



Family Houston

FOCUS ON FAMILIES
FALL 2020

WE'RE PART OF THE SOLUTION



40% OF US ADULTS REPORT STRUGGLING WITH MENTAL HEALTH DURING THE PANDEMIC

Adrian Lira, Clinical Director, says so many adults are struggling partly because of the uncertainty that has continued to come during this time. Many of his clients have been able to normalize their fears and come to the realization **this is a shared experience the entire world is going through**. That in turn is helping them with their anxiety, depression, and other mental health struggles they may be facing.

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

AMERICANS ARE 27% MORE LIKELY TO LIVE PAYCHECK TO PAYCHECK NOW THAN BEFORE THE PANDEMIC

Financial Coach Monee Cheney has seen more clients struggle with maintaining a good credit score and paying bills since the pandemic started. She says “financial coaches are here for added support and to **help you manage your budget even if you are struggling paycheck to paycheck!**”

wtop.com/2020/09/most-americans-still-struggling-financially-due-to-pandemic-study-finds/



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MORE THAN ONE-THIRD OF HOUSEHOLDS SAID THEY HAD SERIOUS PROBLEMS PAYING THEIR BILLS

Case Manager Aleshia Tripps says she has seen an increase in the variety of clients who need assistance to meet their basic needs. **This pandemic is reaching all industries at all levels.** She says “It is so great we are able to step in and help our community during some of the most difficult times we will ever face.”

Rice University Kinder Institute for Urban Research

Be part of the solution. Join the family.
Text JTF to 91999.

MESSAGE FROM THE CEO

Despite unprecedented challenges, Family Houston continues to meet the community’s needs. Because of our dedicated donors and partners, we were able to rapidly respond to the impacts of COVID-19. Through the generosity of supporters such as the Bob Woodruff Foundation and the Greater Houston COVID-19 Relief Fund, we provided direct financial assistance to individuals who were struggling to pay bills or rent, or to keep food on the table. With help from partners like Boys & Girls Clubs and Communities in Schools, we continued providing mental health counseling to children in need. And, by collaborating with organizations like Merrill Lynch and United Way of Greater Houston, we conducted financial and employment coaching with fellow Houstonians whose lives have been suddenly turned upside down.

2020 has been marked by two enormous events: COVID-19 and an awakening of dialogue around racial equity. At Family Houston, we look forward to embracing the positive changes that are emerging. Our Board and staff are working together to identify opportunities for us to better address diversity, equity, and inclusion both internally and among our services. The COVID-19 crisis propelled us to urgently launch teleservices. While nothing can replace in-person interactions, we will maintain remote services as one option for clients in the future. Teleservices maintain health safety and eliminate barriers that often prevent clients from accessing services, such as child care, lack of transportation, physical mobility issues, and work schedules. Social distancing also inspired us to take on new methods of disseminating information about basic needs, mental health, and financial stability – methods that reach many more people and impact many more lives. Since March, our expert counselors and coaches have conducted a series of online videos designed to address concerns many of us have as we grapple with our new reality.

Family Houston was featured recently in the Houston Chronicle’s Houston Gives section. The title of the article speaks volumes: “Family Houston’s mission started 116 years ago after the Great Storm”. Our community is once again in the midst of a great storm. While this storm looks very different than those past, Family Houston’s role in our community remains the same. One senior clinician featured in the article says it best, “Family Houston helps individuals reclaim their inner strength, and that is particularly important during the pandemic. We need that right now, to believe in resilience, so together we can end up on the other side.”

As we enter this holiday season which promises to be unusual and a first for all of us, I believe we will also find support, a sense of community, and joy. If you would like to get involved with Family Houston I encourage you to visit our website (www.familyhouston.org) to learn about the exciting opportunities we have available. I look forward to having you continue being a part of the solution in 2021!



A handwritten signature in black ink that reads "Charly Weldon".

Charly Weldon, MBA
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

Gloria Semien, 21 years | Mayra Curiel, 1 year | Claudia Duran, 6 years

Mental Health

Rose Viviano, 26 years | Jessica Cisneros, 8 years | Pierre Matta, 11 years
Maria Melicoff, 3 years | Briana Eagleton, 4 years | Sayra Medina, 6 years
Tanja van Dam, 6 years

Administration

Lama Murad, 3 years | Dora Rodriguez, 8 years | Jessica Rosales, 3 years

Anniversaries are listed from July 1 - September 30, 2020



BEST PLACES TO WORK



We are thrilled to be a Best Places to Work finalist with Houston Business Journal for the third year!

Each year Houston Business Journal invites companies of varying sizes to complete a survey conducted by Quantum Workplace to see how their employees view their company. This year HBJ has named 108 local companies as finalists across four size categories based on employees’ surveys. The final rankings will be announced at the end of October.

