

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



SANTA MARIA



Strengthening Families

Catherine and Edet live in the Aldine area with their three children, Emmanuel (12), Favor (11) and Joseph (7.) Catherine and Edet are originally from Nigeria and moved to Houston TX in 2009. Edet has been an educator for more than 30 years, currently teaching high school in Houston ISD. Catherine stays very busy with their three children and looks for opportunities to learn and engage in their local community. Aldine Independent School District regularly offers parenting support classes via their Parent University. Catherine is always on the lookout for opportunities via Parent University and received an email about an extended whole-family course: Strengthening Families. She readily signed her family up.

Strengthening Families is an evidence-based family skills training program for families that is recognized both nationally and internationally. The SFP motto is “We are strong and loving families who take time to bond, set boundaries, and monitor so we become our highest and best selves.” The SFP program builds parenting skills, children’s social support skills, and family life skills and has been found to improve family communication, bonding and functioning as well as improve child behavior. Parents and youth attend weekly Strengthening Families classes together, learning parenting skills and youth life and refusal skills. They have separate class training time for parents and youth in the first hour, followed by joint family practice sessions in the second. Santa Maria is a key facilitator of this program in the Houston area, offering Strengthening Families in three different school districts via highly trained, bilingual facilitators.

“My whole family benefited from Strengthening Families!” - Catherine

Through Strengthening Families, Catherine and her children learned important communication and listening skills. These skills helped their family reduce conflict and be peace makers. Via more active listening, Catherine is now able to understand and validate her children’s voices. “It helped us to open up. Now my children will communicate with me about everything in their life.”

Strengthening Families also taught the family ways to reduce stress, which may act as a trigger to family conflict. Creating a safe, clean, structured home environment helps to reduce stress, as well as engaging in healthy habits such

as getting enough sleep, exercising, and eating well. “I pray each day that my home is a safe space to run to from the stress of the world.” Catherine

Catherine’s family also learned how to protect each other from substance use. They learned that substances affect brain function, especially for young people. They also learned creative ways to say no to friends engaging in risky behaviors. The older children continue to use the method they learned, the 5 C’s:

- Caution: ask questions.
- Cool It: say no to the negative activities.
- Change the Plan: offer an alternate activity.
- Call Me: if you change your mind, let me know.

Today, Edet, Catherine, Emmanuel, Favor and Joseph are a stronger family doing more things together. They prep meals and cook as a family, providing time for conversation and bonding. They engage with their children, actively including them in family decisions, to build family unity and the children’s self-efficacy.





DEAR FRIENDS,

Santa Maria is a proud leader in prevention and intervention services throughout our Houston community for children and their families, partnering with community organizations and schools to prevent substance use and promote behavioral health and wellness in youth and families.

Prevention and intervention programs serve more than 4,000 children and family members each year. Santa Maria has been recognized in the community for these programs including being chosen as a Community Stars award recipient. This award is sponsored by the Houston Office of the Drug Enforcement Administration (DEA,) Houston Crackdown Division of the Mayor's Office of Public Safety and Homeland Security, and Clear Channel Communications and is designated to honor organizations and individuals that contribute toward reducing substance use disorders and crime in their neighborhoods and communities.

As the school year is in full swing Santa Maria will continue to engage thousands of children and family members from diverse backgrounds. We invite you to support this important work via your gifts to Santa Maria. Throughout this publication you will see several unique ways you can engage and give to Santa Maria including supporting our annual fundraiser, the RISE Picnic for Recovery.

SINCERELY,

NADINE SCAMP, LMSW, CEO

SANTA MARIA YOUTH PREVENTION SERVICES

Kids Connection

Santa Maria partners with community organizations and schools in the Aldine, Spring Branch, Spring and Houston (a 15-year partner with Santa Maria) Independent School Districts to prevent substance use and promote behavioral health and wellness in youth and families. Research based prevention curriculum is delivered in a highly structured support group process by trained and caring facilitators, to help children living in high-risk situations gain the skills and support they need to overcome adversity, gain resiliency skills, improve school performance, and stay away from substance use. Positive alternative activities and educational presentations for children and families help round out the service offerings.



