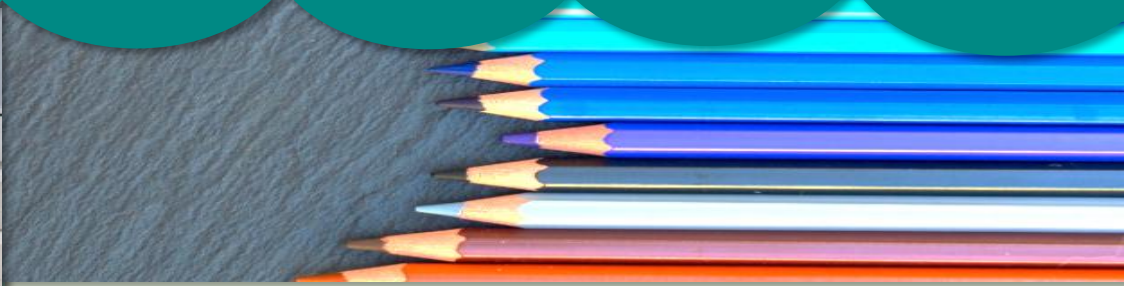


-Listen To Me-

Thoughts & Views from The Upcoming Generations



August 2025
Issue 11



Dr. Recco's Corner

It's time to say thank you! A big thank you goes out to those of us who are dedicated to helping families. Like our clients, we too must take on life as it comes, learn as we go, change as it is required, and stay inspired till the end. In the face of our own struggles and frailty, we keep things moving for our clients.

A big thank you goes out to every caring adult who provides a service to children and teens in after school programs, the K-12 classroom, youth groups, detention centers, community programs, sorority/fraternity outreaches, sports clubs, and travel leagues. Your decision to be there and make a difference means the world to those that need you the most.

It is important and never too late to say thank you to those who are making a difference at the grassroots and community level. Sometimes our labor of love and energy does not seem adequate when we perceive minimum successes, on-going frustration, and a burden for our cities. For many of us, things get real when we are constantly reminded that people in our communities go to bed hungry, wonder whether things will get better, and find themselves having to deal with the fall-out of other people's decisions.

I'm convinced that the world is a better place because of people like you. With pride you should accept every thank you and take a bow at least twice a day. So go ahead, pat yourself on the back, stick out your chest, feel good about what you have done, and take every thank you to heart that is spoken and unspoken.

I appreciate the efforts of every caring adult who takes the time to help families. Do you appreciate their efforts too? I highly esteem individuals who are working in the trenches with children and teens. Do you highly esteem them too? I wish nothing but good and blessings on those who help our families. Do you wish the same thing too?

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: The Mighty Staycation
- BEST Program Flyer
- Article: Demand Grace Not Perfection
- Sunshine Committee Outing
- Article: Children From Single-Parent Homes: Closing the Gaps
- How to Contact Us

The Mighty Staycation

By: Ben Huntley (Generation Z)

There are many places someone can travel to while staying on a budget in the state of Michigan. You can travel to Whitefish Bay at the top of the Upper Peninsula. You can go to Frankenmuth and watch the hot air balloon festival. You can even go to Tahquamenon Falls in the Upper Peninsula.

While Whitefish Bay appears to be a calm and gentle place where you can go to relax, swim or collect rocks, it has not always been calm. If you travel to Whitefish Bay, you should go to the Great Lakes Shipwreck Museum. While you are at that museum, you can learn about some of the many shipwrecks that have occurred throughout all the Great Lakes, including the Edmund Fitzgerald which sank on Whitefish Bay in Canadian waters. The Bell from that massive ship now sits in that museum on display.



Tahquamenon Falls is another travel location hidden in the Upper Peninsula near Paradise, MI. It consists of the upper and lower falls. The Upper Falls is much more powerful and is formed in newer rock while the Lower Falls has been flowing since prehistoric times. The falls flows up on bedrock and shows how beautiful erosion can sometimes be. Seeing these falls is an interesting experience. As you hike through the woods it makes you feel closer to nature. To me, it feels breathtaking and peaceful.

