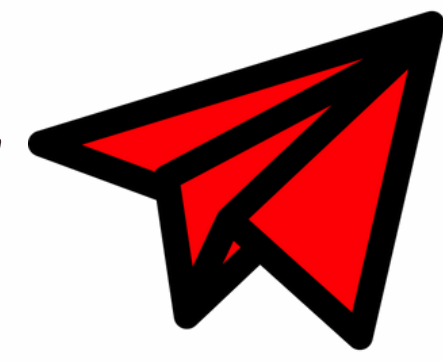


# Mindful Messenger



Department of Psychiatry in the Permian Basin



## Chair's Message

I am happy to report continued growth of the department of Psychiatry at Texas Tech University Health Sciences Center.

To expand the clinical and scholarly footprint of the department we have expanded our residency training program from 16 to 32 residents this year. Thus, beginning July of 2025 every year we will accept 8 residents. This year we created a rural track of psychiatry residency training program. It makes the department a member of a group of 16 departments that offer rural track in psychiatry in the country.

To provide quality training to residents of the expanded program we have affiliated additional training sites this year. These sites include the West Texas VA Health care System and the Scenic Mountain Medical Center. Both of these facilities are located in Big Spring TX. Since these facilities, along with our current training site the Big Spring State Hospital, are located in federally designated rural area, we will be able to provide right environment for training rural psychiatry.

In this quarter we have appointed two international experts in addiction as adjunct Professors. They are Dr. Igor Elman, MD and Dr. Abdalla Bowirrat, MD, PhD. Dr Elman is considered an international expert in opioid addiction. He is currently a member of the faculty at Harvard Medical School. Dr Bowirrat is an expert in addiction genetics and currently works as a Professor of Neuroscience at Ariel University, Israel. Both Dr. Elman and Dr. Bowirrat will soon begin delivering didactic lectures for faculty, fellows, residents and medical students. We have also appointed one of our graduating residents Dr. Karrar Hussain as a regular member of faculty. He will join the faculty of the department in the next few weeks. Additionally, the TTUHSC has entered into an agreement with the Permian Basin Behavioral Health Center (PBBHC) to hire 7 additional faculty in psychiatry. This expansion will significantly enhance the clinical and academic missions of the department.

In the first quarter of the year the department published 20 peer reviewed papers and Dr Badgaiyan was the keynote speaker at the 7th Global Conference on Neurology and Brain Disorders held in Bangkok, Thailand between March 3 and 5, 2025.

We hope to continue to expand the department and provide mental health care to people in Permian Basin.

