

Department Newsletter

Monthly Quote: April is the sweetest month of the year, the mellow season of rebirth and renewal.

Mental Health Awareness Dates

Month

Alcohol Awareness Month
National Autism Acceptance Month
National Child Abuse Prevention Month
Stress Awareness Month
Sexual Assault Awareness and Prevention Month
National Counseling Awareness Month
National Minority Health Month

Week

National Volunteer Week (Apr. 21-27)
National Infertility Awareness Week (Apr. 21-27)
National Youth Violence Prevention Week (Apr. 22-26)

Day

World Autism Awareness Day (Apr. 2)
World Health Day (Apr. 7)
National Alcohol Screening Day (Apr. 11)
Day of Silence (Apr. 12)
Denim Day (Apr. 24)



Personal Development



Whatever number you picked to describe your self-image also describes your willingness to invest in yourself. For example, if you rated your self-image at a 5, you will be willing to invest in yourself up to a 5 level, but not more. That's why people with low self-images do not make great investments in themselves. It's not what you are that keeps you from investing in yourself; it's what you think you are—or are not. You will never be able to bet on yourself unless you believe in yourself.



Active April

Boost your happiness and sense of wellbeing with our fun activities for March!
Quick, fun and fulfilling activities that only take 5-10 minutes every day to make you feel good!

Active April 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1	Commit to being more active this month, starting today	2	Spend as much time as possible outdoors today	3	Listen to your body and be grateful for what it can do	4	Eat healthy and natural food today and drink lots of water	5	Turn a regular activity into a playful game today	6	Do a body-scan meditation and really notice how your body feels	7	Get natural light early in the day. Dim the lights in the evening
8	Give your body a boost by laughing or making someone laugh	9	Turn your housework or chores into a fun form of exercise	10	Have a day with less screen time and more movement	11	Set yourself an exercise goal or sign up to an activity challenge	12	Move as much as possible, even if you're stuck inside	13	Make sleep a priority and go to bed in good time	14	Relax your body & mind with yoga, tai chi or meditation
15	Get active by singing today (even if you think you can't sing!)	16	Go exploring around your local area and notice new things	17	Be active outside. Plant some seeds and encourage growth	18	Try out a new exercise, activity or dance class	19	Spend less time sitting today. Get up and move more often	20	Focus on 'eating a rainbow' of multi-coloured vegetables today	21	Regularly pause to stretch and breathe during the day
22	Enjoy moving to your favourite music. Really go for it	23	Go out and do an errand for a loved one or neighbour	24	Get active in nature. Feed the birds or go wildlife-spotting	25	Have a 'no screens' night and take time to recharge yourself	26	Take an extra break in your day and walk outside for 15 minutes	27	Find a fun exercise to do while waiting for the kettle to boil	28	Meet a friend outside for a walk and a chat
29	Become an activist for a cause you really believe in	30	Make time to run, swim, dance, cycle or stretch today										

ACTION FOR HAPPINESS

Happier · Kinder · Together

Little Pete, Amber's son starting his career as a Tball player. GOOOOO RATTLES!!!!



If you want to feature your kids activities this summer send pictures to pbpsychadmin@ttuhsc.edu.

Picture of April

Viewing the 2024 solar eclipse outside the clinic!



Department News



Faculty and Residents attended 2024 SHARE Walk Event at Midland County Horseshoe Pavilion on Saturday, April 20th.



