

Your Wellness

Strategies for Mental Health, Career, and Family Success

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Dr. Recco's Corner

Back in 2017, I authored a book titled, "Secrets to Great Outcomes for Children from Single-Parent Homes, Life Outcomes of Children from Two-Parents and Single-Parent Homes." The book remains important because children raised in single-parent homes are often overlooked. They tend to be directly and indirectly blamed for most of the problems in our communities and schools. So often, research and statistics about them, and their parents, is skewed and offers few solutions.

Having been raised in a single-parent home, I believed then, and still believe, that it is necessary to document accurate statistics and real solutions. In case it is not clear and still twisted, children raised in single-parent homes are just as smart, just as important, and just as willing to excel as children who are raised in two-parent homes. In fact, there remains a growing number of single-parent home children performing well, beating the odds, and achieving life outcome levels that close the gap, or are near that of two parent home children.

"To be clear, children raised in single-parent homes are just as smart, just as important, and just as willing to excel as other children." Dr. Recco

At this stage of the game and as we near a serious crossroads regarding our children (especially boys), the stakes are high. Thus, let's focus more on encouraging parents, educators, providers, and others in their efforts to help all children regardless of their home life status.

Will you be one of the few laboring adults that release a renewed focus on children? I will. Will you focus more on what is really happening with our children and what they need? I will. Can I, and the rest of the world, depend on you to step in, help carry the burden and take on the task of doing what is necessary? I am willing to do so, Are you? I am focused and locked in on helping children. Are you?



Video Summary: Successfully Living After the Trauma (Part I)

By Jalen Toins, BS, Master's Level Counseling Intern

In a recent video series (found at reccorichardsonconsulting.com/media), Dr. Recco S. Richardson, Ph.D., LPC identified personal empowerment, accountability, forgiveness, confession and learning as key factors on the road to recovery after being traumatized.

Empowerment: Firstly, Dr. Richardson discusses the impact of external vs internal empowerment and its effect on the healing individual. He notes the difficulty it takes to find the empowerment within us, as it will require perseverance, the willingness to fail, and the ability to learn from the self. It is often said in the counseling space that individuals know themselves better than anyone helping them, and the need for self-discovery in determining what works for each specific individual is paramount in developing personal empowerment.

Accountability: Secondly, the video discussed accountability. Accountability is a key factor, both in terms of accountability determined by self, and being held accountable by others. Individuals who can accept accountability for their behavior, actions, decisions, and desires have a better chance to move past the traumatic incident(s). Moving past traumatic experiences requires a deep desire for change that is predicated on our willingness and flexibility to be accountable.

Forgiveness: Thirdly, forgiveness is key to moving on from trauma. Individuals who have been traumatized will benefit from forgiving those who have traumatized them and themselves. Dr. Richardson notes the difficulty in forgiving those who have caused harm is sometimes due to the construct beliefs, thought structures, and identities around the pain that we put in place and experience. To the offended soul, the decision to forgive and resolve the pain can feel like relinquishing power held over the person that offended us.

Confession: Confession is a factor in healing from trauma. If the individual refuses to confess how they feel and verbalize their situation, it will be difficult for them to heal from it. Additionally, Dr. Richardson advocates using positive language and using words that express life and healing to help heal from traumatic incidents. Confession is good for the soul, warms the heart and sets us free from bruises.

Learning: For all of us, learning is a life-long journey. Dr. Richardson in his presentation emphasized the strength it takes to not be intimidated by what we do not know, and to be willing to learn. Learning can lessen the impact of the trauma individuals have faced and help educate them on ways to heal from it.

In closing, one thing Dr. Richardson touched on that I would like to explore more is the impact of the support system around the traumatized individual. If the support system around the individual does not acknowledge the trauma that has taken place or allows traumatic incidents to continue happening, it can disrupt or even prevent healing. Faulty support systems can traumatize individuals too and stymie personal growth and healing.

Overall, I agree with many of the things Dr. Richardson said in his presentation. Personal empowerment, accountability, forgiveness, confession, and learning are all major factors in individuals allowing themselves to begin to heal from trauma.

