

# **LET & ABLE Newsletter**

**Issue 81 ... October 2021**

Lately, I have been thinking about various people in my life that are non-family members. The individuals that crossed my mind (and that perhaps regularly cross your mind), are typical and diligent people. I am convinced that they all need a tremendous shout out right now.

I do not think we appreciate and esteem our peers and friends enough. We love them. We help them. We are always there for them. This is all well and good. However, I do not think we tell or show them the stated often enough. There is nothing wrong with showing and telling.

Today, I send a heartfelt and sincere message to everyone who holds a special place in any non-family member's life. I want you to know that you are more important than you will ever realize. You should know that you are the wind beneath the wings of those of us who soar. Please know that if it were not for you and all that you do, most of us would not be where we are. And you should know that all your good deeds on behalf of other people that seems to have fallen on deaf ears, are still alive and working on your behalf.

I also want you to know that because of you, the world is a better place. It is wonderful and beautiful people like you that make tomorrow a brighter day. Yes, you are all of this and much more because you care and because you are you. Whatever you do, always be you.

So, keep on being you. Maintain you and what you stand for. You are important and we need you.

**Recco**

## **Inside This Issue**

**Dr. Recco's Corner**

**(p. 1)**

**Flyer: Healing Workshop**

**(p. 2)**

**Article: Autistic Clients**

**(p. 3)**

**Tips: Autism Symptoms**

**(p. 4)**

**Flyer: Counseling Office**

**(p. 5)**

**Flyer: Welcome Samantha**

**(p. 7)**

**Article: In The Moment**

**(p. 9)**

**Info: LET Program**

**(p. 12)**

**Published By**

**RSRC**

**Recco S. Richardson Consulting, Inc.  
Flint, MI**

Grace Cathedral Community Church of Flint, MI  
Kelly Richards, Senior Pastor

## **“Yes, You Can Be Healed”**

Human Development & Biblical Instructions & Prayers

*Luke 9:2 And he sent them to preach the kingdom of God, and to heal the sick.*

### **The Healing Workshop Series**

Every Thursday In October & November  
(7 pm - 8 pm ... Except Thanksgiving)

Location: Grace Cathedral Church Facebook Live  
& Virtually Via Zoom (Code 932123083)

#### **October 2021: Physical & Spiritual Healing**



Deaconess Jacqueline Ann Ferguson, is an author and trained medical administrative assistant. She is called to teach and help people experience healing.

#### **November 2021: Emotional Healing**



Dr. Recco Richardson, Ph.D., LPC, is an in-demand clinical therapist and trainer. He helps people experience personal growth and healthy emotions.

**No Cost .. Life Changing .. Powerful**

#### **There Is Healing!**

##### **Physical Sicknesses**

Cancers/Heart Problems

Diabetes/Kidneys

Arthritis/Pain Mgt

Dementia/Alzheimer's

Blood /Lung Issues

Stomach Conditions

Eyesight/Hearing

##### **Emotions & The Soul**

Depression

Anxiety

Schizophrenia

PTSD

Phobias

Bipolar

Addictions

Soul Ties

#### **RSVP Today**

gracecathedral@comcast.net  
reccorichardsonphd@gmail.com

Jacqueline: (810) 339-7896  
Dr. Recco: (810) 394-7815

**Servicing Young Adults Diagnosed With  
Autism Spectrum Disorder  
Recco Santee Richardson, Ph.D., LPC**

Providing any type of services to young adults ages 19-30 can be challenging and rewarding. Over the last several years, I have found that young adults who have an Autism Spectrum Disorder (ASD) diagnosis (Autism, Asperger's, and Pervasive Developmental Delays), have need of additional help and support within the home and community. A multi-faceted and tiered approach that is innovative and effective is needed.

*“Providing any type of services to young adults ages 19-30 can be challenging and rewarding.” Dr. Recco*

Program activities should provide the clients with mental health counseling, targeted socio-emotional learning and emotional intelligence interventions, social activities/outings, mentoring, job/career/post-secondary support, and levels of referrals to local services. The stated when delivered with consistency and care, can help ASD adult clients move forward as a result of gaining new skills, relief, guidance, and competency that addresses their presenting issues and symptoms.

