

# Department Newsletter

*Monthly Quote: Let from this month onwards your days become more happier, fulfilling, purposeful, satisfying & joyful.*

## Mental Health Awareness Dates

### Month

American Heart Month

Black History Month

International Boost Self-Esteem Month

National Cancer Prevention Month

Teen Dating Violence Awareness Month

### Week

National School Counseling Week (Feb. 5-9)

Random Acts of Kindness Week (Feb. 14-20)

National Eating Disorders Awareness Week (Feb. 26-Mar. 3)

### Day

World Cancer Day (Feb. 4)

Safer Internet Day (Feb. 6)

National Make a Friend Day (Feb. 11)

National Random Act of Kindness Day (Feb. 17)



## Personal Development

Purposely working to strengthen one's character is not as difficult as people think. Improving character begins with an inventory of the character traits you view as essential for success, both professionally and personally. Here's a short list of examples: loyal, humble, resilient, principled, honest, flexible, courageous, patient, compassionate, creative, empathetic, ambitious, meticulous, curious, disciplined.

Pick a trait to work on and keep it in focus for several months. Seek opportunities to put the trait into action both mindfully and purposely. For instance, let's say you want to work on patience to strengthen your character. Look for tasks and episodes that will try your patience.





# Happier February

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

**Friendly February 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it			

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

**PET  
THERAPY**

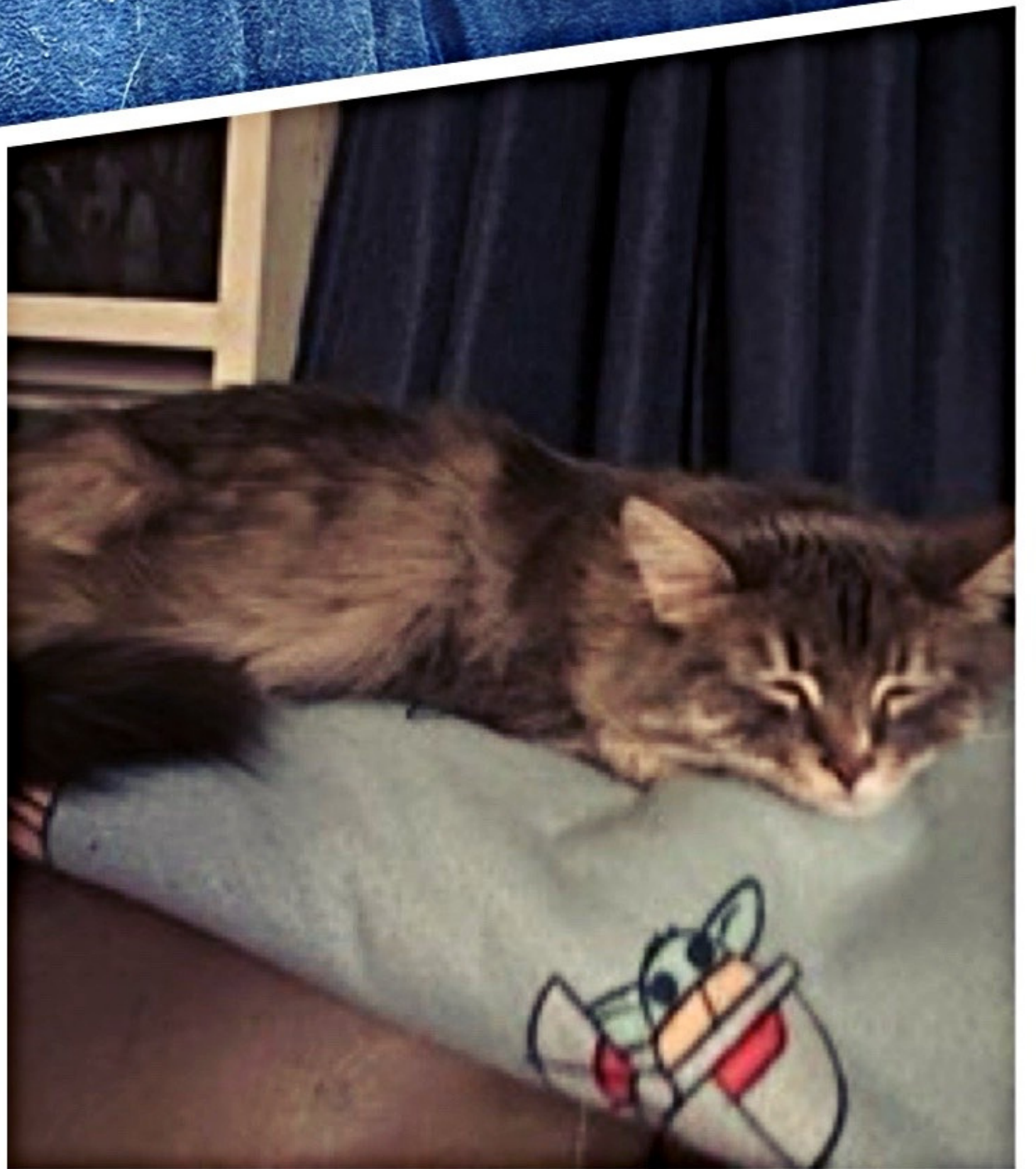
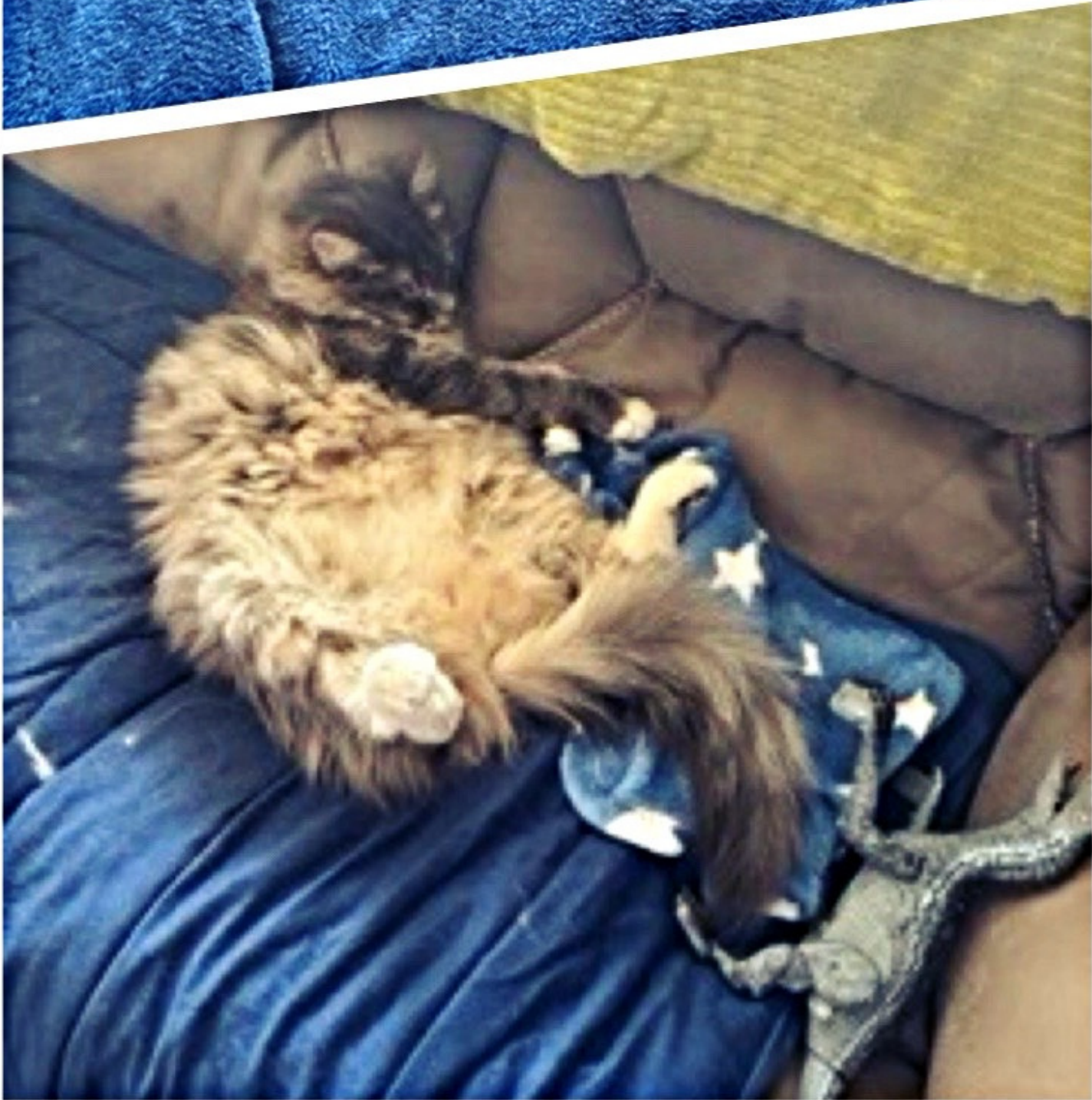