This Article Discusses

- >Trauma & Pain
- >Desires & Hope
- >Confessions
- >Inner Healing
- >Our Beliefs

Recco S. Richardson Consulting, Inc.

"Here to help, Here to serve"

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Women And Yoga - Stress Tolerance And Responses To Trauma **WAY-START** Group



Groups begin Sunday April 7, 2024 & end Sunday May 12, 2024

For 6 weeks the group meeting time is every Sunday from 1 pm to 2:30 pm

Location: Recco S. Richardson Consulting, Inc.

Address: 3456 Pierson Place, Suite 3, Flushing, MI 48433

Group Topics

Stress
Concentration
Resilience
Relaxation
Yoga instructions

Group Activities

Ice breakers
Breathing techniques
Open discussions
Meditation
Worksheets

No Cost ... Open To Women 18 & Over ... There Is No Childcare

-No One Under The Age of 18 Will Be Allowed In The Building/Group-

Note: There Will Be Yoga Education/Instruction (No Yoga Activities)

"For women ready to take control of their anxiety, depression, stress & trauma"

More Info: Clara Orandon-Marsh, MS, LPC.. (810) 444-7185

It's time to move forward in life with **WAY-START**

WAY-START
GROUPS Are

- > A Safe Space
- > Supportive People
- > Filled With Hope
- > Just For You
- > Informative

Our One Adult Child That Can't Seem to

By Recco Santee Richardson, Ph.D., LPC

I usually do not start writings and articles with a disclaimer or pseudo-apology. However, I will for this article. Let it be known that as parents, we love all adult children. Our lives would be incomplete and void without them. As parents, we also realize that all our children are different, have various skill sets, are individuals, and so on.

Lastly, I know that we as parents are proud of our adult children regardless of their current life outcomes. As best we can, our intent is to love our adult children unconditionally and to have positive regard towards them. The fore-mentioned is fact and can have an explanation mark placed behind it. In all honesty, as parents, we sometimes have that one adult child that cannot seem to pull it together, regularly cannot keep a job, fails to make good decisions, blows, and mis-manages their money, have a knack for finding trouble, tend to secure unhealthy friendships, and fail to successfully bounce back from adversity.

All the stated is fine and is part of adulting and living in America. A problem with the stated arises for us as parents when the actions and inability of that one adult child causes us hardship, drains our finances, hinders our marriage, embarrasses us once again, and moves us towards physical sickness.

“For many parents, there is one particular adult child that seems to struggle forever.” Dr. Recco

The purpose of this article is to provide relief, direction, support, answers, and a pathway of feeling and doing better, to wholesome parents who are at their wits end with our one adult child who is married to foolery, soul tied to bad luck, withering away, irresponsible, and a liar.

Parents, as we move towards age 40 and up, there may come a time to face the facts and put things out in the open concerning our one adult child that makes us shake our heads too often. The following suggestions, tips and solutions have proven to be helpful to us as adults and to our one adult child if they really want help.

1). The Best I Could: At the end of the day, we as parents must stand strong and accept the fact that when raising all our children, we did the best that we could. We were not perfect, and mistakes were made regularly. Because of this, within ourselves, we must accept certain truths, forgive ourselves and them, dust off the cobwebs, and start moving on in life.

As parents, we do not have to allow guilt, shame, misery, blame, second guessing, and terror to penetrate our hearts because of our one adult child that continues to blame us for you know what. Most of us did the best that we could with what we had, and darn it, that is good enough. Our one adult child will just have to accept the stated or simply stop blaming us.

Likewise, as parents, we must accept that when they do or do not buy into our doing the best that we can do. Parents, if we cannot say we did the best that we could do, then repentance and deep sorrow need to take place. It is apparent that whatever we pursued back then that caused us to not give our best (i.e., drugs, the opposite sex, careers, money) ripped and scared the soul of our now fragile adult child. We must own that and the associated transgressions and inequities that followed and that now are a part of our struggling adult child's life.

