



# Family Houston

FOCUS ON FAMILIES  
SUMMER 2020

## SCHOOL IN THE AGE OF COVID-19 *What to expect and how we can help*

Daily routines for children and adults have drastically changed over the last few months due COVID-19. Health precautions and social distancing measures meant that students had to complete their school year remotely - away from their friends and teachers. Not only did they miss out on the social interaction that is important for them, they had to quickly become accustomed to new technologies and tools. With a new school year approaching and remote learning a big part of the education process, parents, children, and teachers will face a whole new set of challenges.

### Some of these challenges include:

- Lack of access to technology and resources
- Language barriers at home
- Parents taking on a new role of “teacher”
- Lack of free and reduced-price meals provided by the school
- Difficulty implementing Individual Education Plans (IEP) for children with special needs
- Time management struggles
- Lack of social interaction and communication
- Not all students are applying themselves
- Teachers who are also parents are struggling to balance those roles



Schooling is a large part of a child’s everyday life; being around others their age is crucial to their growth. With

the uncertainty that lies ahead, as well as the difficult decisions that will have to be made regarding jobs and students’ schooling, **many children and adults will struggle with anxiety, depression, and other mental health illnesses.** Family Houston’s Counseling program can be essential for children and parents. Many of our counselors hold specialty certifications in Play Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Trauma Focused Therapy along with several other therapeutic methods.

Besides the mental health struggles that many are faced with, there are countless students who have trouble meeting their basic needs. **75% of HISD students are classified as economically disadvantaged.** HISD schools provide multiple free meals a day to thousands of students. Those might be the only meals these children have access to. For families who struggle with providing enough food for their families, Family Houston can help clients apply for SNAP benefits and/or the Houston Food Bank Food Scholarship Program through our Case Management program.

Currently, all of our services are offered remotely. While we all navigate the challenges this year continues to bring, we are here to safely help those who are struggling with their basic needs, mental health, and financial stability.

A GIFT OF \$250 WILL COVER TWO COUNSELING SESSIONS FOR A SCHOOL-AGED CHILD. TO MAKE A GIFT OF ANY AMOUNT TEXT **HTXCARES** TO 91-999.

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# MESSAGE FROM THE CEO

Martin Luther King Jr. once said “Life’s most persistent and urgent question is, “What are you doing for others?” Each of you reading this edition of Focus on Families has shown that even during these difficult and uncertain times, you are still doing something for others.

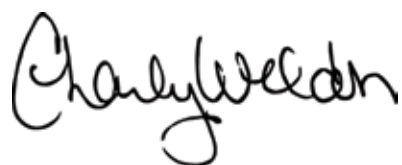
Some of you have given to Family Houston through financial contributions, some have given time and skills as volunteers, some have shared our resources with others on social media, some have referred clients, and some have given back by shopping through AmazonSmile! Because of you our clients can continue transforming their lives.

Our fiscal year recently came to an end and I am proud to share with you some of the incredible things we accomplished. Over 1,600 households were served through Case Management, a 7% increase from last year. We reached over 20% more people on social media and exceeded our fundraising goal for our Pillars of Strength luncheon (even with the complications of COVID-19). We transitioned to remote services, and to date our Counseling department has completed nearly 4,000 telehealth sessions!

As we continue navigating these times, we are staying true to our goal of helping others help themselves. Our team consistently goes above and beyond to ensure their clients are prepared for that final job interview, show their clients how strong and resilient they are through counseling, and offer them stability during some of the most difficult times in their lives. I truly believe our staff is the greatest asset we have, and it is my privilege to work alongside them!

As we help our community through these tumultuous times, your support continues to make a difference. If you are able to make a donation you can do so by texting HTXCARES to 91-999 or you can visit our website to see additional ways to support the critical work Family Houston does.

If you find yourself needing a helping hand, Family Houston is here for you. I hope you and your loved ones stay well.



