HOPE • HELP • HEALING

Hope … It guides us and moves us forward through the dark places and into the light. It energizes and gives us strength to endure in ways that nothing else can. Hope transcends adversity. Without hope we are unable to cope with life’s challenges. Hopeless people give up. As long as we have hope, we have direction and the ability to move, to change and to grow. Let us help you hope again.
FORMAL PRESENTATIONS

The HOPE AND HEALING CENTER & INSTITUTE (HHCI) programming focuses on strengthening the physical, mental, spiritual and relational health of families and individuals across the full cycle of life, from birth through elder-hood. Programs cover topics such as parenting, depression and bipolar disorder, addiction, blended families, caring for the caregiver, marriage, dementia and adoption.

These formal presentations feature leading experts in their respective fields. Additionally, programs are delivered in collaboration with many of our partner organizations such as; the Alzheimer’s Association, Houston and Southeast Texas Chapter, and the Depression Bipolar Support Alliance of Greater Houston. Most HHCI programs are free.

MENTAL HEALTH Q&A

Dr. Matthew S. Stanford, Chief Executive Officer, Hope and Healing Center & Institute, offers caregivers and family members of individuals living with serious mental illness the opportunity to ask honest questions in a supportive environment, equip individuals to better interact with and care for their mentally ill loved ones, and learn how to navigate the mental health care system. Held on the third Thursday of every month.

LUNCH AND LEARN

Informal classroom style presentations with a rotating schedule of speakers and topics. These presentations are interactive, encouraging dialogue from all participants. Held on the second and fourth Wednesday of every month.

CONTINUING EDUCATION CREDITS

The Hope and Healing Center & Institute offers Continuing Education Units (CEU’s) for individuals with the following licensures: Licensed Clinical Social Worker (LCSW), Licensed Marriage and Family Therapist (LMFT), Licensed Professional Counselor (LPC) and Clinical Psychologist. To find out which programs offer CEU’s, please check our website events calendar.

MENTAL HEALTH 101

To equip faith communities to better serve those broken by mental health difficulties, the Center has developed a training program called Mental Health 101. Clergy and ministry staff are trained to effectively serve as front doors to mental health care and offer peer-led supportive services on site. The goal is to identify mental health problems early, connect the distressed individual to professional care, and provide them and their families with a supportive community in which to recover.

SUPPORT GROUPS

The HHCI provides a meeting space for a variety of 12-step and support groups. Support groups are led by trained facilitators and teach coping skills, reduce anxiety, build resiliency and provide a place for people to share and receive emotional support. For current offerings go to www.hopeandhealingcenter.org/support/support-groups/

REFERRALS

The Hope and Healing Center & Institute provides referrals to individuals and families seeking appropriate and vetted medical and psychological assistance. Referral lists are regularly updated. Available daily during regular office hours.

MENTAL HEALTH COACHING

Mental Health Coaching is a form of strengths-based support for persons living with mental health difficulties and disorders. Mental health coaches help clients develop a healthy balance in life, give guidance in decision making, offer support in navigating mental health difficulties and assistance in establishing a recovery plan. To schedule an appointment call 713-871-1004.

SERENITY GARDEN

Our serenity garden offers a peaceful oasis in the city. It is a place of calm meditation and prayer that is available daily to the community at no charge.
**SEPTEMBER**

**Tuesday, September 12, 6:30 - 8:00 pm**

**RECOVERY IS POSSIBLE: UNDERSTANDING BORDERLINE PERSONALITY DISORDER** with Karyn Hall, PhD, Founder and Director, Dialectical Behavior Therapy Center and Jaime Lawson

Join us to learn more about Borderline Personality Disorder (BPD) and the difficulties in managing emotions for those who have the disorder or other issues with coping with emotions. Dr. Hall will discuss the ways in which you can best communicate and help your loved one and understand their experiences. Learn communication and coping strategies that can help with the emotional intensity that often has loved ones walking on eggshells. Jamie will share her personal story of her struggles and success with BPD.

