

2021
ANNUAL REPORT

ONWARD AND UPWARD

MAKING A DIFFERENCE AT SANTA MARIA

SANTA MARIA





Nadine Scamp, LMSW, CEO

DEAR FRIENDS,

Throughout 2021, Texas' top headlines directly impacted the staff, participants, and volunteers of Santa Maria. With the loving support of our community, we weathered both physical and metaphorical storms. Turning adversity into advantage was the key to our successes in 2021.

As the effects of the COVID-19 pandemic continued to impact both the staff and participants, the need for self-care had never been greater. With funding from the Episcopal Health Foundation, Santa Maria was able to craft a program directed at the mental health and wellness of our employees called SMH Strong. Via partnerships with Family Houston and Mental Health America Greater Houston, Santa Maria staff had access to therapists as well as classes on self-care, burnout, mental health, stress, and trauma.

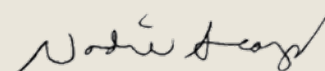
As the whole of Houston and much of Texas experienced the worst winter storm in decades, Santa Maria had many of the same experiences as our neighbors, including loss of power and water for limited amounts of time as well as

impassable roads creating the need for limited staff to remain on site holding down the fort. As the disaster of Winter Storm Uri gained national attention, opportunities arose for preparedness funding, Santa Maria was granted funds for a backup generator by AmeriCares which will help us through the next weather events.

As the sun continued to shine and the light at the end of the tunnel grew brighter, Santa Maria not only stayed the course but moved onward and upward. With COVID-19 health and safety protocols firmly in place we were able to gradually bring volunteers and events back to Santa Maria. This included trunk or treat at Halloween, Santa Claus at Christmas, and the return of classes with outside instructors throughout the year.

As I look back on this year I am reminded of the generosity of our community, the tenacity and resilience of our staff, and the grit and bravery of our participants. Joining together as a team Santa Maria was able to serve more than 5,400 women, children, and family members with multiple and varied needs. I invite you to continue to walk alongside us in these efforts to empower women and their families to lead healthy, successful, productive, and self-fulfilling lives.

SINCERELY


NADINE SCAMP, LMSW, CEO





5,418

women, children and family
members participated in
services

95%

of those served are at or below
the poverty level

95%

of babies born were born full
term and at a healthy weight

58

participants were reunited
with their children after
treatment

OUR MISSION

The mission of Santa Maria is to empower women and their families to lead healthy, successful, productive and self-fulfilling lives.

OUR VISION

Santa Maria strives to be a premier provider of specialized, trauma-informed, client-driven services for women and their families to restore hope, transform lives and promote long-term wellness and recovery.



ONWARD AND UPWARD

– JULIE & MIA STORY

When people develop a substance use disorder, it can pull their lives off course, like a powerful current. With the right supports – like those we provide at Santa Maria - they can start to redirect their lives.

Julie offers an example. Her childhood and adolescence had positive elements – like a loving family– but also had its difficulties. Her parents, who had immigrated from Vietnam, weren't always equipped to help her navigate unfamiliar challenges. As a child of immigrants, she sometimes struggled to fit in and even faced discrimination. She was teased about her Vietnamese name to the extent that she changed her legal name to Julie in middle school.

When she made friends who were using substances, she began to use them too, and then began to withdraw from other friendships because she felt ashamed. As her use increased, problems piled up: a serious car accident, the loss of her driver's license, and even an overdose. While her family never stopped supporting her, they didn't know how to make a difference. Like many families, they learned firsthand that



disrupting a loved one's substance use disorder isn't as simple as finding the right words. It's a matter of finding the right supports.

That's why it's so fortunate that, in 2020, the current of Julie's life pulled her into treatment. She found herself pregnant and in a courtroom. Fortunately, the judge recognized how to help her change course. She was referred to a specialty court that offers treatment for substance use disorder and probation instead of jail time. Judge Brock Thomas, who presides over the Harris County Responsive Interventions for Change court, connected her with Santa Maria.

At Santa Maria, trained counselors worked with Julie using an approach known as MIRRORS (Maternal Initiative for Reflective Recovery-Oriented Residential Services). **MIRRORS is grounded in what science says about how brain circuitry is affected by difficult experiences and substance use – and how to rewire the brain to develop healthy responses to stress.** In addition to traditional recovery treatment, she worked with professionals in ways that were tailored to the needs of expecting mothers. Each week, she met individually with a counselor to work through and resolve feelings like anger or shame that people often try to avoid through substance use. She learned from a family coach who began to equip her with the knowledge and skills to foster her baby's healthy development.