Charly Weldon  
President & CEO

## YOU MAKE A DIFFERENCE!

Here at Family Houston, our employees work hard every day to improve the lives of those in our community. In the last quarter the following employees celebrated anniversaries. Congratulations to each of you! We look forward to all of your future accomplishments.

### Basic Needs

Ana Uvalle, 22 years | Aleshia Tripps, 14 years

### Mental Health

Connie Clancy, 29 years | Helen Humphries, 7 years | Shelly Kessinger, 5 years  
Alejandra Restrepo, 1 year | Stephanie Romero, 2 years

### Financial Strength

Armando Barros, 1 year | Moneé Cheney, 10 years | Mariana Monterrubio, 3 years  
Brenda Velasco, 3 years

### Administration

Liz Green, 14 years | Sarah Smith, 9 years

Anniversaries are listed from April 1 - June 30, 2020





# BOARD FAREWELLS

## Ron Martin

Ron has served on the board since 2012. During his long tenure he filled many vital roles including that of Vice Chair and Board Chair. He has dedicated much time to participating on multiple committees including the Audit and Finance Committee and the Building Committee. Through his years of service Ron has shown how dedicated he is to this organization. We will miss his leadership on the Board but look forward to seeing what he will bring to the Family Service Foundation Board to continue helping this community.

## Penny Butler

Penny has been a part of Family Houston for over 30 years! She has served on both the Board of Directors and Foundation Board. While on the board she was part of the Fund Development Committee, Race Event Committee, Nominations Committee, and was Chair of both the Planning and Nominations Committees. Penny has been a valuable part of our team, she was even part of the team that brought Charly on board as our CEO. We are lucky to have had such a passionate person involved with our organization for so many years.



## CHIEF PROGRAMS OFFICER



We are happy to announce that Tracey Burnett-Greenup has been promoted to Chief Program Services Officer. Tracey joined Family Houston in January 2019 as the Director of Case Management. During her time with the agency, she has worked with both the Case Management and Financial Stability programs. Before joining Family Houston, she was Program Manager for the Network of Behavioral Health Providers, where she had the privilege of working with more than 40 behavioral health agencies in the greater Houston area. In March of this year, she received her LPC-I license from the Texas State Board. Tracey is excited about continuing the work she has been doing and finding new ways to grow the wonderful programs at Family Houston.

## PARTNER HIGHLIGHT



Communities in Schools (CIS) and Family Houston partner to offer Case Management and Counseling services to students and families on school campuses throughout greater Houston. Our Case Management partnership targets families at risk of homelessness. The stresses of housing instability impact children's attendance, academic performance, and relationships. Together, Family Houston and CIS work with families at five elementary school campuses to establish housing stability. Family Houston also works with CIS at 11 HISD schools to offer mental health services to students, addressing crises, traumas, and emotional and behavioral challenges.



We are able to expand our Case Management services for veterans with support from the Bob Woodruff Foundation (BWF) in partnership with the Qatar Harvey Fund. This is particularly critical as many veterans are experiencing increased hardship due to COVID-19. In addition, BWF is supporting our Counseling program by providing funding for specialized PTSD training for our counseling staff, and allowing us to offer counseling at no-charge to veterans who are suffering from PTSD.

"Many of our veterans and their families now serve as frontline workers and first responders, answering the call again here at home," said Dave Woodruff, co-founder and co-chairman of the Bob Woodruff Foundation Board of Directors. "We will stand with them, supporting the programs that help them face their service-related challenges and those related to the COVID outbreak - now and into the future."

# Career Changes and Retirement

ADVICE FROM FAMILY HOUSTON FINANCIAL & EMPLOYMENT COACHES

82% OF PEOPLE AGES 45 AND OLDER HAVE REPORTED  
SUCCESSFUL TRANSITIONS TO A NEW CAREER.

