

Department Newsletter

Monthly Quote: Welcome the day with open arms and a heart willing to love and laugh.

Mental Health Awareness Dates

Month

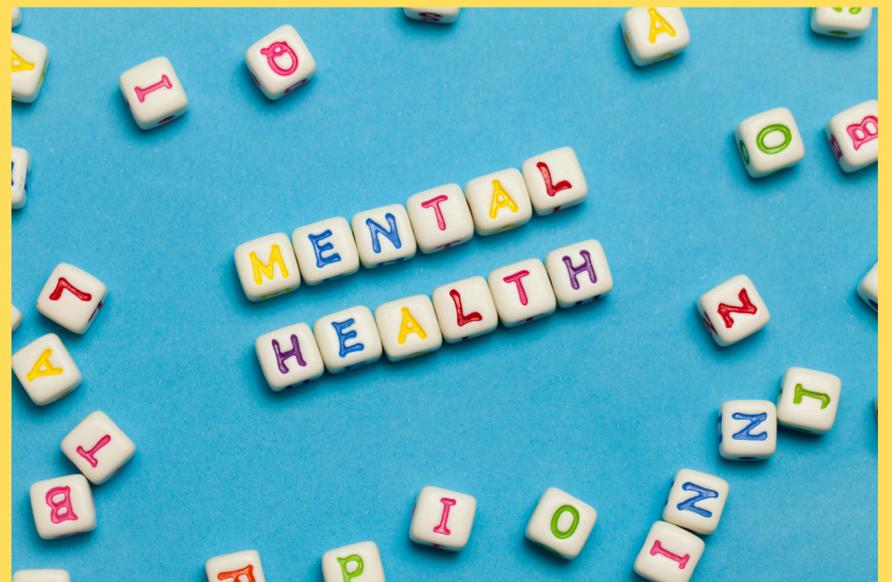
National Recovery Month
National Suicide Prevention Month
Self Care Awareness Month
Mullets for Mental Health Month
Pain Awareness Month

Week

National Suicide Prevention Week (Sep. 8-14)

Day

Every Woman Day (Sep. 22)
World Suicide Prevention Day (Sep. 10)
R U OK? Day (Sep. 12)
National Sober Day (Sep. 14)
National Women's Health and Fitness Day (Sep.25)



Personal Development



Personal development can be divided into five categories: mental, social, spiritual, emotional, and physical:

1. Mental – Mental development involves exercising the brain and staying mentally fit through activities such as coaching, learning opportunities, and career growth. Mental fitness also requires rest, which contributes to increased resiliency, innovation, and self-awareness.
2. Social – Social development involves building relationships, learning communication skills, problem-solving, relationship-building, and receiving and giving feedback.
3. Spiritual – Spiritual development involves a deeper understanding of oneself and the world around us. It helps to uncover values and bring greater awareness to self and change.
4. Emotional – Emotional development is closely tied to emotional intelligence and involves understanding feelings, thoughts, and actions. Emotional development can be fostered through experiences and reflection on personal growth.
5. Physical – Physical development focuses on nourishing physical health through nutrition, sleep, exercise, and movement. A healthy body supports a healthy mind and emotional well-being.

Self-Care September

Boost your happiness and sense of wellbeing with our fun activities for September!

Quick, fun and fulfilling activities that only take 5-10 minutes every day to make you feel good!

Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Picture of September

Happy Faces! Happy September!



Department News



Flu Shot

Please come to Michigan Classroom on October 15th 11:30am-1pm to get your flu shot this year.



Our Clinic attended Children Health Fair at Bush Family Home on September 14th. Mental Health Matters!

Clinical Operation/Updates



SCAN ME

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.



Starting August 26th the clinic is saying goodbye to IDX and will be using Cerner CPM.

Please bear with us as we make this transition and be patient with us during this time. The new scheduling software will hopefully minimize scheduling errors and missed revenue opportunities for the department by streamlining Insurance eligibility and benefits.



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 screenshot shows the ManageEngine Desktop Central Self Service Portal. On the left, a navigation menu includes 'Self Service Portal' (circled in red), 'Apply Configurations', 'Scan', 'View Prohibited Software Details', 'View User Logon Reports', 'Desktop Central Agent Details', and 'Troubleshoot'. Below the menu is a system tray with a weather widget and a clock showing 8:55 AM on 3/2/2022. A red circle highlights the system tray area with the text 'LEFT CLICK'. The main content area is the 'Software Catalog' with a table of applications. A red circle highlights a refresh icon with the text 'CLICK THE REFRESH CIRCLE IF DISABLE CHROME IS NOT IN INSTALL LIST'. The table lists various applications, and the 'Disable Chrome Hardware' application is highlighted with a red circle around its 'Install' button. A red arrow points from the system tray area to the 'Disable Chrome Hardware' application row.

