

## **A Santee Book**

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## **Dedication**

This book is dedicated to children who have gone to bed hungry, who have wondered whether things can get any worse, who have been removed from the care of their birth parents for whatever reason and who finds themselves having to deal with the fall-out of their parents' decisions.

This book is also dedicated to every loving parent/guardian who have felt that they are on their last leg, need more than just help, worry about their basic needs and who have opened their hearts and homes to someone else's children.

## **A Word of Thanks**

I want to personally thank each of you for supporting this venture financially. Your decision to purchase this book will help thousands of children and parents experience fulfilled lives.

## **The Importance of This Book**

This book is important to me for a two reasons. First, it is one of our first fundraising activities intended to procure funding for our Gifted Learner's Program. The program targets academically talented youth grades 4<sup>th</sup> – 11<sup>th</sup> and provides a variety of activities (i.e. national testing, college visits, competitions, advanced academic workshops) to prepare them for acceptance into top-tier private and public colleges.

Second, this book is important to me because the young authors desired a tool that allowed them to give a part of themselves back to society with the hopes of being a blessing to many. They did not want their life experiences and small victories to go under-utilized.

As a result, this book was born in November 2008 during one of our academic workshops. As participants in the program, the young authors took to heart the call to document in words the experiences, perspectives and life views that help them to achieve academically and in other areas.

Grace,

**Recco Santee Richardson, Ph.D., MA, LPC**

Recco Santee Richardson, Ph.D., MA, LPC

Board Certified Professional Counselor

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## Personal Introduction of the Young Authors

*By Recco Santee Richardson*

**Keilyn Broussard:** I met Keilyn for the first time in the summer of 2008. She and my daughters were on the same community-based track club. I was taken by her quiet strength and comfort within herself. I have found her to be a very detail-oriented and conscientious person who is inquisitive. I have come to appreciate her honesty and willingness to work hard. She keeps things simple and age-appropriate, which is becoming a lost art.

**Asia Johnson:** Interestingly, I first met Asia several years ago through my brother-in-law's nieces. The young ladies were neighbors and pretty much did everything together. Over the years, I have watched her develop into a bright and energetic young lady. She has several unique abilities and makes the most of opportunities. As she develops her public speaking skills and desire to lead, it can be expected that several doors of opportunity will be opened for her.

**David Johnson:** To be honest, David is one of the few youth that I have yet to impact at the level that I desire. Since meeting him several years ago, I have not been able to decode his mode of operation. His sense of self, privacy and focus is to be commended and valued. His level of maturity is growing day by day, as well as his recognized need for others. I have come to respect his demeanor and overall regard for how things should be. In the future, he will surely have the last say in critical areas and live a fulfilled life.

**Jordan Johnson:** In my 20 years of servicing and working with youth, Jordan is one of the brightest. I liken her skill set and demeanor to be that of a future Rhodes Scholar. Her overall disposition is pliable and she is now learning to express her needs and emotions. For me, what stands out most about her is her extremely high scores on various standardized tests. I, along with others, await her coming-out party and introduction to the world.

**Meosha Johnson:** If I have ever met a young person with unlimited potential, it would be Meosha. I met her several years ago and since that time, she has made tremendous progress in several areas. To her credit when given the opportunity to quit, regress or blame others, she chooses to take charge of her life and give it her best. Her attributes are far-reaching as well as her ability to rationalize. Before long, the heights of greatness will be at her fingertips.

**Tarrence Matthews:** Every so often, I'm blessed with the opportunity to service a developing young leader who is charismatic. Tarrence fits both bills. He and I first crossed paths two years ago. His cousin participated in our community-based youth programming and invited Tarrence to group one night. From the first moment he spoke, I knew he was more than just a diamond in the rough. He was a born leader and had defeated the majority of his fears. With his aptitude and quick mind, the sky is the limit to what he achieves over his lifetime.

**Aisha Richards:** A multi-talented individual, Aisha has the makings of greatness. Her genetic make-up and her desire to make things happen ensure her future success. Over the last five years, I have personally witnessed her evolution into an intellectual bright spot. I often refer to her as, “Encyclopedia.” As she stays on her current course, I see her reaching the pinnacle of success in several disciplines.

**Randi Richardson:** The younger of my two daughters, at an early age Randi has displayed a very clear and vibrant memory. Her competitive sports nature has taken her to state and national competitions. What is most outstanding is her personality and ability to multi-task. She is a go-getter and is equipping herself daily to one day be in charge of something spectacular.

**Rani Richardson:** My oldest daughter, Rani is armed with a witty mind and a strong desire to achieve. She is committed to fairness, academic success and problem-solving. Her favorite question is why? She regularly scores in the top percentiles on standardized tests and loves to travel. She is on track to experience abundance and sweet success the rest of her days.

**Lilly Stapleton:** A soft person by nature, in the last two years I have witnessed Lilly come into her own. A fighter to the end, she has developed the ability to persevere. What I value most about her, is her willingness to listen to adults. She has learned to appreciate when others are trying to help her. I sometimes marvel at her ability to remain optimistic and encouraged in the face of trauma, change and decisions. No one will be surprised when she rises to the top and dominates her career path and field of study.

**Imani Taylor:** I met Imani approximately five years ago at a community function. She was alert and demanding then and remains the same way. A strong-willed youth, she has made tremendous progress over the past 12 months. What I’m finding with her is that she is given to academic excellence, is learning to manage her emotions and is coping much better with things that she can’t change. There is very little doubt in my mind that she will be very successful now and later in life.

**Deonte’ Williams:** To say that Deonte’ could have it all would be an understatement. From the first time I met him in July 2008, he has made it clear that he knows what he wants in life and knows which barriers he must overcome. With this knowledge, it is interesting watching him negotiate his daily activities and emotional life. He is a winner and one that will indeed be a force in his community.

**Israel Williams:** I met Israel for the first time in the spring of 2008. He and his siblings were visiting their cousin. Years ago, his cousin was a student of mine at a local college. Curious about his introversion, I set out to help him develop his coping skills and sense of self. To my surprise, he was willing and brave enough to dive head first into becoming a better person. Now when I talk with him, he radiates with life and a new level of confidence. In the future, I see him excelling in many areas and fulfilling his dreams.

# **Chapter #1**

## **My Dreams**

**By Randi Richardson**

**M**y dreams are to go to Harvard University or another Ivy League college and to become an attorney. This would make my mom and dad proud of me. To get to Harvard, I will need good grades, a pleasant attitude, a good work ethic and patience.

To get good grades, I will need to be focused, challenged on a regular basis, willing to strive and care about my grades. To have a pleasant attitude, I will need to feel good about what I do, feel appreciated for what I do and be aware of how I do things. To have a good work ethic, I will have to learn how to work hard and memorize information. To become more patient, I will have to be told, “Not now, maybe tomorrow” and “Take your time on your exams and homework.”

If I want to make my mom and dad proud of me, I will need to do my very best, work and never, ever give up. As a child, I will need to be shown that my parents care about me. I need to know that they want to see me succeed later in life. I need to be shown that they are proud of me in whatever I do. I especially need to see and not just hear that they are proud of me.

My parents can help me reach my dreams by encouraging me and being there for me. To encourage me, means to tell me every day or every report card “Great job” or “What am I going to do with your smart butt?” To encourage me they can say, “Girl, go ahead, you really are going to get into Harvard if you strive for excellence.”

To be there for me means to help me, explain problems or tell me how to find an answer. To support me includes saying, “You can ace the exam, just believe in yourself.” To care for me means to basically keep doing what they have been doing, visiting me when I’m in college and sending me care packages. This would help me.

My dreams are important to me because I will need money down the road and other people will need me to defend their case. I will feel in my heart that I cared and won for the right reason.

**By Asia Johnson**

**M**y dreams are to attend Harvard Law School, become a successful lawyer and help others. The first topic I would like to discuss is helping others. When I become a lawyer, I will help others by putting criminals in jail and testifying against individuals who kill or harm others.

Before I can help others, I have to help myself by doing well in school. In order to be successful, I will have to attend college for a long time. No matter how long it takes, it will be worth it. Attending school and college is something not many youth are interested in doing. I think they lack the patience and desire.

In order to be successful, you have to believe that your dreams are important. I believe that “believing is succeeding,” meaning that just because friends and parents don’t support or believe in your dreams doesn’t mean you should give up. If you believe, you can succeed.

To reach my dreams, I need a goal to focus on in my life. Youth that have goals and set their minds to achieve, will avoid being poor, doing drugs, etc. My dreams are important to me. They are my dreams, not other’s dreams. I will follow my dreams. I have dreams and plans, so support me. You can support me by understanding my thoughts and feelings.

Your support makes a big difference and helps me prepare to face the world. You can help me by giving donations to my fundraisers, loving me, encouraging me, believing in me and helping me reach my goals. Me and other children need help. You play a role in us doing the right thing and setting a good example. Listen to me, you can help me reach my dreams and goals.

Individuals who reach their goals can change the world. When I reach my goals and dreams, I will make a difference as a result of telling children to do their best, being a role model and being reliable. When I step into the courtroom and discuss cases, I will be sure to consider, defend and tell the

truth. When people hear the name Asia Johnson, they will speak of how I made a difference and made the world a better place to raise children.

**By David Johnson**

**I** have several dreams that I would like to accomplish. One of my dreams is to become an architect. I want to design and make homes. I have always wanted to do this. Almost every day at home I draw floor plans and make plans to build homes.

Another one of my dreams is to be successful in life. What I mean by being successful is going to college, getting married, having a family and never messing up in life (i.e. doing drugs).

