

# Your Wellness

Strategies for Mental Health, Career, and Family Success

Issue 127 August 2025

Ciara Crandon-Marsh, M.S., LLPC, Coordinator, Communication/Marketing



Recco Santee Richardson, Ph.D., LPC

## Dr. Recco's Corner

On a daily basis, I, along with many of my fellow mental health counselors, follow current world issues and trends in politics, race, and sports to be better prepared for a client's questions or past trauma.

Likewise, I have several colleagues who refuse to follow current world issues. They feel that it is out of the scope of their mental health practice to address a client's question about such developing trends.

As we are learning, world issues can indeed become overwhelming and a source of dread for seasoned providers. Thus, there is merit to their concerns.



Most mental health counselors do not daydream about becoming the voice of reason for politics and the moral compass. What I hope we do spend time doing is preparing to provide clients with caring support, accurate information, frameworks for understanding, and effective treatment interventions for when current world issues arrive at their door.

Even the slightest of things can trigger clients to move towards depression, anxiety, moodiness, agitation, irritability, and feeling vulnerable. I hope that when clients entrust us to guide them through current world issues, we will have an adequate understanding of the issues at hand and make a quality decision to help them.

I'm ready to answer their questions. Are you ready too? I'm ready to help clients move forward. Are you able to say the same thing? I want to be more caring, available, and effective. Do you want the same thing?

## Inside the Article

- Dr. Recco's Corner
- Flyer: DDWFS Staff
- Article: Therapist's Spotlight
- RSRC Flyer
- Article: Gather Yourself & Move Forward
- Sunshine Committee Event
- How to Contact Us



## Deborah Dewey Walker Family Services, PLLC

3456 Pierson Place, Flushing, MI 48433

Office (810) 394-4529 | Fax (810) 732-6657 | ddwfspllc@gmail.com

*"Where Emotional & Mental Wellness Are Priority"*



Rene M. Richardson, MSW, LMSW, MBA  
CEO/Clinical Therapist



Pamela Nealy, MSW, LMSW  
Clinical Therapist



Aereonna Pool, MSW, LLMSW  
Clinical Therapist



Tanya Y. Jefferson, MSA, MS, LLPC  
Clinical Therapist



Recco Santee Richardson, Ph.D., LPC  
Clinical Director/Clinical Therapist

**Call Today!**

(810) 394-4529 or  
(810) 394-7815

"We are just a  
phone call away."  
Dr. Recco

**Now Accepting  
100 New  
Mental Health  
Counseling  
Clients**

**In-Person & Tele-Health Appointments Available For  
Children, Teens & Adults**

**We Offer Morning, Afternoon, Evening & Weekend  
Appointments**

**Most Major Health Insurances Accepted**

## **Therapist's Spotlight**

**Featuring: Brenda Georges, MA, LLPC**



**Brenda Georges  
MA, LLPC**

**"Brenda is just short  
of superb. We  
absolutely love her."  
Dr. Recco**

Brenda Georges is the Therapist Spotlight for the Month of August. She currently works part-time as a clinical therapist here at Recco S. Richardson Consulting. Brenda works full-time as a building principal at a local school district. If there is one thing to know about Brenda, it is that she is going to achieve her goals quickly. She also knows her worth. Early on, she knew what she deserved out of her career. Brenda has worked hard to get where she is today. She has accomplished a lot just since moving to Michigan a few years ago. She is a great role model for everyone. She enjoys helping others, whether it is in the school setting or within private practice counseling.. You can see the bond she has with her clients and how much they appreciate her guidance.

### **1). What seems to be a central theme of your clients dating/family life and how do you help them?**

Brenda services many girls and women in therapy and has noticed that relationships seem to be a central theme. She sees a lot of anxiety, which makes her clients believe that they must not be doing something right and ask what they are doing wrong. Brenda stated that on her client load, the women and girls tend to have poor self-esteem that stems from dating or family relationships. She also finds that there is a lack of valuing themselves and settling. Brenda offered that she often sees mothers who question their parenting abilities. The stated themes are also witnessed in men but are more challenging to recognize. To help clients, Brenda challenges them to review their thoughts and realize that they do not have to accept less. During counseling sessions, building self-esteem is an essential part of ensuring that clients start to value themselves and work towards setting boundaries in their relationships.

