



Family Houston

FOCUS ON FAMILIES
WINTER 2021

2021 - A YEAR FOR REBUILDING

In 2020 COVID-19 struck the entire world. No one was prepared for the mentally and financially difficult times that would ensue. As we begin this new year let us take time to heal and repair the loss and setbacks, but also let us move forward and plan for a better future.

Mental health disorders and illnesses were already something many people were affected by, but the pandemic has exacerbated those issues for many of us. According to the CDC **nearly 40% of US adults say they are currently struggling with mental health or substance abuse.**

To improve your mental health this year, here are things to keep in mind:

- Evaluate where you are with your mental health
- Take the time to seek help for any struggles you have faced
- Make it a point to talk with a counselor consistently in 2021
- Make sure you have support and are in positive environments
- Have resources ready in case you find yourself struggling throughout the year (i.e. coping mechanisms, books or podcasts, a therapist)

Besides mental health struggles, many individuals are struggling to pay bills and find work. Pew Research Center has found that **half of adults who say they lost a job due to the Coronavirus outbreak are still unemployed. In addition the Kinder Institute for Urban Research conducted a survey which showed that more than 40% of Houston-area households have lost income as a result of the COVID-19 crisis.**

To get on top of your finances or job search here are some tips from our coaches:

- Create a monthly budget
- Update your resume
- Find networking opportunities (there are remote options!)
- Talk with an employment coach if you need help job searching
- Set a plan in place to get out of any current debt
- Plan for the future - set financial goals
- Check in monthly to see where you are with your goals

2021 can be a year of rebuilding after the many struggles we all faced. Let's take time to care for our mental health, make a plan to reach financial goals, and know it's okay to reach out for help - whether that be for assistance to pay bills, finding a way to start paying off debts, or admitting that your mental health is suffering. Like we have been for the last 117 years, Family Houston is here for you and our community.

CONTACT US
713-861-4849
www.familyhouston.org



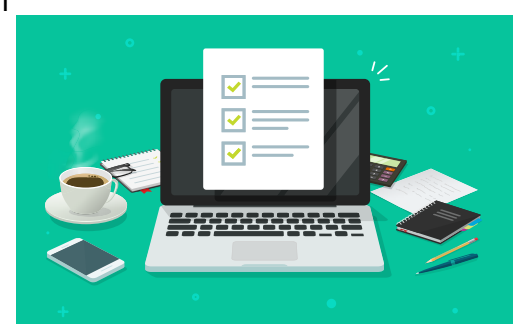
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MESSAGE FROM THE CEO

As we enter a new year, I am full of renewed hope for the year ahead, but I want to reflect on this past year one last time. While it was difficult, there are still many things for which I am grateful. We expanded our Case Management program to Bay Area and increased our financial assistance for veterans. In addition, we continued providing all of our services to the community through remote options. With more than 40% of Houston-area households having lost income as a result of the COVID-19 crisis, and nearly 40% of US adults struggling with mental health or substance abuse, our services have been crucial.

We also found new ways to connect with all of you. Our engagement rate on Facebook increased by 34% last year and we created an Instagram. Be sure to follow us @FamilyHouston to keep up and connect with us. If you haven't yet I encourage you to sign up for our emails at www.familyhouston.org to get the latest information on programs, partnerships, and see the fun things we have planned in the future.

As we head into 2021 I am thrilled to announce we will be hosting our annual fundraiser, *Pillars of Strength*, remotely. We have lots of exciting things planned for the event so I hope you can join us. Jamey Rootes of the *Houston Texans* will be the honoree and Bryan Terrell Clark from *Hamilton* is our special guest. For more information and sponsorship details turn to Page 4.

