

# Department Newsletter

*Monthly Quote: August is a time of reflection and growth, a reminder that every ending brings a new beginning.*

## Mental Health Awareness Dates

Month

National Breastfeeding Awareness Month

Week

National Health Center Week (Aug. 4-10)

Day

Friendship Day (Aug. 4)

National Women's Equality Day (Aug. 26)

Wear it Purple Day (Aug. 30)

National Grief Awareness Day (Aug. 30)

International Overdose Awareness Day (Aug. 31)



## Personal Development



Focus on achieving a fully-developed personal identity (understanding who you really are) to fully connect with all aspects of your personality, including recognizing your potential, personal values, dreams and aspirations.

Transforming from the current version of yourself to the best version of yourself is a lifelong process, not an event. It doesn't simply happen. It needs constant attention and nurturing. There are no shortcuts. You must do your homework and be clear about the goals and desired outcomes that you, a unique individual in all your complexity, want to achieve.

Furthermore, personal development is not done in a vacuum. To be done correctly, you must have an appreciation for its impact on your human and structural surroundings.










# Altruistic August


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

Altruistic August 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4 Ask someone how they feel and really listen to their reply
	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	7 Give time to help a project or cause you care about	8 Make some tasty food for someone who will appreciate it	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others
	12 Contact a friend to let them know you're thinking of them	13 No plans day! Be kind to yourself so you can be kind to others too	14 Take an action to be kind to nature and care for our planet	15 If someone annoys you, be kind. Imagine how they may be feeling	16 Make a thoughtful gift as a surprise for someone	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else
	19 Be thankful for your food and the people who made it possible	20 Look for the good in everyone you meet today	21 Donate unused items, clothes or food to help a local charity	22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 Forgive someone who hurt you in the past	25 Give your time, energy or attention to help someone in need
	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Have a friendly chat with someone you don't know very well	29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today	

ACTION FOR HAPPINESS

Happier • Kinder • Together





# Picture of August

Rebecca and Mark's birthday! Our book club day too!