### **2). When in doubt, what should a person do? Why?**

Brenda stated that when in doubt, people should make a list. She mentioned that making a pros and cons list can make all the difference in the world. These and other things encourage her clients to do well in life. For some reason, making a list puts everything in perspective and allows us to weigh our options before deciding.

### **3). What suggestions do you give clients who just want to disappear or escape life?**

Brenda said there is nothing wrong with wanting to escape. However, if a person is thinking about harming themselves, there is room for concern. An individual seeks to harm themselves should reach out and ask for help. Brenda went on to say that if a person feels like they need a break from reality, they should take a step back. She suggested that taking a vacation can also help. Lastly, it is important for individuals to take time to focus on themselves and take steps to avoid being burned out.

### **4). How should a person deal with the current world problems and issues?**

Brenda quipped that it can be difficult to avoid current world problems and issues. Personally, she tries her best to ignore what is going on. She mentioned that one of her clients was really struggling with everything going on and would come to sessions upset and in need of reassurance. Brenda suggested that they turn off or stop watching so many news outlets. The decision to do so made a huge difference in the client's mental health and wellness. Brenda went on to say that we cannot control the outside world. What we can control is how we react and what we allow within our minds.



**5). What seems to evade your clients the most and how do you help them secure it?**



Brenda quickly said that confidence is what is missing. Clients struggle with having confidence in themselves and their abilities. They doubt a lot and have trouble walking with adequate confidence. Because of this, Brenda offers her clients confidence-building activities and homework assignments. One thing she challenges her clients to do is give other people compliments. It's a simple task that can build a person's self-confidence level and make another person's day.

**6). What seems to be the missing link in most people lives and how can counseling sessions help them?**

Brenda shared that joy seems to be a missing link in the lives of most people. She feels like people fake being happy and don't really have joy or peace. These are things that can be worked on in counseling sessions. Brenda's goal is to guide clients to finding things that make them happy.

**7). Talk about a time when you solved a major problem in your life and how you did it.**

At first, Brenda struggled to think of a major problem in her life and how she solved it. In her mind, she tries to keep it moving and live for herself and her children. Her motto is "You must live life for yourself." In the last year, she felt like, at times, she was not at peace in several areas. She eventually found her own peace and wholeness.

Last year, Brenda built a new home for her and her son. This allowed her to move forward. She considers building a new home a major accomplishment and marking of a significant personal achievement. To restore her joy, Brenda stated that she left her misery behind and made changes in her life.

**8). What are the most important things in life and how can clients protect them?**

According to Brenda, family, friends, God, joy, and peace are the most important things in her life and in most people's lives. She argued that we must learn to protect the important things in life by blocking out the wrong crowd and having quality conversations with others. The conversations help us grow as individuals and take control of our feelings and needs.

Brenda is adamant about keeping a safe distance from ill-willed people and stopping them from invading our space. She stated that we have to love some people from a distance and meet them where they are. She encourages her clients to start pouring into themselves, instead of putting so much effort into other people and draining themselves. Brenda offered that we must recognize what drains us, what we can control, and learn to set boundaries.

**"It is okay to give others compliments."  
Dr. Recco**

# Recco S. Richardson Consulting, Inc.

Recco S. Richardson, Ph.D., LPC  
3456 Pierson Place, Suite A, Flushing, MI 48433  
Phone: (810) 394-7815 Fax: (810) 732-6657  
"Here to help, Here to serve"

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



Recco Richardson, Ph.D., LPC  
Clinical Director  
Clinical Therapist



Samantha Cole, MS, LPC,  
Program Director  
Clinical Therapist



Brenda Georges, MA, LLPC,  
Clinical Therapist



Ciara Crandon-Marsh, MS, LLPC,  
Clinical Supervisor  
Clinical Therapist



Monica Blackwell, MA, LLPC,  
Clinical Therapist



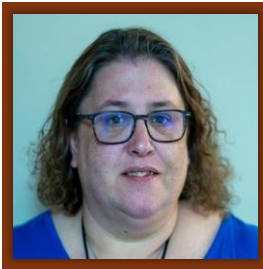
Amber Crandon, B.S., Master's  
Level Counseling Intern