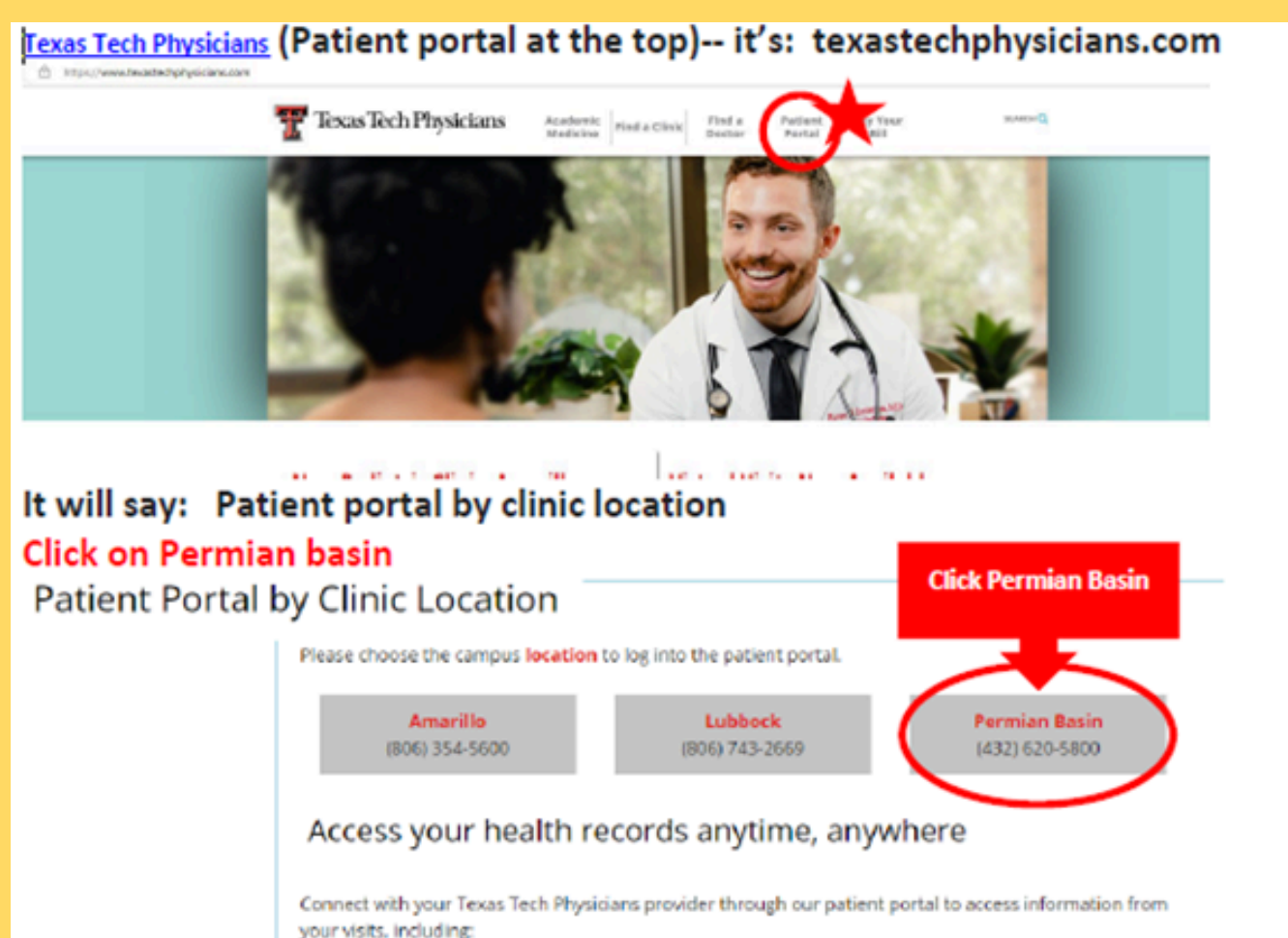
Admin Team attended 2024 Sewell Leadership Event at Wagner Noel Center in Midland on March 27th.

Clinical Operation/Updates



QR CODE FOR OUR CLINIC WEBSITE

If you want to know more about our services, get paperwork online or give some suggestions to enhance your clinic experience, please scan our QR code which will link you to our website.



We encourage patients to use patient portal to request refills, track medication status, send message to doctors, and so on. It would be the preferred method for quickly processing their requests.

Patient Portal (texastechphysicians.com)



WINDOWS UPDATE

IT request everyone shut down the computers every Tuesday and Thursday nights (not Wednesday anymore). They push updates on Tuesday and Thursday nights.

IT help desk number is 432-703-5500 and they can remote into the desktop to troubleshoot.

Slow Computers/Chrome Debugging

If you are experiencing slow performance on computers it may be due to Chrome hardware graphics acceleration bug. To disable this you can launch self-service portal and run the “disable chrome hardware” install. You will need to either close all browsers before running or relaunch afterward.

Send Request to Help Desk

Self Service Portal

Apply Configurations

Scan

View Prohibited Software Details

View User Logon Reports

Desktop Central Agent Details

Troubleshoot

RIGHT CLICK

LEFT CLICK

ManageEngine Desktop Central

Self Service Portal

CLICK THE REFRESH CIRCLE IF DISABLE CHROME IS NOT IN INSTALL LIST

Application Name

All Status

All Apps

Published time-All

Application Name

Version

Description

Vendor

Installed At

Last Action - Status

Published Time

Action

Avaya Workplace 3.19.x [I]	4.8	Microsoft .NET Framework 4.8	Microsoft			Mar 1,2022 11:00PM	Install
Avaya Workplace 3.19.x [I]	3.19.0.72.19	Avaya Workplace 3.19.x for Windows (3.1	Avaya			Mar 1,2022 11:00PM	Install
Box Drive x64 (2.22.445)	2.22.445	Box Drive x64 (2.22.445) for Windows	Box			Feb 15,2022 11:00PM	Install
Box Tools (4.17.0.935)	4.17.0.935	Box Tools (4.17.0.935)	Box Inc			Mar 1,2022 11:00PM	Install
CCMA ActiveX Controls	40.0.5.505	CCMA ActiveX Controls 40.0.5.505	Avaya			Mar 1,2022 11:00PM	Install
Citrix Workspace 1912 LT:	1912 LTSR C	Citrix Workspace 1912 LTSR CU1	Citrix	Feb 23,2021 09:39AM	Install - Success	Mar 1,2022 11:00PM	--Select-- The rec
Create athenaIDX icon						Mar 1,2022 11:00PM	Install
Create athenaIDX icon for						Mar 1,2022 11:00PM	Install
Create CernerWeb desktop i	1.0	Creates the CernerWeb desktop icon and	IT Solution Center			Mar 1,2022 11:00PM	Install
Create IDXTerm desktop i		Creates IDXTerm desktop icons				Mar 1,2022 11:00PM	Install
CyberArk EPM 11.5.2.309	11.5.2.309		CyberArk			Feb 15,2022 11:00PM	Install
Dell Command Configure	4.4.0	Dell Command Configure (4.4.0)	Dell Inc.			Mar 1,2022 11:00PM	Install
Dell Display Manager	Version A00	Software application that allows users to	Dell			Feb 15,2022 11:00PM	Install
Disable Chrome Hardware						Nov 4,2021 02:44PM	Install



