

# **LET & ABLE Newsletter**

**Issue 38 ... March 2018**

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

Humanity is at the crossroads in so many areas. The times that we live in are nearing the point of, "Make it or break it." While some may dread such a point, others embrace it and look forward to the challenge and burden.

For years, individuals like you and I sought out the real purpose of life and existence. After having our own immediate needs met, some of us longed to know, and feel, like we are making a difference in the world and our community. This longing and the associated challenges is, "The difference that makes the difference."



What our nation, communities, schools and churches need at this time are dedicated ordinary people who are willing and ready to make a difference.

Difference makers are those who set their hand to the plow and get things done for the common good of all. They seek no glory or credit. Their drive and motive is having a chance to improve the lives of others.

***"At the core of humanity is the need to care."***

Difference makers are not special and they are not perfect. Rather, they are intentional, burdened individuals who still believe in the power of helping others.

The world is calling for you and me to make a difference with a cheerful heart. I need you. They need you. We need you. Will you say yes? Will you re-affirm your original yes?

Are you willing to be a difference maker in your community, school or place of employment?

***Recco***

## **Inside This Issue**

Dr. Recco's Corner (p. 1)

Pre-Med Book (p.2)

Preponderance of Evidence (p. 3)

USA Poverty Data (p. 3)

Safety Net Programs (p. 4)

Ivy League Pipeline (p. 6)

Parenting The Angry Child (p. 7)

RSRC Programs (p. 8)

ABLE Program (p. 10)

LLPC's Info (p. 10)

***"Effort is required when results are desired"***

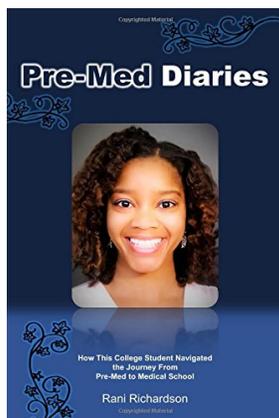
***Dr. Recco***

# **Pre-Med Diaries : How This College Student Navigated the Journey from Pre-Med to Medical School**

**By Rani S. Richardson**

Debuting as the #1 new release in Amazon's medical training and education category, this book is an insightful and inspiring resource for high school students, college students, and educators across America.

The book offers a first-hand humorous and informative account of a pre-med student's experiences. It is full of tips and advice for aspiring pre-med students. There is critical information for college students who want to go "straight through"- deciding whether to take a gap year or not, instructions on course-planning from freshman year to senior year, and how to make a strong medical school application.



Originally from Michigan, Rani is a senior at the University of Pennsylvania, majoring in Biological Basis of Behavior. She has been accepted at several medical schools and plans to go "Straight through" to medical school.

The book is available on Amazon at the below link. [https://www.amazon.com/dp/0692069836/ref=sr\\_1\\_2?ie=UTF8&qid=1518491050&sr=8-2&keywords=premed+diaries](https://www.amazon.com/dp/0692069836/ref=sr_1_2?ie=UTF8&qid=1518491050&sr=8-2&keywords=premed+diaries).

## **BOOK'S TOPICS**

Advice for high school students on course planning

Study techniques for a stellar college transcript

How much being pre-med costs and how to pay for it

How to study for the MCAT

How to utilize resources in college to reach your goals

Setting realistic and attainable goals

How to be emotionally and physically healthy as a pre-med student

Information about the MD/PhD track

Becoming a physician scientist

Advice for minority and low-income students

***“Continued effort is the key to success.”***

# **Preponderance of Poverty: How Mental Health Counselors Can Help Clients Address Poverty**

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

## **Introduction**

When attempting to address poverty and generational issues, some researchers and concerned individuals focus on adults and parents. This writing's focus is on children/teens and what can be done to help them currently, and in the future. Throughout the world, the care and well being of children is a major concern, especially when the goal is to maintain a vibrant and healthy nation.

As a result, many countries have programming and support available to help parents and children socially, emotionally, financially and physically. Such efforts have the ability to aid children in their school endeavors, future participation in the work place, physical health and socially.