LaWanda Purches-Waller, MS LLPC  
Clinical Therapist



Jalen Toins, MS, LLPC,  
Clinical Therapist



Tamera Huntley, LPC, CAADC, NCC  
Clinical Therapist



Shirley Lea-Lawson, MS, LPC  
Clinical Therapist

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-**

"Now is a good  
time to address  
our struggles."  
Dr. Recco

For many of us, there is a need to pull it together in a critical area of life. As my Aunt Eva of Jackson, MS, said to me 45 years ago, “Son, it’s time for you to get yourself together.” Boy, was she right and spot on with me and my spiraling high school life.

It continues to puzzle me as to how endowed individuals who have talent oozing out of their pores, somehow often struggle emotionally, socially, academically, or spiritually. My years of educational training and exceptional counseling skills fail in my efforts to pinpoint why we sometimes just can’t figure it out and move on.

Recently, I stumbled upon the word gather. It caught my attention and led to a search as to how it relates to human development, life propensities, maximizing potential, and growth cycles. As it would be, I found a connection that will be reported on below.

### **Definitions**

According to the Webster Dictionary, the word gather means to come together, assemble, or accumulate. It is the act of congregating, convening, collecting, or meeting. As well, it means to take in from scattered places or sources. It also means to amass, garner, infer, and understand.

The Hebrew dictionary states that gather (asaph) means to collect, assemble for harvest, glean, remove, or withdraw. The word gather (lagat) also means to pick, call, or collect small parcels. Lastly, gather (qabat) means to bring things together in a single place and to rally.

### **What I Have Found with People**

Over the years, I have found and witnessed certain characteristics, life experiences, dampened hopes, fulfilling successes, deferred dreams, and much more regarding ordinary people like you and me. The following outlines the strengths, weaknesses, and steps needed by Overachievers and Hard Workers, Helpers, and The Personable & Resourceful to move closer to their perfect self and purpose.

### **The Overachievers & Hard Workers**

**Strengths:** As a strength, overachievers and hard workers have a way about themselves and typically are highly respected. They tend to have an extraordinary personality and a different way of approaching life and tasks. Extremely dependable and focused would be an understatement when describing them to others. These individuals are strong and gifted in several areas. In a good way, they are competitive and have a drive that pushes them to keep going. Their sense of dignity and propensity for power are second to none and extremely valuable.

**Weaknesses:** Of course, where there are strengths, weaknesses are right around the corner. I’m not sure why, but there is a part of me that senses and believes that overachievers and hard workers are lazy. They overcompensate to avoid the possibility of being called out and rebuked for their inactivity. To me, this group also tends to connect with the wrong people. Their competitive nature drives them to find others to outperform. Unfortunately, they select other people who are well beyond their current financial means, social status, and reach. The result of the stated faulty connection and trying to keep up with the Joneses is that they become enslaved to an image and lifestyle that they cannot maintain.

**“There is a collecting  
and moving taking  
place in the earth.”  
Dr. Recco**

In addition, overachievers and hard workers tend to need attention and recognition. When they feel that others are not praising them enough, their very being and emotions can become as unstable as water. Their inter-personal relationships take on a foul odor, and everyone who knows them can witness their arrogance, tone deaf default status, and vexation of others.

When all is said and done, if not careful, everything will crumble right before their eyes because of the addictions, poor choices, and inability to manage success that drowns them and their talents.

**Plan of Action:** To stay strong and on track, there are several things overachievers and hard workers can do. First, they must plan better. One reason they work so hard and like there is no tomorrow is that they fail to adequately plan. Second, there is a need for them to read people faster and better. This would keep them from attaching to the wrong crowd and help them side-step soul ties that slowly break them down.