The underlying goal of program activities should be to address and remove barriers that impede participant's successful negotiation of life. Specifically, efforts should target and provide benefits and growth to participants. The research and literature is clear on what type of programming and services best meet the needs of ASD young adults. The programming includes the following.

**1). Intake Assessment:** The first step and order of business is to perform an intake assessment. This service secures client information, initiates participation in program activities, identifies goals and measurements, builds rapport, establishes rules/guides, and provides an overview of program activities.

**This Article  
Discusses**

**The Autism Spectrum  
Effective Programming  
Social & Emotions  
Emotional Intelligence  
Stress Tolerance**

## ASD Clients' Symptoms

**2). Individual Mental Health Counseling:** This service addresses a client's depression, anxiety, moodiness, acute stress, irritability, concentration, chronic adjustment, panic, sexual concerns, co-dependency, bipolar, forgetfulness, fatigue, agitation, suicide ideations, insomnia, phobias, isolation, and much more.

The delivery of therapeutic approaches such as cognitive behavioral, person-centered, motivational interviewing and psycho-analytic are beneficial to ASD adult clients.

**3). Educational Classes:** It is well documented that instructions regarding socio-emotional learning and emotional intelligence can help ASD clients.

The classes provide instructions and interventions regarding lingering emotional struggles such as inadequate resilience, loss/grief, low resilience, dejection, vulnerability, dependency, low trust, inadequate optimism, and insufficient self-efficacy.

The classes also address personal awareness, interpersonal relationships, fear, loneliness, abuse/neglect, unforgiveness, inadequacies, poor bonding, low esteem, sense of failure, abandonment, despondence, and dread.

*“Instructions regarding socio-emotional learning and emotional intelligence helps ASD clients.”*

*Dr. Recco*

**4). Groups Work:** Treatment, support, and psycho-educational groups can help ASD young adult clients. Current research reports that group-based social skills training for ASD is effective (Hotton & Coles, 2016) because they can reduce stressful living and offer support (autism.lovetoknow.com, 2021). *(continued page 6)*

Depression  
Anxiety  
Mood Swings  
Poor Communication  
Irritability  
Low Concentration  
Forgetfulness

Agitation  
Isolation  
Inadequacies  
Loss/Grief  
Low Resilience  
Poor Social Skills  
Limited Confidence

Low Tolerance  
Anger  
Fear/Phobia  
Loneliness  
Abuse/Neglect  
Intrusive Thoughts  
Low Esteem

Sense of Failure  
Abandonment  
Dejection  
Inconsistent  
Low Mindfulness  
Poor Planning  
Limited Self-Efficacy  
Poor Boundaries

# COUNSELING

Recco S. Richardson Consulting, Inc.  
3456 Pierson Pl., Suite C ... Flushing, MI 48433

## Our Clinical Counselors



Recco S. Richardson Ph.D., LPC



Rene M. Richardson, MSW, LLMSW



Tamera Huntley, LPC, CAADC-DP



Tanya Y. Jefferson, MA, LLPC



Samantha Cole, MS, LLPC

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

**We Accept Most Major Insurances**

**Dr. Recco: (810) 394-7815 ... Rene: (810) 394-4529**  
**reccorichardsonconsulting.com/counseling**

## We Help & Serve

### Children/Adolescents

**Anxiety/Panic**  
**Sexual Concerns**  
**Suicide/Cutting**  
**ADHD**  
**Poor Behaviors**  
**Depression**  
**Defiance**  
**Panic**  
**Moodiness**  
**School Problems**  
**Autism Spectrum**

### Adults/Young Adults

**Anxiety**  
**Bipolar**  
**Depression**  
**PTSD**  
**Suicidal**  
**Chronic Stress**  
**Relationships**  
**Moodiness**  
**Fatigue**

### Dating/Marriage

**Communication**  
**Challenges**  
**Expectations**  
**Legal Problems**  
**Commitment**  
**Forgiveness**  
**Finances**  
**Trust**

I have personally found that groups can help participants improve their overall awareness and skills regarding relationships, social interactions, goal setting, life skills, independence, communication, boundaries, post-secondary planning, employment/career options, and stress tolerance. During groups, role-play, case studies and movie vignettes can be used to promote learning and understanding.

