

LET & ABLE Newsletter

Issue 75 .. April 2021

I'm embattled regarding an "on the grounds" practical look at children/teens and their emotional existence in today's culture. It is becoming clear that the world in which we live today is trying to take our children on a ride. From where I sit, a better understanding of childhood, culture and emotions is needed for those of us committed to teaching, serving, helping, and guiding children and their families.

At the core of what is needed, is a focus on the cultural educational experiences of children that are offered in the home, local schools, community, religious settings, and the broader society. My thoughts can be called many things. The fact remains, after two decades of servicing children and families and top-tier educational training, I see what I see and know what I see. I'm ready to share knowledge.

Today's generation is not lost. They are not even close to it. What is perhaps lost is our touch and ability to meet their expressed needs. Needs that require tender care, resources, support, planning and the rest of the kitchen sink.

So today, I'm calling on individuals like you and others to take a closer look. A look that not only examines the current state of our children/teens, but also explores what we can do to better things. It is my belief we can write a more proper narrative regarding our children and their outcomes.

I'm ready to pen a more perfect narrative. Are you? I sense a calling and pending mandate. Do you? I want to make a difference and see results. Do you? Will you help me and help us, help our children and families? Our children and families need you, need me and need us.

Recco

Inside This Issue

Dr. Recco's Corner
(p. 1)

**Article: Children,
Culture & Emotional
Development**
(p. 2)

Culture Photo Gallery
(p. 3)

Flyer: Counseling Office
(p.4)

The Necessity Of Culture
(p. 5)

Benefits Of Culture
(p. 6)

LET Program
(p. 8)

Published By

RSRC

Recco S. Richardson Consulting, Inc.
Flint, MI

Children, Culturalism & Emotional Development

By Recco Santee Richardson, Ph.D., LPC

Introduction

At the core of the quality and wholistic development of children/teens is the need to be emotionally intact and healthy. To reach the stated, the fostering of childhood experiences, culture, emotions, goals, behaviors, and intentions must take place in:

- 1). The school setting via social emotional learning programming (McCormick, Cappella, et., al. 2019).
- 2). The home via effective parenting.
- 3). The larger community via programming and support.

Our children's past, current, and future outcomes are dependent on their ability to succeed in school, the workplace, relationships, and citizenship. This can not be waived on or made a side note. In truth, now is the time to put forth a full court press that encourages our children to exhibit self-control, emotional regulation, pro-social skills, strong character, conflict resolution abilities and much more. This we can do and do well!

“It is in the arms and huddle of social contacts that children best gain and excel...” Dr. Recco

It is in the arms and huddle of social contacts that children best gain and excel in competencies that promote wellness, achievement, success, and overall good spiritedness. The home, school and community climate and culture have a critical role in children developing competencies and moving forward with intent and purpose. For children/teens, their purposes, competencies, emotions, culture, family, education, social skills are all interdependent.

This Feature Article Discusses

Culture

Critical Skills

Social Change

Higher Expectations

Learning Outcomes

The Real Problem

Speaking as an in-demand clinical therapist and seasoned educational trainer, too many of our children are not excelling due to struggling with basic emotions, under-developed character traits, distorted family views and poor competencies. Why? Because somewhere along the line in the home, school or community, effective efforts to instill in them the following skills did not take place adequately (see chart 1).

Chart 1 Important Childhood Skills

Personal Self-Control	Attentional Skills
Compliance/Cooperation	Accept Others' Perspectives
Cognitive Flexibility	Being Organized
Positive Relationships	Critical Thinking Skills
Multi-Tasking	Problem Solving
Following Directions	Focus/Concentration
Remaining Calm	Healthy Emotions
Having Empathy/Apathy	Understanding Social Cues
Stress Management	Working Memory

A Solution Called Culture

Overall, I try to not be too pessimistic and guilty of not providing solutions. For every problem stated, a solution should be offered. There are myriads of solutions for the current struggles that our children/teens and families experience. For example, better public policies, enhanced funding for schools and community programs and quality early childhood care are possible solutions. For the purposes of this writing, the suggested solution is enhanced cultural education. *(cont. page 5)*

Culture Photo Gallery



Counseling

**Individual .. Family
Marriage .. Dating**

Here To Help, Here To Serve!