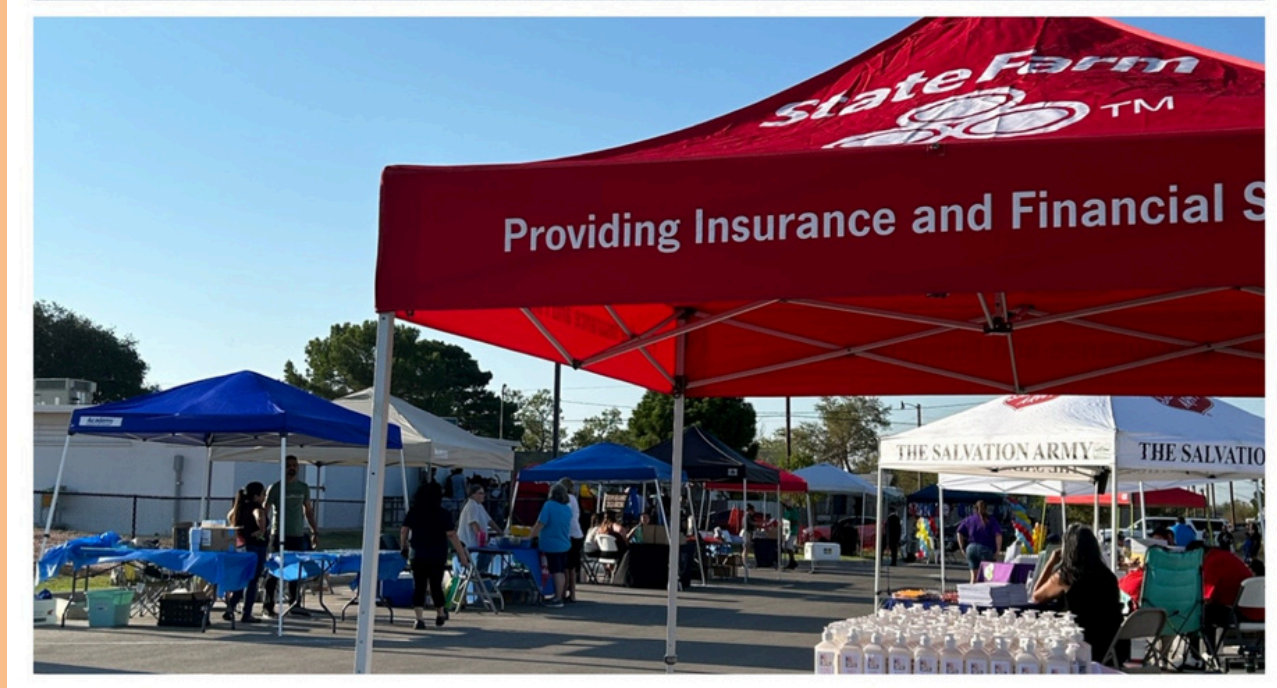
# Department News



Clinic Staff attended ECISD New Teacher Reception in Odessa on July 29th. This is the third year we joined this fair. Over 300 new teachers received our brochures and goodie bags.



Our Clinic participated in MISD Backpack Bash at MISD Family Support Center on August 10th. Mental Health Matters!





## 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.



Starting August 26th the clinic is saying goodbye to IDX and will be using Cerner CPM.

Please bear with us as we make this transition and be patient with us during this time. The new scheduling software will hopefully minimize scheduling errors and missed revenue opportunities for the department by streamlining Insurance eligibility and benefits.



### 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

Software Catalog

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

Application Name

All Status

All Apps

Published time-All

Refresh

Last Sync: 3/2/2022 8:42:44 AM

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



Dr. Yadav won the Top Presentation Prize at AAPI World Health Congress in New York, July 18th-22nd, 2024. Congratulations Dr. Yadav! We are so proud of you!



Dr. Ashraf Was Invited to teach “Non-Suicidal Self-Injury in Adolescence” for AAPC Colorado Chapter on August 20th. Over 140 people attended the session.



## 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 August 2024



8/1/2024-Thursday. Dr. Yadav  
8/5/2024- Monday. Dr. Saad  
8/7/2024- Wednesday. Dr. Sarkar, case discussion  
8/8/2024-Thursday. Dr. Kubosumi  
8/12/2024-Monday. Dr. Adnan  
8/14/2024-Wednesday. Dr. Travis, case discussion  
8/15/2024-Thursday. – Dr. Yadav  
8/19/2024-Monday. Dr. Sarkar  
8/21/2024-Wednesday Dr. Saad, case discussion  
8/22/2024-Thursday Dr. Kodi  
8/26/2024-Monday Dr. Travis  
8/28/2024-Wednesday. Dr. Sarkar, case discussion  
8/29/2024-Thursday. Dr. Aljumaili



August Duty Roster PGY – 1  
Dr. Silvi - BSSH  
Dr. Evans - Oceans-M  
Dr. Junell - FM  
Dr. Nair - Neuro-Kadir

August Duty Roster PGY – 2  
Dr. Saad – CL  
Dr. Shayeb – OP  
Dr. Mian – Oceans-A  
Dr. Pham – CL  
Dr. Vodala – Oceans-M  
Dr. Karmegam – Oceans-A  
Dr. Perugula – Neuro-Gurru

August Duty Roster PGY – 3/PGY – 4/Fellow  
OUT PT  
DR. Ashraf - Oceans-M

# Resident/Fellow Led Committee Update

### Resident Led Committees 2024-2025

QI/QA Committee  
Chair: Dr. Karmegam  
Members: Dr Pham, Perugula and Dr Mian

Research Committee:  
Chair: Dr. Adnan  
Members: Dr. Kodi and Dr. Ashraf and Dr Husain

Education Committee:  
Chair: Dr. Husain  
Members: Dr. Kodi, Dr. AlJumaili, Dr. Mian, Dr. Vodala, Dr. Karmegam

Wellness Committee:  
Chair: Dr. Kubosumi

Community Committee:  
Chair: Dr Yadav

Digital & Social Committee:  
Chair: Dr. Saad



# Community Education

## Topic: Cyberbullying and Mental Health



Cyberbullying (also known as online bullying) is a form of bullying or harassment using electronic means. It has become increasingly common, especially among teenagers, as the digital sphere has expanded, and technology has advanced. Bullying or harassment online often has negative effects on individuals and can have profound effects on mental health like depression, anxiety, and suicide. It is more important now than ever to pay attention to the warning signs of cyberbullying and become more prepared on how to help yourself and others. Please join **Dr. Yadav, MD, Child & Adolescent Psychiatry Fellow** as she offers information to help you understand cyberbullying.