**5). Social Activities/Outings/Role Play:** This service helps participants improve their public comfort, social life, personal confidence, social interactions, personal views, and enjoyment of life and others. It is well documented that ASD adult clients often fail to integrate into the larger society, have trouble securing friend groups and miss out on enjoying all that life has to offer.

**6). Parent Programming:** It is critical that parents receive adequate support and guidance. Many times, they are not aware of resources, services, or what to do. As well, parents often are emotionally and financially drained by the time their child turns 18. As a result, efforts should be made to support and enhance parents' efforts. The support can take on the form of referrals to community services, offering a parent's group, helping them manage things and having a listening ear.

### **Jewels of Services**

I will now share jewels of services that help me the most when servicing ASD young adults. The jewels are precious and well received by the participants and their parents.

**1). Social Emotional Learning (SEL):** My understanding and appreciation of social emotional learning is the foundation that allows me (and other providers) to help ASD clients. The stated regarding SEL is true because:

## **Participation In A Program Benefits**

**Social Skills  
Life Skills  
Resilience  
Emotional Regulation  
Job/Career Support**

**Social Activities  
Self-Advocacy  
Support System  
Peer Interaction  
Goal Setting**

**Emotional Relief  
Stress Management  
Closure  
Acceptance  
Guidance**

**Tolerance  
Transition  
Personal Insight  
Motivation  
Personal Value**

a). If nothing else, ASD young adults need enhanced social relationships and positive interactions with others. Social emotional learning competencies provide the foundation for maintaining high-quality social relationships and for responding to the challenges of life (Vega, 2017).

b). Person-centered, self-regulation, self-awareness, and self-motivation concepts are linked to social emotional learning and personal achievement (Vega, 2017).

c). SEL in the treatment process can develop sets of cognitive, affective, and behavioral competencies that helps to improve self-awareness, self-management, social awareness, relationship skills, and responsible decision making (Collaborative for Academic Social and Emotional Learning, 2005).

*“Emotional intelligence is the rudder for feeling, thinking, learning, problem-solving, and decision-making.”  
Drigas & Papoust (2018)*

**2). Emotional Intelligence (EI):** I have found that my psychological education training and the addition of EI information to my tool chest, allows for a better integration of theory and practice when I service ASD clients. This too is true because:

a). For humans, emotional intelligence is the rudder for feeling, thinking, learning, problem-solving, and decision-making. It is the ability to identify, understand, and use emotions positively to manage anxiety, communicate well, overcome issues, solve problems, and manage conflicts (Drigas & Papoust, 2018).

b). A much needed skill by all of us is the ability to read, understand, and respond to emotions. The stated promotes healthiness, happiness, and personal and professional success (Gabriel, 2018).

c). The securing of health self-esteem is important to ASD client.

## ASD Statistics

[medalrthelp.org](http://medalrthelp.org)

- **5.4 million Americans are autistic**
- **One in 54 American children is autistic**
- **40% of autistic people are more anxious**
- **There is a 13% prevalence of sleep disorder in autistic people**
- **About 7% of children born prematurely are autistic**
- **Approximately 61% of autistic children have minimal or no functional speech**
- **About 40% of autistic adults who work part-time want to work more hours**
- **ASD costs amount to \$268 billion annually**
- **The mortality rate of autistic people is double that of the general population**

It is reported that emotional intelligence is likely to underlie social competence and mediate the contribution of achievement to self-esteem and other critical areas of human development (Cheung, Cheung & Hue, 2015).

*“Stress tolerance is a necessary skill.”*

*Dr. Recco*

**3). Stress Tolerance:** I am convinced that at the root of most ASD clients’ struggles is the inability to manage stress and change. As a result, stress tolerance is a necessary skill for them to learn and have available. Stress tolerance is important because:

- a). It is the threshold at which an individual can effectively and consistently deal with and manage stressful situations. It allows them to avoid undue anxiety, panic attacks, and health concerns (Workplacetesting.com, 2019).
- b). Research reveals that it is one of the 12 executive functioning tasks of our brain. It is believed to be housed in the emotion control task area and is key to individuals being able to thrive in stressful situations, cope with uncertainty, and manage change (CIO, 2007).
- c). Successful treatment strategies such as psychotherapy and behavior therapy can decrease stress levels. The success is due to the interventions helping clients to be more aware of internal processing and thereby gain some control over bodily reactions to stress (Encyclopedia Britannica, 2017).

