



Family Houston

FOCUS ON FAMILIES
SPRING 2021

SPRING CLEANING

Spring is here again, which means it's time to head to your closet and give away that sweater you said you were going to wear. We have a few tips for clearing out clutter, but first let's focus on spring cleaning you!

Spring Cleaning For Your Mind

Let's refocus and work on a fresh start to help our mind. **Get a good night's rest.** We're sure you've heard that one before. But do you know why? Research shows that if you are well rested you are more equipped to handle stress and have better brain health.¹ **Exercise is crucial.** This doesn't mean you need to run a marathon, but find something you enjoy that keeps you active and raises your heart rate. Take a brisk walk each day, find a podcast to listen to while you lift weights, take a dance class, or anything else that gets you moving! **Eating right** is always important for your health. It can be easy to get caught up with life and not even realize your diet isn't balanced. Are you eating enough fruits and vegetables? Can you cut back on sugar or alcohol? Even small changes can help your mind and body feel better. Lastly, taking time to **address your mental well-being** will improve your state of mind. Seeing a counselor is a great way to work on this and manage your mental health. Counselors can help you handle stress, improve relationships, learn more about yourself, and address any mental health conditions such as anxiety or depression.



Spring Cleaning For Your Finances

Just as your house does not clean itself, your money will not work for you if you are not managing it. Follow these tips to give your finances a clean-up!

Start with wiping out those loose spending habits and get back to the basics by **creating or updating your budget.** Your budget is one of the most reliable tools to reach your financial goals. If you have been ignoring those bill payment reminders, now is a good time to get yourself all caught up. Late or missed payments can really hurt your credit score so make sure to **make all your payments.** If you have any debt, take the time to make a plan to pay that off. **Clearing out debt** will help make lasting changes to your financial situation. If you have been holding onto receipts or other statements for years on end, see which ones you can get rid of or even better can **go paperless!** Help yourself move forward, **set or reestablish tangible financial goals** and start working on reaching them.

Family Houston financial coaches and counselors can help you today. Make an appointment by calling 713-861-4849.

1. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0056519>

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SPRING CLEANING YOUR HOME

- Make a schedule and clean room by room
- Organize and clear clutter
- Don't forget that fridge!
- Work top to bottom in a room
- Replace your air filters

MESSAGE FROM THE CEO

If the key word for 2020 was “pivot,” I believe the key word for 2021 will be “emerge”. As individuals, as communities, and as a nation, we are emerging from the COVID-19 crisis, and I believe we are emerging stronger. As with every crisis that touches Houston, our community continues to show up each day for our neighbors, proving our resiliency and compassion. Without the encouraging words, financial gifts, volunteer hours, and support from our community partners, Family Houston would not be standing as solidly as we stand today.

On May 5th, our first ever virtual Pillars of Strength event premiered, celebrating those who make our work possible and, more importantly, the children, adults, and families we serve who overcome struggles that seem insurmountable. Our featured guest was Bryan Terrell Clark of Broadway’s *Hamilton*. If you missed Bryan’s inspiring interview, I encourage you to visit www.familyhouston.org/pillars. He makes an amazing point about wisdom – that we all have wisdom within us, developed through a lifetime of experience. The key is tapping into that wisdom to make change. That is what Family Houston does. We do not tell our clients what to do, instead we guide them in tapping into their own wisdom, empowering them to make lasting change in their lives.

