

Samaritan Counseling Center

October 2011



SAMARITAN
COUNSELING
CENTER

FIND *wholeness*
and HEALING

WWW.SAMARITANNM.ORG

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Save the Date

November 2, 2011 - Called Back to the Well Servant Leader Breakfast

The [Servant Leader Awards](#) honor those in our community who demonstrate and exemplify servant leadership.

New Mexico Humanitarian Award

St. Joseph Center for Children & Families would like to thank the Samaritan Counseling Center for nominating the program for the NM Humanitarian Award and for emphasizing the program's work in Albuquerque's International District. Receiving the award is really a reflection of the hard work of many—the SJCCF staff, the larger Samaritan organization, agencies like St. Joseph

Message from Thomas K. Sims, President and CEO

Women Helping Women

It's October, and Samaritan Counseling Center hosted its 17th annual Silent Samaritan luncheon in September. We hope you were able to join and enjoyed the luncheon.



What is Silent Samaritan? Seventeen years ago, a diverse group of Albuquerque area women called Silent Samaritans made a commitment to help women with limited financial resources to access much needed counseling services in Albuquerque. Since that time, with seventeen years of work and a joyful investment of time, creativity and energy, the yearly event has formed one of the foundations of the Samaritan Counseling Center's ability to serve the women and families who find themselves needing support and assistance.

The speaker for this year's Silent Samaritan luncheon was Cecile Lipworth, who shared the inspiring story of the power of women coming together and taking control of their destinies even in the middle of the chaos of war. She shared how that power can be translated to our local community. If you'd like to learn more about Cecile please visit [V Day](#).

We hope you enjoyed this dynamic group of Silent Samaritans and will continue to support women who otherwise would not be able to access quality services. Proceeds from the Silent Samaritan luncheon benefit

Community Health and Young Children's Health Center that we work with in order to create stronger coordinated systems of care, and volunteers who support the program.

This award recognizes the families who have hopes and dreams for a better future and let us accompany them on part of their journeys in healing and wholeness. Their stories are an inspiration, and even though they may include moments of difficulty and challenge, they provide hope for their children and their community.

This is a motivation not only for the work we do at SJCCF but also for the continued commitment to a healthier, more just, and more peaceful community.



Record Attendance Set at Silent Samaritan Luncheon

Our most sincere gratitude to our Benefactor sponsors, Patron sponsors, table Sponsors, ticket purchasers. and those who donated silent auction and raffle items. A heartfelt thank you to the amazing volunteers pictured below, Alex Beach, Patience Skarsgard, Barbara Schwyzer, Laurie Roche, Erin Young, Robin Dozier Otten, Vicki Macaulay and Jeanne Brummel. (Not available for photo are Bev McMillan and Tammy Barth-Oakes)

the Good Samaritan Fund at the Samaritan Counseling Center which provides counseling services for poor, uninsured or underinsured clients, many of whom are women.

In a counseling environment sensitive to their unique needs, Samaritan has been able to provide wholeness and healing to women in their personal, family, and professional lives through the generosity of the Silent Samaritans. But it doesn't stop with only counseling. Founded in 2006, the Samaritan St. Joseph Center for Children and Families has provided support groups, parent education and recently added Infant Mental Health Services for new mothers who raise their children in difficult circumstances in the International Neighborhood of Albuquerque. Samaritan's Center for Changing Families provides services for persons and children going through the difficulties of high conflict divorce. Just last month the Center sponsored a workshop on Domestic Violence with nationally renowned experts providing cutting edge knowledge for assessing and helping women and families caught in the cycle of violence.

Yours truly,

Handwritten signature of Thomas K. Sims, Ph.D.

Thomas K. Sims, Ph.D.
President and CEO

Guhl Center for Children & Adolescents

The aroma of chili roasting and the smell of new crayons signal autumn in New Mexico, and time for another school year. The staff of the Guhl Center for Children and Adolescents at Samaritan Counseling can help children and their parents prepare for school transitions and life changes with an outlook of hope and choice.



Childhood transitions - from infancy through the high school years - go more smoothly with structured routine and emotional support. The child accustomed to routine is less anxious, more focused and better able to adjust and learn than one whose life is unpredictable or less structured. For children and adolescents experiencing



Impact

FIND *wholeness* and HEALING

Good Samaritan - In the first nine months of 2011, more than \$155,000 in charitable services (more than 2,050 hours of care) have been provided through the Good Samaritan fund to those who otherwise could not afford high-quality mental health counseling, education, and mediation. The Good Samaritan fund is made possible through the generosity of individual donors, foundations, corporations, and community partners.

Samaritan Accepting New Patients

Samaritan Counseling Center of Albuquerque, nationally accredited by the Samaritan Institute, is accepting new clients to help New Mexicans find wholeness and healing. The Center's services include bilingual therapists and flexible hours. For a listing of our clinical staff and areas of excellence, visit www.samaritannm.org.

The Samaritan Institute's mission is to help affiliated Centers provide team-oriented, cost-efficient counseling, education, and consultation which emphasize the interrelatedness of mind, body, spirit, and community. There are 481 Samaritan Center offices in 389 cities in the United States.

family hardship, routines become even more crucial. Add developmentally appropriate, consistent, positive communication - verbal and non-verbal - and the typical school-age child or teen can manage change and transitions confidently.