As she reached each goal of the program, it was time for Julie to move on. She knew that she wanted and needed a new environment, away from the people and places associated with substance use. Still pregnant, Julie's counselor connected her with Journey Home, a home for new mothers in recovery. Journey Home is a nurturing home for both mother and child, offering love, accountability and support along their journey.

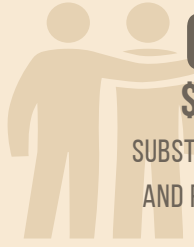
The skills she learned at Santa Maria through MIRRORS have helped her to set a new course for her life. After having a suspended driver's license for more than eight years, Julie retook her driver's test and had her driver's license restored, something she never thought possible. She got a food service job and was quickly promoted to manager, allowing her to save enough to buy a car.

Most importantly, Julie experienced the greatest joy of her life when her daughter Mia was born. Mia will turn two this July and brings immense joy to her mother and grandparents. Julie says that these days, very little can bring her down, and talks about how Mia has given her a second chance in life. Her description of her experience affirms what neuroscientists have recently uncovered – that in the early stages of parenthood, parents' brains undergo a sensitive period, when patterns can be rewired. This helps to explain the major changes Julie describes: "Now all my friends are other moms." Julie said, "My life is much simpler, and I am so happy."

The experience at Santa Maria wasn't always pleasant – she remembers thinking the food wasn't great and the rules seemed strict – and the social distancing required for COVID safety sometimes left her feeling isolated. Yet now, Julie said, "Today, I am grateful that Santa Maria provided the structure I needed."

While she knows she worked hard to rewire the cognitive patterns that drove her use of substances, she also knows that she couldn't have done it without the expert guidance of the professionals at Santa Maria. She credits the cognitive behavioral therapy with making the biggest difference. Julie wants women with substance use problems to know **"Don't be discouraged. If you work the program and you want to, you can do it with Santa Maria's help." It's onward and upward from here!**