When I get older I would like to go to a world-renowned school, like Harvard. I know that when most youth are in college they don't go to class. They sometimes just think that college is all fun and games. When I get to college, I will not waste my time or my mother's money. I know I will not because I am not that type of person. I view myself as a person who knows what they want in life and goes for it until the goal is reached.

My dreams are important to me because when I am an adult I don't want to make a fool out of myself by walking around asking other people for money. My dreams are important to me because they are things I want to do in my life. They are good for me, my future and will help me survive.

Dreams are a part of most people's future. People think about their dreams all the time because they want to do what is right and what is best for them. I often try to picture myself in the future. Not a day passes by that I don't think of ways that I will be successful.

Reaching dreams is a must. Some parents tell their children that they will be nothing and are unable to do anything in life. Yet, there are parents who encourage their children. They tell them not to listen to others' negative opinions about them or their life plan. My mother encourages me to do my best and to never give up. She often tells me good job and keep up the good

work. I believe that a lot of youth drop out of school because they don't have people who encourage them or care about them. When you have a dream, go for it and never stop until the end. Other people can help you reach your dreams. They help by asking questions and listening.

**By Jordan Johnson**

**M**y dreams are important to me because they can change my life. They can change my life as a result of coming true. My dreams are going to take me places, to great colleges and all over the world. My dreams will give me that extra push and drive to become successful.

When I become successful, I will be on top. I will be in charge. I will prove everyone wrong who said I couldn't make it. My dreams will make me a better person and hopefully inspire others to do whatever is in their hearts. My dreams will hopefully open doors for others and my future family.

Dreams allow us to do things that others would like to block us from. If someone tells you that your dreams will not come true or happen, tell them to get a life and to get out of your way. Don't let anyone tell you that you are not good enough. Just like my mom tells me, "If you believe what someone tells you it might come true."

You can help me reach my dreams by not trying to take over. I love my parents but sometimes they love to take over everything I do. When they take over things, I get kind of frustrated; however at the same time I sort of love it. Confusing, isn't it? If they keep taking over, I will learn that they will take over and then I will begin depending on them to help me with everything.

My dream is to go to heaven. I want to go to heaven because if I make it, it means that I did what was right and what I had to do. Heaven from my point of view is wonderful. When I read the Bible, it describes heaven and makes me want to go even more. It is a place of no crying, no illness, no one judging me, etc. It is peaceful.

Earth is not so peaceful to me. It gives me a lot of pressure to do right and to avoid wrong. Heaven is like waking up and you don't have to do

anything. Most youth at my school don't believe in heaven. I wonder why? Heaven just seems like a great place to be.

My dream is to visit and help poor children around the world. I want to do this because some children need more than what they are getting. The parents of children in Africa are dying every day due to AIDS and poor health care. They sometimes don't have anyone to take care of them. They have little food to keep their bodies healthy and strong. There may be one doctor within thousands of miles. The parents and children need medication. My dream is to help them by securing food for Africans and encouraging doctors from all over the world to help.

When I reach my dreams, the world will be a better place. I will show others that it is okay to take risks and chances. You can learn from your mistakes. Just keep dreaming, having ideas and setting goals.

**By Tarrence Matthews**

**D**reams are important because they are the vision inside of you, what you wish to accomplish. Your dreams are not only important to you, they are also important to loved ones. They too live to see you accomplish your dreams. Dreams are special and everyone has them.

Good people, bad people and the young and old all have said to themselves, “I want to accomplish something. I have dreams.” Dreams are truly yours and no one can take them away from you. Just think if no one had dreams, there would be few things to live for and enjoy.

People go to school and college to prepare to accomplish their dreams. Education is important because without it you really can’t accomplish anything or reach your dreams. Physical work and hard labor awaits those with little education and no dreams.

My dreams are to make lots of money. I desire to make lots of money because I want huge outcomes. As a result of completing K-12 education and going to college, I want to be rewarded with money. Right now money is power and I want both, so I need to do everything I can do to get an education. I desire to make lots of money because right now we are in a recession. I want to be prepared for future recessions and not have to worry about money.

My dreams are to invent new ways to make the world a better place. My goal is to make cars safer to drive and to decrease crime so that we can walk to the store at night without fear of being attacked. When I leave this earth, I want to be known for my world-changing inventions. My dreams are to become famous like Dr. Martin Luther King Jr. and President Barack Obama.

Everyone and anyone can have a dream. To reach my dreams, I need your help. You can help me by guiding me on the right path and encouraging me to stay in school. Even if I don’t want to stay in school, keep pushing me to graduate. All a child needs sometimes is someone to push them harder

and past being average. Average is what everyone think is “in.” Many people don’t realize that it takes more than being average to go the extra mile and to accomplish dreams.

When I reach my dreams the world will be a better place. There will be less violence and crime will be lower. When I reach my dreams, the level of poverty will be lower and people will be inspired to get a quality education.

**By Aisha Richards**

**M**y dreams are to own daycare centers all over the country. I want to be known as an outstanding childcare provider. I love children and enjoy caring for and teaching them. The level of hard work, supervision and safety required to ensure their success is worth the effort. Caring for and teaching children is a unique experience that requires learning their interests and comprehending their thoughts.

I can reach my dreams of caring for children by enrolling in CPR classes and taking business classes. When I reach my dreams, the world will be a better place because parents will be comfortable leaving their child in my care. They will not have to worry about their child's safety or comfort.

My next dream is to graduate from high school with at least a 3.0 grade point average. This will allow me to pursue college and other dreams. This dream is important to me because I want to have a good career. I don't want to have to ask others for money. I want to sound intelligent and not stupid when I speak in front of people. My dream is that when others speak of me, they will have positive remarks.

You can help me reach my dreams by explaining my homework to me, studying with me and reading to me. If I miss the school bus, try to get me to class on time. When I reach my dreams, the world will be a better place. I will not be a statistic of a black youth who dropped out of school because they did not have any help.

**By Keilyn Broussard**

**M**y dream is to be a chemist. I like mixing chemicals and experimenting with new fragrances. I like the way perfume smells, and would like to develop a new perfume. I like the smell of malls, my classroom and my dad's bathroom. It's like in the Disney movie, "Ratatouille," about a rat who likes to cook. When he mixes food, he hears different music. That's what I think about perfume. Sometimes I smell someone's perfume and I think, "Wow! That smells good!" Then I smell someone else's cologne and think, "That's good too!"

In order to become a chemist, I have to go to college and get a degree in chemistry. I don't know if the University of Michigan is a great school for chemistry, but I think it's a great school. I would like to go there. My dad went to the one in Flint, but I want to go to the main campus in Ann Arbor. While I'm there, I'll experiment and understand smells. I will learn why some people like some smells and others don't. I also hope to run track while I'm there.

After I graduate I would like to travel. I would like to go to France, China, the Amazon forest, and all around the world. If I don't travel the world, I will start my company as soon as possible. I would sell perfume to people around the world. I will sell my products to everyone. They would be for kids, adults and even pets.

Some people think that making perfume is not as important as other things I could do with a degree in chemistry (like making medicines). But it is what will make me happy, and that's why it is important. It's my dream.

**By Rani Richardson**

My dreams are to attend an Ivy League college such as Harvard University or prestigious private college in the Atlanta area such as Clark-Atlanta University, Spelman College or Emory University. The only way I am going to have a chance at one of these colleges is through hard work, endurance and determination.

From what I have heard, college is not all it is cracked up to be. Most people go to college thinking that they are going to have a good time and that it is all fun and games. They forget that they are going there to learn and not play. When they drop out, they find out how much worse the world really is. That is not for me. I am going to endure to the end and graduate. Should I get a full ride scholarship, a private dorm room and a good group of friends, by all means I'm going to stay in college and graduate.

I'm determined to go to college until I get my master's degree. I am not sure what my major will be, maybe something in the medical field or something in the helping field. I love helping people. I will major in a subject that helps me secure a job that can support a big family.

My dreams are important to me because I want to live a good life. After I finish college, I plan to have my parents move in with me. I like the elderly. There is so much that you can learn from them. My parents will help me run my 10 children around to baseball, dance, school or wherever they need to go. I will buy a house that has at least 8 bedrooms and that stuff is not cheap. I will have to feed my children, clothe them, work and teach them all at the same time. I'm going to be one hard-working sister.

You can help me reach my dreams by supporting and encouraging me. I'm not going to make it to the top by myself. Sometimes I don't think I have done my very best. I hate this feeling. For example, if I have to write a 100-200 word essay. Even if I write 300 words but did not put my best time and effort into it, I don't feel right. Even if I get an "A+" on the essay, but fail to make the most of the assignment, it would not be the same. I would

feel like I cheated myself. If I get a “B” on my report card and my parents say, “That’s okay, you will get an “A” the next time,” I will not feel right. Getting it next time will not get me into Spelman. Getting it next time will not make me valedictorian of my graduating class. Getting it next time will not erase the grade off my transcripts.

I need and want my parents to expect more of me. I want them to make me write book reports and limit my TV time. Don’t let it get into my mind that I can’t do better.

When I grow up and reach my dreams, I will help my parents and everyone else. I love helping. Helping others is how the world can become a better place.

**By Lilly Stapleton**

**M**y dreams are to be a positive role model for young girls. Some girls don't have a mother in their life and don't know what to do. To be a positive role model, you have to be a leader and do what is right. When others see someone their age being a positive role model, they don't have to worry about certain things. I'm a positive role model for young girls. I have people wishing that they had my positive attitude and a good loving family.