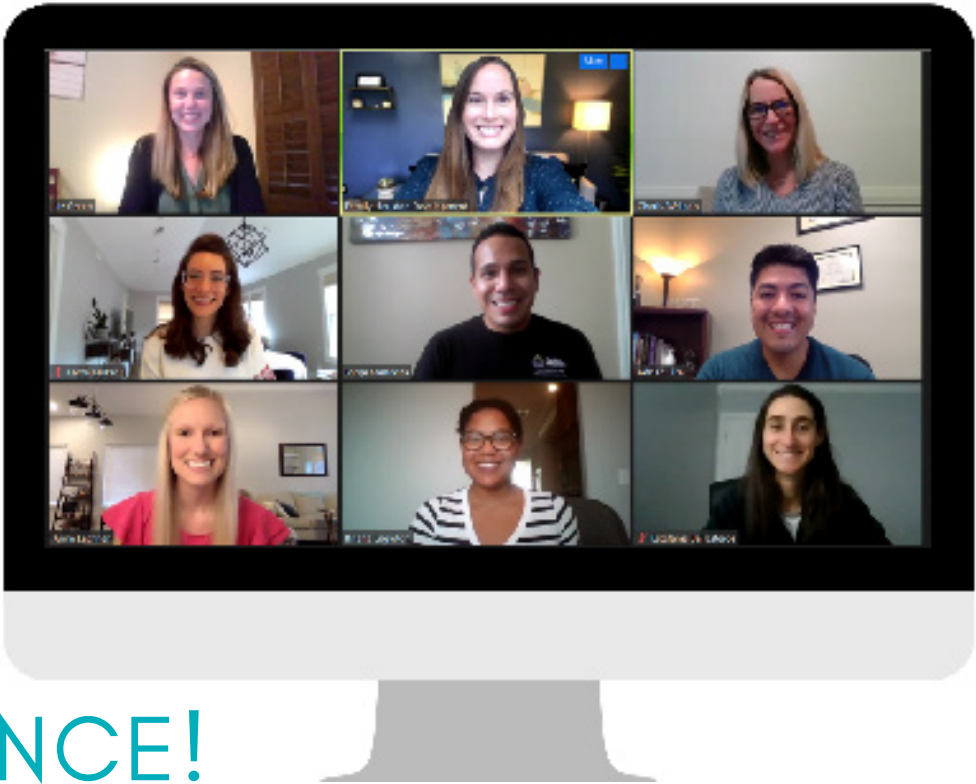
Thank you for being part of our work. Thank you for helping others help themselves.



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.

Mental Health

Kathryn Foster, 4 years | Nazia Islam, 4 years | Anna Lachner, 6 years
Adrian Lira, 5 years | Jorge Mendoza, 6 years | Sheila White, 17 years
Judy Vo, 2 years

Financial Stability

Chris Ardoin, 2 years | Arminda Lazaro, 4 years | Rsheka Moore, 1 year
Victoria Valdez, 3 years

Administration

Tracey Burnett-Greenup, 2 years | Juan Castaneda, 7 years |
Shelly Long, 3 years | Karen Mayfield, 24 years | Julie Rosales, 4 years
Heazel Valleau, 4 years | Charly Weldon, 5 years

Anniversaries are listed from January 1 - March 31, 2021



WINTER STORM RECOVERY DRIVE

Family Houston hosted a recovery drive for clients who were affected by the winter storm. With the help of the generous Houstonians who donated, we were able to provide essential items for our clients. Thank you to everyone who helped make the Winter Storm Recovery Drive a success.



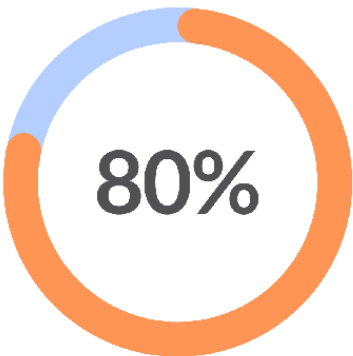
THANK YOU

We were recently awarded a general operating grant from the Andrews Foundation. With this funding, we will be able to continue to provide quality care and services to our clients. We are incredibly grateful for this support which enables us to help those who need it most!

CHILD ABUSE PREVENTION MONTH

**184 children are
abused daily in Texas**

80% of 21-year-olds who reported childhood abuse met the criteria for at least one psychological disorder.



WHAT IS CHILD ABUSE?

There are five types of child abuse: physical, sexual, emotional, medical, and neglect. Below are some signs to be aware of.

Sudden changes in behavior or school performance | A lack of adult supervision | Overly compliant, passive, or withdrawn | Reluctant to be around a particular person | Unexplained burns, bites, bruises, broken bones, or black eyes | Shrinks at the approach of adults | Frequently absent from school | Begg or steals food or money | Consistently dirty and has severe body odor | Difficulty walking or sitting | Suddenly refuses to change for gym or to participate in physical activities | Reports nightmares or bed-wetting

Treatment for child abuse and neglect can help lower a child’s risk of having learning, emotional, and social issues later in life. It can also help a child learn to trust again, teach them about normal behavior and relationships, teach conflict management and boost self-esteem.

WHY IS THERAPY IMPORTANT?

