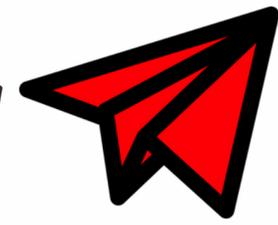


Mindful Messenger



Department of Psychiatry in the Permian Basin

Monthly Quote

March is a month that whispers of possibility, where dreams take root and hopes begin to grow.

Mental Health Awareness Dates

Month

Self Harm Awareness Month

American National Nutrition Month

Brain Injury Awareness Month

National Developmental Disabilities Awareness
Month

National Drug and Alcohol Recovery Month

Week

Patient Safety Awareness Week (Mar. 9-15)

Sleep Awareness Week (Mar. 9-15)

National Drug and Alcohol Facts Week (Mar. 17-
23)

Day

Self-Injury Awareness Day (Mar. 1)

Zero Discrimination Day (Mar. 1)

International Women's Day (Mar. 8)

World Sleep Day (Mar. 17)

Certified Nurses Day (Mar. 19)

World Down Syndrome Day (Mar. 21)

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

World Bipolar Day (Mar. 30)

National Doctors' Day (Mar. 30)



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 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	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
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	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
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	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	21 Listen to a piece of music without doing anything else
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	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
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Picture of March

We would like to welcome a soon to be member of our psychiatry family. Mrs. Ruiz will be adding a new fur baby. His name is T-bone. He will be coming to Midland from Alvarado, TX on March 22nd. His birthday is January 25th. His goal when he grows up aside from being Little Pete's best friend is to become a therapy dog.



*Hello everyone,
I'm T-bone*

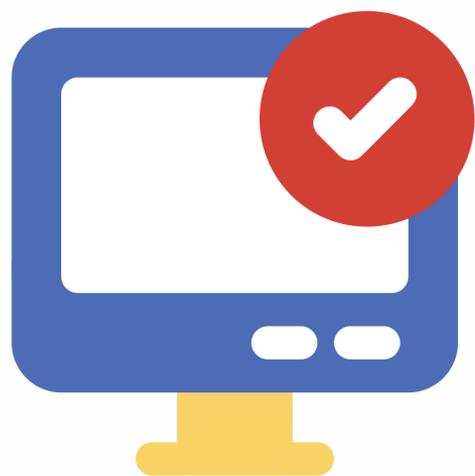


Department News



New Rotation Place

Our resident rotation spot will soon include Scenic Mountain Medical Center. The experience of handling multiple populations will be expanded by this additional location. On-site supervision and training will be provided to our residents.



Annual Inventory Check

Annual inventory check is starting from March. Please use your cell phone to scan all your portable devices if they have TTUHSC number tag (laptop/surface pro/iPad/camera etc.) For more information, please look at the email we sent in your personal email. If you have any questions or need any help, please contact pbpsychadmin@ttuhsc.edu or come by Chang's office (Room 102 at Michigan Clinic).

Clinical Operation/Updates



The School of Medicine has given 20 new laptops for clinical use. The IT department placed a kiosk to improve the performance of software running. In February, each clinic received brand-new laptops. Odessa offices have already replaced the new equipment. Please remain tuned for updates on the replacement plans for Midland's other two clinics.

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

March Duty Roster PGY – 1

Dr. Silvi - FM

Dr. Evans - NEURO KADIR

Dr. Junell - BSSH

Dr. Nair - OCEANS-M

March Duty Roster PGY – 2

Dr. Saad – OCEANS-M

Dr. Shayeb – VA

Dr. Mian – CL

Dr. Pham – NEURO GURRU

Dr. Vodala – OP

Dr. Karmegam – CL

Dr. Perugula – VA

March Duty Roster PGY – 3/PGY –

4/Fellow

OUT PT

Dr. Husain - ELECTIVE

Dr. Ashraf - 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.

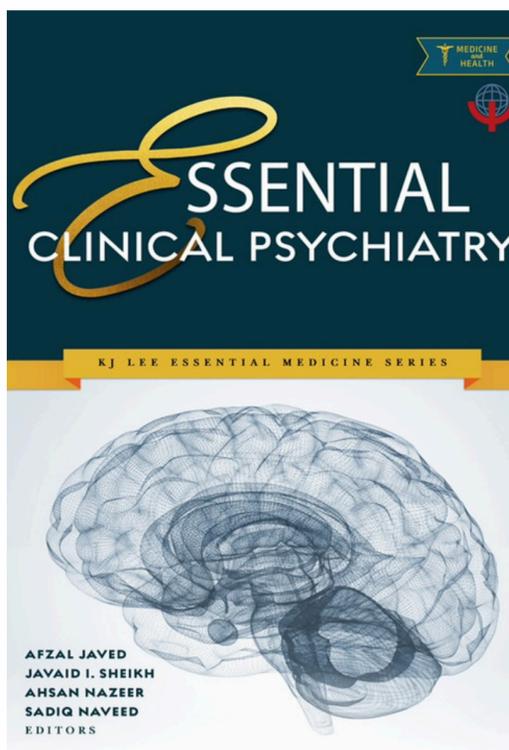
When you're on CL weekend call, billing should be added to spreadsheet.





