



The Only New Year's Resolution You Need: Make Your Mental Health a Priority

We have all heard the phrase “new year, new you.” A new year often comes with new resolutions, goals, and dreams, but that can also cause unnecessary worry, pressure, or stress. Does the prospect of a new year bring you anxiety? You are not alone. *1 in 5 adults suffer from a mental health illness. While a new year can bring exciting anticipation of a better year, new things to come, and goals to achieve it can also be daunting and overwhelming. Instead of worrying about losing those 10 pounds or setting extremely high expectations for yourself, take a step back from all the pressures of a new year, and try to focus on what is truly important: being the best version of yourself. While going to the gym and striving to meet those new goals are important, **you cannot achieve this if you do not focus on your mental health first and foremost.** When you are stressed, anxious, or tired, it does not just affect you mentally, it also manifests through physical symptoms.

Adrian Lira, Clinical Director at Family Houston says “We now have a better understanding of the impact that mental health has on our overall health, including our physical wellbeing. Therefore, prioritizing and strengthening our emotional and psychological state is an important first step in improving our fitness. Even small changes can have a big impact. For example, **taking a few seconds to check in with yourself to identify what you are feeling and thinking** can help to decrease the negative toll of stress by allowing us to respond to stressors rather than react without thinking.” Below are a few steps Lira has put together to help make your mental health a priority while also improving your physical health.

1. Identify your stressors and what triggers them. Practice relaxation techniques and make time for activities you enjoy.
2. Exercise regularly, eat a healthy diet, drink plenty of water, and get enough sleep. While these are physical activities, they can also help improve your mental wellbeing.
3. Despite the many people who suffer from a mental health illness, there is still a stigma attached to it. If you have made efforts to improve your mental health and still are not feeling as though you are functioning optimally, seek the help of a professional.

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Mental health struggles can affect anyone. Whether you are an adult worrying about meeting your new year's resolution or a young child about to start in a new school, mental health issues have no age limit. **1 in 3 children suffer from a mental health illness. According to the ACLU, “only 20 percent of youth access mental health services — and, of those who do, around 80 percent get these services in schools. The National Association of School Psychologists recommends a school psychologist serve no more than 500-700 students [but] school psychologists across the country serve more than 1,500 students on average.” To help address this gap, Family Houston has counselors placed in 15 schools ranging from elementary to high school. Our school-based counseling is provided at no cost to the student or their families. Our services help those children and families that might not otherwise seek help due to obstacles like transportation or cost.

While valuable, talking with your friends and loved ones is not the same as working with a professional. **If you are struggling to make your mental health a priority and would like to make an appointment for yourself or your child with a Family Houston counselor, call 713-861-4849.**

*NAMI

**Houston Endowment Fund

Message From the CEO

With the start of a new year, many of us are asking ourselves, what do I want to accomplish this year? To improve my relationship with my spouse or kids? Do I have financial goals to save more and spend less? Or this year would I like to increase my income through more stable employment? At Family Houston, we can help you reach these goals. Our caring counselors, financial and employment coaches, and case managers help strengthen families – leading to a healthier, more stable community.

Maybe you aren't in need of one of our services, but are instead looking for a way to give back. Is your goal this year to do more for the community? If this is your goal, Family Houston offers many fun and fulfilling volunteer opportunities. Volunteering can boost your self-confidence, self-esteem, and life satisfaction. When you are volunteering, you are doing good for others and the community, which provides a natural sense of accomplishment. And you are helping Family Houston extend our resources so we can reach more people who need our services. Visit www.familyhouston.org/volunteer to learn how you can help.

There are other ways to help Family Houston extend our resources. Although many of our services are free to those who need them, Family Houston needs financial support to provide those services. Looking for a nonprofit to partner with in 2020 with a monthly sustaining gift? Check out our website at www.familyhouston.org/donate to find out how your gift, no matter how big or small, can make a huge impact on the community we serve.

We look forward to partnering with you in 2020!



Charly Weldon
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

Alda Montenegro, 13 years | Karina Zapata, 9 years

Mental Health

Estefania Ballesteros, 3 years | Manuela Barton, 3 years
Jenna Gimmler, 3 years | Sao Lorn, 4 years | Milton Smith, 1 year

Financial Strength

Michael Clement, 17 years | Sonia Reeves, 8 years

Administration

Yvonne Silhan, 26 years | Jacklyn Utley, 4 years | Daniel Williams, 5 years

Anniversaries are listed from October 1 - December 31, 2019



Board Updates

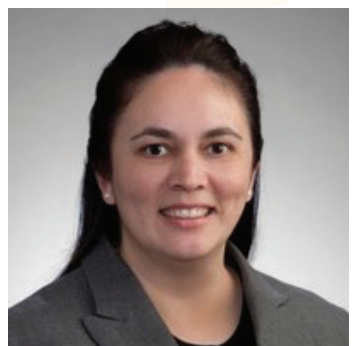
WELCOME
ABOARD

Family Houston is excited to welcome Bo Bothe and Edna Lopez to our Board of Directors!



