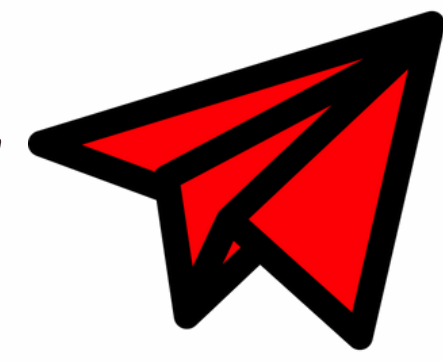


Mindful Messenger



Department of Psychiatry in the Permian Basin

Department News

From February 2025, Veteran Affair Medical Center in Big Spring is included in resident rotation place. 1-2 residents will be getting training on site.

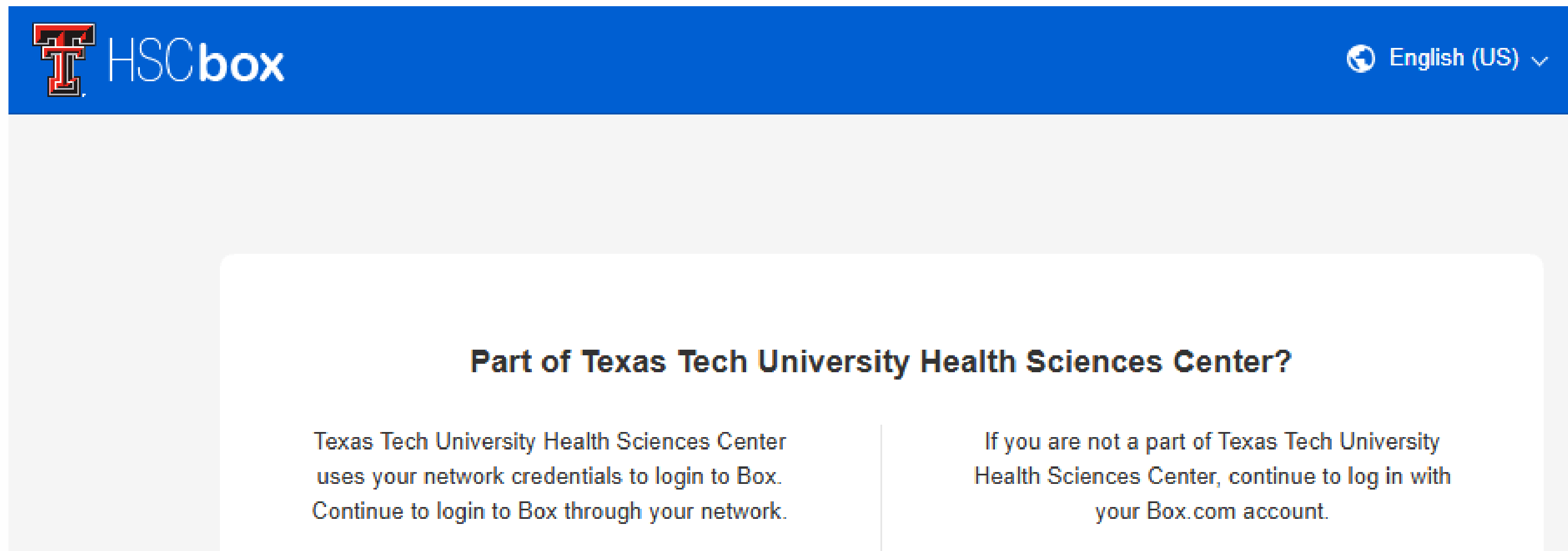


Our clinic staff attended Wellness Wednesday at Midland Health Department on February 5th. Mental health resources and free consultation were provided to people who came by our booth. Mental health matters!

Department held farewell party for Dr. Muhammad Nabi as he is leaving in February. He was attending doctor and interim department chair 2024. Thank you Dr. Nabi and wish you all the best in your future endeavors.