Children/Adolescents: Adjustment, Anxiety, Sexual Concerns, Suicide/Cutting, ADHD, Bipolar, Poor Behaviors, Depression, Defiance, Panic, Moodiness, Defiance, Poor Academics, Moodiness, Anger & Trauma

Adults: Change, Anxiety/Panic, Bipolar, Brief Psychosis, Depression, PTSD, Suicidal Thoughts, Co-Dependency, Chronic Stress, Relationship Problems, Employment Struggles. Moodiness, Fatigue & Decision Making

Dating/Marriage: Communication, Blended Families, Challenges, Expectations, Legal Problems, Boundaries, Adjustment, Commitment, Forgiveness, Stress, Frustration, Trust, Transition, Relationship Problems & Problem Solving

**Immediate Appointments Available
Mornings..Afternoons..Evenings..Weekends**

We Accept Most Major Insurances

For More Information

Recco S. Richardson Consulting, Inc.
3456 Pierson Pl., Suite C ... Flushing, MI 48433
Dr. Recco: (810) 394-7815 ... Rene: (810) 394-4529
reccorichardson.com/counseling

Our Clinical Counselors



Recco S. Richardson Ph.D., LPC



Rene M. Richardson, MSW, LLMSW



Tamera Huntley, LPC, CAADC-DP



Tanya Y. Jefferson, MA, LLPC

If nothing else, my graduate school studies at Central Michigan, Wayne State University and Walden University taught me the importance of culture and social change. Various sources report that:

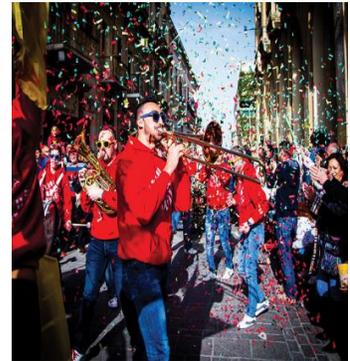
Culture: An umbrella term which encompasses the social behavior and norms found in human societies (Wikipedia, 2021). Culture is the knowledge, beliefs, arts, laws, customs, capabilities, and habits of individuals in group settings. Historically, it is reported that culture is acquired through the learning processes and introduction of enculturation and socialization.

Social Change: A set of philosophical ideas and goals that move society forward. It is based on culture, religion, economics, and science that drives development and interactions. When implemented properly, social change can create and apply ideas, strategies, and actions that promote the worth, dignity, and development of individuals, communities, organizations, institutions, cultures, and societies (Walden University, 2021). In essence and fullness, positive social change results in the improvement of human and social conditions.

“I really believe that consistent cultural education can fix current child/teen related problems. “Dr. Recco

The Necessity Of Cultural Teachings

Regardless of the race, ethnicity or religion of a child/teen, there is a need for them to be taught about their culture and the culture of other people. The instructions must be unbiased, fair, accurate, sensitive, and reflective of the past and current times. I really believe that consistent cultural education can fix the current child/teen related problems associated with substance abuse, school truancy, failure to reach grade level equivalency, hues of early life racism (institutional, structural), bullying, teen pregnancy, juvenile crime, disrespect, low regard for life, and detachments.



As a nation, we are not discussing the various cultural issues that children/teens need resolved. Because of this our children/teens are challenged by levels of crime, premature death, under-funding, and politics that directly impacts them. It behooves us to begin talking with our children/teens about cultural issues, sensitive world topics/strategies and what equitable opportunities and outcomes are available. The goal should be that from an informed view, our children/teens perceive the world and others properly and with respect. This we must do if we want to fix the problems that destroy healthy childhood experiences.



Benefits Of Culture

Because there are benefits for our children/teens associated with teaching and offering culture, it is our duty to fix the presenting problems. The benefits include:

- 1). Culture can instill and transform views, beliefs and attitudes that are productive and good for personal wellness.
- 2). Culture can provide strength to withstand inequality and social ills.
- 3). Culture helps to integrate into the larger society, respond better to prejudices, and empowers.
- 4). Culture can promote positive attitudes and an understanding of societal roles.
- 5). Culture can encourage high expectations, adequate competence, and critical consciousness.
- 6). Cultural issues shape the social, political, economic, and cultural fabric of the United States.
- 7). Culture fundamentally influences lives.
- 8). Cultural awareness can increase achievement, engagement, and close gaps.



9). Culture promotes ethnic-racial identity development.

10). Culture encourages democratic citizenship in a pluralistic society.

11). Cultural awareness has the potential to be transformative.

12). Culture can strengthen identity, promote equity/inclusivity and support critical thinking.

13). A steady diet of culture can provide much needed challenges and scaffold learning.

14). Culture encourages taking personal responsibility and inclusiveness.

15). Culture can raise critical consciousness and promote problem solving skills.

16). Culture encourages diverse experiences that provide knowledge.



We must allow and encourage culture to work it's magic." Dr. Recco

Types Of Cultural Events

Through out the world, there are myriads of cultural events that place on a daily basis. Most cultural events fall in one of the following categories.

Ceremonies	Dance Company	Service Event
Food/Drink Festival	Museum	Community Arts
Sporting Event	Music Festival	Art Gallery
Theatrical Play	Various Shows	Invitationals



Licensing Educational 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.

Internships: Placement in a counseling center for practicum and internship duties.

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

Typical Supervision Topics

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



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

Contact Us

Recco S. Richardson
Consulting, Inc.
3456 Pierson Pl., Suite C,
Flushing, MI 48433
(810) 394-7815 (Office)
(810) 732-6657 (Fax)

Website:
reccorichardson.com

Email:
reccorichardsonphd@gmail.com