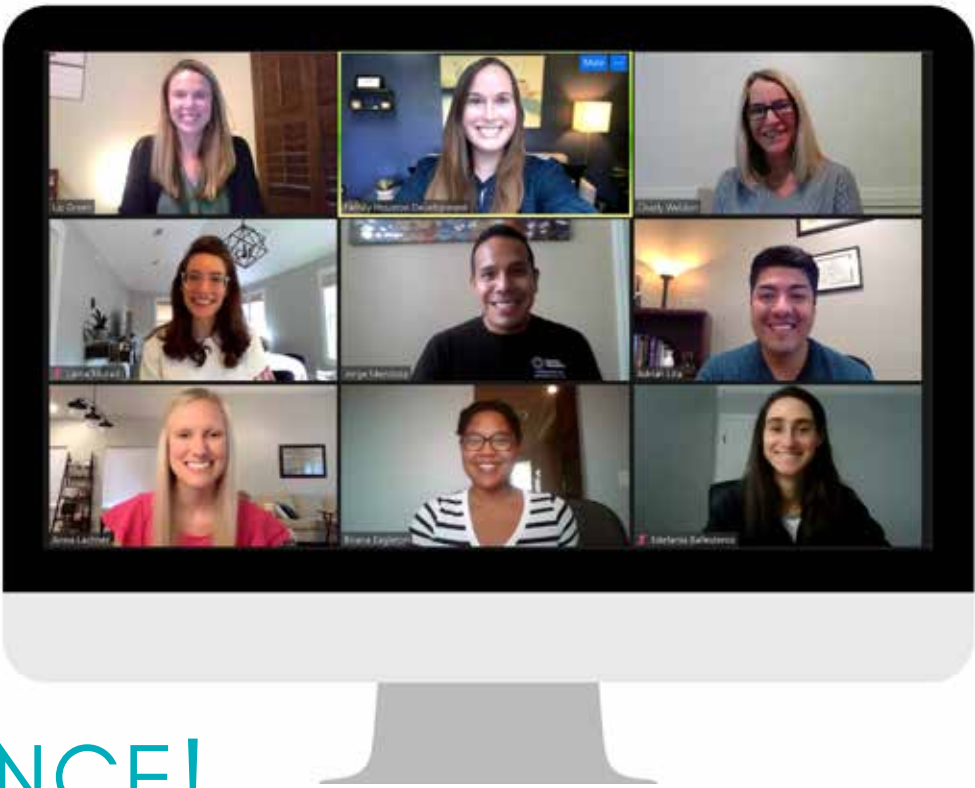
I truly believe 2021 will be our year! If you need help getting back on your feet after the tumultuous times we have endured, please call us at 713-861-4849.



Charly Weldon

Charly Weldon, MBA
President & CEO

Photo credit: Elizabeth Conley, Houston Chronicle / Staff photographer



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

Alda Montenegro, 14 years | Karina Zapata, 10 years

Mental Health

Estefania Ballesteros, 4 years | Manuela Barton, 4 years
Jenna Gimmler, 4 years | Sao Lorn, 5 years | Milton Smith, 2 years

Financial Stability

Michael Clement, 18 years | Sonia Reeves, 9 years

Administration

Yvonne Silhan, 27 years | Jackie Utley, 5 years

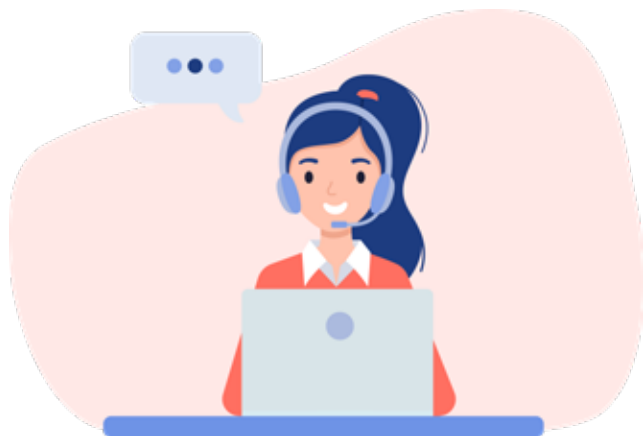


Anniversaries are listed from October 1 - December 31, 2020

HOUSTON MONEY WEEK

We were recently awarded a grant from Houston Money Week!

We are appreciative of their support which will allow us to purchase cameras and headsets so our financial coaches can continue to provide remote services when they return to the office and to allow for better quality virtual services.



COVID-19 VACCINE

With the COVID-19 vaccine administration in process, there are many questions and concerns. Baylor College of Medicine and Houston Methodist have a wealth of information available on their websites. The Network of Behavioral Health Providers also has information, including a video recording of a Q&A session with Dr. Peter Hotez, Professor of Pediatrics and Molecular Virology & Microbiology at Baylor College of Medicine.

www.bcm.edu/coronavirus

www.houstonmethodist.org/vaccine

YouTube Channel: Network of Behavioral Health Providers

THANK YOU



Helping Here.

“We are so excited for this opportunity to partner with H-E-B. These snack bags will help our Case Management clients to feel welcomed and cared for when coming in for an appointment. We are incredibly grateful for this support and the generosity that H-E-B extends to all its neighbors.”