A friendly reminder: establish a process for entering notes within 24 hours (or same day) and don't forget to enter the charge as well. Another suggestion is to glance that you're documenting on the correct FIN.

HIPAA=AWARENESS



Things like: disclosing PHI while at the vitals are

A New HIPAA Initiative - Routine Monitoring of EMR User Access

This initiative will help OIC and departments to monitor inappropriate accesses, identify high-risk employees, mitigate and reduce the risk of HIPAA non-compliance resulted from internal users.

RESIDENT/FELLOW UPDATES

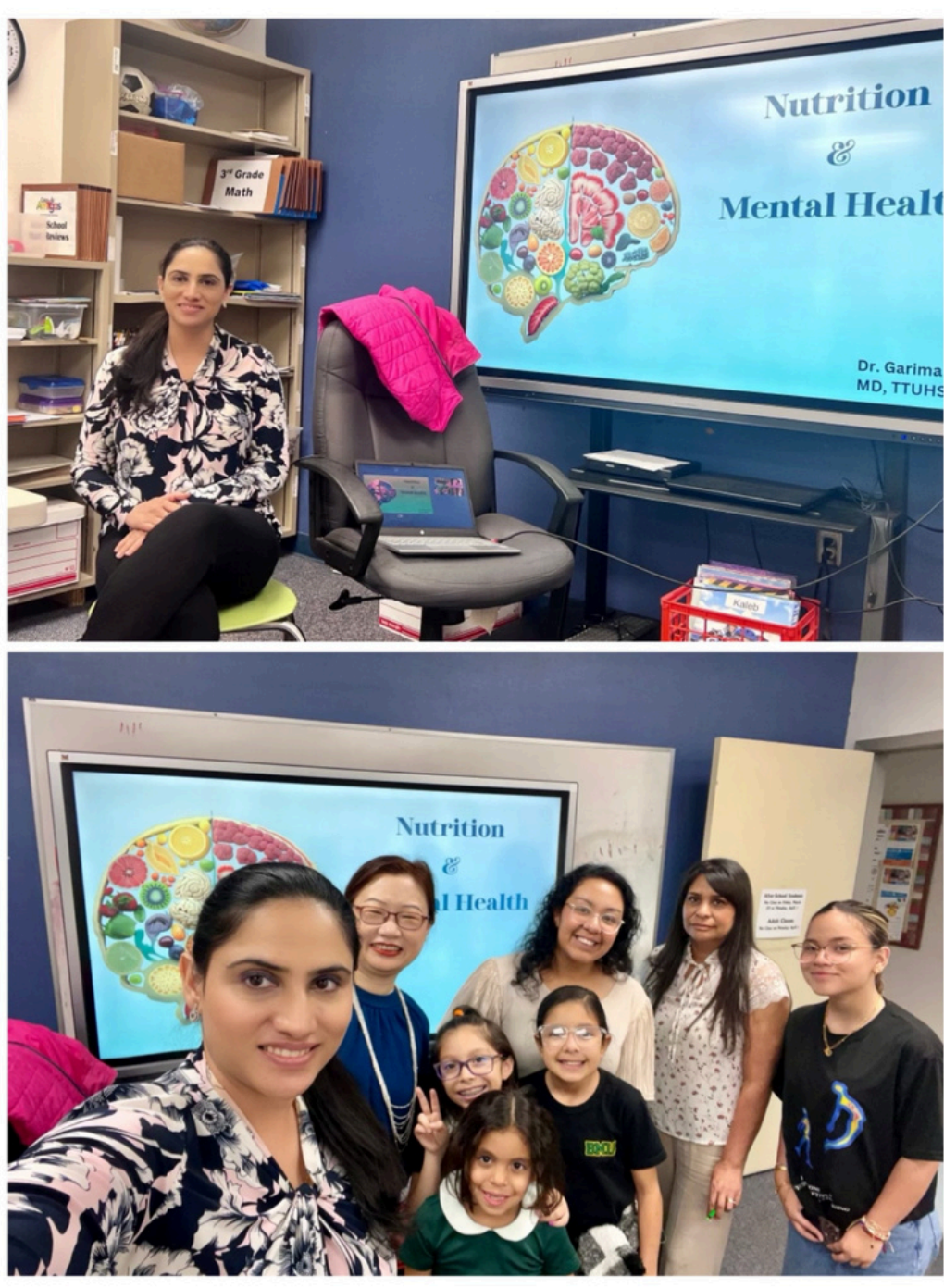


Mark Your Calendar

Resident Graduation
& Award Celebration

Tuesday June 4th
5:00PM

Midland College Carrasco Room



Dr. Yadav Was Invited to Teach
“Nutrition and Mental Health” at
Casa de Amigos on March 22nd.



Google Spreadsheet for CL Billings

A Google spreadsheet has been created/distributed for submitting CL billings. Billings will be sent to the billing office every Thursday. Please add your billings to the spreadsheet on time.

When you're on CL weekend call, billing should be added to spreadsheet.

Updated Journal club schedule for April 2024



4/1-Monday--Dr. Chao
4/3- Wednesday--Dr. Ashraf, Dr. Praveen
Vodala
4/4-Thursday--Dr. Yadav
4/8-Monday--Dr. Aljumaili
4/10-Wednesday--Dr. Hussain, Dr. Kodi
4/11-Thursday--Dr. Hassan
4/15-Monday--Dr. Chao
4/17-Wednesday--Dr. Trivedi, Dr. Vodala
4/18-Thursday--Dr. Trivedi
4/22-Monday--Dr. Yadav
4/24-Wednesday--Hussain, Dr. Kodi
4/25-Thursday--Ashraf
4/29-Monday--Hassan



April Duty Roster PGY - 1

Dr. Saad - BSSH
Dr. Shayeb - IM
Dr. Mian - Oceans-M
Dr. Pham - BSSH
Dr. Vodala - CL
Dr. Karmegam - PEDS
Dr. Perugula - FM-FHQC

April Duty Roster PGY - 2

Dr. Kodi - CL
Dr. Adnan - OCEANS-A

April Duty Roster PGY - 3/PGY - 4/Fellow OUT PT

DR. Wix - OCEANS-M

Resident/Fellow Led Committee Update

QI/QA Committee Chair: Dr. Trivedi

Members: Dr Pham, Dr Karmegam, Dr Perugula, and Dr Mian

Research Committee: Chair: Dr. Trivedi

Members: Dr. Kodi, Dr. Adnan, Dr. Ashraf

Manuscript accepted into schizophrenia research (Apr 2024) "Traumatic brain injury and risk of schizophrenia and other non-mood psychotic disorders : findings from a large database in the united states".