Clinical Operation/Updates



From January 20th, we use TTUHSC Box to input CL billings which meets HIPPA requirements. Please go to <https://ttuhsc.account.box.com/login>, and use your eRaider name and password to log in. Due to TTUHSC security rule, you need to use your DUO app for 2-step verification. After you log in, you will see CL billing folder. We saved excel spreadsheet there. Click on “open” button and it will be opened in Excel. Input your billings there and save. It will be automatically uploaed to Box. Make sure you install Box Tools which allows you to open it in Excel. For more help, please reach out **pbpsychadmin@ttuhsc.edu**



School of Medicine assigned 20 new laptops for clinical usage. IT department will install kiosk to better the performance of software running. All new laptops will come in soon after imaging TTUHSC computer system.

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.



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.

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

February Duty Roster PGY – 1

Dr. Silvi - NEURO GURRU

Dr. Evans - FM FHQC

Dr. Junell - BSSH

Dr. Nair - OCEANS-M

February Duty Roster PGY – 2

Dr. Saad – OP

Dr. Shayeb – VA

Dr. Mian – NEURO KADIR

Dr. Pham – CL

Dr. Vodala – OCEANS-M

Dr. Karmegam – CL

Dr. Perugula – CL

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

OUT PT

Dr. Aljumaili - ELECTIVE

Dr. Husain - ELECTIVE

DUTY ROSTER



CL Billings

CL 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.



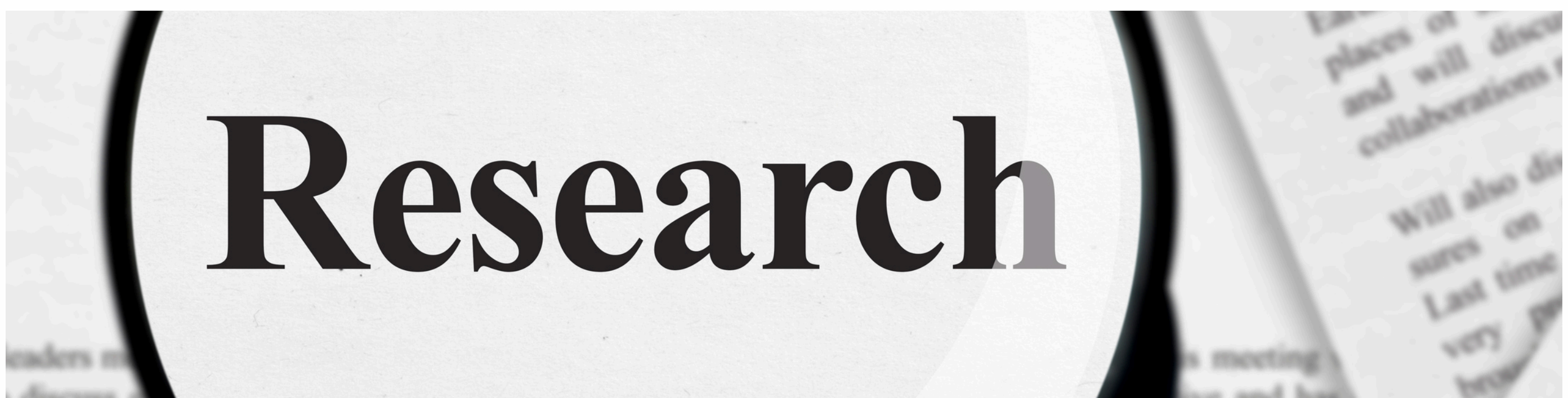
Journal Club February 2025:

2/3/25 Monday Sahar Ashraf
2/5/25 Wednesday Dr. Karmegam
2/6/25 Thursday Dr. Saad

2/10/25 Monday Dr. Kodi
2/12/25 Wednesday Dr. Pham
2/13/25 Thursday Dr. Adnan

2/17/25 Monday Dr. Sarker
2/19/25 Wednesday Dr. Kubosumi
2/20/25 Thursday Dr. Saad

2/24/25 Monday Dr. Adnan
2/26/25 Wednesday Dr. Ashraf
2/27/25 Thursday Dr. Pham



Dr. Sahar Ashraf has been chosen to participate in a Poster Session at the upcoming Digital Media and Developing Minds International Scientific Congress in Washington, DC from July 13-16, 2025

Title: Screen Time and Non-suicidal Self-injury in Children and Adolescents: A Scoping Review