Rajendra Badgaiyan, MD, MBA

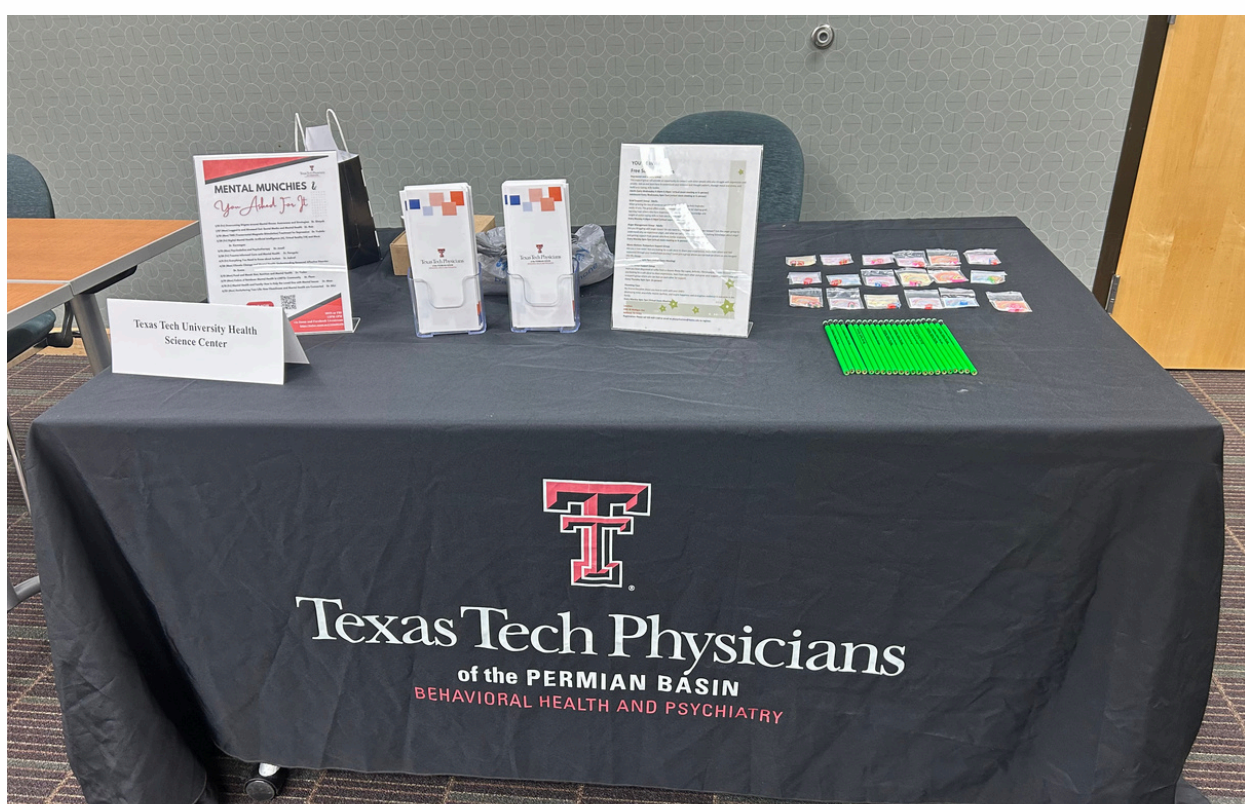


# Department News



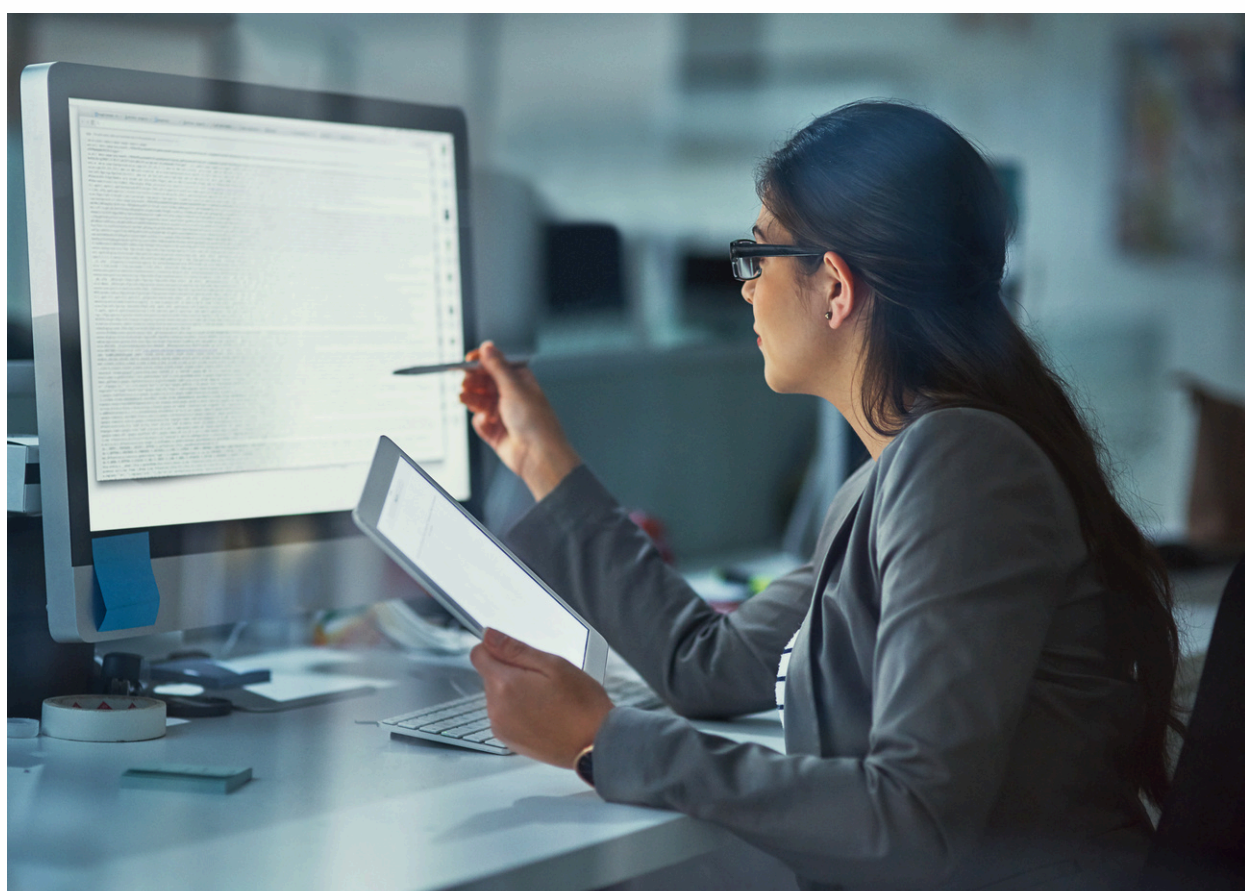
## 2-Gen Parent & Stakeholder Meeting – Mental Health Focus