If you teach young people how to be positive role models, the world will be a better place. It is important for someone to step up to the plate and show young girls that someone cares about them. There are many young girls out in this big world getting raped, pregnant and selling their bodies out on the streets for money. If we show them that we care and love them, maybe their attitudes would change. If we don't show young girls that life is not always about having a baby, we will continue to worry about them.

I have always wanted to be a role model for young girls who need my help. I want to show them that there are positive things to do like staying in school, going to college and securing a good-paying job. These things would help them take care of their families. I want to see young girls take care of themselves and to have somewhere to go.

My dreams are important to me because I want to be a good person. I say this because some people think I have a negative attitude or think that I'm not a positive role model. They base their opinions on my past. I'm a good person once you get to know me. Growing up, my life was not all that nice. My birth parents did not teach me right from wrong. They rarely did anything right. Now that I am living with my adoptive parents and my brand new family, I have become a good person to know and get along with.

Some people think I am mean because I refuse to do things with them. What they don't realize is that I am 16 years old and still learning the rules of life. This is not easy to do in this kind of world. This world will suck you in and spit you out before you know what hit you. For this reason, it is

important for me to be a good person. If you fail to be a good person who is willing to change, there is a mean world waiting for you.

You can help me reach my dreams by showing me that you care. If parents don't show that they care, then expect a generation of unhappy youth. I'm happy that I have a new family that shows me that they care for me, love me and want to see me achieve. If parents had the guts to show their children that they love them and avoid using drugs, we would not go to school looking for trouble or mess. Some parents don't realize that children are a gift from God. Parents need to tell us this and let us know every day that they love us. This helps us reach our goals and to experience happiness.

When I reach my dreams, the world will be a better place. I will establish a girls club that encourages discussion of problems and concerns. There are so many girls that I know who are suffering with various problems. They don't have a way to let it all out or talk about their problems. Letting it out helps people feel better. As for me, I have not let all my problems out. I still have secrets. After 10 years, I think it is time for me to let it all out.

**By Imani Taylor**

**W**hen I grow up, one of my dreams is to be a schoolteacher. I really want to help children. I would teach math. I love doing math at my current age. Hopefully I will not get tired of it. Another dream I have is to save my money. Right now I'm cleaning my aunt's house for \$10-\$20. As soon as I get paid, I go spend all my money on junk food and unnecessary things. Then I think, "What happened to my money?" I want to save my money yet still enjoy activities like skating and going to the movies.

Eventually I will need to start saving money for college. If my plans are to go to college, I have to get A's. I want to have all A's. Right now I have A's and B's on my report card. This is good, but I want to be the best at everything I do. I want to go to college so that I can help children and give them advice. This is important to me. I want children to avoid struggling, know how to spend money and learn to handle life situations successfully.

My dream is also to stop talking about other people. If someone wears their hair in an ugly style, I am usually the first person to talk about them. I don't want to be like this and I don't want others talking about me. I desire to have friends in case I need help with something. This is one reason why I need to stop talking about people.

My dreams are important to me because I want to get somewhere in life. I really don't want to be living with my mother the rest of my life. This is why I want to go to college and to get a good-paying teaching job that I enjoy. Once I secure a good job, I want to know how to spend and budget my money. I would hate to spend my paycheck and not have enough money left to pay for my car or my rent.

You can help me reach my dreams by pushing me harder. If I want to play basketball, you should not allow me to lie around on the couch all day. I need you to push me to practice and pay the registration fee. This might be money coming out of your pocket now, but it would be worth the practice

time and athletic scholarship that is secured. You can also help me by teaching me things.

If someone does not take the time to teach others, no one would know anything. If you don't teach me, how will I know what college is, how to get a good-paying job, strategies to get through life or how to take care of myself.

I need you to believe in me. If you don't believe in me, there is a good chance I will not believe in myself. Cheer me on when I am doing a good job and push me harder when I am not. If you are available, teach me and other young folks something.

When I reach my dreams, the world will be a better place because I helped others. Helping others get through life's ups and down is important to me.

**By Deonte' Williams**

To me, everyone has dreams. Dreams are a focus in your life that makes you strive harder to achieve. I'm not talking about the dreams you have in your sleep. I'm talking about a life dream that is like a goal that you set for yourself. Everyone's dream is and should be seen as important. I see my dreams as being very important to me, so please "Listen to Me" as I share the thoughts and feelings that are in my head.

One of my dreams is to own a business. I plan to achieve this dream by working hard in high school and college. Another dream and goal is to attend a historically black college or university. These colleges are full of both history and culture that will encourage me to work harder in life. My next dream is to earn a master's degree in engineering. To do this, I must work hard and stay focused in college. Earning a master's degree will aid me in owning a business.

My dreams are very important. They not only are goals to achieve but I see them as a means to help better myself. My dreams are important to me. I must make sacrifices in my friendships and activities. I'm willing to give up some things so as to have time to study and gain knowledge.

My dreams are also important because of the hard work that must be put forth. I strive to be the best that I can be and to put forth countless hours to complete an assignment. My dreams are important to me. As a result I must stay focused. When others around me are acting a fool I have to keep taking care of business because I want to succeed. My goal is to choose to get things done and over with.

You can help me reach my dreams by helping me secure scholarships. I'm willing to admit that I may not be from the richest family in the world. However, with hard work, academic success and steady improvement in my musical skills, I can secure a scholarship. You can also help me reach my dreams by encouraging me. The more you encourage me, the harder I will

work and the more I will do. I want to impress you and make you proud of my life.

You can also help me reach my dreams by teaching me to do what is right academically and mentally. I say mentally because I may wander off the path God has set for me. When we get off God's path there is a chance of becoming caught up in sex, drugs or violence. With help from you and others, mentally I will be better able to avoid the wrong path. I know I can achieve because I can achieve all things through Christ which strengthens me.

The world has a lot of great people and great things. My contribution will help build my community. To better my community, I can and will help rebuild and offer my business services. I will also better the world by influencing those around me in a positive way. This will make me a better person and enable me to help children.

The world will be a better place as a result of my passing my knowledge on to those in need. I have something to offer orphans, misfits and regular children. I want to share with them the importance of education and the influence that their choices have on their lives.

**By Israel Williams**

**M**y dreams are to attend a well-known college, become a millionaire and get married. I want to have two children and to become a veterinarian. I'm most interested in attending Harvard University, Tuskegee University or Xavier University. These colleges are for individuals who are intelligent and dedicated to education. I hope to be one of these individuals by doing well in school and scoring well on the SAT.

Eventually I plan to earn a doctorate in animal science. To accomplish this and to become a veterinarian, I will need to study long and hard. The animal sciences are of interest to me. A career in the animal sciences can help me become wealthy and help people around the globe.

My dreams are important to me because I want to be successful in life. I want to have a nice house and to live in the suburbs. I want to help others and do well in life. I also want to help my family. This is important to me. I want happiness and a family that knows what true happiness is.

My dreams would help me save lives, save animals and encourage me. My dream is to accomplish new things such as a cure for the most difficult cancer and AIDS. You can help me reach my goals by being there for me in hard times. I want and need encouragement every step of the way. I need you to stay on me about doing well in life and in school. I need for you to tell me to work hard even if I am already doing my best. Please tell me to stay focused and to prepare for what lies ahead. I need you to encourage me to stand out from the crowd and share with me how to make my dreams come true. I need you to push me through various tasks. I need you to share with me how you reached your dreams and I need you to stay by my side.

When I reach my dreams, the world will be a better place. The world will be improved and people will be happier. I will have encouraged people to be sober and to work hard in life. The poor people in the world will have food and families as a result of my reaching my goals. As a result of my life,

animals will be safe and people will coexist in harmony. There would be less violence and each community would be better.

## **Chapter #2**

# **My Problems**

**By Lilly Stapleton**

**M**y problems include people who keep me from learning. Once I got into high school, I realized that some people don't care about their education. I have a difficult time dealing with people who don't plan on doing any work and who distract me from doing my work. When these individuals get their report cards, they wonder what happened.

For example, my sixth hour class is physical science. There are students in the class that don't plan to learn. They regularly distract me from my work when they talk to me. It distracts me when they encourage me to do things that I'm supposed to not do. I let this one person mess me up by not focusing on my work. I played around and cracked jokes on other students and talked about them the entire first semester.

I did not like it when I got an E on my report card. They did not care that I got an E, but I cared. I knew my mother would not be happy or accept my getting E's, D's and C's. I did not want to show her my report card, but I had to. She got on me about my grades. She always tells me to focus on my work and to not let anyone keep me from learning. I let her down by not doing what I knew I should do. When second semester came around, I knew what I had to do. I brought the grade up to a B. I was so proud of myself.

My inability to stay focused needs to be fixed. If I fail to focus, things might get out of hand. I may get led into something that I can't get out of. I have learned that sometimes you have to choose between friends and schoolwork. I choose schoolwork because it is something that I need now and will need later. It will help me get accepted into a good college and accomplish my goals. If I were to choose friends over learning, it would be a mistake because all they will do is lead me into something I'm not supposed to do.

You can help me solve my focus problem by telling me right from wrong. If I do what is right, I would not have to worry about other people and what they say. If I do what is right, I may get something positive in return. Some people don't believe they can do right because of the way they were raised. If you show people that you can do the right thing, they may change their thoughts about you. When wrong is done, there is a chance of ending up nowhere in life or in jail.