WHAT WE FUND



60.7%

\$6,715,522

SUBSTANCE USE DISORDER
AND RECOVERY SUPPORT
SERVICES



20.8%

\$2,307,023

COMMUNITY BASED
PREVENTION AND
INTERVENTION



14.8%

\$1,637,467

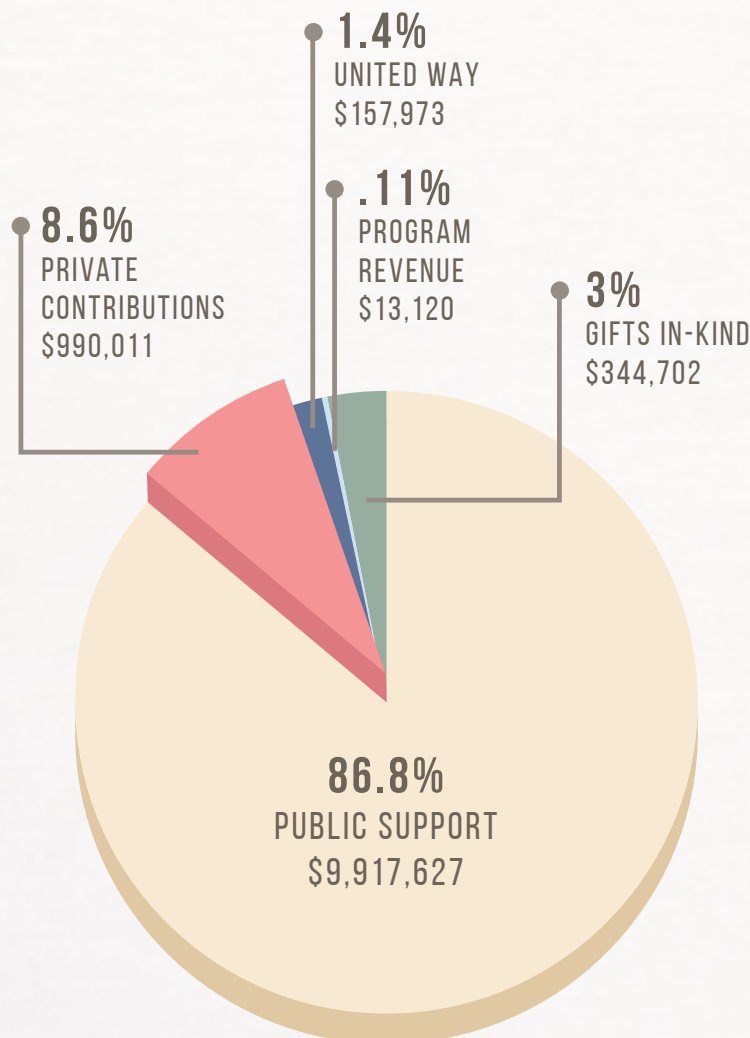
HOUSING



3.6%

\$403,255

FUNDRAISING AND
ADMINISTRATION



HOW WE FUND PROGRAMS

99%

MAINTAINED
RECOVERY FROM
SUBSTANCES AT 60
DAYS FOLLOW-UP

3,487

CHILDREN AND
FAMILY MEMBERS
BENEFITED FROM
PREVENTION
SERVICES

83%

SECURED
PERMANENT
HOUSING

96%

OF REVENUE WENT
TO PROGRAM
SERVICES

2021 Fiscal Year Donors

8/31/2020 - 9/1/2021

\$200,000 +

Episcopal Health Foundation • Houston Methodist • United Way of Greater Houston

\$100,000 - \$199,999

Texas Mutual

\$50,000 - \$99,999

Blue Cross Blue Shield of Texas • Santa Maria Hostel Foundation • The Hamill Foundation

\$20,000 - \$49,999

Catholic Campaign for Human Development • The Houston20 • Marek Family Foundation

\$10,000 - \$19,999

CenterPoint Energy • George and Mary Josephine Hamman Foundation • H-E-B
John P. McGovern Foundation • The Lewis & Joan Lowenstein Foundation
Texas Bar Association • The William Stamps Farish Fund

\$5,000 - \$9,999

Agee Family Foundation • Albert & Ethel Herzstein Charitable Foundation
Sylvia Barnes and Jim Trimble • Chapelwood United Methodist Church
Charity Guild of Catholic Women • Memorial Drive Presbyterian Church
Deborah Keyser and James Stafford • Stewart & Hurst • Strake Foundation

\$2,500 - \$4,999

Americares • Enbridge • Kelli Fondren • Harry S. and Isabel C. Cameron Foundation
Andy and Maylynn Icken • Bimla and Swatantra Jain • Legacy Community Health
Mercy Street Ministries • Moody Bank • Elizabeth Perez • Keith Rudy • Shell Oil Company Foundation

\$1,000 - \$2,499

Holy Family Episcopal Church • Dr. Alicia Kowalchuk • Network for Good
Frank Rynd • Jo Stevenson • Sandy and J. Byron Wake

\$500 - \$999

ACMS Group Inc. • Association for the Advancement of Mexican Americans • Pamela and Philip Briggs
Richard Gandy • Victoria Gipson • Carmen Jones • April McGee • Higginbotham • Dr. Angela Nash
Barbara and Wayne Page • Debra Pogue • Nadine Scamp • Elizabeth Schiffer • Ellen Sommer
United Way of Greater Kansas City • Jane and Stuart Weil • WINGS Ministries • Cary Duval White

