component of Caring for Two, was recently published in the peer-reviewed Substance Abuse Journal. We are proud to be contributing to research in our area of expertise with our partners from UTSA. We are expecting a bright spring as we look forward to our annual fundraiser. This year we will host the RISE Picnic for Recovery at the beautiful Parador gardens on May 3rd. We hope you consider attending and contributing to this event which raises funds to support our mission.

SINCERELY,

NADINE SCAMP, LMSW, CEO

CARING FOR TWO

Beyond Harris County



Maria Morales,
Parent Coach

Over the last couple years, Caring for Two has been expanding its reach beyond Harris County. With special support from our funders (featured below), we provide services in Montgomery, Fort Bend, and other outlying counties and help create equitable access to behavioral health and prenatal care for women and their families.

Caring for Two (CFT) is a home and community-based intervention to improve maternal and child outcomes for women who are pregnant or have young children, helping mothers and families build safe, stable, nurturing relationships with their children to promote positive early childhood brain development and reach their full potential in life. Many of the program participants have not had the same opportunities as others to build this nurturing environment for their families, as they are struggling with housing instability, mental health or substance use challenges, their own personal experiences with domestic violence or abuse, or other histories of trauma. CFT uses a two-generational approach to build family well-being and resiliency, including supporting mothers' physical and emotional health, improving social determinants of health such as housing and transportation, helping parents develop positive social support systems, and building parenting skills.

The need for equitable access to quality services in the outlying counties as well as provider education to combat bias was highlighted to our staff when trying to help a woman who lived in the far northern area of the nine county Greater Houston region. She could not find a prenatal care provider who would accept her because she was also being treated for opioid use disorder. Ultimately, staff linked her to our partner, Ben Taub MPAT Clinic, and she traveled over an hour each time she needed to come in for care. The Caring for Two team has now made it their mission to develop networks of care, made up of providers who understand the unique challenges women with substance use or mental health conditions face, that are easily accessed no matter where a woman lives.

Program work in Montgomery County is led by Parent Coach Maria Morales and in Fort Bend County by Parent Coach Yolanda Ross. Via their efforts and those of the entire CFT team, Santa Maria has built deep networks of community partners and connections. Two primary examples of these relationships are partnerships with Fort Bend Women's Center in Richmond, TX, and with LoneStar Family Health Center and Montgomery County Women's Shelter in Conroe, TX. "Santa Maria's Parent Coach Maria faithfully offers classes for clients in our emergency shelter. Her pleasant and calm presence is appreciated by our staff and clients." Becky Barrera, Residential Services Manager, Montgomery County Women's Center

Caring for Two services are currently provided at multiple partner locations throughout the Greater Houston area, including health clinics, assistance ministries, shelters and schools, along with our own treatment and housing locations. The expansion into neighboring counties has broadened our reach and provided life-changing impact to multiple generations.

If you are interested in learning more about how your agency can partner with Caring for Two, please contact Teresa Garcia, Senior Director of Prevention and Intervention Services, at tgarcia@santamariahospital.org.

SPECIAL THANKS



* MIRRORS COMPONENT

WE VOLUNTEERS



A Simple Call to Volunteer

Robert Graham called Santa Maria looking for the opportunity to volunteer with children and young families.

He thought our work might be a fit for him, as a retired educator, having served 25 years as a school principal. Robert was seeking to inspire and model both caregiving and reading for families at Santa Maria. He also desired to be

of service to his community after the isolation of COVID. He asked to be able to read to children and have the interaction with them he had been missing during retirement.

After learning of his vast experience, staff asked him to contribute his knowledge to the development of after-school activities for toddlers and elementary children. It was a big ask and he readily agreed, beginning several months of inquiry and discovery, learning what was needed

to support young families facing substance use problems. Robert drew on his program development experience to listen to parents, directors and others on how to assemble community resources and knowledge within and without the walls of Santa Maria. With staff support, he is completing a living document to guide late afternoon and weekend programming for moms and their young children.