OUTDOOR MOVIE

Join the Young Professionals of Family Houston for an Outdoor Winter Movie on December 12. Doors open at 5:00 pm and the movie starts at 6:00 pm at our central office located at 4625 Lillian Street Houston, TX 77007. For more information and to purchase tickets or sponsorships visit www.familyhouston.org/yp/.

FAULK FOUNDATION

With more than 40% of Houstonians struggling to make ends meet, many children don’t have access to the school supplies they need. Thanks to the The Faulk Foundation’s generous donation, we are able to fill 100 backpacks with school supplies for our community. We are so appreciative of their continued support!



CHECK US OUT IN THE HOUSTON CHRONICLE

We are thrilled that Family Houston was highlighted in the 2020 Houston Chronicle’s Houston Gives section!

“Because of our history, we understand our role and how to best help the community in the aftermath of a disaster, which allows us to focus our efforts,” said president and CEO Charly Weldon.

To read the full article go to www.houstonchronicle.com/houstongives



Photo by Elizabeth Conley, Houston Chronicle / Staff photographer

THANK YOU

We recently received \$100,000 from the Greater Houston Community COVID-19 Relief Fund as part of their fourth round of grants. With this funding, we will provide emergency financial assistance for rent, mortgage, utilities, food, and gas to Waller-area households affected by the COVID-19 pandemic. We are incredibly grateful for this support which enables us to help those who need it most!

HOLIDAY HOURS

Family Houston will be closed Thursday, December 24, 2020 through Friday, January 1, 2021. Our regular business hours are Monday through Thursday 8:00 am to 6:00 pm and Friday 8:00 am to 5:00 pm.



Save the Date

PILLARS OF STRENGTH

MAY 5, 2021

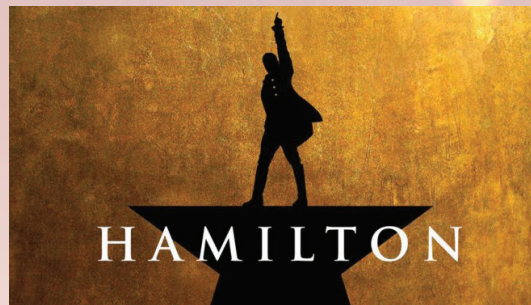
Honoring Jamey Rootes

President of the Houston Texans

with

Bryan Terrell Clark

Special Guest Speaker



THE SHOW MUST GO ON!

We are committed to hosting a safe and exciting event. We will be sharing details soon of the 2021 *Pillars of Strength* format.

JOIN US AS WE GO 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 Get Through A Divorce - October 22
All About Veterans - November 5
Boundaries and the Holidays - November 19

MAKING CHANGE

Merrill Lynch financial advisors and Family Houston financial coaches teamed up to answer questions from the community ranging from debt to saving for retirement. Thank you to all who attended and volunteered to make our first Making Change event a success!



BE A PART OF THE GIVING WREATH

Our third annual Giving Wreath is back! Hundreds of Family Houston client families and individuals are struggling this holiday season. To help meet their basic needs as well as provide gifts for their families that they would not otherwise be able to purchase, we need your support. Be a part of the Giving Wreath program!

The Giving Wreath program is for everyone! Whether you are an individual or small family wanting to give back this season, or a large company looking to sponsor a wreath, we have various giving options that match your goals.

The Giving Wreath

By committing to one virtual wreath in your business, you and your employees can help impact up to 20 families this season. We will provide you with a personalized webpage to see your progress and work as a team to reach your goal!

The Ornament

You can purchase a gift card at www.familyhouston.org/holidays or you can mail a gift card to our central office (PO Box 70068 Houston, TX 77270).

Good Tidings

If you are looking for a gift for those important individuals in your life, what better way than to give back to the community in their honor? For each gift card you purchase we will send a personalized holiday card notifying them a gift has been made in their name. Make your gift online at www.familyhouston.org/holidays.

Contact us at donate@familyhouston.org to get your virtual wreath today!

SUPPORTERS

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

Donations from July 1 - September 30, 2020

Albertson's
Anonymous
Manuela Barton
Tracey Burnett-Greenup
Juan Castaneda
Jessica Cisneros
Connie Clancy
Michael Clement
Liz and T.J. Green
Tish Lebron
Nelsy G. Lipford
Shelly Long
John Mabasa
Pierre Matta
Alda Montenegro
Shaji and Shunney Nair
Stephanie Romero
David Seeley
Gloria Semien
Susan Sternberg
Tanja van Dam
Rose Viviano
Stephanie Zimmer

FOUNDATIONS AND CORPORATIONS

Chevron

ConocoPhillips

The Ellwood Foundation

Fluor

John P. McGovern Foundation

Greater Houston COVID-19 Relief Fund

Isla Carroll Turner Friendship Trust



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.

