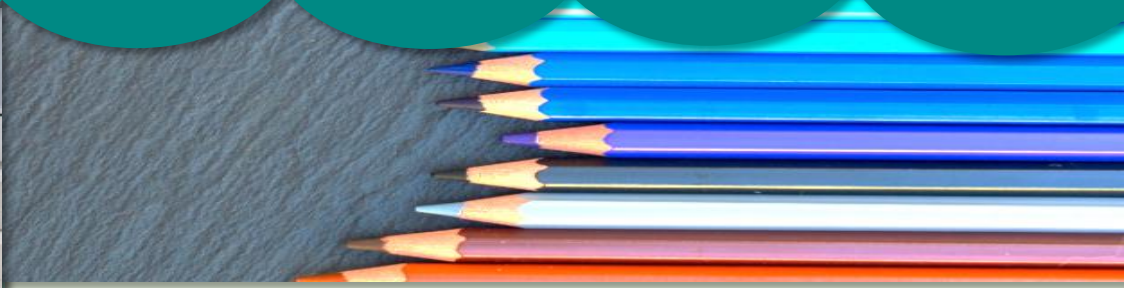


# -Listen To Me-

*Thoughts & Views from The Upcoming Generations*



**January 2025**  
**Issue 4**



## **Dr. Recco's Corner**

It's time to rally around the coming generations once again! A full out rally and call to justice, success, motivation, and excellence is needed. We often say what is wrong with the next generations and what they need to do. I'm learning that, many of our complaints regarding them are things that we as parents and loved ones taught and modeled before them.

In essence, the good, bad, and ugly of the coming generations has been instilled in them by the environments we allow in our homes and in the school setting. For this and other reasons, we as Generation X and Baby Boomers have a newfound responsibility to rally and help the generations that are following behind us. Within the workplace and community, we do not have to be afraid of them, jealous of their actions, angry at their mistakes, intimidated by their presence or flat out at odds with them. Rather, what we should do and make a mandate, is ideas associated with supporting and cheering them on as much as we can in a healthy and wholesome way.

Growing up on the north side of Flint, MI, I often played little league and high school varsity baseball. Most of my teams were not that good. However, from time to time, we had magical moments on the baseball diamond that started a short-lived rally. Even in the face of defeat, as a team we found a way to celebrate rare rallies. To this day, I can still hear voice of Coach Terry Harris of Flint's Northwestern High School say, "Let's rally and get it done this inning and the next one." His words and message are true today and needed.

To my several friends, professional peers, fellow laborers of love, and others, let's rally around the coming generation. It's time to put aside our differences regarding their lives and help move them along in life as smoothly as possible. Because they are not going anywhere and eventually will oversee everything, efforts should be made to inspire and aid them.

I have decided to help and mentor the next generation. Have you decided to do the same thing? I want the best for young people ages 14 to 30. Do you want the same thing? I have my rally hat on and look forward to doing my part for and with them. Do you have your hat on yet?

## **The Listen To Me Newsletter**

**A publication dedicated to discussing topics and experiences of the coming generations.**

Silent Generation (1928-1945)  
Generation X (1965-1980)  
Generation Z (1997-2012)

Baby Boomers Generation (1946-1964)  
Millennials Generation (1981-1996)  
Alpha Generation (2010-2025)

## **Inside This Issue**

- Dr. Recco's Corner
- Article: Breaks During the School Day
- New Staff Flyer
- Article: Supporting Teens & Post-Quarantine World

- Support Group Flyer
- Article: Words That Help Teens & Young Adults
- How To Contact Us

## The Importance of Breaks During the School Day

By: Brittany Huntley, Age 12 (Alpha Generation)

Hello, its Brittany again. Your beloved 12-year-old and a full-time student. Today, I'll be discussing how some schools don't give breaks properly, place limits on restroom usage, restrict passes/breaks or fail to give students any breaks at all. I think my suggestions will make for a better learning environment. This is from my own personal experience. I'm the first to say that not all schools and not all teachers enforce the restrictions I listed earlier.

There are many good rules at school, but they do not always make the best sense. One rule that should be adjusted is how the teacher must dismiss the students, not the bell. This seems unfair since we have limited time to go to our locker, get water and so on.

