

Your Wellness

Strategies for Mental Health, Career, and Family Success

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Dr. Recco's Corner

For the last 20 years or more, I have been closely watching the behaviors and attitudes of boys ages 6 to 11. I could watch other ages, but this one caught my eye for whatever reason. One day I will be released to watch and focus on another age group. For now, I remain fixated on the stated group and what is to become of them.

I must say, with hopes of not becoming the bearer of bad news, that I'm concerned with this group of boys. It is theorized that their overall lack of concern for others, inattention to details, privileged mentality, fixation on video games, poor boundaries, unheard of indiscretion, and intentional defiance will change by itself or improve naturally over a period. No, that is now how it works!

At this point, for the majority of the boys, better parenting is not necessarily the calling card solution. Unless they take part in intensive treatment, extra-curricular activities, effective mentoring and develop a passion, they are headed for rock bottom and soul shaking experiences that hopefully save them from what might be a questionable future.

Like other caring adults, my concern keeps me up late at night trying to figure out, understand, process, internalize, hope, and develop interventions that help to resolve the youngsters' presenting problems. Problems that they and their parents may not be aware of.

I'm asking you to join me in reaching out more to this age group. When presented with an opportunity, please take the time to talk with the boys, encourage them to excel, explain life to them, and help them however you can. I believe we can make a difference and arrest our concerns.

A newfound goal of mine is to help boys ages 6 to 11. Will you make this one of your goals too? I want the identified group to grow and become outstanding leaders and learners now and in the future. Do you want the same thing? I see a pathway towards greatness for the boys. Do you see the same thing?



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"There comes a time
in life when we all need
help and wellness."
Dr. Recco

The Renewed Mind .. Of A Gen Zer
By: Jazzmyn "Jazz" Blackwell, Owner, All That's Jazz
RSRC Guest Writer

I'm about to share my personal testimony and experience with you. I will be transparent. I'm thankful for my story and this publication allowing me to share it. Please walk with me on this recent journey of mine. The hope is that my journey will help and change someone's life. First, I want to give honor to God, who is the head of my life. I'm saved, cleansed, and filled with the love and spirit of God. My goal is to be led by God in everything that I do, say, and aspire to be.

The Book of Psalms 139: 23-24, says, "Search me, oh God and know my heart, try me and know my thoughts: and see if there be any wicked ways in me: and lead me in thy way everlasting." I thank God for a renewed mind and heart. After reading this scripture I had to really search my heart and mind.

I'm back living in Flint. You see, my life changed a year ago in a major way when I moved to Texas. I thought I wanted a change. I thought I was in love. As only He can, God blocked and closed doors and allowed many obstacles to come my way. He did this because I did not and could not understand who I needed to become in Him. While in Texas, I could have gone to jail, and I almost died. I could have really lost my mind. I became angry and started isolating myself from family and friends. I lost my joy, and I was just empty.

*"I could have gone to jail, I almost died,
I could have really lost my mind, I became angry." Jazz*

Being raised in church all my life, I knew I had to fast, pray, and ask God to deliver me. I knew that the life I was living was going to send me straight to doom, gloom, and dark places that a lot of people never escape from. I had to do something and do it fast. The first step was to surrender to God and get out of self. I had to let go and let God. If you (or someone you know) feels the way I felt in Texas there is a way out.

First, it is important that self-forgiveness takes place and the forgiving of others. Second, you must kill the flesh. Third, you have to turn from your old ways (be ye separated from the world)." Finally, surrender, let go and let God. Surrender means you trust God with all your heart, not half your heart, but all your heart.

The Book of Proverbs 3:5 says, "Trust in the Lord with all thine heart and lean not unto thy own, understanding." We don't always understand why things happen. However, in whatever happens we know that God has a plan for all of us. Christopher Martin, my Bishop, and Pastor, gives us tools to follow to keep us righteous. I appreciate my Bishop and First Lady, for giving me the steps to live right. They teach us to live holy and separate ourselves from this present world.

Our flesh can be stubborn and selfish. This is the part of us that God works on. He does so to help us grow and to not to be of the world. If we want to renew our minds, we must fast, pray and kill the flesh. In the Book of Matthew (16:24-25) said Jesus unto His disciples, "If any man would come after me, let him deny himself and take up his cross and follow me. For whosoever will save his life shall lose it, and whosoever will save his life for my sake shall find it."