**Wednesday, September 13, 12:00 - 1:00 pm**

**LUNCH AND LEARN: RECOVERY IS POSSIBLE- CARETAKING 101** with Sharon Throckmorton, LPC

Taking care of a loved one can take a toll on one’s health. We often get so focused on the needs of our loved ones that we forget to take care of ourselves. Join us as Sharon discusses caretaking, the struggles, and learning to adjust to a new normal as well as the successes of caretaking.

**Tuesday, September 19, 12:00 - 1:30 PM**

**RECOVERY IS POSSIBLE- ADOLESCENTS AND BIPOLAR DISORDER** with Alan C. Swann, PhD, Senior Faculty, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine

Join Dr. Swann to learn about early signs and symptoms of bipolar disorder. Dr. Swann will also discuss triggers, the latest research and stories of hope for those living with bipolar disorder. This program will be targeted to parents, caregivers and clinicians.

**Thursday, September 21, 12:00 - 1:00 pm**

**MENTAL ILLNESS Q & A** with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. No reservations required.

**Wednesday, September 27, 12:00 - 1:00 pm**

**LUNCH AND LEARN: RECOVERY IS POSSIBLE – ADDICTION: MY JOURNEY OF RESURRECTION, FORGIVENESS, AND RECONCILIATION** with Scott F. Basinger, PhD

Scott, a sober addict since 1988, will share his personal story of drug and alcohol addiction and his journey of recovery. Totally demoralized and unable to stop drinking and using while living in his own foreclosed home, he will share the miracle of his intervention and the path of his recovery to a life of happiness, freedom and service.

**OCTOBER**

**Wednesday, October 4, 12:00 - 1:30 pm**

**ADHD DOLLARS AND SENSE: A PRAGMATIC AND ETHICAL GUIDE TO DIAGNOSIS AND TREATMENT** with Dr. Lawrence Diller, a Behavioral/Developmental Pediatrician and Family Therapist; Assistant Clinical Professor of Pediatrics at the University of California, San Francisco; and Author

ADHD is the most common diagnostic label applied to the behavioral and school problems of children, teenagers and young adults in America. By high school one in five boys will have received the diagnosis and two-thirds will have tried medication. With an awareness of the broader cultural issues involved and a sensitivity towards the ethics of treatment (drug and non-drug interventions both “work” but are not morally equivalent), Dr. Miller will take you through the “real world” steps of evaluation and effective treatment of ADHD problems. Parents and health care professionals will leave with a better understanding of ADHD in America and reasonable, practical and ethical intervention strategies for its treatment.
LUNCH AND LEARN: BE A GOOD DIGITAL PARENT with Ashley Chowdhury, MA, LPC, Project Director, Hope and Healing Center & Institute

Today our children have an incredible opportunity to learn, create and communicate through the use of technology. It is important that parents are confident in their understanding of digital devices, apps, games, and their ability to help guide their children at every age to ensure a positive experience online. This presentation is designed to teach parents and other caregivers to confidently navigate the web with their kids.

MENTAL ILLNESS Q & A with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. No reservations required.

ENVISIONING A BETTER FUTURE FOR THOSE LIVING WITH MENTAL ILLNESS AND THEIR FAMILIES: LESSONS FROM THE PAST AND A VISION FOR THE FUTURE with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

The numbers are truly overwhelming. In the United States, one out of every five adults struggles with a mental disorder in a given year. The annual prevalence of mental illness in adolescents 13 to 17 years old is even greater. More disturbing is the fact that 60% of adults and 50% of children/adolescents diagnosed with a mental disorder receive no treatment. In this presentation Dr. Stanford will discuss the Christian church’s historical role in the care of those with mental illness and give an update on the Hope and Healing Center & Institute’s progress in increasing access to care in the greater Houston area.