For example, say I have a five-minute passing time after class, and the teacher keeps talking past the bell for four minutes. This only leaves me one minute to get to my next class that is on the other side of the school building. I'm doomed to be late, especially since for safety concerns, we are not allowed to run to class.

This seems unfair, but it happens. We as students get the blame usually. We must take a tardy for something for which we have absolutely no control over.



Another rule that is also extremely unfair is limited bathroom passes and breaks. I know this rule is to ensure that students are not skipping classes or clowning around in the building. There could be a rule such as each student being allowed one pass or break per block/hour. I know that some students will use the passes just to get out of class. Not all students will do the stated.

I have learned that even when there is a pass or breaks rule in place, not all the teachers follow them. For example, some gym teachers do not let students take breaks during the mile run. Even if the student has asthma or could pass out, they do not budge.

**"School rules should make more sense"**



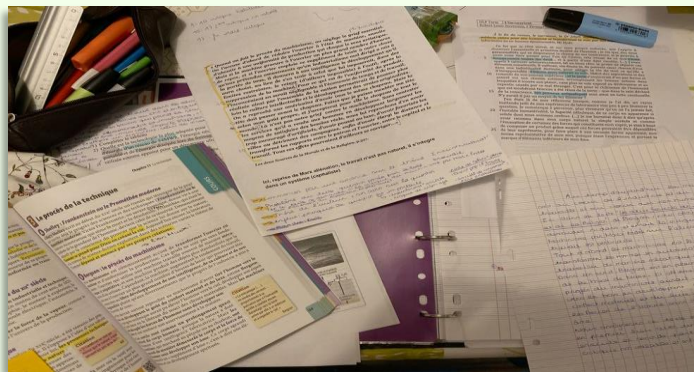
**"School rules are important"**  
**Dr. Recco**

**Brittany Huntley**

The last rule that should be changed is how much independent work or homework a teacher can give students. The assignment should be within a time limit. I'm finding that some of the teachers give more work on the days when they will be absent.

When they give us more work than we can do, it is almost impossible to get everything done. Personally, I have a teacher that does not accept late work when they are absent from class. This for sure is not fair.

I once had a teacher that gave us work to do up to the last minute of class. If our assignment for the day were not finished by the end of class, they considered it late and would not accept it. This teacher did not consider that it takes time to read the articles, and it takes time for the pages to load.



**“Acceptance of late assignments should take place”**

Recently we had a day off school because of the snow. One of my teachers had already planned not to come in and teach us. It took me and my friends four class days to catch up on the work that the teacher pre-planned to assign and the assignments we already had. To me this approach and decision by the teacher is unacceptable.

If I were to bring this up to the teacher, I would be seen as arguing with them and would get a discipline write-up, or worse. What I just shared and described happens a lot. It adds to the frustrations of students.

In conclusion, I suggest that the discussed rules be changed. The changes would help schools be a better place in general and for students. The point of school is for students to get the best possible education. This can happen more easily if poor rules that hold students back are addressed and changed.

**“Teachers are a gift to us all.”  
Dr. Recco**



# New Staff Members

## Welcome Our New Staff Members

Recco S. Richardson Consulting, Inc. Deborah Dewey Walker Family Services

Recco S. Richardson, Ph.D., LPC

Rene M. Richardson, CCTP, MSW, LMSW, MBA

(810) 394-7815

(810) 394-4529

3456 Pierson Place ... Flushing, MI 48433

[reccorichardsonconsulting.com](http://reccorichardsonconsulting.com) ... [reccorichardsonphd@gmail.com](mailto:reccorichardsonphd@gmail.com)

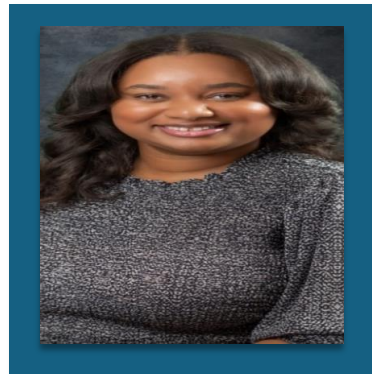
## Now Accepting **300** New Mental Health Counseling Clients