Jazzmyn Blackwell
Owner, All That's Jazz

"Sheer delight and purpose driven is how I describe Jazz. She is well versed, honest, kind and desires to do good. What else can we ask of an abounding young adult."
Dr. Recco

So, to all the young adults (and older adults), it is time to deny the flesh, find a new life, renew our minds, soften our hearts, save our souls, and follow Christ. God loves us and He doesn't want our minds to be in bondage. He doesn't want us to be bitter. He wants us to be free. I'm so thankful that I'm free. His words are our promise. His words tell us that He heals the broken hearted and binds up their wounds (Psalms 147:3).

No matter what is going on in our world today, we must be encouraged. God uses every hurt, every threat, and experience to refine our growth and teach us to rely on Him and Him alone. God saved me from myself. It was a battle. I had to renew my mind. I knew I had to follow Christ. I had to prioritize God for myself, and I had to forgive those who hurt me. I had to be obedient to His word and study the word for myself. I made up my mind that I had to change. The change required that I stop drinking and smoking.

"I made up my mind that I had to change. The change required that I stop drinking and smoking." Jazz

I'm thankful God spared my life and gave me the opportunity to change. I'm 25 years-old and sometimes I (and people my age) can be consumed by this world. I just wanted to share a little bit of my journey to encourage those that are struggling with life. As a young adult you can change your narrative, renew your mind, and have peace if you seek God. I thank God for my deliverance.

Briefly, What I Love About Gen Zers

By Recco Santee Richardson, Ph.D., LPC

- 1). They bring much needed balance to the workplace.
- 2). The labor market is changing, and they are at the focal point of it.
- 3). They can have a strong sense of justice, equality, and hope.
- 4). Major world events and changes enhance their perspective.
- 5). They can be very persuasive, relentless, focused, and talented.
- 6). They understand the importance of speed now and the need for progress.
- 7). They can be trend setters, dedicated to causes, caring, creative and lively.

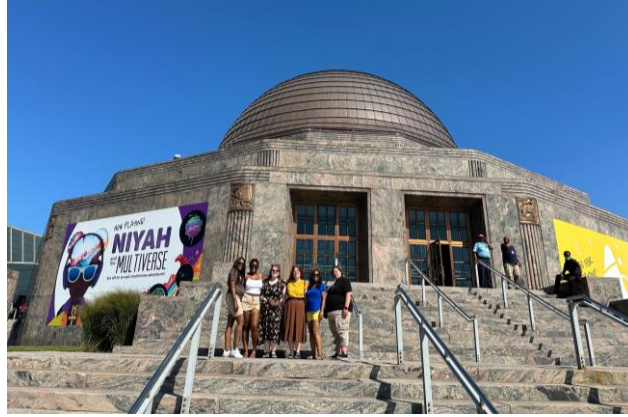
Please contact our office if you would like to submit a Guest Writer article for publication

"Wise individuals have learned to engage the imagination and goals of Gen Zers."
Dr. Recco

RSRC's "Sunshine Committee" September 2024 Visit To Chicago



Dr. Recco and Rene at Shedd Aquarium



Monica, Aereonna, Ciara, Amber, Brenda, and Samantha at Adler Planetarium



Roger touring around Chicago



Amber, Jennifer, and Ciara at the SkyDeck



Samantha, Brenda, Lyssa, Chuck, Rene, Tammy, Monica, Aereonna, and Dr. Recco at the SkyDeck

"What an amazing time the 15 of us had in Chicago. We created memories that that will last a life time."

Dr. Recco

Therapists Spotlight

Featuring: Pamela Nealy, MSW, LMSW

For the month of September, Pamela “Pam” Nealy is the Therapist Spotlight. Pam is a Licensed Social Worker. She has worked full-time at a local hospital for the last 10.5 years as a Social Work Case Manager. She plans to retire soon. For two years she has worked contractually part-time as a mental health therapist for Recco S. Richardson Consulting (RSRC) and Deborah Dewey Walker Family Services (DDWFS). After retiring, she plans to work more hours each week at the stated counseling clinics.

