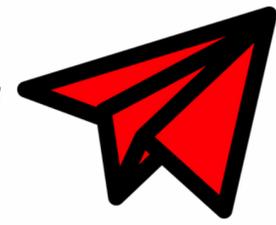


Mindful Messenger



Department of Psychiatry in the Permian Basin



Chair's Message

I am happy to report continued growth of the department of Psychiatry at Texas Tech University Health Sciences Center.

To expand the clinical and scholarly footprint of the department we have expanded our residency training program from 16 to 32 residents this year. Thus, beginning July of 2025 every year we will accept 8 residents. This year we created a rural track of psychiatry residency training program. It makes the department a member of a group of 16 departments that offer rural track in psychiatry in the country.

To provide quality training to residents of the expanded program we have affiliated additional training sites this year. These sites include the West Texas VA Health care System and the Scenic Mountain Medical Center. Both of these facilities are located in Big Spring TX. Since these facilities, along with our current training site the Big Spring State Hospital, are located in federally designated rural area, we will be able to provide right environment for training rural psychiatry.

In this quarter we have appointed two international experts in addiction as adjunct Professors. They are Dr. Igor Elman, MD and Dr. Abdalla Bowirrat, MD, PhD. Dr Elman is considered an international expert in opioid addiction. He is currently a member of the faculty at Harvard Medical School. Dr Bowirrat is an expert in addiction genetics and currently works as a Professor of Neuroscience at Ariel University, Israel. Both Dr. Elman and Dr. Bowirrat will soon begin delivering didactic lectures for faculty, fellows, residents and medical students. We have also appointed one of our graduating residents Dr. Karrar Hussain as a regular member of faculty. He will join the faculty of the department in the next few weeks. Additionally, the TTUHSC has entered into an agreement with the Permian Basin Behavioral Health Center (PBBHC) to hire 7 additional faculty in psychiatry. This expansion will significantly enhance the clinical and academic missions of the department.

In the first quarter of the year the department published 20 peer reviewed papers and Dr Badgaiyan was the keynote speaker at the 7th Global Conference on Neurology and Brain Disorders held in Bangkok, Thailand between March 3 and 5, 2025.

We hope to continue to expand the department and provide mental health care to people in Permian Basin.

Rajendra Badgaiyan, MD, MBA

Department News



2-Gen Parent & Stakeholder Meeting – Mental Health Focus

On April 9, Dr. Badgaiyan, the department chair, and staff members attended the Midland County Library's 2-Gen Parent & Stakeholder Meeting with a Mental Health Focus. Permian Basin agencies shared their mental health resources for the community, particularly MISD schools, during this gathering. TTUHSC and PermianCare also discussed their new projects and plans for the Permian Basin region during the conference.



MISD/Greenwood MISD Family Health Resources fair

On April 3rd, a clinic staff member visited the MISD/Greenwood MISD Family Health Resources Fair at Midland College. Clinic staff provided mental health resources available through TTUHSC psychiatry in 2025. Mental Health Matters!



Annual Inventory Check

Annual inventory check is starting from March. Please use your cell phone to scan all your portable devices if they have TTUHSC number tag (laptop/surface pro/iPad/camera etc.) For more information, please look at the email we sent in your personal email. If you have any questions or need any help, please contact pbpsychadmin@ttuhsc.edu or come by Chang's office (Room 102 at Michigan Clinic).



Igor Elman, MD

Dr. Elman is a Board-Certified Psychiatrist with a subspecialty certification in Addiction Psychiatry. After completing residency and fellowships training at the Albert Einstein College of Medicine in New York, at the National Institute of Mental Health and at the Massachusetts General Hospital, he has been on the faculty of Harvard Medical School for over 20 years. Dr. Elman held two Professor and Chair, Department of Psychiatry positions at the Wright State University Boonshoft School of Medicine and Cooper Medical School, Rowan University. He is Editor-in-Chief for the Journal of Psychology Research and Behavior Management and Special Issues Editor for Psychiatry Research. Dr. Elman's research interests are focused on the neurobiology of reward and stress in behavioral and chemical addictions and in co-occurring neuropsychiatric disorders.

