



Family Houston

Focus On Families
FALL 2019

One in Three Houstonians Struggle to Make Ends Meet



42% of households in the greater Houston area are struggling to meet their basic needs. The Federal Poverty Level (FPL) for a family of four is listed as \$24,300, but the basic cost of living for a family of four is \$61,404.¹ That means there is more than a \$37,000 income gap where families are still not able to make ends meet, but the FPL says they should be able to. Part of the reason there is such a gap is **the basic cost of living in Houston is higher than what most people are earning.** Nearly 30% of those struggling are employed individuals with an income above the FPL, but who are still unable to afford the basic necessities of housing, food, child care, health care, and transportation.

These households fit into a new category created by the United Way called ALICE.¹ ALICE stands for *Asset Limited Income Constrained Employed*. **ALICE is people you know.** They are working families who pay taxes and whose jobs provide services important to the economy. Common jobs that fall into the ALICE category are child care workers, grocery store cashiers, home health aides, and office clerks. You have probably been ALICE at some point in your life, or someone close to you has been. If it were not for a friend or family member helping you with rent or paying your electricity bill during that time, you might have been evicted. However, not everyone has family or friends who are able to financially help. Our community, including agencies such as Family Houston, United Way, Texas Veterans Commission, Houston Food Bank, and Houston Area Urban League, is stepping up and finding ways to assist this vulnerable population, and all of those struggling.

With 42% of Houstonians struggling to make ends meet, Case Management is an integral part of what we do

at Family Houston, but what does Case Management really mean? Our Case Management program works to keep individuals in their home, their lights on, and families fed by connecting them with the resources they may not know are available to them. We help our clients meet their basic needs, but we also take it one step further. **We want to end this cycle of financial insecurity.** To do that we offer comprehensive services. We are able to walk clients down to a financial coach who can help them create a budget and manage their money, an employment coach who can help them build their resume and apply for jobs, and a counselor who can help them manage their anxiety and develop healthy coping mechanisms for life's stresses. **Through all of this we help our clients become even stronger parts of this community and end this cycle of financial insecurity.**

If you or someone you know is struggling to meet their basic needs call us to set up an appointment at 713-861-4849. There are no minimum requirements to work with our case managers, and services are offered at no cost to the client.

1. <https://www.unitedwayhouston.org/assets/uploads/documents/ALICE/19-Alice-overview-FINAL.pdf>

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Looking to get involved this holiday season?

Find out about our Giving Wreath program on Page 5.

Message From the CEO

Can you remember a time when you struggled to pay rent or your electricity bill? Maybe you had financial struggles rebuilding after a natural disaster, or at some point had to choose between buying food or paying for a medical emergency.

Was there ever a time when you were emotionally exhausted, struggling with a relationship, having parenting challenges, or found yourself depressed? Maybe this time in your life was decades ago, maybe it was last month or last week, or even this morning. For some people, it is someone close to them who has struggled with those issues. It could be a family member, neighbor, or coworker. Some of us have a support system to help us through difficult times, but many do not. **For those in need of support, Family Houston is here to help. We are their family and they are ours.**



For 115 years, Family Houston has established itself as one of Houston's enduring social service organizations. The key to our success is our ability to adapt and meet the ever-changing needs of families in a city where opportunities have attracted millions, yet leaves many struggling to make ends meet or unable locate valuable resources. **The answers to assisting those in need are complex and multifaceted. Family Houston believes that strong, self-sufficient families are shaped by the success of each family member.**

Whether it is a problem at work or transportation or financial struggles, the challenges of life can sometimes feel overwhelming. You need someone to listen and guide you in the right direction. Someone who can help you find the resources you need to get back on your feet. Through counseling and parenting education, navigating veteran's benefits and crisis assistance, Family Houston's many programs and outreach services are designed to help individuals and families in our community. **At Family Houston, we believe strong families are the backbone of a strong community. And a strong community is good for all of us.**

At Family Houston, our individualized services help clients overcome challenges to achieve stability and establish a solid foundation on which to grow and, in turn, benefit the whole community. Often overwhelmed with what seem to be insurmountable challenges, clients receive a multidisciplinary approach to help assess their current situation, set goals, and build a plan for permanent success.

A handwritten signature in black ink that reads "Charly Weldon". The signature is fluid and cursive.

Charly Weldon
President & CEO

Staff Spotlight

Family Houston Counselor, Sao Lorn, recently completed his certification in Eye Movement Desensitization and Reprocessing (EMDR) therapy. EMDR therapy is a type of extensively researched and evidenced-based therapy that helps people heal from trauma or other distressing life experiences. EMDR works by allowing the brain to resume its natural healing process in resolving unprocessed traumatic memories in the brain. Part of the therapy includes alternating eye movements, sounds, or taps. There are many requirements that must be met in order to earn this certification, including being licensed in the mental health professional field for independent practice, having a minimum of two years experience, completing an EMDRIA approved training program, and conducting a minimum of fifty clinical sessions in which EMDR was utilized. Congratulations on this accomplishment, Sao!