While the other two options I've listed are cheaper, Frankenmuth can be an expensive place to go to. Though Frankenmuth is still quite a fun and busy place to be. Most of the tourist things to do costs money. However, they also have a hot air balloon festival which is free to attend. They, depending on air travel conditions, will send off hot air balloons or will just do what they call the Glow.

The Glow is where they light the tethered balloons up after dark. Seeing those balloons is a sight to behold since they are about the size of a building when fully inflated. Tourist are able to meet and talk with the balloon pilots. The pilots come from all over the country for the event.

Now, you may be wondering what the importance of doing the fore-mentioned things. My answer is quite simple. One of the best things we can do is take care of ourselves. Self-care isn't selfish, rather it's a way of life.

**"Self-care is
always a must"**



"Take care of yourself every day"
Dr. Recco

Ben Huntley

BEST Program Flyer



**Fall & Winter
Trainings
Are Currently Being
Scheduled**

BEST Program **Professional Development Trainings**

The Business, Education, Staff Training (BEST) Program is designed to meet the specific training needs of private agencies, out-of-home placement facilities, corporations, school districts, daycare centers, and local businesses.

At the core of BEST are time-tested theories of counseling, traditional human development concepts, research-based frameworks, hands-on activities, practical interventions, self-empowerment, and optimum personal performance. BEST program activities are offered as face-to-face on-site and virtual workshops, trainings, seminars, retreats, and conferences. The length of the trainings range from two hours to three days.

PREVIOUS TRAINING TOPICS

- Stress Tolerance & Trauma
- Successful Team Building
- Suicide Prevention & Resilience
- Understanding Mental Health
- Organizational Behavior
- Child Management Techniques
- Behavior De-Escalation
- Entrepreneurship & Business Growth
- Working With At-Risk Populations
- Interpersonal Communication
- Effective Behavioral Systems
- Intimate Partner Violence & Trauma
- Mentoring, The Missing Link
- Employee Retention & Recruitment
- Self-Care /Work & Life Balance
- Social Emotional Learning
- Multi-Cultural Classroom Strategies
- Problem Solving & Decision Making
- Professional Ethics & Standards
- Effective Leadership & Empowerment
- The Work Force's 5 Generations

BENEFITS

- Organizations/staff remain in compliance with yearly training requirements
- Interactive and engaging face-to-face, on-site, and virtual sessions available
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- Cost efficient, practical information, outcome driven, and timely delivery



Recco S. Richardson, Ph.D., LPC
Clinical Therapist, Author, Trainer



Call TODAY for your training date!

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**"Our 2025-26 training schedule is filling up quickly."
Dr. Recco**

Demand Grace Not Perfection

By: Taylor Fields (Generation Z)

We need to treat ourselves better. Sometimes it's forgotten that we are humans who make mistakes. We trip and sometimes fall with no one to catch us. We beat ourselves up for not being able to walk down the path perfectly every time. But one thing to remember is that we are walking down this path of life for the first time. And we will fall, maybe break some bones but when we do it's important to get back up and give ourselves grace.

Giving yourself grace means allowing imperfection, mistakes, and growth at your own pace. It's recognizing that being human includes falling sometimes. Failure is not final; it's part of it. Far too often, we hold ourselves to standards we'd never expect from others. We forgive our friends for making mistakes or for needing a break, but when we stumble, we're quick to attack ourselves. Why is that?

One reason is that we internalize the pressure to always appear put together, capable, and resilient. Social media, academic or even well-meaning encouragement from family can create an invisible weight on our shoulders. Sometimes we can be our own worst enemy by setting unrealistic expectations and standards for ourselves that are hard to maintain and set us up for unneeded failure or heartache. And when we inevitably fall short because we're human, we feel guilt, shame, or disappointment. But what if we met ourselves in those moments with kindness instead of judgment? What if we were a little less judgmental?