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 athenalDX icon						Mar 1,2022 11:00PM	Install
Create athenalDX 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 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

Updated Journal club schedule for September 2024



9/4/2024 Wednesday----Dr. Sarker+case discussion
9/5/2024 Thursday----Dr.Dr. Kubosumi
9/9/2024 Monday----Dr. Hussain
9/11/2024 Wednesday---Dr. Ashraf + case discussion
9/12/2024 Thursday---Dr. Adnan
9/16/2024 Monday----Dr. Kodi
9/18/2024 Wednesday----Dr. Perugula +Case discussion
9/19/2024 Thursday----Dr. Shayeb
9/23/2024 Monday----Dr. Mian
9/25/2024 WSednesday----Dr. Sarker+ Case discussion
9/26/2024 Thursday----Dr. Aljumaili
9/30/2024 Monday----Dr. Mian



September Duty Roster PGY - 1

Dr. Silvi - BSSH
Dr. Evans - Oceans-M
Dr. Junell - FM FHQC
Dr. Nair - IM

September Duty Roster PGY - 2

Dr. Saad - Neuro-Kadir
Dr. Shayeb - CL
Dr. Mian - OP
Dr. Pham - Ocean-A
Dr. Vodala - Neuro-Gurru
Dr. Karmegam - Oceans-M
Dr. Perugula - CL

September Duty Roster PGY - 3/PGY - 4/Fellow

OUT PT
Dr. Yadav - Oceans-M



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.

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

Abstracts accepted:

AAAP: 2 abstracts

"Ibogaine: This Centuries-Old Psychoplastogen is Coming to the Limelight for Its benefits, but What Do We Know About Its safety?"

"Fentanyl-Laced Marijuana Use in Adolescents - A Rising Concern Nationwide!" (Texas Tech Project)

AACAP: 2 Abstracts:

Unlocking Relief: Managing Stereotypic Movements to Ease Stress for ASD Patients and Caregivers (Texas Tech Project)

Impact of Social Media and Pro-Eating Disorder Websites on Adolescents

Pediatric Grand rounds:

Non-suicidal Self-injury in Child and Adolescent Population---presented by Sahar Ashraf on 8/23/24 (Texas Tech Project)

Papers submitted:

Trends and Disparities in Mood Affective Disorders Related Mortality in the United States: An Analysis of CDC WONDER Database, 1999-2020 (Texas Tech Project)

DEMOGRAPHIC & REGIONAL TRENDS OF BIPOLAR DISEASE RELATED MORTALITY IN YOUNG ADULTS IN US, 1999-2020: CDC WONDER Database Survey Analysis (Texas Tech Project)

Accepted manuscripts:

Non-Opioid Psychiatric Medications for Chronic Pain: Systemic Review and Meta-Analysis
Co-Author: Sahar Ashraf

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: Suicide Prevention for Children and Adolescents



September is Suicide Prevention Awareness Month. This year we want to focus on suicide in Children and Adolescents. The death of a youth is most parents' worst nightmare, one made even worse when it is self-inflicted. This very tragedy has become increasingly common among young people in recent years. And adults – parents, teachers, clinicians and politicians – should be asking why and what they can do to prevent it. Please join Dr. Adnan, PGY-3 as she will discuss how to prevent youth suicide.