Dr. Miriam Shayeb has been voted Outstanding Resident by the Class of 2025! And she is cordially invited to Match Day 2025 at the Odessa Marriott Downtown to reveal where our students matched for their residency training.

Congratulation Dr. Shayeb!
We are so proud of you!



Essential Clinical Psychiatry is published by Nova Science Publishers in March 2025. Dr. Ashraf authored Chapter 11: Substance Use Disorders.

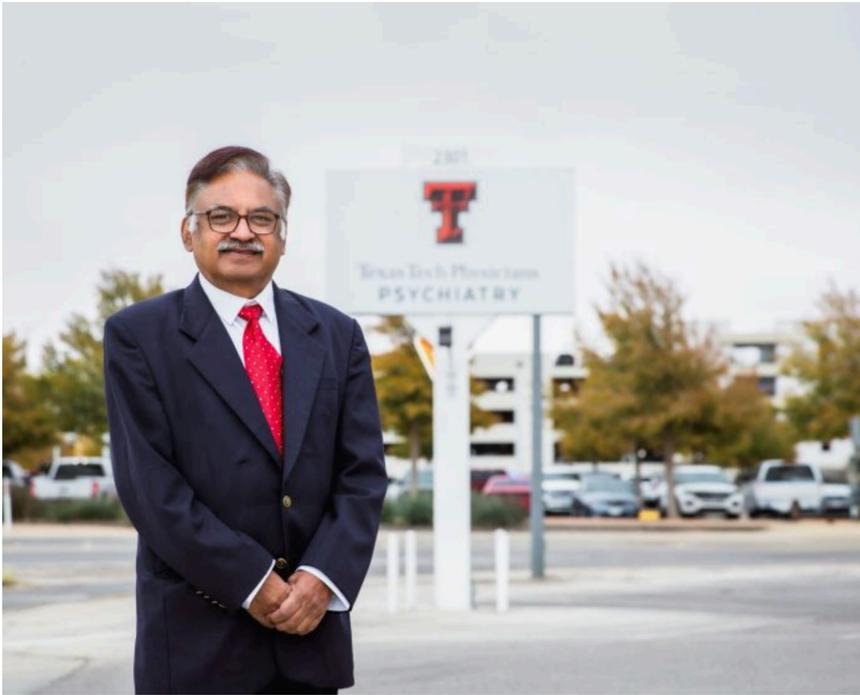


Match Day

Friday, March 21st, 2025

Good Luck Doctors!

SOCIAL MEDIA SPOTLIGHT



New TTUHSC psychiatry chair specializes in addiction

New Texas Tech University Health Sciences Center Professor and Chairman of the Psychiatry Department Dr. Rajendra Badgaiyan was drawn to the Permian Basin by the new behavioral health hospital being built between Odessa and Midland.

Read More from

<https://www.oaoa.com/local-news/new-ttuhsc-psychiatry-chair-specializes-in-addiction/>

TTUHSC Psychiatry provides much-needed services to the Permian Basin

Mental health awareness has moved into the mainstream over the past decade. During that time, Texas Tech University Health Sciences Center has stepped up to provide the Permian Basin with advanced psychiatric care.

