



Family Houston

FOCUS ON FAMILIES
WINTER 2021

THE CASE FOR REST

“Each person deserves a day in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.”

Maya Angelou

One challenge that many of us now face since our homes have also become our work spaces, is that we have lost the distinction between the place we work and the place we rest. If there isn't laundry to fold or children to bathe, there are always emails to return and projects to finish.

It has become more challenging than ever to carve out time where we are not completing any particular task. It feels lazy and even irresponsible when there is SO much to do!

But what if resting was not something we did as a last resort when we are ill? What if we thought about it the way we think of putting on our seatbelt

or eating vegetables? It is just part of being a healthy human. Resting is when our bodies repair and recover.

Maybe it's time for a tune-up – in the form of a long nap or a day off where you don't run any errands. Give your body a break; you will be amazed at what a difference it can make! Instead of saying 'yes' to everything, try saying 'no' more often – so that you can say 'yes' to the vital task of taking care of yourself.

As you take care of yourself, know that Family Houston is here to support you. Whether you are struggling to manage your finances or you are ready to address your mental health, we are just a phone call away. Place some of your most critical “to do's” in our hands and allow yourself to rest as we work on them together.



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MESSAGE FROM THE CEO

If you’re anything like me, 2021 didn’t bring the fresh new start and relief that you were looking for! Instead we are all still learning to take unexpected events in stride and carve a new normal out for ourselves and our families. I wonder what triumphs you’ve celebrated this year and what losses you may have mourned. I think that over the past two years, we have all had enough disappointments to last a lifetime, and I don’t know about you, but it has left me feeling weary. My default setting is to push through when I’m tired, to keep going no matter what, to give myself another pep talk, and just get on with it. It may be time for a new strategy. One that prioritizes rest and my mental wellbeing just as much as checking items off a to-do list.

Do you have an inner voice that doesn’t like it when you sit still for longer than a moment? Maybe it even uses words like “lazy” to get you back on your feet, doing chores, doing your work, doing, doing, doing. I have heard it said that we are not called ‘human doings’ but rather ‘human beings’. We aren’t meant to always be “doing”. How often do we only feel valuable when we are doing, acting, working? How often do we allow ourselves to.... just be? Would you consider a New Year’s resolution with me? We can’t know what 2022 will bring, but we can learn to remember that we are “human beings”. Instead of making vows to do more, we can prioritize rest this year.

The clients that Family Houston serve constantly amaze me with their fortitude and bravery. These men and women work tirelessly to achieve the goals like financial stability, improved mental health, and providing food and a warm home for their children. No matter what journey you are on, don’t forget to make rest part of your strategy. I think that might be the key to making this upcoming year a better one than we have had in a while.



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

Aldacy Montenegro, 15 years | Karina Zapata, 11 years | Sonia Galvan, 1 year
Claudia Duran, 7 years | Mayra Curiel, 2 years

Mental Health

Tanja VanDam, 7 years | Briana Eagleton, 5 years | Sao Lorn, 6 years
Manuela Barton, 5 years | Stephanie Farina Ballesteros, 5 years
Milton Smith, 3 years

