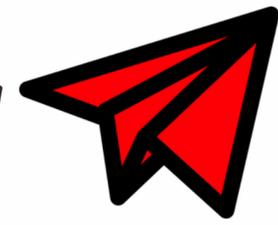


# Mindful Messenger



Department of Psychiatry in the Permian Basin

## Chair's Message

I wish a very Happy New Year! May the year bring a lot of joy and happiness!

It is a great honor to assume Chair's position of the department at a time when the department is about to launch a major growth initiative. This initiative will allow the department to expand its footprint in West Texas and beyond.



The integration of TTUHSC's Department of Psychiatry and the PBBHC will facilitate expansion of the current residency and fellowship programs, and will provide medical students, residents and fellows an opportunity to use modern tools and techniques for treating mental illnesses. The department is expanding its residency training program by increasing the number of residents from 16 to 40. We are also working on starting a rural track psychiatry residency program which will be a unique program of its kind. Additionally, collaboration with the local academic institutions, such as the University of Texas Permian Basin, Midland College, and Odessa College, will support workforce development initiatives, scholarship programs and specialized training tracks to address the regional shortage of mental health professionals. We are re-affirming our affiliation with the VA West Texas Health Care System. It will help us use their expertise in treating chemical dependency and PTSD to train our medial students, residents and fellows.

To expand outreach and access, we have recently simplified the patient intake process and working on further improving access to patients.

Another area of our focus is research. We have acquired funding to allow junior investigators of the department jump start their research projects. There will be a regular meeting/discussion on research projects that the faculty and residents propose to work on. The department plans to recruit several academic psychiatrists and administrative staff in the next few years to provide the best teaching and training opportunity and environment to our residents and fellows.

I am impressed by the dedication and commitment of the faculty, staff, residents and fellows to the wellbeing of our patients. I am therefore confident, with your help, we will be able to transform the department into a major academic center in the next few years.



Rajendra Badgaiyan, MD, MBA

### *Monthly Quote*

*January is the month for dreaming and planning*

## **Mental Health Awareness Dates**

#### **Month**

**Mental Wellness Month**  
**National Mentoring Month**

#### **Week**

**No Name Calling Week (Jan. 20-24)**

#### **Day**

**Global Family Day (Jan. 1)**  
**Human Trafficking Awareness Day (Jan. 11)**  
**National Clean Off Your Desk Day (Jan. 13)**  
**National Fun At Work Day (Jan. 31)**



# Happier January

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!

Happier January 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths
	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat
	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough
	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today
	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future		

ACTION FOR HAPPINESS

Happier · Kinder · Together



# Picture of January

New look for our Facebook Page

## School of Medicine

Department of Psychiatry at the Permian Basin



**TTUHSC-Psychiatry Residency in the Permian Basin**

485 likes • 590 followers



Professional dashboard

Edit

Advertise

## Clinical Operation/Updates



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

## December Duty Roster PGY – 1

Dr. Silvi - NEURO KADIR

Dr. Evans - FM

Dr. Junell - BSSH

Dr. Nair - OCEANS-M

## December Duty Roster PGY – 2

Dr. Saad – NEURO KADIR

Dr. Shayeb – OCEANS-M

Dr. Mian – NEURO GURRU

Dr. Pham – CL

Dr. Vodala – OP

Dr. Karmegam – OCEANS-A

Dr. Perugula – CL

## December Duty Roster PGY – 3/PGY –

4/Fellow

OUT PT

Dr. Aljumaili - ELECTIVE

## DUTY ROSTER



## 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.



## New Team Member

THIS IS ANGELA, OUR NEW PSS!

Angela is our new PSS who is working at the Odessa Clinic.

Welcome to our TTUHSC psychiatry family! You're an amazing addition to this team!



## New Team Member

THIS IS KAROLINA, OUR NEW PSS!

Karolina is our new PSS who is working at the Michigan and Secor clinics in Midland.

Welcome to our TTUHSC psychiatry family! You are a big asset within our team!

## Special Announcement:

**HAPPY BIRTHDAY**

January 2nd Dr. Saad

# Community Education



## Topic: Logged In and Stress Out: Social Media and Mental Health

In today's interconnected world, social media plays a significant role in shaping our daily lives. However, this digital landscape comes with challenges, particularly concerning mental health. The prevalence of online platforms has brought both positive and negative impacts on our mental health. It is crucial to be aware of these effects and learn how to navigate the digital world responsibly. Join Dr. Nair, MD, PGY-1, as he sheds light on the intricate relationship between social media and mental well-being. He also will provide insights into understanding the dynamics of social media's influence on mental health and offer practical strategies to maintain a healthy digital balance.

Where: ZOOM

When: Friday, January 10th 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

# Healthy Menu

## *Chicken Honey Nut Stir Fry*



A simple yet elegant chicken dish, stir fried with carrots, celery and an orange honey sauce. This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association.

