

# We're here **I** for Reco**v**Her**y**

WINTER 2023

HEATHER - THE FACE OF RECOVHERY



SANTA MARIA





# The Road to Healing and Restoration: A Story of Hope



Childhood trauma coupled with domestic abuse and substance use can lead to devastating ends. However, the safety and security of a sober living environment coupled with peer support, such as what Santa Maria offers, often leads to long-term self-sufficiency and healing.

Heather's story offers a glimpse into this long road to healing and restoration. Growing up in a home where both parents had substance use issues, Heather's earliest memories were not happy ones. Around the age of 10 she moved with her mother and sisters to East Texas to live with her grandparents who raised her for the next seven years. She prided herself on getting good grades and being a rule follower. After graduating from high school early she joined the military at 17. But when she needed to be medically discharged, Heather once again needed a place to go, so she moved to Austin to live with her mother.

Working in a local restaurant, she met the man she thought was the love of her life. Using her love of music, he introduced Heather to her first rave and by extension her first use of substances. This first encounter and a deep love for a man with substance use issues led Heather to use multiple substances for many years. During this time, he was both physically abusive to Heather and trafficked her for additional income to purchase drugs. This life led Heather to prison where she served a 3-year sentence and was released and entered a substance use treatment program. Her life began to turn a corner. However, in 2012 her former partner passed away in an accident. This traumatic event led Heather to relapse and return to substance use, eventually leading to another prison stay.

While in Plain State Jail, Heather met a Santa Maria Peer Recovery Coach via the Pathway to Recovery program. The Recovery Coach, a woman with lived experience of both justice involvement and substance use, shared her story of hope with Heather and modeled what a life in recovery could be. Heather was determined to be done using substances and to find a sober living environment that would support her recovery. Her coach linked her to Santa Maria's Paschall House, a recovery home for women and children. While living at Paschall, Heather experienced a secure, structured environment free of substance use and accountability to remain so. In addition, she received

daily peer support from coaches with lived experience. **Peer Recovery Coaches worked with Heather to reduce barriers to recovery and re-entry, and to link her with education, employment, housing, health, social and spiritual supports that would help her meet her personal goals for recovery and stability.**

Studies show those participating in peer recovery support see improved relationships and social support, reduced rates of substance use, increased treatment retention and gains in life domains such as housing and employment. Connection to a positive support network and development of a personal sense of life purpose and meaning is critical to maintaining recovery gains, and peer recovery support helps nurture these protective factors.

After seven months at Paschall receiving Recovery Support Services, Heather was ready to live on her own and began training to be a recovery coach herself. Heather continued to be engaged with Recovery Support Services, attending and engaging in activities with The Women's Recovery Community Center, a community resource at Santa Maria for all women in recovery. In addition, she joined the Santa Maria alumni group, Peer Advisory Council (PAC), eventually serving as PAC president.

Today, Heather is in a secure relationship with her partner Jacob whom she met at Mercy Street, a church that offers a safe harbor for hope and transformation. Heather and Jacob were excitedly anticipating the birth of their daughter, however at a doctor appointment they learned she no longer had a detectable heartbeat, and at 32 weeks they lost their baby Izabella. Devastated and overwhelmed by this terrible grief, Heather felt a pull to use substances again. However, via the skills and tools she learned at Santa Maria in tandem with the overwhelming support of her recovery peers Heather was able to stand firm in her recovery.

Heather is so fully committed to recovery that she works each day as a Recovery Coach in Santa Maria's admissions office guiding women through the very first step of their recovery journey. **Health, Home, Community and Purpose, the guiding principles of recovery, are evident in her life and she shares this journey of hope with others.**



## DEAR FRIENDS,

Over the Autumn months and into the Holiday season, Santa Maria was a-buzz with community volunteers and donors. Hundreds of volunteers gave their time and talents via the United Way of Greater Houston Days of Caring making improvements to our facilities. In addition, donors and volunteers gave of themselves to ensure that each Santa Maria participant and their children had a magical Holiday season.

As I look ahead to warmer temperatures and new adventures I am filled with anticipation. Anticipation for the growth of each individual participant, new partnerships and expanded services. Santa Maria is excited to announce that due to a generous grant from Episcopal Health Foundation, we will soon offer Caring for Two parent coaches and recovery coaching services to families in Travis County. Many of these families will include participants returning to Travis County after completing Santa Maria's residential treatment program.

Your continued support of both our mission and new endeavors is greatly appreciated. I look forward to more opportunities to engage you in our life saving work including our RISE Picnic for Recovery on April 25, 2023.

SINCERELY,

NADINE SCAMP, LMSW, CEO

# UNITED WAY OF GREATER HOUSTON DAYS OF CARING

## Thank you, ExxonMobil Volunteers

Santa Maria is proud to be a United Way partner and receive generous support from United Way of Greater Houston. The mission of the United Way of Greater Houston is to work together to improve lives, build a stronger community and create meaningful opportunities for people to prosper. Santa Maria is grateful to be a partner in this important work.

A key component of the United Way is community volunteerism. Santa Maria was a proud recipient of more than 900 volunteer hours via the United Way Days of Caring. More than 150 ExxonMobil employees spread out over 7 different workdays visited Santa Maria giving of their time and talents. Some of the highlights included moving spaces to better suited rooms on campus, painting including a mural for a newly occupied childcare area, picnic table repair and much more.

Santa Maria is grateful for the energy, hard work and compassionate spirit that these volunteers brought to our organization. We are truly grateful.