Meet our new adjunct faculties

I am a Full Professor at School of medicine and at the Department of Molecular Biology and Neuroscience. I have completed my MD from Rome University, my residency in Clinical Neurology from London University, UK, my PhD from Tel-Aviv University, Israel and postdoctoral studies from Boston University (BUSM), USA. I have received my Professorship in Psychiatry (Behavioural Neuroscience) from Boston University and recently I have received two full Professorship at School of Medicine and at the Department of Molecular Biology from Ariel University, Israel. I have published more than 200 manuscripts and 10 Chapter/books in reputed journals and I have been serving as an editorial board member of repute. Furthermore, I have received many international awards including the Bruce S. Schoenberg international award in Neuroepidemiology of AD from the American Academy of Neurology (1997). "Professor of the Year Award in Neuroscience" 9/2019; Venus International Foundation, Estd. u/s 3 of the Indian Trusts Act, 1882, ISO 9001:2008 Certified. My research is focused on Neuropsychiatric diseases, especially neuropsychological changes associated with substance use disorders, reward deficiency syndrome and genetic disorders.

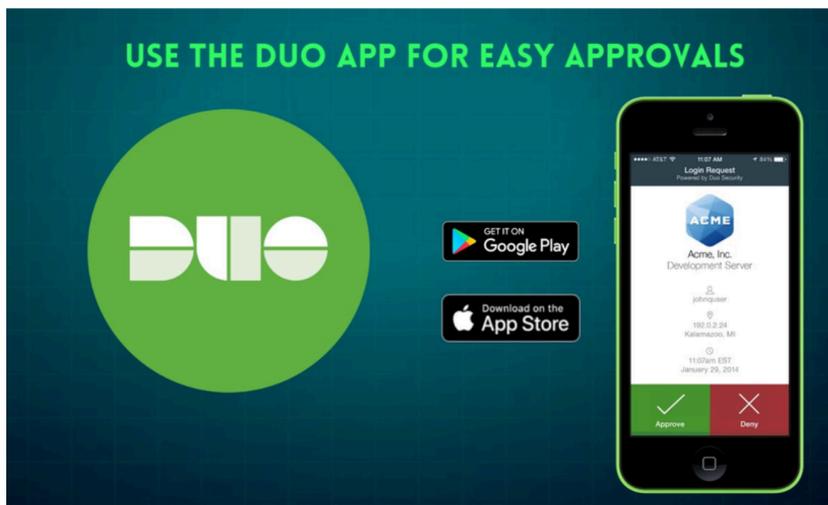


Abdalla Bowirrat, MD.

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.



DUO VERIFICATION FOR CERNER USER

From April 7th, TTUHSC requires all Cerner users to use DUO for 2-step verification when they log in. DUO Security sent an activation link to the individual's TTUHSC email address. Please be sure to follow the instructions to activate your account. For more support please email pbpsychadmin@ttuhsc.edu

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.



RESIDENT/FELLOW UPDATES



Leadership, Education, And Development Summit

Office of Graduate Medical Education

The Leadership Education and Development Summit (LEADS) 4/25/2025 for Chiefs

The Leadership Education and Development Summit (LEADS) will introduce models of leadership that provide a transitional experience into the role of chief resident and House Staff Officer. .



**TTUHSC Psychiatry
Residency/Fellowship
Program Graduation and
Awards Ceremony**

June 3rd, 2025

at Midland College

**Stay tuned, and more details
will be sent soon.**



Thank A Resident Event held by TTUHSC at The House Downtown Bar in Odessa! We appreciate all our residents for their hard work!