Upcoming Events



2nd WORKSHOP: GUIDANCE ON WRITING RESEARCH ABSTRACTS

PBROC 2025



DATE
FEBRUARY 13, 2025

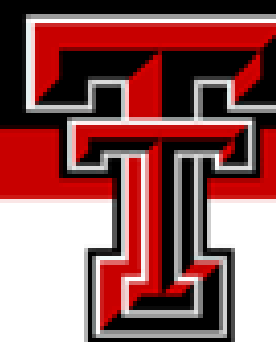


TIME
05:15–6 PM

LOCATION: TT CLINICAL
ROOM 3168

**ZOOM LINK WILL BE PROVIDED
AT A LATER DATE.*

CALL FOR ABSTRACTS



Permian Basin Research Day
April 24, 2025

DEADLINE TO SUBMIT: MARCH 3, 2025

<https://ttuhsc.infoready4.com/#freeformCompetitionDetail/1955609>



Topic: Digital Mental Health: Artificial Intelligence (AI), Virtual Reality (VR) and More

Imagine AI-powered assistants detecting early distress and VR therapy transporting patients to safe, immersive healing spaces. We'll explore how Artificial Intelligence, Virtual Reality, and digital tools are revolutionizing mental health care—enhancing diagnosis, therapy, and patient engagement. But with great innovation comes critical questions: Can AI truly understand human emotions? Is VR therapy as effective as real-world exposure? Please join **Dr. Karmegam, PGY-2** as we explore the future of Digital Mental Health, where science fiction meets real-world psychiatry! 🚀🔍

Where: ZOOM

When: Friday, January 28th 12pm – 1pm (CST)

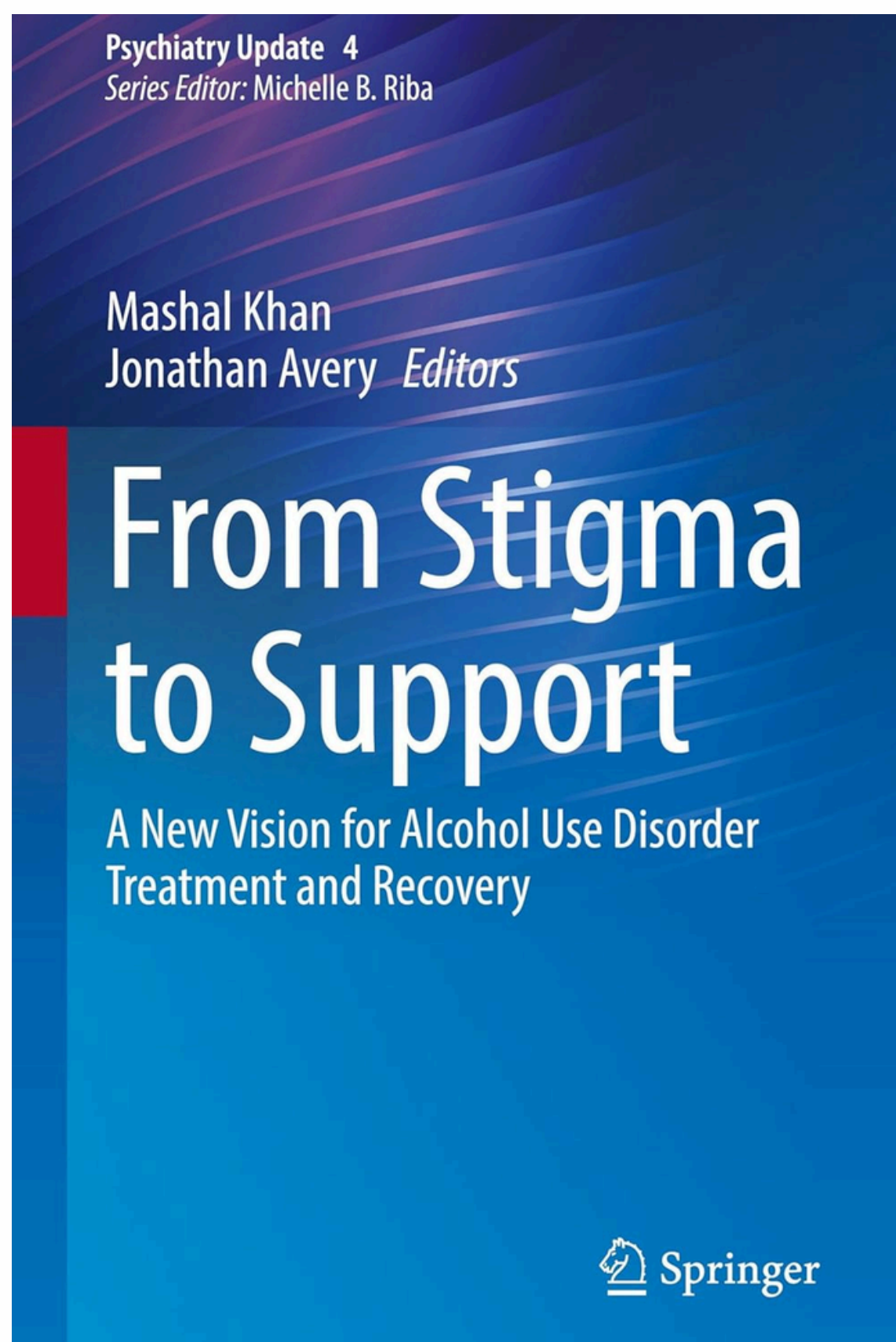
Zoom Link: <https://ttuhsc.zoom.us/j/3356882490>

