

The Counseling Center Monthly Happenings



APRIL 2023

APRIL IS



STRESS
AWARENESS
MONTH

See page 3 for more info about
Child Abuse Awareness Month & Stress Awareness!



APRIL EMPLOYEE SPOTLIGHT Sherel Stone

Our April Employee Spotlight is
Sherel Stone, LMFT

Sherel has been a marriage and family therapist for 20 years! She is EMDR trained to help individuals improve from past trauma and she also provides the CCSS (Comprehensive Community Support Services) clinical supervision to our CCSS worker.

Sherel's attitude always is pleasant, she is conscientious and a great team player! Sherel is willing to jump in & help wherever she can and sometimes has her husband and a camel in the mix to help out. Sherel exhibits a high degree of professionalism in her work and provides outstanding client care to all of her clients. Sherel's faith is reflective in her commitment to her work and helping others; she's even a commissioned Minister of Counseling through her church! She is a blessing to TCC and our community.

Hats off to Sherel Stone this month!

*This Community's Choice for
Trusted Comprehensive Care*

Quote of the Month:

*"Stressed spelled backwards is
desserts... coincidence? I think not!"
-Unknown*



We Are Accepting New Clients!

- MENTAL HEALTH THERAPY!
- SUBSTANCE USE COUNSELING!
- IN-HOME FAMILY SERVICES!
- LGBTQIA* SUPPORT!
- TELE-MED SERVICES!
- FREE TUTORING!

CALL US TODAY AT (575) 488-2500!
WE ACCEPT MOST INSURANCES!



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

IT'S ALRIGHT IF SPRING ISN'T YOUR TIME TO BLOOM.

@POSITIVELYPRESENT



Free Tutoring!

We offer free tutoring services for ages 10-17! Contact Wendy at wvera@tcc-nm.org for more information.

CBPIR Blurb of the Month...

THANK YOU!

We wanted to take a moment to thank all the in-house staff, community organizations and individuals who helped CBPIR plan our April Child Abuse Awareness Campaign this year!

From PNM & Oasis Creative Design helping us with our community banner at the intersection of 10th Street & New York Ave. to the staff at the Inn of the Mountain Gods for being so generous helpful when planning our 2nd Annual Health Fair!



WE ARE SO BLESSED TO HAVE A SUPPORTIVE COMMUNITY!



ALCOHOL AWARENESS MONTH



New Mexico has the highest alcohol-related death rate in the nation *NMDOH

According to alcohol.org, Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence (NCADD) as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol.

For more information, check out these resources:

*alcohol.org/awareness-month/ *NMDOH Fact Sheet

*SAMHSA.gov *National Institute on Drug Abuse

The Counseling Center is proud to offer Substance Use individual & group counseling services!

"PLANTING POSITIVE SEEDS" Parents Support Workshop

SATURDAY, APRIL 22 | THE COUNSELING CENTER
8:00 AM - 4:00 PM | 1900 E. 10TH STREET

FOR PARENTS, GRANDPARENTS, & GUARDIANS OF CHILDREN AGED 0-17

Presentations on topics ranging from childcare & parent support resources to legal guardianship rights & youth substance use trends

LUNCH PROVIDED!

LOCAL RESOURCE TABLES

CHILDCARE PROVIDED!

REGISTER HERE!
(LIMITED SEATS)



<https://ParentsSupportWorkshop.eventbrite.com>



Overdose Prevention

FREE NARCAN TRAININGS!
FREE DETERRA BAGS!

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



JOIN US IN SAYING HAPPY BIRTHDAY TO OUR AMAZING STAFF!

"They say it's your birthday!"



@OteroPDOPS



Child Abuse Awareness Month By: CeCe Bernal, LCSW, CBPIR Supervisor

In April, we recognize the importance of families and communities working together to prevent child abuse and neglect. Prevention services and supports are developed for families to help protect and strengthen children & families.

Adverse Childhood Experiences (ACEs) are traumatic events that occur before a child reaches the age of 18. These traumatic events include abuse & neglect, parental substance use or mental illness, parental incarceration, domestic violence, and divorce.

Significant research has shown that the more ACEs experience, the greater risk for the outcome of an individual having poor physical and mental health, substance use, and risky behavior. Understanding the impact of ACEs and how families can build resilience can lead to more trauma-informed interventions to help alleviate negative incomes.

The most significant ways to help prevent abuse or neglect are to increase the well-being of children & families and reduce the likelihood of maltreatment by providing protective factors that help parents find resources, support, and coping strategies that allow them to parent effectively even under stress.

Stand up for a Child in April!
There's No Excuse for Child Abuse!

For more information, visit childwelfare.gov!

The six protective factors are:

***Nurturing & Attachment:** When children have strong trust and bond with their parents, they will be provided what they need to thrive, including love, accomplishment, positive guidance, and protection.

***Knowledge of Parenting & Child Development:** Respectful communication between parent & children, listening, consistent rules and expectations, and safe opportunities will provide independence for school, encourage curiosity about the world, and motivate children to succeed.

***Parental Resilience:** Parents who can cope with everyday stress & occasional crisis and have the strength to bounce back when things are not well will increase the greater well-being of children and families.

***Social Connections:** Research shows that parents who isolate & don't have a social network or connections have a higher risk of child maltreatment. All caregivers need someone to help with advice or listen to create concrete support when required.

***Concrete Supports for Parents:** Parents & caregivers need to identify and access community resources to help prevent unattended neglect that sometimes occurs when parents can't provide for their children.

***Social-Emotional Competence of Children:** This is modeled when parents communicate emotions effectively, show self-regulation, and model how to make friends. Children's social and emotional competence is decisive for solid relationships with peers, families, and adults.

Stress Awareness Month By: Howard Hill, LCSW, Clinical Director

"I'M SO STRESSED OUT"

Sound familiar, we hear it all the time AND, it is a condition that we all will experience many times in life, as it is part of being alive itself. Stress in itself is not a bad thing, it helps us get things done that we might not otherwise do or procrastinate on. Stress helps us prioritize. It is the "stress" of not being happy with our state of being that cause us to move, make changes to improve our life condition. "Stress" is that sense of urgency that pushes us to "move now" rather than later.

So, when is stress not helpful? When a situation is so consuming that it gets in the way of normal functioning, it interferes with our ability to make decisions, consumes our thoughts, sleep, appetite, sense of pleasure, social relations, etc., is when it is no longer helpful, it is emotionally and yes, physically threatening. Studies have repeatedly shown that unhealthy, unmanaged levels of stress can lead to serious mental and physical illnesses, **TAKE IT SERIOUSLY!!!**

SOME HELPFUL ACTIONS ONE CAN TAKE TO BETTER MANAGE UNHEALTHY STRESS LEVELS INCLUDE:

- * TALK TO OTHERS YOU TRUST
- * TAKE BREAKS FROM WATCHING, READING, OR LISTENING TO NEWS STORIES, INCLUDING SOCIAL MEDIA
- * TAKE CARE OF YOURSELF
- * TAKE CARE OF YOUR BODY
- * MAKE TIME TO UNWIND
- * CONNECT WITH YOUR COMMUNITY- OR FAITH-BASED ORGANIZATIONS
- * AVOID DRUGS AND ALCOHOL

Last, but not least, seek help from a mental health professional who can offer stress reducing strategies and techniques to help you return to "normal functioning."

Also, consult with your primary care provider who may offer medication to help reduce some of the emotional and physical symptoms associated with dysfunctional levels of stress.