AN OVERVIEW OF DEPRESSION: CLINICAL VS. SITUATIONAL AND TREATMENT OPTIONS with Michael L. McClam, MD, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine; in collaboration with DBSA Greater Houston

Depression is an illness that has wide reaching implications for cost, lost productivity, and its impact on overall physical health. It is estimated that depression in America costs society $210 billion per year, yet only 40% of this sum is associated with depression itself (25 Feb 2015, Scientific America). It is estimated that 6-7% of full-time US workers experienced major depression within the last year. Unlike other diseases (heart disease, cancer, etc), the vast majority of patients who suffer with depression remain in the workforce but have elevated absenteeism and lower productivity. Oftentimes depression is experienced as anxiety (up to 65% of the time). This talk with cover the prevalence, comorbidities, diagnosis, and treatment of depression. The societal impact, cost, and barriers to treatment will also be discussed.
NOVEMBER

Tuesday, November 7, 6:30 - 8:00 pm

6 STEP PROCESS FOR HUMAN TRAFFICKING with HoustonTexasCan

Please join us to hear representatives from HoustonTexasCan and learn about the six step process human traffickers use in recruiting their victims. You will hear the stories of suburban Houston parents regarding their daughters being taken by sex and human traffickers in 2016/17. Learn what you can do to prevent it from happening to your family. You will walk away with a different perspective and awareness.

Wednesday, November 8, 12:00 - 1:00 pm

LUNCH AND LEARN: SURVIVING THE HOLIDAYS PART ONE: PERMISSION TO... with Dr. Verdi Lethermon, Author, Speaker, Clinical Psychologist

Perspective always matters--especially when we face the challenges and stress associated with the holidays without loved ones. Loss is real and leaves a void in our lives; but embracing the void and giving ourselves necessary “permissions” empowers us to find joy! Let’s walk through the power of “permission” together and reclaim the joy of the season.

Tuesday, November 14, 12:00 - 1:30 pm

SPIRITUALITY IN CHILDREN: A SOURCE OF RESILIENCE with Daniela White, MD, Child, Adolescent and Adult Psychiatry

This talk will explore the meaning and the sources for resilience. Dr. White will attempt to contrast religiosity and spirituality, and show how they can be major sources for developing resilience in children and adolescents. Storytelling and the fairy tales will be discussed as means of shaping the child’s spiritual being, and how they can be used as tools in helping children develop a coherent understanding of the world and find answers to existential questions. We will also touch on the child’s need for magic and the relationship between the magic beliefs and spirituality.

Thursday, November 16, 12:00 - 1:00 pm

MENTAL ILLNESS Q & A with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. No reservations required.

DECEMBER

Tuesday, December 5, 11:30 am - 1:30 pm

AGING WELL: USING THE ARTS TO ENRICH THE LIVES OF THOSE WITH DEMENTIA with Tracey Brown, Amazing Place; Suzy LaForge, Marketing Director and Art Teacher, Amazing Place; Emile Unverzagt, Participant Program Director, Amazing Place; Susan Giles, Community and Church Liaison, Amazing Place; Michael Lieb, Culinary Director, Amazing Place; in collaboration with Amazing Place

In this presentation, you will learn how Amazing Place, the day center for those with mild to moderate dementia, uses visual, performing, literary and culinary arts to engage and stimulate their participants. Their techniques of working with those with dementia offer lessons for all of us about the benefits of the arts as we age.

Wednesday, December 13, 12:00 - 1:00 pm

LUNCH AND LEARN: SURVIVING THE HOLIDAYS PART TWO: HEALING IS A BEAUTIFUL THING with Dr. Verdi Lethermon, Author, Speaker, Clinical Psychologist

Perspective always matters--especially when we face the challenges and stress associated with the holidays without loved ones. Loss is real and leaves a void in our lives; but embracing the void and giving ourselves necessary “permissions” empowers us to find joy! Let’s walk through the power of “permission” together and reclaim the joy of the season.
JANUARY

Wednesday, January 17, 11:30 am - 1:30 pm

MEDICARE, MEDICAID, AND AGING: WHAT DO I NEED TO KNOW? with Peggy Determeyer, MBA, MDiv, PhD, BCC, McGee Fellow in Bioethics and Aging, Hope and Healing Center & Institute

There has been a lot of information in the news about Medicare and Medicaid. What is the difference between these two programs, and how do they affect those of us who are aging? Dr. Peggy Determeyer will compare and contrast the two programs and provide an update of some of the changes being considered by lawmakers. These programs will affect all of us and those we love, so staying abreast of these programs is important.

Thursday, January 18, 12:00 - 1:00 pm

MENTAL ILLNESS Q & A with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. No reservations required.