On April 9, Dr. Badgaiyan, the department chair, and staff members attended the Midland County Library's 2-Gen Parent & Stakeholder Meeting with a Mental Health Focus. Permian Basin agencies shared their mental health resources for the community, particularly MISD schools, during this gathering. TTUHSC and PermianCare also discussed their new projects and plans for the Permian Basin region during the conference.



## MISD/Greenwood MISD Family Health Resources fair

On April 3rd, a clinic staff member visited the MISD/Greenwood MISD Family Health Resources Fair at Midland College. Clinic staff provided mental health resources available through TTUHSC psychiatry in 2025. Mental Health Matters!



## 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](mailto:pbpsychadmin@ttuhsc.edu) or come by Chang's office (Room 102 at Michigan Clinic).





Igor Elman, MD

Dr. Elman is a Board-Certified Psychiatrist with a subspecialty certification in Addiction Psychiatry. After completing residency and fellowships training at the Albert Einstein College of Medicine in New York, at the National Institute of Mental Health and at the Massachusetts General Hospital, he has been on the faculty of Harvard Medical School for over 20 years. Dr. Elman held two Professor and Chair, Department of Psychiatry positions at the Wright State University Boonshoft School of Medicine and Cooper Medical School, Rowan University. He is Editor-in-Chief for the Journal of Psychology Research and Behavior Management and Special Issues Editor for Psychiatry Research. Dr. Elman's research interests are focused on the neurobiology of reward and stress in behavioral and chemical addictions and in co-occurring neuropsychiatric disorders.

## *Meet our new adjunct faculties*

I am a Full Professor at School of medicine and at the Department of Molecular Biology and Neuroscience. I have completed my MD from Rome University, my residency in Clinical Neurology from London University, UK, my PhD from Tel-Aviv University, Israel and postdoctoral studies from Boston University (BUSM), USA. I have received my Professorship in Psychiatry (Behavioural Neuroscience) from Boston University and recently I have received two full Professorship at School of Medicine and at the Department of Molecular Biology from Ariel University, Israel. I have published more than 200 manuscripts and 10 Chapter/books in reputed journals and I have been serving as an editorial board member of repute. Furthermore, I have received many international awards including the Bruce S. Schoenberg international award in Neuroepidemiology of AD from the American Academy of Neurology (1997). "Professor of the Year Award in Neuroscience" 9/2019; Venus International Foundation, Estd. u/s 3 of the Indian Trusts Act, 1882, ISO 9001:2008 Certified. My research is focused on Neuropsychiatric diseases, especially neuropsychological changes associated with substance use disorders, reward deficiency syndrome and genetic disorders.