Where: ZOOM

When: Friday, September 27th 12pm - 1pm

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

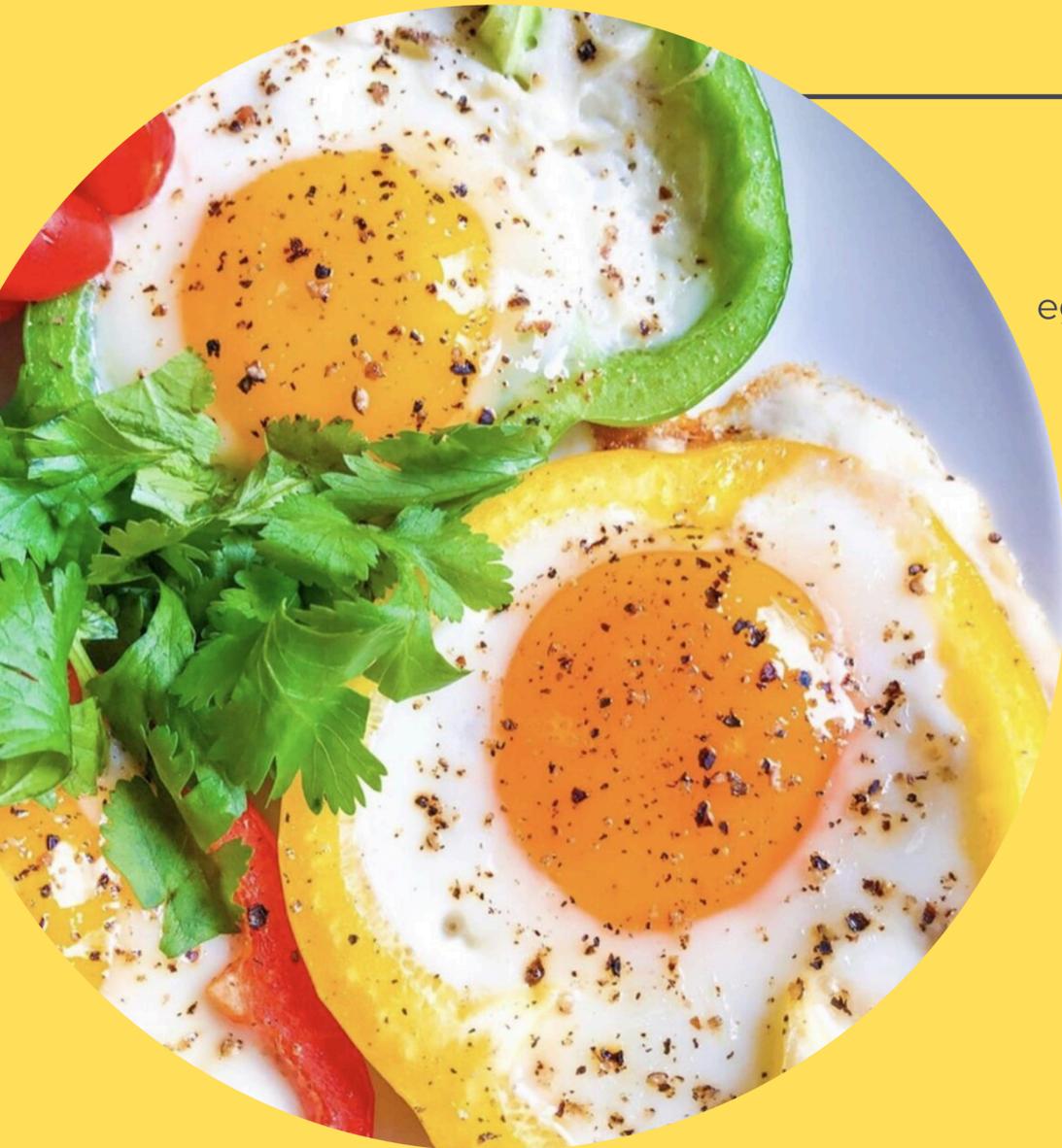
Meeting ID: 335-688-2490



August:	Suggested Topic
8/6	Panic Attack
8/13	Social Anxiety
8/20	Back to School Anxiety
8/27	OCD Awareness
September:	Suggested Topic
9/3	Alcohol and Drug Addiction
9/10	Suicide Prevention
9/17	Alzheimer Awareness
9/24	Sleep-Wake Disorders
October:	Suggested Topic
10/1	Grief
10/8	ADHD Awareness
10/15	Depressive Disorders
10/22	Anger Management
10/29	Seasonal Affective Disorder
November	Suggested Topic
11/5	Eating Disorder
11/12	Emotional Wellness for Holiday
December	Suggested Topic
12/3	Holiday Depression and Anxiety
12/10	Family Stress during Holidays (stress-free family holiday month topic)

Healthy Menu

Bell pepper egg cups



Requiring just three main ingredients—bell peppers, eggs and shredded cheese—these portable baked eggs are simple to assemble and perfect for meal prep.

Ingredients

- 4 medium bell peppers, any color
- $\frac{1}{4}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon ground pepper, divided
- 8 large eggs
- $\frac{1}{4}$ cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish (optional)

Directions

Step 1 Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.

Step 2 Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with $\frac{1}{8}$ teaspoon each salt and pepper.

Step 3 Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining $\frac{1}{4}$ teaspoon each salt and pepper, then top each with $\frac{1}{2}$ tablespoon cheese.

Step 4 Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.