When my focus problem is fixed, the world will be a better place because I would have shown the world that right is better than wrong. I will show the world that something right in life is a beautiful thing to live. Starting now, we teenagers need to show the world that we are not all bad kids or gang-bangers. A lot of us are smart and good people.

Being smart is often met with being called names and being put down. It can hurt feelings and make you wonder why people say the things that they do especially since they don't know what you have been through.

## **By Aisha Richards**

**M**y problems include not understanding my Spanish class assignments. The class is difficult because after learning to speak English for 11 years, it is not easy for me to speak another language. The changing of grammar and vocabulary requires lots of studying and practice.

I also have a problem being too bossy. I feel that others can't do the job the way I can or they will not do it the right way. Sometimes I also feel that if I don't do all the work, it will not be done at all. Because of this, I tend to take over projects. When I work, I want it to be good. I don't want to deal with any attitudes that try to slow me down. For these reasons, I just tell others what to do and how to do it.

I also talk back to adults too much. When I can't have my way, I can move towards being disrespectful. I do this because I'm spoiled. My mom does not like it when I raise my voice to her or talk back to her. My doing this lowers our relationship and can cause problems in the house.

My problems need to be fixed for several personal reasons. Everyone has problems to work out. If I work out my problems I will be a better person. I desire to travel to places and cities where Spanish is the spoken language. I really don't want my relationship with my mom to break. That would cause too many problems and would change my attitude.

I don't want to be bossy because no one wants to hang out with bossy friends. I also want this problem fixed because I don't want other's gossiping about me.

You can help me solve my problems by assisting me in understanding my Spanish homework, helping me with my vocabulary words and making sure I study. You can also help by practicing Spanish with me.

You can help me stop talking back to others by sometimes listening to my side of the story. You can also help by telling me what I'm doing wrong without yelling. Why not try talking to me in a calm voice. You can help me with my being bossy by nicely saying, Aisha, okay you're being bossy right now. Can you please stop?"

You can also start helping more so that I will not think that it is my entire problem and that I must solve it alone. You can also stop doing things wrong when you know it is someone else who has to fix it for you. Remember if someone helps another with their problems, a lot of problems will no longer exist.

When I solve my problems, the world will be a better place because I made an effort to better myself and prepare myself for successful relationships.

**By Keilyn Broussard**

**M**y problem is that I don't like children who are five years old and younger. They can be annoying. They always ask me to play with them. They also ask a lot of questions that I can't answer. Questions like "How many rooms are in the school building?" These type of questions make me want to say, "Go and find out for yourself." I also don't like babies. They just stare at you. Creepy! Other people love babies. I'm different and would rather not be around them.

When I say no, my parents encourage me to play with the little ones. I sort of like children, but I don't always want to be their playmate. Instead of playing with them, I would like to go over and play with my real friends and talk to them. They are fun to talk to because they know everyone in my class. One of my friends can be mean to small children. She sometimes makes small children cry. When this happens, I blame her. I'm not kidding, she is mean. She is the type of person that would push a four year-old down. If she were to do this, I would run. I don't really like small children, but I don't push or hit them like she does.

My parents will ask again and again if I will play with the little ones. When I don't answer, they say, "You will play with them anyways." This is when I say "Okay, I will play with them when I come right back." I never come back to play with them. Never coming back usually does not solve anything. My parents don't forget. They will remind me that I should be playing with the little ones. I then have to think quickly and say something like, "I was in the bathroom and I really don't like children." This does not work because my parents then say, "Well, you are grounded."

There are probably two ways to fix this problem. I could be really bad and make the little children not want to be near me. I could also just read to them. Personally, I would rather not do either of the solutions because I would just be mad until bedtime.

**By Deonte' Williams**

**M**y problems are always the little things. Yet if they are not controlled, they can possibly show up at the wrong time. My problems can also cause me to have a rough path in life. One of my problems includes being disrespectful towards those who show me little respect. I have now realized that this can cause me to have hard times because life is full of disrespectful people. As a result, I have learned to avoid people like this and to manage my anger. I have also learned to deal with my frustrations and let go what others say.

When people like teachers, students or siblings come at me with the slightest disrespect, I have a need to respond in a similar manner. What I must do is look at myself and see what is causing my anger. I then have to assess the situation and let it go. I have to let it go because what ever the issue is, it's not worth hindering my future.

Another problem that I have is not being willing to listen to other people. I sometimes lose interest in what they are saying or get frustrated with their thoughts. Now I'm realizing that I need to improve my listening skills.

My last problem is my anger. Sometimes I'm not sure why I get angry. I have noticed that most of the time I have no real reason to be mad. This is scary in that anger is a lot stronger than what most people think. I'm usually mad about nothing. To improve my anger, I must learn to be respectful at all times or to simply walk away from situations. I would rather do that than let my anger lead to violence or harm my future.

My problems need to be fixed because they can hold me back from things in life such as college and employment. My problems could get me killed, in trouble, or put in jail. By controlling my anger, I would be much stronger and more likely to succeed in life.

There are ways that other people can help me solve my problems. It would help me if I were able to talk things over with other people. This would help me understand what is going on in my life. I really believe that in these days, older people have no idea what is going on in young people's

minds. They don't understand the mindset of teenagers, thus they can take what we say the wrong way.

You can also help me by being long-suffering. What I mean by this is stick with me and other teens through our good and bad. With care and hard work, help us through life. You can also help by leading by example. My friends and I learn best through the example that you show us and by your being a role model.

When my problems are solved, the world will be a better place because I will be a better person. I will have accomplished my goals and reached my potential. There would be less stress and more joy. My influence on others would be obvious and criticism from others would not seem to be so hard to take.

**By David Johnson**

**M**y problem is people. I don't really like talking to people and I don't get along with them. The reason why I'm concerned about these problems is because I think it will make me less successful in life. In life, you have to be able to get along with other people. There is a need for others to like you and to believe in you.

My getting out more and avoiding being by myself can fix my problems. This is important to me. If I were to start talking more, I would gain more confidence in myself and I would not be afraid to speak in public. When I'm older, I want to be able to remember and look back on the things that I enjoyed with other people.

I also have a problem deciding all that I want to be when I get older. I keep changing my mind. I'm finding that it is important to stick with goals and to avoid reaching the point of it being too late. To stick with my goals and dreams, I must stop changing my mind so much. I want to have success and fun in life. To do this, I must train myself to complete things from start to finish.

I can solve my problems with the help of others. I need for others to keep talking to me, even if I appear to not want to be bothered. The more people talk to me, the more talkative I will become. It would help me if others continue to encourage me to complete my goals. This is important because if I don't reach my goals I may not secure the best employment for me.

The world will become a better place when my problems are solved because there would be another person who cares and who is friendly. The world would be a better place because one more person gained a college education and is doing well.

**By Imani Taylor**

**T**o be honest, I have several problems. I disobey my parents on purpose. I also don't get along with some of my family members and I can be lazy. Also, I talk about people too much. These bad habits are a problem and I want to get rid of them.

My problems need to be fixed because I want to have a long and good life. God said that if you don't obey your parents, your life would be shortened. I also want to fix my problems so that I can be a role model for other youth. When I was little, I wanted someone to look up to.

I want to fix my problems because my goal is to be somebody now, not just when I grow up. Later in life, I really don't want to be sitting on the couch and asking my mom for money. I want to be as independent as I possibly can be. My problems need to be fixed because I don't want to be in trouble all the time. I want to be able to do things and to have free time. Being grounded and on punishment is not fun.

You can help me solve my problems by listening to me. I need you to hear what I have to say. I have positives and negatives working in my life. Help me deal with my negatives and teach me the right thing to do and to say. This would help me avoid getting into trouble. Sometimes people expect me to know things that I have yet to be taught. You can help me by praying for me. I know that God can help me get through anything. You can also help by motivating me to do more, think bigger and help others.

Listen to me, when my problems are solved, the world will be a better place because people will be more comfortable and upfront with me. They will be more willing to share and talk with me. I will be an outstanding leader who makes a difference. Being a follower is not my goal. I will lead others towards what is right and show them steps for becoming better. I will inspire other children.

**By Rani Richardson**

**M**ost of my problems are school related. Sometimes my teachers get on my nerves. When they do this, I have a smart mouth and talk back. It really bothers me when the teacher calls on me for an answer and I don't have my hand raised.

I don't have it raised for a reason, which is usually because I don't know the answer. They call on me anyway. This I don't really care for. What really sets me off is when they scold me for not knowing the answer. I think as long as I'm getting A's in their class, they should just let me be.

My problem needs to be fixed because it is not good to disrespect adults. You never know who you are talking to and you might need them one day in the future. You might not need their help now, but perhaps in the future. My teachers can help me solve my problem by leaving me alone in class. I don't mess with anyone and I don't want anyone messing with me. If they don't pick on me, I will not talk back.

When this problem is solved the world will be a better place. Teachers will be nicer, I will be nicer to my teachers and I will not have to apologize for my actions. I dislike having to apologize because it does not seem to help anything.

Another problem I have is keeping friends. Friendships are important to children. Every time I get a good group of friends, they move away. I guess that is not really their fault. Why is it that people seem to be unable to stay in one place and live? When my friends move and leave me, I feel like it is my fault. I don't like making new friends because they will probably move once we get to know each other. I think there should be a law regarding how many times people can move during their lifetime.

This problem needs to be fixed because I'm losing friends rapidly. A lot of them are moving to different cities and out of state. We can fix this problem by issuing a petition that encourages new laws to discourage people over the age of 21 from moving. When this problem is fixed everyone will have more friends and feel at peace.

