

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



SANTA MARIA



# Natalie and Jayden

Natalie moved to Houston in 2018 with her young son Jayden, seeking safety from an abusive partner. Although Natalie had begun working toward sobriety from substances when she discovered she was pregnant, she lacked the necessary tools and support systems needed for success in recovery and several years later was still struggling with substance use.

Natalie was led to Santa Maria through a referral from Child Protective Services. Her son had been removed by CPS, and she initially struggled with treatment because of the trauma of the separation. After being discharged and experiencing a relapse, Natalie reached out to Santa Maria staff seeking to return to treatment. This time she poured herself into treatment and stuck with it, determined to be reunited with Jayden.

Once reunited, Natalie and Jayden both found success at Santa Maria and their bond became extremely strong. When Jayden and Natalie were re-united in 2021, he was completely non-verbal, traumatized, and unable to socialize. While at Santa Maria Natalie was able to obtain healthcare for Jayden, learning he needed speech therapy. Jayden then began to thrive in many ways.

Natalie knew she could not return to her hometown after completing treatment, due to the extreme trauma she had experienced there. In addition, due to a criminal history she also struggled to find permanent housing because many apartment complexes will not rent to someone with convictions.

With the help of her Peer Recovery Coach, Natalie applied, qualified, and enrolled in Santa Maria's Recovery Housing program, allowing her and Jayden to have their own apartment on Santa Maria's campus. **"It was a safe space, grounded in recovery."** Natalie said. Santa Maria's Recovery Housing program is specifically designed to improve access to services, promote long-term wellness and recovery, and improve economic stability.

In addition, Recovery Housing gave Natalie the time and space she needed to explore what she wanted for her life, all while engaging regularly with her Peer Recovery Coach and the recovery community. Peer Recovery Coaches provide mentoring to reduce barriers to recovery and re-entry, respond to challenges encountered and provide care coordination and linkage to community resources.

Today Natalie remains in Recovery Housing at Santa Maria as she completes her education. She works as a Recovery Support Specialist at Avenue360, a health and wellness organization providing primary, behavioral health and dental care to medically underserved communities, and is enrolled in college pursuing a social work degree. Jayden is now a talkative and very social Kindergartener, engaging in conversations with everyone he meets. He is nearly six years old and excelling in school, making the honor roll.

**"Recovery housing has given me everything—changing my life and my son's life."** - Natalie







## DEAR FRIENDS,

Santa Maria daily strives to pave the way for women and women with children to thrive while living fully in recovery. As a part of this work Santa Maria reduces or eliminates barriers to recovery whenever possible. Often due to many factors including rising costs, housing is an obstacle for many women to fully provide for themselves and their children.

Santa Maria offers a high-quality Recovery Housing program serving more than 125 women each year. Our Recovery Housing program is accredited through the Texas Recovery Oriented Housing Network and the National Alliance for Recovery Residences (NARR).

In this publication we will showcase the diverse ways that Santa Maria is implementing our mission to empower women and their families to lead healthy, successful, productive and self-fulfilling lives. We look forward to you joining us in these efforts through your continued generosity.

SINCERELY,

NADINE SCAMP, LMSW, CEO

# Santa Maria Recovery Housing

One of the major barriers to long-term recovery and stability that women, especially women with children, face is access to safe, affordable housing located in a recovery-supportive environment. There are few housing resources in the greater Houston area to address these families, and need greatly outpaces capacity. Sadly, many housing programs will not accept women and families with criminal background records, mothers who

are near the end of their pregnancy, or participants who are taking certain medications. In addition, many of our participants do not have the financial resources to pay out of pocket for recovery housing when they first leave treatment. Santa Maria has grown our recovery housing program to meet these needs, ensure the gains our participants have made while in residential treatment are sustained, and provide space and time for participants to work on their individual education and employment goals.

Santa Maria's recovery housing is designed to provide a positive, peer-driven recovery environment with opportunities to practice independent living skills within a recovery-oriented framework. While residing in recovery housing, women are able to participate in a number of Santa Maria services to support their recovery, including the Caring for Two program, peer recovery coaching, I-CARE Clinic physical and mental health services, educational and employment support, and outpatient substance use treatment. Recovery-oriented social activities, recovery support groups, and a resource center with community computer access are provided to help women maintain positive peer connections and meet their recovery goals. Children have access to after-school programming, children's support groups and therapy. A portion of the recovery housing units are designated for our participants who are pregnant or postpartum, as they often have the most difficulty obtaining housing in the larger Houston community.

Recent Recovery Housing Alumni Gregoryyana (Right) had this to say about Santa Maria's program:

**"There are so many things in my life that I am thankful for, and Santa Maria is at the top of my list. The endless opportunities, support, and motivation they gave helped me become a better mother and woman. My life has changed drastically in such a positive way, I feel blessed. The residential substance use treatment I received at Santa Maria before transitioning to Recovery Housing helped me be clean and sober. This support, assistance from my case manager and having safe and affordable housing helped to open doors for job opportunities and greater success. The childcare and moving process was easy and the aftercare Santa Maria provided helped me with furniture for me and my children. Santa Maria has always been there for me every step of the way and I cannot thank you enough."**

Through funding from Be Well, Texas Santa Maria has been able to expand Recovery Housing services for emerging adults, women aged 18-26.



