

Department Newsletter

Monthly Quote: Our life is March weather, savage and serene in one hour.

Mental Health

Awareness Dates

Month

Self Harm Awareness Month

American National Nutrition Month

Brain Injury Awareness Month

National Developmental Disabilities Awareness Month

Week

Sleep Awareness Week (Mar. 13-19)

National Drug and Alcohol Facts Week (Mar. 20-26)

Day

Self-Injury Awareness Day (Mar. 1)

Zero Discrimination Day (Mar. 1)

International Women's Day (Mar. 8)

World Sleep Day (Mar. 15)

World Down Syndrome Day (Mar. 21)

International Day for the Elimination of Racial Discrimination (Mar. 21)

World Bipolar Day (Mar. 30)

International Transgender Day Of Visibility (Mar. 31)



Personal Development



Listen with compassion, to listen with compassion, and part of this is listening with empathy. When we listen with empathy, we put ourselves in the other person's shoes to feel what they're feeling. And when we do this it will stir up our compassion for them when they're in a difficult situation, and then they'll see that we care and they'll feel supported. So listening is huge.



Happier March

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

Mindful March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Notice how you speak to yourself and choose to use kind words	 5 Bring to mind people you care about and send love to them	 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive
11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face
18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant
 25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do
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 Deb's baby Esther and Happy St. Patrick Day! ❤️

Happy St. Patrick's Day!



St. Patrick's Day

~*SHINTZU pawrents & fans*~



Department News



Dr. Jakkam Setty Has Joined Psychiatry Department

We are happy to announce that Dr. Jakkam Setty has joined Psychiatry Department at Permian Basin as an assistant Professor. Since he will be seeing patients at the Odessa clinic, we will be able to better serve the Odessa community.

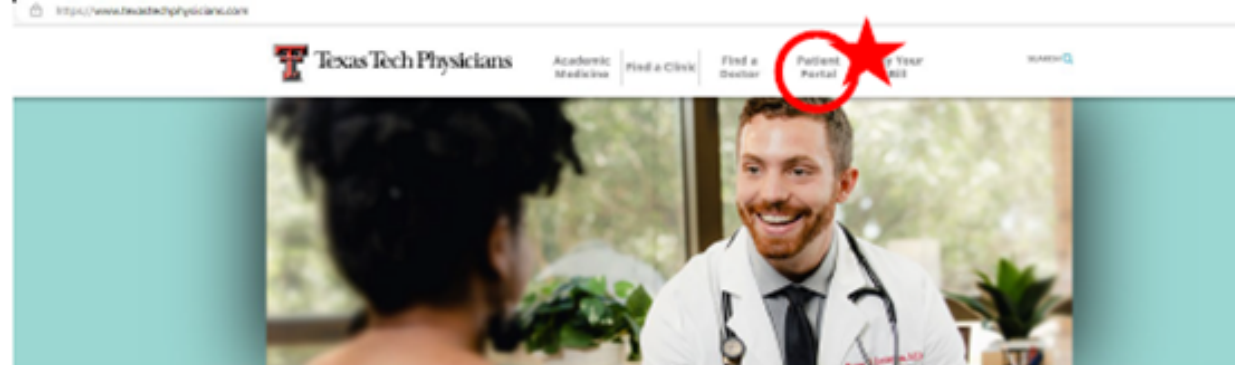
Clinical Operation/Updates



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.

[Texas Tech Physicians](https://www.texastechphysicians.com) (Patient portal at the top)-- it's: [texastechphysicians.com](https://www.texastechphysicians.com)



It will say: Patient portal by clinic location

Click on Permian basin

Patient Portal by Clinic Location

Please choose the campus location to log into the patient portal.

