



If you and your family has been affected by Tropical Storm Imelda, we are here to help. If you have lost a loved one, witnessed rising water in your home or apartment, or just feel the need to talk to someone for support and finding local assistance, Texans Recovering Together have trained professionals readily available to assist you in the recovery process.

## OUR GOAL

The purpose of the Texans Recovering Together program is to assist those who have been affected by Tropical Storm Imelda through education, recovery effort, outreach, referrals and supportive counseling (CCP).

### Key Principles of the CCP Model:

- **Strengths based:** we promote resilience, empowerment, and recovery
- **Anonymous:** we do not classify, label, or diagnose people; no records or case files are kept
- **Outreach oriented:** we deliver service to the communities rather than wait for survivors to seek assistance
- **Conducted in Nontraditional Settings:** we make contact in homes and out in the community, not in clinical or office settings
- **Designed to Strengthen Existing Community Support Systems:** the CCP supplements, but does not replace, existing community systems.

## ARE YOU EXPERIENCING ANY OF THE FOLLOWING?

### Physical/Medical

Headaches  
Stomach problems  
Problems eating  
Worsening health conditions

### Behavior

Isolating and withdrawing from others  
Increased conflicts  
Easily startled  
Tearfulness  
Avoiding places or people that remind you of the disaster  
Increased alcohol or drug use  
Reluctant to leave home

### Feelings

Angry or irritable	Decreased interest in activities
Depressed	Easily upset
Anxious or fearful	Increased Stress
Hopelessness/Despair	

### Thoughts

Unable to cope with death/injury of a loved one  
Distressing dreams/nightmares  
Disturbing thoughts/images  
Difficulty concentrating  
Difficulty remembering things  
Suicidal thoughts/feelings

## WHAT WE DO

- **Social Service referrals** (alternative housing, financial assistance, etc)
- **Charitable Donation referrals** (food banks, resale stores, etc)
- **Transportation referrals**
- **Job Assistance referrals**
- **Legal Assistance referrals**
- **Medical Care referrals**
- **Mental Health/Substance Abuse referrals**
- **Individual Crisis Counseling**
- **Group counseling**
- **Educational Presentations**

### SERVICES ARE PROVIDED AT:

- Homes
- Schools
- Social Service Agencies
- Community Centers
- Tri County Offices
- Any Convenient Location