**Sheila Johnson-Toins,**  
Facilitator, Support Groups



**Amber Crandon, B.S.,**  
Master's Level Intern  
Counseling



**Gabrielle Jones, BSW,**  
Master's Level Intern  
Social Work



**Jalen Toins, MS, LLPC,**  
Clinical Therapist



**Linda Itson, BSW, MA, CAADC,**  
Facilitator, Support Groups

**Call Us Today for An Immediate Appointment!**

We Offer in Person & Tele-Health Sessions for Children, Teens & Adults  
Morning, Afternoon, Evening & Weekend Appointments Available

**-Most Major Insurances Accepted-**

**"We have some of the best clinical therapists  
and group facilitators in Genesee County"**

**Dr. Recco**

As we approach five years since the onset of the COVID-19 pandemic, many aspects of life have returned to what we now consider "normal." However, this new normal and the experiences we missed during the quarantine period have led to some unique and challenging effects on society.

One significant impact has been the virtualization of our daily lives, including work, education, and even mental health counseling therapy services. While some people adapted smoothly to these changes, others struggled with the abrupt shift to virtual environments, experiencing setbacks in their professional or academic careers. Now, as we transition back to in-person or hybrid schedules, many individuals find themselves grappling with this new adjustment, feeling uncoordinated as their peers adapt more effortlessly.

In my mental health counseling practice, I often see teenagers and their parents seeking help for issues such as social anxiety or declining academic performance. These cases often follow similar patterns: a student who once excelled academically now finds their grades slipping; a child who thrived in school now struggles with anxiety around their peers; or a teenager who feels aimless and disconnected from their future.



What stands out to me is that much of this turmoil is not solely a direct result of the pandemic itself but rather a consequence of the lack of guidance on navigating quarantine. Many children's experiences during the pandemic period were marked by abrupt changes: being suddenly told not to return to school, transitioning to online learning with minimal support, and depending on their school district, receiving inconsistent quality education. Some students reported delays in receiving academic materials.

Overall, students missed months of schooling. Some students felt that their grades were rendered meaningless. Per my clients, some of them treated the pandemic and school changes like an extended summer vacation. They turned to social media and video games to fill the void left by the lack of structure that the traditional school day offered.



**Jalen Toins, MS, LLPC**

**"Jalen's road to becoming a therapist is authentic. He is a well versed clinician who has the presence of mind to be effective with his clients." Dr. Recco**

**"Being resilient is the calling card  
for today's teens and their future."  
Dr. Recco**

The ways children coped with the pandemic are now manifesting in their current behaviors and struggles. Many teenagers recognize that they have changed since the pandemic, and this new state has become their "normal."

Those who spent quarantine engrossed in YouTube, social media, or video games often continue to have high screen time. Students who developed social anxiety tend to prefer online schooling. Those who lost focus during the pandemic still struggle with attention issues.

As adults, we have a crucial role in helping these teenagers and young adults adapt back to the world. One of the most effective ways to support them is by identifying and breaking these patterns. Encourage them to take breaks from electronic devices and engage in activities that provide a different kind of stimulation. Suggest involvement in social clubs or extracurricular activities that promote interaction with peers in real-world settings.



The transition from full social interaction pre-pandemic to isolation during quarantine, and then back to social interaction, has been profoundly jarring. We must recognize the unique pace at which each young person needs to move and support them accordingly.

By fostering an environment of understanding and patience, we can help these young individuals navigate their way back to a balanced and fulfilling life. Encourage open conversations about their experiences and validate their feelings, making it clear that it is okay to struggle and seek help. By doing so, we can help them rebuild their confidence and develop the skills they need to thrive in this post-pandemic world.

