



Department Newsletter

Monthly Quote: Let from this month onwards your days become more happier, fulfilling, purposeful, satisfying & joyful.

Mental Health Awareness Dates

Month

American Heart Month

Black History Month

International Boost Self-Esteem Month

National Cancer Prevention Month

Teen Dating Violence Awareness Month

Week

National School Counseling Week (Feb. 5-9)

Random Acts of Kindness Week (Feb. 14-20)

National Eating Disorders Awareness Week (Feb. 26-Mar. 3)

Day

World Cancer Day (Feb. 4)

Safer Internet Day (Feb. 6)

National Make a Friend Day (Feb. 11)

National Random Act of Kindness Day (Feb. 17)



Personal Development

Purposely working to strengthen one's character is not as difficult as people think. Improving character begins with an inventory of the character traits you view as essential for success, both professionally and personally. Here's a short list of examples: loyal, humble, resilient, principled, honest, flexible, courageous, patient, compassionate, creative, empathetic, ambitious, meticulous, curious, disciplined.

Pick a trait to work on and keep it in focus for several months. Seek opportunities to put the trait into action both mindfully and purposely. For instance, let's say you want to work on patience to strengthen your character. Look for tasks and episodes that will try your patience.



Happier February

**BOOST YOUR HAPPINESS AND SENSE OF WELLBEING WITH OUR FUN ACTIVITIES FOR JANUARY!
QUICK, FUN AND FULFILLING ACTIVITIES THAT ONLY TAKE 5-10 MINUTES EVERY DAY TO MAKE YOU FEEL GOOD!**