Where: ZOOM  
When: Friday, August 30th 12pm – 1pm

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



August:	Suggested Topic
8/6	Panic Attack
8/13	Social Anxiety
8/20	Back to School Anxiety
8/27	OCD Awareness
September:	Suggested Topic
9/3	Alcohol and Drug Addiction
9/10	Suicide Prevention
9/17	Alzheimer Awareness
9/24	Sleep-Wake Disorders
October:	Suggested Topic
10/1	Grief
10/8	ADHD Awareness
10/15	Depressive Disorders
10/22	Anger Management
10/29	Seasonal Affective Disorder
November	Suggested Topic
11/5	Eating Disorder
11/12	Emotional Wellness for Holiday
December	Suggested Topic
12/3	Holiday Depression and Anxiety
12/10	Family Stress during Holidays (stress-free family holiday month topic)



# Healthy Menu

## *Hibiscus & Blueberry Agua Fresca*



If you're looking for a refreshing drink to cool down on a hot day, look no further than Hibiscus & Blueberry Agua Fresca. This drink has a sweet and tart flavor, and it smells fruity and floral. It's easy to make..

### Ingredients

- 5 cups water, divided 2 cups room temp, 3 cups chilled
- 1 cup dried hibiscus leaves
- 2 tablespoons lime juice
- 11 oz Driscolls Blueberries , 1pack (reserve 12-14 berries for garnish)
- $\frac{2}{3}$  - 1 cup agave, or sweetener of choice
- ice, crushed

### Instructions

- In a small saucepan, combine the dried hibiscus with 2 cups of water and bring to a boil. Then reduce heat to low and steep for 10 minutes covered. Use a fine-mesh strainer to strain the hot liquid from the hibiscus leaves and let it cool.
- Add the blueberries to a blender and blend on high for 30 seconds. Pour blueberries through a fine-mesh strainer into a pitcher. To the pitcher mix in the steeped hibiscus water, 3 cups of chilled water, lime juice, and agave, and stir well. Serve agua fresca in a glass with crushed ice and garnish with extra blueberries and mint.





# Special Announcement



**August 6th**  
**Rebecca & Mark**  
**August 12th**  
**Dr. Kodi**

Message Received On: 7/18/2024



**BOBBY JAIN**

*Psychiatry Ode General*

 *Beyond Service*

Dear Dr. Jain, Thank you for staying after hours to complete a consult call. It did not go unnoticed, and I appreciate you handling the call without hesitation. You are great doctor and representation of TTUHSC.

*Rebecca Casares*  
*Lubbock*



# 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](mailto: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](mailto: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](mailto: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](mailto: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

