



# The Dreamer's Journal

## APRIL 2022

### Newsletter Highlights

SPRING  
BREAK  
CAMP

SPOTLIGHT ON  
EASTER EGG  
DONATIONS

MARK YOUR CALENDARS:  
**DREAM BIG** EVENTS  
THIS MONTH

**ANYTHING IS  
PAWSIBLE**

### Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



## Child Abuse Prevention

By: **Carolina Morales, LPC**

The following statistics have been gathered from the Children's Advocacy Centers of Texas (CAC) and TexProjects in regards to the *reported* abuse:



- 1 in 10 children will be sexually abused before their 18th birthday.
- In Texas alone, there were a total of 61,891 child victims in the year of 2020. (keep in mind that these only account for the children serviced at the CAC)
- 98% of these victims KNEW their alleged perpetrator.
- In Texas, more than 4 children die from abuse or neglect on average every week and about 184 victims are confirmed daily.
- More than 7 children are maltreated every hour.



**TO REPORT ABUSE:  
Call 1-800-252-5400  
Call 911 for emergencies and  
life-threatening situations**

I hope that after reading these statistics, you understand the severity of this problem. While child abuse is not a new topic, Dream Big wants to take this opportunity to bring awareness and education to its followers and the community. Child abuse can be defined as a traumatic experience that leads to lifelong effects. Examples of child abuse are sexual abuse, physical abuse, verbal abuse, emotional abuse - including witnessing domestic violence. The effects of trauma can vary from person to person, as well as the onset of symptoms such as anxiety, depression, fear, confusion, difficulty concentrating, increase in tantrums, nightmares, changes in appetite, changes in sleeping schedules, shame, guilt, and the list goes on. Furthermore, I would like to emphasize that since the pandemic, our job as protectors of our most vulnerable population has only increased. Several studies have found a significant increase of pediatric admissions due to some type of abuse. In conclusion, Dream Big encourages you all to engage in at least one activity/event (whether it is through a donation, attending, or spreading the word) throughout the month of April that aids in helping children heal from traumatic experiences. *Together we can be the change!*

<https://www.texprotects.org/CANfacts/#:-:text=Case%20for%20Prevention-,WHAT%20IS%20CHILD%20ABUSE%3F,children%20are%20mal-treated%20every%20hour.> | <https://www.cactx.org/statistics> |

# The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.  
Title originated from Melissa Reeves Austin-Weeks.

## Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

### Crisis Hotlines

**Suicide & Crisis Hotline**  
Text "HOME" to 741741

**Texas Youth Helpline**  
Call/Text 800-989-6884

**Domestic Violence Hotline**  
Call 800-799-7233

**Veterans Crisis Line**  
Call 800-273-8255 Text 838255

**Sexual Assault Hotline**  
Call 800-656-4673

**Child Abuse Hotline**  
Call 800-422-4453

**Mobile Crisis Units**  
North Texas: 866-260-8000

**LGBTQ Crisis & Suicide Prevention**  
Call 866-488-7386  
Text "START" to 678678

Click on the Image for more  
Mental Health Resources

### FlipGive



FlipGive is an easy-to-use cashback app designed to help organizations lower costs by shopping from all your favorite brands.

Dream Big earns cash back on every purchase made all year long.  
Join our team! (Code: LCK4CN)

Go to [FlipGive](#) or download the app on your phone today!

# COLOR ME CREATIVE

## SPRING BREAK CAMP



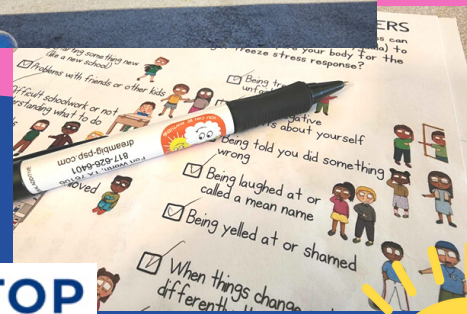
BY CAROLINA MORALES, LPC

Spring break camp was a success! Children engaged in education about emotion regulation, self-esteem, conflict resolution, team work, social skills, and coping skills. Our happy campers participated in gardening, outdoor exercising, and even learned how to shoot a bow and arrow! Color Me Creative Camp will be offered in the summer as well, so if you are interested in helping out at any capacity, please reach out to us! Lastly, Dream Big wants to thank everyone who made this camp possible and successful.



Sponsors/Helpers: Becky Ramirez with iRef, Crystal Apocada, Natalie Torres, Nadia Alvarez Arriaga, Sandy Hernandez, Victoria Jara, Maribel Reta, Lupita Macias

ONE STOP  
PRINTING



## Dream Big Spotlight:

### Grateful for Easter Donations

A very big and special thank you to Cornerstone Assistance Network for donating easter eggs! Dream Big will be distributing Easter Baskets to 30 families that may be experiencing financial and/or emotional difficulties. In addition, Dream Big wants to thank those donors that have provided items such as TCU merchandise, confetti eggs, candy, coloring books, and toys for the baskets. We could not do it without your help and dedication!

Sponsors/helpers: Walmart, Maricela Tobias Munoz, Liz Pinon, Juana Garcia, Marissa and Marco Carrera

# Upcoming Events



## Pinwheel Day

Saturday, April 2nd  
3PM- 4PM

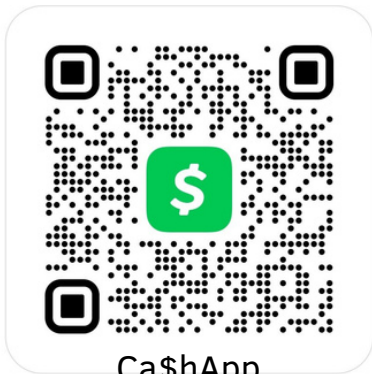
April is Child Abuse Prevention Month! Join us on the front lawn of PSP Professional Services, Inc. and Dream Big - PSP Counseling, 2831 Ellis Ave, Fort Worth, TX to plant 100 pinwheels to bring awareness to our community about the importance of uniting to help prevent abuse of one of our most vulnerable populations, our children! rsvp by calling 817-626-6401 or email [ggarcialpc@pspcounseling.org](mailto:ggarcialpc@pspcounseling.org)

## "On Wednesday's we wear BLUE"

Every Wednesday in April  
Online Event

In efforts to bring awareness and education to our community on child abuse, Dream Big will be sharing important information on social media platforms. We also encourage you all to be participants by wearing blue on every Wednesday throughout the month of April. Please stay tuned and follow our social media to learn how you can enter our raffle for those who decide to participate!

## TRANSFORM A LIFE WITH YOUR CONTRIBUTION



Ca\$hApp  
\$DreamBigPSP



ZELLE  
Dream Big-PSP



Venmo  
@Dream-Big-PSP



# Anything is Pawsible

BY ANGEL THE DOG

*Introducing Angel, our mascot!* Angel says:

"Thank you for your support! **Dream Big-PSP**

**Counseling was able to provide 114 sessions in March 2022!**"



## Mindful Journaling

A stress-reducing moment for self-love, growth, & rewiring the brain.

Enjoy!

Q. What are three things you are grateful for today?

Lined writing area for journaling, consisting of 15 horizontal white lines on a light gray background.

### The Dreamer's Journal

#### Editors & Content Designers



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Helping People Along Their  
Healing Journey

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