Case Manager Paulette Banks with recovery housing participants



# Medication Assisted Treatment



Santa Maria provides a full continuum of care to meet each participant where they are on their recovery journey. For many participants this care includes medication assisted treatment (MAT.) MAT is the use of medications alongside counseling and behavioral health services to treat substance use disorders, specifically concerning opiates and alcohol.

The Food and Drug Administration has approved several medications to treat alcohol use disorders and opioid disorders. These medications relieve the withdrawal symptoms and psychological cravings that cause chemical

imbalances in the body. MAT services can be a crucial component of recovery, however due to cost can be out of reach for many, especially treatment for alcohol use disorder. With grant funding from BeWell Texas, Santa Maria is able to provide these services at no cost to our participants.

To safely offer MAT services to participants onsite, Santa Maria partners with healthcare professionals from Baylor College of Medicine Department of Family and Community Medicine. Participants visit Santa Maria's onsite I-CARE Clinic to receive MAT services. MAT services remain available to participants after discharge ensuring continued access to care and reducing barriers to long term recovery.



Jamie is a Santa Maria participant whose life has been greatly impacted by this service. Prior to a referral to Santa Maria Jamie had been hospitalized multiple times for her alcohol use within a matter of months. Through MAT via the I-CARE Clinic, Santa Maria was able to pay for Jamie's medication, which she credits for giving her the confidence to get back into her life. Today she attends monthly I-CARE appointments for her MAT. When asked how this support from Santa Maria has helped her reach eight months of sobriety, Jamie said,

“Santa Maria gave me a second chance at life. I can be a present grandmother and mother which I have not been able to be in a very long time.”



# BLUE CROSS BLUE SHIELD SPECIAL BEGINNINGS®



**BlueCross BlueShield  
of Texas**

Santa Maria received a Special Beginnings® maternal and infant health grant from Blue Cross and Blue Shield of Texas (BCBSTX), as part of BCBSTX's statewide initiative to aid moms along their preconception, prenatal and postpartum journey. BCBSTX continues to build on long-standing maternal and infant care programs as well as relationships with trusted local community organizations, health care providers and thought leaders to leverage their knowledge, experience, and talents to increase access to care, reduce care gaps and educate and engage Texans at the local level.

With this grant Santa Maria plans to grow its "Caring for Two" program, which promotes positive infant development and maternal health outcomes for families impacted by maternal substance use, mental health challenges and trauma. Santa Maria will scale its offerings in Houston and expand into Central Texas.

In addition to the vital funding provided by BCBSTX, the corporation has also leveraged their partnerships to provide prenatal vitamins to all the women Santa Maria serves in need of this resource. The prenatal vitamins and education surrounding their use comes via a unique partnership with Vitamin Angels, a global health nonprofit focused on helping underserved populations in need, specifically pregnant women, new mothers and children under five years gain access to life-saving and life-changing nutrition solutions.

For several months now Santa Maria via their onsite I-CARE clinic has been able to not only distribute prenatal vitamins to women in need but also provide education and instruction surrounding their use.





# Christ Church Sugar Land

## FAITH PARTNERS SPOTLIGHT

Christ Church Sugar Land has served the greater Sugar Land area as a beacon of hope and healing since its formation in 1983. Nestled in the heart of First Colony with a vision of knowing God and making His love known to others, Christ Church continues to faithfully proclaim the good news of Jesus Christ through its local and global missions, small group ministries for every age level, and engaging worship opportunities.

As a part of their local mission's outreach, members of Christ Church have been faithfully volunteering at Santa Maria since 2015. Specifically, the Lamp Lighters Sunday School class has brought joy to the participants of Santa Maria

via numerous events. Initially focusing on serving justice involved participants, the number of Christ Church volunteers has grown along with their services to all participants at Santa Maria. Christ Church volunteers have hosted baby showers for new mothers along with numerous Easter and Christmas celebrations. They have supported Santa Maria financially along with hosting drives to gather items to meet participants' basic needs.

**Thank you, Christ Church  
Sugar Land, for your ongoing  
and joyous investment in the  
work of Santa Maria.**



• 2024 •  
SANTA MARIA

# RISE

picnic  
FOR RECOVERY

*was a great success!*

On April 16, 2024, more than 100 of Santa Maria's dedicated supporters gathered at this annual fundraiser celebrating the thousands of women and families whose lives are transformed via Santa Maria's work. The event was held at Station3, a historic Houston fire station now used as a unique event venue. A fitting place to celebrate Santa Maria who has been serving women and their families in Houston for more than 65 years.

The event's talented emcee was Chau Nguyen, a Santa Maria Advisory Council member, and the event featured special guest speaker, Santa Maria Alumni Julie. Julie shared her story of hope and the transformation her life took after participating in Santa Maria's programs and services in 2020. The event grossed more than \$145,000 for Santa Maria to continue empowering women and their families to lead healthy, successful, productive and self-fulfilling lives.

**We would like to thank the evening's sponsors and underwriters:**

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Decorations: Christ Church Sugar Land  
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*We are grateful to our dedicated supporters for advancing the work of Santa Maria.*



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



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