**"We must seek understanding and be patience"**

**"Quality parenting is medication  
and just what the doctor ordered."  
Dr. Recco**

# Support Group

## Recco S. Richardson Consulting, Inc.

Website: [reccorichardsonconsulting.com](http://reccorichardsonconsulting.com) Email: [reccorichardsonphd@gmail.com](mailto:reccorichardsonphd@gmail.com)

"Here to help, Here to serve"

### Women's Intimate Partner Violence & Trauma Support Group



#### Group Topics

Abuse Types  
Examples of Abuse  
Cycle of Abuse  
Relationship Conflict  
Recognizing Signs of Abuse  
Deciding To Leave/Return  
Mental Health Well-Being

#### Group Activities

Discussions/Questions  
Lively Worksheets/Articles  
Educational Material  
Sharing/Caring Time  
Self-Care/Encouragement  
Life Plans/Goal Setting

#### Meet the Facilitators



**Sheila Johnson-Tairs**  
Facilitator, Support Groups



**Linda Itson, BSW, MA, CAADC**  
Facilitator, Support Groups

#### Groups Meet From 6:00 pm – 8:00 pm

Monday, February 3, 2025    Monday February 24, 2025  
Monday, February 10, 2025    Monday, March 3, 2025  
Monday, February 17, 2025    Monday, March 10, 2025

#### Location: Recco S. Richardson Consulting, Inc.

Address: 3456 Pierson Place, Suite C, Flushing, MI 48433  
Phone: (810) 394-7815 ... Fax: (810) 732-657

**No Cost .. No Childcare .. No Male Participants**  
**No Transportation .. No Non-Registered Participants**  
-No One Under Age Of 21 Will Be Allowed In The Group/In the Building-

No letters will be written for any reason & facilitators will not appear in court on your behalf  
Participants will be given a certificate of successful group participation  
Participants Must Complete/Return The Group Registration Form **By February 1, 2025** Via Fax (810-732-6675)  
For More Info: Ciara Crandon-Marsh, MS, LLPC (810) 444-7185

**"Group participation can be helpful."**  
**Dr. Recco**



## Words That Help Teens & Young Adults

By: Recco Santee Richardson, Ph.D., LPC

I'm consistently reminded that the words that I speak and that others speak, have life and power in them. It is through words that things that are seen and that are not seen, are framed, and have their existence. What we say to teens and young adults is important and impactful. As well, how we say things to them matters more than we could ever imagine.

Below are words and thoughts that could build up, guide, motivate, cherish, support, and give life to our coming generation of leaders, scholars, and workplace employees.

---

Always love yourself	You are more than enough	You can do it
Stick with it longer	Be prepared for your chance	Give your best
Let it all go	Trust your instincts	Have a back-up plan
Be honest	Being responsible is golden	Dream in color
Think big	Position yourself for success	Ask for help
Celebrate yourself	Truth is you friend	Speak with confidence
Always get back up	Anger never helps	Be yourself
Effort is always rewarded	Push the reset button	You are important
Don't shrink	There is nothing to fear	Follow your passions
Stay motivated	Build something today	Speak your truth
Manage it better	Hold onto what is important	Leaders are readers
Take your time	Sharpen your skills	Accept life as it comes
Find your lane	Everything is temporary	Expect the unexpected
Stay humble and grateful	Keep on hoping	Stay hungry and inspired
Avoid short cuts	Work your plan	Write your vision
Conquer conflicts	Negotiate for wins	Failure is not permanent
Appreciate small things	Know your worth	Build your esteem level

---

**"The goal is to speak life  
to the generations."  
Dr. Recco**

The consistent and intentional speaking of the provided words and thoughts can do wonders in the life of teens and young adults. It is as if the sleeping giant within them is awakened and stirred with affirmations that are spoken to them. Their hearts and souls long for positive thoughts and vibes to be released towards them. Let's all do our part and give them what they need and want.

**"Practice speaking life and watch  
what unfolds before your eyes."  
Dr. Recco**





## **How to Contact Us**

**Ciara Crandon-Marsh, M.S, LLPC**  
Clinical Supervisor  
Editor: Listen To Me Newsletter  
Coordinator, Communication/Marketing

**Recco Santee Richardson, Ph.D., LPC**  
Clinical Therapist, Author, Trainer, Educator

**Recco S. Richardson Consulting, Inc.**  
3456 Pierson Place, Suite A, B & C  
Flushing, MI 48433  
(810) 394-7815

---

**"At RSRC, we are here to  
help, here to serve."  
Dr. Recco**