**By Israel Williams**

**M**y problems are that I have low self-confidence and I don't speak up for myself. I also have a problem getting along with my mother and I don't care for my dad. In addition, I don't like talking to people about what is bothering me.

The stated problems or roadblocks prevent me from being successful. They bother me on a daily basis, cause difficulties at home and affect my schoolwork. If I'm to accomplish anything in life, these problems must be solved.

I love my parents, thus my feelings towards them must change. I want to have a good relationship with them. I want to grow as a person and to be good-hearted. I want my problems to be fixed so that I can have a family and a successful marriage.

I want to be confident and take pride in the things that I do in life. I desire to be able to speak to people with confidence and authority. I also want to be able to stand up for myself and watch my dreams come true. I desire for my problems to be fixed so that I can develop appropriate skills and relationships. I want God to grant me bountiful blessings and peace of mind.

You can help me solve my problems by praying for me, telling me that God is always looking out for me, etc. To solve my problems, I need to hold my head up and walk with confidence and determination. When I think I'm at the end of my rope, I need to talk to someone - especially when I'm having a bad day. I also need to speak out in public settings and in front of groups of people.

I desire for my problems to be solved so that I can help others and provide answers. It is up to me to avoid anger, frustration and negatives. I need you to help me avoid creating new problems. When my problems are solved the world will be a better place because I will motivate others to solve their problems. Once my problems are solved, there will be fewer problems in the world.

**By Randi Richardson**

**M**y problems are hatred, jealousy and fake friends. To prevent hatred I need to stop acting like I don't have nice things when in all actuality I do. What good does it do to say, "Why would she wear that" when I know I'm not the only person who has nice things?

To prevent jealousy, I can just ask others, "Where did you get that " or give them lots of compliments. We can't keep people from looking nice, so we might as well enjoy what they have along with them. Sometimes as children, we need to just get over what other people may or may not be wearing. We should focus on strutting what we have.

To stop fake friends or to prevent them, I could find good students who always seem nice. These people make good friends. I have learned that in order to do this, I can't be shy. To end fake friends I can't be scared to tell them "I don't want to be your friend anymore." When I do this, they may get mad and start rumors but I can't get mad. I just need to know within myself that what they say is not true.

My problems need to be fixed because fake friends can block me in life. They really are not that important. I can make it without them. To stop them from getting in my way, I can talk to them about how I feel and what I desire.

To help me solve my problems, you can understand my pain and not overreact. Understanding my pain means to not yell at me or ground me for something that I'm not able to control. To not overreact means to be willing to listen and not yell. It is not good to pressure children to tell things. When we are ready, we will tell what is bothering us.

When my problems are solved, the world will be a better place because I will inspire others. I will provide an example for them to follow.

**By Asia Johnson**

Everyone has problems. No matter what you are going through, remember that you are not the only one. As an honor student, I have problems. One of my problems is that sometimes I'm not considerate of other people's feelings and opinions. I can get aggravated with people and tune them out. This problem of mine may not be that important to you. It is important to me.

Some people believe that they don't need to fix their problems. I know I need to fix my problems because what other people say about me is important. I want to be a good person, thus I need to fix my problems. I can fix this problem by listening to others and being respectful to others. I know I have to control my anger and know where to keep it. I have learned that it is not good to just go around getting upset over little things. I have to be aware of my anger and the tone of my voice.

Everyone needs someone to help them solve problems. You can help me by talking to me. Just by talking to me can help open my eyes. When encouraged to do better, my problems seem smaller. I believe that by admitting that there is a problem, the road to becoming a better person becomes real.

If every person in the world solved their problems, there would be less violence. The world would be a better place. By helping others reveal and solve their problems, there is a chance that the helper will figure out their problems and change their ways.

**By Tarrence Matthews**

**I** have a problem with being too hyperactive. I was diagnosed with ADHD. This means that it is harder than usual for me to stay focused on a subject and that I can easily be distracted. It also means that I have to give a little extra effort when attempting to stay on task. It also means that I have to work hard to not forget things. For example when someone in my class is acting silly and disrupting the class, I have a hard time blocking them out and continuing to do my work. If I don't block them out, I will forget to finish my assignment or I will start daydreaming.

Another one of my problems is anger. I am not angered easily. However, when I get angry it is difficult for me to calm down. I can stay mad about something for a very long time. Anger is something I hate because I want to be happy.

My problems need to be fixed because I don't want interference in my life. I have dreams that I must achieve. I used to think I was the only one who had problems. It is not good to think that you are the only one, because you are not. Problems can be fixed. Some problems can affect our heads and make us feel like we are crazy. We are not crazy. We are smart enough to overcome every obstacle.

Some people think they don't have any problems. When it comes down to it, everyone has problems. We should make every effort to fix our problems. If there are serious problems involved, perhaps an appointment with a psychiatrist or therapist should take place.

You can help me solve my problems by not judging me. Just because I'm different does not mean I should be judged. Judge me by the content of my character. My being different is a quality that I possess. When my problems are solved, the world will be a better place because I will help others.

# **Chapter #3**

## **My Parents**

**By Rani Richardson**

**M**y relationship with my father is very good. He is very easy to talk to. My father is a pretty easygoing guy. Most people cut me off when I'm talking, but he does not do this to me. He is very helpful and generous.

Almost everything I ask for, I get it one way or another. That is unless my mother says no. His answer to everything is "Go ask your mother." This makes me want to say, "Do you ever make decisions by yourself?"

My relationship with him is important to me because I learn a lot from him. He teaches me about stuff that I don't learn in school. He does not teach me about math, science or social studies. He talks to me and teaches me about the world. He makes sure I know what is going on in the world around me. I mean, don't get me wrong, I like algebra, formulas and all the information that I learn about Africa. It is just that the things he teaches and talks to me about help shape my future more.

He can help improve our relationship by treating me according to my age. What I mean is that my father and other adults always say, "You have to act your age to get treated your age." I do this, but still get treated like I'm a kid. I get all A's on my report card and have good behaviors at school. How else do I have to act? How old does he want me to act? I think what he has to realize is that I'm not his little girl anymore. I'm almost a teenager. He has to start treating me like a teenager. Please! I really don't like being the only person at my school that does not have a cell phone. For some odd reason, my father (and mother) thinks that if I get a cell phone, my grades are going to hit the dirt. This is another one of their darned stereotypes. Man, I really hate those things.

My relationship with my mother is interesting. We get along as long as I don't talk. She is not as easy to talk to as my father is. I think the problem is that we are both very smart and bright. We are too much alike and we both think we are always right. When I say something that she thinks

is wrong, she jumps on me. Most of the time (like 99 percent of the time) she is right. However, that other 1 percent of the time, I'm right.

Sometimes, my mother falsely accuses me. When she finds out that I'm innocent, she tries to make it up to me. I'm just sick of it. My relationship with her is important to me because I'm going to need someone to lean on later in life. College is tough and I probably will need someone I can really trust. Who would be better to trust than the person that changed my diapers? You know, my relationship with my mother is also important because she is not going to live forever.

Every time we watch a movie, go to the mall or listen to my kind of music, I end up getting some type of lecture or speech out of it. My mom says it is for my own good. I say that all it is doing is getting on my nerves or putting me to sleep. Sometimes I feel like she is just wasting her breath because I'm a very good "false" listener. This is really a good skill to have. I have learned to sit and gaze into her eyes, tuning her out all the time. During one of her lectures what I will do is think about school or politics. It works like a charm.

My mother can help improve our relationship by quitting jumping to conclusions. For example, if she sees me cleaning my room she automatically thinks I'm doing it for some sort of reward. More stereotypes, is all it is. Sometimes I clean my room because I want to and out of the goodness of my heart.

Both of my parents think that just because I'm the oldest child, I'm the worst behaved. I call this stereotyping and totally unfair. I guess this is okay. They both are getting older and I believe in respecting the elderly.

**By Israel Williams**

**M**y relationship with my father can be disturbing and abusive with a lot of arguing. I struggle with trusting him. The reason why I say that is because of the level of abuse me and my siblings have experienced in the past. I find myself needing to forgive because I don't want to be the victim anymore. My relationship with my father is wasting away. This is because I'm in foster care. My relationship with him has become filled with anger, distrust and disgust.

Due to his level of denial, I have a hard time liking him. When he does admit to various things, the next day he turns around and denies everything. This is difficult for me to deal with. I'm not sure if I can live with him again. His mental issues and problems leave us with unresolved issues that he refuses to discuss. He refers to our concerns as a fantasy because in his world most of our concerns never happened.

My relationship with him is important because I need him to teach me how to be a man. I need to learn from him how to respect adults and how to treat women. Maybe he does not have these characteristics himself, thus he can't teach or help me. I don't think he realizes how much I need and rely on him to teach me things. As a result I have been teaching myself things that he should teach me.

Regardless, I still need his help. I need to have a relationship with him. This would help me become a respectful and independent adult. I want to have a good relationship with my father so that I can relate to other males that I meet. I can improve my relationship with him by talking about things with him. We can discuss his childhood, forgive each other and move on. He made his mistakes. I think I'm over everything. We both can learn from everything that has happened. We can learn to agree to disagree. I respect him but I don't necessarily trust him. I'm not sure what he is capable of doing to me next time. I hope that everything will be resolved one day, even if he never admits some things.

My relationship with my mother is horrible, frustrating, negative and filled with fussing at each other. We disagree all the time. She blows up and gets angry easily. Her recklessness and ruthless behaviors got her banned from my former elementary school. She has cursed out the neighbors.

