

The Counseling Center Monthly Happenings

FEBRUARY 2023



FEBRUARY IS



INTERNATIONAL
BOOST
SELF-ESTEEM
MONTH

See page 3 for more info about Black History Month & Self-Esteem Boosting Tips & Info!

Quote of the Month:

"I'm all about body positivity and self-love because I believe that we can save the world if we first save ourselves."

-Lizzo



FEBRUARY EMPLOYEE SPOTLIGHT

Keith Gerber

This month's employee Spotlight is Keith Gerber.

Keith is our CCSS and LEAD case worker. Keith provides individualized services to SMI adults with co-occurring psychiatric and substance use disorders and SED children. Keith's work can be very challenging and is not for the faint at heart. Keith always does his job with a smile and laughter. Keith is a tall guy and is always willing to help staff that are vertically challenged.

Keith is a published poet but for those of us that know him, he is a down to earth guy that is always quick to make a joke or recite a silly saying to brighten your day. We salute Keith for his diligent work and his wonderful sense of humor!

Check out one of his poems on Page 2!



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.



RANDOM ACTS OF KINDNESS FOUNDATION®



FEBRUARY 17, 2023 IS
RANDOM ACTS OF KINDNESS DAY!

Join the cause at:
www.randomactsofkindness.org

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...

PARENTS, YOU ARE YOUR CHILDREN'S FIRST TEACHERS IN HELPING THEM FEEL GOOD ABOUT THEMSELVES.

Parents who offer positive support and love will help a child develop positive self-esteem. Unfortunately, some children can also develop poor self-esteem early when parents do not feel good about themselves. Children learn their first positive or negative lessons from their parents. Parents, please provide the positive reinforcement necessary to help children become happy, smart, and capable of great self-esteem.

HELP US WELCOME OUR NEW EMPLOYEE!



Howard Hill
CLINICAL DIRECTOR

FEBRUARY IS AMERICAN HEART MONTH

Visit the American Heart Association's website to learn about cardiovascular health!

<https://www.heart.org/en/>



"Fear of Falling" ©Keith Gerber

With no way for you to stop,
And having no control at all,
Your vertical plunge begins.
You are now starting to fall.

There is no way at all of knowing,
Exactly how fast it is you are going.
Your descent quickly accelerates,
And there is no chance of slowing.

The world rushes quickly past.
To you, it happened way too fast.
No longer able to catch your breath,
You are now scared half to death.

Then just as the panic sets in,
You yell out for help and then,
Stretch out both of your hands,
Wondering when you will land.

Instinctively you close your eyes,
(Afraid of watching your own demise.)
Your heartbeat pounds like a kettle drum,
(Fearing an unforgiving end will come.)

Holding on to your trembling hands,
Someone is suddenly falling with you.
You smile as big as you possibly can,
And realize it's love you've fallen into.

TCC February Birthdays!

MICHELE HORRELL - FEBRUARY 6

SUSAN GONZALEZ - FEBRUARY 17

SHAWNA PRATT - FEBRUARY 21

JOIN US IN SAYING HAPPY BIRTHDAY TO OUR AMAZING STAFF!

"They say it's your birthday!"

Overdose Prevention

FREE NARCAN TRAININGS!
FREE DETERRA BAGS!

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



@OteroPDOPS



BLACK HISTORY MONTH WAS CREATED TO FOCUS ATTENTION ON THE CONTRIBUTIONS OF AFRICAN AMERICANS TO THE UNITED STATES

It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

DID YOU KNOW?

1. It started as a week
2. Carter Woodson is considered the FATHER of Black History
3. The month of February was chosen for a reason
4. Black History celebration was originally 1 week long and became a month
5. You can learn about some of the many impressive achievements of black men and women by visiting: www.history.com/topics/black-history

Learn more by visiting this link to a great blog written by Michaele Charles is the founder of Voice Communications:

blog.frontrange.edu/2019/02/18/five-fascinating-facts-about-black-history-month/

**ENJOY THIS MONTH IN RECOGNITION OF THE 47TH ANNUAL CELEBRATION OF BLACK HISTORY!
BE WELL!**

International Boost Self-Esteem Month By: Michele Horrell, COO

Self-Esteem Boosting Tips:

- WRITE OUT A LIST OF THINGS YOU ADMIRE ABOUT YOURSELF
- STOP BEING A PEOPLE PLEASER
- STEP OUTSIDE OF YOUR COMFORT ZONE
- STOP COMPARING YOURSELF TO OTHERS
- FORGIVE YOURSELF FOR YOUR PAST THOUGHTS
- SELF COMPASSION
- SET BOUNDARIES IN YOUR RELATIONSHIPS
- CELEBRATE YOUR WINS
- LET GO OF NEGATIVE PEOPLE
- PRACTICE MINDFULNESS



Self Esteem is that confidence each of us has in our own worth and abilities.

This can ebb and flow when we find ourselves in different situations and with new people.

Feeling accepted and liked, being proud of what we are doing and believing in one's self increases self esteem and encourages us to step outside our comfort zone and try new and different things.

However, when we allow the negative and unforgiveness to invade our thoughts and mind, one's esteem can suffer dramatically.

When this occurs, redirect those thoughts and comments, treat yourself well, accept what is not perfect, focus on what is going well and give of your time and energy to help someone else. This will allow you to refocus and reclaim your own self worth and begin a new adventure!

