



SAMARITAN CENTER



Change Lives

Military Culture: Hope for Heroes

Hope for Heroes, a signature program

by Rajesh Harripersad, LPC, LCDC

A recent report by the Substance Abuse and Mental Health Services Administration (SAMSHA) highlighted that **veterans, their families, and service members have unique holistic needs**. These needs require culturally competent approaches with multidisciplinary services and treatments. Additionally, the National Veterans Foundation found that service members form a **lingering sense of comradery** after service. Most veterans establish trust with peers, counselors, and other providers that are also veterans (or close family members of veterans) that have “walked the walk.”



It is well-known that most **veterans prefer working with other veterans because of joint trust and respect**. Because of this, the various branches of the military, the Department of Veteran Affairs (VA), and the Texas Veterans Commission have developed programs that hinge on the concept of veterans helping veterans. However, some veterans prefer using behavioral health services outside their military base or the VA.

At Samaritan Center, we strive to create a **veteran-friendly climate and culture** that allows veterans to feel supported. Therefore, we hire providers that are not only dedicated to serving veterans but are also connected to the military family. Our Hope for Heroes program embodies a **multidisciplinary, military-competent holistic approach** that benefits veterans, service members, and their families.

Our Hope for Heroes program primarily **supports veterans, first responders...**

[Read the whole blog here](#)

Bothered By Lack Of Access To Mental Health



Texas ranks 50th in mental health access and our mission is to provide affordable care to those who could otherwise not afford it. Our clinical director, [Shawna Moss, LCSW-S](#), talks about Samaritan Center's role in providing affordable mental health care and our holistic approach.

[Donate](#)

Become A Sustainer

Monthly Gifts Help Samaritan Center Grow

Did you know that Samaritan Center offers the ability to make your gift on a recurring basis? And, recurring gifts offer Samaritan Center an unmatched source of stability and improves long-range planning.

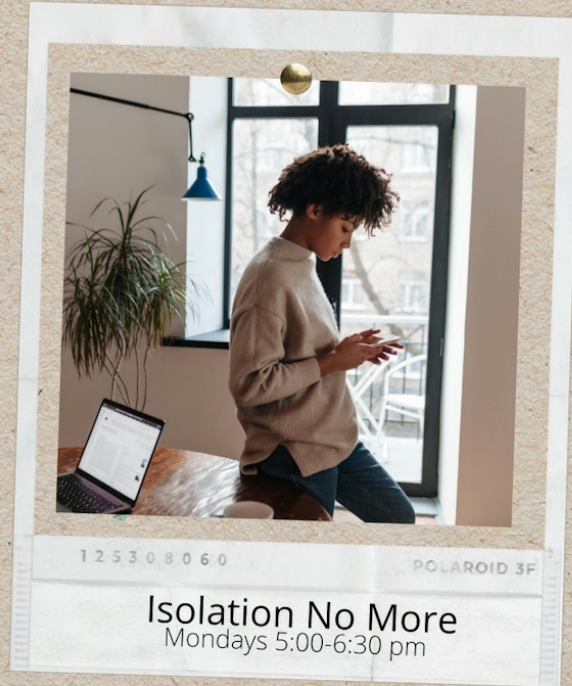
According to NonProfitPRO, the top reason why donors want to give monthly is because **it assures nonprofits of stable funds**, immediately followed by: **“More convenient for me,”** **“It’s a way to budget my philanthropy”** and **“I can give more generously over the year this way.”**

Your monthly donation is a predictable revenue stream for Samaritan Center. Join other sustainers today!



[Begin Your Monthly Giving](#)

***NEW* Isolation No More**



Isolation No More
Mondays 5:00-6:30 pm

Mondays, 5:00 to 6:30 PM, starts April 12th

Are you feeling isolated? You are not alone! Humans are social beings and feeling isolated leads to increased feelings of depression and anxiety. This group is here to help us connect and feel less isolated during COVID.

Facilitated by [Dee Esparza, LMFT, PMHCNS-BC](#) and in partnership with [NAMI Central Texas](#).

Register: Call 512-451-7337, option 8 or email frontoffice@samaritan-center.org

Learn More

NEW 4-Week Group Parenting Workshop



4-Week Group Parenting Workshop
Empower, Connect, & Correct: TBRI®
Tuesdays, 5:30-7:00 pm
Samaritan-Center.org

Tuesdays, 5:30 to 7:00 PM, starts April 20th

The Trust-Based Relational Intervention (TBRI®) Introduction and Overview Class

Series is an introduction to principles that enhance your understanding about how to interpret behavior and respond appropriately. At this training, you will learn and practice:

- **Empowering Principles** to address physical needs
- **Connecting Principles** for attachment needs
- **Correcting Principles** to disarm fear-based behaviors

Facilitated by [Kamini Verma, LCSW-S, RPT-S](#).

Register: Call 512-451-7337, option 8 or email frontoffice@samaritan-center.org

[Learn More](#)

Train To Be A MVPN Volunteer

BASIC CERTIFICATION TRAINING

WHEN:
April 7, 2021
9:00AM – 4:00PM

WHERE:
Microsoft Teams (Online)

Reserve your spot by emailing your name, phone number and email to james@samaritan-center.org

Meeting invite will be sent after your request has been received.

TRAINERS:
Arlene Perez, LMSW
Texas Veterans Commission, Veterans Mental Health Department

James Lambert
Certified Peer Service Coordinator, Samaritan Center

Robert Wetherbee
Peer Service Coordinator, Samaritan Center

**TRAINING
PROVIDED BY:**



TOPICS COVERED:

- MVPN Overview
- Suicide Awareness
- Active Listening
- Cultural Competency
- Peer Support Opportunities
- Peer Ethics
- Depression Awareness
- Addictive Behaviors
- Stress and Stress Management
- SMART- a tool for change

Basic Certification Training on April 7th

Military Veteran Peer Network (MVPN) is looking for men and women veterans to volunteer as mentors to fellow veterans. We are looking for veterans of any of the branches of the United States Military, including the Army, Marine Corp, Navy, Air Force,

Coast Guard or their corresponding Reserve or Guard branch.

All volunteers must first attend **MVPN Basic Certification Training**.

Register: Email james@samaritan-center.org

Donate



Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

Samaritan Center | (512) 451-7337 | samaritan-center.org | [Donate Now](#) | [Join Our List](#)