My mother and I love each other. However, we have learned to just not speak it. I'm having more and more trouble dealing with her anger. In addition, she seems to be pushing me away. When we do talk, it is about everyday things, how she feels, my progress in school, my friendships and other family members. Since I entered foster care, our relationship has improved. I have learned to respect her more.

It is important that I have a good relationship with my mother. Through her, I can learn how to treat and love women. I know she may not be the best person in the world; however, I still need her and desire that she be a part of my life. She is smart and made sure that I made it to school on time. She is the only mother that I have. We can improve our relationship by talking and interacting more. We should enjoy each other and laugh together. She can be a very understanding person and is trusting.

**By Jordan Johnson**

**M**y relationship with my father is wonderful. We get along very well. I'm grateful to have him. Most youth don't have a father in the home. My father might get on my nerves, yet our relationship is still great. Actually our relationship is healthy.

Because he spoils me most of the time, I feel like I use him to get what I want. I think it is this way because he is not home a lot. We don't get many chances to argue. I trust him a lot. When I get into trouble with my mother, he knows how to calm her down and get me out of trouble. Like I said, I'm very grateful to have a father like him.

My relationship with my father is important to me because it is good for me. He is special to me and I'm special to him. He works a job that he hates and works long hours just to bring home a paycheck, to buy food, to put a roof over my head and designer clothes on my back. I owe him.

He is important to me. He would take a gun-shot for me. He is strong for me when I can't be strong for myself. I don't want to hurt him. When I observe other girls, their fathers don't seem comfortable around them or their friends. The girls look like they are ruling over their fathers. I don't want my father to experience this.

My father and I can improve our relationship if he were to stop babying me. We need to move towards a more mature relationship. We also could improve our relationship by finding time to be with each other and the family. He is always at work and I don't always see him. When he does come home, he usually goes to sleep. I know he is tired from working a 15-hour day.

Sometimes I feel like he should just quit and find another job. They probably will lay him off in August or make him work some hours for no pay. What is the use of going to work and not getting paid for all of your time? If I were in his situation, I would quit and find a good-paying job with

reasonable work hours so as to have time with my family. I know that it is not that easy for my father to just drop his job. I hope it all works out.

My relationship with my mother is challenging. I feel like it is getting harder and harder to impress her or to make her happy. Her rules are stricter than my father's rules, thus I have to behave a certain way around my mother and then a different way in front of my father. Sometimes my mother and I have our moments when we argue. I get angry when we argue because I can't say what I really want to. All of the unspeakable words get held up inside and the situation gets worse. I feel like my relationship with my mother often features arguing. The relationship is successful most of the time. We laugh and joke around with each other. I sometimes wonder when we are laughing, if we are going to end up arguing in the next few minutes. After sharing a laugh sometimes we end up arguing and sometimes we don't.

My relationship with my mother is important because I will need her throughout my life. I look at the relationship that my mother has with her mother. I don't think they have a good relationship. Over time, they are getting along better. My mother really does not talk to my grandmother. When she needs to talk to someone, she will call her sister or her best friend. The only time she talks to my grandmother is when she needs her to watch me and my brother. I honestly don't want that type of relationship with my mother. I want to be able to call or visit her when I need some "woman to woman" advice. We might have our ups and downs, just as long as we still love each other.

My mother could improve our relationship by trusting me. She could also listen more and make an effort to understand what I'm trying to say. Like when I try to tell her something from my heart. She always has a comment to say about it. I take her comment as being critical of me. I really desire for her to be more of a friend when I need her to be. This request might sound complicated but it is really not that hard to do. Right now I feel like I can't go to her and tell her everything. I really want to learn how to

trust her and how to keep her from getting mad at me. It seems like getting angry is mother's nature. I guess I will just have to get used to it.

**By Randi Richardson**

**M**y relationship with my father features him yelling too much. He also works too much. My relationship with him is important because I need a dad around and I need someone to care for me.

We can improve our relationship by him laying off how much he yells. I mean, if he would ask me nicely the first time instead of yelling maybe I would feel more open to do what he is asking of me. I think if he spent at least two nights a week with the family, things would improve between us.

My mother works too much also. In addition, she seems to be addicted to the computer. Our relationship is important to me because I need her. When I need someone to talk to, it can't be just anybody. Our relationship could improve if she did not spend so much time on the computer. And just like my dad, if she were to spend more time with the family I would be happier and we would be one small happy family.

**By Aisha Richards**

**M**y relationship with my father is good. We love each other and show it by not arguing. Actually we barely ever argue. We think about each other. For example if we were at the store with out each other and saw an item of interest, we would get it for each other. I show him that I love him by folding his laundry. He shows his love by buying me things and cooking me breakfast.

We have trust in each other. If I were to tell him something, I can trust that he would not tell other people or sabotage my life. He does not make a big deal out of things nor does he create problems. We play with each other and always hug. This happens while we are out to dinner or when we see each other in the house.

My relationship with my father is important to me because I want to be able to talk with him about my problems. He actually listens and depending on the topic gives some good ideas. I want to be comfortable when I'm around him so that it does not feel weird. My father can improve our relationship by spending more time with me. I would like for him to play video games with me and take me places.

My relationship with my mother is loving. We give each other hugs and kisses before we go to bed. We laugh and play together. We go places to talk and just the two of us hang out. My relationship with my mother is important because I want to share things with her. Since she is a female and has completed school, there are lots of good ideas and information she can give me. When she helps me, I don't have to worry as much. I really can't think of ways that my mother can improve our relationship. We are very close. If anything, I'm the one that can do various things to improve our relationship.

By the way, I thank God that I have both of my biological parents, that they are not divorced and that we all still live together.

**By Keilyn Broussard**

**M**y relationship with my dad is okay. He is 40 years old but he looks like he is 20 years old. He is only home on the weekends because his job is in Ohio. Our relationship is close because when I ask for something, he gets it for me. Sometimes I pay for the things that I want. We both enjoy the same type of music and movies.

He can improve our relationship by giving me more money and by not yelling when I spill the dishwater. He could also stop asking me to do more work. Work that I don't wish to do.

My relationship with my mom is okay. Sometimes she helps me with my hard homework. She buys me stuff that I don't even ask for. She also yells a lot. When she gets mad she really gets mad and when she is happy she really gets happy.

My mom and I are different. We even like different breeds of dogs. She does not like dogs with long fur or that are fluffy. She really does not like collies, poodles or greyhounds. However, I like those dogs. We both agree that Chihuahuas are not very cute dogs.

Our relationship can improve by her not yelling so much. She does not ask too much of me, just as long as I keep my room clean.

**By Meosha Johnson**

Young people, if you know your father, appreciate it. There are many people who don't know their father and wish that they did. I'm one of those people who don't know their father. I have never met him. I believe that not knowing my father does not affect me at this point in my life. Maybe in the future it will. If I ever get a chance to meet him, I would take it. I say this because there are a lot of things that a father can teach. He can teach me things that my mother can't.

My relationship with my mother is a whole different situation. She is very loving, strong and understanding. Our relationship is important to me because I would be nowhere in life without her. I can't see myself being raised by another woman. I say this because if Denise Johnson would not have taken me into her life and adopted me, I could still be in foster care going from home to home. She is the only mother that I know. I would not have it any other way.

I believe my mother could improve our relationship by listening to me, being even more understanding and trusting me. I believe that our relationship is good. It could be better if these three areas improved. I really believe that if she trusted me more, our relationship would flourish. The problems that I have caused in our relationship have broken her trust. I have stolen from her. I have lied to her. I know it may take some time to restore her trust. Hopefully in the future she will trust me again.

**By Lilly Stapleton**

**M**y relationship with my father is somewhat close. See, my father and I don't get along sometimes. We can get into arguments with each other that can last 10 minutes. During our arguments, I try to ignore what he says but I can't. When he tries to not argue with me, my anger rises because I want to be right and to have my way. His relationship with me is important because I might need him when I get older.

My relationship with my mother is strong. We get along very well. We shop, go to the movies and have fun together. She is like the mother I always wanted. She is a mother that loves me and treats me like a spoiled brat.

My relationship with her is important to me because she takes good care of me. We take care of each other even during hard times or in sickness. When she has something on her mind that needs to be said, we go for a ride or go see a movie. This helps take the pain away. If I have a problem with someone, I go to my mother about it. She is there for me.

She can help improve our relationship by trusting me more. I know in a mother's blood they feel that if they trust too much, their daughter will get pregnant or hurt. I try to watch the people I hang around with so that this does not happen to me. The last thing I want is for a friend to tell me that "I got your back" and then a week later I feel a sharp "backstabbing" pain in my back.

I have learned that sometimes if you don't do what your friends want you to do, they will turn on you. For those reasons, I always introduce my friends to my mother. My mother knows and can tell which type of friends are best for me. She looks out for me and that is why I love her so much.

**By Tarrence Matthews**

**M**y relationship with my father is okay. Sometimes it is not the best, especially when we argue about stuff. I'm adopted and entered his life at 18 months of age. From this time until age 13, he was comfortable letting my adoptive mother play both parental roles. She usually taught me right from wrong and she gave out the punishments when I did something wrong. I can only think of one time that he speaks of punishing me when I did something wrong as a little child. Now that I'm 15 years old, he is getting more involved in my life and household affairs. He talks to me more and offers his advice. I respect him for this because he is the only father that I have. For most of my life, my biological father has been incarcerated.