Financial Stability

Michael Clement, 19 years | Sonia Reeves, 10 years

Administration

Yvonne Silhan, 28 years | Dora Rodriguez, 4 years | Jessica Rosales, 4 years



MEET OUR NEWEST BOARD MEMBER



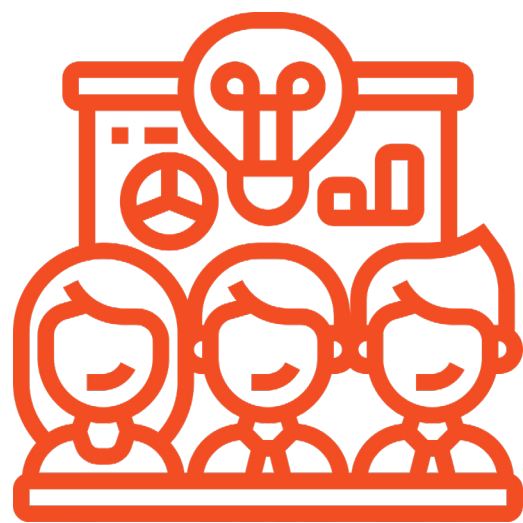
ROBERT TINNEL

Robert has over thirteen years of advisory and valuation experience between his time with a Big 4 Firm and Tall Oaks Partners. Robert advises public and private clients on a myriad of financial and technical matters across multiple industries, with a focus on the energy, materials, and industrial sectors. Specific industries and segments he serves include exploration and production, midstream, refining, retail and marketing, oilfield services, chemicals and specialty products, and engineering and construction. He has worked on some of the largest and most complex M&A transactions and bankruptcies across multiple industry sectors. His assignments include valuation studies, impairment analyses, purchase price allocations, the valuation of debt and equity instruments, discount and premium studies, as well as board advisory and financial modeling. Robert has served as an expert witness regarding valuation matters related to oil and gas assets and has also been a guest speaker at numerous universities and conferences on topics related to business valuation and the oil and gas industry. Robert completed his undergrad work at the University of Texas in Austin and his graduate studies at Rice University.

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BOARD ALUMNI AND FRIENDS RECEPTION

featuring Dr. Stephen Klineberg

What a special evening of learning, celebration, and catching up with friends!

Dr. Stephen Klineberg, Founding Director of the Kinder Institute for Urban Research, has been shaping local thought on the ongoing trends in the Houston metropolitan region for almost forty years. As the director of the annual “Kinder Houston Area Survey” (1982-2020), he has tracked the economic outlooks, demographic patterns, experiences and beliefs of area residents during a period of remarkable change.



On the evening of December 16th, Dr. Klineberg presented thoughts from his new book, “Prophetic City: Houston on the Cusp of a Changing America” and connected the challenges facing Houston in the next decades directly to the work of Family Houston. The goal of this exclusive, intimate gathering was to help friends of Family Houston better understand of the latest economic and demographic trends in Houston.

Dr. Klineberg was full of hope about the future of our great city, while emphasizing just how critical the work of Family Houston is to that future. By investing in families, offering mental health support to young people, and pushing back against inequality through basic needs assistance, Family Houston is forging a path to a bright future for all Houstonians! Everyone left the event inspired to continue striving for equity in Houston.

Thanks to our hosts, Christine and David M. Underwood, Jr. for opening their beautiful home to us.



Our hosts for the evening, Christine and David M. Underwood, Jr.



Family Houston Chief Program Services officer, Tracey Burnett-Greenup, President Charly Weldon, Marketing and Communications Director, Hannah Connor, and Grants Manager, Melissa Gilstrap

Happy Holidays
and a
Happy New Year
from our Family
to yours!



Dr. Klineberg shared the most up-to-date research on Houston demographics with our gathering.



1 in 4 students sometimes experience hunger due to lack of food at home.



70% of everyone under the age of 21 in Houston is a minority.



Fritz and Joan B. Glover, Board Member



One-third of Harris County residents said that they would have trouble coming up with \$400 for an emergency.



1 in 6 HISD families reported having their utilities turned off at some point in the year.



For the first time in the history of the Kinder Houston Area Survey, more respondents said that their situation was getting worse than said they were doing better.



Deborah Roth Grabien, Board Chair



Charly Weldon addresses the gathering



2021 GRANT AWARDS UPDATE

We have received many grants to continue the important work of Family Houston over the past few months. We are so grateful to the organizations whose generosity supports our programs.

United Way THRIVE Transportation Services - \$7,600

This grant will cover the cost of hundreds of gas cards for our clients in Fort Bend County, Waller County, and the Bay Area. These gas cards allow our clients to attend the Financial, Employment, or Case Management sessions they need without worrying about the cost of transportation. Clients can also use these gas cards to go to doctor's appointments, benefit enrollments, job interviews, etc.

John P. McGovern Foundation - \$45,000

This grant will support the area of greatest need in our three core service pillars of Case Management, Mental Health, and Financial Stability. These funds will help families meet their basic needs over the holidays, provide free on-site counseling to hundreds of school children, and cover the cost of Financial and Employment Coaching for Houstonians.

United Way Thrive Digital and Literacy Skills - \$50,000

This grant will allow us to purchase laptops and tablets for our Financial Coaching clients, to fund staff time related to providing digital instruction, and to cover the cost of curriculum software and instructional materials. This award is intended to address the lack of access to the internet and digital devices under-resourced families often experience. Many under-resourced families have fewer digital literacy skills as a result, a fact that often hinders their financial progress when trying to set up checking accounts online, using hiring platforms like Indeed.com, or keeping a budget on Excel.