Amarillo
(806) 354-5600

Lubbock
(806) 743-2669

Permian Basin
(432) 620-5800

Access your health records anytime, anywhere

Connect with your Texas Tech Physicians provider through our patient portal to access information from your visits, including:

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

Send Request to Help Desk

Self Service Portal

Apply Configurations

Scan

View Prohibited Software Details

View User Logon Reports

Desktop Central Agent Details

Troubleshoot

RIGHT CLICK

LEFT CLICK

ManageEngine Desktop Central

Self Service Portal

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

Application Name

All Status

All Apps

Published time-All

3/2/2022 8:42:44 AM

Application Name	Version	Description	Vendor	Installed At	Last Action - Status	Published Time	Action
Avaya Workplace 3.19.x [I]	4.8	Microsoft .NET Framework 4.8	Microsoft			Mar 1,2022 11:00PM	Install
Avaya Workplace 3.19.x [I]	3.19.0.72.19	Avaya Workplace 3.19.x for Windows (3.1	Avaya			Mar 1,2022 11:00PM	Install
Box Drive x64 (2.22.445)	2.22.445	Box Drive x64 (2.22.445) for Windows	Box			Feb 15,2022 11:00PM	Install
Box Tools (4.17.0.935)	4.17.0.935	Box Tools (4.17.0.935)	Box Inc			Mar 1,2022 11:00PM	Install
CCMA ActiveX Controls	40.0.5.505	CCMA ActiveX Controls 40.0.5.505	Avaya			Mar 1,2022 11:00PM	Install
Citrix Workspace 1912 LT:	1912 LTSR C	Citrix Workspace 1912 LTSR CU1	Citrix	Feb 23,2021 09:39AM	Install - Success	Mar 1,2022 11:00PM	--Select-- The rec
Create athenaIDX icon						Mar 1,2022 11:00PM	Install
Create athenaIDX icon for						Mar 1,2022 11:00PM	Install
Create CernerWeb desktop i	1.0	Creates the CernerWeb desktop icon and	IT Solution Center			Mar 1,2022 11:00PM	Install
Create IDXTerm desktop i		Creates IDXTerm desktop icons				Mar 1,2022 11:00PM	Install
CyberArk EPM 11.5.2.309	11.5.2.309		CyberArk			Feb 15,2022 11:00PM	Install
Dell Command Configure	4.4.0	Dell Command Configure (4.4.0)	Dell Inc.			Mar 1,2022 11:00PM	Install
Dell Display Manager	Version A00	Software application that allows users to	Dell			Feb 15,2022 11:00PM	Install
Disable Chrome Hardware						Nov 4,2021 02:44PM	Install



A friendly reminder: establish a process for entering notes within 24 hours (or same day) and don't forget to enter the charge as well. Another suggestion is to glance that you're documenting on the correct FIN.

HIPAA=AWARENESS



Things like: disclosing PHI while at the vitals are

A New HIPAA Initiative - Routine Monitoring of EMR User Access

This initiative will help OIC and departments to monitor inappropriate accesses, identify high-risk employees, mitigate and reduce the risk of HIPAA non-compliance resulted from internal users.



RESIDENT/FELLOW UPDATES

WE HAD THE RESIDENTS APPRECIATION AND WELCOME BREAKFAST ON TUESDAY, MARCH 5TH IN OUR MICHIGAN CLINIC. IT WAS A GOOD TIME TO THANK OUR RESIDENTS FOR THEIR HARD WORK AND WELCOME DR. SETTY JOIN OUR PSYCHIATRY DEPARTMENT.