HOW DO YOU PREVENT CHILD ABUSE?

The single most important thing we can do is support families all year long in ways that promote and build upon their strengths and enable them to care for their children safely before maltreatment is even a possibility.
- Office on Child Abuse and Neglect

If you suspect a child is experiencing a form of abuse or neglect call the Texas Department of Family and Protective Services hotline 24 hours a day, 7 days a week.

*Texasprotects.org
*acf.hhs.gov

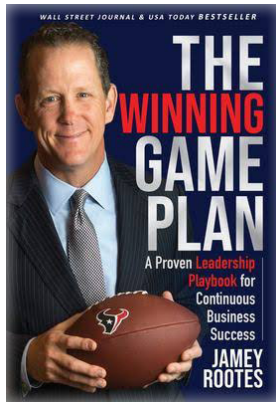
PIIARS OF STRENGTH

WHEN

Available to watch all month long
www.familyhouston.org/pillars

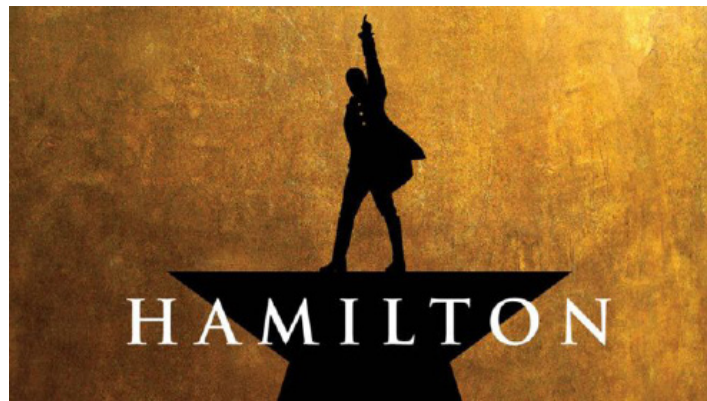
HONOREE

Jamey Rootes



SPECIAL GUEST

Bryan Terrell Clark from Hamilton



“I’m on stage telling the story of a guy who created the system of money that we still live in today. Money is a man-made system that we have a skewed understanding of. We have this idea of pulling yourself up from the bootstraps. Actually it’s about imparting knowledge, because knowledge is power. And that is what Family Houston offers.”

Hear more from Bryan by watching the event!

Thank you to our event chair Richard Holt for your support of this event and Family Houston!

Thank you to our 2021 Pillars of Strength sponsors!

Reception – \$20,000

Traci and Kris Westbrook/Revenew International

Focus – \$15,000

Chaosmonkeys Inc.

Strength – \$10,000

Jill and Bill Carter

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H-E-B

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Power – \$5,000

BDO USA LLP / Ron Martin

GATE Energy

Richard Holt and Mark McMasters

Prosperity Bank

Courage – \$2,500

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Jackson Walker

Adrea and Sergio Leal

Legacy Community Health

Littler

Edna Lopez

David Pitts

Chris Sudjadi



BECOME A PILLAR!
TEXT “PILLARS” TO 41-444

SUPPORTERS

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

Donations from January 1 - March 31, 2021

Anonymous
Nancy Baird
Catherine Beebe
Guillaume Belley
Erin Hanley and Trey Bostick
Camille and Locke Bryan
Marta Drechsel
Katy and Kevin Dunlap
Ramsay Elder
Joan Baird and Frederic L. Glover
Deborah and Clyde Grabein
Gene Graham
Bruce D. Hall
Mr. Carl Josehart and Mr. Sam Jacobson
Adrea and Sergio V. Leal
Edna Lopez
Nelsy Gomez Lipford
Sandra Mendez
Susan Sternberg
Mr. and Mrs. David M. Underwood, Jr.
Traci and Kris Westbrook
Alicia Booth Wickman

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Plymouth United Church
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Renew International



FROM OUR CLIENTS

“Family Houston helped our family through the hardest time in our lives. We were hit very badly by Tropical Storm Imelda. We lost everything. Our granddaughter lost all her toys, bed, and everything in her room. They helped us get back on our feet - they cared for us when no one did. Thank you Family Houston. Thank you.”

“If it hadn’t been for Family Houston, I know I’d be worse off mentally, physically and spiritually. I was able to get a handle on my mental health and my life!”

