

RESIDENT SERVICES NEWSLETTER

HACSB Resident Services Center - 204 W. Williams Street Santa Maria, CA 93458 - (805) 925-4393



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"Preventing Teenage Dating Violence - Know The Signs"

Domestic Violence Solutions (DVS) is collaborating with the **preventive education program** What is Love? - to educate high school students about **dating safely**. Studies show that one in three teen females is at risk of experiencing intimate **partner abuse**, and that most will stay in an abusive relationship for fear of leaving.

DVS has made it their mission to educate young people about the **"red flags"** that often lead to abuse. Eloisa Patterson, Outreach Coordinator for DVS, says "If young people can **identify the behaviors** that often lead to **abuse** then they can avoid toxic, unsafe relationships."

Remember to start the conversation about dating safely with a young person.

You may be saving a life. Now is a perfect time to talk to those teens in your life about **what healthy relationships look like**. It is also a good time to take a look, and reflect on the adult relationships in our lives.

All relationships have the potential to be loving, rewarding, and supportive. However, there is the potential for unhealthy relationship patterns to develop. Domestic Violence is about people using their power to **control their partners**. This may develop into patterns that include financial, physical, and sexual abuse.

For those interested in more education and peer support, DVS will soon offer support groups in Santa Maria in English and in Spanish. We invite anyone interested to email Carolina Najera

-Magana at: carolinan@dvsolutions.org.

DVS offers confidential safe **shelter for domestic violence survivors**.

If you know someone, who needs help, DVS offers a 24-Hour Information and Crisis Line where bilingual advocates can answer questions or support someone to safety.

Crisis Line: 805-964-5245



Community Health Centers

Healthy Living ~ "Caring for Mental Health"



We are familiar with paying attention to all the ailments of the body.

No matter how good our health is, occasionally we suffer from a cold, stomach discomfort, injury, or any

other circumstance that forces us to pay attention to it either with home remedies or by attending health services.

The story with our EMOTIONAL health is completely different. Either because we deny the presence of a psycho-emotional condition (of the type of depression or anxiety) in us or in someone we love; or because even recognizing the disorder, we dare not talk about it. This is largely due to the concept we have about mental illness. **Unfortunately, MADNESS has been feared for centuries.**

In ancient times that fear was well-founded since any mental illness was called madness, and its origin was not known (it was attributed to demons or evil spirits) and much less effective treatments (exorcisms, beverages, etc.); in addition to the people labeled as "crazy" they were imposed severe economic sanctions (they took away their belongings and their work), social (they were rejected in their community, their church and any other group to which they belonged) and in some cases they took them out of the city where they lived.

Nowadays, not only are there no punishments for the mentally ill, but the cause and treatment of the most **common mental illnesses** (depression, anxiety, bipolar disorder, adjustment problems, addictions, personality disorders, and

others) are already known, they are not considered crazy and they have specific treatment options that are proven effective.

It is time for us to start talking freely and unconcerned about our emotional problems with our loved ones and friends; and of course, with the health providers where we can find secure comfort, improvement and effective cure of any emotional condition that is overwhelming us and taking happiness from our existence.

At the CHC Clinics, County Clinics and many other agencies there are resources available that can help anyone in need.



Housing Authority of the County of Santa Barbara

Celebrating Resident Crowning Achievements

~ Maria Montano, Guadalupe Ranch Acres ~



My name is Maria Guadalupe Guerrero Montano. I was born in San Martin Hidalgo Jalisco, Mexico. I have 4 children and a very understanding husband, Antonio. I am a stay home mom and currently attend English as a Second Language classes. **I volunteer in my community and at my church.** In Mexico, I studied Psychology at the **Guadalajara University**, where I obtained by Psychology License and worked in my career for 9 years, until I migrated to the United States. I have been a Public Housing Resident for almost 10 years. Living here is enjoyable since we've had lots of support and opportunities to succeed; financially, educationally, and culturally. **My biggest goal** that I accomplished last year was to obtain my **GED, learn English, and learn more about my community by volunteering.**