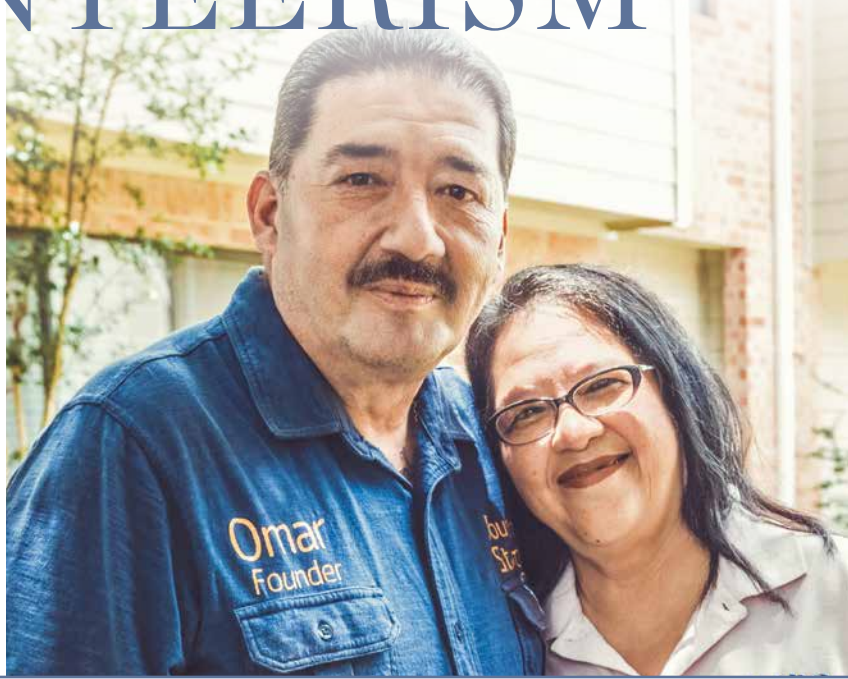
\$250 - \$499

Carole Evens Alm • Kathy Bays • Lisa Carpenter • Elaine Chaney • Teresa Garcia • Allen Kekish
Lockwood & Jones PLLC • Mary Milloy • Rotaract Club of West Houston
Brooke Stammersky • Emily Tofani • Russell Weil

LEADING 2021 THROUGH VOLUNTEERISM

Team Maldonado

This team is led by the dedicated Omar Maldonado, a man on a mission.



He says that he has plenty of energy to share with the women and children he serves at Santa Maria. One day, he simply drove by our campus and made an inquiry into service. His hearty band of followers, some relatives, some friends, have been creating memories ever since. Paired with low rider car clubs, he produces a parade and celebration with both Santa and the Easter Bunny center

stage. The parade arrives in our parking lot to the wide smiles of our moms and kids, followed by celebratory food, gifts and surprises for all. Each year these events get better. Our thanks to Omar and his lovely wife, Anna, for their dedication to sharing joy and celebrating the special moments in life.



Kristina Perez Dorsey

Her love for music and dance is always center stage at the many holiday celebrations she plans for Santa Maria.

She began her service to Santa Maria with her company, Minolta. But it has always been her personal driving force for special details and impactful surprises that makes her service distinctive. She has planned numerous family celebrations and gathered everything necessary to make them shine. Whether it is presenting a local hip hop school dance team or the best of street performers to our families, she always has something extra up her sleeve. Picking out the right pair of new shoes for school or the traditional Christmas gifts, Kristina goes the extra mile for every participant. Her crowd of friends and family set up the perfect celebrations and see to every detail. Kristina sparkles as she serves as hostess and friend to our families.



Ashley Zhou and Jiwon Park

These students from Rice University provided one of the most creative and meaningful programs last year.

With the backing of the Rich Family Endowment, an award they pursued and won, they produced a remarkable wellness series for our WHO participants. Without ever leaving campus, this virtual class was offered for 12 weeks with such inspiring topics as yoga, sampling teas and planting and understanding herbs. Their series opened a world of possibilities for reducing stress and broadening experiences. They carefully planned each session, sending needed supplies with special deliveries to the women anxiously awaiting

what would come next. They did not let a little thing like a lockdown interrupt their sharing of ideas. With a team of other students, they created the curriculum, provided the supplies, and presented each class with skill and enthusiasm. They picked Santa Maria as their partner because of their interest in alternative criminal justice programs. Everyone walked away happy and satisfied with a stellar effort.

The Smith Family

provides Christmas like no one else!

For several years, they have been unloading a large truck of toys and baby clothing and essentials for our residents at Santa Maria. Due to the COVID-19 health protocols, this year they set up the vast array of gifts near our front door, while the kids were in school. Each member of the family assists with the display and with great enthusiasm, sends well wishes and kindness with each and every gift. Mr. Smith says, "I don't bring anything I wouldn't give my own kids. Every child deserves the best." And with the Smith Family, they get just that! Thank you for your continued support and generosity.