RESIDENT/FELLOW UPDATES



April Duty Roster PGY – 1

Dr. Silvi - OCEANS - M
Dr. Evans - NEURO GURRU
Dr. Junell - IM
Dr. Nair - BSSH

April Duty Roster PGY – 2

Dr. Saad – CL
Dr. Shayeb – OCEANS - A
Dr. Mian – OCEANS - M
Dr. Pham – NEURO KADIR
Dr. Vodala – CL
Dr. Karmegam – OP
Dr. Perugula – VA

April Duty Roster PGY – 3/PGY – 4/Fellow

OUT PT
Dr. Yadav - NEURO - PEDS

BOX Spreadsheet for CL Billings

From January 20th, Box spreadsheet will be used 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.



MEDIA SPOTLIGHT

New Permian Basin Chair Seeks to Develop International Hub for Rural Psychiatry

<https://dailydose.ttuhs.edu/2025/april/permian-basin-chair-rural-psychiatry-hub.aspx>

“My primary focus as a chair will be to implement the best clinical practices, increase mental health work force, conduct research to identify problem unique to the region and develop a model of mental health care and delivery system that can be implemented in all underserved areas,”



Rajendra Badgaiyan, M.D., has more than two decades of service as faculty member, professor and psychiatry department chair at institutions such as Harvard Medical School, University of Minnesota, San Antonio VA Medical Center and, most recently, Case Western Reserve University in Cleveland. Armed with those experiences, and a unique brain imaging technique, Badgaiyan joined the Texas Tech University Health Sciences Center (TTUHSC) School of Medicine in November as a professor and Department of Psychiatry chair at the Permian Basin campus.

“I decided to move to the Permian Basin because this region is an underserved mental health area and needs a better mental health care delivery system,” Badgaiyan said. “Patients in this and other underserved areas have unique problems that are not seen in other areas. Because of the lack of access to mental health services, patients in this area often present at an advanced stage and many of them are resistant to treatment.”

Badgaiyan said this problem is compounded by the stigma that is prevalent in rural areas when it comes to mental illnesses. Because of the stigma, rural residents tend to deny illness and avoid seeking help. Badgaiyan is interested in studying these unique problems and developing a plan to resolve them. Part of that plan includes establishing a model of care and a system of delivering mental health services that can be replicated in most, if not all underserved areas and a plan to increase access to mental health services.

Read more from <https://dailydose.ttuhs.edu/2025/april/permian-basin-chair-rural-psychiatry-hub.aspx>

TTUHSC Psychiatry provides much-needed services to the Permian Basin

https://www.mrt.com/news/health_and_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php

Mental health awareness has moved into the mainstream over the past decade. During that time, Texas Tech University Health Sciences Center has stepped up to provide the Permian Basin with advanced psychiatric care.



The TTUHSC Psychiatric residency and fellowship program began in 2016 and saw its first batch of graduates in 2020. The Midland clinics serve patients from 126 counties and treat more than 16,000 patients annually.

TTUHSC Department of Psychiatry is a part of the broader School of Medicine. The department is dedicated to the TTUHSC mission to enrich the lives of others by educating students to become collaborative health care professionals, providing excellent patient care and advancing knowledge through innovative research.

Students, residents and fellows get hands-on experience at Texas Tech Physicians clinics. Midland has two clinic locations: the main campus on West Michigan Avenue and a sister site at 314 Secor Street. The Michigan Avenue site houses psychiatrists and residents. There, psychological assessments, ADHD testing and medication management take place. On Secor Street, patients can meet with licensed mental health therapists.

Thanks to the TTUHSC Department of Psychiatry, Midland is no longer designated as a Mental Health Shortage area. In addition to clinical services, Texas Tech Physicians Psychiatry provides consults to Midland Memorial Hospital and Medical Center Hospital and services to Ector County Detention Center, among other locations.

Read more from https://www.mrt.com/news/health_and_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php

Picture of April

Our residents and fellows joined Thank a Resident event at The House Downtown Bar in Odessa! We appreciate all our residents for their hard work!