Trivedi, C., Reddy, P., Rizvi, A., Husain, K., Brown, K., Mansuri, Z., Nabi, M., Jain, S.

Education Committee: Chair: Dr. Husain

Members: Dr. Kodi, Dr. AlJumaili, Dr. Nabi,
Dr. Mian, Dr. Vodala, Dr. Karmegan

Wellness Committee: Chair: Dr. Kubosumi

Community Committee: Chair: Dr. Yadav

Digital & Social Committee: Chair: Dr. Wix

Community Education

Topic: Parental Stress and Burnout: How to Recognize and Bounce Back from Exhaustion



Addressing parental stress and burnout is crucial because it directly impacts parental well-being, family dynamics, and children's development. Neglecting these issues can lead to negative consequences for individuals, families, workplaces, and society. By recognizing the importance of parental stress and burnout and providing support and resources, we can promote healthier families and communities. Dr. Vodala, MD, PGY-1 would like to deep dive and provide insights on why addressing parental stress and burnout is essential from a medical perspective.

Where: ZOOM

When: Friday, April 26th 12pm – 1pm

Zoom Link: <https://ttuhsc.zoom.us/j/3356882490>
MEETING ID: 335-688-2490

Topic: When Mom is Depressed: Maternal Depression and Baby Blues



Depression is one of the most common complications that women experience during and after pregnancy, affecting up to 10-20% of women in the perinatal and postpartum period. Mothers can also experience other serious mental health conditions in the postpartum period. These conditions can impact both mothers and infants; however, with screening and treatment, help is available. Please join Dr. Shaye, PGY-1 to learn more about maternal mental health, screening tools to identify postpartum depression, and information about treatment and support for mothers experiencing mental health conditions during and after pregnancy.

WHERE: ZOOM

WHEN: FRIDAY, MAY 10TH 12PM – 1PM

ZOOM LINK: [HTTPS://TTUHSC.ZOOM.US/J/3356882490](https://ttuhsc.zoom.us/j/3356882490)
MEETING ID: 335-688-2490

Healthy Menu



Salmon Salad

This cold Salmon Salad is fresh, protein packed, and exactly what you want for lunch.

