

CECF INFORMER

Save the Date: Region 1 Educational Consortium

A consortium is a group of individuals from a cross-section of community stakeholders who have identified a specific issue to address and resolve through meaningful collaboration. Regional CPS education consortiums focus on improving education outcomes for students in foster care.

Join virtual meeting

February 24 from 9am-12pm

[More Details](#)

Volume 1, Issue 1



Hidalgo County Child Protection Court Lobby

FosterClub Outstanding Young Leader Scholarship Award

The FosterClub Outstanding Young Leader Scholarship Award is an annual recognition program that celebrates the brilliance & resilience of young people who have experienced foster care. This award uplifts young people who make a difference in their communities & counters negative beliefs about young people in/from foster care.

Now accepting applications!

Applications are due February 28.

[More Details](#)

SAVE THE DATE: WATCH PARTY FEATURING THE FILM "FROM PLACE TO PLACE"



What if you were all alone in the world? *From Place to Place* follows Mandy and Raif as they age out of America's foster care system, struggle to make it on their own, find their voice, and impact the system that raised them. Through the telling of their story, Mandy & Raif are invited to Washington, D.C. to testify to the Senate Caucus on Foster Youth. The power of their voices set a chain of events in motion that lead to landmark reform in America's foster care system.

[More Details](#)

Join us March 5th via Zoom to watch the film and have a conversation with Raif, Matt Anderson (producer of the documentary), and Karen Countryman (local foster parent and foster youth advocate). [Register Here!](#)



Who We Are

BCFS Health & Human Services (BCFS HHS) Common Thread, in partnership with the Texas Office of the Governor, is a relational advocacy program for child and young adult survivors of sex trafficking in Texas.

The program is:

- Immediately responsive, 24/7/365
- Survivor-informed
- Evidence-based
- Trauma-informed
- Person-focused
- Mobile throughout Texas

What We Do

BCFS HHS Common Thread accepts referrals for suspected or confirmed survivors of sex trafficking, up to the age of 25, via its toll-free hotline 1-888-8THREAD.

Services include:

- Advocate arrival on-scene within 90 minutes, 24/7/365
- Intensive, long-term mentorship
- Hospital, forensic interview, court, and other appointment accompaniment
- Intensive case management
- Unconditional positive regard

[For PowerPoint Presentation Click Here](#)

Self-Care Strategy: Deep Breathing

One of the simplest things we can do to combat stress is to breathe. Deep breathing doesn't take long, doesn't require any special equipment, and can be done almost anywhere.

Follow this guide:

- Sit up straight
- Take a long, slow deep breath through your nose
- Stand up
- Take a deep breath, feeling the air going into your lungs
- Put your hand on your abdomen, feeling it expand and contract with each breath
- Make yourself aware of the path that the air is taking as it enters and leaves your body
- Focus on your breathing for at least two minutes, noticing how your body responds

Try deep breathing at your desk, when stuck in traffic, or anywhere you need to refocus.

Presenters Contact Information

- Mitzi Puentes, CPS Region 11 Educational Specialist, Mitzi.puentes2@dfps.texas.gov
- Maria Cansino, BCFS HHS Common Thread, mc3016@bcfs.net, 1-888-8Thread (1-888-884-7323)
- Matt Anderson, chsnc.org, 1.800.632.1400