## I think I need to change careers. Now what?



### BE PREPARED

- Update your resume
- Create a LinkedIn profile to connect with other professionals
- Become familiar with Zoom interviews and remote job fairs



### FINE TUNE YOUR SKILLS

- Complete a short term certification for a new skill
- Volunteer in a field that may interest you if possible
- Leverage your current experience to transferable skills

## My company is asking me to consider early retirement. What do I need to do?

### THINGS TO CONSIDER



- Take inventory of your entire financial situation
- Know your expenses and create an income plan
- Consolidate all of your retirement accounts
- Consider health care costs
- Consider taking Social Security early
- Decide if you are open to part-time opportunities to supplement income

Contact us today to help you with your future!

[WWW.FAMILYHOUSTON.ORG](http://WWW.FAMILYHOUSTON.ORG) | (713) 861-4849



## BBB AWARDS FOR EXCELLENCE

We're excited to receive a BBB Awards for Excellence this year! At Family Houston we strive to give our community and clients the best experience. This award demonstrates our core values of collaboration, compassion, and commitment which guide our work every day.



# UPCOMING EVENTS



Join us for a socially distant day of one-one-on sessions with a financial expert

## MAKING CHANGE



Saturday, September 19, 2020

Appointments available between 9:00 am - 3:00 pm

RSVP Required

[www.familyhouston.org/makingchange](http://www.familyhouston.org/makingchange)

Family Houston and Merrill Lynch have teamed up to bring you a day of financial education! Family Houston financial coaches and Merrill Lynch financial advisors will be available for one-on-one sessions to discuss topics such as retirement, savings, debt, investments and much more all at no cost to you! You must sign-up in advance.

**For more information visit [www.familyhouston.org/makingchange](http://www.familyhouston.org/makingchange)**

## JOIN US AS WE GO LIVE



Facebook Live

Stay connected with us from a distance! Family Houston will be live on Facebook bi-monthly to discuss how we can help you and the community.

### Upcoming Facebook Lives

**How to Prepare for a Successful School Year**  
August 13 at 12:00 pm

**Finances for Entering the Real World: How to Pay for College and Tips on Avoiding Debt**  
August 27 at 7:00 pm

**PTSD: How it Affects Veterans and Others**  
September 10 at 12:00 pm



# SUPPORTERS

We could not serve this community without your support.  
Thank you to all who donated during the last quarter!

Donations from April 1 - June 30, 2020

Jake Allhands  
Anonymous  
Nancy Baird  
Catherine Beebe  
Bo Bothe  
Jennifer Brown  
Camille and Locke Bryan  
Randal Byrd  
Margot and John Cater  
Michael Clement  
Katy and Kevin Dunlap  
Mirta and Ruben Elestundo  
Joseph and Catherine M. Garcia-Prats  
Bruce D. Hall  
Gayla Hamby  
Tracey Kearny  
Steven Killworth  
Debra and Harry Kuehler  
Shelly Long  
Margaret Mitchell  
Shunney and Shaji Nair  
John Price  
Francis Rios  
Maribel Robles  
Elizabeth Saenger  
Samar Sheth  
Catherine Thompson  
Lynda K. Underwood  
Judy Vo  
Charly and Bert Weldon

## FOUNDATIONS AND CORPORATIONS

Bank of America  
Bob Woodruff Foundation  
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Chapelwood Foundation  
Chevron  
ExxonMobil  
Greater Houston Community Foundation -  
COVID-19 Relief Fund  
Independent Financial  
Kendra Scott Rice Village  
Palmer Memorial Episcopal Church  
Sanatan Sanskriti  
Shell



## MAKE YOUR DONATION GO FURTHER!

Did you know some corporations match their employee's gifts or provide grants for volunteer efforts? Find out if your company offers these benefits by reaching out to your HR department or emailing us at [donate@familyhouston.org](mailto:donate@familyhouston.org).

## OVERCOMING ANXIETY

Jill was a previous Family Houston client who sought help again during COVID-19 as she was overcome by nervousness, anxiety, and panic,

Jill and her counselor decided Eye Movement Desensitization and Reprocessing (EMDR) Therapy was the best route for Jill. Through the counseling process and working on herself she was able to overcome the anxiety and panic attacks, worrisome thoughts, and catastrophic thinking patterns she was facing. Through treatment she realized she held false beliefs about herself, her life situation and others, which was leading to distorted thinking. This allowed for more positive, empowering, and productive beliefs to take hold.

