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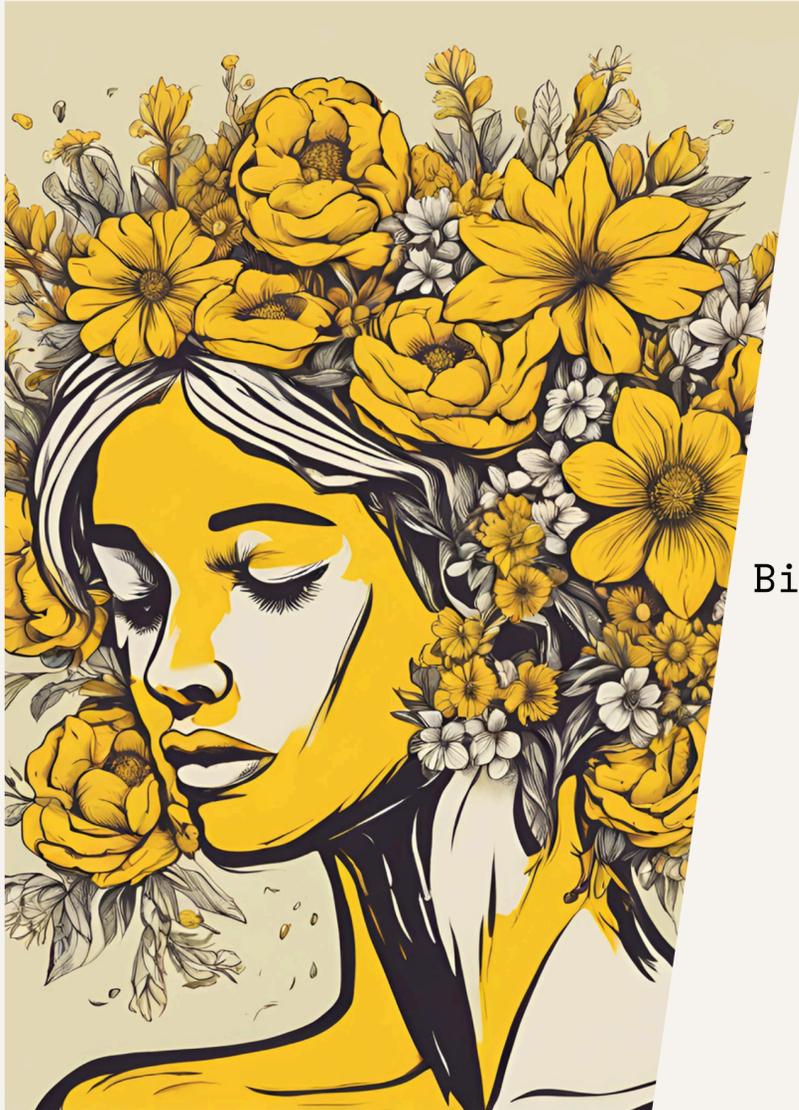
# DEPARTMENT

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# NEWSLETTER

Monthly Quote: July is the time for being in the world in new ways, for throwing off the cold and dark spots of life.

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## Mental Health Awareness Dates

	Month
Minority Mental Health Awareness Month	
Disability Pride Month	

	Week
Birth Trauma Awareness Week (Jul. 15-21)	

	Day
Panic Attack Awareness Day (Jul. 18)	
International Self Care Day (Jul. 24)	
National Seasonal Affective Disorder Awareness Day (Jul. 24)	
World Day Against Trafficking Persons (Jul. 30)	

## Personal Growth

### Areas of personal development

When it comes to personal development, it's hard to not reference Maslow's hierarchy of needs. According to Maslow, your basic needs need to be fulfilled in order to reach your fullest potential. In other words, to reach self-actualization means we're reaching the highest levels of self-awareness, self-confidence, personal growth, and self-realization. Much like Maslow's hierarchy of needs, we see five different areas of personal development. Different personal development goals can fall into different categories.

### Mental

Exercising your brain and staying mentally fit is critical to personal development. At BetterUp, this comes to life in a few ways: coaching, learning opportunities, and career growth. For example, right now, I'm taking a creative writing course to help keep my mental creative muscles going strong. (And BetterUp foots the bill as part of our learning stipend.) Mental development can be anything from workshops, training sessions, or even just rest. Rest is just as (if not more) important than mental exercise. And as your mental fitness improves, so does your resiliency, innovation, and self-awareness.

# Jump Back Up July

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

Jump Back Up July 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together

# Baby Picture

Bradley Matthew Harry was born on June 6, 2024, the 80th Anniversary of "D" Day, which is kind of neat considering his father, our son, Barrett is currently stationed at Ft. Bragg, North Carolina serving our country in the United States Army. He is a fighter for sure! Bradley weighed 7 pounds 13 ounces and was 21.5 inches long, but when he was born, his lungs began to hemorrhage and he had to be intubated and life flighted to University of North Carolina, Chapel Hill. It was a touch and go time for a few days and among all other things it was found that he had an arterial dissection in his left leg. None of these things are related and frankly the medical staff is very puzzled as to why and how and all things! There answer to everything seemed to always be, "we just don't know" Bradley is now home and doing very well. He is on blood thinners and antibiotics and will be checked in about 2 more weeks to see what's happening with the arterial dissection, prayerfully it's healed! His 3 big sisters are in love and so are his Grandlady and Paw Paw. We hope to travel to North Carolina to kiss those fat cheeks and hold that precious one by the first of August if it works out! Please join us in continuing to pray for his complete healing.