Ingredients

- 2 lbs salmon *
- 1/3 cup sliced scallions
- 1/3 cup loosely packed fresh dill chopped
- 1/3 cup chopped celery
- 1/3 cup chopped parsley
- 1/4 cup mayonnaise
- 1/4 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 2 tbsp fresh lemon juice
- 2 tsp dijon mustard
- salt **
- black pepper **

Instructions

1. Start by cooking the salmon using your preferred method, making sure to season the fish first with 1 tsp of salt and 1/2 tsp black pepper. Much of the time I use the method from my Baked Salmon post, baking in a 425F oven for 12-15 minutes, but you can also cook in a skillet over medium high heat, which takes about 5-10 minutes depending on the thickness of your fish. You may also grill it, poach it, etc. When the salmon is cooked through to 140 degrees F, flake the salmon with a fork (and discard any skin).
2. In a big bowl, combine the rest of the ingredients and mix well. If you seasoned the fish with 1 tsp of salt and 1/2 tsp black pepper during cooking, I will usually add 1/2 tsp of salt and 1/4 tsp black pepper to the dressing here.
3. Add the salmon to the dressing, and toss. Taste and check for seasoning. Does it need more salt, pepper, or fresh lemon juice? Adjust now.
4. It is now ready to be enjoyed warm, or you can pop it into the fridge until fully chilled. Enjoy!

Special Announcement



April 25th Kim

We cannot thank you enough for the wonderful meal you provided for our family when Steve's mother passed away. It was a HUGE help to me and it was SOOOO good! We were able to have 2 meals with it!

THANK
YOU

Carol



MEET OUR NEW PSSS



CHASONDRA
CALLOWAY



KREEGAN
KENNEDY

**WELCOME TO OUR
TTUHSC FAMILY!**

Community Resource

NEW SUPPORT GROUPS AND CLASS

**FOR MORE INFORMATION OR REGISTER
PLEASE REACH OUT [PBPSYCHADMIN@TTUHSC.EDU](mailto:pbpsychadmin@ttuhsc.edu)**

MOMS MATTER: POST PARTUM SUPPORT GROUP

Are you a new mom? Are you looking for a safe place to share your experiences, learn from others and feel supported through your motherhood journey? Come join a group where you can lean on others as you navigate this life change.

Let us hold you while you hold your little one.

Tuesdays | 10am-11am
Virtual Zoom Meeting
8-week group
Starting May 9th

For more information or to register:
Pbpsychadmin@ttuhsc.edu



Chronic Illness Support Group

Have you been diagnosed or suffer from a chronic illness like Lupus, Arthritis, Fibromyalgia, Crohns Disease? Are you looking for a safe place to share experiences, learn from each other and grow your support system? Come join a support group where you can lean on each other for support.

THURSDAY EVENING
6 PM - 7 PM

IN PERSON GROUP
2301 W. MICHIGAN AVE
MIDLAND, TX 79703

For more information or to register please email:
pbpsychadmin@ttuhsc.edu



Now offering: Parenting Classes

In Person/Online Available
4 Weekly Sessions
(\$25/session)

For more information
Or to register:
pbpsychadmin@ttuhsc.edu



Feeling Stressed or Anxious?



It's understandable in times like these. But FREE help is available thanks to the generosity of local foundations. The BasinMD App has experienced counselors available to help you manage stress and anxiety. The virtual visits on your smartphone or computer allow safe, discreet and effective care while maintaining social distance.

Simply download, sign up, and reserve your appointment with a licensed counselor of your choice. Just before the appointment begins a coupon code box will appear to add the code to reduce the cost to \$0. The coupon code is BH001 and it can be used multiple times over six months while funding is available. A credit card is required for appointment reservation, but will not be charged when the coupon code is applied.

Community Resource



[HTTPS://WWW.MIDLANDBHI.ORG](https://www.midlandbhi.org)



<https://www.211.org/> 2-1-1

Texas Permian Basin Community Calendar



FYI Prescribers: - Town & Country Pharmacy in Odessa does liquid preparations of Clonidine (0.1mg/ml)

STAY TOGETHER REFERRAL FORM

Youth's name: _____

Age: _____ Date of birth: _____ Sex: Male / Female

Parent's name: _____

Physical address: _____

Mailing address: _____

City: _____ County: _____ Zip: _____

Phone # Home: _____ Work: _____ Cell: _____

ETHNIC GROUP: Am Indian/AK Native _____ Asian/Oriental _____ Black _____
Black/White/Hispanic _____ White/Hispanic _____ White _____
Other/Hispanic _____ Black/Hispanic _____ Other _____

PERSON MAKING REFERRAL: _____ Relationship to youth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone number: _____

REFERRAL SOURCE: Self (child) _____ Parental figure _____ Friend/Relative _____ Provider Agency Staff _____
School _____ Protective services _____ Texas Youth _____ Law Enforcement _____
JPD _____ Clergy/Church _____ MHMR _____ other private agency _____
Court referred _____ other youth agency _____ other hotline _____