## Pet Therapy

**Each month we will spotlight our fur babies!! Please  
send a picture of your pet to  
[pbpsychadmin@ttuhsc.edu](mailto:pbpsychadmin@ttuhsc.edu)**

**This month we have Amber's baby Gato Pancho! ❤️**







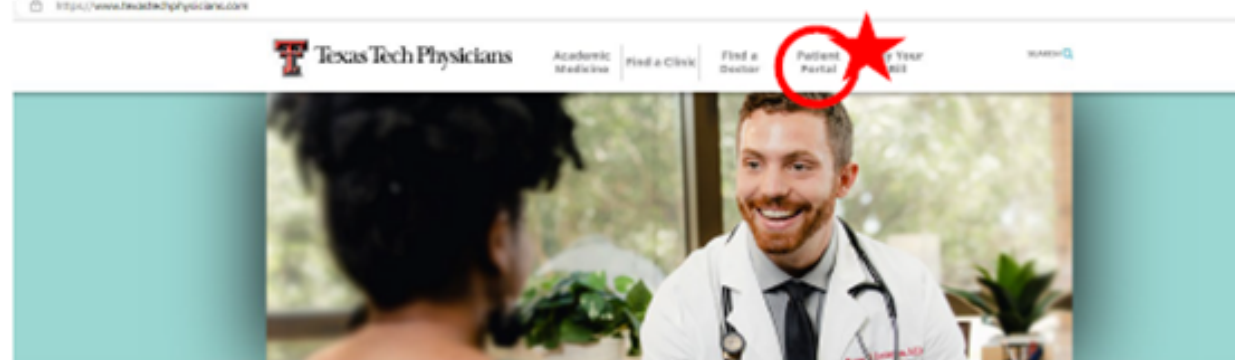
# Clinical Operation/Updates



## 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

°F Mostly cloudy

8:55 AM

3/2/2022

ManageEngine Desktop Central

Self Service Portal

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

Software Catalog

Application Name

All Status

All Apps

Published time-All

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	<b>Install</b>



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



**GET EXCITED FOR PERMIAN BASIN  
RESEARCH DAY!  
02.15.24**

**8:15 AM - 4:30 PM**

**ACADEMIC CLASSROOM BUILDING**



## 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 February 2024

2/1- Thursday- Dr. Hussain  
2/5- Monday- Dr. Ashraf  
2/7- Wednesday- Dr.Kubosumi, Dr. Nabi  
2/8- Thursday- Dr. Aljumaili  
2/12- Monday- Dr. Chao  
2/14- Wednesday- Dr. S.Nabi, Dr. Ashraf  
2/15- Thursday- Dr. Perugula  
2/19- Monday- Dr. Kodi  
2/21- Wednesday- Dr. Trivedi, Dr. Chao  
2/22- Thursday- Dr. Husain  
2/26- Monday- Dr. Aljumaili  
2/28- Wednesday- Dr. Kubosumi, Dr. Trivedi  
2/29- Thursday- Dr. Hassan