### **Ingredients**

- 2 teaspoons peanut oil
- 2 stalks celery, chopped
- 2 carrots, peeled and diagonally sliced
- 1 ½ pounds skinless, boneless chicken breast halves - cut into strips
- 1 tablespoon cornstarch
- ¾ cup orange juice
- 3 tablespoons light soy sauce
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger root
- ¼ cup cashews
- ¼ cup minced green onions

### **Directions**

Heat 1 teaspoon of the oil in a wok over high heat. Add the carrots and celery and stir fry for 3 minutes. Add remaining 1 teaspoon oil, then add the chicken and stir fry for 5 more minutes.

In a small bowl, dissolve the cornstarch into the orange juice. Mix in the soy sauce, honey and ginger. Add this sauce to the wok and cook over medium heat until thickened. Top with the cashews and green onions.

# 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.

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

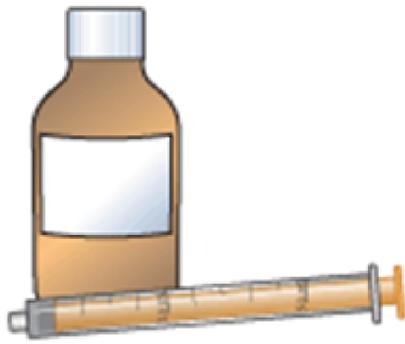
The program is a 90 day program, with meetings currently done over zoom/phone (due to COVID). The Family Support Specialists meet with the families on either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes. The program is also divided by age group with separate curriculums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

<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> 432-684-5437</b> (ages 4-18/ family)
<i>Lee Culver, LPC</i> 432-242-3810	<b><i>Stay Together Program</i> 432-699-1466</b> (consultations with youth/ caregiver)
<i>Natalie Dewitt, LPC</i> 432-299-3231	<b><i>The Life Center</i> 432-683-6072</b> Mentor program for ages 13-45
<b><i>BLEST Counseling, LCDC</i> 432-847-2181</b>	<b><i>Basin MD-No Cost Counseling</i></b> **Download the BasinMD by Midland Health App via the Apple or Android AppStore** <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.
<i>Allison Hartzoge, LPC, MA</i> 432-682-2724	<b><u>Psychologist-Midland/Odessa</u></b>
<i>Candace Mahaffey</i> 432-897-0440	<b><i>Cynthia Wall, PsyD</i> 432-312-1450</b>
<i>Cheryl Willoughby, LPC</i> 432-557-1775	<b><i>Kristin Jensen, PhD</i> 432-550-0224</b>
<i>Maureena Benavides, LPC</i> 432-889-4064	<b><i>Perry Marchioni, PhD</i> 432-684-4540</b>
<b><u>Midland Counseling Centers</u></b>	<b><u>Psychiatrists</u></b>
<b><i>Affinity Counseling Center</i> 432-557-1775</b>	<b><i>Roy Matthews</i> 432-617-3855</b> (Adults Only)
<b><i>Archway Support</i> 432-682-2724</b>	<b><i>Wilbur Lineback (BCBS only)</i> 432-570-9552</b>
<b><i>Healing Through Hope</i> 432-238-1239</b> (sliding scale \$60-\$110)	<b><i>Eric Olson</i> 432-620-0161</b>
<b><i>Heritage Counseling Services</i> 432-685-3787</b> (\$100/ hr)	<b><i>Shanthi Thangam</i> 432-337-9000</b>
<b><i>New Hope Counseling</i> 432-687-4673</b>	<b><i>Shamsuddin Peppermintwala</i> 432-218-9920</b>
<b><i>Samaritan Counseling</i> 432-563-4144</b> (flat fee)	<b><i>Ravi Medi</i> 432-333-1333</b>
<b><u>Accepts Medicaid</u></b>	<b><i>Ben Hankins</i> 432-620-8500</b> (no insurance)
<b><i>Centers for Children &amp; Families</i> 432-570-1084</b> \$50.00 assessment fee (Sliding Scale)	<b><i>Texas Tech Physicians</i> 432-620-1160</b> (also accepts Medicaid)
<b><i>AGAPE counseling</i> 432-550-5683</b> (most insurance, \$35-\$100 without)	<b><u>Psychiatrist- Big Spring, TX</u></b>
<b><i>Midland Rape Crisis Center</i> 432-682-7273</b>	<b><i>Shiraj A Vahora</i> 432-263-1211</b>
<b><i>PermiaCare- MHMR</i> 432-570-3300</b>	<b><i>San Gabriel Psychiatry</i> 432-652-2548</b>
<b><u>Mental Health Hospitals</u></b>	
<b><i>Oceans Hospital (Midessa)</i> 432-561-5915</b>	
<b><i>Oceans Hospital Abilene</i> 325-691-0030</b>	
<b><i>Rivercrest-San Angelo</i> 325-949-5722</b>	
<b><i>Shannon Behavioral Health</i> 325-659-7300</b> (San Angelo)	



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

S	M	T	W	T	F	S
						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	

**March 2025**

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23	24	25	26	27	28	29

**April 2025**

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30	31	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			

**May 2025**

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						1
2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30	31					

**June 2025**

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23	24	25	26	27	28	29
30						

JULY

**August 2025**

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23	24	25	26	27	28	29
30						

SEPTEMBER

**October 2025-**

S	M	T	W	T	F	S
						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					

### 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]

## 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](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>