Monthly Quotes



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

Parkinson's Awareness Month

Week

National Public Health Week (Apr. 7-13)

National Family Volunteer Week (Apr. 20-26)

National Infertility Awareness Week (Apr. 21-27)

National Youth Violence Prevention Week (Apr. 28- May 2nd)

Patient Experience Week (Apr. 28- May 2nd)

Day

World Autism Awareness Day (Apr. 2)

World Health Day (Apr. 7)

National Alcohol Screening Day (Apr. 10)

Day of Silence (Apr. 11)



Active April

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

Active April 2025

	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

Special Announcement



Healthy Menu

Keto Smoothie

Raspberries, blackberries, and strawberries are lower in carbs than other popular smoothie fruits like bananas, pineapples, and mangoes. Add fat with coconut milk, and feel even better about your healthy breakfast with baby spinach (or kale!). .



Ingredients

- 1 1/2 cups frozen strawberries
- 1 1/2 cups frozen raspberries, plus more for garnish (optional)
- 1 cup frozen blackberries
- 2 cups coconut milk
- 1 cup baby spinach Unsweetened shaved coconut, for garnish (optional)

Directions

Step 1

In a blender, combine all ingredients (except for coconut). Blend until smooth.

Step 2

Divide between cups and top with raspberries and coconut, if using.



Community Education



Topic: Climate Change and Mental Health: Understanding Seasonal Affective Disorder

Global warming has led to temperature and seasonal extremes. Patients with mood disorders especially those with susceptibility to circadian rhythm disturbances, may be particularly susceptible to seasonal changes in mood. Recognizing the seasonal changes in mood in this new era of seasonal extremes is becoming increasingly important. Please join **Dr. Evans, PGY-1** as he discusses seasonal affective disorder and the role seasonal changes play in mood.

Where: ZOOM

When: Monday, April 28th 12pm – 1pm (CST)

Zoom Link: <https://ttuhsc.zoom.us/j/3356882490>

Meeting ID: 335-688-2490



April: Anxiety Disorder	Suggested Topic	Speaker
4/8	Specific Phobia (animal, Natural environment, blood-injection-injury, etc)	Dr. Pham
4/15	Selective Mutism	Dr. Silvi
4/22	Separation Anxiety Disorder	Dr. Nair
4/29	Panic Attack	Dr. Nair
May: Neurodevelopmental Disorder and Bipolar Disorder	Suggested Topic	Speaker
5/6	Autism Spectrum Disorder	Dr. Sarker
5/13	Attention-Deficit/Hyperactivity Disorder (ADHD)	Dr. Yadav
5/20	Bipolar I Disorder	Dr. Karmegam
5/27	Bipolar II Disorder	Dr. Junell
June: Trauma- and Stressor- Related Disorders	Suggested Topic	Speaker
6/17	Posttrauma Stress Disorder (PTSD)	Dr. Mian
6/24	Acute Stress Disorder	Dr. Vodala

Community Resource

NEW SUPPORT GROUPS AND CLASS

**FOR MORE INFORMATION OR REGISTER
PLEASE REACH OUT PBPSYCHADMIN@TTUHSC.EDU**

The image contains three promotional posters for community resources. The first poster, titled "MOMS MATTER: POST PARTUM SUPPORT GROUP", features an illustration of a woman holding a baby. It includes the text: "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." and "Tuesdays | 10am-11am Virtual Zoom Meeting 8-week group Starting May 9th". The second poster, titled "Chronic Illness Support Group", features an illustration of two hands holding each other. It includes the text: "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." and "THURSDAY EVENING 6PM-7PM IN PERSON GROUP 2301 W. MICHIGAN AVE MIDLAND, TX 79703". The third poster, titled "Parenting Classes", features an illustration of a woman and a child. It includes the text: "Now offering: Parenting Classes In Person/Online Available 4 Weekly Sessions (\$25/session)" and "For more information Or to register: pbpsychadmin@ttuhsc.edu". All three posters include the Texas Tech Physicians logo and a QR code.