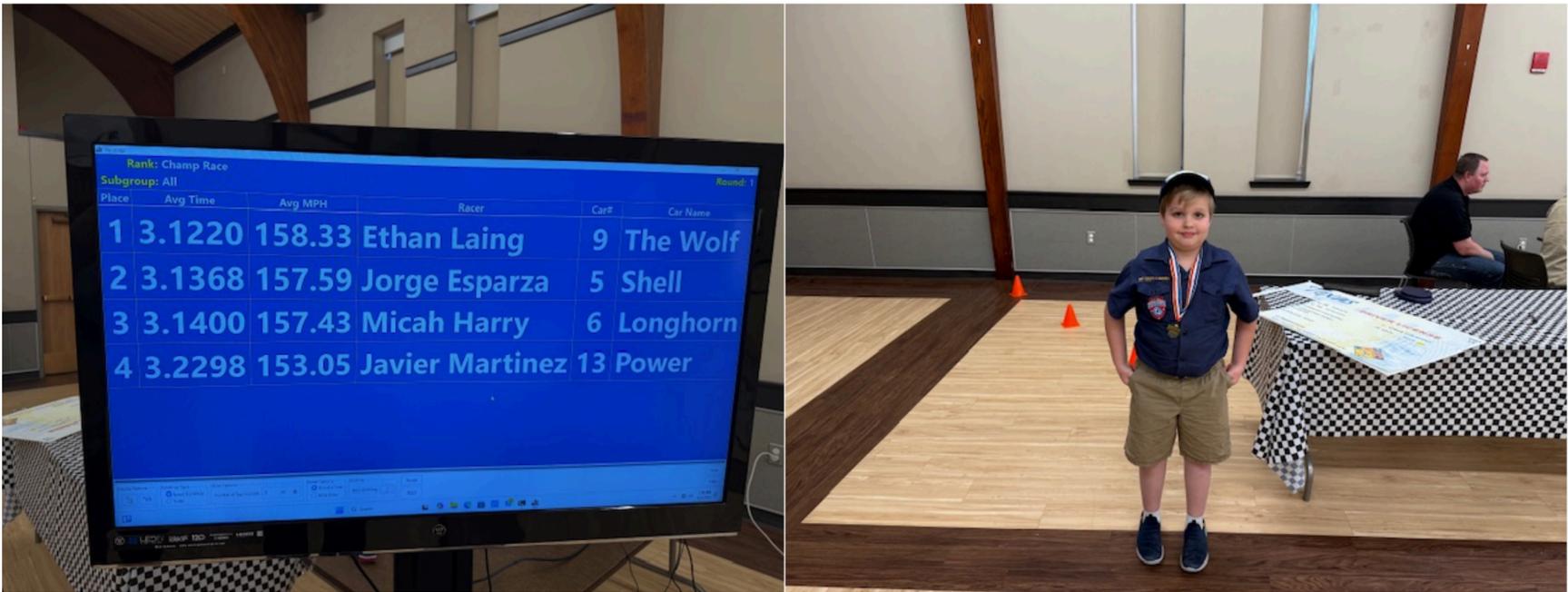
The TTUHSC Psychiatric residency and fellowship program began in 2016 and saw its first batch of graduates in 2020. The Midland clinics serve patients from 126 counties and treat more than 16,000 patients annually.

Read More from

https://www.mrt.com/news/health_and_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php



Special Announcement



Congratulation to Micah Harry, Carol's 3rd grade grandson. He took 3rd place overall at the District Cub Scout Pinewood Derby the final scores were miliseconds apart!



“This is my 5th grade grandson, Levi Harry who took 1st place in the Private School UIL competition for Music Memory. He had to be able to hear a small part of a piece of music from a very long list and identify the composer, the name of the song, the year it was written etc. Also spelling counted as well as a lot of very minute details! He is advancing to the State competition in a few weeks and we have high hopes for another great finish!”

- Carol

HAPPY BIRTHDAY

March 21st Alyssa
March 23rd Dr. Aljumaili
March 24th Chasondra

Community Education



Topic: Trauma-Informed Care and Mental Health

Trauma-informed care is an approach that prioritizes safety, trust, and empowerment for individuals who have experienced trauma. It recognizes the Impact of trauma on mental health and uses proven therapies to promote healing. By creating a supportive environment, this approach helps people recover from trauma and improve their mental health. Please join Dr. Perugula, PGY-2, as she offers information to help you understand trauma-informed care and ways to help people who have gone through trauma.

Where: ZOOM

When: Monday, March 28th 12pm – 1pm (CST)

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

Meeting ID: 335-688-2490



January Depressive Disorders	Suggested Topic	Speaker
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
February Depressive Disorder	Suggested Topic	Speaker
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
March Anxiety Disorder	Suggested Topic	Speaker
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

Greek Chicken



This Greek chicken recipe is an easy Mediterranean-style dinner with big flavor! Bake the chicken with tomatoes, lemon, and feta.

Ingredients

- 2 boneless skinless chicken breasts (about 1 pound, organic if possible), butterflied into 4 cutlets
- 1 pint cherry tomatoes, sliced in half
- 1/4 cup Castelvetrano or Kalamata olives, halved
- 3 garlic cloves, minced
- 1 small lemon, thinly sliced into rings
- 2 tablespoons olive oil, divided
- 1 teaspoon salt, divided
- Fresh ground black pepper
- 4 ounce block feta cheese
- 2 teaspoons dried oregano
- Finely chopped fresh parsley or basil, for garnish

Directions

1. Preheat the oven to 425°F.
2. Place the chopped tomatoes, olives, garlic, and lemon slices in the bottom of a 9 x 13" baking dish and mix with 1 tablespoon olive oil, ¼ teaspoon salt, and fresh ground black pepper. Crumble the feta cheese into rough chunks and add it to the pan, tossing gently to combine.
3. Pat the chicken dry. If using breasts, slice them in half horizontally to make 4 thin cutlets (if you bought the chicken in cutlets, skip this step). Rub it with 1 tablespoon olive oil and 3/4 teaspoon kosher salt, oregano and a few grinds fresh ground black pepper. Place it on top of the vegetables.
4. Place the pan in the oven and bake for 25 to 30 minutes until no longer pink in the center and the internal temperature is 165°F. Remove from oven and rest 5 minutes.
5. Spoon the vegetables over the chicken and garnish with chopped parsley. If desired, remove the lemon slices when serving (or you can eat them if you like!).