I don't want to think that I had obstacles to reach my goals, but instead, I had challenges within myself, since I have a family to take care of, and I had to manage my time very well to be able to spend time with them, and also continue with my education. I had to be very dedicated since I had to **find time to study** and do **homework**. I had to **wake up very early** to start house chores, and **work very late** doing my homework. It was not easy, but **I knew I could accomplish my goals.** I received support and encouragement from my teacher, Sergio and the Resident Services – ROSS Program. **My next goal** is to become fluent in English and continue taking advantage of available programs to become self-sufficient. I want to say to other HA residents who also have goals and obstacles, that **your obstacles can become opportunities towards personal development**, and that life is so short, so we have to make the best of it and give a 120% developing our talents.



Community Action Commission
OF SANTA BARBARA COUNTY

Kid's Corner "CAC - Children's Service Program"

What Is CAC Children's Service Program?

CAC Head Start & Early Head Start is a federally-funded, locally-run early childhood development quality preschool & early education program. We service children 0-5 year olds & pregnant women. We provide comprehensive services for our most vulnerable children and their families.

Play is more than just fun.

Here at CAC we know that children learn through play. Toys are fun, but are also tools that help children learn about themselves and the world around them. Play is critical to the healthy growth and development of children. As children play they learn to solve problems, to get along with others and to develop fine and gross motor skills needed to grow and learn.

Why is play so important?

Play helps a child do the following:

- ◇ Develop physical skills,
- ◇ Develop cognitive concepts,
- ◇ Develop language skills, and develop social skills too.



If you need more information on our program visit us or call one of our three different locations.

<p>South County 5638 Hollister Ave, Suite 230 Goleta, CA 93117 (805) 964-8857</p>	<p>North County 201 W. Chapel St. Santa Maria, CA 93458 (805) 922-2243</p>	<p>Mid County 120 W. Chestnut Ave. Lompoc, CA 93436 (805) 740-4555</p>
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Housing Authority of the County of Santa Barbara

Money Matters Family Self-Sufficiency Program

What is FSS - Family Self Sufficiency (FSS) is a voluntary work based incentive savings program designed to help Section 8 families ease off government assistance and transition into a life of economic independence and self-sufficiency.

Commitment - Families who select to participate in the FSS Program will sign a 5 year Contract with the Housing Authority and work toward completing specific life goals. During their contract period the FSS Participant works and/or attends school and other training programs that can assist them in achieving their goals. The FSS Program strives to secure resources which can help the family to overcome obstacles that would otherwise prevent them from achieving their goals.

Financial Incentive - A financial incentive may be available in the FSS Program through the establishment of an FSS Escrow Account. An FSS Escrow Account is a special savings account held in the family's name by the Housing Authority. When the family experiences an increase in EARNED INCOME (wages), which results in an increase in the family's rental portion, the Housing Authority will match a portion of that increase with HA funds and put the money into the Savings Account. The FSS Participant continues to pay their rent to their landlord in accordance with the normal Section 8 procedures. Once the family has met their obligations under the FSS Contract of Participation, they are eligible to receive the FSS Escrow Account from the Housing Authority.

There is NO Risk To You - FSS Participants will not lose their housing assistance if they cannot meet the commitments of their FSS Contract of Participation. However, Participants who quit the FSS Program, fail to meet graduation requirements, or are terminated from Housing Assistance for program violation will not receive the Escrow Account. To date, the Housing Authority has disbursed more than \$500 thousand dollars in Escrow Account Earnings to FSS Graduates. If you are a Section 8 Resident in the PBV or HCV Program, you may be eligible to join FSS. For further information, or to complete an application, please visit the HA website and select "Resident Services Programs & Enrollment / FSS", or call us at: 805-925-4393 Ext 3308.

We're on the Web - www.hasbarco.org

HACSB Resident Services Center

If you are in need of assistance, or would like further information on the resident services available in your area, please contact Resident Services, or call your local housing office.

**Resident Services Center - 235 E. Inger Dr., Suite 102-A
Santa Maria, CA 93454
Phone: 925-4393 Ext 3307 (se habla español)**



Healthy Recipe

"Penne Pasta with Spinach and Bacon"

This is a quick light meal.