This Article
Discusses

- >Parenting Issues
- >Life's Struggles
- >Family Rules
- >Self-Discipline
- >Grandparenting
- >Joyful Living

2). I Will Always Love You: Life happens, and it can happen over and over. Because of this, it is imperative that we as parents repeatedly tell our wayward adult child that we love them no matter what. Our goal should be to steadfastly accept, forgive, tolerate, suffer long, and extend grace to them. It is such love and kindness that is more likely to draw and help them improve, as opposed to our being harsh, critical, disappointed, and negative towards them. We can successfully do such without putting ourselves in danger, at risk of being duped again, and made play the role of the fool.

“If it were not for love, none of us would have made it.”

Dr. Recco

Parents that have a challenging time telling their troubled adult child that they love them, have unsettled anger, hate, malice, and emotional wounds from things that happened in the past. Things and events that may or may not involve the under-performing adult child. To move from whatever happened it is of utmost importance that parents remove hinderances and breeding grounds of dissension from their hearts.

3). Stay in Your Lane: Sometimes the real issue at hand is not our at-risk adult child. Rather, it's our inability as the parent to stay in our lane. I find it necessary at least once a month to tell a well-meaning parent to mind their own business and to get a life. Surely, we are to be involved in the life of our adult children. Ideally, we all would talk regularly, spend time together, share daily experiences, and hope for the best.

However, some of us parents are simply too overbearing and nosey. We have a tough time letting our adult children mess up and clean up their lives. We feel like we must rescue them and keep them from screwing up again. While all of this may be true, there is a part of me that believes for selfish and self-serving reasons, many parents are too extra and parachute their adult children lives.

Yes, the adult child in question has a lot of problems and one of their problems is you and me and our need to be controlling, right all the time, and the savior. No matter how many times our adult children tell us that we are causing problems for them, we ignore them, create false narratives and muscle ahead into their lives and the lives of our grandchildren.

4). The Grandchildren: The importance and role of grandparents in the lives of grandchildren is important. It bridges generations, promotes stability, serves as a system of support, offers guidance and much more. We should never underestimate the importance of grandparents in the lives of children. If it were not for grandparents and their unfailing role, America would be crippled, and havoc would run wild in our communities. Thank God for involved grandparents that do their part and more when death, addictions, military duty, imprisonment, illness, and busy work schedules seek to negatively impact our adult children and their offspring.

Yet, for some reason, way too many grandparents are part of the problem of their immature adult children and their seed. Our concern for the grandchildren often leads us to mangle the parent-child relationship of our adult children and spread seeds of discord in their home. It's time we stop hiding behind concern for the grandchildren and admit that we want to be a parent again to fix what we did wrong with our children.

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"Why not leave people alone." Dr. Recco

Therapist Spotlight

Featuring: Aereonna Pool, MSW, LLMSW

Aereonna Pool is the Therapist Spotlight for the month of February. She is a Limited Licensed Social Worker. When she is not at her full-time school social work job, she provides clinical therapy sessions to the community here at Recco S. Richardson Consulting, Inc. Aereonna is passionate about being able to help others. She loves working within the school system because she gets to spend eight hours helping children resolve their concerns. She mentioned how those children bring a light to her day because they often will come up and hug her and open to her.

She was asked to shed light on why she comes to the counseling practice after being a school social worker all day. She said she loves helping people, and private practice allows her to help older children and adults, whereas the school is primary for younger individuals.

As therapists, our clients only get a glimpse into who we are. Current and perspective clients should know how compassionate Aereonna is. She is always willing to learn and thrive to be better. She takes the knowledge as a mother, friend, school social worker, and therapist to understand and care for all her clients.

Aereonna mentioned how being a mother helps her relate to clients and parents/guardians. She easily communicates and understands where a child might come from, which is something she learned as a parent. She stated that her patience with others is better.

#1 Why did you become a therapist?

Aereonna spent her whole life, giving advice to others. People always felt comfortable asking for her opinion, and she enjoyed being there to support them. She stated that she was always the “go to person” when someone needed advice. This pushed her in the direction of becoming a clinical therapist. Helping others has always been a passion for her.

#2 Please describe yourself in three words.

Aereonna described herself as fun, inquisitive, and caring. These are all important aspects of being a mental health professional. Clinical therapy as a career path features lots of work but it can also be fun. Aereonna believes that having fun in session is essential. She also loves to learn and strives to continue learning. Even though we seem like we have all the answers, sometimes therapist have to continue educating ourselves so as to grow within this field. Being caring is a significant part of just being a human and Aereonna uses her caring nature every day.