When a child starts attending school for the first time, the entire family changes with him. For children who have spent all their time being cared for at home, going to child care or preschool can create a family crisis. And every subsequent transition through elementary, middle school, high school and college can increase the family's anxiety and sense of loss. Education is good, but change can be hard.

Knowing in advance about the processes, who is involved, and what might happen helps children and their families adjust to change. Visiting the new school and having a slightly older student "buddy" can support students in transition. Through the Guhl Center's counseling services, children can talk about their fears, experiences and successes, while staff listens supportively and helps them develop strategies for success.

Schools support parents whose children are transitioning by meeting with parents preferably at the end of the previous school year and at the beginning of the new academic year, regularly convening parent-teacher conferences to provide and solicit feedback from parents, and sharing objective observations and reports on the children's progress. Teachers, school administrators and parents can help the professionals at the Guhl Center for Children and Adolescents by providing (with consent) feedback about the child's needs. Working as a team, all concerned adults can help the child and his family manage the challenges faced.

Schools who approach education as an ongoing, lifelong transition will find that parents are no longer stressed by "back to school," but instead are looking forward to the next step in their child's development. And the Guhl Center staff is here to help, too.

Miquela Rivera, Ph.D.

For information or to schedule an appointment with Samaritan's Guhl Center for Children and Adolescents, call 505-842-5300.

HEALTHY MARRIAGES

A PROGRAM OF SAMARITAN COUNSELING CENTER
AND NEW MEXICO COLLABORATIVE PARTNERS

After five years, Samaritan Counseling Center's Healthy Marriages program will be closing. Healthy Marriages began in 2006 after receiving a federal grant through the Healthy Marriage and Responsible Fatherhood Initiative to provide relationship education opportunities to couples. Throughout the past five years, over 6,000 couples have been served through classes, groups, and mentoring. Healthy Marriages has hosted national speakers including Harville Hendrix, PhD (Getting the Love you Want), and Pat Love (Hot Monogamy).

Throughout these five years, lives have been changed. Couples have been changed. Families have been changed. We have seen marriages saved, engaged couples decide to address underlying problems before tying the knot, and have hear a child say "thank you for keeping my parents together".

Healthy Marriages began under the capable leadership of Dr. Paul Hopkins and Sarah Lee, LMFT and ended the five years under the leadership of Dr. Tom Sims and Hillary Bravo, MA. The dedication and excellence of the staff greatly contributed to the high quality services offered throughout the program. The loss of Healthy Marriages will, no doubt, create a void in our community. What can you do? Be a role model for others, create positive examples of healthy relationships, do something extra special for your spouse, mentor a couple, help your church begin a marriage ministry. The Healthy Marriages team is grateful for all of your support and encouragement. Thank you.

Called Back to the Well
Recognizes Servant Leaders

called
back to the
well

A Program of Samaritan Counseling Center



A strong community is made up of good leaders. We tend to think of leaders as those who are out front drawing attention to themselves. But there are many leaders who do just the opposite. Servant Leaders powerfully transform the world around them not by drawing attention to themselves, but to those they are serving.

When you hear the voice of a servant leader, it is a voice that asks you to support those in need. These leaders may be extroverts, introverts, way out in front, or quietly in the back, young or old. They are people who are deeply committed to making the world a better place. Something has captured their heart and they are willing to sacrifice to respond to that need.

It is not a concept that is easily defined, but it is often described. One description comes from Martin Luther King, Jr.:

"Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

Called Back to the Well, a program of the Samaritan Counseling Center provides spiritual renewal for church leaders through retreats, groups, workshops, and a congregational deepening program. Because we see the value of servant leaders in our society, we honor them each fall at a breakfast. This year the third annual Servant Leader Breakfast will be Wed. Nov. 2nd at the Jewish Community Center from 7:30-9:00 am. Community members submit names of youth and adults to honor for their service.

Those who are honored have served through their churches, in their academic or work environment, in creating a new organization to meet a need, and traveling internationally to care for people around the globe. These are individuals with a wealth of life experience (even those who are young) and a willingness to offer the best that they have so that others may experience healing and hope.

Please visit the [Called Back to the Well](#) website to download the nomination form.

Connections, Shame Resilience Class, Offered in September

The Connections Curriculum, designed by shame researcher Brene Brown, Ph. D., is an 8 week psycho-educational shame resilience class drawing on empirically based strategies to help participants recognize shame as a universal experience and embrace authentic living. Dr. Brown defines shame as "the intensely painful belief or feeling that we are flawed or defective, and therefore unworthy of connection and belonging."

The curriculum invites participants to explore the following questions:

- What important life experiences are we missing when we don't understand shame or when we don't develop shame resilience?
- How do our lives change when we stop living in shame, fear, and disconnection, and start living with courage, compassion, and connection?

The class is designed to help participants understand that our imperfections do not make us inadequate; they are what connect us to each other and to our humanity. Further, our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. (Adapted from Brene Brown's Connections Curriculum)

The first [Connections Course](#) will be taught this fall from Sept. 27th - Nov. 15th on Tuesday evenings from 6:30-8 pm. The cost is \$160 for all 8 weeks or \$120 for students. Early registration discount is available. Please call 212-7000 ext. 315 for more information or to register.