Friendly February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it		

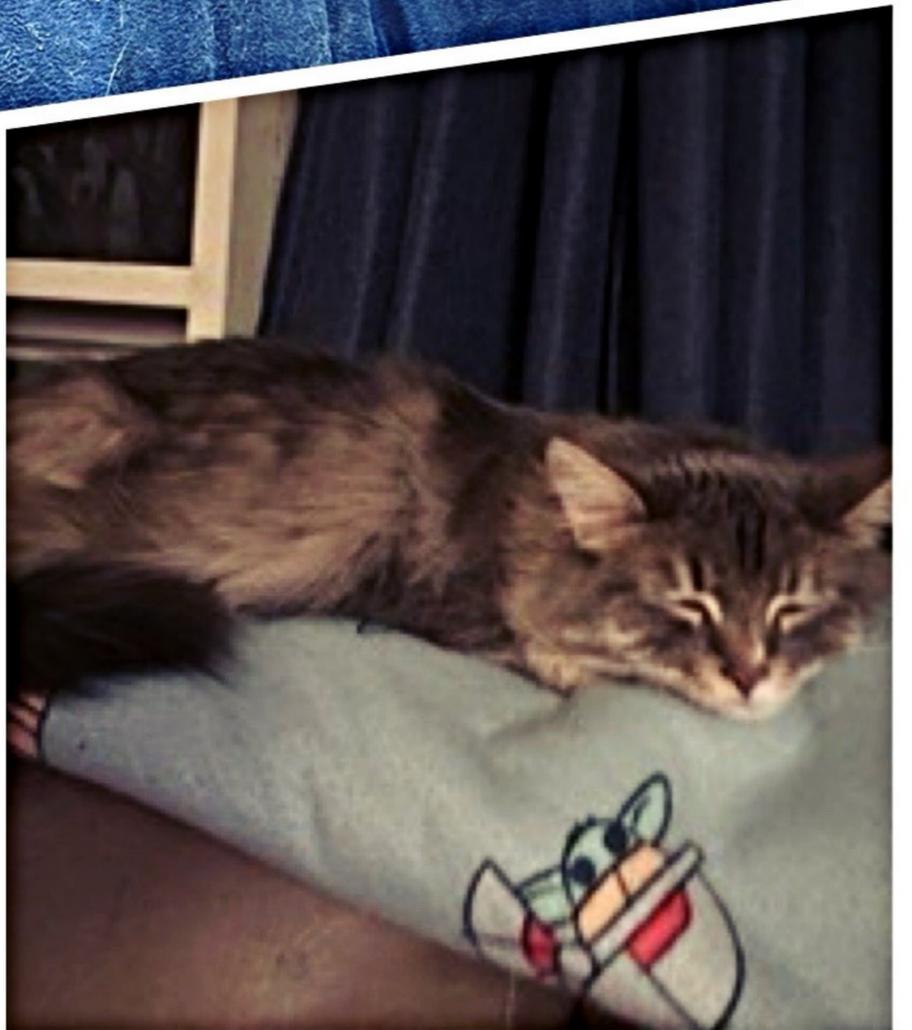
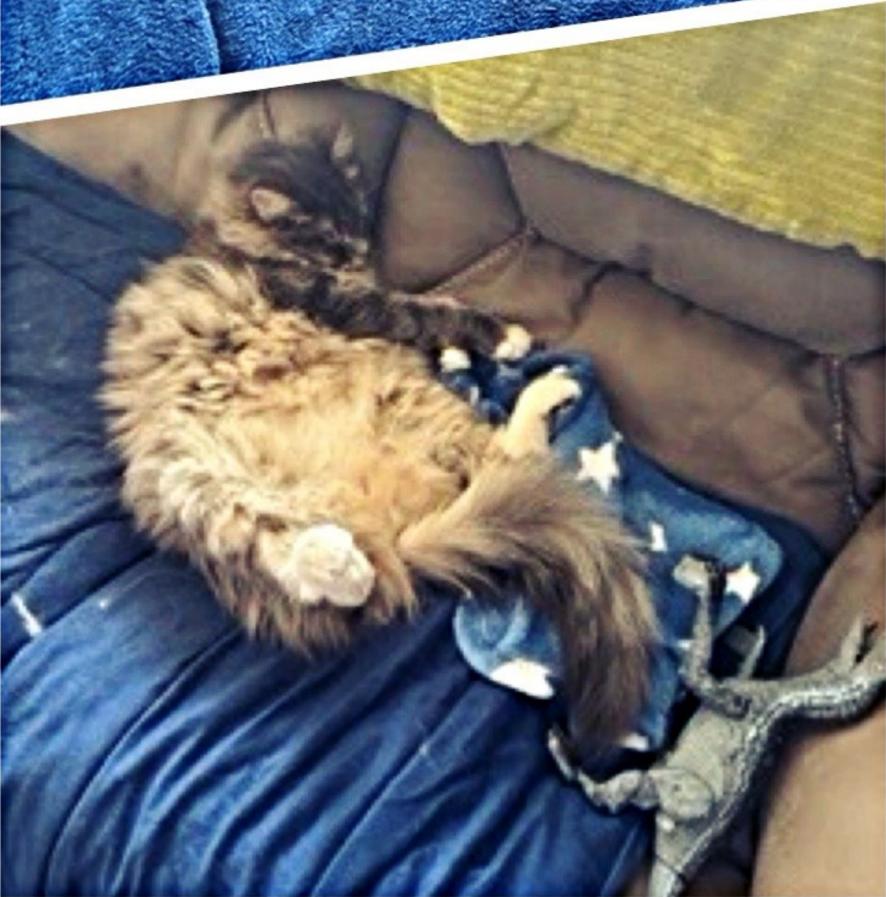
ACTION FOR HAPPINESS Happier · Kinder · Together



Pet Therapy

Each month we will spotlight our fur babies!! Please send a picture of your pet to pbpsychadmin@ttuhsc.edu

This month we have Amber's baby Gato Pancho! ❤️

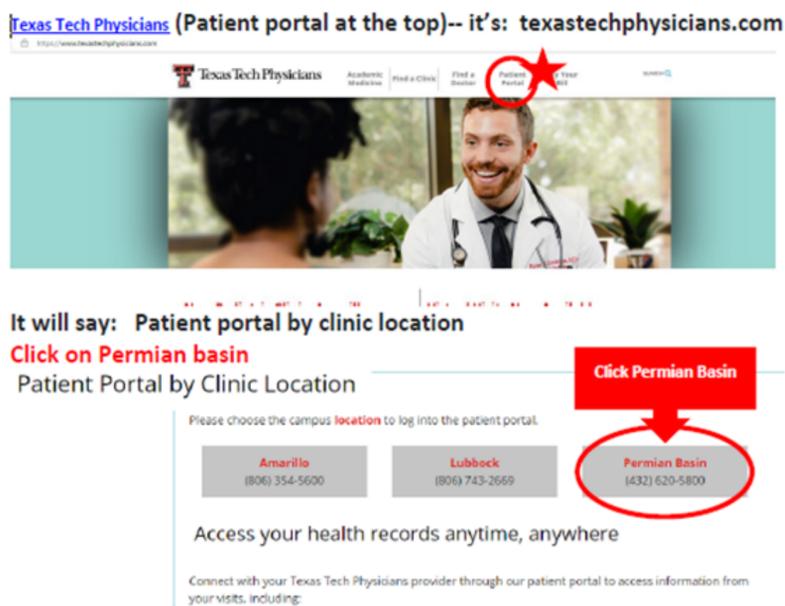


Clinical Operation/Updates



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 \(TEXASTECHPHYSICIANS.COM\)](http://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.