Thank You!



The **Faulk Foundation** recently donated a large quantity of emergency kits as well as household and kitchen items for our Case Management program. We are very appreciative of their generosity!

If you would like to get involved by hosting a drive, go to www.familyhouston.org for our wish list, or email volunteer@familyhouston.org for more information.

Partner Highlight

Family Houston's partnership with the Houston Food Bank's Food Scholarship program allows eligible Family Houston clients to receive groceries twice a month through designated Food for Change Markets located throughout the greater Houston area. A typical distribution includes up to 60 pounds of healthy food, per client, half of it produce. Clients are able to take home the food they select in a farmers market style set up.

houston 
foodbank

New United Way THRIVE Center Hours

Visit Family Houston's financial and employment coaches at the United Way THRIVE Centers. The centers have new hours to better meet the needs of hard-working families.

Mondays 8:00 am – 5:00 pm
Tuesdays 11:00 am – 8:00 pm
Wednesdays 8:00 am – 5:00 pm
Thursdays 11:00 am – 8:00 pm
Fridays 8:00 am – 5:00 pm
2nd Saturday of each month 8:30 am – 12:30 pm

Visit www.familyhouston.org/financialworkshops for orientations and locations.

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.

Financial Strength

Cynthia Price, 1 year

Mental Health

Jessica Cisneros, 7 years | Briana Eagleton, 3 years | Pierre Matta, 10 years
Sayra Medina, 5 years | Maria Melicoff, 2 years | Tanja Van Dam, 5 years
Rose Viviano, 25 years

Basic Needs

Claudia Duran, 5 years | Gloria Semien, 20 years

Administration

Gina Barron, 2 years | Lama Murad, 2 years | Dora Rodriguez, 7 years
Jessica Rosales, 2 years

Anniversaries are listed from July 1 - September 30, 2019



Save the Date

Pillars of Strength

Tuesday, May 5, 2020



Where: The Briar Club

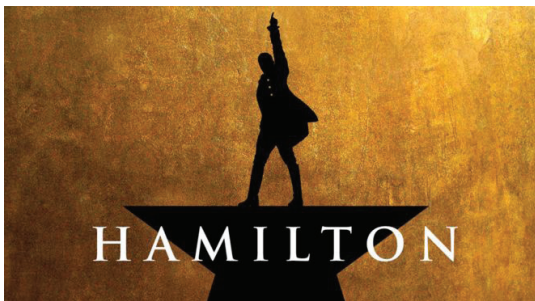
When: Tuesday, May 5, 2020 | 11:00 am - 1:00 pm

Chairs: Debbie and Stephen Costello and Lisa and David Pitts

Emcee: Bob Harvey, President and CEO, *The Greater Houston Partnership*

Special Guest Speaker

Bryan Terrell Clark from Broadway's *Hamilton*



Like Family Houston, Clark understands the importance of financial stability. When he became an actor, he received the simple yet important advice to “make sure your income is more than your outgo.” Watch his interview at www.familyhouston.org/luncheon with Yahoo Finance and hear what he has to say about money, the importance of financial stability, and the lessons he learned along the way.

For sponsorship information visit www.familyhouston.org/luncheon

Be a Part of the Giving Wreath

Hundreds of Family Houston client families and individuals are struggling this holiday season. To help meet their basic needs as well as help provide gifts for their families that they would not otherwise be able to purchase, we need your help by being 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 hang one wreath in your business, you and your employees can help impact up to 20 families this season. We will provide you with the decorated wreath. The ornaments on the wreath specify the type of gift card and client it will be going to help. You may collect the gift cards and return them to Family Houston, or we can collect the gifts from your place of business.



Email donate@familyhouston.org or call 713-867-7780 to get your wreath today!

The Ornament

You can purchase a gift card at www.familyhouston.org/holidays or you can drop off a contribution or gift card at our central office (4625 Lillian St. Houston, TX 77007) Monday through Friday 8:00 am to 6:00 pm.

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 or 713-867-7780 if you have any questions.

Holiday Hours

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



Seeking Young Professional Board Members

Family Houston is seeking passionate and philanthropic young professionals (age 23-40) to join Family Houston's Young Professionals Board. As a member of the FHYP Board you will have the opportunity to participate in educational, social, and service events that benefit and promote Family Houston and the clients we serve. You will also have mentoring and leadership opportunities provided by governing Board members and committees. To find out more email us at yp@familyhouston.org or call 713-802-7877.

Sips and Service

Enjoy drinks and light bites with the Young Professionals for this special holiday service project benefiting Family Houston's Case Management clients!