My father and I have a lot of things in common. We both like basketball, football and other sports. We can talk about sports for hours. He used to take me to sporting events, pick me up from practice and take me over to his friend's home. He transported us everywhere so that my mother did not have to. I think he was her spy and reported to her our behaviors out in public. In his wisdom, he allowed my mother to handle our poor behaviors. For years, his favorite place was our garage. He loves going out there to relax.

He can improve our relationship by helping me even more with my schoolwork. I also need more of his help at home. It would help me if he paid more attention to the family.

I have a close relationship with my mother. To me, for years she was the head of the household. Once my dad retired, she continued to work. Now, she is still active in the home and in my life. She helps me with my homework, gives me an allowance and distributes most of the discipline that I need. We talk about everything, laugh together and play with each other. Her advice is pretty good and she protects me.

My relationship with my adoptive mother is important to me. She is special to me. She takes good care of me even though she is not my biological mother. I love her for this.

**By Imani Taylor**

**M**y relationship with my dad is okay most of the time. It could be much better if he did not work so much and spend so much time with his girlfriend. His girlfriend is not mean and she makes some good lemonade. It is just that they spend too much time together. I'm starting to get jealous.

Sometimes when we go to his house, we just watch television or he goes to his bedroom. We could be watching television at home. Anyway, I'm sort of happy because we are supposed to go bowling with him this week. If we go, I will not invite any of my friends to go. When my friends go with us, he always starts talking to them, especially my friends that are boys.

My relationship with my father is important to me. I need a man in my life so that I don't end up depending on other boys to take the place of my father. I also need him in my life because I need as many people as possible supporting me. It is important that he supports our family as much as he can. It's not enough to just pay child support payment.

He can improve our relationship by spending more time with me and hanging out with me. Right now my friends are closer to me than he is. They probably know more about me than he does. He could improve our relationship by calling me more. I need more than a once a week, brief call from him.

I think he could help my mother out a little bit more than he does. For example he could transport us to different places so that my mom can save her gas. He could start thinking about us more and not about himself all the time.

My mother and I have an okay relationship. It could be better. When I'm at home, we always argue. It is kind of surprising as to what we will argue about each day. When I get tired of hearing her argue, I just say, "Okay mom" so that she will stop talking and think that she is right.

Our relationship is important to me because I want more privileges. I want to be able to do things with my friends. Most importantly, I don't want to be in trouble all the time. It is important that we get along because I have to live with her until I move out. I have decided to make the best of living with my mother.

This can be difficult to do because sometimes she acts so difficult to get along with. She can improve our relationship by listening to me more, trusting me and not caring about stuff that is not necessary.

## **By Deonte' Williams**

**M**ost people these days don't have two parents that really care for them. I do and I really appreciate it. My appreciation is not because they provide for me and buy things for me. I value them for their teachings and the education in life that they give me. When it comes down to life, they want their offspring (me) to prosper. For this, I'm very thankful. They have raised me to succeed in life.

My father and I have been through a lot of things together in our lives. I remember the first divorce and recently when he took me in when I had nowhere else to go. By him being there for me, I have developed into manhood. Our relationship can sometimes be seen as a respectful best friendship. We really get along. We both know when to draw the line and get down to business. Overall, my father (Otis Monroe Williams) and I have the strongest relationship that I have with anyone.

Like any close relationship, we butt heads and have disagreements. We always have been able to work out our differences, which strengthens the relationship between the two of us.

Our relationship is important to me because he really understands me and how I feel. He knows when to be real with me and when to make me feel good. He is important to me because sometimes he may be all I have. When I have problems and those around me turn their backs on me, my father is still there in every situation.

In real relationships, there are always areas of improvement. I need for my father to listen to me more, hear what I have to say and understand how I feel about things. I also need him to agree with me more when certain things happen (i.e. my getting in trouble).

My mother and I have a great relationship. She is a nice person who understands. Even though it seems like we don't see each other that often, we have maintained a good relationship. We both love each other

unconditionally. My relationship with her is important to me because she created me into what I am today. She raised me up until I was 13 years old.

Our relationship would improve if she were to spend more time with me and be there for me. I don't want to ask to do these things, I want her to do it on her own will. Our relationship would improve if she were to ask me more questions about who I am and if she made more effort to get to know me.

I see Monique Elbert-Williams as my second mom. She and I can really have fun together. We also learn a lot about each other and from each other. She teaches me about life. Our relationship has ups and downs. We have our share of little conflicts and we get angry with each other. We have learned to work things out in a positive manner.

My relationship with her is important to me because she really cares and means what she says. She is a very comfortable person to be around and she is a great listener. She could improve our relationship by being more understanding, living more off facts than opinions and allowing me to express my feelings.

**By Asia Johnson**

**M**ost people's relationship with their father is loving, caring and wonderful. But not me! My dad chose to not be in my life. When I was born, my mother divorced him because he did not want me. If you ask me how my relationship with my father is, my answer would be "horrible." To me, my father is long gone. What I don't understand is why he felt he had to leave me. Now, all I have is a story to tell.

When I look and see everyone else with their dad, it can leave an empty hole in my heart. Then my hole left by him needs to be filled. Sometimes I wish he would at least visit me so that my relationship with him is not empty. I bet if he were to visit me, it would be wonderful. It would be like other people's relationships with their fathers.

A relationship with my father is important to me because I still love him even though he is not here for me. He can help improve our relationship by coming into my life. He could visit me on the weekends.

My birth mother lost her parental rights. After living with her for years, my foster mother eventually adopted me. Ever since her decision, we have had a close relationship. She is a loving person and protects me from all harm. Today our relationship features us caring for each other. She cares for me and she would risk her life for me. I now realize how much she does for me. For example, when she goes to the grocery store she buys chips, brownies, cupcakes and other sweets even though she does not eat junk food. She also spends a lot of her money on my shoes and clothes.

The relationship with my adoptive mother is important to me because she means so much to me. When I'm sad, she shows how much she loves me. When I need her support the most, she provides it. We will always be together. She can improve our relationship by giving me more freedom and not treating me like a baby. She could also stop yelling and calm down some.



# **Chapter #4**

## **Insight Into Anger**

**By Recco Santee Richardson**

*Note: This writing features adapted text taken from the “Unraveling The Defiant Child” training researched and facilitated by Recco Santee Richardson, Ph.D.*

**L**isten to me. The past 20 years of providing counseling and community services to children, adolescents and adults have shown me one clear thing. Children and adults need to learn how to manage their anger. Having anger, yelling, rolling the eyes and having meltdowns is a problem especially since some of us were born with a difficult temperament or some type of biological predisposition.

Like we were during our childhood, some of our children appear to have an increased risk for anger, defiance and oppositional behavior toward parents (Frick & Morris, 2004). Children who at an early age display on-going anger, stubbornness, agitation, poor behaviors and difficulties are at a higher risk of future psychiatric diagnoses and becoming offending adults (Hawkins et al. 2000).

What I’m finding is that when school-age children regularly display counter-productive behaviors, the entire family and school setting can be disrupted. At the core of most disruptive behaviors displayed by children are anger, an unhealthy need for control, and a general disregard for others.

In the counseling field, the recurrent pattern of anger, negativity, denial, and placing blame is referred to as oppositional defiant disorder. This disorder also features a child’s decision to test limits, violate social/family norms, invade the personal space/basic rights of others, defy rules, argue, annoy and resort to hostility and manipulation as a means of functioning. By far, the angry and defiant child is one of the most difficult children to parent.

As parents and youth, we can solve the problem referred to as anger. To avoid undue levels of frustration and anguish, it behooves parents and youth to understand that anger and defiance is a choice. The pressure to perform or fix the problems presented due to an outburst of anger is addressed by first realizing that in a “perfect world or when given everything they desire,” the anger and defiance is a choice. The goal is not to give in or to become enraged more; rather the goal is to address anger, rage, indignation and wrath.

Listen to me. There are several consistent steps that parents and youth can take to address the presence of anger and defiance. The first step for parents and children to take is to realize that they are not alone. In my years of private practice counseling, I have found that when parents and children truly realize that they are not alone, their level of anger and frustration decreases even before improvement is witnessed.

The second step is to expose the root cause of a child's (and adult's) behaviors. No one likes to be exposed. It is a very uncomfortable feeling. A good solid heart-to-heart talk regarding the cause and root of anger and defiance sets the tone for improved outcomes. The act of exposing lets everyone know that there are "issues" that have been identified and a plan of action is being developed. The act of exposing also implies the expectation is for better outcomes.

The third step is providing assistance in replacing anger, rage and displeasure with forgiveness and peace. This is a critical step that can take a while to establish because anger (and defiance) almost acts and functions as if there is an insatiable need to meltdown. I have found that such functioning requires intentional and on-going discussions regarding moving on emotionally, not holding grudges, accepting others and their faults, etc.

The fourth step is imposing and abiding by consequences. When implemented consistently, consequences have the ability to help children (and adults) improve their behaviors. The most effective consequences for angry children are not being grounded, removal of privileges or public embarrassment. Rather, I have found that consequences that stretch the child (and adult) past their comfort zone are effective. Also, I have found that consequences that produce the "feeling" of disappointing others, remorse, and apathy/empathy are effective.

The fifth step for parents and youth to take is to secure more training. I have found that parent/youth training and securing new information accounts for more than 30 percent of the solution to anger issues. For example, according to Kazdin and Whitley (2006) and Hughes and Obeldobel (2007), an effective parent training class features instruction. It also features activities on problem solving, parental adjustment and marital/single hood satisfaction.