Meeting ID: 335-688-2490



<i>January Depressive Disorders</i>	<i>Suggested Topic</i>	<i>Speaker</i>
1/7	Major Depressive Disorder	Dr. Saad
1/14	Persistent Depressive Disorder (Dysthymia)	Dr. Kodi
1/21	Premenstrual Dysphoric Disorder	Dr. Kubosumi
1/28	Atypical Depression	Dr. Perugula
<i>February Depressive Disorder</i>	<i>Suggested Topic</i>	<i>Speaker</i>
2/4	Postpartum Depression	Dr. Shayeb
2/11	Seasonal Affective Disorder	Dr. Evans
2/18	Psychotic Depression	Dr. Ashraf
2/25	'Situational' Depression	Dr. Sarker
<i>March Anxiety Disorder</i>	<i>Suggested Topic</i>	<i>Speaker</i>
3/4	Generalized Anxiety Disorder	Dr. Yadav
3/11	Panic Disorder	Dr. Adnan
3/18	Social Anxiety Disorder	Dr. Junell
3/25	Agoraphobia	Dr. Evans

New Book Releases



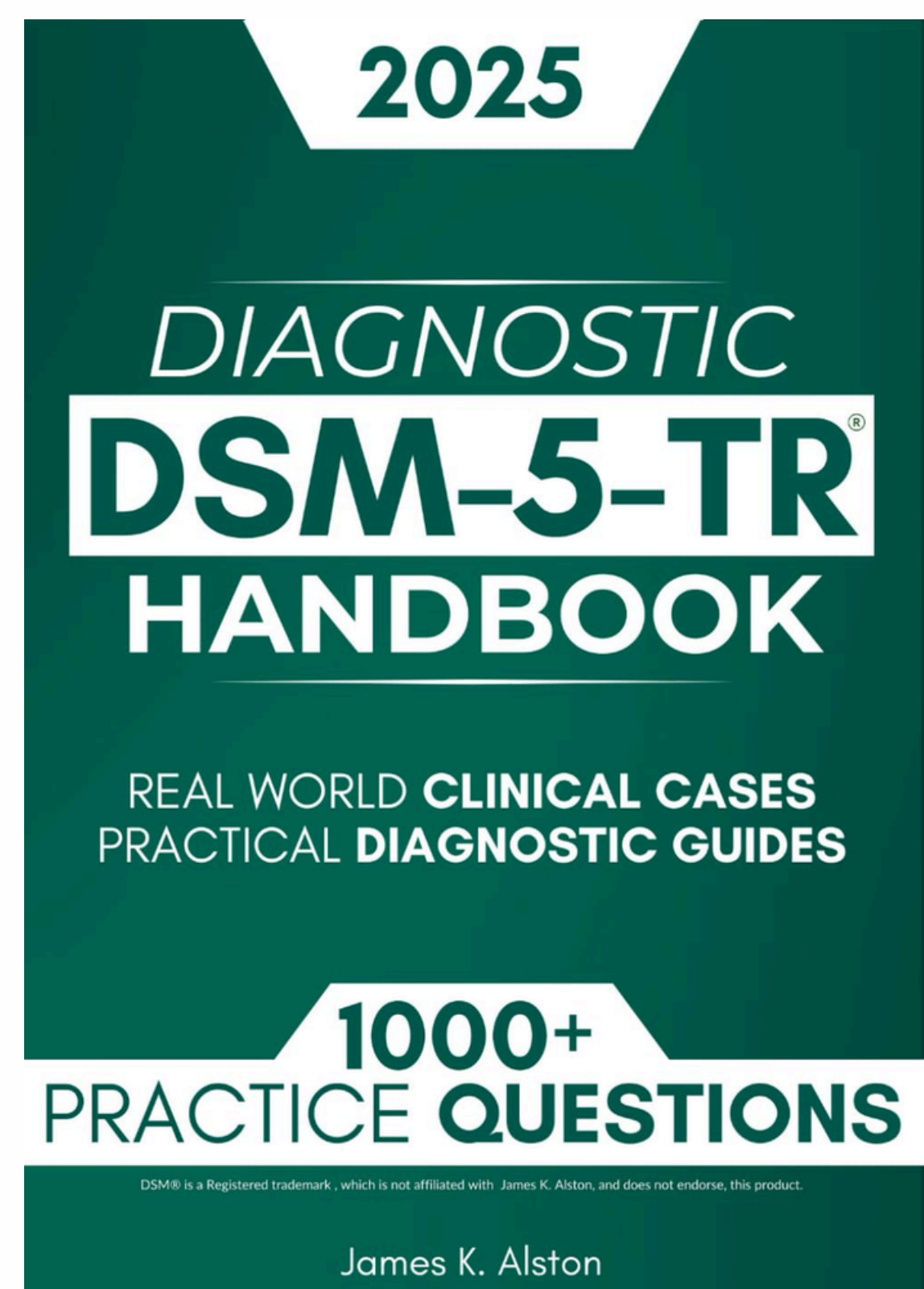
Khan, M., Avery, J. (2024). *From Stigma to Support: A New Vision for Alcohol Use Disorder Treatment and Recovery*. Switzerland: Springer.

This book provides the reader with a thorough understanding of the science of addiction, as well as practical tools for diagnosing, treating, and supporting individuals with alcohol use disorder. It also offers guidance for building a successful recovery and preventing relapse, and it serves as a comprehensive and evidence-based resource that brings together the latest scientific research and guidelines endorsed by expert professionals. Alcohol use disorder is a prevalent and complex disease that affects millions of people worldwide, yet is often misunderstood and stigmatized. This book is intended to contribute to reducing the stigma and misconceptions surrounding the disease and promoting access to evidence-based treatment and support.