- Hannah Weier, Director of Volunteer Programs



OUR TOP VIDEOS OF 2020

- How to Talk to Your Children About COVID-19
- Relationship Tips During COVID-19
- Employment Questions Answered
- La Salud Mental en Tiempos Dificiles
- How to Manage Anxiety
- Stigma Surrounding Couples Therapy
- Consejos Sobre Como Mantener una Relacion Saludable
- Connecting with Stressed Out Students Remotely
- How to Maintain a Healthy Relationship with Your Partner
- Let's Talk About Divorce



Watch our top videos and more on our
YouTube channel @FamilyHouston



Save the Date

PILLARS OF STRENGTH

MAY 5, 2021 | A SCREEN NEAR YOU

HONOREE

Jamey Rootes, President of the Houston Texans

CHAIR

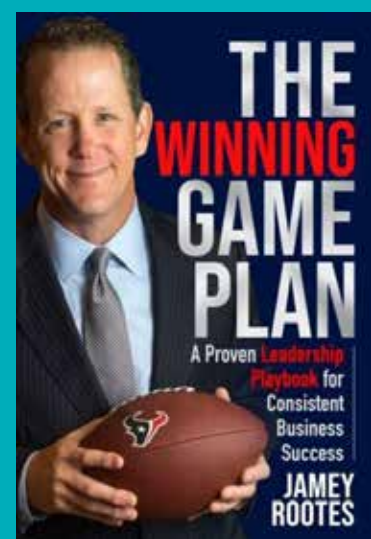
Richard Holt, Managing Director with Alvarez and Marsal

SPECIAL GUEST

Bryan Terrell Clark from Hamilton

JAMEY ROOTES, HONOREE

Family Houston is proud to announce Jamey Rootes, President of the Houston Texans, as the recipient of our 2021 Pillars of Strength Award! This award is presented to an individual who exemplifies a spirit of service and commitment to the greater Houston community. Learn more about Jamey and his dedication to this community on our website.



FOR SPONSORSHIP INFORMATION VISIT
WWW.FAMILYHOUSTON.ORG/PILLARS

GET TO KNOW OUR SPECIAL GUEST BRYAN TERRELL CLARK

What inspired you to start inDEFINED?

I have a strong desire to give voice to the voiceless. When I was young I spent a lot of time silent, especially in middle school. I was struggling to find my identity and a place I felt I belonged. As I got older I realized that culture, society, and even my industry was quite literally “type-casting me”. I desire to define myself from with-in. I want others to have the freedom and courage to do the same. The arts gave me a voice, and inDefined is doing the work that helps others use their voice to define themselves from an authentic place.

How does Family Houston’s mission align with your own values and those of inDEFINED?

When I was invited to speak and work with Family Houston I immediately looked them up online. One of the first things I read was a statement on their website that said something like “Helping Others Help Themselves”. This statement stuck with me. That is how we empower each other. We help those around us to help themselves. Just don’t give someone a fish, teach them how to fish for themselves, you know?



Besides actually performing, what’s the best part about your job these days?

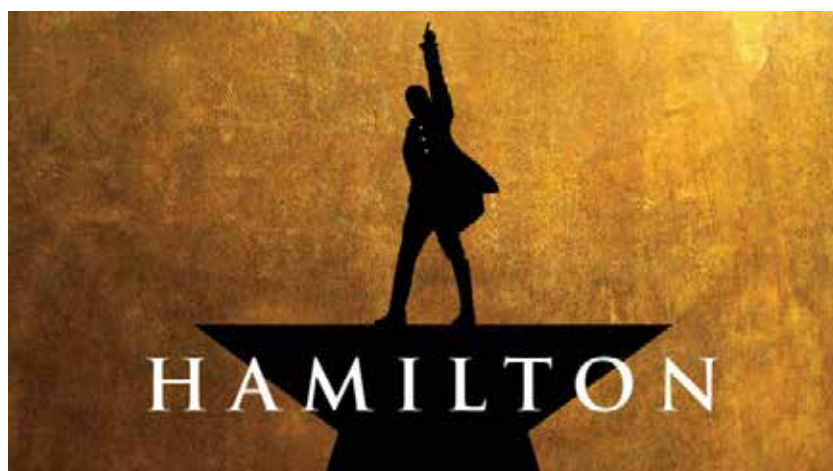
The best part of my job now a days is motivational speaking. I love sharing my stories and insights of the life I’ve lived and the work I’ve done, both in my career and in the community. I believe it’s in that vulnerability and sharing that others are encouraged. There is a scripture in the Bible that says, “We are overcome by the words of our Testimony”. I believe we all have a story to tell. When you share your story it encourages others who are or who have been where you’ve been. People need to know they are not alone, and there is hope.