STAY TOGETHER PROGRAM

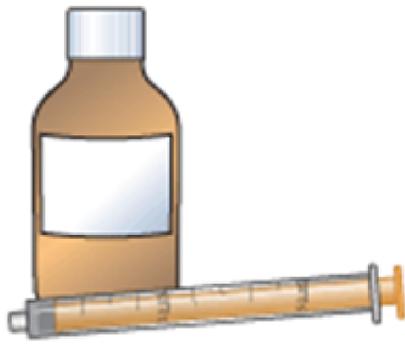
The program is a 90 day program, with meetings currently done over zoom/phone (due to COVID). The Family Support Specialists meet with the families on either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes. The program is also divided by age group with separate curriculums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

For more information:

<https://www.highsky.org/all-programs/stay-together/>





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

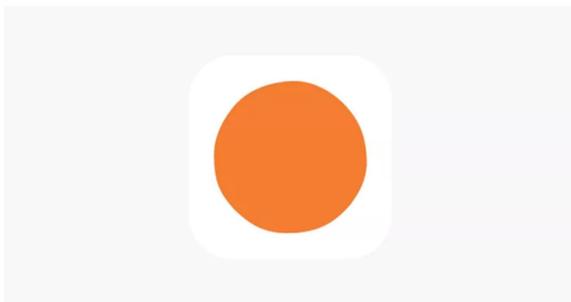


SHOT CLINICS

April 23, 2025 we have an early clinic from 7:00am to 8:00am. If you have any questions or need to make an appointment, please call (432) 681-7613.



<https://www.211.org/2-1-1>
Texas Permian Basin Community Calendar



HeadSpace is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise.

<https://www.headspace.com/>



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



Big Spring State Hospital	432-267-8216	Suicide Prevention Hotline	1-800-273-8255
Scenic Mountain Behavioral (Big Spring)	432-268-4760	Crisis Text Line: Text HOME to 741741 for free crisis support in the U.S.	
The Pavillion (Amarillo)	806-354-1810	Mental Health Support	
Rivercrest Intensive Outpatient Program (Accepted Medicaid and Private Insurances) (ZOOM)	325-949-5722	Permian Basin 211	432-362-0433 Ext. 1
Military Veteran Resources		NAMI Support Group	432-683-3648
VA Medical Center (Big Spring)	432-263-7361 ext. 5678	Currently online	
Military Peer Veteran Network	432-770-9326	Permian Basin LGBTQ(Plus)	432-203-6093
VET Center Readjustment Counseling	432-697-8222	www.pblgbtq.org	
American Red Cross Hero Care Network	877-272-7337	Trevor Project for LGBTQ	866-488-7386 Text (START) 678-678
Texas Veterans Commission	432-688-4879	*Reflection Ministries	432-247-1099
Crisis Intervention		https://www.reflectionministriestx.org/ (Sex Trafficking)	
24 Hour Crisis Hotline/ PermiaCare (MHMR) www.permiacare.org	1-844-420-3964	National Human Trafficking Hotline	888-373-7888
Midland County Mental Health Deputies	432-688-4671	Helpful Apps	
Midland Memorial ER	432-221-1558	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	



FREE

MIDLAND LOCATION
 3701 Andrews Hwy
 Midland, TX 79703
 (432) 570-1084
 www.centerstx.org

2025

Parenting with a Purpose

February 2025

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April 2025

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May 2025

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June 2025

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JULY

August 2025

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SEPTEMBER

October 2025-

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23	24	25	26	27	28	29
30	31					

2025 Session Schedule

- 1: February 11 thru March 4
- 2: April 22 thru May 13
- 3: June 3 thru June 24
- 4: August 5 thru August 26
- 5: October 7 thru October 28

Class time: 6pm-7:30pm
ARRIVE at 5:55pm
Doors are locked at 6pm
Zoom option available
Pre-registration Recommended

Calendar current as of 9/5/24—
 subject to change

Attending Class 1 and/or Class 2 is required for Class 3 and Class 4.
 Each Class builds upon the previous. Each Session will be closed to new participants after Class 2 occurs.