He also began teaching pregnant and postpartum women from our BAMBI program how to read to their babies and incorporate learning strategies in everyday interactions, through the family focused literacy curriculum, Read and Rise. He is currently creating a book nook on the campus to inspire active reading and other important skills. He does all of this with his lovely sense of humor and keen interest in making connections with our residents and their children. A simple call to volunteer has tapped into potential for our families and our mission to offer the best programming available. ❤️



Service chair, Carmen Zavala, nominated us saying, "We are absolutely amazed at the services that Santa Maria provides to women and families on their path to recovery and have chosen this organization as one of three potential candidates. As future physicians, we acknowledge our role in mediating the raging opioid epidemic and believe

UT McGovern Medical School Partnership

We were so excited, first to be contacted and then selected, to be the Class Charity agency of the first year medical students at UT McGovern Medical School. Over the next four years, they will partner with Santa Maria to raise money, volunteer and advocate for our programs.

that volunteering with you could not only make an impact now, but also influence how we treat our own patients in the future." Following the nomination, the students, selected Santa Maria based on their interest in learning more about substance use disorder and treatment best practices.

They will be holding a gala to raise funds in April and plan to offer psychoeducational classes to our outpatient participants...just for a start! We are thrilled to have been selected and appreciate their interest in working with our clients. ❤️

Offering Serenity and Peace

Santa Maria has been incredibly blessed to be part of a pilot to bring nuns to the work of recovery.



Rev. Sr Caroline Buya and Catherine McDoo visiting the Houston Zoo



Rev. Sr Jacintha Victoria Ejeh,
Rev. Sr Philomene Atela and Rev. Sr Caroline Buya

This effort began with the Avodah Collective, a home of work, worship and service founded in southern Denver. The Avodah team wanted to integrate religious sisters into their residence, living and working with the women they served. Their quest led them to a Mother Superior in Nigeria and soon 24 sisters were bound for the United States to serve in not only Denver, but in Boston, San Diego, Pittsburg and Houston. Soon three nuns arrived at Santa Maria and became part of the team of service. They live on property and serve in the Recovery Advocates Station. They have received comprehensive training in the evidence-based work of substance use disorder treatment. They have also been trained in trauma-informed methods, a piece that came naturally for them.

They have formed a natural friendship with Catherine

McAdoo, our case manager and sex-trafficking rehabilitation specialist. She regularly supports them with trips to local sites and meals off campus. They accompany her to group meetings, assisting clients in their daily lives. They have formed a bond of mentorship and mutual respect. Cat says, "I try to see them beyond their habit and look for the sweet person inside. They bring me joy."

The sisters have a soft demeanor and a sense of reassurance that introduces spirituality and hope to the community. Our residents ask them for prayer and guidance in their own journeys. Often, they just sit with them to regulate their deep feelings. The sisters offer hope and a sense that everything will be better. They offer a stability in our team along with their kind and respectful service. ❤️

VOLUNTEERS ARE URGENTLY NEEDED

Volunteers are critical to the mission of Santa Maria.

Individuals and group volunteers are urgently needed in a number of areas please consider joining our volunteer team, contact Marcia Chaney at mchaney@santamariahostel.org to learn more.



MERCY STREET THANK YOU

Faith partners bring community, generosity and lots of love to Santa Maria.

Mercy Street has always been an important partner for Santa Maria, but they have really stepped up their presence during the last couple of years as we have faced the pandemic! Our Jacquelyn residents had been attending Saturday services there for several years, and with our isolation due to COVID, Steve Keyser, Outreach Director at the church, wanted to bring Mercy Street to our campus and he has certainly succeeded.



Over the last couple years, he has engaged many church members as volunteers, determined to match his vision. Mercy Street has several programs on our schedule, available to our residents

who want to attend. Saturday brings a video worship service and fellowship. Sunday, a Bible study offered by Mercy Street member Kathy Deitrich, currently featuring the lost women in the Bible. Once a month, Steve leads a special program called Mercy Street Treats, where a personal recording of recovery is played and the residents get to share individual comments about things that inspired or touched them from the story. The treats part involves sweets and cookies! Finally, our residents enjoy a much-loved art and crafts class presented by Mercy Street volunteer, Robin Martin, which brings out creativity and calm. All of these programs would not be possible without the help of dedicated volunteers Willie Houston, Peggy Hennek and Patricia Haralson. We are so grateful for their efforts and the spiritual offerings they bring to the Jacquelyn campus. We salute their efforts.