The screenshot shows the ManageEngine Desktop Central Self Service Portal. On the left, a navigation menu has 'Self Service Portal' circled in red. The main area displays a 'Software Catalog' table with various applications. The application 'Disable Chrome Hardware' is highlighted with a red circle, and its 'Install' button is also circled in red. A red arrow points from the 'LEFT CLICK' label in the taskbar to the application row. A red circle highlights a refresh icon in the top right of the catalog, with a note: 'CLICK THE REFRESH CIRCLE IF DISABLE CHROME IS NOT IN INSTALL LIST'. The taskbar at the bottom shows the system tray with a red circle around the volume icon and the text 'LEFT CLICK'.

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 (3.19.0.72.19)	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	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



**GET EXCITED FOR PERMIAN BASIN
RESEARCH DAY!
02.15.24**

8:15 AM - 4:30 PM

ACADEMIC CLASSROOM BUILDING



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 February 2024

2/1- Thursday- Dr. Hussain
2/5- Monday- Dr. Ashraf
2/7- Wednesday- Dr.Kubosumi, Dr. Nabi
2/8- Thursday- Dr. Aljumaili
2/12- Monday- Dr. Chao
2/14- Wednesday- Dr. S.Nabi, Dr. Ashraf
2/15- Thursday- Dr. Perugula
2/19- Monday- Dr. Kodi
2/21- Wednesday- Dr. Trivedi, Dr. Chao
2/22- Thursday- Dr. Husain
2/26- Monday- Dr. Aljumaili
2/28- Wednesday- Dr. Kubosumi, Dr. Trivedi
2/29- Thursday- Dr. Hassan

DUTY ROSTER



February Duty Roster PGY - 1

Dr. Saad - Oceans-A
Dr. Shayeb - BSSH
Dr. Mian - Oceans-M
Dr. Pham - Oceans-M
Dr. Vodala - BSSH
Dr. Karmegam - FM
Dr. Perugula - CL