Wednesday, January 24, 12:00 - 1:00 pm

LUNCH AND LEARN: NEW YEAR NEW SPIRIT - PLANNING YOUR PERSONAL GROWTH FOR 2018 with Madeline Stiers, LMSW, Mental Health Coach, Hope and Healing Center & Institute

As the New Year comes around, many people want to make changes in their lives but aren’t sure where to start. Through a whole health approach, this lunch and learn will walk you through areas of your life that need nurturing and care: physical, mental, spiritual, and relational. You will learn simple ways to make positive changes, rebuild, and enhance your life. Through living a balanced life, it is possible to see life renewed.

Tuesday, January 30, 6:30 - 8:00 pm

HEALING AFTER TRAUMA with Roy Wooten, MS, Executive Director, Shield Bearer

What happens after a human traffic victim is rescued? Discover the healing approaches to complex trauma recovery for sex traffic survivors by Shield Bearer, a Houston counseling ministry. Gain a greater understanding of the affects of complex trauma and how to bring hope and healing to their hurting hearts. Explore effective holistic approaches to hope and healing. Find how you can join the fight for human traffic survivors.

FEBRUARY

Wednesday, February 7, 6:30 - 8 pm

WHY TEENS DIE BY SUICIDE with Thomas Joiner, Ph.D., The Robert O. Lawton Distinguished Professor of Psychology, Florida State University

In his new theory of suicidal behavior, Thomas Joiner proposes three factors that mark teens most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, perhaps chillingly, the learned ability to hurt oneself. He tests the theory against diverse facts taken from clinical anecdotes, history, literature, popular culture, anthropology, epidemiology, genetics, and neurobiology--facts about suicide rates among adolescent; white and African-American men; anorexics, athletes; members of cults, sports fans, and citizens of nations in crisis.

Thursday, February 15, 12:00 - 1:00 pm

MENTAL ILLNESS Q & A with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. No reservations required.
Tuesday, February 27, 11:30 am - 1:30 pm

AGING WELL: LATEST RESEARCH with Julie E. Kutac, PhD, Professional Education and Research Specialist, Alzheimer’s Association; in collaboration with the Alzheimer’s Association, Houston and Southeast Texas Chapter

This accessible and motivating presentation will discuss the latest research in Alzheimer’s disease, including updates from the most recent Alzheimer’s Association International Conference. Dr. Kutac will address the current understanding of Alzheimer’s risk, early disease detection, and diagnosis. She will also share information about local clinical trials that are recruiting Houstonians.

Wednesday, February 28, 12:00 - 1:00 pm

LUNCH AND LEARN: ESSENTIAL KEYS FOR WORKING TOGETHER AS PARENT AND STEPPARENT (BUILD YOUR OWN DYNAMIC DUO FOR YOUR STEPFAMILY/BLENDED FAMILY!) with Jayna Haney, MS, and Founder, The Bridge Across for Single Parents and Stepfamilies

Learn how to deal with the most common and challenging issues in blended families, so you and your partner can get back to the fun, love and passion that brought you together in the first place! Learn the secrets of good partnership in stepfamily life, how stepfamily dynamics play out, keys to building family bonds, how to handle discipline, and ways to make your home a haven through all the changes and challenges.

Tuesday, March 20, 11:30 am - 1:30 pm

AGING WELL: THE UNWANTED GIFT OF GRIEF with Tim P. VanDuivendyk, DMin, LPC, LMFT

When we face loss? When we experience the wilderness of grief? How do we make it through? This seminar will explore the human dilemma when we experience dramatic changes, losses and subtle teaspoon by teaspoon losses. Whether that is divorce, death, job loss, health changes and more, we each have our stories of the wilderness. If we are willing to grieve our losses, we can move toward healing and new life. By using the unwanted gift of grief we move toward healing, hope and transformation.

April

Tuesday, April 10, 11:30 am - 1:30 pm


There are a number of initiatives aimed at educating and encouraging Americans to engage in advanced care planning, yet most of these programs fail to meet their stated goals. In this session we will explore the history behind these programs, their successes, barriers and future.