## DUTY ROSTER



### February Duty Roster PGY – 1

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

### February Duty Roster PGY – 2

Dr. Kodi – CL  
Dr. Adnan – Neuro-Gurru

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

OUT PT

DR. Wix - Oceans-M



# Resident/Fellow Led Committee Updates

## Qi/QA Committee

Chair – Dr. Trivedi

## Research Committee

Chair: Dr. Trivedi

Members: Dr. Kodi and Dr. Adnan

## Texas Tech Research Day Presentations 2024

1. Examining the Literature: Brexonolone’s Safety, Effectiveness, and Clinical Significance in the Treatment of Postpartum Depression: A Systematic Review  
Yadav, Garima, MD#\*; Karmegam, Raj, Sendhil. MD#; Kainth, Tejasvi, MD; Mansuri, Zeeshan, MD; Jain, Shailesh, MD, MPH, MEHP
2. Homocysteine Imbalance in Children and Adolescents: Unraveling its Relationship with Psychiatric Disorders: A Systematic Review  
Karmegam, Raj Sendhil, MD#\*; Perugula, Malathi, MD; Vodala, Praveen, MD#; Shayeb, Miriam, MD; Mian, Nadeem, MD; Pham, Travis, MD; Saad, Mohammad, MD; Jain, Shailesh, MD, MPH, MEHP
3. Literature Review of Antipsychotic-Associated OCD, particularly in the Treatment of Schizophrenia  
Perugula, Malathi, MD#\*; Subhedar, Rashmi, MD#; Kafle, Riju, MBBS; Mehmood, Naghmi, MD; Chaba, Divya, MD; Kolli, Priyanka, MD; Singh, Ganeev, MBBS; Ahmed, Samah, MBBS; Adam, Darakhshan, MD; Yadav, Garima, MD; Mansuri, Zeeshan, MD; Jain, Shailesh, MD, MPH, MEHP
4. Trends of SSRI For Depression and Expenditure Among Adolescents (Age <18) vs. Adults/Old Age (>18 years): Medical Expenditure Panel Survey (MEPS) From Year 2016 – 2019  
Adnan, Mahwish, MD\*; Ashraf, Sahar, MD; Yadav, Garima, MD; Trivedi, Chintan, MD, MPH; Husain, Karrar, MD; Jain, Shailesh, MD, MPH, MEHP
5. Readmission Trends, and In-Hospital Outcomes of Hospital Frailty Score Among Non- Mood Psychosis – A Propensity Matched National Cohort  
Adnan, Mahwish, MD#; Yadav, Garima, MD#; Trivedi, Chintan, MD; Jain, Shailesh, MD, MPH, MEHP
6. Stem Cell Therapy for Symptom Reduction in Autism: A Hope to Reality Adnan, Mahwish, MD\*; Singh, Monika, MD; Trivedi, Chintan, MD, MPH; Jain, Shailesh, MD, MPH, MEHP
7. Assessing Barriers to Mental Healthcare Across West Texas Populations Shayeb, Miriam, MD\*; John, Dijo, PharmD, MPH, MBA; Brown, Kimberly, MS3; Cala Jeanette, MD; Alam, Nimat, MD
8. Phenibut Withdrawal Induced Catatonia: A Case Report and Implications for Clinical Practice Husain, Karrar, MD; Trivedi, Chintan, MD, MPH\*; Karmegam, Sendhil Raj, MD; Vodala, Praveen, MD
9. Unveiling the Enigma: A Rare Case of Conversion Disorder with Simultaneous Bilateral Sensorineural Hearing Loss and Vision Loss in the Context of Psychosocial Stressors Vodala, Praveen, MD; Karmegam, Sendhil Raj, MD\*; Jain, Shailesh, MD, MPH, MEHP
10. Bupropion and Immediate-Onset Hypersensitivity: A Novel Case Presentation Highlighting the Need for Clinical Vigilance  
Trivedi, Chintan, MD#, MPH; Adnan, Mahwish, MD#\*; Husain, Karrar, MD; Rizvi, Abid, MD; Saad, Muhammad, MD; Mian, Nadeem, MD; Jain, Shailesh, MD, MPH, MEHP
11. Hair Loss with the Use of Lurasidone: An Under-Reported and Under-Published Side Effect Hassan, Mudasser, MD; Ashraf, Sahar, MD\*; Demoss, Dustin, MD, FAPA, MS; Rush, AJ, MD
12. Prevalence of Mental Health Disorders among Hospitalized Adolescents with Polycystic Ovary Syndrome, Chintan Trivedi, MD, Praveen Vodala, MD