Before becoming a Master’s Level Social Worker, Pam worked in foster care at a local child placing agency and was employed as a Children Protective Services worker. She also worked for several years at the Genesee Intermediate School District. Her job duties called for her to teach parents how to be more involved in their children’s education. She loved the job and the opportunity to aid families in meaningful and engaging activities. Pam is most proud that she facilitated the parents learn how to advocate for themselves.

Throughout her career, she has excelled at servicing children and their parents. When speaking to Pam about the work she does, you can easily see how much she loves what she does.

1). What is something that was difficult for you to do in life and how did you respond?

Pam mentioned that going back to school after 30 years was difficult for her. She received her Bachelor’s Degree in 1979 and did not return to school for her Master’s Degree until 2009. This was a challenge for her. Pam remembers watching her daughter go to school and often listened to all the stuff she had to do. This made Pam think that she could not go back to college and be successful. She was worried about American Psychological Association’s standards (APA standards), the required technology, and the overall differences found from earning a Bachelor’s Degree to a Master’s Degree. When applying for graduate school, Pam said she worried about writing the required statement letter. She later found out that the letter was key to her gaining admission into the program at Michigan State University (MSU).

Pam recalls that completing the MSU application was difficult. Once enrolled, it was hard for her to draft papers and cite APA style and format accurately. Even through the struggles, she still did it, graduated and now uses the experience to motivate her clients.

2) Talk about a time you were afraid and how does the experience help you to help your clients.

Pam mentioned how she could use the previous answer as an example because she was afraid when it came to going back to school. She said she talks about her previous fears with clients so as to help them process and figure out their own plans. Another time she was afraid was when she was working with CPS. There was a case that she did not think she was capable of handling because of its intensity. She was scared and even thought about not taking the case. In the midst of being afraid, she took on the case and helped the best way that she could. This experience helped her then and now. Now she often ask her clients to think about their current situations and the what ifs. Pam helps them make sure that they are thinking about what they are afraid of and what is the worst thing that could happen.



Pamela Nealy
MSW, LMSW

"I have met groups of wonderful people who are talented. If the groups had a President, it would be Pamela."

Dr. Recco

3). What do you feel your clients need the most?

Pam stated that what clients seem to need the most is a listening ear and someone to help them get where they want to go. Clients sometimes need help creating a road map to where they want to be. It is important to make sure they know that there will be bumps in the road that have to be navigated.

4). What do some of your clients misunderstand about life the most?

This was difficult for Pam to answer. She said that most of her clients don't understand and don't know how important it is for them to succeed. She feels that if they don't succeed, it is partially her fault. Pam wants her clients to rise and live in a good mindset. She and other mental health professionals feel that it is their job to facilitate necessary changes for and in clients. The change comes after guidance is provided and accepted by clients. The clients must use the tools given to them if success is the goal.

5). Describe the perfect counseling client.

Pam stated that all her clients are perfect in their own way. If she had to pick one type of client, it would be the one who is eager to change their situation. She said that they must know they can be the perfect client. Pam always tells her clients that they have to protect their peace no matter the cost. She is a firm believer that as they use the tools given to them to protect their peace, the ability to control their emotions and life path comes to the forefront.

6). What basic mistakes and test do your clients/people tend to struggle with the most?

Pam stated that clients often do not recognize the power that they have within themselves. She said that people come to therapy because something is bothering them, and they want to make a change. She often sees that some clients are afraid to make a change. They stay where they are (instead of changing) because they are comfortable. They are fearful of the unknown. Pam offered that it can be challenging to get clients to work through the various stages of change. She has found that baby steps are a major accomplishment for some clients.

7). In your opinion, why is it difficult for some people to change?

Pam argued that it is difficult for some people to change because change is difficult. The very idea of changing something can promote levels of worrying and additional stress. She mentioned that she often asked her clients "what if it is different?" She also tells them that if they do not like the change, they can always go back to doing things in the previous manner.

8). If you had a magic wand, what would you personally wish for?

Pam's first wish and response was to be in Hawaii. She eventually offered that there is so much she would wish for. She would wish for less mental illness in the world. It bothers her deeply when children struggle with their mental health due to trauma. For her, trauma can set the tone for a long life of mental health issues.

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When Raising Me, What My Parents Did Right

by Recco Santee Richardson, Ph.D., LPC

Recently we were in Chicago for our Sunshine Committee “Retreat.” While there, our weekly 7:00 am Zoom Clinical Supervision took place. A total of eight therapists logged in and immersed themselves in the one-hour session. The topic was “When raising me, what my parents do right?” Of the participants, several are age 60 or older, a few are Generation Zers, and the remaining are aged 40 to 50.