Wednesday, April 11, 12:00 - 1:00 pm

LUNCH AND LEARN: CONFLICT RESOLUTION IN ROMANTIC RELATIONSHIPS: THE ART OF COMPROMISE with Deniece Christ-Rice, LCSW, Christ-Rice Counseling & Consulting

Successful relationships are not about avoiding conflict but knowing how to navigate conflict and disagreements. Learn some of the foundational tools that can help couples maintain emotional connection, communicate effectively, and find common ground. These tools both strengthen the relationship while helping navigate difficulties.

Tuesday, April 17, 6:30 - 8:00 pm

CHANGING DIRECTIONS: CRIMINAL JUSTICE REFORM IN HARRIS COUNTY AND ITS IMPACT ON INDIVIDUALS WITH BEHAVIORAL HEALTH DISORDERS with Regenia Hicks, Mental Health Jail Diversion Program, Harris County

During the 85th Legislative Session, several bills were passed that expanded mental health treatment and jail diversion capacity for individuals with mental health needs. This presentation will provide an overview of the impact of this legislation on the criminal justice and behavioral health systems in Harris County, specifically the continued efforts of the Mental Health Jail Diversion Program.
Wednesday, April 18, 12:00 - 1:30 pm

THE HEARTSYNC MODEL: HEALING THE BROKENHEARTED AND FREEING THE HEART FROM ADDICTION with Joey Gentempo, President and Executive Director, His Father’s Heart Ministries

The goal of the Heartsync model is to release trauma, false beliefs and unresolved conflict and to receive truth and a new role assignment from God. Once these parts of the heart - Function, Guardian and Emotion - resolve their conflict between God and with one another, an individual is free to be the person God intended as well as to live with a whole heart.

Thursday, April 19, 12:00 - 1:00 pm

MENTAL ILLNESS Q & A with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. Join us on the third Thursday of every month. No reservations required.

Wednesday, April 25, 12:00 - 1:00 pm

LUNCH AND LEARN: ETIOLOGY AND TREATMENT OF EATING DISORDERS with Rebecca Wagner, PhD, Eating Recovery Centers

Join us as Dr. Rebecca Wagner discusses current research on eating disorder diagnoses. This presentation will also include different treatment approaches and key members in a treatment team.

MAY

Wednesday, May 9, 12:00 - 1:00 pm

LUNCH AND LEARN: IS IT PICKY EATING OR COULD IT BE SOMETHING MORE? with Deborah M. Michel, PhD, CEDS, Clinical Director, Eating Recovery Center, The Woodlands

If your child, adolescent or young adult avoids certain food they could be a picky eater. However, if “picky eating” is preventing them from nutritional growth or causing them to cut out major food groups this could be Avoidant Restrictive Food Intake Disorder or ARFID. Sufferers of ARFID have an inability to eat certain foods. “Safe” foods may be limited to certain food types and even brands. In some cases, afflicted individuals will exclude whole food groups, such as fruits or vegetables. Sometimes excluded foods can be refused based on color, temperature, very crunchy or hard-to-chew foods, or very soft foods, or avoid sauces. Come and learn about the differences and options for getting help, if needed.

Tuesday, May 15, 12:00 - 1:30 pm

THE SCIENCE OF HIGH RISK BEHAVIOR: NEW MARIJUANA & VAPING TRENDS with Crystal Collier, PhD, LPC-S, The Council on Recovery

This presentation teaches participants how substances and other high-risk behaviors affect adolescent brain development. Dr. Collier will focus on new marijuana concentrates and vaping trends that are on the rise globally. Special attention will be paid to teaching participants how to prevent children and adolescents from engaging in such risky behavior.

Thursday, May 17, 12:00 - 1:00 pm

MENTAL ILLNESS Q & A: SPOTTING SIGNS OF TROUBLE: EARLY YOUTH INTERVENTION with Matthew S. Stanford, PhD, Chief Executive Officer, Hope and Healing Center & Institute

Dr. Stanford will offer caregivers and family members of individuals living with serious mental illness, the opportunity to ask honest questions in a supportive environment, equip you to better interact with and care for mentally ill loved ones, and learn how to navigate the mental health care system. This month we will focus on issues dealing with adolescents. No reservations required.