The enrollment in parenting/youth training opportunities is a difficult step to take. Some describe such an act as humiliating, unnecessary, beneath them and filled with empty promises. I have found that this may or may not be true. However, it only stands to reason that if driver's education classes, ministerial training and life-guard classes are a necessary "evil" and help to provide competence, then surely a parenting/youth class here and there would be beneficial. For critical cases, I have found myself providing parents with one-on-one classes. The focus of these intense and very effective sessions tends to be the parent's own level of depression, childhood trauma, stressors, communication style, etc.

The sixth step for parents and youth to take is probably the most difficult. To effectively parent and resolve a child's anger, parents must address defiance and oppositional, socioeconomic barriers such as poverty and poor housing. The angry and defiant child has a need to see their parents making concerted efforts to break the grip and sting of insufficient income, unstable housing, frequent moving, unstable parental relationships, violence and crime.

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## **Autobiographies**

### ***Keilyn Broussard***

A shy person by nature, Keilyn was born in Kansas City, KS. Her family now resides in Holly, MI. She has a 3.0 grade point average at her charter school, which is located in Grand Blanc, MI. She enjoys swimming, running track and drawing. Keilyn is appreciative of her middle name, her dogs and her education.

She plans to study chemistry at either the University of Michigan or Purdue University. It is her hope that this book encourages parents to listen to their children and understand youth related problems. “From there to here, from here to there, funny things are everywhere” is her favorite statement.

### ***Asia Johnson***

Hailing from the Motor City (Detroit, MI), Asia attends Catholic school in the greater Flint area. As an 8<sup>th</sup> grader, she currently has a 3.8 grade point average. She enjoys playing softball, participating in the school band, reading and hanging out with her friends. She is most thankful for her life, family, good health, friendships, money and Jesus Christ.

After graduating from high school, she would like to attend Harvard or Princeton universities with the goal of studying law. It is Asia’s desire that her writings and this book encourages youth to work hard and to put their best foot forward. Her favorite inspirational saying is, “Don’t give up, keep your hopes up.”

### ***David Johnson***

Given to being observant, David was born in Flint, MI. He currently is an 8<sup>th</sup> grader at a Catholic school. His current grade point average is 3.0. He enjoys drawing and spending time with his family. He is most thankful for his life and church home. His future plans are to attend a major university, majoring in architecture. He hopes that this book will help youth understand life and the importance of working hard. His life motto is, “Make it count, when it counts the most.”

### ***Jordan Johnson***

A delightful individual, Jordan was born in Flint, MI. She and her family live in Flint Township. She is a 7<sup>th</sup> grader and has a 3.8 grade point average. Jordan enjoys swimming, learning new things and traveling. She is most thankful for having loving parents, being intelligent and having a supportive family. Her future plans are to attend Rice University, Harvard University or Yale University. She is interested in studying psychology. Jordan would like for this book to encourage parents and youth to look at things from a different perspective and to begin talking to each other more. As a result of reading this book, she hopes that parents begin making a special effort to understand where their children are coming from. Her life phrase is, “If you believe you can do it, it is possible.”

### ***Meosha Johnson***

Meosha has nearly completed a life turnaround. She was born in Jackson, MI and now is a resident of Flint, MI. She is a 10<sup>th</sup> grader and has a 3.1 grade point average. Her favorite hobbies are braiding hair, playing softball and reading. She is quick to tell everyone that she is thankful for her mother, family and having a roof over her head. In the future, she plans to enroll in psychology studies at Michigan State University, Ferris State University or Central Michigan University. She holds dear the phrase, “Never give up in life no matter what.”

***Tarrence Matthews***

An up and coming leader, Tarrence was born in Flint, MI. He and his family continue to live in Flint. As a 9<sup>th</sup> grader, he has a 3.0 grade point average. In his spare time, he enjoys playing video games, sports and being outdoors. He is grateful for his family, friends and life. After high school, he plans to enroll either in Duke University, University of North Carolina or Ohio State University. He hopes that his readers realize that they are not in it alone. His favorite inspirational thought is, “Just do it.”

***Aisha Richards***

Viewed as poetry in motion, Aisha is a native of Las Vegas, NV. She is an 8<sup>th</sup> grader and maintains a 3.4 grade point average. She and her family live in Grand Blanc, MI. She enjoys softball, playing computer games and shopping. When she counts her blessings, she is sure to include her parents, family, friends, her home and God. After high school, she plans to study education at Auburn University or the University of Michigan. Aisha’s hope is that this book encourages readers to avoid judging others and to believe that anything is possible. She finds that, “A positive attitude goes further.”

***Randi Richardson***

A vibrant person with natural talent, Randi was born in Flint, MI. She and her family reside in Flint Township. As a 5<sup>th</sup> grader, she continues to earn straight A’s. Randi excels in basketball, reading and helping others. A wall in her bedroom is flanked with dozens of ribbons, medals, certificates and awards. She is thankful for her family, friends and life. After high school, she plans to study pre-law at Harvard University, Princeton University or Spelman College. She desires that those who read this book will receive help, be prepared for what lies ahead and prevent families from suffering. Her life motto is, “You get what you really want.”

***Rani Richardson***

The epitome of achievement, Rani was born in Flint, MI. Since her toddler years she has resided in Flint Township with her family. She is a 7<sup>th</sup> grader and maintains a 3.9 grade point average. She enjoys sports, traveling and reading. Her accomplishments and awards continue to pile up. She is appreciative of her parents and school. Her future plans are to study medicine at Emory University, Morehouse College or Spelman College. It is her prayer that this book encourages readers to work hard, take their time and live their life. She is firm in believing that, “If you don’t know the answer, ask a question.”

### ***Lilly Stapleton***

A leader in her own right, Lilly was born in Flint, MI. She and her adoptive family continue to reside in Flint. A 9<sup>th</sup> grader, she maintains a 3.1 grade point average. In her spare time, she enjoys dancing, volleyball and traveling. Lilly is thankful for her parents, life and having a lovely family. Her plans are to eventually study veterinarian medicine at Georgetown University, Wayne State University or the University of Michigan. It is her goal that readers walk away from this book knowing that life is not a play-thing. Her motivational saying is, “Reach for your goal.”

### ***Imani Taylor***

Verbally expressive and charming, Imani was born in Flint, MI. She and her family currently live in Grand Blanc, MI. A 7<sup>th</sup> grader, she maintains a 3.7 grade point average. Imani enjoys playing basketball, doing math and hanging out with her friends at the movies. She is appreciative of her family, friends, God and her home. After graduating from high school, she would like to enroll in either Harvard University, Michigan State University or Princeton University. She would like to study math or education. Imani would like for this book to have a positive impact on readers, encourage them to be different and motivate them to become more helpful. She lives by the saying, “Be the best you can be.”

### ***Deonte' Williams***

An effective communicator, Deonte' was born in Flint, MI. He currently resides in Flint Township with his family. He is an 11<sup>th</sup> grader and carries a 2.8 grade point average. Active in several community groups, he also enjoys football and playing video games. Deonte' is most appreciative of his grandparents, parents and sisters. His goal is to study engineering at Tennessee State University, the University of District of Columbia or Michigan State University. He hopes that readers of this book learn from his mistakes, commit to supporting others and begin to understand where youth stand. He gains inspiration from the following statement, “I will take charge of my attitude. I will not be afraid to take a risk. I will remember failure is not fatal. If it is to be, it is up to me.”

### ***Israel Williams***

A gentle giant, Israel has overcome many barriers and continues to put forth good effort. A life-long resident of Flint, MI, currently he resides in Flint Township. He is a 10<sup>th</sup> grader and maintains a 3.0 grade point average. His interests include football, track and field, basketball and reading. Israel is most thankful for his family, school and God. He plans to study animal science or pre-medicine at Tuskegee University, Howard University or Central Michigan University. It is Israel's prayer that the contents of this book provide the readers with a positive outlook, personal motivation and encouragement. His life's line is, “Live up to your potential.”

**Recco Santee Richardson**

An emerging leader and communicator, Recco Santee Richardson was born and raised in Flint, MI. He has a Bachelor's of Science degree from Ferris State University and a Master's of Arts degree in Counseling Education from Central Michigan University. He has also earned a doctorate in Professional Psychology from Walden University. He has had astounding counseling, management and clinical supervision success. The author of several books and scholarly professional articles, he has a keen eye toward mental health treatment and research.

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- CD # 12040: Young Adults Who Excel
- CD # 12051: Unraveling the Defiant Child
- CD # 12062: Straight Talk to Special Education Students
- CD # 12073: Parenting the Angry Child Part #1
- CD # 12084: Parenting the Angry Child Part #2
- CD # 12095 Where Do We Go From Here
- CD # 12101: Helping Blended Families Bend without Breaking

### **Books**

Richardson, Recco. (2009). *Parenting the angry child*. Santee Publication, Flint, MI 2009

Richardson, Recco & Young Authors. (2009). *Listen to me: A journey into the expressions of our youth*. Santee Publication, Flint, MI 2009

### **Scholarly Professional Articles**

Richardson, Recco S., Peraino, Robin & Garza, Cristina (2009). *Their children, my responsibility: A clinical look at grandparent/kinship care giving solutions & strategies*. Unpublished manuscript.

Richardson, Recco S. (2009). *Domestic violence and children: How parents and mental health providers can address the fall out*. Unpublished manuscript.

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## **RSRC Program Areas**

Business Services	Educational Services
Individual/Family Counseling	Speaker's Bureau
On-line Clinical Counseling	Post-Adoption Services
Training/Seminars	Treatment/Support Groups
Youth Programming	Resource Center
Research Institute	Communications

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