James K. , A. (2024). *DSM-5-TR Diagnostic Handbook: 1000+ Interactive Questions, Real-World Clinical Cases, and Practical Diagnostic Guides*. Independently published.

Specifically crafted for mental health professionals, clinicians, and students, this DSM-5-TR Diagnostic Handbook serves as more than just a supplement to the DSM-5-TR. It's an essential resource that transforms theoretical knowledge into applied diagnostic expertise, offering advanced training for precise diagnoses and patient-centered care.

With over 1000 rigorously developed questions, in-depth clinical case studies, and step-by-step diagnostic tools, this handbook is designed to foster confidence and mastery in mental health diagnostics. Every feature is carefully structured to support professionals dedicated to excellence in diagnosis—whether for exam preparation, clinical practice, or professional development.



Special Announcement

Congratulations Alyssa on the arrival of your new bundle of joy!



**HAPPY
BIRTHDAY**

Feb. 4th JoAnn
Feb. 4th Dr. Junell
Feb. 14th Dr. Mian
Feb. 24th Dr. Yadav
Feb. 25th Dr. Evans
Feb. 26th Dr. Adnan

Picture of February

Let's meet Angela's fur babies!



Buster Lou Lou (3/16/2020)-German Shepherd/Rottweiler mix

Paisley Grace (9/7/2021) White Shepherd/Lab mix.