Grace is not about avoiding accountability or dodging responsibility. It is about acknowledging the full picture. You didn't study enough for a test, and you lashed out on your friends but not because you were lazy, or a bad friend but because you were overwhelmed and dealing with something personal that left you tired and hurting. Grace allows us to reflect and grow without tearing ourselves down. It helps us understand why we fell in the first place.

Giving yourself grace also means learning to rest without guilt. Rest is not earned only after you've pushed yourself to exhaustion and succeeded. It's a necessary part of recovering to live a healthy, balanced life. Taking a break, saying no, or admitting you need help are not signs of weakness. They are signs of self-awareness and strength. The practice of giving grace extends beyond the bad days. It also means celebrating the small wins and being proud of your progress without demanding more.

Even when it's not perfect, maybe you didn't finish your To-do list, but you got started and that's what counts. Perhaps you struggled through a hard conversation, but you showed up and tried. Grace honors effort, not just the outcomes.



Taylor Fields
(Generation Z)

**"Grace is the
difference that
makes a difference."**

**"If it were not for grace, where would we be."
Dr. Recco**

One of the most powerful things about grace is that it grows when shared. As we learn to be gentle with ourselves, we will be able to extend that same understanding to others. It's important that we learn this kindness for ourselves because you can't do something for someone else that you are not willing to do for yourself. This skill will help you become a better friend, partner, and leader not because you're flawless, but because you lead with empathy.



Developing this mindset takes time. It requires unlearning harsh self-criticism and replacing it with compassion and empathy. It means pausing when you hear that inner critic and asking yourself, "Would I speak this way to someone I love?" If the answer is no, then why say it to yourself? In the end giving yourself grace is about embracing the mountain you're about to climb rather than chasing perfection.

In the end giving yourself grace is about embracing the mountain you're about to climb rather than chasing perfection. It's choosing to be your own ally instead of your

worst enemy. Life tends to be unpredictable, and so are we. But within that is beauty, strength, and the potential to become something even better.

"Life tends to be unpredictable, and so are we. But within that is beauty, strength, and the potential to become something even better." Taylor Fields.

So, the next time you have the urge to be hard on yourself, pause. Take a breather. Remind yourself that growth is not instant, it takes time. And that you are doing the best you can. That is enough. You are enough. And you deserve grace every single day.

"We sometimes have to unlearn things."

**"Embrace life as it comes."
Dr. Recco**

Sunshine Committee Outing

RSRC Staff Sunshine Committee Outing

Frankenmuth Boat Cruise & Dinner

Sunday August 17, 2025



Monica, Brenda & Ciara



Dr. Rani, Loletha, Shirley
& Samantha



Aereonna &
Jasmine



Leslie & Andrew



Aereonna



Dr. Rani, Rene
& Dr. Recco



Our Group Of 20 People
At Dinner

**"Staff outings do wonders for overall productivity."
Dr. Recco**

Children From Single-Parent Homes: Closing the Gaps

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

Excerpts Taken From The Book: *Secrets to Great Outcomes for Children from Single-Parent Homes* (2017), By Recco Santee Richardson
To read the book free and in its entirety, visit reccorichardsonconsulting.com
and click on the books/publication tab.

An often cited and examined area of children is their intelligence and propensity to learn. For all children, critical to their life outcomes is the relationship between their emotions, intelligence, and academic learning. When discussing and comparing children from two parent homes and single-parent homes, the role that emotions play in intelligence and learning is often overlooked. An under-discussed concept that impacts the life outcomes of children is emotional intelligence. Emotional intelligence is the ability and the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. It is possible that children from single-parent homes are just as intelligent as children reared in two-parent homes.

"Emotional intelligence should not be ignored."