SCHOOL STATUS: Attending regularly _____ Attending- some truancy _____ Suspended _____
Expelled _____ Dropped out _____ Parents withdrawn _____ Alt School/GED _____
Graduated HS _____ School not in session _____ Completed GED _____ under School age _____

Of children in the home: _____ Primary language: _____

Where is youth Living? Biological or adoptive parents _____ Legal guardian _____
Relative's home _____ Unstructured sub care (friends, etc.) _____
Psychiatric hospital _____ Structured sub care _____
Secure facility detention center _____ Street _____
No stable living environ _____ Living independently _____
Transferred from another shelter _____

Comments: _____

Please Fax Attention: Hilda Galindo Fax# 432-699-0404 or email: hildag@highsky.org

STAY TOGETHER PROGRAM

The program is a 90 day program, with meetings currently done over zoom/phone (due to COVID). The Family Support Specialists meet with the families on either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes. The program is also divided by age group with separate curriculums for ages 0-7 and ages 7-17.

Work via self referral, please call 1-800-922-7829 (main High Sky number, please ask for Jade, leave a voicemail if the call isn't answered and she will call back within 24-48 hours in most cases).



STAY Together

STAY Together

High Sky / Apr 17

For more information:

COMMUNITY RESOURCE



Midland Mental Health Resources

<u>Midland Counselors</u>		<u>Free Consulting Services</u>	
<u>Private Insurance & out of pocket pay</u>		<i>Rays of Hope Grief Center.</i>	432-684-5437
<i>Lee Culver, LPC</i>	432-242-3810	(ages 4-18/ family)	
<i>Natalie Dewitt, LPC</i>	432-299-3231	<i>Stay Together Program</i>	432-699-1466
<i>BLEST Counseling, LCDC</i>	432-847-2181	(consultations with youth/ caregiver)	
<i>Allison Hartzoge, LPC, MA</i>	432-682-2724	<i>The Life Center</i>	432-683-6072
<i>Candace Mahaffey</i>	432-897-0440	Mentor program for ages 13-45	
<i>Cheryl Willoughby, LPC</i>	432-557-1775	<i>Basin MD-No Cost Counseling</i>	
<i>Maureena Benavides, LPC</i>	432-889-4064	**Download the BasinMD by Midland Health App via the Apple or Android AppStore**	
<u>Midland Counseling Centers</u>		Code BH001 – can be used by anyone experiencing on-going stress and anxiety during this time. The code can be reused for 6 months and covers the full cost of the \$120 visit. To use these codes, you must first register with a credit card, then enter the code to access the grant funding.	
<i>Affinity Counseling Center</i>	432-557-1775	<u>Psychologist-Midland/Odessa</u>	
<i>Archway Support</i>	432-682-2724	<i>Cynthia Wall, PsyD</i>	432-312-1450
<i>Healing Through Hope</i> (sliding scale \$60-\$110)	432-238-1239	<i>Kristin Jensen, PhD</i>	432-550-0224
<i>Heritage Counseling Services</i> (\$100/ hr)	432-685-3787	<i>Perry Marchioni, PhD</i>	432-684-4540
<i>New Hope Counseling</i>	432-687-4673	<u>Psychiatrists</u>	
<i>Samaritan Counseling</i> (flat fee)	432-563-4144	<i>Roy Matthews</i>	432-617-3855
<u>Accepts Medicaid</u>		(Adults Only)	
<i>Centers for Children & Families</i>	432-570-1084	<i>Wilbur Lineback (BCBS only)</i>	432-570-9552
\$50.00 assessment fee (Sliding Scale)		<i>Eric Olson</i>	432-620-0161
<i>AGAPE counseling</i>	432-550-5683	<i>Shanthi Thangam</i>	432-337-9000
(most insurance, \$35-\$100 without)		<i>Shamsuddin Peppermintwala</i>	432-218-9920
<i>Midland Rape Crisis Center</i>	432-682-7273	<i>Ravi Medi</i>	432-333-1333
<i>PermiaCare- MHMR</i>	432-570-3300	<i>Ben Hankins</i>	432-620-8500
<u>Mental Health Hospitals</u>		(no insurance)	
<i>Oceans Hospital (Midessa)</i>	432-561-5915	<i>Texas Tech Physicians</i>	432-620-1160
<i>Oceans Hospital Abilene</i>	325-691-0030	(also accepts Medicaid)	
<i>Rivercrest-San Angelo</i>	325-949-5722	<u>Psychiatrist- Big Spring, TX</u>	
<i>Shannon Behavioral Health</i> (San Angelo)	325-659-7300	<i>Shiraj A Vahora</i>	432-263-1211
		<i>San Gabriel Psychiatry</i>	432-652-2548

COMMUNITY RESOURCE



Big Spring State Hospital 432-267-8216
Scenic Mountain Behavioral 432-268-4760
 (Big Spring)
The Pavillion 806-354-1810
 (Amarillo)