Buster Chompers (12/25/2023)- Pit Bull/Red Heeler mix

Buster was a foster fail in December 2020. He's about to turn five in March and weighs 115lbs.

Paisley was rescued in November 2021. She had been dumped in a dumpster and weighs 49lbs.

Baxter was rescued March 1, 2024. My husband found him dumped out on a lease road where he was doing pipeline work. He weighs 74lbs.



Monthly Quote

If January is the month of motivation, February is the month of adjustment. When the excitement of New Year dies down, you are more clear of what really matters. You distinguish meaningful goals from lofty ones.



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. 3-7)

Random Acts of Kindness Week (Feb. 9-15)

National Eating Disorders Awareness Week (Feb. 24- Mar. 2)

Day

World Cancer Day (Feb. 4)

Safer Internet Day (Feb. 11)

National Make a Friend Day (Feb. 11)

National Random Act of Kindness Day (Feb. 17)

Happier February

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

Friendly February 2025

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

ACTION FOR HAPPINESS

Happier · Kinder · Together

Healthy Menu

Easy Cauliflower Stir Fry

This easy cauliflower stir fry is an ideal healthy and easy dinner idea! It's full of nutrients and covered in a punchy sauce.

Ingredients

- 1 medium head cauliflower (2 pounds)
- 1 red bell pepper
- 1 orange bell pepper
- 1 medium white onion
- 3 green onions
- 3 tablespoons rice vinegar*
- 1/4 cup soy sauce (or tamari or coconut aminos)
- 1 tablespoon light miso
- 1/2 tablespoon gochujang (optional)
- 2 tablespoons sugar (or maple syrup)
- 2 tablespoons sesame oil (regular, not toasted)
- 1 teaspoon cornstarch (or arrowroot powder)
- 3 tablespoons neutral oil for stir frying, divided

Directions

- Chop the cauliflower into small florets. Thinly slice the bell peppers. Thinly slice the white onion. Thinly slice the green onion.
- In a medium bowl, whisk together rice vinegar, soy sauce, miso, gochujang, sugar, sesame oil, and cornstarch (or make the Go To Stir Fry Sauce).
- In large skillet, heat 2 tablespoons neutral oil over medium high heat. Add the cauliflower and a pinch of salt and cook unstirring, for 3 to 4 minutes until charred. Flip the florets and continue cooking for 2 minutes.
- Add the bell peppers, white onion, a pinch of salt and the remaining 1 tablespoon oil and cook 4 to 6 minutes until tender.
- Turn off the heat. Pour in the sauce and add the green onions. Stir until the sauce coats everything and thickens. Serve immediately.



Community Resource

NEW SUPPORT GROUPS AND CLASS

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

The image displays three promotional posters for community resources. The first poster, titled "MOMS MATTER: POST PARTUM SUPPORT GROUP", features an illustration of a person holding a baby and includes text about a virtual Zoom meeting starting May 9th. The second poster, titled "Chronic Illness Support Group", features an illustration of two hands reaching towards each other and lists details for an in-person group on Thursday evenings. The third poster, titled "Parenting Classes", features an illustration of a woman and child and advertises four weekly sessions available in person or online. All three posters include the Texas Tech Physicians logo and a QR code for registration.

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

Texas Tech Physicians.
PSYCHIATRY

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
6PM-7PM

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

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

Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

Now offering: Parenting Classes

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

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

Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

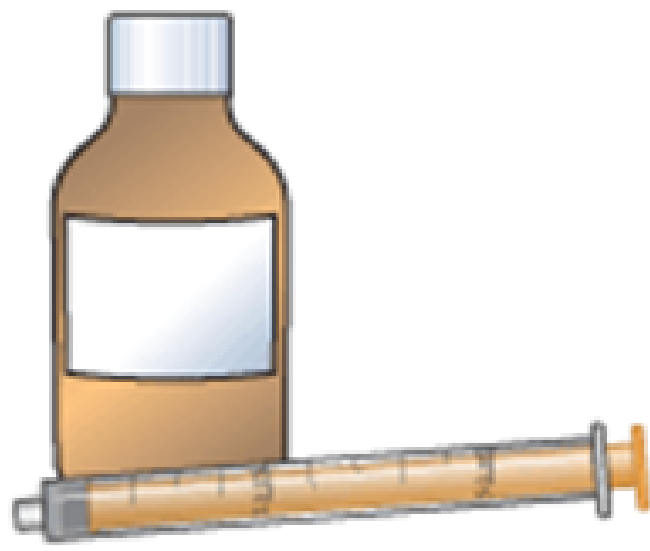
STAY TOGETHER PROGRAM

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)

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



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

Texas Permian Basin Community Calendar

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.