February Duty Roster PGY - 2

Dr. Kodi - CL

Dr. Adnan - Neuro-Gurru

February Duty Roster PGY - 3/PGY - 4/Fellow

OUT PT

DR. Wix - Oceans-M

Resident/Fellow Led Committee Updates

Qi/QA Committee

Chair – Dr. Trivedi

Research Committee

Chair: Dr. Trivedi

Members: Dr. Kodi and Dr. Adnan

Texas Tech Research Day Presentations 2024

1. Examining the Literature: Brexanolone's Safety, Effectiveness, and Clinical Significance in the Treatment of Postpartum Depression: A Systematic Review
Yadav, Garima, MD#*; Karmegam, Raj, Sendhil, MD#; Kainth, Tejasvi, MD; Mansuri, Zeeshan, MD; Jain, Shailesh, MD, MPH, MEHP
2. Homocysteine Imbalance in Children and Adolescents: Unraveling its Relationship with Psychiatric Disorders: A Systematic Review
Karmegam, Raj Sendhil, MD#*; Perugula, Malathi, MD; Vodala, Praveen, MD#; Shayeb, Miriam, MD; Mian, Nadeem, MD; Pham, Travis, MD; Saad, Mohammad, MD; Jain, Shailesh, MD, MPH, MEHP
3. Literature Review of Antipsychotic-Associated OCD, particularly in the Treatment of Schizophrenia
Perugula, Malathi, MD#*; Subhedar, Rashmi, MD#; Kafle, Riju, MBBS; Mehmood, Naghmi, MD; Chaba, Divya, MD; Kolli, Priyanka, MD; Singh, Ganeev, MBBS; Ahmed, Samah, MBBS; Adam, Darakhshan, MD; Yadav, Garima, MD; Mansuri, Zeeshan, MD; Jain, Shailesh, MD, MPH, MEHP
4. Trends of SSRI For Depression and Expenditure Among Adolescents (Age <18) vs. Adults/Old Age (>18 years): Medical Expenditure Panel Survey (MEPS) From Year 2016 – 2019
Adnan, Mahwish, MD*; Ashraf, Sahar, MD; Yadav, Garima, MD; Trivedi, Chintan, MD, MPH; Husain, Karrar, MD; Jain, Shailesh, MD, MPH, MEHP
5. Readmission Trends, and In-Hospital Outcomes of Hospital Frailty Score Among Non- Mood Psychosis – A Propensity Matched National Cohort
Adnan, Mahwish, MD#; Yadav, Garima, MD#; Trivedi, Chintan, MD; Jain, Shailesh, MD, MPH, MEHP
6. Stem Cell Therapy for Symptom Reduction in Autism: A Hope to Reality Adnan, Mahwish, MD*; Singh, Monika, MD; Trivedi, Chintan, MD, MPH; Jain, Shailesh, MD, MPH, MEHP
7. Assessing Barriers to Mental Healthcare Across West Texas Populations Shayeb, Miriam, MD*; John, Dijo, PharmD, MPH, MBA; Brown, Kimberly, MS3; Cala Jeanette, MD; Alam, Nimat, MD
8. Phenibut Withdrawal Induced Catatonia: A Case Report and Implications for Clinical Practice Husain, Karrar, MD; Trivedi, Chintan, MD, MPH*; Karmegam, Sendhil Raj, MD; Vodala, Praveen, MD
9. Unveiling the Enigma: A Rare Case of Conversion Disorder with Simultaneous Bilateral Sensorineural Hearing Loss and Vision Loss in the Context of Psychosocial Stressors Vodala, Praveen, MD; Karmegam, Sendhil Raj, MD*; Jain, Shailesh, MD, MPH, MEHP
10. Bupropion and Immediate-Onset Hypersensitivity: A Novel Case Presentation Highlighting the Need for Clinical Vigilance
Trivedi, Chintan, MD#, MPH; Adnan, Mahwish, MD#*; Husain, Karrar, MD; Rizvi, Abid, MD; Saad, Muhammad, MD; Mian, Nadeem, MD; Jain, Shailesh, MD, MPH, MEHP
11. Hair Loss with the Use of Lurasidone: An Under-Reported and Under-Published Side Effect Hassan, Mudasser, MD; Ashraf, Sahar, MD*; Demoss, Dustin, MD, FAPA, MS; Rush, AJ, MD
12. Prevalence of Mental Health Disorders among Hospitalized Adolescents with Polycystic Ovary Syndrome, Chintan Trivedi, MD, Praveen Vodala, MD

Education Committee

Chair – Dr. Husain

Members – Dr. Kodi, Dr. Al Jumaili, Dr. Nabi, Dr. Mian, Dr. Vodala, Dr. Karmegam

Wellness Committee

Chair – Dr. Kubosumi

Digital And Social Committee

Chair – Dr. Wix

Community Education

Topic: Understanding Eating Disorders



Eating disorders are medical illnesses that can affect anyone, regardless of age, race, or gender. The prevalence of eating disorders has been on the rise worldwide, especially among adolescents. Hospitalizations for eating disorders spiked during the pandemic, doubling among adolescent girls, according to the Centers for Disease Control and Prevention. Please join **Dr. Pham, PGY-1** as he discusses statistics, signs, symptoms, treatment, and prevention of common eating disorders.

Where: ZOOM

When: Friday, February 23rd 12pm – 1pm

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

Meeting ID: 335-688-2490

*Mental
Munchies*

TEXAS TECH PHYSICIANS PSYCHIATRY MONTHLY LEARN

The Cutting Edge: Non-Suicidal Self-Injury in Adolescence

Non-suicidal self-injury is bodily harm without the intention of taking one's life. It includes scratching, burning, cutting, and hitting. It usually occurs in adolescents and young adults and could be mistaken for suicidality. More prevalent in youth with psychiatric disorders and emotional dysregulation, this behavior is treated in a psychiatric setting and sometimes needs more than just pharmacological treatment. Please join Dr. Ashraf, Child and Adolescent Psychiatry Fellow to learn about this behavior and what can help!