Abdalla Bowirrat, MD.

# 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.



## DUO VERIFICATION FOR CERNER USER

From April 7<sup>th</sup>, TTUHSC requires all Cerner users to use DUO for 2-step verification when they log in. DUO Security sent an activation link to the individual's TTUHSC email address. Please be sure to follow the instructions to activate your account. For more support please email [pbpsychadmin@ttuhsc.edu](mailto:pbpsychadmin@ttuhsc.edu)

**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



*Leadership, Education, And Development Summit*

**Office of Graduate Medical Education**

## The Leadership Education and Development Summit (LEADS) 4/25/2025 for Chiefs

The Leadership Education and Development Summit (LEADS) will introduce models of leadership that provide a transitional experience into the role of chief resident and House Staff Officer. .



## TTUHSC Psychiatry Residency/Fellowship Program Graduation and Awards Ceremony

**June 3rd, 2025**

**at Midland College**

**Stay tuned, and more details  
will be sent soon.**



Thank A Resident Event held  
by TTUHSC at The House  
Downtown Bar in Odessa! We  
appreciate all our residents for  
their hard work!



# RESIDENT/FELLOW UPDATES



## April Duty Roster PGY – 1

Dr. Silvi - OCEANS - M

Dr. Evans - NEURO GURRU

Dr. Junell - IM

Dr. Nair - BSSH

## April Duty Roster PGY – 2

Dr. Saad – CL

Dr. Shayeb – OCEANS - A

Dr. Mian – OCEANS - M

Dr. Pham – NEURO KADIR

Dr. Vodala – CL

Dr. Karmegam – OP

Dr. Perugula – VA

## April Duty Roster PGY – 3/PGY – 4/Fellow

OUT PT

Dr. Yadav - NEURO - PEDS

## **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.





## MEDIA SPOTLIGHT

# New Permian Basin Chair Seeks to Develop International Hub for Rural Psychiatry

<https://dailydose.ttuhsc.edu/2025/april/permian-basin-chair-rural-psychiatry-hub.aspx>

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*"My primary focus as a chair will be to implement the best clinical practices, increase mental health work force, conduct research to identify problem unique to the region and develop a model of mental health care and delivery system that can be implemented in all underserved areas,"*



Rajendra Badgaiyan, M.D., has more than two decades of service as faculty member, professor and psychiatry department chair at institutions such as Harvard Medical School, University of Minnesota, San Antonio VA Medical Center and, most recently, Case Western Reserve University in Cleveland. Armed with those experiences, and a unique brain imaging technique, Badgaiyan joined the Texas Tech University Health Sciences Center (TTUHSC) School of Medicine in November as a professor and Department of Psychiatry chair at the Permian Basin campus.

"I decided to move to the Permian Basin because this region is an underserved mental health area and needs a better mental health care delivery system," Badgaiyan said. "Patients in this and other underserved areas have unique problems that are not seen in other areas. Because of the lack of access to mental health services, patients in this area often present at an advanced stage and many of them are resistant to treatment."

Badgaiyan said this problem is compounded by the stigma that is prevalent in rural areas when it comes to mental illnesses. Because of the stigma, rural residents tend to deny illness and avoid seeking help. Badgaiyan is interested in studying these unique problems and developing a plan to resolve them. Part of that plan includes establishing a model of care and a system of delivering mental health services that can be replicated in most, if not all underserved areas and a plan to increase access to mental health services.

Read more from <https://dailydose.ttuhsc.edu/2025/april/permian-basin-chair-rural-psychiatry-hub.aspx>



# TTUHSC Psychiatry provides much-needed services to the Permian Basin

[https://www.mrt.com/news/health\\_and\\_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php](https://www.mrt.com/news/health_and_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php)

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*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.

TTUHSC Department of Psychiatry is a part of the broader School of Medicine. The department is dedicated to the TTUHSC mission to enrich the lives of others by educating students to become collaborative health care professionals, providing excellent patient care and advancing knowledge through innovative research.