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



<p>Big Spring State Hospital 432-267-8216</p> <p>Scenic Mountain Behavioral 432-268-4760 (Big Spring)</p> <p>The Pavillion 806-354-1810 (Amarillo)</p> <p>Rivercrest Intensive Outpatient Program (Accepted Medicaid and Private Insurances) (ZOOM) 325-949-5722</p> <p><u>Military Veteran Resources</u></p> <p>VA Medical Center 432-263-7361 ext. 5678 (Big Spring)</p> <p>Military Peer Veteran Network 432-770-9326</p> <p>VET Center Readjustment Counseling 432-697-8222</p> <p>American Red Cross Hero Care Network 877-272-7337</p> <p>Texas Veterans Commission 432-688-4879</p> <p><u>Crisis Intervention</u></p> <p>24 Hour Crisis Hotline/ PermianCare (MHMR) www.permiacare.org 1-844-420-3964</p> <p>Midland County Mental Health Deputies 432-688-4671</p> <p>Midland Memorial ER 432-221-1558</p>	<p>Suicide Prevention Hotline 1-800-273-8255</p> <p>Crisis Text Line: Text HOME to 741741 for free crisis support in the U.S.</p> <p><u>Mental Health Support</u></p> <p>Permian Basin 211 432-362-0433 Ext. 1</p> <p>NAMI Support Group 432-683-3648 Currently online</p> <p>Permian Basin LGBTQ(Plus) 432-203-6093 www.pblgbtq.org</p> <p>Trevor Project for LGBTQ 866-488-7386 Text (START) 678-678</p> <p>*Reflection Ministries 432-247-1099 https://www.reflectionministriestx.org/ (Sex Trafficking)</p> <p>National Human Trafficking Hotline 888-373-7888</p> <p><u>Helpful Apps</u></p> <p>Anxiety Breathwrk Calm PTSD Coach Insight Timer SAM</p> <p>Depression Sanvello</p> <p><u>Other Phone Apps</u> (iTunes) (Google Play)</p> <p>ASK & Prevent Suicide – Easy steps to preventing suicide</p> <p>Breathe2Relax– Stress management tools and exercises</p> <p>Self-help Anxiety Management – Helps people manage anxiety</p> <p>Suicide Safer Home – Practical tips for parents and caregivers</p> <p>Texas Veterans – Access local, state and national resources</p> <p>Virtual Hope Box – Stores personal messages, information and pictures to promote mental wellness and crisis support</p>
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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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JULY

August 2025

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SEPTEMBER

October 2025-

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23	24	25	26	27	28	29

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]

PERMIAN BASIN
autism academy
CAPROCK BEHAVIORAL SOLUTIONS

Only possibilities. No limitations.
DISCOVER YOUR CHILD'S POTENTIAL

ENROLL NOW! GRAND OPENING JAN. 3RD

WE OFFER ONE-ON-ONE ABA THERAPY AND SMALL GROUP INSTRUCTION FOR CHILDREN AGES 3-10. OUR PROGRAM PROVIDES YOUR CHILD WITH INTENSIVE INTERVENTION THAT FOCUSES ON COMMUNICATION, SOCIALIZATION, AND BEHAVIORAL SKILLS.

Why choose us?

Our BCBA's have low caseloads to provide high-quality services and the individualized attention that your child needs making your priorities our priorities.

When challenges, successes, or new obstacles arise, you can feel confident that your child's team will quickly, professionally, and personally support you and your child.

848 CENTRAL DR., ODESSA, TX 79761
CAPROCKBEHAVIOR.COM
(432) 400-1220

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:

<https://caprockbehavior.com/appointment-request/>



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

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>



**TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™**

*School of Medicine
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