Bob Woodruff Foundation - \$100,000

On Giving Tuesday, the Bob Woodruff Foundation (BWF) announced that it would be investing a total of 2.7 million dollars across 27 veteran/military-focused organizations and programs. Family Houston is proud to be among the recipients of this vital support. This grant will fund our Returning Home program. Returning Home is a program that connects veterans with the resources necessary to establish and maintain stable housing. Family Houston will use the BWF investment to provide financial assistance (rent, mortgage, utilities, childcare, furniture, and grocery gift cards) and Case Management for 97 veterans and their families affected by COVID-19. We are excited to once again partner with the Bob Woodruff Foundation to offer our veterans and their families the support they deserve!

THANK YOU!



For over a century, your
generosity has helped
vulnerable Houstonians.
Thank you to our
donors!

ASK THE THERAPIST

Rose Viviano is a therapist with decades of experience guiding her clients to greater mental health. She works in Family Houston’s Fort Bend office.



ROSE VIVIANO, LMFT

What is depression?

A condition in which someone is having trouble functioning on an extremely basic level. They have no energy, and a loss of interest in the tasks of day-to-day life. People with depression can experience extreme sadness and sometimes suicidal ideations. One signature of depression is a deep and overwhelming feeling of hopelessness. This feeling can grow so large that it takes on a life of its own. We all have moments, or even seasons, of being sad or grieving, but a person with clinical depression experiences persistent hopelessness and sadness to the point that it takes away their ability to function. A person with depression has trouble focusing, which further impairs their ability to function, including the most basic daily tasks. It can also affect memory.

Why do people become depressed?

Some theories say that depression is the result of anger that the individual has turned inward. People who have depression often have difficulty expressing their feelings. Other theories emphasize that these repressed feelings impact a person’s mood.

A lot of people who come to see me have lost some vital connection or piece of their lives. It could be a job that was meaningful or a person who was important; losing these important connections can trigger this hopelessness. It’s an internal state. Almost like a part of ourselves has gotten lost. A vital piece. When we can find that piece of ourselves the depression can often get better.

What are the treatments for depression?

There are so many ways to tackle depression. Psychotherapy is a fantastic place to start. There are also alternative methods like acupuncture that some people find helpful. There has never been so much support available for someone experiencing depression. There are over 100 different medications for depression. Working with a psychiatrist to find the right regimen can be life-changing for someone experiencing depression. I find that the most effective combination is medication plus therapy. One alone doesn’t address the whole problem. But in conjunction, medication can jump start you, and therapy can help you develop new, sustainable, healthy habits and patterns.

There are many things that can make depression worse: Bad health habits; drug abuse, not eating, not exercising. When I see patients struggling with depression, the first thing I try to do is get them to do some form of exercise every day. Even if it’s just a half-hour walk, it can make a difference. It’s a wonderful way to get the endorphins going.

What are some myths about depression?

Depression causes low energy and low interest in almost all activities. Because of that, people suffering from depression often think that they are lazy, but that’s not true! It’s not laziness at all. It’s depression. There’s a mentality that says: “Pick up yourself by the bootstraps and move on!” That doesn’t work for someone who is clinically depressed. Not only is it impossible; it’s actually harmful. Depression can even cause someone to have difficulty holding down a normal job. But again, for someone who is depressed this isn’t a character quality, it’s a symptom of their illness.

What can you do if you think that you or someone you love might be depressed?

For most people, the easiest thing to do is reach out to your doctor and share your concerns with them.

You can also call 211 and you will be connected with a United Way representative who will help you find the answers and help that you are looking for. You don’t have to know anything before you call. Just share what you’re looking for and they’ll offer you guidance. Family Houston is available to answer your questions or to help you make an appointment with a therapist at 713.861.4849.



NEED
ADDITIONAL
HELP?
MAKE AN
APPT.

713.861.4849

This interview is for informational purposes only. It is not intended to be a substitute for medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have. Call 911 immediately if you believe you are experiencing a medical emergency.



Family Houston

Helping others help themselves.

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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.

CONSIDER AN END-OF-YEAR GIFT TO FAMILY HOUSTON.
WHETHER IT'S \$20 OR \$2,000, YOUR DONATION WILL MAKE
A DIFFERENCE BY SUPPORTING STRUGGLING FAMILIES.

VISIT WWW.FAMILYHOUSTON.ORG/DONATION
OR TEXT HTXCARES TO 91999 TO GIVE.

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