Students, residents and fellows get hands-on experience at Texas Tech Physicians clinics. Midland has two clinic locations: the main campus on West Michigan Avenue and a sister site at 314 Secor Street. The Michigan Avenue site houses psychiatrists and residents. There, psychological assessments, ADHD testing and medication management take place. On Secor Street, patients can meet with licensed mental health therapists.

Thanks to the TTUHSC Department of Psychiatry, Midland is no longer designated as a Mental Health Shortage area. In addition to clinical services, Texas Tech Physicians Psychiatry provides consults to Midland Memorial Hospital and Medical Center Hospital and services to Ector County Detention Center, among other locations.

Read more from [https://www.mrt.com/news/health\\_and\\_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php](https://www.mrt.com/news/health_and_wellness/article/texas-tech-psychiatry-permian-basin-20177738.php)



# Picture of April

Our residents and fellows joined Thank a Resident event at The House Downtown Bar in Odessa! We appreciate all our residents for their hard work!





# Monthly Quotes



The early days of Spring are an opportunity for a fresh positive perspective.

## Mental Health Awareness Dates

**Month**

- Alcohol Awareness Month
- National Autism Acceptance Month
- National Child Abuse Prevention Month
- Stress Awareness Month
- Sexual Assault Awareness and Prevention Month
- National Counseling Awareness Month
- National Minority Health Month
- Parkinson's Awareness Month

**Week**

- National Public Health Week (Apr. 7-13)
- National Family Volunteer Week (Apr. 20-26)
- National Infertility Awareness Week (Apr. 21-27)
- National Youth Violence Prevention Week (Apr. 28- May 2nd)
- Patient Experience Week (Apr. 28- May 2nd)

**Day**

- World Autism Awareness Day (Apr. 2)
- World Health Day (Apr. 7)
- National Alcohol Screening Day (Apr. 10)
- Day of Silence (Apr. 11)

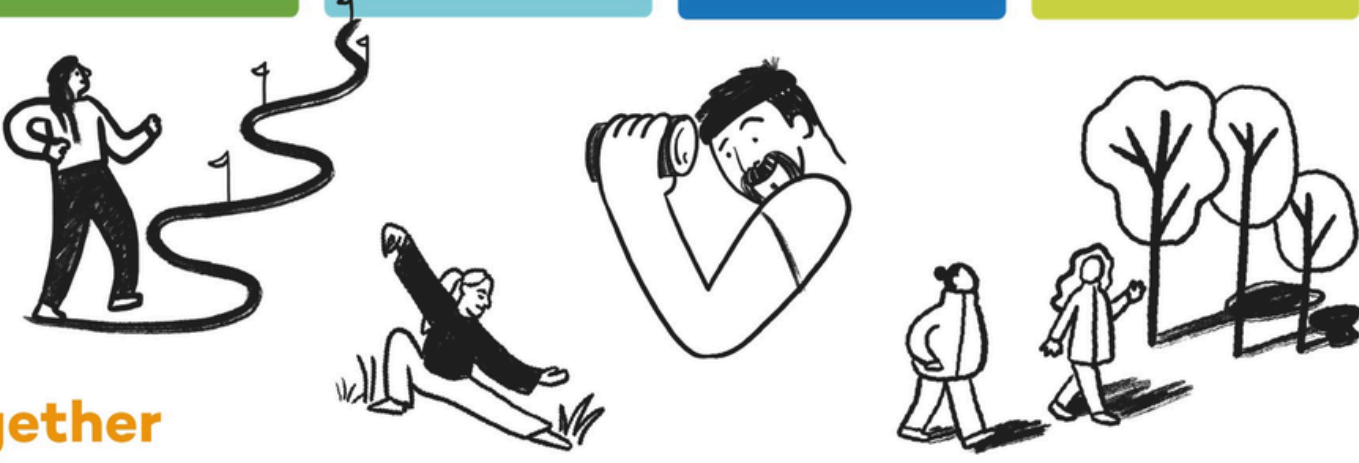




# Active April

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

Active April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels
14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today
28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today				