Each Session has FOUR classes:

- Class 1: Child Development
- Class 2: Communication & Connection
- Class 3: Correction & Consequences
- Class 4: Co-Parenting Strategies

Upon completion of all 4 classes, a certificate will be issued.

Call to register. Space is limited. First come—first serve.
 Walk-ins accepted if registered attendees do not fill class.

Miss a class? Come to the next session!

- Class 1: 2/11/25, 4/22/25, 6/3/25, 8/5/25, 10/7/25
- Class 2: 2/18/25, 4/29/25, 6/10/25, 8/12/25, 10/14/25
- Class 3: 2/25/25, 5/6/25, 6/17/25, 8/19/25, 10/21/25
- Class 4: 3/4/25, 5/13/25, 6/24/25, 8/26/25, 10/28/25

TEXAS PARENT EDUCATION AND FAMILY STABILIZATION COURSE [5.A.105.009]

Midland Fair Havens
 Building a Future for Families

PARENTING the Love and Logic way®

SIX SESSIONS DESIGNED TO HELP PARENTS EQUIP KIDS WITH CHARACTER, COMPASSION, PROBLEM SOLVING SKILLS AND PROVIDE PRACTICAL SKILLS THAT CAN BE USED IMMEDIATELY!

- Stay calm when your kids do incredibly upsetting things
- Help your kids learn from mistakes so they don't repeat them
- Raise kids who are family members rather than dictators
- Set enforceable limits
- Avoid un-winnable power struggles and arguments
- Set enforceable limits

CLASSES ARE HELD WEEKLY AT MIDLAND FAIR HAVENS
 2400 WHITMIRE BLVD STE 100
 CHILDCARE IS NOT PROVIDED BUT SNACKS ARE!

SIGN UP BY SCANNING QR CODE OR GO TO MFH.ORG

JANUARY 2025 CLASS OPTIONS

Evening classes are on Tuesdays starting January 7 - February 11 @ 6:30pm - 8:00pm
 Daytime classes are on Wednesdays starting January 8 - February 12 @ 10:00am - 11:30am

Facilitators of the Parenting the Love and Logic Way® curriculum are independent and are not employees of the Love and Logic Institute.

Parenting the Love and Logic Way Classes start soon.

Morning classes: Tuesdays, March 18 – April 22 from 9:30 am – 11:00 am.
 Stonegate Fellowship – Bldg. H, Room H110 (childcare available)

Evening classes: Tuesdays, March 18 – April 22 from 6:30 pm – 8:00 pm.
 Midland Fair Havens (no childcare available)

Please open flyer for additional information and QR code to register.

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

2025

Saturday, 4/26


Share

WALK

8:30 AM - 1 PM

START YOUR ENGINES! Join us for our 16th Annual **SHARE** Walk, the largest benefit walk and resource fair in West Texas!

Celebrate this **FREE** event in support of **ALL** special needs and disabilities of all ages within the Permian Basin! Walk (or not) and celebrate the joy of experiencing **your journey at your own pace!**



A circular graphic with a QR code in the center. The QR code has the word "Share" written across it. Surrounding the QR code are various icons: a wheelchair, a hand holding a heart, a hand with fingers spread, a heart, a rainbow flag, a lightbulb, a green ribbon, and headphones. The text around the circle reads: "Opening Ceremony @ 9:30 AM | Family-Friendly | Strollers/Walkers Welcome | Open to the Public".

TOP PRIZES:
Top Fundraiser
Best T-Shirt Design
Largest Team

All proceeds benefit **SHARE** and its local families raising children with special needs

Register Now: 
<https://secure.ggiv.com/event/2025sharewalk/>

Midland County Horseshoe 
2514 Arena Trail, Midland, Texas

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>