#3 What is your favorite movie and why?

This is a question she answered quickly. Shrek is her favorite movie because it reminds her of a simpler time, and she loves love stories. She feels that the takeaway from this movie is that beauty comes from within, not the outside. They fell in love with their personalities, it did not matter what they looked like on the outside.

#4 Where do you see yourself in 10 years?

In 10 years, she would love to be in a community development space, putting on events, and getting the community engaged. She feels that Flint is a family community, so she would like to bring everyone together. Aereonna wants to be able to provide the community with opportunities and resources.



“Aereonna is a brilliant and aspiring clinical therapist. She is well versed and able to help clients. She is a joy to have at our clinic”
Dr. Recco

Not everyone knows what there is to offer in the community, so she wants to be that person to provide. She feels that she understands what the community needs since she grew up in Genesee County and was able to see the needs based on various areas in the county.

#5 What problems/concerns do you see most within your caseload?

Aereonna works with children and adults, so she sees various problems within her caseload. Something that sticks out most for children would be parenting problems. She has noticed that often there is a problem with being consistent. Having consistent parenting and setting rules can help a child grow. It is also important to try to play and bond with children to make those memories. For adult clients, communication is a concern. She mentioned that she likes working with adults on their communication problems because she feels that helps her learn and grow as a professional.

#6 What is the most important advice you can give to clients?

The most important advice she feels she can give would be that it is okay to be alone. You do not always have to follow the crowd and you can take the time to be yourself. There is nothing wrong with you. She said, "There is no limit, the sky is not the limit, you can go pass that."

#7 Who is your hero and why?

Her mom is her hero. She mentioned how she saw her mom struggle, but she never stopped moving forward. Her mother always wanted to grow and be there for others. This is something Aereonna admires about her mother and tries to do the same.

#8 What regrets do you have in life?

She does not regret anything in her life because she feels everything has a reason. Without her past, she would not be the person or clinical therapist she is today.

"What some children and adults need is a listening ear and a safe place to grow."
Dr. Recco

How to Contact Us

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Moving Towards Healthiness

For us parents, there are several things that can be done to repair and promote our own healthiness (and indirectly help our one adult child that is not reaching their full potential). The concepts are not new and can be easily entreated in our lives.

1). Mentoring: Regardless of the history and water under the bridge, there is a role that mentoring plays in parents getting back to their own lives and healthiness. There are thousands of parents who struggle with their adult children. One ready and reliable resource is talking with other parents who have experienced the same thing. There is nothing wrong with asking for their guidance and mentoring. The information that they share can bless our socks off and help us move forward within ourselves and with our wayward adult child. For many of us, mentoring remains the missing link and the key to having success in critical areas.

2). Enhance Your Choices: Let's face it, some of our parenting efforts were not stellar and the fruit continues to stink and show up in the life of our troubled adult child. One way to move forward is to make better daily choices in our lives. Our choices have a lot of bearing on the positive and negative outcomes that fill our current level of joy and harsh realities. Better choices and seasoned decision making can serve as a natural blockage that does future damage control. While it may not fix the mess at hand, it can slow the development of future agitators and wiles. Successful parents, before making choices and decisions, often consult with others, develop a pros and cons list, utilize a decision-making flow chart or decision tree, meditate on the matters at hand, and seek peace.

3). Just Be Happy: From time to time, we all need to be reminded to "Just be happy." Brooding and rehashing what happened and how it makes us feel is not a sustainable way to live in peace. There comes a time for us to decide to just be happy. It really is that simple. Our happiness is our happiness. We do not need anyone's permission to be happy. Once a dedicated effort is made to be happy, the trials and isms associated with our one adult child will not be focused on by us so much. They can decide to dwell in the past and blame us forever. However, we do not have to join them and their on-going pity party. It is not against the law for us to indulge in things that make us happy. There is everything right about us deciding to go for walks, enjoy a hobby, take vacations, spend quality time with friends, spend our hard-earned money on ourselves, and listen to music.

"Go ahead and enjoy your life and be at peace." Dr. Recco