

# Monthly Newsletter

# OCTOBER

vol 3

## THIS MONTH'S Observances

In this issue we will touch on:

1. **Filipino-American History Month**
2. **Domestic Violence Awareness Month**
3. **Bullying Prevention Month**
4. **Therapist Spotlight**



### Filipino-American History Month



This month we are honoring the history & achievements of Filipino-Americans.  
'82 Dorothy Laigo Cordova founded the Filipino American National Historical Society (FAHNS)

Oct '92 The first time FAHM was celebrated in the US

'09 the US Congress declared October as FAHM



**Lorna Schofield**  
The first Filipino-American federal judge.



**Larry Ramos**  
The first Filipino-American to win a Grammy



**Vicki Draves**  
The first Filipino-American to win a gold medal.

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### Domestic Violence Awareness Month

This month we want to encourage everyone to advocate for survivors by raising awareness & sharing resources.

CDC reports that 1 in 4 women and 1 in 10 men would have experienced some form of Intimate Partner Violence (IPV). CDC also reported that victims of IPV lifetime cost was estimated to be around \$103,767 for women and \$23,414 for men.

National Domestic Violence Hotline:  
800-799-7233

### DFW Resources

The Family Place (Dallas)  
Genesis Women's Shelter & Support  
Mosaic Family Services

### Bullying Prevention Month

"...behaviors may be persistently directed at the target based on a student's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, physical appearance, sex, or other distinguishing characteristics." - **National Association of School Psychologists**

As of 2021 stopbullying.gov reports around 20% of students aged 12 to 18 experienced bullying on a national level internationally 1/3 of the world's children are bullied. (stopbullying.gov)

StopBullying.gov encourages that we:

1. help kids understand bullying
  2. keep lines of communication open
  3. schools are encouraged to set policies and rules including mission statements
- Establishing a reporting system is also something to help with preventing bullying. It is suggested that the system be easy, confidentiality and privacy of reports, and maintain the reports that display problems and patterns take place over time.



**STOP  
BULLYING**



# Therapist Spotlight

## NANCY TOWNSEND

MA, LPC ASSOCIATE, NCC (SHE/HER)

SUPERVISED BY LACEY FISHER, LPC-S, RPT-S, PMH-C

### Why you became a counselor:

"I have always been drawn to helping others, especially those in need, and I have truly enjoyed it. I am a naturally shy and quiet person, and I feel like counseling fits well with my personality. I do not think there was ever a thought in my mind that I would be anything else but a counselor once I discovered the field of psychology as a teenager."

### One thing that you would tell your younger self:

"Do not let fear or doubt stop you from trying new things."

### Current Read:

"I hate reading. Thank you grad school! In all seriousness, I do read but only in an effort to become a better counselor for my clients. I am currently reading *Adult Children of Emotionally Immature Parents* by Lindsay C. Gibson, PsyD."

### Clients you are passionate about working with:

"I am really passionate about meeting with folks from the Latinx community. I feel like it is a community that is greatly underserved and is in great need of advocacy."

### Favorite Music:

"I listen to a variety of music and do not truly have a favorite genre of music, however, I do have favorite artists. Romeo Santos (bachata) and Lady Gaga (pop)."

## What's it like working with Nancy?

"...A breath of fresh air. Nancy was the first member to be added to Revive to Thrive Wellness Center. She has been an absolute joy to work with. She does everything in a spirit of excellence and always strives to be her best self."



"I have found her to be extremely dependable and have been more than impressed by her work with clients. I look forward to her continued growth and contributions as a team member." - Kimberly