Where: ZOOM

When: Monday, March 4th 12pm – 1pm

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

Meeting ID: 335-688-2490

Overnight Oats

SIMPLE RECIPE

Ingredients

Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

Banana Hazelnut

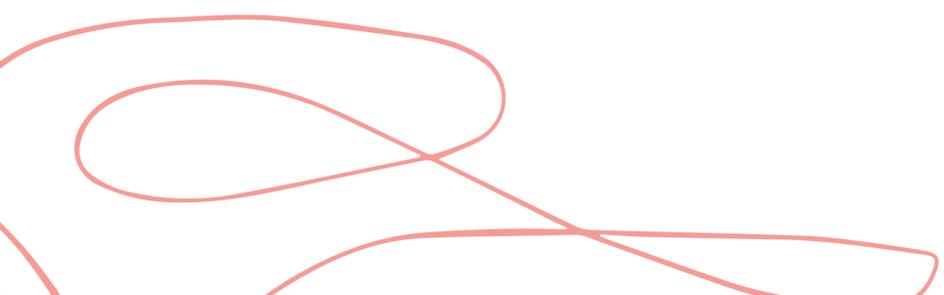
- 2 cups of awesome
- 1/2 tsp of fun
- 1 cup of kindness
- sugar and salt to taste

Directions

- 1.Mix awesome and fun together.
- 2.Add a splash of color.
- 3.Flavor everything with kindness.

Notes

Enjoyed best when shared



Special Announcement



FEB. 4TH JOANN
FEB. 14TH DR. MIAN
FEB. 24TH DR. YADAV
FEB. 26TH DR. ADNAN

TTU HSC

Welcome to our TT family

Meet our New PSSs
Maggie Hernandez and Lamark Hailey



Community Resource

New Support Groups and Class

For more information or register please reach out 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.

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

Let us hold you while you hold your little one.



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



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.

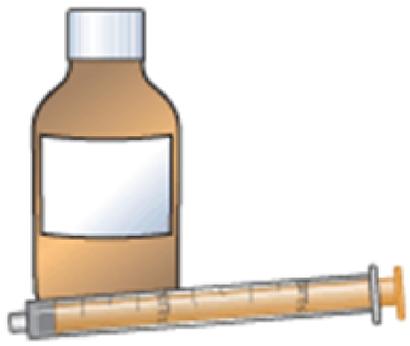
Community Resource



<https://www.midlandbhi.org>



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



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

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 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 _____ All 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

For more information:



Community Resource



Odessa Mental Health Resources

<u>Odessa Counselors</u>	<u>Psychiatrists</u>
<u>Tausha Bradshaw</u> , MP LPC 432-271-4968	<u>Roy Matthews</u> 432-617-3855 (Adults Only)
<u>Eden Simmons</u> , LPC 432-315-2389	<u>Wilbur Lineback</u> (BCBS only) 432-570-9552
<u>Christine Hall</u> , LPC, LCDC 432-278-1670	<u>Eric Olson</u> (Midland) 432-620-0161
<u>Alexandria Luna</u> , LCDC 432-300-5377	<u>Shanthi Thangam</u> 432-333-3636
<u>Ramsey Counseling/Coaching</u> 432-218-2681 teletherapy	<u>Lionel Levinson</u> 432-367-3253
<u>Jennifer Mason</u> 806-221-2779	<u>Shamsuddin Peppermintwala</u> 432-218-9920
<u>Anna Carillo</u> 432-653-5118	<u>Ravi Medi</u> 432-201-1388
<u>Teresa Valero</u> , LCP 432-558-0305 Accepts BCBS/ MDCD	<u>Ben Hankins</u> 432-620-8500 (no insurance) (Midland)
<u>Odessa Counseling Centers</u>	<u>Texas Tech Physicians</u> 432-620-1160 (also accepts Medicaid)
<u>Alpha Behavioral Health</u> 432-614-5720	<u>Shailesh Jain</u> 432-335-2222
<u>Alternative Life Solutions</u> 432-582-2444 (sliding scale) (Odessa)	<u>Mental Health Support</u>
<u>Centers for Children & Families</u> 432-580-7006	<u>NAMI Support Group</u> 432-683-3648 (online meetings for covid)
<u>Choiceworks Counseling</u> 432-332-9644	<u>Permian Basin LGBTQ(Plus)</u> 432-203-6093 www.pblgbtq.org
<u>Insight Counseling Center</u> 432-333-3667	<u>Trevor Project for LGBTQ</u> 866-488-7386 Text (START) 678-678
<u>New Day Counseling</u> 432-332-5645	<u>*Reflection Ministries</u> 432-247-1099 https://www.reflectionministriestx.org/ (Sex Trafficking)
<u>The Crisis Center</u> 432-333-2527	<u>Hotlines</u>
<u>UTPB Counseling</u> 432-552-3365	<u>24 Hour Crisis Hotline/ PermianCare (MHMR):</u> www.permiacare.org 844-420-3964
<u>Faith Steps Counseling</u> 432-653-5118	<u>Suicide Prevention Hotline:</u> 800-273-8255
<u>Basin MD-No Cost Counseling</u> **Download the <u>BasinMD</u> 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.	<u>National Human Trafficking Hotline</u> 888-373-7888