OUR PROGRAMS

RESIDENTIAL AND OUTPATIENT SUBSTANCE USE DISORDER TREATMENT SERVICES FOR WOMEN AND WOMEN WITH CHILDREN

Women participate in CARF accredited treatment services that use evidence-based and trauma-informed approaches to support long-term wellness and recovery. This includes a full array of supportive services such as parenting, education, childcare and child development activities, individual and group counseling, family and child therapy, trauma support, medication assisted treatment (MAT,) GED and career development, spirituality, and life skills training.

“I look forward to repairing relationships
as I grow into a new woman.
I attribute my success to Santa Maria.”

- ANGELICA

RESIDENTIAL DETOXIFICATION

In partnership with Baylor College of Medicine, this CARF accredited program is a first step in recovery to medically manage physical withdrawal symptoms and link participants to ongoing care.

“Our trauma-informed nurses and
physicians ensure a safe and comfortable
start to the recovery journey.”

- DR. ALICIA KOWALCHUCK, MEDICAL DIRECTOR

WOMEN HELPING OURSELVES (WHO)

Treatment alternative to incarceration for pregnant and postpartum women referred through Harris County jail or probation. Women may keep their newborns with them while they complete the program.

“This journey has given me insight on how to cope
with substance use, accepting that it is okay to have
mental health issues.”

- KRISTIN

BABY AND MOTHER BONDING INITIATIVES (BAMBI)

Restorative justice alternative to traditional incarceration that provides housing and supportive services for new mothers and their newborns referred by Texas Department of Criminal Justice. BAMBI is designed to reduce recidivism and promote recovery, life skills and healthy bonding and parenting.

“I have grown in many ways and I’m confident
I will have a bright future upon my release”

- BAMBI PARTICIPANT

CARING FOR TWO (CFT)

CFT improves maternal and child health outcomes for pregnant women or those with young children and their families, using an integrated team and services including parenting education and coaching, health care navigation and care coordination, peer support, counseling and trauma services, linkage to treatment and MAT when needed. Services are provided for women impacted by or at risk for substance use and trauma, their infants and other family members. Services are home and community based and may extend for up to 18 months.

“Caring for Two parent coaches serve our clients
with a consistent and calm presence”

- BECKY BARRERA, MONTGOMERY COUNTY WOMEN'S CENTER

SURVIVORS OF TRAFFICKING – ACHIEVE RECOVERY AND STABILITY (STARS)

STARS provides safe transitional housing along with substance use treatment and recovery support for survivors of human trafficking. This program is tailored specifically for those exiting a trafficking situation and provides victim services including legal aid, medical and mental health services, trauma informed counseling and job training or education opportunities.

“This program saved my life; I don’t want
to ever go back. Now I am sober and
have visions of a better life.”

- TERESA



SCHOOL AND COMMUNITY BASED PREVENTION SERVICES

Community-based services open to local schools and agencies to help children gain resiliency skills, improve school performance, and reduce alcohol and other drug use.

“Our parents concurred that they enjoyed all educational sessions from Santa Maria because they were beneficial and relevant to their lives.”

-IVAN TAMAYO, ALDINE ISD

TRANSITIONAL AND RECOVERY HOUSING

Housing and supportive services for women and women with children designed to improve access to services, promote long-term wellness and recovery and assist in the transition to self-sufficiency and economic stability.

“I have a job and a stable home, something I could not do without the care and love I found at Santa Maria.”

- KERRI

VETERANS HOUSING

Transitional supportive housing for homeless female veterans to achieve stability and recovery in education, employment, permanent housing, mental, behavioral, and physical health and self-determination.

“For me this is a wonderful team who I have been able to trust and discuss concerns with.”

-VETERANS HOUSING PARTICIPANT



RECOVERY SUPPORT SERVICES (RSS)

Peer Recovery Coaches/Recovery Support Specialists provide coaching and mentoring to reduce barriers to recovery and re-entry, respond to challenges encountered and provide care coordination and linkage to community resources for education, employment, housing, health, social and spiritual needs.

“Working with RSS has made a big difference in my life. Every obstacle I’ve faced my recovery coach was there to help guide me through it all.”

- EBONEE

WOMEN'S RECOVERY COMMUNITY CENTER AT PASCHALL (WRCC)

The WRCC serves as a community resource for all women in recovery, providing space for support meetings, sober recreational activities, the Peer Advisory Council (PAC) alumni group, a resource center and recovery coaching.

“I will never have enough words to describe how very important Paschall and PAC have been in my life.”

- HEATHER

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