"I am increasingly stronger, proud, and confident to be who I am. I am looking forward in joy to walking day by day, even as the unknowns and difficulties remain and happen month to month - seeing past them, creating and being beauty in my life, and being a testament to my son and those around me."

To learn about EMDR visit [www.emdr.com](http://www.emdr.com).



# QUESTIONS FOR THE THERAPIST

## WHAT IS ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. It is one of the most common neurodevelopmental disorders of childhood.

## WHO DOES ADHD MOST COMMONLY AFFECT?

Children are more likely to be diagnosed with ADHD, especially male children. Statistics show more non-Hispanic white children being diagnosed which could be contributed to social factors such as availability for medical care to do assessments, stigma about mental health, and others.

## WHAT ARE SOME SYMPTOMS OF ADHD TO LOOK FOR?

Hyperactivity, inattention, and impulse control issues are common symptoms. This can include talking too much, having trouble sitting still, being fidgety, or acting without thinking of the consequences.

Adults might suffer from depression, mood disorders, or substance abuse issues. They can also have difficulties with their day-to-day responsibilities including work as well as relationship struggles.

## IF MY CHILD HAS ADHD WHAT CAN I DO TO HELP THEM?

Make sure to get a formal diagnosis from a psychologist/psychiatrist after an assessment. If the child is experiencing symptoms that are predominantly inattentive make sure their environment is stimulating enough for information to register. For example, using a yellow piece of paper helps words be more noticeable. If symptoms are predominantly hyperactive, allow for breaks for the child to “get their wiggles out” and reward behavior when they have “slowed down.” Treating things as games can help such as saying “let’s walk slowly together, and whoever gets there the slowest, wins.” It’s also important to inform your child’s school of their diagnosis and work with the administration to ensure they have necessary accommodations to be successful.

## WHAT ARE SOME WAYS TO TREAT AND MANAGE ADHD?

- Behavior therapy
- Medication
- Psychotherapy for emotional regulation

## WHAT ARE SOME WAYS A PARENT CAN HELP A CHILD WHO HAS ADHD FOCUS WITH VIRTUAL LEARNING?



Structure is crucial. Help your child set up a plan for each day to help with staying on task. Set up a calendar in their “learning area” with assignment due dates, tests, and class schedules.

Set alarms. Help them set alarms on their phones or computers to alert them to switch classes, take breaks, or turn in work.

Allow time for breaks. Snack, take walks, play games (kids with ADHD are only able to focus for 45 minutes at a time).

Avoid distractions. Set up a study area free of visual distractions like windows or posters. You can place cardboard on sides of computers to help.

Don’t over manage. Children learn independence by managing their own schedule. Oversee the school day, but don’t hover or take over.

Embrace their learning style. Some kids cannot sit in a chair. They might prefer a bean bag, sitting on the floor, walking around, or going outside to do work.

Stay in touch with teachers. IEP (Individualized Education Program) are still in place. Talk to staff about how they can help meet your child’s needs.



**STEPHANIE ROMERO,  
M.ED., LPC**



NEED  
ADDITIONAL  
HELP?  
MAKE AN  
APPT. WITH  
A FAMILY  
HOUSTON  
COUNSELOR.



## OUR MISSION

To create a stronger community for tomorrow by helping individuals and families meet the challenges they face today.



# Family Houston

*Helping others help themselves.*

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## OUR VISION

To be Houston's premier resource that uses a holistic approach to help people empower themselves, stabilize their lives, and sustain lasting improvement.

## BOARD OF DIRECTORS

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Family Houston is accredited by The Joint Commission  
and is an affiliate of the United Way of Greater Houston.



# ADHD AFFECTS 1 IN 10 CHILDREN

Learn about ADHD on pg. 7