Faith partners provide volunteers, financial contributions, and other gifts to Santa Maria.

WE ARE SO GRATEFUL FOR THEIR COMMITMENTS.

If your faith community would like to volunteer, give or contribute to Santa Mara contact **Marcia Chaney** at mchaney@santamariahostel.org to learn more.

WELCOME RACHAEL WRIGHT our new Chief Development and Communications Officer



We are very excited to welcome Rachael Wright as the new Chief Development and Communications Officer at Santa Maria Hostel. Rachael will be responsible for implementing all aspects of fundraising including donor relations, special events, volunteer management, public relations and communications. She has been in the field of fund-development and volunteer coordination for more than twenty years.

Rachael began her career working with arts and cultural institutions in Grand Rapids, Michigan. Since relocating to Houston in 2006, she has also worked with humanitarian and healthcare organizations via HeartGift Foundation and Habitat for Humanity Northwest Harris County. Rachael is excited to join the Santa Maria team and looks forward to connecting community resources to support our mission.

**IF YOU ARE INTERESTED IN GIVING TO SANTA MARIA,
HOSTING A FUNDRAISING EVENT OR PARTICIPATING IN
OUR SPRING RISE PICNIC FOR RECOVERY FEEL FREE TO
CONTACT HER AT RWRIGHT@SANTAMARIAHOSTEL.ORG**



JOIN SANTA MARIA IN EMPOWERING WOMEN AND THEIR FAMILIES BY GIVING TODAY

Start by doing what's necessary;
then do what's possible;
and suddenly you are doing
the impossible. — Francis of Assisi

WAYS TO GIVE



Mail donations to
attention Rachael Wright
2605 Parker Rd.
Houston, TX 77093

You may also give online,
using this QR Code



Charitable giving doesn't
always mean cash. Did you
know that when you donate
stock, you avoid the tax on
the gain while deducting
100% of the value of the
contribution? To make a
stock donation contact
Rachael Wright at
rwright@santamariahospel.org



Help us stock our shelves
with our most needed items.
For a list of our current
needs, visit santamariahospel.org>help pave the way > in
kind donations
To coordinate a donation
drop off contact Marcia
Chaney at mchaney@santamariahospel.org



Offer your time and talents
for the betterment of our
residents and our facilities.
We would love to have you
or your group volunteer at
one of our campuses. To
coordinate contact Marcia
Chaney at mchaney@santamariahospel.org

For cash or stock donations, please contact Rachael Wright, rwright@santamariahospel.org
To arrange a donation drop off, please contact Marcia Chaney, mchaney@santamariahospel.org

PLEASE JOIN US FOR



PICNIC FOR RECOVERY
BENEFITING SANTA MARIA HOSTEL

TUESDAY MAY 3, 2022

THE PARADOR
2021 BINZ STREET, HOUSTON, TX 77004

5:30 — 7:30 PM

We are very excited to move back to an in-person event to celebrate the many women and families whose lives have been transformed as a result of the treatment and supportive services they receive at Santa Maria.

SPONSORSHIP OPPORTUNITIES STILL AVAILABLE!
WE HOPE TO COUNT ON YOUR SUPPORT THIS YEAR!

For more information, please contact
RACHAEL WRIGHT rwright@santamariahostel.org or 832 207 2038

THANK YOU TO OUR SPONSORS ALREADY ON BOARD!

PREMIER

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Sylvia Barnes and Jim Trimble
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FRIEND

Community Health Choice
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Moody Bank



If you can't attend the event and wish to donate in honor or in memory of a loved one, please visit: www.santamariahostel.org/give



SANTA MARIA

2605 PARKER RD., HOUSTON, TX 77093 | T: 713-691-0900 | F: 713-691-0910