Third, they must become more flexible emotionally and socially. Lastly, it is important that they keep an account of successes and the victories they secure. These measures can help them to stay humble, focused, and hungry for the next challenge.

### The Helpers

**Strengths:** Helpers are an invaluable resource in the world and in our communities. Their ability to connect with and meet the needs of others is powerful and a tool of healing. When at their best, they can turn the horrible, ashes, and average situations into something beautiful and filled with life. I'm convinced that they can breathe life into dry areas and challenge evil.



I have found that helpers use what they have, network for additional resources, walk the walls of the city, bridge the gap, and become the scapegoat that resolves animosity and possible treason. They are a unique and highly charged group. For some reason, they have the skills and ability to move the hand of influential people, mend broken relationships and wayward purposes, catch hold of inspirational ideas, and give credence and birth to what is needed.

**Weaknesses:** As a weakness, helpers can be extremely selfish. They have a propensity to hoard and look out for themselves. When not conscious of their ways, they tend to tear down what protects them. They also turn on the very people that they are called to help. It is as if their soulish realm becomes bent and deeply bruised.

A bent and bruised state that restricts their ability to pull people and projects together at an inspired level. What once was an outstanding vision for hope and healthiness can become a type of cancer that eats at the fiber of their being and purpose.

*-Continued page 9-*

**"Having a plan of action is critical."  
Dr. Recco**



# 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

"Quote"



**Plan of Action:** For helpers, the road to victory and greater influence in the earth requires that they learn to creatively fight. By nature, they are not fighters. However, to continue to function at higher levels, they must engage in tactical ways to manage themselves, outmaneuver other people, juggle the burdens that they carry, and, by grace, endure the heaviness of their profession. The stated is no easy task and is not for the weak at heart and those given to being sensitive. I have found that helpers need “healthy” levels of self-denial and an abundance of daily self-care in their lives. When they are rested, warm, settled, at ease, and flowing in life, the spectacular takes place, lives are enhanced, doors are opened for them and others, and a sense of relief fills the land.

### **The Personable & Resourceful**

**Strengths:** Personable and resourceful people are an absolute pleasure to be around. Their presentation and sense of energy are wonderful. They can set others free. Within themselves, there is a sense of peace and wholeness that cannot be denied or ignored. It is as if they dwell in a place of contentment, being atoned, peace, and ease. I believe that these and other attributes help them and others to weather storms and unfortunate circumstances. It is often amid uncertainty and turmoil that the best of them comes out and saves the day for themselves and others. This is a high calling and point of pride that should not be underestimated and placed in the basement.



**“There are only  
so many hurtful  
blows a person can  
before it shows.”  
Dr. Recco**

To me, something rises in the inner-most being of personable and resourceful people that helps them be difference makers and just what the doctor ordered. Their unique way of using their words and strong spirit moves them at critical times to come out swinging and fighting for other people’s justice, opportunity, participation, access, and provision.

**Weaknesses:** As a weakness, the personable and resourceful person is given to taking too many blows. The constant bombardment of tasks, duties, crises, and trauma can take a toll on their well-being and sense of self. The stated is not good nor healthy to experience on an ongoing basis. The lack of rest and respite moves this group of people to places of feeling used, an afterthought, forgotten, quiet, deterred, and reserved to going through the motions.

**Plan of Action:** Of all the groups discussed in this article, the personable and resourceful need to delegate more tasks to other people. As well, there is a need for them to focus on recreating themselves so that they do not run themselves thin. At some point they also have to figure out how to say no and stick with it. They must realize that they can’t do it all and that no one asked them to do it all. Their success in life is being able to trust others to get the job done and done well.

In closing, the aforementioned groups of people are a few of the many that are out there. If I had time and space, I would document the experiences and ways of the Decision Makers, the Highly Favored, and the Afflicted.

---

## How to Contact Us

**Ciara Crandon-Marsh, M.S, LLPC**  
Clinical Supervisor  
Editor: Your Wellness 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

---

**"Contact us as soon  
as you can."  
Dr. Recco**