*Congratulations
Doctors!*

Second Place: Dr. Karmegan

Third Place: Dr. Shayeb

Resident/Fellow Updates

Match Day



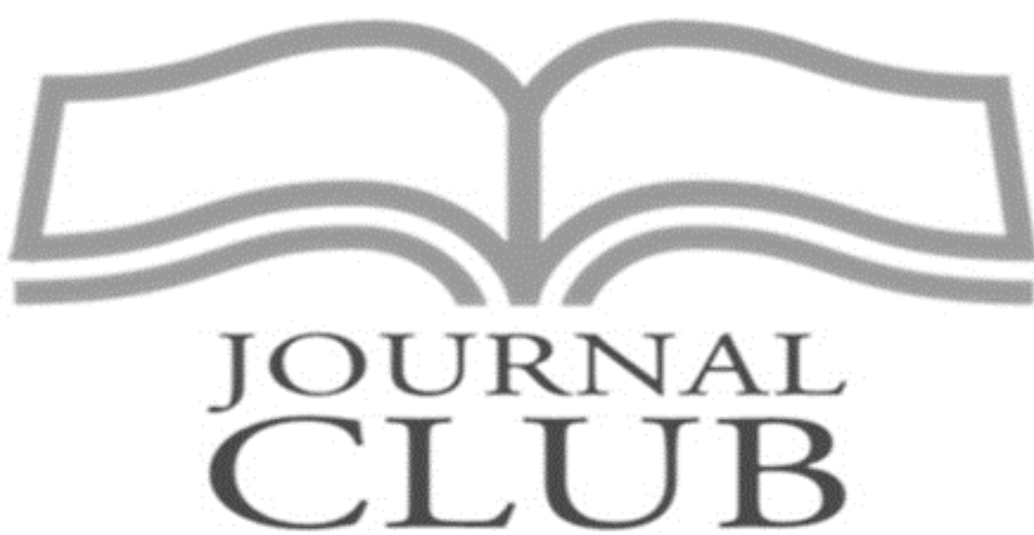
Match Day 2024
March 15th



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 March 2024

3/4-Monday--Dr. Shayeb
3/6- Wednesday--Dr. Al-Jumaili, Dr. S. Nabi
3/7-Thursday--Dr. Yadav
3/11-Monday--Dr. Hussain
3/13-Wednesday--Dr. Adnan, Dr. Kubosumi
3/14-Thursday--Dr. Hassan
3/18-Monday--Dr. Trivedi
3/20-Wednesday--Dr. Ashraf, Dr. Al-Jumaili
3/21-Thursday--Dr. Chao, Dr. Shayeb
3/25-Monday--Dr. Yadav
3/27-Wednesday--Dr. Adnan, Dr. Hussain
3/28-Thursday--Dr. Ashraf

DUTY ROSTER



March Duty Roster PGY – 1

Dr. Saad – BSSH
Dr. Shayeb – CL
Dr. Mian – Oceans-M
Dr. Pham – BSSH
Dr. Vodala – PEDS
Dr. Karmegam – FM FHQC
Dr. Perugula – FM

March Duty Roster PGY – 2

Dr. Kodi – OCEANS-A
Dr. Adnan – CL

March Duty Roster PGY – 3/PGY – 4/Fellow
OUT PT

DR. Wix – Oceans-M

A wooden desk with a white coffee cup, a pen, and a resume. The resume text is partially visible and includes details about a flight attendant's experience at Skywest Airlines, mentioning a 93% passenger satisfaction rate and various responsibilities.

Resident/Fellow Led Committee Update

Dr Ashraf would like to join Research committee.

*Dr Pham, Dr Karmegam, Dr Perugula, and Dr Miriam would like to join
QI/QA committee.*

Accepted for publication

*Montelukast associated psychosis in children, Accepted for Publication in
Prim Care Companion CNS Disorder.*

Author : Al-Jumaili, Wisam, MD, Jain, Shailesh, MD

New Publication

*Jumaili WA, Gburi NA, Jain S. Weight Loss Medication Phentermine-Induced
Hypomania in Bipolar Depression. Prim Care Companion CNS Disord. 2024
Feb 20;26(1):23cr03624. doi: 10.4088/PCC.23cr03624. PMID: 38395144.*

*Mansuri, Z., Adnan, M., Shah, B., Trivedi, C., Vadukapuram, R., Patel, S., Yadav,
G., Srinivas, S., Ansari, M., Makani, R. and Baweja, R., 2024. Serotonin
Syndrome With the Concomitant Use of Triptans and SSRIs/Serotonergic
Medications: Is It Time to Revisit FDA Warning?. Journal of Clinical
Psychopharmacology, 44(2), pp.199-200.*

*Trivedi, C., Rizvi, A., Mansuri, Z. and Jain, S., 2024. Mental health outcomes
and suicidality in hospitalized transgender adolescents: A propensity score-
matched Cross-sectional analysis of National inpatient sample 2016–2018.
Journal of Psychiatric Research.*

Community Education

Topic: Living Well: How to Live with Bipolar Disorders



Living with bipolar disorder can present unique challenges, but with the right strategies and support, individuals can lead fulfilling lives. Unlock the keys to navigating life with bipolar disorder at our upcoming event. Learn about medication management, therapy, recognizing early warning signs, fostering resilience, prioritizing self-care, stress reduction, and the power of social support in maintaining stability and enhancing well-being. Please join Dr. Karmegam, PGY-1 for an enlightening discussion and empower yourself to live well despite the challenges.