- Carol



# Picture of July

Happy new faces!  
New team members joined TTUHSC Psychiatry family  
this month!  
Welcome aboard!



# Department News

## Zoom Phone Platform



Our department migrated from the Avaya phone platform onto the new Zoom phone platform recently. Moving to the Zoom platform will offer multiple benefits to our department and the users. This upgrade will ensure a more streamlined work environment by combining voice, chat, video, and meetings in a single application.



## Coordinator Appreciation from GME

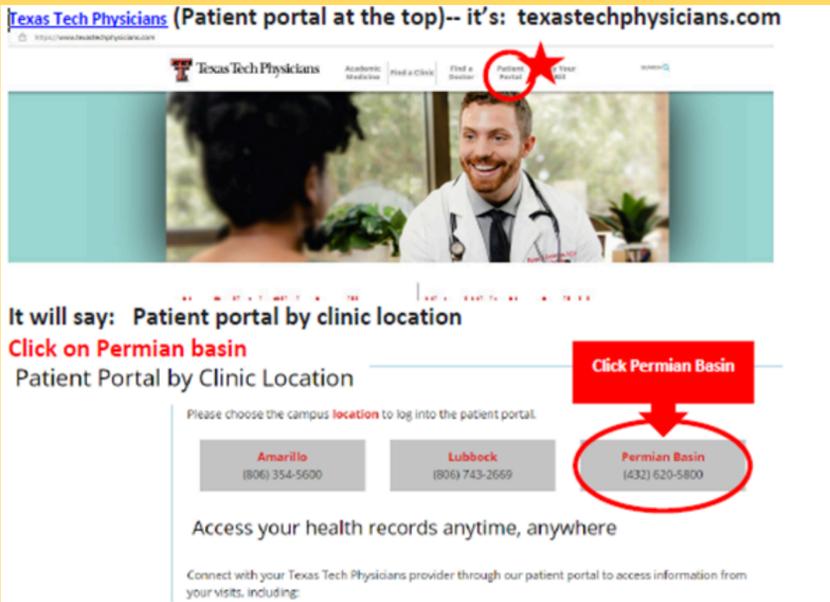
Our department Resident/Fellow Coordinator Rebecca and Jessica attended the Coordinator Appreciation from GME on June 6th in Odessa. Thank you both for your hard work on our residency and fellowship program. We are so proud of both of you!

# 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://www.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 image shows a screenshot of the ManageEngine Desktop Central Self Service Portal. On the left, a navigation menu is visible with '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 area, with a note: 'CLICK THE REFRESH CIRCLE IF DISABLE CHROME IS NOT IN INSTALL LIST'. The system tray at the bottom shows the time as 8:55 AM on 3/2/2022, with 'RIGHT CLICK' and 'LEFT CLICK' labels pointing to the volume and network icons respectively.

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	Citrix Workspace 1912 LTSR CU1	Citrix	Feb 23,2021 09:39AM	Install - Success	Mar 1,2022 11:00PM	--Select-- The rec
Create athenaDX icon						Mar 1,2022 11:00PM	Install
Create athenaDX icon for						Mar 1,2022 11:00PM	Install
Create CernerWeb desktop	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 area

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



## Graduation and Awards Ceremony

Graduation and Awards Ceremony was held on June 4th at Carrasco Room in Midland College. Dr. Nabi, Dr. Hassan and Dr. Wix graduated from our program. Dr. Chao and Dr. Trivedi will leave and continue their fellowship. Wish all of our doctors have a big future!



Dr. Pham and Dr. Saad volunteered for the orientation at SImS in June. Thank you for your service!



## New PGY-1 and New Fellow

### PGY-1

Dr. Silvi  
Dr. Evans  
Dr. Junell  
Dr. Nair

New Fellow  
Dr. Sarker

## Updated Journal club schedule for July 2024



7/1/2024-Monday- Dr. Yadav  
7/3/2024-Wednesday-Dr. Travis, case discussion  
7/8/2024-Monday. - Dr. Karmegam  
7/10/2024-Wednesday. Dr. Adnan, case discussion  
7/11/2024-Thursday.Dr. Shayeb  
7/15/2024-Monday. Dr. Sarkar  
7/17/2024-Wednesday. Dr. Aljumaili, case discussion  
7/18/2024-Thursday. Dr. Travis  
7/22/2024-Monday. Dr. Sarkar  
7/24/2024-Wednesday. Dr. Karmegam, case discussion  
7/25/2024-Thursday. Dr. Kodi  
7/29/2024 - Monday Dr. Shayeb  
7/31/2024-Wednesday Dr. Kubosami, case discussion



### May Duty Roster PGY - 1

Dr. Silvi - BSSH  
Dr. Evans - Oceans - M  
Dr. Junell - Peds  
Dr. Nair - FM

### April Duty Roster PGY - 2

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

### April 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: ADHD in Children and Adults



Do you want to discover the keys to understanding ADHD in both children and adults? Join us on July 12th as we delve into the world of attention deficit hyperactivity disorder, exploring its impact, diagnosis, treatment options, and strategies for thriving with ADHD. Whether you're a parent seeking guidance or an adult looking to enhance your understanding, this presentation will provide invaluable insights. Please join **Dr Aljumaili, PGY-4** to gain a comprehensive understanding of ADHD.