Bo Bothe

Bo earned his Bachelor of Fine Arts in Design Communications from Texas Tech University and his MBA from Rice University. He has served on numerous boards over the years including the Rice Jones School Alumni Board and The Entrepreneurship Institute. Currently, Bo is also active with Camp Cho-Yeh and San Jacinto Monument. He is the President and CEO of BrandExtract, a strategic branding company. He is passionate about providing insights on branding and communications. Bo will be chairing Family Houston's Marketing Committee.



Edna Lopez

Edna received her Bachelor of Business Administration - Accounting from University of Houston. She has more than 20 years of experience and is currently the Managing Director at Protiviti. Throughout her career she has given back to her community through involvement with various volunteer endeavors, including Wesley Community Center, Casa de Esperanza, Houston Food Bank, Project C.U.R.E., CYCLE – Changing Young Children's Lives through Education, and Star of Hope. Edna will be chairing Family Houston's Audit and Finance Committee.

Gary Daugherty

While serving on Family Houston's Board over the past two years, Gary has made numerous contributions. As a member of the Audit and Finance committee, he helped update our charter, develop an investment policy, reviewed contracts for our new data collection system software, and helped us ensure we have high cyber security techniques. He also served on the Building Committee and is now on the Family Service Foundation. In addition, Gary recruited several wonderful members to the Board, and we wish him all the best in retirement!

Kathryn Underhill

While serving on the Board last year Kathryn helped us forge multiple significant relationships with organizations and individuals in the community. She was very supportive of the Young Professional endeavors. In addition, Kathryn was a part of the Planning Committee and as she steps down from the Board, she has graciously agreed to continue being a part of the committee. Thank you for all you have done!

Bill Penczak

While on the Board of Directors, Bill was a member of the Executive and Marketing Committees. He then became the Chair of the Marketing Committee. Bill was always enthusiastic, and developing ways to improve visibility and marketing efforts for the organization. Bill also connected us with his company, Briggs and Veselka, inviting our CEO to participate in an interview video series they produced. Thank you, Bill!



THE FAULK FOUNDATION

Thank You!



The **Faulk Foundation** and **Raising Cane's** recently sponsored Family Houston Young Professionals Sips and Service event by providing the supplies to make care packages for our Case Management clients as well as dinner for our volunteers. Thank you!

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.

You're Invited

Pillars of Strength

Tuesday, May 5, 2020



Where: The Briar Club

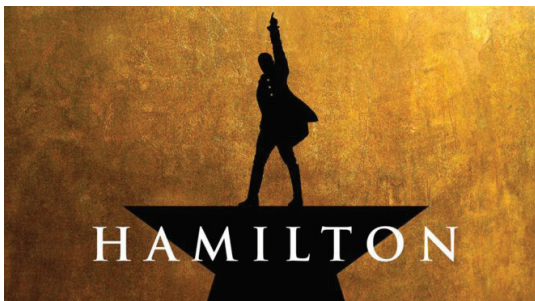
When: Tuesday, May 5, 2020 | 11:00 am - 1:00 pm

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.

***Pillars of Strength* Pre-Reception**

You are invited to join us for a pre-reception the evening before the luncheon. Get to know our speaker, Bryan Terrell Clark and enjoy appetizers and drinks!

When

Monday, May 4, from 6:00 to 8:00 pm

Where

McGovern Centennial Gardens
in Hermann Park

A limited number of tickets for the pre-reception are available now. Purchase yours at www.familyhouston.org/luncheon.

For sponsorship information visit www.familyhouston.org/luncheon



Partner Highlight

Family Houston provides two fully licensed bilingual counselors on-site at The Women's Home Mabee WholeLife® Service Center. Together, The Women's Home and Family Houston work to identify children and families in need of services that would typically be out of reach due to financial constraints or lack of knowledge of services. By creating an accessible service to clients at no-cost, we aim to make mental health services available to everyone in the community.

Family Houston's New Volunteer Program



Family Houston's Volunteer program has now launched! Volunteer opportunities include providing one-on-one direct client support, representing Family Houston at community engagements, assisting staff in a variety of administrative roles, and internships. Find out which opportunity is best for you by visiting www.familyhouston.org/volunteer today.

Cupid & COCKTAILS

Family Houston Young Professionals invite you to join us for a Valentine's Day social to show your love for Family Houston!

When

Thursday, February 6
6:00 - 8:00 pm

Where

The Monkey's Tail
5802 Fulton St. 77009

To spread the love your
first drink is on us!

Kendra Scott
Raffle!



