

TEXANA TALKS



January 2017 - Issue 93

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

FBJSL DONATES \$14,000

The Children's Center for Autism program was thrilled to receive a grant for \$14,000 from the Fort Bend Junior Service League from their Sugar Plum Market proceeds. The funds will be applied to replacing an old and outdated playground for the 2 to 5 year old children in the program. The playground is a great learning tool for all children and is particularly important for children with autism. For most children it is often the first place where they interact with others, unfortunately this is not always the case for children with autism, they have to be taught how to play. The playground also is a place where they can learn social skills and sharing, taking turns etc. Texana is very grateful for all the hard work the members of Fort Bend Junior Service League put into the Sugar Plum Market and to all the shoppers—thank you!!



TUTU'S FOR TEXANA

Karen Van Holten presented Kate Johnson-Patagoc, Director Specialized Services at Texana with a check for \$1000 to the Forward Together in Fulshear Capital Campaign at a recent Fulshear Area Chamber of Commerce Meeting. Karen and her band of trusty friends made over 400 tutus that were exchanged for a donation at Fulshear's St. Patrick's Day Festival and the Freedom Fest in July.

Karen Van Holten is a local attorney and a member of the Forward Together in Fulshear Capital Campaign Steering Committee. Texana Center has purchased 14.65 acres in Fulshear to build a three-phased campus which will include a retail training center for adults & teens with autism and/or intellectual disabilities, a building to house the Children's Center for Autism and another for a new concept Center for Learning for adults with autism and/or intellectual disabilities. If you are interested in donating please contact: Tracey Shaw at tracey.shaw@texanacenter.com or 281.239.1427



DONATIONS BY KIND HEARTED NEIGHBORS

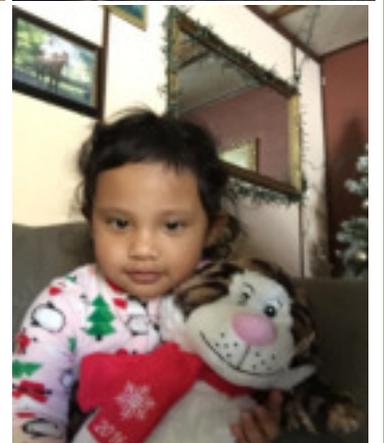
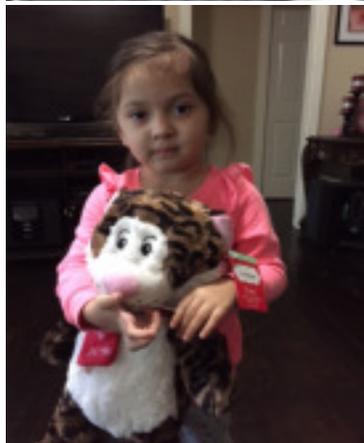
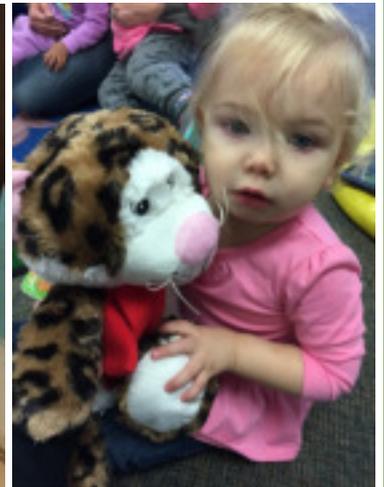
Jack Molho and his brothers in the Los Carnales Motorcycle Club provided five Texana Center families with a Thanksgiving meal to remember. They delivered turkey and all the trimmings to five families in need and who are currently being served through our programs.



Texana Center had another surprise donation when the staff at Stencil Property Tax LLC donated a large amount of supplies for our Children's Center for Autism. They held a supplies drive at their office and selected the Children's Center for Autism program as their beneficiary. They donated; new easels, two boxes of school supplies, a beautiful Holiday wreath and massive amount of snacks. Texana's staff and the children in the program were thrilled to receive all the new supplies. Thank you to everyone who participated in this supplies drive, Texana really appreciates the gift!

PETSMART DONATES 2,500 PLUSH ANIMALS

PetSmart selected the Texana Therapy for Tots program again this year to receive their 'Lucky' and 'Chance' stuffed animal donations from their store in Cypress, Texas. They donated 2,500 brand new plush animals. Therapy for Tots and our Early Childhood Intervention programs passed them out to all the infants and toddlers enrolled in our programs and then shared the rest with other Texana programs that serve children! Happy Holidays to everyone at PetSmart you brightened our kids' Holiday with these wonderful plush pets!



COMMUNITY ADVISORY BOARD

The Texana Community Advisory Board got together for breakfast at Panera Bread in Rosenberg in December to mark the last meeting of the year and celebrate all that has been accomplished. Melody Hess, Chair has agreed to serve for another year with Katina Scott taking the Vice-Chair position and ready to take over in January 2018 and serve 2 years. Texana's clients made Holiday ornaments which were presented as gifts, as a token of thanks to the members for their service during 2016. Those that could attend had a nice visit and some great Panera breakfast!

If you have an interest in joining the Community Advisory Board please contact: Tracey Shaw at tracey.shaw@texanacenter.com or Ph: 281.239.1311



Community Advisory Board's Mission:

To support Texana Center through; opportunities to increase community awareness, support fundraising efforts and expand the number of volunteers.