Where: ZOOM

When: Friday, March 22nd 12pm – 1pm

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

Meeting ID: 335-688-2490



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



CREAMY AVOCADO BANANA GREEN SMOOTHIE

INGREDIENTS

- 1 large frozen banana
- 1 medium ripe avocado
- 1 scoop plain or vanilla protein powder
- 1 large handful greens of choice
- 1 cup dairy milk

DIRECTIONS

1. To a high-speed blender, add frozen banana, avocado, protein powder of choice, greens, and dairy-free milk.
2. Blend on high until creamy and smooth, scraping down sides as needed.
3. Taste and adjust flavor as needed, adding more banana for sweetness, avocado for creaminess, or greens for vibrant green color.
4. Divide between serving glasses and enjoy!



Special Announcement



MARCH 23RD DR. ALJUMAILI

Congratulations!

**Erica's daughter Layla got Beare Awards
for being an overall best student in school!**



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
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

 Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

 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



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.

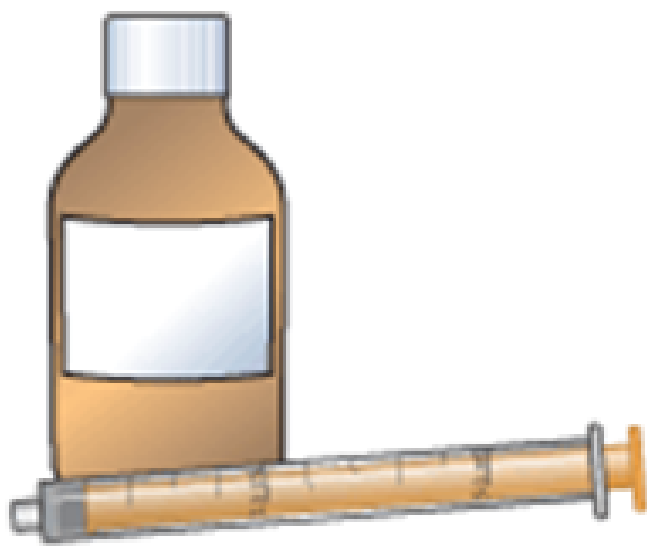
Community Resource



<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 _____ Alt School/GED _____
Graduated HS _____ School not in session _____ Completed GED _____ under School age _____

Of children in the home: _____ Primary language: _____

Where is youth Living? Biological or adoptive parents _____ Legal guardian _____
Relative's home _____ Unstructured sub care (friends, etc.) _____
Psychiatric hospital _____ Structured sub care _____
Secure facility detention center _____ Street _____
No stable living environ _____ Living independently _____
Transferred from another shelter _____

Comments: _____

Please Fax Attention: Hilda Galindo Fax# 432-699-0404 or email: hildag@highsky.org

For more information:



STAY Together
STAY Together
High Sky / Sep 8, 2023

Community Resource



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

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.pb-lgbtq.org

Trevor Project for LGBTQ 866-488-7386
 Text (START) 678-678

***Reflection Ministries** 432-247-1099
<https://www.reflectionministriestx.org/>
 (Sex Trafficking)

National Human Trafficking Hotline 888-373-7888

Helpful Apps

Anxiety
 Breathwrk
 Calm
 PTSD Coach
 Insight Timer
 SAM

Depression
 Sanvello

Other Phone Apps (iTunes) (Google Play)

ASK & Prevent Suicide – Easy steps to preventing suicide

Breathe2Relax– Stress management tools and exercises

Self-help Anxiety Management – Helps people manage anxiety

Suicide Safer Home – Practical tips for parents and caregivers

Texas Veterans – Access local, state and national resources

Virtual Hope Box – Stores personal messages, information and pictures to promote mental wellness and crisis support

Community Resource

Centers for Children and Families Offers Free Parenting Class

How do I register?

Call [(432) 570-1084] or come by the Centers office [3701 Andrews Hwy] to complete the registration form. At that point, you will choose which dates you want to attend.

What will I be learning?

- Child Development
- Communication & Building Self-Esteem
- Consequences vs. Discipline
- Co-parenting

For more information, please contact:

(432) 570-1084

Location:

3701 Andrews Hwy

Midland, TX 79703



MFH Parenting Classes

Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

Classes are held weekly at Midland Fair Havens

2400 Whitmire Blvd Ste 100

Midland, Texas

Childcare is not provided.

MFH is offering two different classes in January.