Rivercrest Intensive Outpatient Program
 (Accepted Medicaid and Private Insurances)
 (ZOOM) 325-949-5722

Military Veteran Resources

VA Medical Center 432-263-7361 ext. 5678
 (Big Spring)

Military Peer Veteran Network 432-770-9326

VET Center Readjustment Counseling
 432-697-8222

American Red Cross Hero Care Network
 877-272-7337

Texas Veterans Commission 432-688-4879

Crisis Intervention

24 Hour Crisis Hotline/ PermianCare (MHMR)
www.permiacare.org 1-844-420-3964

Midland County Mental Health Deputies
 432-688-4671

Midland Memorial ER 432-221-1558

Suicide Prevention Hotline 1-800-273-8255

Crisis Text Line: Text **HOME** to 741741 for free crisis support in the U.S.

Mental Health Support

Permian Basin 211 432-362-0433 Ext. 1
NAMI Support Group 432-683-3648

Currently online

Permian Basin LGBTQ(Plus) 432-203-6093
www.pblgbtq.org

Trevor Project for LGBTQ 866-488-7386
 Text (START) 678-678

***Reflection Ministries** 432-247-1099
<https://www.reflectionministriestx.org/>
 (Sex Trafficking)

National Human Trafficking Hotline 888-373-7888

Helpful Apps

Anxiety
 Breathwrk
 Calm
 PTSD Coach
 Insight Timer
 SAM

Depression
 Sanvello

Other Phone Apps (iTunes) (Google Play)

ASK & Prevent Suicide – Easy steps to preventing suicide

Breathe2Relax– Stress management tools and exercises

Self-help Anxiety Management – Helps people manage anxiety

Suicide Safer Home – Practical tips for parents and caregivers

Texas Veterans – Access local, state and national resources

Virtual Hope Box – Stores personal messages, information and pictures to promote mental wellness and crisis support

Community Resource

CENTERS FOR CHILDREN AND FAMILIES OFFERS FREE PARENTING CLASS



How do I register?

Call [(432) 570-1084] or come by the Centers office [3701 Andrews Hwy] to complete the registration form. At that point, you will choose which dates you want to attend.

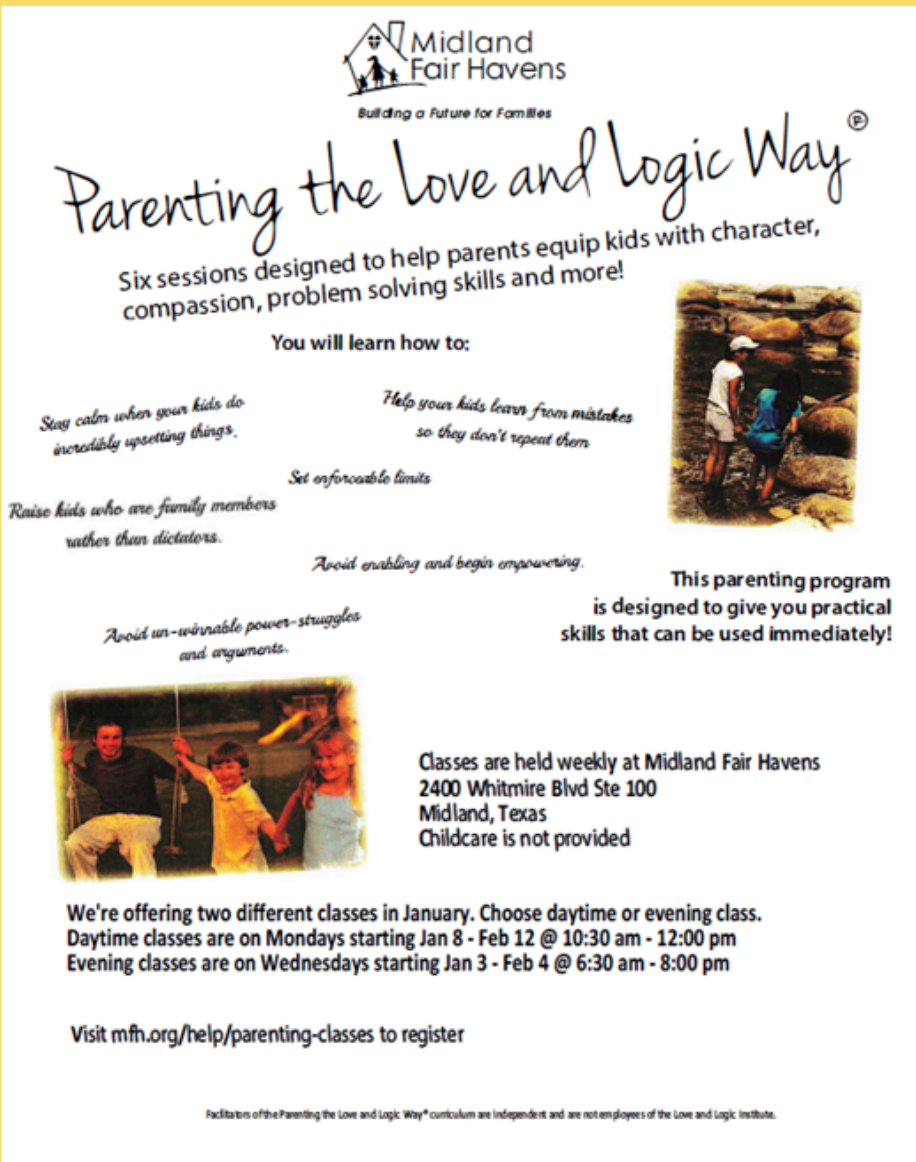
What will I be learning?