LONELINESS & THE HOLIDAYS

The holiday season is generally thought of as a time of joy and love, but for many people, it's a time of loneliness. Some people live far from family and miss seeing their loved ones this time of year; others dread going to holiday parties and New Year's Eve celebrations without a partner and end up staying home; it's also common for people to feel emotional distance from the people they are with, thus feeling lonely even if they're in a room full of people. For those who feel lonely during the holidays, this time of year can be a time of additional stress.

- ◆ **Recognize your loneliness instead of denying it.** Your feelings are real and worth exploring. If you feel you can't share with family or friends what you're going through, consider talking with a therapist.
- ◆ **Anticipate your loneliness and plan for it.** Reconnect with people with whom you've lost touch. Create your own social event and invite people to it.
- ◆ **Celebrate the holidays in a different way.** If being at home or attending a family event is a source of discomfort, take a trip. If giving gifts or making holiday preparations stress or depress you, pare down those tasks or share them with others.
- ◆ **Take care of yourself.** Do what you can to reduce your stress and connect with things and activities that you enjoy. Get plenty of rest, eat delicious and healthy foods, go to a museum or movie, take a bubble bath - do whatever feels safe and brings you comfort.
- ◆ **Limit your alcohol intake.** Alcohol is a depressant, not a stimulant, and as such it can magnify your feelings of sadness.
- ◆ **Reach out and help someone else.** Volunteering is a powerful antidote to loneliness because it boosts one's feelings of self-worth and usefulness. Embracing the holiday spirit by giving of your time and efforts to those less fortunate might increase your connection to others and give you greater perspective and inner peace.



FORT BEND CHAMBER LEADERSHIP FORUM VISITS TEXANA CENTER

Texana Center was delighted to welcome the Fort Bend Chamber Leadership Forum in December to learn about our autism programs and the difference they are making in the lives of local children. Ellen Catoe, Manager, Children's Center for Autism gave a short overview presentation and then the Leadership Forum members were taken on a tour of the program. The Leadership Forum is designed to nurture and engage the skills of potential and current leaders by providing an atmosphere that stimulates and fosters diverse viewpoints, resulting in innovative answers to the critical questions facing our community. The program strives to create awareness and to connect leaders with issues and includes community immersion, leadership training, and educating participants in "how things work" in our community and our county.



FORT  **BEND**
LEADERSHIP FORUM

BEHAVIORAL HEALTHCARE CRISIS CENTER - CLOTHING DRIVE

As the cold weather blows in the adults coming through the Crisis Center are in need of warm clothing including:

- ◆ Men's & women's clothing in good condition (**no children's clothes**).
- ◆ Plus sizes
- ◆ Shoes and boots
- ◆ Coats & warm jackets
- ◆ Hats, gloves, & scarves
- ◆ Long johns, socks, and undershirts in good condition
- ◆ New underwear
- ◆ Duffle bags and purses

Donations can be dropped off at the Crisis Center, 5311 Ave N., Rosenberg. Between 7:00 AM & 4:00 PM - Ph. Angelica or Jennifer at 281-238-6706.

The Crisis Center will provide you with a receipt.



TEXANA CENTER RECEIVES \$60K TRAINING GRANT

Texana Center received a grant to provide applied behavior analysis (ABA) training for Teachers/ Paraprofessionals by Texana's Board-Certified Behavior Analyst staff. This grant was received from Texas Higher Education Coordinating Board and was a collaborative grant proposal with the University of Houston Clear Lake. Teachers in training receive relatively little formal instruction on behavior techniques and thus have to rely on in-service training which is typically restricted to large, lecture-based workshops conducted once or twice a year due to the time and costs associated with more extensive training programs. Unfortunately, the type of training received has not been as effective as training that consists of; instructions, modeling, practice with immediate feedback, performance- based mastery criteria, and strategies to promote generalization and maintenance. An additional barrier for schools is the lack of qualified trainers.

The University of Houston Clear Lake (UHCL), under the direction of Dr. Dorothy Lerman, has developed an intensive program in applied behavior analysis (ABA) techniques for teachers of children with autism and related disabilities. The week-long program, known as the "ABA Academy," focuses on the core components of ABA. Texana will use this model to provide intensive hands-on training to teachers and paraprofessionals on effective behavior analytic teaching practices for students with autism in Lamar CISD, Fort Bend ISD, and East Wharton County Cooperative. The program's purpose is to ensure that all classroom staff is able to provide the most effective instruction possible for students with Autism Spectrum Disorder (ASD) and related disabilities.



The goal is for Texana Center to train 50 teachers and 100 paraprofessionals in a year who are, in turn, instructing a total of 168 students with ASD each



SAVE THE DATE
Monday, April 10, 2016
WESTON LAKES COUNTRY CLUB

FBJSL CORE PLACEMENT VOLUNTEERS



The Fort Bend Junior Service League (FBJSL) Core Placement Volunteers organized a Toy and Book Drive for our Therapy for Tots Program. The program was looking for donations of new and gently used toys for a Lending Library that they wanted to set up. The toys could then be checked out by families; so that they could continue working with their infant or toddler to help them reach their developmental milestones. Texana was selected 2 years ago as a core placement organization which means that the FBJS provides volunteers on a regular basis for events parties and other activities. FBJS volunteers recently helped with the Children's Center for Autism's Polar Express Day activities which included making arts and crafts with the kids, as you can see everyone had a fun time. Thank you to our wonderful FBJS volunteers for your help!



VOLUNTEERS