## **Definition of Poverty**

In America, child poverty is measured by the share of children living in a household where the disposable income adjusted for household size is below a given poverty line. Internationally, countries, such as Europe, measure poverty on, "Relative poverty lines," which can be a fraction (typically 50%) of the adjusted median disposable income in the selected country.

Relative poverty places the emphasis on the inclusiveness and the need for individuals to enjoy life conditions similar to those of their peers (Smeedling & Thevenot, 2018). Regardless of the measuring tool, poverty is not good for children/teens now, or in the future.

## **USA Poverty Statistics**

**(US Census, 2016)**

Nearly 41 million people live in poverty (14% of total population).

About 27% of American Indians/Alaska Natives live in poverty.

Nearly 26% of Blacks/African Americans live in poverty.

Approximately 24% of Hispanics/Latinos live in poverty.

About 12% of Asian Americans live in poverty.

Approximately 9% of Caucasian Americans live in poverty.

Nearly 50% of the children in America live in poverty.

## **States' Poverty Levels**

**Highest**

Mississippi 21%  
New Mexico 20.6%  
Louisiana 19.9%  
Alabama 19.7%

**Lowest**

New Hampshire 9.2%  
Maryland 10.4%  
Wyoming 10.6%  
Connecticut 10.8%

## Mental Health Treatment & Solutions To Poverty

My 25 years of mental health counseling experience tells me that counselors can do the following things to help children/teens address poverty.

**Quality Childcare/Education:** For the most part, quality childcare at low cost is also an effective tool to mitigate the transmission of disadvantage. Quality childcare and educational activities during early years can lead to positive outcomes for the child, by producing increased skills (cognitive, language, and social skills), which affect later learning and earned incomes.

Specifically, longer-term benefits of high quality pre-schooling are often realized throughout the world. For example, causal evidence for high-quality childcare in Denmark and France shows benefits at least 10 years after exposure (Bauchmüller, Mette, Gørtz, & Rasmussen, 2014).



Unfortunately, many children/teens do not know the value and importance of taking full advantage of quality childcare and education. For this reason, they may opt to disrupt the learning environment, create drama and crisis daily, and enter into power struggles with the assigned workers.

The effective treatment provider in a creative manner, implores young clients to value their childcare and educational experience. A clear and precise connection between their behaviors and views with immediate and long term quality of life impact needs to be made. We almost need to hand it to them on a silver platter.

## America's Safety Net Anti-Poverty Programs

Housing Assistance

Pell Grants

Temporary Assistance for  
Needy Families (TANF)  
Child Nutrition

Head Start

Job Training Programs

Women, Infants and  
Children (WIC)

Child Care

Low Income Home Energy  
Assistance Program  
(LIHEAP)

Lifeline (Obama Phone)

Supplemental Nutrition  
Assistance Program  
(SNAP)

Negative Income Tax

**Desire To Achieve & Work:** The impoverished children/teens that we service in clinical treatment present with a variety of issues, symptoms, problems and struggles.

While helping them to address their depression, impulsiveness, mood swings, defiance and anxiety, we should keep in mind that an underlying important goal is to prepare them for the work place so as to escape poverty. The best way to address poverty is for a person to secure a job and consistently work.

Faithfully working a job is not something automatically engrained in poor children; thus, efforts by treatment professionals must take place intentionally and as part of the broader treatment plan.



**Stable & Enhanced Love Relationships:** To address poverty, two incomes (or the equivalent) is needed. There is no way around it. America has one of the highest risk of poverty in the world for children because single income (or no income) homes tend to be the trend of single-parent households when compared with two-parent families.

In a nutshell, through-out the world, children are much less likely to be poor in households where two adults/both parents work. As such, it is imperative that children/teens be provided emotional strategies for managing healthy intimate relationships.