## Education Committee

Chair – Dr. Husain

Members – Dr. Kodi, Dr. Al Jumaili, Dr. Nabi, Dr. Mian, Dr. Vodala, Dr. Karmegam

## Wellness Committee

Chair – Dr. Kubosumi

## Digital And Social Committee

Chair – Dr. Wix



# Community Education

## Topic: Understanding Eating Disorders



Eating disorders are medical illnesses that can affect anyone, regardless of age, race, or gender. The prevalence of eating disorders has been on the rise worldwide, especially among adolescents. Hospitalizations for eating disorders spiked during the pandemic, doubling among adolescent girls, according to the Centers for Disease Control and Prevention. Please join **Dr. Pham, PGY-1** as he discusses statistics, signs, symptoms, treatment, and prevention of common eating disorders.

Where: ZOOM

When: Friday, February 23rd 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



# Overnight Oats

SIMPLE RECIPE

## Ingredients

### Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

### Banana Hazelnut

- 2 cups of awesome
- 1/2 tsp of fun
- 1 cup of kindness
- sugar and salt to taste

## Directions

- 1.Mix awesome and fun together.
- 2.Add a splash of color.
- 3.Flavor everything with kindness.

## Notes

Enjoyed best when shared





# Special Announcement



FEB. 4TH	JOANN
FEB. 14TH	DR. MIAN
FEB. 24TH	DR. YADAV
FEB. 26TH	DR. ADNAN

## TTU HSC

**Welcome to our TT family**

Meet our New PSSs  
Maggie Hernandez and Lamark Hailey





# 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](mailto: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](mailto: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](mailto:pbpsychadmin@ttuhsc.edu)



## Feeling Stressed or Anxious?



It's understandable in times like these. But FREE help is available thanks to the generosity of local foundations. The BasinMD App has experienced counselors available to help you manage stress and anxiety. The virtual visits on your smartphone or computer allow safe, discreet and effective care while maintaining social distance.

Simply download, sign up, and reserve your appointment with a licensed counselor of your choice. Just before the appointment begins a coupon code box will appear to add the code to reduce the cost to \$0. The coupon code is BH001 and it can be used multiple times over six months while funding is available. A credit card is required for appointment reservation, but will not be charged when the coupon code is applied.



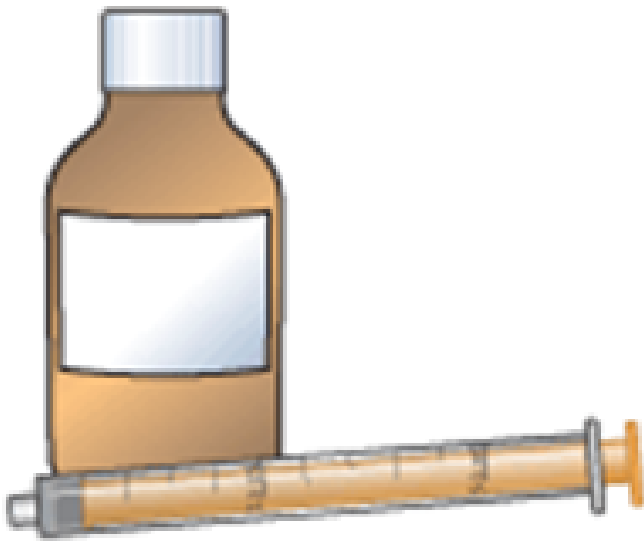
# Community Resource



<https://www.midlandbhi.org>



<https://www.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 \_\_\_\_\_ All 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](mailto:hildag@highsky.org)

For more information:



**STAY Together**  
STAY Together

High Sky / Sep 8, 2023



# Community Resource



## Odessa Mental Health Resources

<u>Odessa Counselors</u>	<u>Psychiatrists</u>
<u>Tausha Bradshaw</u> , MP LPC 432-271-4968	<u>Roy Matthews</u> 432-617-3855 (Adults Only)
Eden Simmons, LPC 432-315-2389	<u>Wilbur Lineback</u> (BCBS only) 432-570-9552
Christine Hall, LPC, LCDC 432-278-1670	<u>Eric Olson</u> (Midland) 432-620-0161
Alexandria Luna, LCDC 432-300-5377	<u>Shanthi Thangam</u> 432-333-3636
Ramsey Counseling/Coaching 432-218-2681 teletherapy	<u>Lionel Levinson</u> 432-367-3253
Jennifer Mason 806-221-2779	<u>Shamsuddin Peppermintwala</u> 432-218-9920
<u>Anna Carillo</u> 432-653-5118	<u>Ravi Medi</u> 432-201-1388
Teresa Valero, LCP 432-558-0305 Accepts BCBS/ MDCD	<u>Ben Hankins</u> 432-620-8500 (no insurance) (Midland)
<u>Odessa Counseling Centers</u>	<u>Texas Tech Physicians</u> 432-620-1160 (also accepts Medicaid)
<u>Alpha Behavioral Health</u> 432-614-5720	<u>Shailesh Jain</u> 432-335-2222
<u>Alternative Life Solutions</u> 432-582-2444 (sliding scale) (Odessa)	<u>Mental Health Support</u>
<u>Centers for Children &amp; Families</u> 432-580-7006	NAMI Support Group 432-683-3648 (online meetings for covid)
<u>Choiceworks Counseling</u> 432-332-9644	<u>Permian Basin LGBTQ(Plus)</u> 432-203-6093 <a href="http://www.pblgbtq.org">www.pblgbtq.org</a>
<u>Insight Counseling Center</u> 432-333-3667	<u>Trevor Project for LGBTQ</u> 866-488-7386 Text (START) 678-678
<u>New Day Counseling</u> 432-332-5645	<u>*Reflection Ministries</u> 432-247-1099 <a href="https://www.reflectionministriestx.org/">https://www.reflectionministriestx.org/</a> (Sex Trafficking)
<u>The Crisis Center</u> 432-333-2527	<u>Hotlines</u>
<u>UTPB Counseling</u> 432-552-3365	<u>24 Hour Crisis Hotline/ PermianCare (MHMR):</u> <a href="http://www.permiacare.org">www.permiacare.org</a> 844-420-3964
<u>Faith Steps Counseling</u> 432-653-5118	<u>Suicide Prevention Hotline:</u> 800-273-8255
<u>Basin MD-No Cost Counseling</u> **Download the <u>BasinMD</u> 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.	<u>National Human Trafficking Hotline</u> 888-373-7888