Community Resource

Centers for Children and Families Offers Free Parenting Class

KIDS FIRST FREE Parenting with a Purpose 2024 United Way Program Provider

2024 Session Schedule:

- February 2024: 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29
- March 2024: 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- April 2024: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- May 2024: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- June 2024: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- August 2024: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- October 2024: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
- November 2024: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

2023 Session Schedule:

- 1: February 13 thru March 5, 2024
- 2: April 23 thru May 14, 2024
- 3: June 4 thru June 25, 2024
- 4: August 6 thru August 27, 2024
- 5: October 15 thru November 12, 2024

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

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

Each Session has FOUR classes:

- Class 1: Child Development
- Class 2: Communication
- Class 3: Consequences & Discipline
- 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: 2/13/24, 4/23/24, 6/4/24, 8/6/24, 10/15/24
- Class 2: 2/28/24, 4/30/24, 6/11/24, 8/13/24, 10/22/24
- Class 3: 2/27/24, 5/7/24, 6/18/24, 8/20/24, 11/5/24
- Class 4: 3/5/24, 5/14/24, 6/25/24, 8/27/24, 11/12/24

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

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 more!

You will learn how to:

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

This parenting program is designed to give you practical skills that can be used immediately!

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

We're offering two different classes in January. Choose daytime or evening class.
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

Visit mfh.org/help/parenting-classes to register

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

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

AUTISM SPECIALIST

Aye Pearce M.S.Ed.
In Home Autism Therapy

(432) 230-4696
Autism.Pearce@gmail.com

Striving to help the parent help the child.

Home Autism Therapy

Aye Pearce M.S.Ed.

432-230-4696

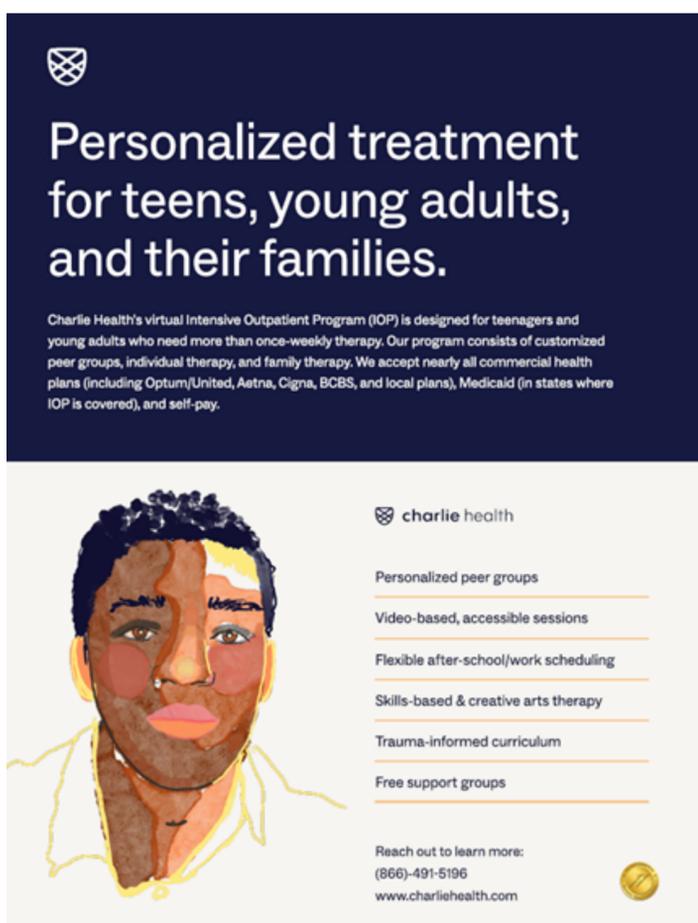
Autism.Pearce@gmail.com

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>