- Child Development
- Communication & Building Self-Esteem
- Consequences vs. Discipline
- Co-parenting

For more information, please contact:
(432) 570-1084

Location:

3701 Andrews Hwy,
Midland, TX 79703



MFH Parenting Classes

Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

Classes are held weekly at Midland Fair Havens
2400 Whitmire Blvd Ste 100
Midland, Texas
Childcare is not provided.

MFH is offering two different classes in January.

Daytime classes are on Mondays starting Jan 8
- Feb 12 @ 10:30 am - 12:00 pm

Evening classes are on Wednesdays starting Jan
3 - Feb 4 @ 6:30 am - 8:00 pm



Home Autism Therapy

Alye Pearce M.S.Ed.

432-230-4696

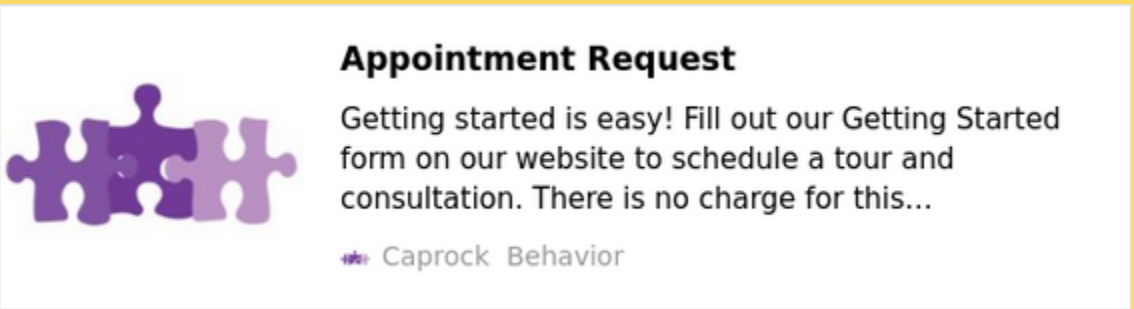
Autism.Pearce@gmail.com

Community Resource



Autism Academy

A new company coming to Odessa for Autism services. They are accepting applications. If anyone is interested in looking into their services, they can go to this link below:



Charlie Health offers a virtual mental health & SUD intensive outpatient program

Charlie Health offers a virtual mental health & SUD intensive outpatient program for adolescents and young adults ages 11-33. We work with commercial insurances, Tricare, and all of the Medicaid plans outside of Molina and Superior. We do not have a waitlist for our trauma-informed IOP program and strive to have each referred client scheduled for intake in 24-48 hours from referral. Each client receives 9-12 hours of clinical support weekly with group, one-on-one, and family therapy. We have immediate availability and work as a discharge resource for folks coming from the ED, inpatient, and residential treatment as well as those stepping up in care from OP or community.

For more information regarding our efficacy and patient outcomes, please reference our [Outcomes study](#) or check out this easy read [Charlie Health Demonstrates Evidence-Based Approach to High-Acuity Mental Healthcare](#).

Anyone can place referrals here <https://outreach.charliehealth.com/regions/texas>



First 5 Permian Basin

First 5 is a collection of three free home visiting programs which serve families with children ages 0-5 (including first-time and pregnant caregivers): Home Instruction for Parents of Preschool Youngsters (HIPPY), Nurse-Family Partnership (NFP), and Parents as Teachers (PAT).

More information please contact 432-552-4025 or email first5@utpb.edu

Crisis & Urgent Care

If you or a loved one is in immediate danger or
having thoughts of suicide call 800-273-8255

PERMIACARE CRISIS LINE

NATIONAL SUICIDE HOTLINE

MENTAL HEALTH DEPUTY 432-685-7108

MIDLAND PD 432-685-7110

If you have any items to add to next month's
newsletter, or if you have suggestions for
how to improve the newsletter, increase
communication/awareness, please email it to
pbpsychadmin@ttuhsc.edu

Your feedback is important to us! Feel free to
leave an anonymous suggestion or comment at

<https://app4.ttuhsc.edu/formbuilder/ViewForm.aspx?FormKey=d6b6f818-2f0b-48d8-8d5d-25bc0a522bce>