## 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.

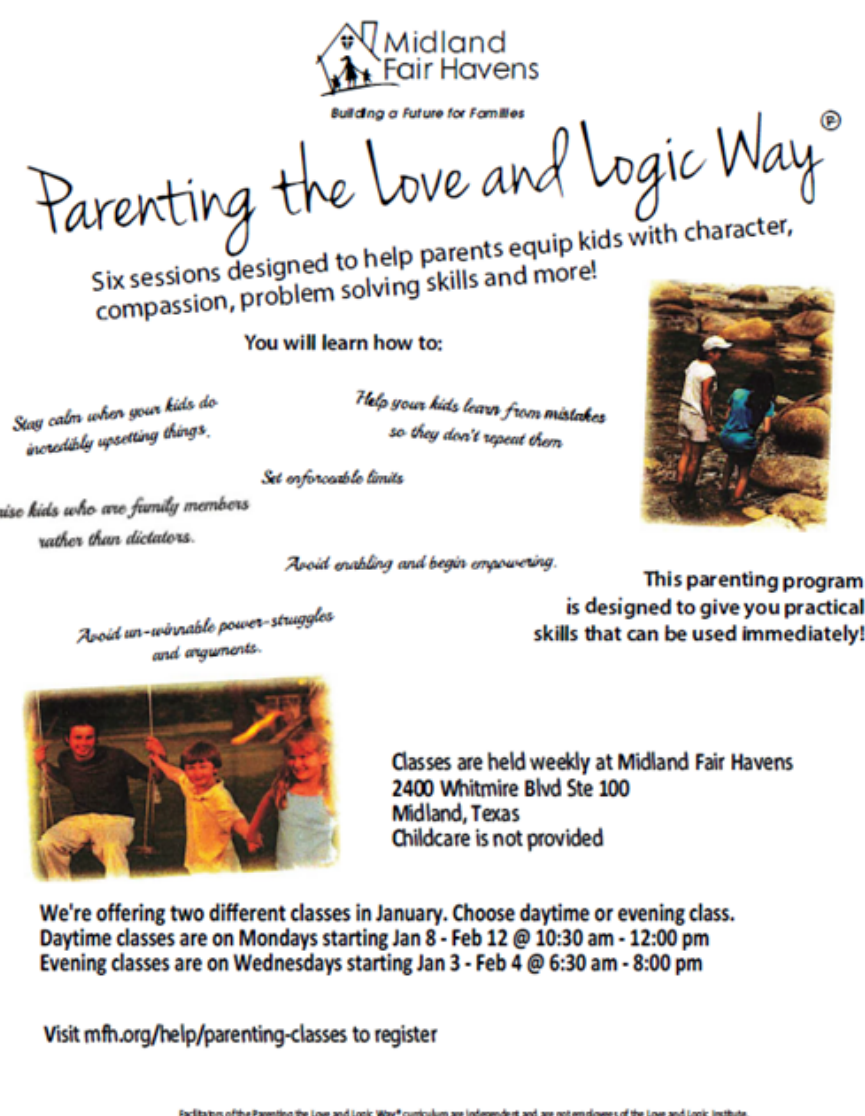
MFH is offering two different classes in January.

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**





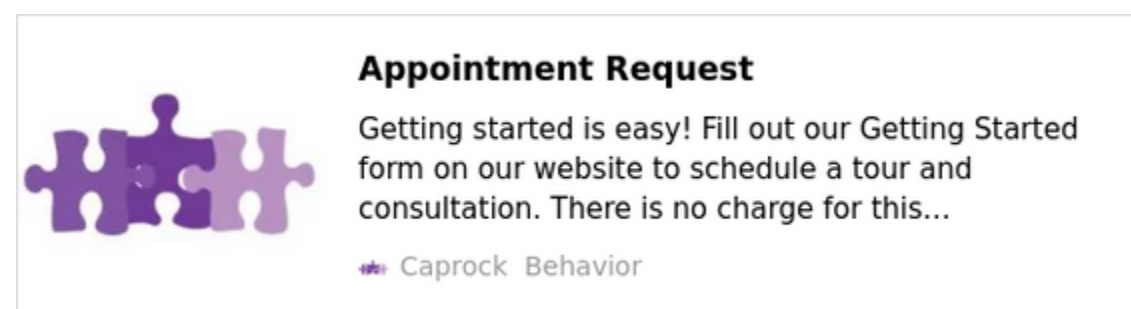
# Community Resource



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



# Crisis & Urgent Care

IF YOU OR A LOVED ONE IS IN IMMEDIATE DANGER OR  
HAVING THOUGHTS OF SUICIDE CALL 800-273-8255

PERMIACARE CRISIS LINE

NATIONAL SUICIDE HOTLINE

**Mental Health Deputy 432-685-7108**

**Midland PD 432-685-7110**

If you have any items to add to next month's newsletter, or if you have suggestions for how to improve the newsletter, increase communication/awareness, please email it to [pbpsychadmin@ttuhsc.edu](mailto:pbpsychadmin@ttuhsc.edu)

**Your feedback is important to us! Feel free to leave an anonymous suggestion or comment at**

<https://app4.ttuhsc.edu/formbuilder/ViewForm.aspx?FormKey=d6b6f818-2f0b-48d8-8d5d-25bc0a522bce>