As part of the treatment plan and interventions, we should eventually make it clear that hitting, selfishness, yelling, controlling, dominating, aggression, manipulation and other tactics leads to unhealthy relationships that run the risk of eventually producing counter-productive intimate relationships, broken families, and impoverished living. *(To be continued next month)*

## **How To Promote Stability In Children**

Guide instead of push

Encourage creativity

Present options

Celebrate regularly

Use positive affirmations

Show care and concern

Build character

Regular praise

Speak life over them

Discuss goal attainment

Show them how

Enter their world

Remain neutral

Facilitate daily trust

Promote resiliency

Model stability

Instill values

Expose to the arts

Learn with them

Help them process life

***“Stability during childhood promotes successful adulthood.” Dr. Recco***



Ivy League Pipeline Program

## **3<sup>rd</sup> Annual "Ivy League Colleges" Pipeline Discussions**

Open To All Genesee County High Achieving 6<sup>th</sup> – 11<sup>th</sup> Grade Students



**Tuesday, May 22, 2018 ... 6 pm to 8 pm**  
**Carman-Ainsworth High School (Auditorium)**  
**1300 N. Linden Road, Flint, MI 48532**

College Students Rani Richardson, Randi Richardson, Jelani Taylor  
& Jalen Ware Will Share Their Wisdom, Personal Experiences,  
Perspectives & Critical Information Regarding Financial Aid, How  
Best To Prepare For And Gain Admission To Ivy League Colleges

- For Some Students The Cost To Attend An Ivy League College Can  
Be Less Than Attending A Public/Private 4 Year In-State College-

Contact

rani.richardson@gmail.com or Recco Richardson at  
reccorichardsonphd@gmail.com or (810) 394-7815

**No Cost ... Light Refreshments Will Be Served**

*This event is offered by the college students and supported by  
Recco S. Richardson Consulting, Inc.*

*"Iron still sharpens iron"*

**Ivy League Pipeline  
Program Components**

- SAT/ACT Tutoring\*
- College Tours/Visits
- Limited Fundraisers
- Academic Assignments
- Mentoring/Support
- Career Planning
- Limited Scholarships Search
- Enrichment Activities
- ACT/SAT Worksheets\*
- Academic Assessments\*

\*Denotes services delivered by local vendors

*"Hard work, dedication  
and education are critical  
to America's future."*

## **Parenting Your Child's Anger**

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

Your child has anger and so do millions of other children in America. Anger is a normal emotion that everyone has. However, it is one of the few emotions that are negative and that can disrupt lives beyond repair.

We as humans utilize anger in response to negative happenings that are encountered. Although anger is a normal emotion it is often a result of being offended.

In today's society, children can have problems controlling their anger. We see it in their everyday interactions with their teachers, peers, parents and other people that play a significant role in their lives. Some anger is good and healthy.

When expressed appropriately it can result in positive outcomes. When not expressed properly or bottled up, anger can be dangerous.

Anger accounts for 31.5 percent of school related negative incidents. About 65 percent of school related homicides, 27 percent of stabbings/cuttings and 12 percent of beatings that took place were on school grounds as a result of someone's anger.

The stated anger-related incidents possibly could have been prevented if those involved had been taught to control their anger.

It is held that anger (and aggression) accounts for more than 33 percent of referrals to outpatient children's mental health services. Of this number, 16 percent of the children actually received specialized services to address their issues. The remaining 84 percent of the children referred to mental health services remained untreated and in the community.

***“Anger is an excuse for doing something irresponsible” Dr. Recco***

### **15 Truths About Anger**

Never solves a problem

Exposes insecurities

Pushes friends away

An excuse to not change

Used as a blame tool

Usually is not healthy

Indicates feeling alone

Brings negative attention

Based on assuming

Likes creating fear

Tries to control others

Cost you in the long run

Leads to broken trust

Can be managed

Is not your friend

## Components of Anger

Anger can be viewed from many angles and philosophies. When dissected, its internal workings and concepts are basic. There are three components of anger.

**The Emotional State of Anger:** This stage is the emotion itself, which is also known as the arousal state. This stage arises when there is conflict over possessions or the invading of personal space. It also arises when there is physical assault, a verbal conflict, the feeling of being rejected and issues of non-compliance.

**Expression of Anger:** This stage features the act of expressing anger. Often children express their anger through facial expressions, slouching, crying, going to sleep and talking, but little effort is made to solve the problem. In other cases children will express their anger through revenge, avoidance and averting conflict with the provocateur.