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

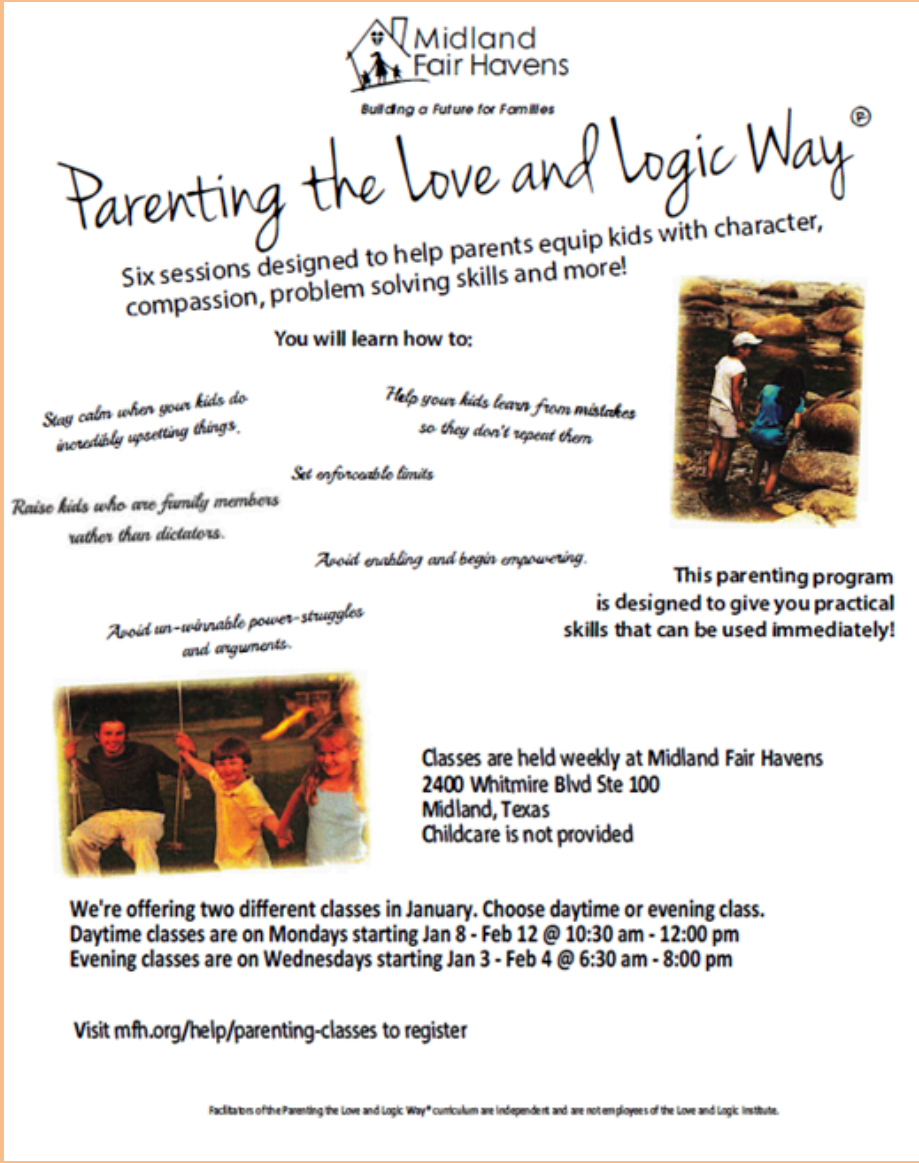
## What will I be learning?

- 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:



**Appointment Request**


Getting started is easy! Fill out our Getting Started form on our website to schedule a tour and consultation. There is no charge for this...

 Caprock Behavior



## Personalized treatment for teens, young adults, and their families.


Charlie Health's virtual Intensive Outpatient Program (IOP) is designed for teenagers and young adults who need more than once-weekly therapy. Our program consists of customized peer groups, individual therapy, and family therapy. We accept nearly all commercial health plans (including Optum/United, Aetna, Cigna, BCBS, and local plans), Medicaid (in states where IOP is covered), and self-pay.



 **charlie health**

- Personalized peer groups
- Video-based, accessible sessions
- Flexible after-school/work scheduling
- Skills-based & creative arts therapy
- Trauma-informed curriculum
- Free support groups

Reach out to learn more:  
(866)-491-5196  
[www.charliehealth.com](http://www.charliehealth.com)



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

**ABOUT US**

First 5 Permian Basin is a coalition of public and private organizations dedicated to improving the lives of children and families in the Permian Basin. We are committed to providing quality, accessible, and family-centered services to all children and families in the Permian Basin.

**WHAT WE DO**

- Provide personal visits
- Offer developmental & behavioral screenings
- Coordinate with local providers
- Group & family support

**OUR PROGRAMS**

- Home Instruction for Parents of Preschool Youngsters (HIPPY)
- Nurse-Family Partnership (NFP)
- Parents as Teachers (PAT)

 **First 5 Permian Basin** | 4801 E. University Ave. | 432-552-4025 | [first5@utpb.edu](mailto:first5@utpb.edu)  
MB 3178 | Odessa, TX 79762

## 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](mailto: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](mailto: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>