



Texans Recovering Together, Crisis Counseling Program, is administered by Texas Health and Human Services in conjunction with local mental health service providers (The Gulf Coast Center).

The purpose of this grant is to offer short-term counseling, social support, linkage to community resources, and public education and outreach to individuals, groups, businesses, and schools who have been impacted by Hurricane Harvey.

All program services are free and provided by trained professionals.

As part of our outreach we are offering support groups that will serve children and adults. During these groups members will have an opportunity to participate in debriefing, disaster education and awareness, and skills building activities. The size, duration, and focus of the groups will vary based on age, need, and other factors.

Support groups will vary according to the age and needs.

Examples include but are not limited to:

- Educational groups geared towards staff, teachers, administrators, and parents about age-specific disaster reactions and coping skills/interventions. Appropriate for in-services, staff meetings, and PTA meetings.
- *Clever Trevor Turtle & the Hurricane*- Story about a young turtle that experiences a hurricane. It describes his experience in the storm as well as finding and losing loved ones. Coordinating coloring book activity, geared towards K-4.
- *Anger Management*- Learn to identify anger indicators, triggers and alternative coping skills. All age groups.
- *Grief and Loss*- Encouragement and support to individuals with residual grief and loss issues. Education on the grief process, coping strategies, and awareness of common obstacles of the grief process. All age groups.
- *Self Esteem*- Encourages identifying and verbalizing emotional, cognitive, and behavioral states and reactions. Works on building awareness, self-efficacy, and rapport with other members. All age groups.
- *Common Reactions to Disasters*- Short-term educational group designed to build awareness in children and adults about normal reactions to a disaster, including direct or vicarious experiences.

Thank you for your time and consideration.

If you have any questions, please do not hesitate to contact the Texans Recovering Together at (409) 944.4436.

Sincerely,

