



Hello Neighbor,

My name is Shelley Scheuren, and I am serving as a Crisis Counselor for Texans Recovering Together Crisis Counseling Program in response to the recent COVID-19 disaster declaration. Texans Recovering Together provides outreach and counseling services to those affected by the disaster. We offer individual, group and in-home crisis counseling, and resource referrals free of charge.

For those who may not be familiar, Texans Recovering Together is a program funded through the Federal Emergency Management Agency (FEMA), in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA). Our hosting agency is Pecan Valley Centers for Behavioral and Developmental Health Care.

The mission of the CCP is to assist individuals, families and communities in recovering from the effects of natural and human-caused disasters through the provision of community-based outreach and psychoeducational services. The CCP supports short-term interventions that involve assisting disaster survivors in understanding their current situation and reactions, mitigating stress, developing coping strategies, providing emotional support, and encouraging linkages with other individuals and agencies that help survivors in their recovery process.

It is my hope that we can work together in a community effort to address the misfortunes that COVID-19 has caused within our communities by helping us to spread awareness of our services to the public.

Free outreach and counseling services include, but not limited to:

- **Crisis Counseling:** *Non-clinical counseling aims to reduce the intensity of an individual's emotional, mental, physical and behavioral reactions to a crisis*
- **Resource Referrals:** *Immediate needs referrals to community resources for food, clothing, furniture, rental assistance, medical and mental health support*
- **Skill Building:** *Educational information for survivors on identifying stress reactions following a traumatic event, productively managing stress reactions, and building awareness about normal reactions to a disaster*
- **Grief and Loss:** *Education, encouragement, and support to individuals in the grieving process, providing coping strategies and awareness of common obstacles of the grief process*
- **Disaster Education and Awareness:** *Educational information on disaster preparedness and awareness*

I would love to schedule a time to meet with you in person or provide a community education opportunity as soon as possible. I look forward to assisting you, your family, and the Hood and Somervell County communities to the best of my ability.

Best Regards,

Shelley Scheuren, BS
Crisis Counselor
Texans Recovering Together