Where: ZOOM

When: Friday, July 12th 12pm – 1pm

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

Meeting ID: 335-688-2490

The poster features a red and white color scheme with a black diagonal stripe. At the top right is the Texas Tech Physicians logo. The main title 'MENTAL MUNCHIES & You Asked For It' is prominently displayed. A list of 12 events follows, each with a date, topic, and speaker. At the bottom, there is an 'RSVP NOW' button, a QR code, contact information, and the event details: 'MON or FRI 12PM-1PM via Zoom and Facebook Livestream' with the Zoom link.

**Texas Tech Physicians**  
of the PERMIAN BASIN  
BEHAVIORAL HEALTH AND PSYCHIATRY

# MENTAL MUNCHIES & *You Asked For It*

- 7/12(Fri) ADHD in Children and Adults Dr. Aljumaili
- 7/22(Mon) Prevention, Intervention and Postvention: Adolescent Substance Abuse Dr. Ashraf
- 8/12(Mon) Hate School? Love School? - How to Deal with Back to School Anxiety Dr. Kubosumi
- 8/30(Fri) Cyberbullying and Mental Health Dr. Yadav
- 9/9(Mon) Help for Hope: Depression in Elderly Dr. Vodala
- 9/27(Fri) Suicide Prevention for Children and Adolescents Dr. Adnan
- 10/7(Mon) How to Help Loved One Cope with Mental Illness Dr. Karmegam
- 10/25(Fri) Why Am I So Angry? Anger and Mental Health Dr. Perugula
- 11/8(Fri) Mental Health in The Workplace Dr. Husain
- 11/18(Mon) Stop Overthinking: How to Manage your Depression and Anxiety Dr. Mian
- 12/6(Fri) Love What You Do: How to Manage Burnout and Passion Fatigue Dr. Saad
- 12/16(Mon) Holiday Depression: How to Beat Holiday Blues Dr. Yadav

**RSVP NOW**

• pbpsychadmin@ttuhsc.edu  
• 432-620-1160

MON or FRI  
12PM-1PM  
via Zoom and Facebook Livestream  
<https://ttuhsc.zoom.us/j/3356882490>

*New Recipe of the Week*

# Discover the Flavors of the Mediterranean



## **Ingredients**

- *1 cup quinoa, rinsed*
- *2 cups water*
- *1 cup cherry tomatoes, halved*
- *1 cucumber, diced*
- *1 red bell pepper, diced*
- *1/2 red onion, finely chopped*
- *1/4 cup Kalamata olives, pitted and sliced*
- *1/4 cup feta cheese, crumbled*
- *1/4 cup fresh parsley, chopped*
- *1/4 cup fresh mint, chopped*

*New Recipe of the Week*

# Discover the Flavors of the Mediterranean



## **Instructions**

- 1. Cook the Quinoa: In a medium saucepan, bring the water to a boil. Add the quinoa, reduce heat to low, and simmer, covered, for about 15 minutes, or until the quinoa is tender and water is absorbed*
- 2. Add chicken, onion, bell pepper, olives, feta cheese, parsley, chives, and salt to quinoa; drizzle lemon juice, balsamic vinegar, and olive oil on top. Stir until evenly mixed. Serve warm or refrigerate and serve cold.*

## Special Announcement



**July 1st     Dr. Husain**  
**July 3rd     Dr. Shayeb**  
**July 5th     Jessica**  
**July 21st    Susie**  
**July 26th    Dr. Pham**  
**July 26th    Dr. Silvi**  
**July 31st    Amber**

# 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 May9th



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  
6PM-7PM

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) School JPD Court referred Parental figure Protective services Clergy/Church other youth agency Friend/Relative Texas Youth MHMR other hotline Provider Agency Law Enforcement other private agency Staff

SCHOOL STATUS: Attending regularly Expelled Dropped out Graduated HS Attending- some truancy Parents withdrawn School not in session Completed GED Suspended AR School/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).



For more information:

# COMMUNITY RESOURCE



## Midland Mental Health Resources

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

# 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 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.pblgbtq.org](http://www.pblgbtq.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

**KIDS FIRST** **FREE** **United Way**  
Centers Program Provider

### 2024 Parenting with a Purpose

**2024 Session Schedule**

Calendar current as of 6/30/23—subject to change

**Pre-registration Recommended**

**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

**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

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<sup>®</sup>

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 winning power struggles and arguments.
- Avoid yelling 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](http://mfh.org/help/parenting-classes) to register

Facilitators of the Parenting the Love and Logic Way<sup>®</sup> 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**

**Alye 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

**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

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>