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 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

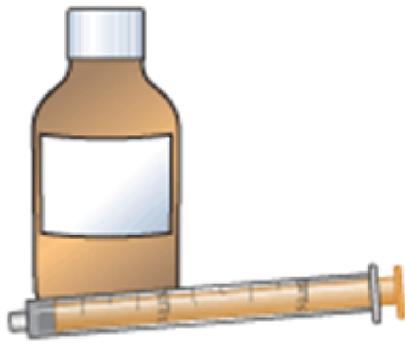
The program is a 90 day program, with meetings currently done over zoom/phone (due to COVID). The Family Support Specialists meet with the families on either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes. The program is also divided by age group with separate curriculums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

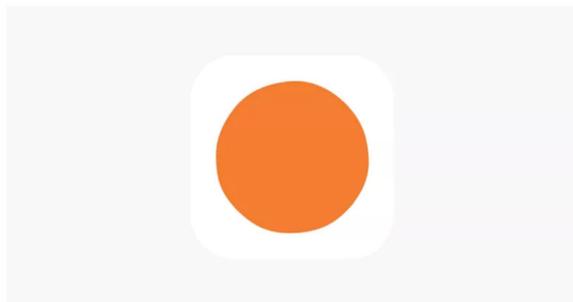


The early Walk-In Clinic in Midland Health Department is on Saturday, March 19th, 7am-8am.

3303 W. Illinois Ave, Midland



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



HeadSpace is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise.

<https://www.headspace.com/>



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



Big Spring State Hospital	432-267-8216	Suicide Prevention Hotline	1-800-273-8255
Scenic Mountain Behavioral (Big Spring)	432-268-4760	Crisis Text Line: Text HOME to 741741 for free crisis support in the U.S.	
The Pavillion (Amarillo)	806-354-1810	Mental Health Support	
Rivercrest Intensive Outpatient Program (Accepted Medicaid and Private Insurances) (ZOOM)	325-949-5722	Permian Basin 211	432-362-0433 Ext. 1
Military Veteran Resources		NAMI Support Group	432-683-3648
VA Medical Center (Big Spring)	432-263-7361 ext. 5678	Currently online	
Military Peer Veteran Network	432-770-9326	Permian Basin LGBTQ(Plus)	432-203-6093
VET Center Readjustment Counseling	432-697-8222	www.pblgbtq.org	
American Red Cross Hero Care Network	877-272-7337	Trevor Project for LGBTQ	866-488-7386 Text (START) 678-678
Texas Veterans Commission	432-688-4879	*Reflection Ministries	432-247-1099
Crisis Intervention		https://www.reflectionministriestx.org/ (Sex Trafficking)	
24 Hour Crisis Hotline/ PermianCare (MHMR) www.permiacare.org	1-844-420-3964	National Human Trafficking Hotline	888-373-7888
Midland County Mental Health Deputies	432-688-4671	Helpful Apps	
Midland Memorial ER	432-221-1558	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	



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
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9	10	11	12	13	14	15
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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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27	28	29	30			

May 2025

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June 2025

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29	30					

JULY

August 2025

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SEPTEMBER

October 2025-

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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]

Midland Fair Havens
 Building a Future for Families

PARENTING the Love and Logic way®

SIX SESSIONS DESIGNED TO HELP PARENTS EQUIP KIDS WITH CHARACTER, COMPASSION, PROBLEM SOLVING SKILLS AND PROVIDE PRACTICAL SKILLS THAT CAN BE USED IMMEDIATELY!

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

CLASSES ARE HELD WEEKLY AT MIDLAND FAIR HAVENS
 2400 WHITMIRE BLVD STE 100
 CHILDCARE IS NOT PROVIDED BUT SNACKS ARE!

SIGN UP BY SCANNING QR CODE OR GO TO MFH.ORG

JANUARY 2025 CLASS OPTIONS

Evening classes are on Tuesdays starting January 7 - February 11 @ 6:30pm - 8:00pm
 Daytime classes are on Wednesdays starting January 8 - February 12 @ 10:00am - 11:30am

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

Parenting the Love and Logic Way Classes start soon.

Morning classes: Tuesdays, March 18 – April 22 from 9:30 am – 11:00 am.
 Stonegate Fellowship – Bldg. H, Room H110 (childcare available)

Evening classes: Tuesdays, March 18 – April 22 from 6:30 pm – 8:00 pm.
 Midland Fair Havens (no childcare available)

Please open flyer for additional information and QR code to register.

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>