ACTION FOR HAPPINESS

Happier · Kinder · Together



Special Announcement





# Healthy Menu

## Keto Smoothie



*Raspberries, blackberries, and strawberries are lower in carbs than other popular smoothie fruits like bananas, pineapples, and mangoes. Add fat with coconut milk, and feel even better about your healthy breakfast with baby spinach (or kale!). .*

### Ingredients

- 1 1/2 cups frozen strawberries
- 1 1/2 cups frozen raspberries, plus more for garnish (optional)
- 1 cup frozen blackberries
- 2 cups coconut milk
- 1 cup baby spinach Unsweetened shaved coconut, for garnish (optional)

### Directions

#### Step 1

In a blender, combine all ingredients (except for coconut). Blend until smooth.

#### Step 2

Divide between cups and top with raspberries and coconut, if using.





# Community Education



## Topic: Climate Change and Mental Health: Understanding Seasonal Affective Disorder

Global warming has lead to temperature and seasonal extremes. Patients with mood disorders especially those with susceptibility to circadian rhythm disturbances, may be particularly susceptible to seasonal changes in mood. Recognizing the seasonal changes in mood in this new era of seasonal extremes is becoming increasingly important. Please join **Dr. Evans, PGY-1** as he discusses seasonal affective disorder and the role seasonal changes play in mood.

**Where: ZOOM**

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

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

**Meeting ID: 335-688-2490**



<b>April: Anxiety Disorder</b>	<b>Suggested Topic</b>	<b>Speaker</b>
4/8	Specific Phobia (animal, Natural environment, blood-injection-injury, etc)	Dr. Pham
4/15	Selective Mutism	Dr. Silvi
4/22	Separation Anxiety Disorder	Dr. Nair
4/29	Panic Attack	Dr. Nair
<b>May: Neurodevelopmental Disorder and Bipolar Disorder</b>	<b>Suggested Topic</b>	<b>Speaker</b>
5/6	Autism Spectrum Disorder	Dr. Sarker
5/13	Attention-Deficit/Hyperactivity Disorder (ADHD)	Dr. Yadav
5/20	Bipolar I Disorder	Dr. Karmegam
5/27	Bipolar II Disorder	Dr. Junell
<b>June: Trauma- and Stressor- Related Disorders</b>	<b>Suggested Topic</b>	<b>Speaker</b>
6/17	Posttrauma Stress Disorder (PTSD)	Dr. Mian
6/24	Acute Stress Disorder	Dr. Vodala



# Community Resource

## NEW SUPPORT GROUPS AND CLASS

**FOR MORE INFORMATION OR REGISTER  
PLEASE REACH OUT PBPSYCHADMIN@TTUHSC.EDU**

The image displays three promotional posters for community resources. The first poster, titled "MOMS MATTER: POST PARTUM SUPPORT GROUP", features an illustration of a person holding a baby and includes text about a virtual Zoom meeting starting May 9th. The second poster, titled "Chronic Illness Support Group", features an illustration of two hands reaching towards each other and lists conditions like Lupus and Arthritis. The third poster, titled "Parenting Classes", features a photo of a woman and child and lists in-person and online session options. All posters include the Texas Tech Physicians logo and contact information for 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

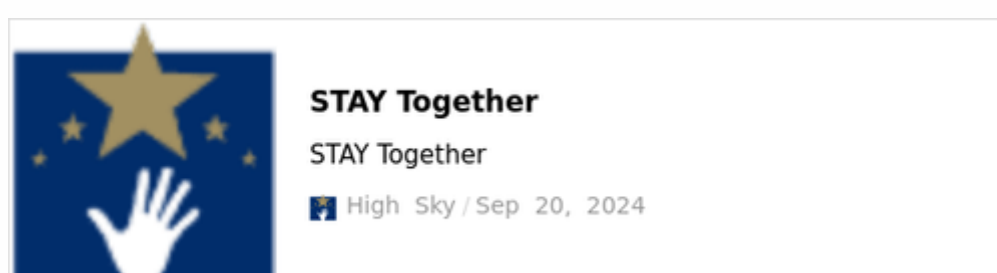
## STAY TOGETHER PROGRAM

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.

