



**NOMINATION FOR
Chapter Distinguished Service Recognition - Individual
is Being Nominated For
Epsilon Sigma Phi, Alpha Zeta Chapter – Texas**

Nominee's Name: Elizabeth Trejo
Title: County Extension Agent-Family and Consumer Sciences
Address: 3033 Bear Creek Drive
City, State Zip: Houston, Texas 77084
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Phone Number: (281) 855-5625
Year Initiated into ESP:~1992

Position and Dates of Extension Employment:

1997 – Present, Harris County- County Extension Agent-Family & Consumer Sciences
1991 – 1997, Hidalgo County- County Extension Agent-Family & Consumer Sciences
1988 – 1991, Zapata County- County Extension Agent-Family & Consumer Sciences

Education:

*Master of Education-Counseling and Guidance, University of Texas Pan-American, August, 1996
*B.S. (Home Economics), Texas A&M University Kingsville, August, 1984
*Provisional Teacher Certificate in Vocational Home Economics, Texas A&M-Kingsville, Texas, 1989
*Certified Federal Deposit Insurance Corporation Money Smart Trainer, April, 2003
*Certified Train-the-Trainer for the AARP Women's Financial Information Program, October, 2000
*Completed and Certified for the Food Protection Management Training Program, April, 1996
*Certified Clothing Master Volunteer Program -1991
*Certified Family and Community Leadership Trainer

Outstanding Professional Accomplishments:

2010 Certificate of Appreciation for contribution to the 2010 Money Week Houston program
2009 Epsilon Sigma Phi Certificate of Meritorious Service
2009 National Epsilon Sigma Phi Diversity Team Recognition
2008 Texas AgriLife Extension award for Superior Service as a County Extension Agent
2008 Epsilon Sigma Phi State Diversity Award
2008 National Extension Assn of Family & Consumer Sciences (EAFCS) Florence Hall Award 1st Place National
2008 NEAFCS Florence Hall Award 1st Place Southern Region
2007 Epsilon Sigma Phi State Team Award Harris County Inmate Re-entry Life Skills Program
2007 Epsilon Sigma Phi State Diversity Award
2006 Team Award for Superior Service Texas AgriLife Extension
2006 Epsilon Sigma Phi State Mid-Career Award
2005 NEAFCS Florence Hall Award- Early Child Care Training
2005 Texas EAFCS Florence Hall Team Award, Inmate Re-entry Life Skills Program
2002 Recipient of the Director's Award for Innovative Application of Information Technology in Extension Education for the Harris County Inmate Education Project.
2001 TEAFCS, Continued Excellence Award.
2001 NEAFCS, Continued Excellence Award.
2001 TEAFCS, Florence Hall Team Award.
2001 NEAFCS, National Florence Hall Team Award
2000 NEAFCS, National Dean Don Felker Award.
2000 TEAFCS, Dean Don Felker Award.
1999 TEAFCS, Distinguished Service Award.
1999 NEAFCS, Distinguished Service Award.
1998 TEAFCS, Florence Hall Award.
1997 Governor's Award For Environmental Excellence, South Texas Ameri-Corps Initiative.
1996 TEAFCS, Florence Hall Award.
1996 TEAFCS, Program Excellence Through Research Award.

- 1995 Texas AgriLife Extension Service Superior Service Team Award.
- 1994 Texas AgriLife Extension Service Superior Service Diversity Team Award.
- 1994 Received the Epsilon Sigma Phi State Early Career Award.
- 1994 Texas Ext Assn of Family & Consumer Sciences Communication Award Television Feature.
- 1993 National Extension Association of Family and Consumer Sciences National Diversity 2nd Place
- 1993 National Extension Assn of Family and Consumer Sciences Southern Region Diversity 1st Place
- 1993 Texas Extension Association of Family and Consumer Sciences Diversity Award.