**Understanding Anger:** In this stage, the interpreting and evaluating of emotions takes place. Children are able to reflect on their anger on a limited basis. This stage features the need for children to be “guided through the process” of understanding and managing their anger so as to get their anger out.

## Getting the Anger Out

Once calm, children are able to recognize their anger triggers and are able to process the situation that resulted in anger. By identifying the true cause of anger, they are able to label their emotions, gain awareness and utilize pro-social behavior skills to prevent escalation of their risk-taking behaviors.

In addition, with the help of a parent (or a mental health professional) children are able to work backward to identify the true cause of their feelings. *(To be continued next month)*

## Services Offered By RSRC

Anger Management  
Staff Trainings  
Business/Entrepreneur  
Individual Counseling  
Research Institute  
Book Publishing  
Treatment Groups  
Educational Support  
School Initiatives  
LLPC Supervision  
Compliance/Regulation  
Grant Writing  
NCE Test Workshop  
Educational Trips  
Youth Programs  
Motivational Speaking  
Program Development  
Conferences/Retreats

**Prayer Ministry ... Presents**

**"PRAYER SECRETS"**  
**Class & Impartation Sessions**

Held At Grace Cathedral Community Church  
*Every Sunday Morning 8:30 am to 9:30 am*  
 Instructor: Pastor Recco Santee Richardson, Ph.D., LPC



*"Bring Your Bible & A Spirit of Expectation,  
 For its Time To Take Your Prayer Life Higher"*  
 Pastor Recco

**Speak The Word**  
**Believe The Word**  
**Pray The Word**

**TOPICS**

- Prayer of Petition
- Prayer of Faith/Healing
- Watchman's Prayer Life
- Spiritual Warfare Prayer
- Prayer of Travail/Prevail
- Intercessory Prayer
- Prayer of Thanksgiving
- Prayers That Avail
- Meditation Prayers
- Disengage Curses Prayers
- Prayer of Deliverance
- Alms Prayers
- Prayer of Supplication
- Prayer of Repentance
- Prayer of Salvation
- Prayer of Agreement

**Open To The Public**  
**No Registration**  
**No Cost**

## ABLE Program

The Adolescents for Better Learning Endeavors (ABLE) Program is designed to help school age youth move forward as a result of gaining new skills and competency.

The goal is for participants to be able to successfully participate within the school setting. The program helps participants improve their academics, social life, emotional maturity and decision-making skills.

### Program Components

The program components are individual counseling, family counseling, home visits, crisis management, parenting workshops, incentives & awards, support groups, consultations and exciting fieldtrips

### Licensure Education Training Program (LET)

Offered by Recco S. Richardson Consulting, Inc., the Licensure Educational Training (LET) Program is an effective supervisory program that targets Limited Licensed Professional Counselors (LLPCs) who need supervision.

### LET Services

**Group Supervision:** Monthly gatherings that review caseloads and discuss trends.

**Individual Supervision:** As requested, informal one-on-one sessions that provide personal attention and insightful strategies.

**Communication:** Unlimited monthly communication via phone, email and text.

**Other:** NCE workshops, counseling residencies, business services support, book club and scholarly writing/research.

## Contact Us

Recco S. Richardson Consulting, Inc.  
Recco Santee Richardson, Ph.D., LPC  
2500 S. Linden Road, P.O. Box 321252, Flint, MI 48532  
(810) 394-7815 (Office) ... (810) 732-6657 (Fax)  
Website: reccorichardson.com  
Email: reccorichardsonphd@gmail.com

## LET/LLPC's INFO

### Next Group Supervision

#### April 2018

Flint (Makeup Session):  
Friday April 13, 2018 (9 am – 12 pm)

Lansing: Saturday April  
21, 2018 (4 pm – 8 pm)

#### May 2018

Lansing: Saturday May 19,  
2018 (4 pm – 8 pm)

### Typical Topics

Case Conceptualization  
Private Practice Insight  
Treatment Planning  
Personal Confidence  
Clinical Diagnosis  
Managing Difficult Clients  
Career Planning  
Grant/Proposal Writing  
Ethical Dilemmas  
Professional Disclosure  
Case Termination