You’re featured in a Yahoo! Finance interview about financial stability, which is something Family Houston focuses on. Why do you feel financial stability services like Family Houston’s are valuable?

Services that help with financial stability are necessary for success. Money is a man-made system. A lot of people don’t understand how that system works. If a person is illiterate they can’t read. So the education system makes reading fundamental. Yet, we don’t offer financial literacy in our educational systems. That’s where organizations like Family Houston step in.

Did your experience performing in Hamilton lead you to think about finances in a different way?

Absolutely! Understanding that Alexander Hamilton created the financial system that we still use today opened my eyes to what money really is... A man-made system. And it really helped me to understand what my relationship to that system is and how to operate inside of it in a healthy way.



PIIARS OF
STRENGTH

SUPPORTERS

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

Donations from October 1 - December 31, 2020

Jake Allhands
Anonymous
Nancy Baird
Estefania Farina Ballesteros
Manuela Barton
Bruce Beck
Clayton Black
Bo Bothe
Camille and Locke Bryan
Tracey Burnett-Greenup
Leonard Chan
Constance Clancy
Michael Clement
Martin Cominsky
Debbie and Stephen Costello
Mayra Curiel
Maria and Gary Daugherty
Dixie E. Duncan
Joan and David Dunlap
Katy and Kevin Dunlap
Claudia Duran
Mirta and Ruben Elestundo
Gracie Fernandez
Kathryn Foster
Joseph and Catherine Garcia-Prats
Joan Baird and Frederic L. Glover
Deborah and Clyde Grabein
Liz and T.J. Green
Monica Grover
Laura Guerrero
Erin Hanley and Trey Bostick
Jay Harberg
Molly Hedrick
Pam and Taylor Hicks
Dion Hobbs
Greg Hubbell
Andrew Hung
Nazia Islam
Tracy and Sean Jackson
Carl Josehart and Sam Jacobson

Curt Karges
Shelly Kessinger
Debra and Harry Kuehler
Anna Lachner
Arminda Lazaro
Adrea and Sergio V. Leal
Joel Levine
Nelsy Gomez Lipford
Adrian Lira
Shelly Long
Anne Loo and Brad Nyberg
Edna Lopez
Sao Lorn
Christian and William Manuel
Ron Martin
Karen and Mark Mayfield
Cathy and Hugh McCulley
Maria Melicoff
Jorge Mendoza
Aldacy Montenegro
Resheka Moore
Lama Murad
James Nguyen
Susie Redus
Sonia Reeves
Stephanie Romero
Jessica Rosales
Julie Rosales
Matthew Roth
David Seeley
Brendan Sheehan
Samar Sheth
Julie Shochat
Yvonne Silhan
Sarah Smith
Susan Sternberg
Chris Sudjadi
Martha Taghi
Alex Taghi
Hasti Taghi

Elizabeth Taylor
Charlotte and John Taylor
Nick Terry
Aleshia Tripps
Kathryn A. Underhill
Lynda K. Underwood
Mr. and Mrs. David M. Underwood, Jr.
Jacklyn Utley
Ana Maria Uvalle
Heazel Valleau
Brenda Velasco
Rose Viviano
Judy Vo
Hannah Weier
Charly and Bert Weldon
Traci and Kris Westbrook
Courtney K. White
Sheila K. White
Karen B. Womack
Karina Zapata

FOUNDATIONS AND CORPORATIONS

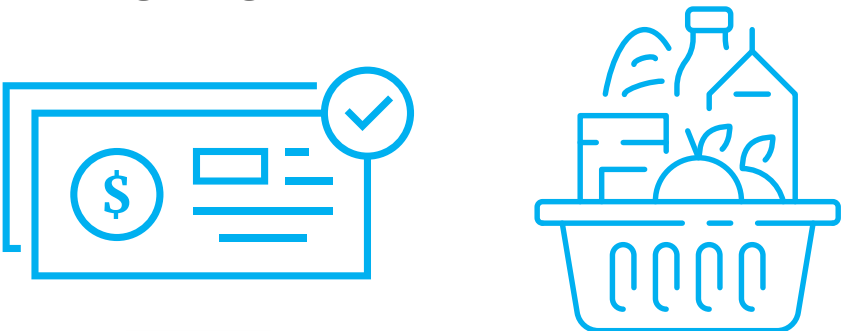
Albertsons Safeway
Baby Bull Boxing
Chevron
Citi Community Development Foundation
The Cullen Trust for Health Care
Houston Money Week
Next Generation Giving Circle
Powell Foundation
United Way of Greater Baytown Area
& Chambers County