# Healing Hearts

Santa Maria's Healing Hearts Children's Services program engages each child in their varied stages of brain development.

**S**anta Maria is one of the only organizations in the state of Texas that allows children to reside alongside their mothers while in residential treatment. At any given time, Santa Maria has up to 100 children ages birth to twelve years old residing at our Bonita House campus. Santa Maria's Healing Hearts Children's Services program engages each child in their varied stages of brain development. The program provides behavioral health services and child development activities to improve mental wellness, resiliency, and healthy family intervention.

Healing Hearts utilizes an evidence-based curriculum to improve children's coping and communication skills, helps them set healthy boundaries and improve their self-worth. Counseling services such as play therapy and family therapy are also provided. The program promotes early childhood brain development through provision of nurturing, educational activities and helps mothers focus on their recovery goals, employment search and education knowing their children are cared for in a safe, supervised setting.

Santa Maria recently expanded Healing Hearts to include an afterschool component focusing on structured age-appropriate activities for children in the late afternoon hours. In addition, this program incorporates activities mothers and children do together to strengthen the family bond and engage mothers in their child's education and growth.

**HEALING HEARTS IMPACTS MORE THAN 200 WOMEN AND MORE THAN 350 CHILDREN ANNUALLY.**



**86%** of families completing this evidence-based program demonstrated improved family functioning and parenting skills.



**99%** of children demonstrated improvements in mental health, trauma, and behavioral symptoms.

**SANTA MARIA RELIES ON THE GENEROSITY OF OUR COMMUNITY FOR THE SUCCESS OF HEALING HEARTS. WE WOULD LIKE TO THANK THE FOLLOWING DONORS FOR THEIR GENEROSITY TO THIS PROGRAM:**

Albert and Ethel Herzstein Charitable Foundation  
Andrews Foundation  
Charity Guild of Catholic Women  
George and Mary Josephine Hamman Foundation

Harry S. and Isabel C. Cameron Foundation  
H E B  
Strake Foundation



# Impact100

Impact100 Houston exists to empower women to award large grants that transform lives.

Impact100 Houston is a group of dedicated women from all walks of life who have come together to make a collective and significant difference in our community. Impact100 Houston exists to empower women to award large grants that transform lives. Impact100 gives to organizations in five key areas: arts and culture, family, education, health and wellness and environment.

Santa Maria is proud to announce that not only was our organization the finalist in the category of health and wellness but also the recipient of a \$100,000 grant voted on by the organization's membership at an awards ceremony in November. This generous gift will aid Santa Maria in transforming numerous spaces around the Bonita House campus into child friendly areas promoting brain development and mother child bonding components.



We are so grateful to Impact100 for recognizing the important work that Santa Maria is doing for women, children and families throughout the Houston community and surrounding areas. ❤️





# LIFE CHANGE MINISTRIES

## Faith Partners Spotlight

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Life Change Ministries is a church located north of Houston and exists to minister to every facet of a person's life spiritually, mentally, emotionally and physically. This dedicated group of parishioners has poured out love and support to Santa Maria participants in many ways.

A group of Life Change volunteers faithfully give their time each month to work in the Santa Maria store, sorting donations and getting the store ready for our participants to utilize its services. The store is a non-transactional store allowing participants to shop for free for the items they do not have outside support in obtaining. In addition Life Change has assisted Santa Maria with greatly needed in-kind donations such as COVID-19 testing kits and warm winter coats for women and children. ❤️



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**WE ARE GRATEFUL FOR OUR ONGOING PARTNERSHIP WITH LIFE CHANGE MINISTRIES.**

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

We are so grateful  
**FOR THEIR  
COMMITMENTS.**



# SANTA MARIA ADVISORY COUNCIL —

## Where Thinking Meets Doing

Santa Maria is proud to introduce a very committed, talented and resourceful group of community volunteers who have agreed to meet on a quarterly basis and advise and support Santa Maria. We are so grateful to have the support of our newly formed Advisory Council.

Santa Maria's first Advisory Council meeting was held on October 17th and graciously hosted by Linda Limb at LIMB.co. We were honored to have Amy Pierce from Houston20 speak regarding the issue of sex trafficking in the greater Houston area and Santa Maria's own Cat McAdoo connect this

pertinent societal issue to the lifesaving work being done via Santa Maria's Survivors of Trafficking Achieve Recovery and Stability (STARS) program. 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. ❤️



### SANTA MARIA IS PLEASED TO WELCOME THE FOLLOWING MEMBERS TO OUR ADVISORY COUNCIL:

|                   |                |
|-------------------|----------------|
| Melanne Carpenter | George Joseph  |
| Kristen Clancy    | Jan Lee Parks  |
| Gabriela Gerhart  | Daisy Morales  |
| Doug Hidalgo      | Chau Nguyen    |
| Danielle Houston  | Cory Roclawski |
| Jennifer Howard   | Russell Weil   |

We are so grateful for their dedication to Santa Maria.

save the date



**RISE**

SANTA MARIA  
PICNIC FOR RECOVERY  
2023

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Join Santa Maria in  
empowering women  
and their families  
by giving today



## Ways To Give



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

You may also give online,  
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Charitable giving doesn't  
always mean cash. Did you  
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[rwright@santamariahospel.org](mailto:rwright@santamariahospel.org)



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drop off contact Marcia  
Chaney at [mchaney@santamariahospel.org](mailto: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](mailto:mchaney@santamariahospel.org)

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



SANTA MARIA

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