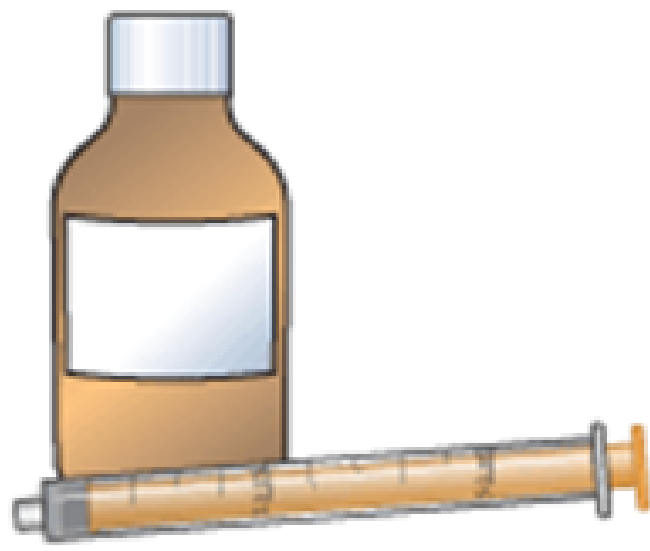
Work via self referral, please call 1-800-922-7829 (main High Sky number, please ask for Jade, leave a voicemail if the call isn't answered and she will call back within 24-48 hours in most cases).

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)

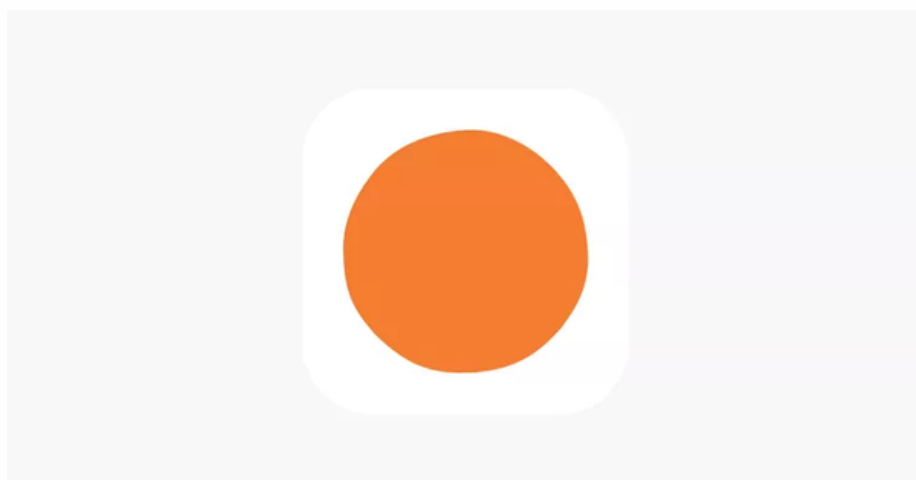


## SHOT CLINICS

April 23, 2025 we have an early clinic from 7:00am to 8:00am. If you have any questions or need to make an appointment, please call (432) 681-7613.