2020 WAS TOUGH

37-year-old Jevonte is married and has two children. He was working odd jobs to make ends meet for his family but as the pandemic spread those jobs were no longer available. He was increasingly worried about how he would pay rent. He used his savings the previous month to pay for bills. He reached out to Family Houston and began working with a case manager, Gloria. She was able to provide him enough financial support to pay his rent and avoid eviction. Jevonte and his family were also struggling to purchase food so Gloria assisted him in applying for SNAP benefits and the Food Scholarship program through the Houston Food Bank. Because of this, Jevonte was able to breathe a little bit easier and focus on getting back on his feet.



Gloria Semien
Jevonte's case manager



QUESTIONS FOR THE THERAPIST

WHAT IS OCD?

OCD is Obsessive Compulsive Disorder which means there is a presence of obsessions followed by a compulsion that is used to reduce or alleviate anxiety caused by the obsession. **Obsessions are unwanted and persistent. They include intrusive thoughts, urges, or images that cause distress. The compulsion is the repetitive behavior or mental act that an individual does in order to cope with the obsession.** The obsessions and compulsions are time consuming and/or cause significant distress or impairment in their lives. There is the traditional Obsessive Compulsive Disorder and there are other Obsessive Compulsive related disorders such as Hoarding, Trichotillomania (hair pulling), Excoriation (skin picking), and Body Dysmorphic Disorder.



TANJA VAN DAM, MA, LPC
SENIOR CLINICIAN

WHAT ARE SOME MISCONCEPTIONS ABOUT OCD THAT MIGHT INCLUDE SUPPOSED SYMPTOMS?

OCD is not a personality quirk or a character trait — it is a mental health condition that affects about 2 to 3 million adults, and half a million youth in the US alone. Some suffering from OCD may not know they are dealing with it because they think it is limited to counting or hand washing, but there are many symptoms related to OCD.

WHAT ARE SOME COMMON SYMPTOMS OF OCD?

Cleaning (fear of contamination), symmetry (ordering and counting compulsions), losing control, hurting others, and unwanted sexual thoughts are some of the symptoms one might experience. Many individuals with OCD have dysfunctional beliefs such as an inflated sense of responsibility, the tendency to overestimate threat, experience perfectionism, and have an intolerance for uncertainty or over-emphasize the importance of thoughts.

WHO IS MOST PRONE TO THIS DISORDER?

There is only a slightly higher occurrence in females than males when it comes to the diagnosis. **The average age of diagnosis is 19, however males typically have an earlier onset of the symptoms with 25% before the age of 10.** OCD onset after the age of 35 is rare but does occur.

IS IT KNOWN WHAT CAUSES OCD AND IS IT TIED TO OTHER DISORDERS OR ILLNESSES?

Individuals with OCD often have co-morbidity (the co-occurrence of one or more disorders in an individual) – 76% have an anxiety disorder and 63% have a mood disorder including Depression or Bipolar Disorder. It is not known exactly what causes OCD but there is a genetic link with a higher likelihood for those with immediate relatives who have it to be diagnosed as well.

FOR MORE INFORMATION ON OCD

International OCD Foundation
National Institute of Mental Health



NEED
ADDITIONAL
HELP?
MAKE AN
APPT.
713.861.4849



Family Houston provides professional, confidential counseling for children and adults, individuals and families. We accept all major insurance plans and offer a sliding-fee scale.

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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DIVERSITY & INCLUSION

Diversity, Equity, and Inclusion are fundamental to our values and have been deeply rooted in our history for more than one hundred years. We are intentional about our mission and our work to make our communities accepting and welcoming places for all to live and thrive. Individually we are unique, and together we are Family Houston.

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Save the Date

PILLARS OF STRENGTH

MAY 5, 2021

Remote event details coming soon

Honoree

Jamey Rootes of the Houston Texans

Chair

Richard Holt, Managing Director with Alvarez and Marsal

Special Guest

Bryan Terrell Clark from Hamilton



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More information on Page 4