One specific program we use is Kids Connection, a targeted program based on behavioral and competence-enhancement models of prevention. It is designed to increase resiliency and reduce risk factors by teaching essential life skills to help children cope with difficult family situations; resist peer pressure; set and achieve goals; refuse alcohol, tobacco and other drugs and develop pro social attitudes and behavior. The program utilizes developmentally appropriate, interactive, and experiential activities matched with session topics to further reinforce the messaging within each session.

Kids Connection is offered for youth ages 6-18 who are at risk for substance abuse due to being subject to risk factors that increase their chances of developing a substance use problem, such as school failure, interpersonal social problems, delinquency, or having parents who use substances or have other life challenges. Youth Prevention Services foster the development of positive social and physical environments that promote healthy, and substance use free lifestyles.

Santa Maria has seen great success with Youth Prevention Services. During the 2022/2023 school year Santa Maria provided prevention services to 936 students with 100% successfully completing the program.



SANTA MARIA INTERNSHIP PROGRAM

Santa Maria manages a robust clinical internship and training program engaging students from various colleges and universities throughout the Houston area in behavioral health fields including social work, mental health counseling, and chemical dependency counseling.



Meghan Rue, Sam Houston, Masters of Clinical Mental Health Counseling; Cecilia Reynolds, University of Houston Graduate College of Social Work, Masters of Social Work (MSW); Sthefany Castro, Pepperdine, Masters in Clinical Mental Health Counseling; Elisa Meadows, University of Houston Graduate College of Social Work, Masters of Social Work (MSW)

Santa Maria manages a robust internship program engaging students from various facilities of higher learning in the fields of social work and chemical dependency counseling.

Interns receive a myriad of hands-on experiential learning opportunities while receiving guidance, supervision, and mentorship from key Santa Maria clinical leadership. Experiential learning opportunities include:

- Facilitating evidence-based groups for residential and outpatient treatment programs.
- Conducting biopsychosocial assessments, treatment planning, and discharge planning.
- Participating as an active member of the interdisciplinary team treating substance use disorders and co-occurring disorders.

In addition, interns receive invaluable training from experts in their chosen fields, including but not limited to training in the following areas:

- Substance use disorders
- Trauma informed care
- Co-occurring disorders
- Motivational interviewing
- Crisis intervention
- Utilization of a two generational approach with women and their children

Currently Santa Maria is proud to host 9 interns from 7 different universities. The next generation of social workers and behavioral health professionals begins at Santa Maria.



Santa Maria on average welcomes
16 interns
per year.



Rene Devereaux, Capella University, Masters of Counseling; Melody Gray, University of Houston Graduate College of Social Work, Masters of Social Work (MSW)

INTERN TO EMPLOYEE

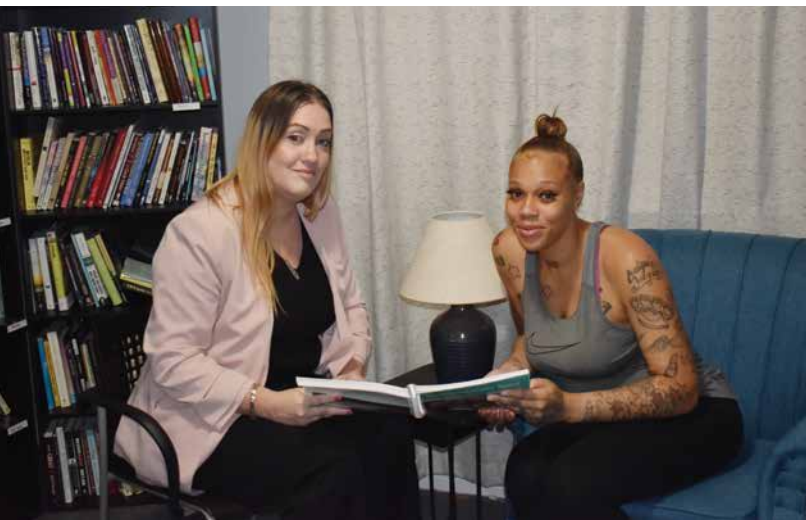


“I did not expect counseling to have THIS much heart, my mentors at Santa Maria showcased that for me.”