## More ASD Statistics

[www.AutismSpeaks.com](http://www.AutismSpeaks.com)

- In 2020, 1 in 54 children in the U.S. were diagnosed with an autism spectrum disorder (ASD)
- Boys are four times more likely to be diagnosed with autism than girls
- Most children can be reliably diagnosed as early as age 2
- 31% of children with ASD have an intellectual disability
- Autism affects all ethnic and socioeconomic groups
- Minority groups tend to be diagnosed later and less often
- Early intervention is important and helps
- There is no medical detection for autism
- Research indicates that genetics are involved in the vast majority of cases
- Vaccines do not cause autism

## Nellie Brown "Pens It Again"

### Living In The Moment ...

The fall season has arrived, and it is the perfect time to reflect on what has passed and what is to come. For the whimsical, it may be a time to reminisce about by-gone days, childhood trips to pumpkin patches, hayrides, and haunted houses. We all can remember raking up leaves to jump in and scatter across the lawn again.

For the non-whimsical, the fall season may be a time to consider how wisely we have used our time, what we hope to accomplish in the final months of the year, and what promises to make for the coming new year.

For many, living in the age of the COVID-19 pandemic has brought about a profound appreciation for every moment. It is impossible to imagine anyone who has not suffered personally or witnessed the suffering of loved ones struggling to overcome the physical, mental, financial, and emotional effects of life under siege of COVID-19.

*"Living in the age of the COVID-19 pandemic has brought about a profound appreciation for every moment."  
Nellie Brown*

Certainly, we must plan for the future, and we can always learn from the experiences of the past. However, now more than ever, the present has immeasurable value because any moment may bring news of a loved one in a fight for their life against the COVID-19 virus. The virus is still an imminent threat.

Now, living in the moment is not always easy and many have made a fortune offering advice, strategies, ancient cultural techniques, and ivy league theories that guarantee to aid in the practice of living fully engaged in the present. I humbly offer a few thoughts of my own.

**1). Stop Procrastinating:** It is exceedingly difficult to enjoy the moment when you are plagued by thoughts of what you should have done an hour ago.

### This Article Discusses

Real Life Issues

Planning For Today

Living In The Moment

Decision Making

Commitment



**2). Determine Who:** You must decide who is allowed into your precious and limited moments. Living in the moment is of little value if the moment is spent in the wrong company.

**3). Commit:** Every moment is priceless and should not feature distractions. It is easy to be distracted by what comes next. For all of us, it is easy to be distracted by mentally preparing for the next day. We have learned that thinking about an unfinished chore that “must” be completed before we go to bed, is not the best things to commit to at the wrong time.

*“For all of us, it is easy to be distracted by mentally preparing for the next day.” Nellie Brown*

To be more precise, you and I have to commit to what is happening in the now. If we can not commit to the now, we should be doing something else. If we can not commit to what we are doing or commit to who we say we are, then the question becomes should we be doing something else?

I will end with a real-life example. This past weekend my daughter and granddaughter came to visit with me. I adore both of them. I wanted to make the most of the visit and enjoy it to the fullest but at some points and times, I found myself thinking about too many other things.

My thought were about how I had to go to work in the morning. I thought about how little sleep I would get (because I had not written this very article that should have been completed five days sooner).

As can be gathered, I had plenty going on in my head and found myself at a critical choice point. I could choose to commit to and continue to visit with my daughters undistracted by a past I could not change, and a future not promised. Or I could choose to end the visit, write this article and then go to bed. I decided to fully engage in the moment and the visit. It was where I was supposed to be.

## **What We Must Do By Dr. Recco**

**Make Moments Count  
Make A Difference Love  
No Matter What Count  
Our Blessings  
Be The Change**

**Sacrifice Often  
Make The Family First  
Recognize Distractions  
Be Open To Change  
Manage Our Time**

**Seek To Help  
Give Of Ourselves  
Share Our Strengths  
Be Effective  
Accept The Process**



# 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:  
[reccorichardsonconsulting.com](http://reccorichardsonconsulting.com)  
Email:  
[reccorichardsonphd@gmail.com](mailto:reccorichardsonphd@gmail.com)