<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

<b><u>Midland Counselors</u></b>		<b><u>Free Consulting Services</u></b>	
<b><u>Private Insurance &amp; out of pocket pay</u></b>		<b><i>Rays of Hope Grief Center.</i></b>	432-684-5437
<b><i>Lee Culver, LPC</i></b>	432-242-3810	(ages 4-18/ family)	
<b><i>Natalie Dewitt, LPC</i></b>	432-299-3231	<b><i>Stay Together Program</i></b>	432-699-1466
		(consultations with youth/ caregiver)	
<b><i>BLEST Counseling, LCDC</i></b>	432-847-2181	<b><i>The Life Center</i></b>	432-683-6072
<b><i>Allison Hartzoge, LPC, MA</i></b>	432-682-2724	Mentor program for ages 13-45	
<b><i>Candace Mahaffey</i></b>	432-897-0440	<b><i>Basin MD-No Cost Counseling</i></b>	
<b><i>Cheryl Willoughby, LPC</i></b>	432-557-1775	**Download the BasinMD by Midland Health App	
<b><i>Maureena Benavides, LPC</i></b>	432-889-4064	via the Apple or Android AppStore**	
<b><u>Midland Counseling Centers</u></b>		<b>Code BH001</b> – can be used by anyone experiencing	
<b><i>Affinity Counseling Center</i></b>	432-557-1775	on-going stress and anxiety during this time. The code	
<b><i>Archway Support</i></b>	432-682-2724	can be reused for 6 months and covers the full cost of	
<b><i>Healing Through Hope</i></b>	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	
<b><i>Heritage Counseling Services</i></b>	432-685-3787	the grant funding.	
(\$100/ hr)		<b><u>Psychologist-Midland/Odessa</u></b>	
<b><i>New Hope Counseling</i></b>	432-687-4673	<b><i>Cynthia Wall, PsyD</i></b>	432-312-1450
<b><i>Samaritan Counseling</i></b>	432-563-4144	<b><i>Kristin Jensen, PhD</i></b>	432-550-0224
(flat fee)		<b><i>Perry Marchioni, PhD</i></b>	432-684-4540
<b><u>Accepts Medicaid</u></b>		<b><u>Psychiatrists</u></b>	
<b><i>Centers for Children &amp; Families</i></b>	432-570-1084	<b><i>Roy Matthews</i></b>	432-617-3855
\$50.00 assessment fee (Sliding Scale)		(Adults Only)	
<b><i>AGAPE counseling</i></b>	432-550-5683	<b><i>Wilbur Lineback (BCBS only)</i></b>	432-570-9552
(most insurance, \$35-\$100 without)		<b><i>Eric Olson</i></b>	432-620-0161
<b><i>Midland Rape Crisis Center</i></b>	432-682-7273	<b><i>Shanthi Thangam</i></b>	432-337-9000
<b><i>PermiaCare- MHMR</i></b>	432-570-3300	<b><i>Shamsuddin Peppermintwala</i></b>	432-218-9920
<b><u>Mental Health Hospitals</u></b>		<b><i>Ravi Medi</i></b>	432-333-1333
<b><i>Oceans Hospital (Midessa)</i></b>	432-561-5915	<b><i>Ben Hankins</i></b>	432-620-8500
<b><i>Oceans Hospital Abilene</i></b>	325-691-0030	(no insurance)	
<b><i>Rivercrest-San Angelo</i></b>	325-949-5722	<b><i>Texas Tech Physicians</i></b>	432-620-1160
<b><i>Shannon Behavioral Health</i></b>	325-659-7300	(also accepts Medicaid)	
(San Angelo)		<b><u>Psychiatrist- Big Spring, TX</u></b>	
		<b><i>Shiraj A Vahora</i></b>	432-263-1211
		<b><i>San Gabriel Psychiatry</i></b>	432-652-2548





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

**MIDLAND LOCATION**  
3701 Andrews Hwy  
Midland, TX 79703  
(432) 570-1084  
www.centerstx.org

2025

## Parenting with a Purpose

### February 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

### March 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### April 2025

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### May 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### June 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY

### August 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SEPTEMBER

### October 2025-

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### 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]

## 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](mailto:first5@utpb.edu)



# 2025

Saturday, 4/26

  
**Share**

# WALK

8:30 AM - 1 PM

START YOUR ENGINES! Join us for our 16th Annual **SHARE** Walk, the largest benefit walk and resource fair in West Texas!

Celebrate this **FREE** event in support of **ALL** special needs and disabilities of all ages within the Permian Basin! Walk (or not) and celebrate the joy of experiencing **your journey at your own pace!**



**TOP PRIZES:**

*Top Fundraiser*

*Best T-Shirt Design*

*Largest Team*

**Register Now:**

<https://secure.ggiv.com/event/2025sharewalk/>



**Midland County Horseshoe**

2514 Arena Trail, Midland, Texas



**All** proceeds benefit **SHARE** and its local families raising children with special needs



## **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>