– Jared, Santa Maria Counselor

Jared

As a Houston Community College student working to become a Licensed Chemical Dependency Counselor, Jared needed an internship including many hours of experiential learning. After applying at Santa Maria, being accepted, and going through the orientation process, Jared knew this was a place he wanted to be long term. With specialized knowledge from his classes at HCC on Fetal Spectrum Alcohol Disorder, Jared was able to jump into helping in practical ways right away, educating both staff and participants on this issue. This coupled with additional hands-on experiences gave Jared confidence moving forward in his counseling career. Via the great mentors who worked with Jared at the Jacquelyn campus and the diversity of the participants, including many LGBTQ+ participants, Jared felt at home and knew he wanted to be an employee at Santa Maria after his internship. Today he is a proud member of the Jacquelyn campus’ counseling team.



“Santa Maria offers personalized care from an amazing team of staff and mentors, and I am happy to be a part of that team.”

–Regina, Santa Maria Counselor

Regina

While working toward her degree at Walden University to be a Licensed Master Social Worker, Regina needed an internship opportunity and chose Santa Maria. While this was Regina’s second internship, it was her first to offer direct hands-on experiential learning and important dedicated supervision from clinical staff. Regina appreciated what she learned at Santa Maria especially in two specific areas. First, she learned a great deal working at a residential treatment facility where participants live, as she was able to engage with participants more regularly. Second Regina appreciated what she learned from observing and assisting with facilitating group classes at Santa Maria, specifically Seeking Safety which is an evidence-based intervention for women with trauma. From the beginning she felt a pull to stay on as an employee and continue her work at Santa Maria. Today Regina is a full-time staff member serving as a counselor in Santa Maria’s Women with Children program.

Interns not pictured: Jonelle Fuller, Texas Southern University, Masters in Clinical Mental Health Counseling; Merci Wilson, University of Houston Graduate College of Social Work, Masters of Social Work (MSW); and Lisa Trahan, Stephen F. Austin, Bachelor of Social Work.



On average

73%

of Santa Maria interns are masters level students.

Memorial Drive Presbyterian Church

FAITH PARTNERS SPOTLIGHT

Memorial Drive Presbyterian Church, fondly known as MDPC, is located in the Memorial area west of Houston. This large church with nearly 4,000 members is known for its warmth, generosity, and dedication to the ministry of Jesus Christ. In obedience to Christ's teaching, MDPC is committed to radical generosity. Since MDPC's inception in 1954, they have strived to balance money spent each year on church operations with money given to those in need.

Santa Maria is pleased to partner with MDPC via gifts of time, talent and treasure. MDPC has been a generous supporter of Santa Maria's Hope Housing program for many years. In addition, the church has supported immediate needs such as updates to Santa Maria's GED classrooms and the onsite non transactional store—where Santa Maria participants obtain their basic needs. More than 100 MDPC parishioners and staff were on site at Santa Maria volunteering for their annual Church in the City event. This annual all-church and city-wide service event is when MDPC leaves the pews to volunteer throughout the city of Houston for a day of service. This amazing team invested resources in facilities updates, large-scale landscaping, a brief church service and engagement via arts and crafts activities with our participants and their children.

Santa Maria is blessed by our ongoing partnership with MDPC and looks forward to many years of serving our Houston community together.



Please join us

**FOR SANTA MARIA'S
ANNUAL FUNDRAISER**


RISE PICNIC FOR RECOVERY

on Tuesday, April 16, 2024



We are honored to celebrate the thousands of women and families whose lives have been transformed by the recovery treatment and supportive services they receive through Santa Maria

The RISE Picnic for Recovery is essential to fulfilling our important mission. Please partner with us in one or more of the following ways.

-  **Make a premier sponsorship and become our main sponsor**
-  **Purchase a table and attend with your friends**
-  **Purchase individual tickets and attend**
-  **Underwrite one of the expenses related to the event.**
-  **Make an In-kind donation by contributing to our raffle and/or silent auction. Items we are looking for: tickets to sports events, concerts, theater. Hotel stays, airline miles, vacation destination, gift cards to restaurants or entertainment.**

Give Now!



For sponsorship or donation information please contact Rachael Wright
rwright@santamariahostel.org or 832-207-2038

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



Ways To Give



CASH OR MAIL
A CHECK

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

You may also give online,
using this QR code



STOCK

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



IN-KIND
DONATIONS

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



VOLUNTEER
YOUR TIME

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



SANTA MARIA

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