QUESTIONS FOR THE THERAPIST

WHAT IS AUTISM?

Autism is a developmental disorder that typically impacts an individual’s ability to communicate and interact with others. It is important to note that the diagnosis was changed to Autism Spectrum Disorder because it can present on a spectrum from severe impairment to high functioning.

HOW IS AUTISM DIAGNOSED?

Autism is diagnosed through psychological testing. Children are usually referred for psychological testing by pediatricians, mental health professionals such as a counselor or therapist, or school officials.

WHAT ARE THE CAUSES FOR AUTISM SPECTRUM DISORDER?

The research shows that the causes of autism are very complex. There appears to be a genetic basis, but there are a number of environmental conditions that also seem to have some contribution.

WHAT ARE SOME EARLY SIGNS OF AUTISM?

Some early signs of autism could be a child having difficulty with communication, difficulty with social interactions, obsessive interests, and repetitive behaviors. In addition a child with autism might not look you in the eye when you are speaking to them, they might be very rigid when it comes to time, schedules, and rules, or they could be hypersensitive to light, sound, taste, and touch. They also might appear to lack empathy. Since no two autistic people are the same, and autism affects their lives differently, people should try to not make assumptions about a child’s needs or abilities.

If you think your child might have Autism Spectrum Disorder, talk to your doctor.



**PIERRE MATTA, MA, LMFT-S
SENIOR CLINICIAN**



**NEED
ADDITIONAL
HELP?
MAKE AN
APPT.**

713.861.4849

TAX TIPS FROM A FINANCIAL COACH

WHEN ARE TAXES DUE?

The deadline for most individuals and businesses to file was extended to May 17, 2021. Due to the winter storm in Texas **the deadline for Texas residents is extended to June 15, 2021.**

HOW DO I FILE A TAX RETURN?

You can file your taxes via e-file online, by mail, certified tax preparer, or CPA. There are multiple options online to file your taxes. The IRS Filing website has options that are free. If you prefer a tax professional complete your taxes, Baker Ripley Tax Centers is a free option for individuals and families earning up to \$58,000.

WHEN WILL I GET MY REFUND?

The time can vary from person to person. You can check your refund status at IRS.gov.

DO I OWE TAXES ON THE AID I RECEIVED FROM UNEMPLOYMENT?

By law, unemployment compensation is taxable and must be reported on a 2020 federal income tax return.

I NEVER RECEIVED THE STIMULUS CHECK(S). AM I ABLE TO CLAIM ANY FUNDS?

If you did not get a first and second Economic Impact Payment or got less than the full amount, you may be eligible to claim the 2020 Recovery Rebate Credit. You must file a 2020 tax return.

For more information on taxes the Interactive Tax Assistant at IRS.gov and Baker Ripley Tax Centers are helpful resources.

OUR MISSION

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

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.

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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**Family
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Helping others help themselves.

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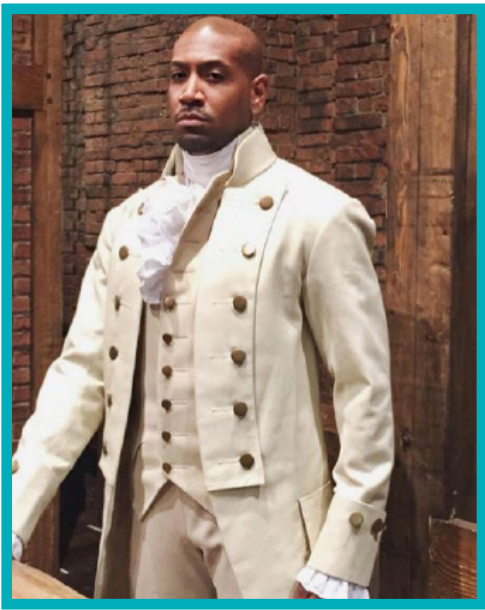
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Focus on Families is published by Family Houston.
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PILLARS OF STRENGTH WATCH ANYTIME ONLINE

We're raising funds through our virtual event (streaming now!) to help others make ends meet, improve mental health, and gain financial stability with a guest appearance from a *Hamilton* star!



BECOME A PILLAR! TEXT "PILLARS" TO 41-444



WWW.FAMILYHOUSTON.ORG/PILLARS
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