

July 2016 - Issue 87

Texana Center | Behavioral Healthcare & Developmental Disabilities Services  
4910 Airport Avenue | Rosenberg | Texas 77471

## FORT BEND CARES AWARDS TEXANA \$6,000 GRANT

Ellen Catoe, Manager, Children's Center for Autism, was delighted to receive a grant for \$6,000 to be applied to purchasing and installing a new playground structure for the children ages 2-5 years. For most children, the playground is typically the first place where they engage with other children and with the world at large. Play does not come naturally to children with autism; they have to learn play skills that seem to come easily to most typically developing children. Play is important for developing thinking, language, emotional, problem solving and creative skills in children with autism which is why replacing the old, rusting and outdated playground is important.

Fort Bend Cares distributed \$157,5000 to 29 non-profit organizations serving disadvantaged children which included Texana Center. We would like to thank Fort Bend Cares Foundation and its supporters for this grant.

[For more photos click here](#)



## LEADERSHIP HIGH SCHOOL

Texana had a fun packed morning when 75 teens; from five Lamar Consolidated Independent School District (LCISD) arrived at our Rosenberg center to learn more about the autism program. Their visit was part of the week-long Leadership High School Program.

Leadership High School is organized by Fort Bend Regional Council on Substance Abuse, Inc., (FBRC) and Lamar Consolidated Independent School District. The program is designed to empower students to be leaders within their community by students gaining knowledge of county government, Fort Bend's diversity as a community, philanthropy, service and volunteerism, economic development and municipal government.



The teens had an opportunity to see the autism program in action and learn more about applied behavior analysis as the only proven treatment for autism spectrum disorder. They were also informed of volunteer opportunities, so we hope to see some of them again during the summer vacation.

If you would like to volunteer contact: Andi Wallis  
Ph: 281.239.1427 Email [andi.wallis@texanacenter.com](mailto:andi.wallis@texanacenter.com)

[For more photos click here](#)



## COPING WITH THE EMOTIONAL IMPACT OF FLOODING

Living through a disaster like the recent floods we have experienced, causes emotional distress in addition to the property damage. Disasters can threaten our sense of control and safety, and can affect many aspects of our lives.

Disaster stress can impact our physical and mental health if unrecognized or unmanaged. Therefore, dealing with the emotional consequences soon after a disaster can help reduce potential long-term problems. Recognizing and managing stress appropriately can help also help you meet the challenges of recovering from the flood by reclaiming your sense of control and security.

One of the first steps to take is realizing that there are normal reactions that people will have to such an abnormal situation i.e. worrying is normal, but excessive worrying is not. Most disaster stress reactions are temporary and resolve by themselves; if they powerful emotional reactions do not go away quickly, then you should seek professional behavioral healthcare services. It is important to remember that you are not alone.

*Some typical emotional reactions to a flood may include:*

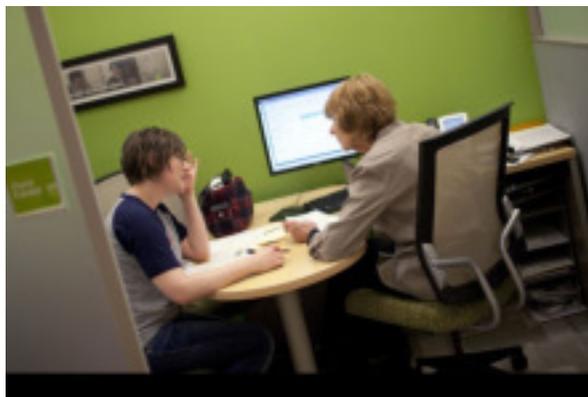
- ◆ Recurring dreams or nightmares
- ◆ Trouble concentrating or remembering things
- ◆ Feeling numb, withdrawn or disconnected
- ◆ Burst of anger or intense irritability
- ◆ Persistent physical symptoms – headaches, muscle tension, digestive problems
- ◆ Being over-protective of family
- ◆ Being tearful or crying for no apparent reason

*Techniques for managing stress & anxiety:*

- ◆ Limiting exposure to news stories about the flood
- ◆ Getting accurate and timely information
- ◆ Educating yourself about health hazards and safety
- ◆ Getting back to your normal routine
- ◆ Exercising, eating and resting
- ◆ Staying busy – physically and mentally
- ◆ Communicating with friends, family and supporters
- ◆ Using spirituality and your personal beliefs
- ◆ Keeping a sense of humor
- ◆ Talking and sharing your feelings

For counseling contact your nearest [Behavioral Healthcare Clinic](#)

When our clinics are closed call our **Crisis Hotline 1-800-633-5686**



## H&R BLOCK DONATES

Believe or not, good can come out of doing taxes! H&R Block has a Nonprofit Referral Program that donates funds to 501c3 non-profit organizations through new client referrals to H&R Block's tax preparation services. Thanks to this program Texana Center received a donation of \$280.00.



NONPROFIT  
REFERRAL  
PROGRAM

Texana

Follow the  
Yellow  
Brick Road  
to

Sunday, June 26th  
4:00pm  
Santikos Palladium AVX



A special viewing of this  
classic film



Members of the Fulshear Capital Campaign Steering Committee organized a Special Viewing of the Wizard of Oz at Santikos Palladium movie theater. This fundraising event was used to kick-off the "Yellow Brick Road Campaign." Don McCoy, Executive Director, Fulshear Area Chamber of Commerce was our Wizard and Emcee for this unique event. Cheryl Stalinsky was our Glinda the Good Witch and Alyssa Smith was Dorothy getting everyone in the mood for the movie. Thank you to everyone who participated and, in particular, our sponsors; Fulshear Insurance, Van Holten Law Firm, NewFirst National Bank, Stieber Insurance Group and Saleem & Associates.

For more photos [click here](#)



## YELLOW BRICK ROAD CAMPAIGN

Texana Center is offering an opportunity to you to leave a legacy in Fulshear by donating to our "Yellow Brick Road Campaign" a part of our capital campaign. Your donated brick will be a step towards our "Emerald City" - a campus on FM 359 to serve children with autism and adults with intellectual disabilities. Show your care, leave your footprint on our campus and take us further down the yellow brick road to our \$12 million goal and home!

For more information visit: <http://www.thatsmybrick.com/texanacenter>



## SOCIAL SKILLS GROUP TOURS

The Behavior Improvement Center's adult autism social skills group continued touring local businesses to learn about different jobs in the community. This month they visited Fort Bend County's Office of Emergency Management (OEM) and were given a behind-the-scenes tour of the OEM offices by Alan Spears, Deputy Emergency Management Coordinator. Not only did they learn about what it takes to coordinate everything involved with an emergency situation such as a hurricane or the recent flooding events but they also learned about the different jobs within the OEM.



Joy Dowell, Manager, Fort Bend County Women's Center's Pennywise Store conducted a tour of the Pennywise Store in Richmond. The group learned about; the various jobs within the resale store, the similarities and difference between resale and retail, and what the store does to support the Fort Bend County's Women's Center. They also learned about appropriate dress for interviews and Joy showed them examples of different pants and shirts that they could wear. She also talked about the importance of personal grooming and body language while being interviewed. All in all she shared some really great information with the group and had some really good participation by the group.