Leadership Roles: Texas Extension Association of Family and Consumer Sciences member (1988-Present), District 9 EAFCS committees, District 12 EAFCS committees, Past-President's Council (1999 to present), Board member (1991-1999), Past-President (1998), President (1997), President Elect (1996), 1st Vice-President (1995), Secretary (1994); Member of the NEAFCS Strategic Planning Committee (2001), state delegate for Texas Extension Association of Family and Consumer at the NEAFCS National meetings 1997, 1995, 1994 and 1993; served on the NEAFCS Minority Network Committee. (1993)

Outstanding Programmatic Accomplishments: In addition to Liz's distinguished past recent accomplishments include the following. **Inmate Re-entry Life Skills Program:** The topics for the inmate program focus on the three major program areas: financial literacy, family life skills and nutrition. The sessions are presented through distance education and were conducted by Liz and colleagues with other presenters that are experts in their field. Topics covered by other speakers include: motivational messages, mental health issues, transitional housing, health services, drug & alcohol rehabilitation, family violence, breast health, legal assistance, individual & family counseling and job skills training. Since 2004 Liz has supervised and conducted 308 sessions with 1479 participants, with 28 collaborators and volunteer speakers, a few of which include the Mayor's office re-entry program; Susan Komen Breast Cancer Foundation Education Committee; South Texas College of Law; Planned Parenthood of Houston and Southeast Texas, Inc.; and Attorney General of Texas Child Support Division. **Financial Literacy:** The topics for the financial literacy are the Building Fiscally Fit Families money management six lesson series that includes: Budgeting 101: Strengthening Your Dollars and Cents, Setting Your Household in Order, Power of Credit, Identity Theft: When Bad Things Happen to Your Good Name, Feeding Your Family Without Starving Your Wallet and Thrive By Five, with groups meeting longer than six weeks, Liz offers additional topics such as Invest in Your Debt, Feeding Your Family When Disaster Strikes, Financial Emergency Preparedness, The Grand Plan for Cleaning and Are You a Financial Enabler? Classes taught at schools are directed to the parents at the parent centers in English. Liz also presets in Spanish when needed. The "Building Fiscally Fit Families" six lesson money management series has been conducted 1083 sessions and reached 71,816 since 2002 at 48 sites, a few of which include area Elementary school parent centers; Houston Recovery Campus-clients; All About Recovery – clients; Volunteers of America (Lavender and Roger sites) – clients; Greenwood Forest Resident Club-Garden Club; New Hope Housing; La Rosa Family Service Center; Golden Vista Texas Extension Education Association Club; Champion's Women's Antique Club; City of Houston Health and Human Services Re-entry Program; Lakewood Neighborhood Library; Barkers Landing Community Club; Texas Nursery Landscaper's Association; Salvation Army; Houston Department of Health and Human Services-Harris County Area of Aging; Texas Teen Challenge; 2nd Annual Grandparent Caregiver Expo; The Gathering Place; and Leo Daniels Senior Center. Over 30 partners/collaborators are involved in programming efforts including Domestic Relations Office; Edward Jones; Christian Women's Job Corps; Texas Department of Criminal Justice; Financial Literacy Advisory Committee; Cooperative Extension Program-Prairie View A&M University; Youth and Family Services Department; Houston Recovery Campus; Neemesys McGee Education Coordinator-Precinct 3 Commissioner; and Texas Extension Education Association officers, delegates and members. **Fit and Healthy Camp:** a program that began in 2011 and focuses on preventing childhood overweight. It adapted from the "Balancing Food and Play," curriculum but targets parents. The Fit and Healthy Camp, is a four lesson series, focusing on parents, that encourages healthy, nutritional choices & positive lifestyle changes. Objectives include promoting increased fruit and vegetable consumption; encouraging water as a beverage; reinforcing the importance of at least 60 minutes of daily physical activity; and encouraging the limitation of screen time to less than 2 hours per day. Sessions include "Journey to Better Health"; "What is My Pyramid?"; "Nutty About Nutrients"; and "Setting Goals". In 2011, 11 sessions were presented 124 participants took part with a total 310 contacts in this program area at 4 different area Elementary School Parent Centers. **Better Living for Texans Program** During 2010, more than 5,225 Harris County adults participated in the BLT Eat Better to Live Better series focusing on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of food-borne illness.

Support Statement (approximately 75 words): Elizabeth has contributed consistency Extension program planning throughout her 24 year career in Extension. Her list of credentials, awards, and contributions is truly impressive. Her professionalism is unmatched as she embodies the true spirit of Extension through her helpful attitude, extensive knowledge base, and practical application of family & consumer science principles.