Wilted spinach, bacon and tomatoes are tossed with penne pasta. Good for any season and will compliment anything.



Ingredients

- ◆ 1 (12 ounce) package penne pasta
- ◆ 2 tablespoons olive oil
- ◆ Divide 6 slices bacon
- ◆ chopped 2 tablespoons minced garlic
- ◆ 1 (14.5 ounce) can diced tomatoes
- ◆ 1 bunch fresh spinach rinsed and torn into bite-size pieces

Directions

1. Bring a large pot of lightly salted water to a boil. Add the penne pasta, and cook until tender, 8 to 10 minutes.
2. Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat. Place bacon in the skillet, and cook until browned & crisp. Add garlic, and cook for about 1 minute.
1. Stir in the tomatoes, and cook until heated through.
2. Place the spinach into a colander, and drain the hot pasta over it so it is wilted. Transfer to a large serving bowl, toss with the remaining olive oil, and the bacon and tomato mixture.
3. Eat & Enjoy!

Resumen en español

La organización, **Soluciones para la Violencia Domestica** está colaborando con el programa de educación preventiva y así educar a los estudiantes de preparatoria acerca de tener un noviazgo seguro y prevenir violencia en el noviazgo. Es muy importante reconocer las señales del comportamiento que conllevan a una relación toxica e insegura. Comenzar conversaciones acerca de relaciones saludables a una temprana edad salvan vidas. La violencia domestica es el uso del poder para controlar a la pareja, financieramente, físicamente o emocionalmente. Si le gustaría saber mas acerca de grupos de apoyo por favor llame al 805-964-5245.

La Salud Mental también importa. Todos sabemos poner atención a las señales de nuestro cuerpo cuando se enferma físicamente, ya que cuando nos enfermamos de una gripe o una tos, los síntomas son visibles. Pero que pasa cuando nuestra salud emocional se ve afectada? Los síntomas son internos y pocas veces le ponemos atención y por ende no hablamos de ello. Desde la antigüedad, cuando la gente sufría de salud mental se le categorizaba como locos, eran castigados y condenados al aislamiento. Ahora, hay ayuda, recursos, educación y tratamiento para las causas mas comunes de la salud mental, depresión, ansiedad, bipolaridad, y adicciones entre otras.

Coronando los Logros. Maria Montano nació en San Martin Hidalgo Jalisco, México. Se graduó en Psicología de la universidad de Guadalajara y ejerció su profesión por 9 años hasta que migro a los Estados Unidos. Ha vivido en Vivienda Publica por casi 10 años. Recientemente obtuvo su Diploma-GED, mientras es voluntaria en su comunidad, cuida de sus 4 hijos y su esposo. Maria es un claro ejemplo de que no importa donde uno empiece, lo importante es empezar y trabajar hacia las metas. Maria ha aprovechado los recursos proveidos en su comunidad y anima a los demás a hacer lo mismo.

Programa de Servicios de Niños proveídos por el CAC ayuda a familias con cuidado de niños de edades 0-5 años. El CAC se enfoca el crecimiento saludable de los niños por medio del juego y desarrollo de destrezas físicas, de leguaje, sociales, y cognitivas. Si necesita cuidado de niños, comuníquese con el CAC. Información de contacto esta en el artículo del CAC.

Receta Saludable. Pasta con espinacas y tocino. En una sartén hierva la pasta con tantita sal por aprox. 10 minutos. En otro satén caliente el aceite de oliva, drene la pasta y fría la pasta en le aceite. Aparte, fría el tocino y ajo. Añada los tomates y espinaca y cocine. Vierta el espagueti en la mezcla y listo.

Autosuficiencia Familiar (FSS). El Programa FSS es un recurso voluntario hacia la autosuficiencia. Bajo el FSS, mas de 500 mil dólares se han brindado a familias graduadas como incentivo por completar sus metas. Si usted tiene Sección 8 HCV o PBV usted puede aplicar para este programa.