Daytime classes are on Mondays starting Jan 8 - Feb 12

@ 10:30 am - 12:00 pm

Evening classes are on Wednesdays starting Jan 3 -

Feb 4 @ 6:30 am - 8:00 pm



Home Autism Therapy

Alye Pearce M.S.Ed.

432-230-4696

Autism.Pearce@gmail.com

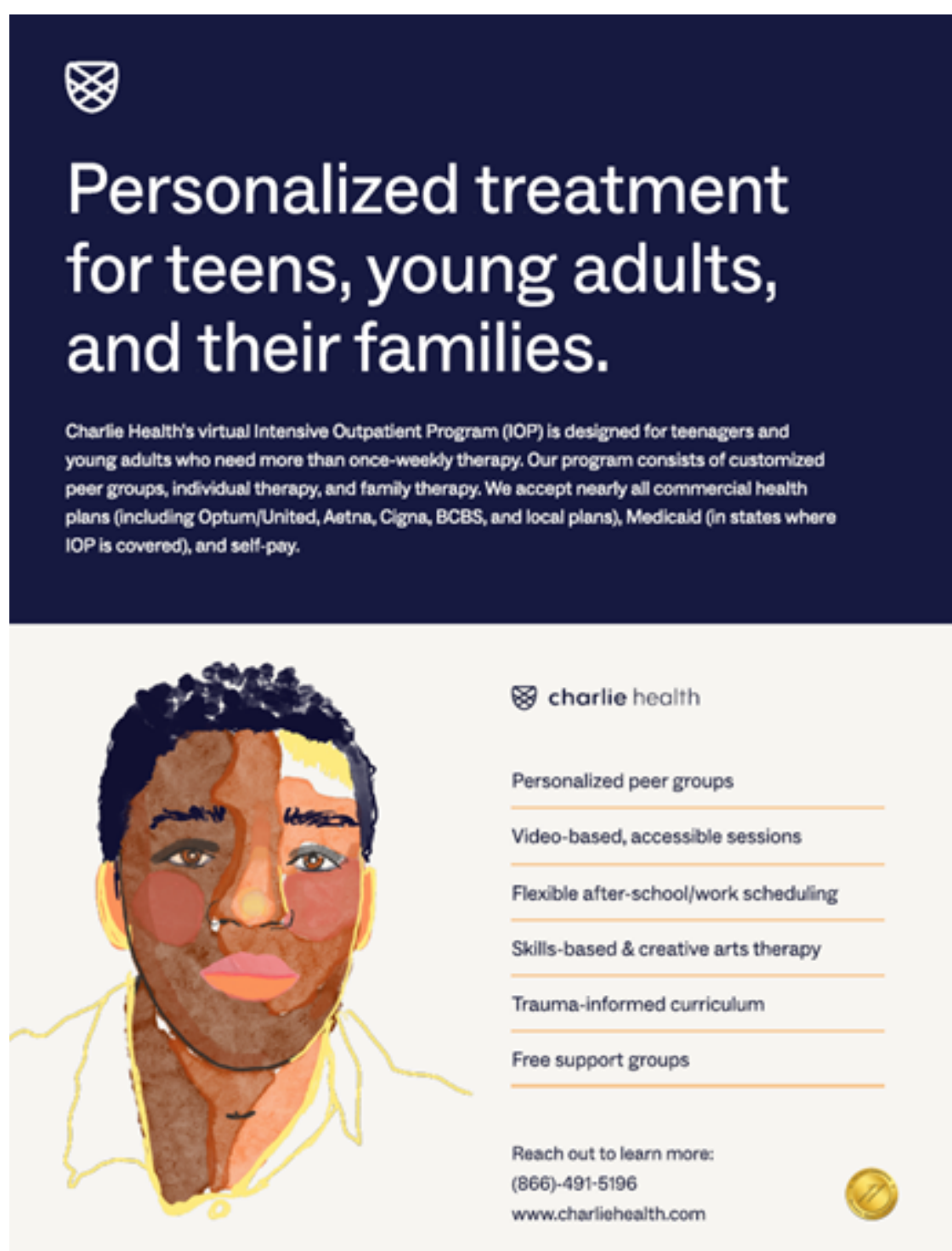
Community Resource



Autism Academy

A new company coming to Odessa for Autism services. They are accepting applications.

If anyone is interested in looking into their services, they can go to this link below:



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>