RSVP

www.familyhouston.org/yp

The Giving Wreath

Thank you to everyone who donated a gift card and participated in the drive. Because of your support we were able to raise nearly \$1,000 in gift cards. These cards were given to our clients who needed help making ends meet this holiday season and providing gifts for their families they would otherwise not be able to purchase.



BAKER BOTTS



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, 2019

Nancy Baird
Joan Baird and Frederic L. Glover
Christina Blackwell
Margaret Cates
Monée Cheney
Samantha Durham
Jerrie Earthman
Ruben Elestundo
Faust Distributing Company
First Horizon Bank
Liz Flores
Mary G. Gregory
Dion Hobbs
Cody Howard
Ryan Huff
Joan and David Dunlap
Curt Karges
Christine Kohut
Sergio Leal
Joel Levine

Loveda Lockey
Anne Loo and Brad Nyberg
Ron Martin
Kim McQuillen
Sandra Morin
Leah Napoliello
Mary Ordonez
Debbie Padon
Dan Parsons
Judith Pyburn
Jessica Rosales
Eddie Sanchez
David Seeley
Elena Shaver
Julie Shochat
Gloria Sotelo
Dale Suchomel
Sally Tyler
Jacklyn Utley

Foundations and Corporations

Albertsons Safeway
BrandExtract, LLC.
Charity Guild of Catholic Women
Chevron
Citi Community Development Foundation
Combined Arms
The Cullen Trust for Healthcare
Healthcare and Nursing Education Foundation
Holthouse Foundation for Kids
John P. McGovern Foundation
Kendra Scott Rice Village
Marsh and McLennan Agency
Total Wine and More
T. Ragan Ryan Foundation, Inc.
The Walk for Mental Health Awareness

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.

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

What Our Clients Have to Say

“I suffer from anxiety and depression. Family Houston has helped me manage this and assist with my financial struggles. They always answer my questions and explain things to me.”



“I just started coming to Family Houston. They have been helping me cope with health issues and family dynamics. Everyone has been wonderful.”

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



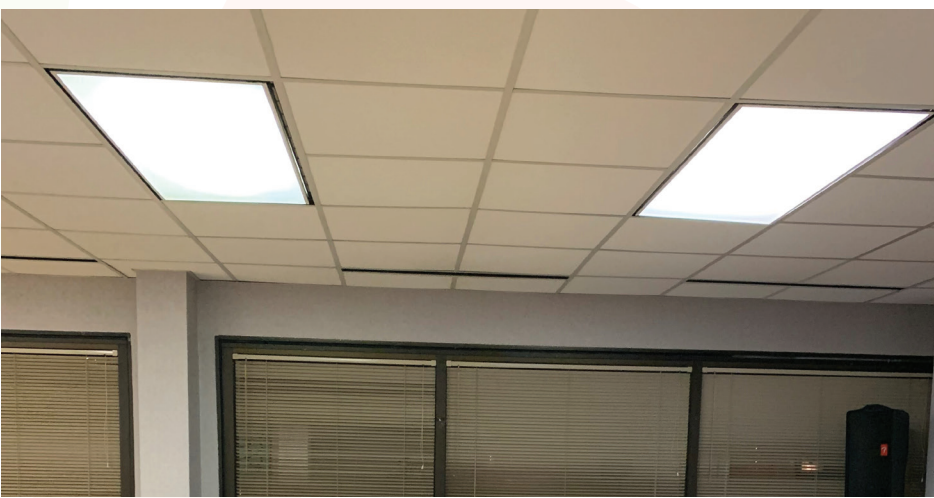
Thank you to all of the ExxonMobil employees who spent a day volunteering on our campus for United Way of Greater Houston’s Days of Caring. We are appreciative of your hard work!



Total Wine and More Heights location donated 10% of wine purchases from their opening weekend to Family Houston. Because of everyone who went out and shopped, we received \$10,000.



Our Manager of Communications attended a United Way Young Leaders luncheon at the Junior League. This group helps foster personal and professional growth as they take on leadership roles in our community.



Family Houston Young Professionals hosted their second Sips and Service event. Twenty young professionals assembled care packages for Family Houston’s Case Management clients.

1 in 3

*CHILDREN SUFFER FROM MENTAL HEALTH DISORDERS

\$250

COVERS TWO COUNSELING SESSIONS FOR A CHILD

**80% of children in counseling improved or maintained good behavior. Thanks to your support we can continue making a difference in the lives of children in this community.

*Houston Endowment Fund **2019 fiscal year

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

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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Joan Baird Glover
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**Family
Houston**

Helping others help themselves.

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PI LARS OF
STRENGTH

You're Invited
Pillars of Strength
Tuesday, May 5, 2020

See page 4 for more information



Guest speaker: Bryan
Terrell Clark from
Broadway's *Hamilton*

www.FamilyHouston.org/Luncheon



**Family
Houston**