November 21, 2019 from 6:00 - 8:00 pm
Family Houston (4625 Lillian Street)
RSVP to yp@familyhouston.org

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, 2019

Albertsons Safeway
Thomas N. Amonett
Chris Ardoin
Stephanie F. Ballesteros
Gina Barron
Manuela Barton
Jane C. Bird
Tracey Burnett-Greenup
Juan Castaneda
Jessica Cisneros
Connie Clancy
Michael Clement
Carolyn S. Clyburn
Jeanie Connell
William P. Denison, Jr.
Claudia Duran
DXP Enterprises, Inc.
Ruben Elestundo
Kathryn Foster
Lawrence B. Gibbs
Jenna Gimmler
Liz and T.J. Green
Janet H. Head
Louise M. Howell
Helen Humphries
Nazia Islam
Curt Karges
Shelly Kessinger
Jerry V. Kyle
Stephanie Lebron
Adrian Lira
Shelly M. Long
Viola and George Lopez
Sao Lorn

Graeme Marston
Pierre Matta
Karen and Mark Mayfield
Sayra Medina
Maria Melicoff
Jorge L. Mendoza
Dale Miller
Alda Montenegro
Mariana Monterrubio
Pene Moore
Lama Murad
James E. Myers
Robert Nefsky
Sonia Reeves
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Dora Rodriguez
Stephanie Romero
RYDE
Gloria Semien
Sue Sikes
Yvonne Silhan
Sarah Smith
Tom Turner
Lynda K. Underwood
Ana Maria Uvalle
Heazel Valleau
Tanja van Dam
Brenda Velasco
Rose Viviano
Judy Vo
Hannah Weier
Charly and Bert Weldon

Sheila K. White
Dr. and Mrs. Henry Wilde, Jr.
Mr. and Mrs. Walter Williams
Daniel Williams
Lynn Wiseheart
Richard Wortham, III
Karina Zapata

Foundations and Corporations

ELLWOOD FOUNDATION

COMBINED
ARMS



Make a Greater Impact!

Did you know some corporations match their employee's gifts or provide grants for volunteer efforts, like supporting Family Houston as a Board member? Find out if your company offers these benefits by emailing us at donate@familyhouston.org or by reaching out to your HR department.

Support Family Houston, and make a gift today at www.familyhouston.org/donate.

Charles' Grief

Charles came to Family Houston with depression, guilt, and resentment related to the sudden death of his father. His counselor, Sao, recommended EMDR therapy, an evidenced-based trauma therapy approach, to help with processing the loss of his father. EMDR therapy was a new experience for Charles. He was surprised by how rapidly and sustainably it helped to both ease his pain and process his feelings, especially the depression, guilt, and resentment.

Before EMDR therapy, the pain from his grief and loss was intense and blocking. Whereas now, despite this tragic loss, because of his work with Family Houston, he is able to appreciate the positive life experiences and memories he shared with his father, be released from the distorted sense of responsibilities he felt leading to his guilt and resentment, and is no longer depressed but able to remember his father in pleasant ways.

He is very glad he can process these feelings now, rather than suppress them. Charles feels Counseling at Family Houston has been transformative for him. He is looking forward to the future with his wife and son, while honoring the memory of his father in his life journey.



*At Family Houston, we respect everyone who comes to us for help. So while their stories are true, client names and images have been changed to protect their privacy.

If you would like to make an appointment with a case manager, counselor, or financial coach, contact us at 713-861-4849 or visit www.familyhouston.org for more information.

Photo Update

We recently hosted Magnolia Groves' National Night Out, an annual community building campaign. Family Houston's Vice President of Development, Liz Green, spoke about how we continue to support this community through our programs. In addition, Representative Sarah Davis stopped by to partake in the fun evening! Thank you to everyone who came out and made this annual neighborhood event a success.



Combined Arms arranged for our Veteran Case Managers to attend a studio tour of KHOU Channel 11. Bobby Springer, President and General Manager, gave the in-depth studio tour. Below is Case Manager, Karina, posing behind the #HtownRush background.



Other Ways to Get Involved

There are many ways you can support Family Houston and make a difference in your community.

amazonsmile

You shop. Amazon gives.

When shopping on Amazon make sure to visit smile.amazon.com and set Family Houston as your beneficiary. Amazon will donate a portion of what you spend back to your designated charity.

Host a Drive

Our clients are always in need of basic necessities including toiletries, clothes, household items, baby items, and gift cards (gas and grocery). If you would like to host a drive, contact our Director of Volunteer Programs for more information.

volunteer@familyhouston.org | 713-802-7877

Apply for an Internship



We are increasing our internship opportunities. You can find the available position description(s) online at www.familyhouston.org/careers or contact volunteer@familyhouston.org for more information.

Purchase a Magazine Subscription

CityBook^{Houston}

If you purchase a Houston CityBook magazine subscription they will donate 100% of the net proceeds to Family Houston! Get yours today at www.citybookcares.org.

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.

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Family Houston

Helping others help themselves.

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42%

OF HOUSTON AREA
HOUSEHOLDS STRUGGLE
TO MAKE ENDS MEET

\$500

PROVIDES THREE CASE
MANAGEMENT SESSIONS

1,840* families received services that helped them meet their basic needs last year because of supporters like you.

*2018 calendar year

Make a gift at www.familyhouston.org/donate or in the card inside.