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



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



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.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 Staff Law Enforcement other private agency

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

Comments: _____

Please Fax Attention: Hilda Galindo Fax# 432-699-0404 or email: 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

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

Trevor Project for LGBTQT 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

1: February 13 thru March 5, 2024
2: April 23 thru May 14, 2024
3: June 4 thru June 25, 2024
4: August 6 thru August 27, 2024
5: October 15 thru November 12, 2024
(*skipping 10/29/24)

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

Each Session has FOUR classes:
Class 1: Child Development
Class 2: Communication
Class 3: Consequences & Discipline
Class 4: Co-Parenting Strategies

Pre-registration Recommended

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

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®

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 and begin empowering.
- Avoid un-winnable power struggles and arguments.

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 to register

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

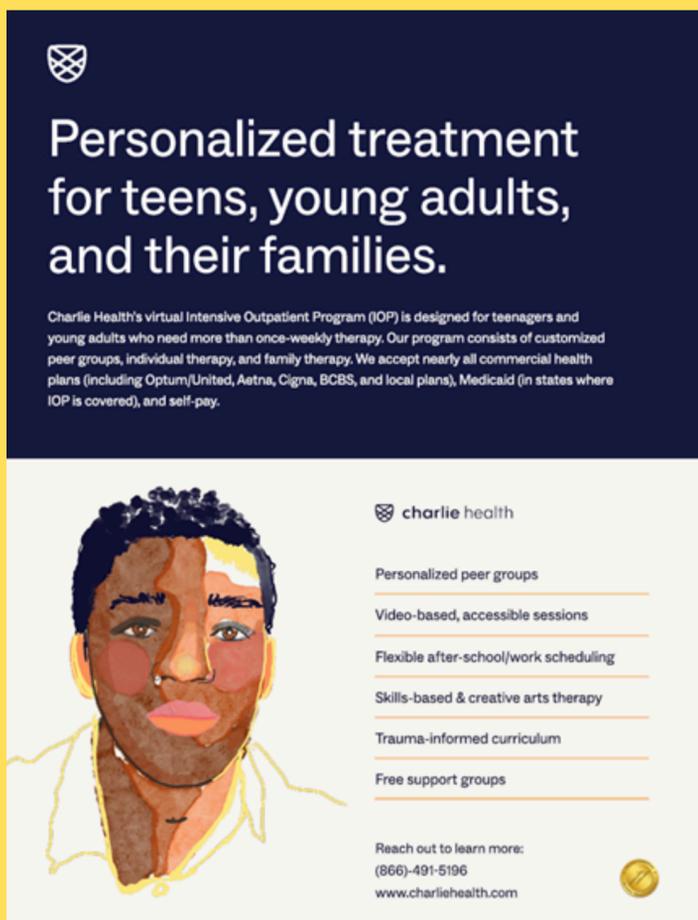


Autism Academy

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



Personalized treatment for teens, young adults, and their families.

Charlie Health's virtual Intensive Outpatient Program (IOP) is designed for teenagers and young adults who need more than once-weekly therapy. Our program consists of customized peer groups, individual therapy, and family therapy. We accept nearly all commercial health plans (including Optum/United, Aetna, Cigna, BCBS, and local plans), Medicaid (in states where IOP is covered), and self-pay.

- Personalized peer groups
- Video-based, accessible sessions
- Flexible after-school/work scheduling
- Skills-based & creative arts therapy
- Trauma-informed curriculum
- Free support groups

Reach out to learn more:
(866)-491-5196
www.charliehealth.com

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>

An infographic for First 5 Permian Basin. It features a photo of a family and a hand holding a child's hand. The text includes: "First 5 Permian Basin", "ABOUT US: First 5 Permian Basin is a collection of three free home visiting programs that serve families with children ages 0-5 (including first-time and pregnant caregivers): Home Instruction for Parents of Preschool Youngsters (HIPPA), Nurse-Family Partnership (NFP), and Parents as Teachers (PAT). By providing quality, evidence-based instruction, our family health workers support parents in providing a happy, healthy life for their child.", "WHAT WE DO: Provide personal visits, Offer group support & resources, Offer parent support, Offer parent support", "OUR PROGRAMS: Home Instruction for Parents of Preschool Youngsters (HIPPA), Nurse-Family Partnership (NFP), Parents as Teachers (PAT). We provide support for parents and children.", and contact information: "First 5 Permian Basin", "4801 E. University Ave., MB 378, Odessa, TX 79762", "432-552-4025", "first5@utpb.edu".

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 (HIPPA), 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>