IT’S OKAY TO ASK FOR HELP

Sandra, the wife of an Iraqi war veteran, contacted Family Houston at the urging of the VA. Her husband, Mark, is a veteran of the United States Marine Corps, and they have three small children. When Mark was laid off due to COVID-19, the family quickly began to face financial distress. They only had his VA disability income to sustain the family. Family Houston was able to assist them with a portion of the rent they were behind on. We also referred them to the Harris County Veteran’s Department for assistance on the remaining rent owed, and connected them with Combined Arms for further resources to aid Mark with his employment search. Sandra, Mark, and their three children are beyond grateful for the assistance Family Houston and our community partners were able to offer them.



“It was difficult for us to reach out for help. We have never asked for any type of assistance before. We are so appreciative for the quick and generous help from Family Houston, and the compassion that was extended to us during this difficult time.”

ASK THE THERAPIST

WHAT IS PTSD?

Post-traumatic stress disorder is considered a disorder of non-recovery, meaning that clients can recover from traumatic events, but have been unable to do so due to cognitive, somatic, and emotional reasons. Everyone will feel stress after experiencing a traumatic event, but those who struggle to accept what happened and process how it impacted their lives in a healthy manner are more at risk of developing PTSD.

HOW DOES IT AFFECT VETERANS AND CIVILIANS?

PTSD has historically been called battle fatigue, soldier’s heart, and shell shock because of its prevalence among service members. However, research shows that PTSD impacts people regardless of whether they are service members or civilians.

WHAT IS THE DIFFERENCE BETWEEN TRAUMA AND PTSD?

According to the National Council of Behavioral Health, 70% of people experience some type of trauma. However, experiencing trauma does not mean you will automatically develop PTSD. Trauma is the event(s) that occurs and PTSD is a mental health disorder that may or may not overwhelm our natural ability to cope with stress, which is why it’s so distressing. It’s important assessed by a trauma-informed mental health professional who can better assess if clients meet or another related mental health issue like major depression.

WHAT ARE SOME EXAMPLES OF TRAUMATIC EVENTS THAT CAN CAUSE PTSD?

- Combat exposure
- Childhood physical abuse
- Sexual or physical violence
- Natural disasters such as flooding
- Having your life threatened either with a weapon or threat of violence
- Surviving a life-threatening accident

WHAT ARE SOME COMMON SYMPTOMS SOMEONE MIGHT EXPERIENCE IF THEY ARE FROM PTSD?

The first signs that clients usually report are intrusive, repetitive thoughts about the traumatic event. People with PTSD typically don’t want to recall the event but find themselves unable to stop ruminating about what happened. Clients also experience increased anxiety, irritability, hypervigilance, avoidance of any reminders of what happened, and negative thoughts or beliefs about themselves or the world in general.

IS THERE A TIME LENGTH FOR HOW LONG PTSD LASTS OR WHEN IT MIGHT BEGIN?

Diagnostically, PTSD can be diagnosed 30 days after experiencing a traumatic event. However, many clients do not seek treatment for months and oftentimes several years. Because the cognitive part of PTSD is constantly reinforcing the belief system that says the world is dangerous, this disorder can last an incredibly long time without treatment. **However, it is never too late to begin the healing journey!** With commitment, effort, and practice PTSD symptoms can reduce drastically.

IS THERE ANY WAY TO TREAT PTSD?

Cognitive Processing Therapy (CPT) and Eye Movement Desensitization and Reprocessing (EMDR) are two evidence-based treatment modalities that research shows are highly effective in treating PTSD, and fortunately Family Houston has clinicians on staff who can offer these services. CPT focuses on how faulty thinking styles, called stuck points, keep us entrenched in an overly active trauma circuit. CPT is 12-16 sessions long. By challenging faulty beliefs or thoughts about how a traumatic event has impacted a client’s life we are able to see major improvements with managing PTSD.

With support from The Bob Woodruff Foundation and the Qatar Harvey Fund we are offering no-cost treatment for veterans and their family members seeking PTSD treatment.



JORGE MENDOZA
M.ED., LPC



NEED
ADDITIONAL
HELP?
MAKE AN
APPT.

713.861.4849



WWW.FAMILYHOUSTON.ORG | (713) 861-4849

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.

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Be a part of something great this holiday season

Join the Family

Nearly half of Houstonians are struggling to pay bills and keep food on the table this holiday season. By making a gift you are changing a life forever.

Give now, and join the family!

TEXT JTF TO 91999