

The Counseling Center Monthly Happenings

JANUARY 2023



JANUARY EMPLOYEE SPOTLIGHT

Cecelia "CeCe" Bernal

Our employee spotlight this month is Cecelia Bernal! "CeCe" as she is referred to, is the Supervisor of our CYFD Community Based Prevention, Intervention and Reunification Program (CBPIR) and The Family Outreach Program. CeCe is such a hard worker, giving of her time and efforts to help families even after hours and on weekends. CeCe will go the extra miles to make sure the job is done. She is a natural born caregiver by heart and always strives to make sure both her client's and her staff's needs are taken care of. While CeCe is real down to earth, everything about her sparkles and shines! Her laughter warms the hearts of everyone that hears it. CeCe is a wonderful person, an exceptional employee and asset to this community!

JANUARY IS

National Human Trafficking Prevention Month

See page 3 for more info about Human Trafficking & TCC Staff Goals for 2023!

Quote of the Month:

*"Happy New Dreams. New Days.
New Desires. New Ways.
Happy New Year!"*



Community Rebuild Corner

Annual Point In Time (PIT) Count: In January of each year, the Department of Housing and Urban Development (HUD) asks all communities around the country to count the number of individuals experiencing homelessness. This information will be used to better allocate resources nationwide and in our community.

Between January 31st and February 3rd, 100% Otero will be asking local citizens if they had a safe place to sleep the night of January 30th.

If you would like to volunteer to help with the PIT Count or you know individuals experiencing homelessness that might be willing to speak with us, please contact Nadia Sikes at (575)491-1667 or nsikes@tcc-nm.org.



Girls Circle & Boys Council!

Our next round of classes will begin January 23 and will run for 2 weeks!

Contact Michele at (575) 488-2500 or mhorrell@tcc-nm.org for more info.

Donate

Your generous donation to TCC will not only benefit our programs, but also our community!

PLEASE CONSIDER DONATING TODAY!



MOST OF OUR YOUTH PROGRAMS ARE FREE FOR OUR COMMUNITY

CBPIR Blurb of the Month...

To have an effective and strong parent-teen relationship, parents should allow for teens to participate in family decisions.

When a teen is empowered to make decisions, their self-esteem rises and they feel better about the authority figures that allow them to make a choice. The teen will feel more responsible for their outcome! This cooperation will also avoid the power struggles of parent-teen relationships. Give your teen an appropriate choice for their age and level of responsibility.

When people are empowered to make decisions, a lot of good things happen!

HELP US WELCOME OUR NEW EMPLOYEE!



Kathryn Cavazos
JCC PROGRAM MANAGER

Big News!

Michele Horrell has been named TCC's Chief Operations Officer!

Thank You!

We want to take a moment to thank everyone who contributed/donated to our TCC Food & Clothes Closet! Our agency and clients have been blessed by the kindness of our community!

DOOR DECORATING CONTEST WINNERS!

Winner: Autumn Hobson

Runner Up: Sena Matthews



TCC January Birthdays!

SHEREL STONE, LMFT - JANUARY 10

JOIN US IN SAYING HAPPY BIRTHDAY TO OUR AMAZING STAFF!

"They say it's your birthday!"

Overdose Prevention

FREE NARCAN TRAININGS!
FREE DETERRA BAGS!
FREE SUBSTANCE LOCK BOXES!



AHOBSON@TCC-NM.ORG OR
JBALDONADO@TCC-NM.ORG



@OteroPDOPS



Human Trafficking Awareness

By: Kim Richards, CEO

JANUARY IS NATIONAL HUMAN TRAFFICKING PREVENTION MONTH

Human trafficking prevention month is a great time to better educate ourselves and spread awareness in the community!

Human Trafficking is defined as the buying, selling, and/or transportation of a person for the purpose of exploiting them for sex or forced labor. Specifically, victims of sex trafficking are induced by force, fraud, or coercion into sex acts such as prostitution, pornography, or stripping.

There is no "one size fits all" for what a victim of human trafficking looks like. People who are trafficked are children, teenagers, and adults of all genders.

They come from cities, suburbs, or rural areas. However, many people are deliberately preyed upon based on their vulnerabilities, and those who are most disadvantaged in our society are often the most common targets. Traffickers use the vulnerabilities of their victims to deceive them by "promising" things the victim may be longing for or making up false economic opportunities or providing false emotional support.

Runaway and homeless youth are extremely vulnerable and have a high risk of being trafficked. About 40% of homeless youth identify as LGBTQIA+, another highly vulnerable group include those with disabilities, victims of trauma or abuse, children in foster care or the child welfare system, and immigrants especially if undocumented.

Human trafficking has many different effects on the mental and physical well-being of victims. They are more likely to develop mental disorders like anxiety, depression, panic disorder, substance abuse, suicidal tendencies, and PTSD.

If you think someone may be a victim of trafficking reach out to your local law enforcement agency, the [National Human Trafficking Hotline](https://www.humantraffickinghotline.org/en)

- Call: 1 (888) 373-7888
- Text: 233733 (Text "HELP" or "INFO")
- <https://humantraffickinghotline.org/en>

or, the [National Center for Missing & Exploited Children:](https://www.missingkids.org/HOME)

- <https://www.missingkids.org/HOME>

New Years Goals!

WE ASKED THE TCC STAFF WHAT GOAL(S) THEY WANT TO ATTAIN IN 2023:

- **ANNIE:** TO GET PREPARED FOR MY HIP SURGERY
- **AUTUMN:** PRACTICE MORE SELF-CARE & READ MORE
- **BRIDGETTE:** TO BE PROACTIVE & DOCUMENT, PROCESS, AND PRIORITIZE
- **CECE:** PRACTICE MORE SELF-CARE
- **DEE:** CONTINUE DOING MY EDUCATION
- **JAMES:** LOSE SOME WEIGHT
- **JOHN:** FOCUS ON MY PLANNED FUTURE
- **KEITH:** BE MORE PATIENT WITH MYSELF AND NOT JUDGE MYSELF HARSHLY
- **KENNY:** GET MY LADAC BY AUGUST 2023
- **KIM:** DRINK MORE WATER
- **LEE:** DEVELOP NEW BUSINESS OPPORTUNITIES
- **LUKAS:** IMPROVE PHYSICAL FITNESS LEVEL
- **MARK:** WORK ON NEW PROJECTS
- **MICHELE:** TO HAVE MORE EXPERIENCES, NOT MORE THINGS
- **NADIA:** BE MORE ACTIVE
- **ROBYN:** GET CLOSER TO FINISHING MY MASTERS & SPEND MORE TIME WITH MY KIDS
- **SENA:** EXERCISE MORE
- **SHAWNA:** TO BE BETTER ORGANIZED
- **SHEREL:** EXERCISE MORE, BE KINDER & MORE THOUGHTFUL
- **SHERRY:** SPEND MORE TIME WITH FAMILY
- **SUSAN:** CLEAN MY OFFICE (IYKYK) 😊
- **WENDY:** COMPLETE MORE TRAININGS & CERTIFICATIONS