However, for some children reared in single parent homes, the lack of resources, inconsistent parenting, the presence of several siblings and other concepts can lead to on-going traumatic experiences. The number one enemy of self-esteem and emotional intelligence are traumatic experiences. Repeated exposure to trauma can interfere with intelligence, emotions, and learning outcomes. Traumatic experiences can find their way into two parents and single-parent homes.

"The number one enemy of self-esteem and emotional intelligence is traumatic experiences."

In essence, the traumatic experiences that are presented in single-parent homes could undermine the emotional stability and intellectual development of children. The single most important difference between the impact of the trauma on children is the presence of a second parent in the two-parent home. In several ways, the second parent helps to the offset the devastation of the trauma.

Traumatic experiences and the associated fallout distract and works against the intelligence and life outcomes of children from single-parent homes in ways that most professionals, educators, and religious leaders have no frame of reference to comprehend. With no doubt, the phenomenon is just that widespread. As a result, the life outcomes of children from single-parent homes trails that of two-parents' home children in a troubling way that are almost third-world nation-like in their impact.

For children raised in single-parent homes, their emotional life can take hit after hit and leave the child with low confidence, inadequate self-esteem, a weakened desire to excel and a fixed mindset. Like self-esteem's ability to promote favorable social experiences, such as those derived from achievement (i.e., GPA) and social competence, emotional intelligence can help move children forward because of promoting experiences and memories that enhance esteem levels.

**"Children from single parent homes can achieve."
Dr. Recco**

Enhanced self-esteem can lead to additional confidence that promotes self-mastery, academic stamina, and motivation to excel. Accordingly, emotional intelligence is likely to underlie social competence and mediate the contribution of achievement to self-esteem (Cheung, Cheung & Hue 2015). In a study of 405 undergraduates in Hong Kong, China, it was reported that emotional intelligence appeared to be a strong determinant of self-esteem and explain away the positive effect of social competence on self-esteem. The results imply the value of raising emotional intelligence to consolidate the basis for the young adult's self-esteem (Cheung, Cheung & Hue 2015).

At this point, there is so much to say. I'm almost not sure where to start discussions. I will start with a simple thought. The thought or idea that by age 15, almost 50 percent of children will have lived in a single parent home is alarming. This means that such children are almost the majority of all children. The various stigmas, shaming, blaming, bullying and disregard for single-parent home children must cease. Why? Because at some point in various communities, there are just as many of them as there are children who live in two-parent homes. It is not wise to disenfranchise and label such a large percentage of the population.

As stated earlier, emotional intelligence is one of the major differences found between children from two parents and single-parent homes. Single-parent home children tend not to be able to emotionally negotiate not having one of their birth parents living in the home and/or active in their lives. As a result, they tend to not be able to successfully negotiate being poor and they struggle to do perform well in sub-par school systems. Their failure to cope and adjust can be attributed to experiencing on-going emotional trauma that is never addressed. Emotional trauma, social stigma, and the lack of guidance can stymie intellectual development. It is critical that interventions, prevention, and solutions be offered that enhances the emotional intelligence of children who are reared in single-parent homes.

“Enhanced emotional intelligence can decrease gaps found in the life outcomes for children raised in single-parent homes.” Dr. Recco

Enhanced emotional intelligence can decrease gaps found in the life outcomes for children raised in single-parent homes. With the help of my 25 years of experience in mental health counseling, authorship, workshop presentations, and program development duties, I have a good idea of what can address childhood traumatic experiences and thus decrease the gap found. My insights are nothing new. They are as simple as the children experiencing consistent schooling, consistent home life, consistent parenting style, consistent cultural awareness, and consistent participation in extracurricular activities.

Consistency is the calling card for helping all children, including single-parent home children, address and overcome the trauma in their lives. Trauma that runs the risk of being able to negatively affect children's emotional intelligence and thus expand the life outcomes gap.

“We have to harness the talents of children raised in single-parent homes.”

**“Consistency is a jewel all by itself.”
Dr. Recco**



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**"We are to never, ever give up."
Dr. Recco**