To my pleasant surprise, they voluntarily talked with ease, were candid, appeared honest, were very transparent and had good insight. There is a part of me that feels that some of them shared more than they intended. Below is a summary of their thoughts and positive childhood experiences that can serve as tips and strategies for current parents.

1). Felt Loved, Protected & Nurtured: Love and feeling loved was a strong theme reported by the therapists. They were able to describe the feeling and how it positively impacted their childhood during the good and tough times. In a sense, the love received served as a force field and protection from ills. With no doubt the love they experienced came at the expense and from the sacrifices of their parents. Each therapist referred to being nurtured and supported during their childhood. It was stated that they received adequate affirmation, attention, support, guidance, and goodwill from their parents. For these and other reasons, while growing up, they had a healthy self-esteem level and were able to enjoy meaningful early life friendships.

2). Minimum Arguing & Yelling: During our discussions, there were several mentions of their household having little to no arguing. As a family, they worked through problems, sought solutions, communicated their needs, took responsibility for their actions and were truthful with each other. There was also mention of limited corporal punishment being used in their home. Instead, their parents asked them questions about the issue at hand, rehearsed the expectations of members of the family, and displayed unconditional regard and longsuffering towards them. The therapists mentioned how within the home they felt safe and not vulnerable to the actions and whims of family members. This led to them being confident at an early age and willing to stick with tasks longer.

3). Listened To & Check Ins: Several of the therapists stated that their parents listened to them and their concerns. As a child, this made them feel heard, visible, important, smart, accepted and as if they had a team that fully supported them. They believed that their parents were never too busy to listen to them. They also mentioned how their parents checked in on them. This featured the parents asking them how their day went, whether they were having any problems and what is going on in their lives. A good percentage of being listened to, and check-ins took place during family mealtimes, while running errands, after attending church together and when visiting with extended family members. All of the stated made an impact on the therapists and somehow promoted a bond and attachment to their parents.

“We often forget that our parents did a lot of things right when raising us.” Dr. Recco

4). Taught Values & Morals: Resoundingly, the therapists shared that their parents intentionally taught them values and morals. They were repeatedly told and showed right from wrong and how to treat other people with respect. Values and morals-built character in the therapists and promoted the need for them to be appreciative, grateful, compliant, kind, consistent and well-rounded. They stated that their parents were insistent that they learn to have a good relationship with others, have wholesome personal boundaries, avoid being messy, respect authority, always give their best effort, be able to work in a team setting and think before they act.

“They were repeatedly told and showed right from wrong and how to treat other people with respect”. Recco

5). Difficult Questions Were Answered: Much appreciation was shared by the therapists regarding how their parents answered their questions. Even their difficult and personal questions were answered honestly and thoroughly by their parents. Somehow, being able to ask their parents questions led the therapists to value seeking answers in a proper way. Within the family unit, there were relatives and siblings available to answer questions too. They themselves functioned and had experiences that were beneficial to the therapists during their childhood.

The group’s sentiment was that all questions are important and should be answered. For them, the only dumb question is the question that is never asked. The therapists argued that the willingness and ability to ask tough questions and have them answered, taught them how to reason and articulate their thoughts and needs.

6). Free to Be Themselves & Emotions: A critical idea shared was how many of the therapists were allowed and encouraged to be themselves. Their parents did not compare them to other children and there was no pressure to perform or compete with others. The freedom to express their emotions to their parents and others was also mentioned by the therapist. They felt at liberty and safe to let it all out and not be judged. They attributed the parenting skills of their parents as the reason they were allowed to be free and emotional when necessary. Their parents built them up and sought ways to edify them. When correction and guidance were necessary, it was delivered in love and void of blaming, disgust, condemnation, antagonism, guilt trips and anger.

7). You Can Come Back Home: The high note of the discussions is when several of the therapists reported that their parents told them that they could “always come back home” if life got too hard for them. They stated that the option to return home and love extended to them by their parents was genuine and meant for their good.

"The healed soul has unlimited dunamis."

Dr. Recco

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"Our adulthood years
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joy." Dr. Recco

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