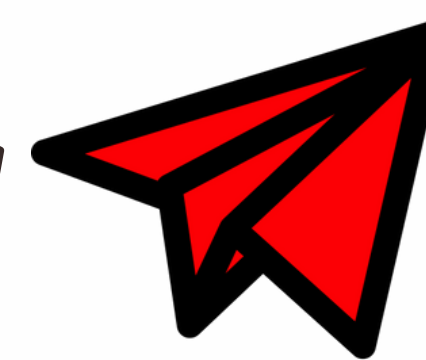


Mindful Messenger

Department of Psychiatry in the Permian Basin



Chair's Message

I wish a very Happy New Year! May the year bring a lot of joy and happiness!

It is a great honor to assume Chair's position of the department at a time when the department is about to launch a major growth initiative. This initiative will allow the department to expand its footprint in West Texas and beyond.



The integration of TTUHSC's Department of Psychiatry and the PBBHC will facilitate expansion of the current residency and fellowship programs, and will provide medical students, residents and fellows an opportunity to use modern tools and techniques for treating mental illnesses. The department is expanding its residency training program by increasing the number of residents from 16 to 40. We are also working on starting a rural track psychiatry residency program which will be a unique program of its kind. Additionally, collaboration with the local academic institutions, such as the University of Texas Permian Basin, Midland College, and Odessa College, will support workforce development initiatives, scholarship programs and specialized training tracks to address the regional shortage of mental health professionals. We are re-affirming our affiliation with the VA West Texas Health Care System. It will help us use their expertise in treating chemical dependency and PTSD to train our medial students, residents and fellows.

To expand outreach and access, we have recently simplified the patient intake process and working on further improving access to patients.

Another area of our focus is research. We have acquired funding to allow junior investigators of the department jump start their research projects. There will be a regular meeting/discussion on research projects that the faculty and residents propose to work on. The department plans to recruit several academic psychiatrists and administrative staff in the next few years to provide the best teaching and training opportunity and environment to our residents and fellows.

I am impressed by the dedication and commitment of the faculty, staff, residents and fellows to the wellbeing of our patients. I am therefore confident, with your help, we will be able to transform the department into a major academic center in the next few years.

R. Badgaiyan

Rajendra Badgaiyan, MD, MBA

Monthly Quote
January is the month for dreaming and planning

Mental Health Awareness Dates

Month
Mental Wellness Month
National Mentoring Month

Week
No Name Calling Week (Jan. 20-24)

Day
Global Family Day (Jan. 1)
Human Trafficking Awareness Day (Jan. 11)
National Clean Off Your Desk Day (Jan. 13)
National Fun At Work Day (Jan. 31)



Happier January

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!

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <div>1 Find three things to look forward to this year</div>	<div>2 Make time today to do something kind for yourself</div>	<div>3 Do a kind act for someone else to help brighten their day</div>	<div>4 Write a list of things you feel grateful for and why</div>	<div>5 Look for the good in others and notice their strengths</div>		
<div>6 Take five minutes to sit still and just breathe</div>	<div>7 Learn something new and share it with others</div>	<div>8 Say positive things to the people you meet today</div>	<div>9 Get moving. Do something active (ideally outdoors)</div>	<div>10 Thank someone you're grateful to and tell them why</div>	<div>11 Switch off all your tech at least an hour before bedtime</div>	<div>12 Connect with someone near you - share a smile or chat</div>
<div>13 Take a different route today and see what you notice</div>	<div>14 Eat healthy food which really nourishes you today</div>	<div>15 Get outside and notice five things that are beautiful</div>	<div>16 Contribute positively to your local community</div>	<div>17 Be gentle with yourself when you make mistakes</div>	<div>18 Get back in contact with an old friend</div>	<div>19 Focus on what's good, even if today feels tough</div>
<div>20 Go to bed in good time and allow yourself to recharge</div>	<div>21 Try out something new to get out of your comfort zone</div>	<div>22 Plan something fun and invite others to join you</div>	<div>23 Put away digital devices and focus on being in the moment</div>	<div>24 Take a small step towards an important goal</div>	<div>25 Decide to lift people up rather than put them down</div>	<div>26 Choose one of your strengths and find a way to use it today</div>
 <div>27 Challenge your negative thoughts and look for the upside</div>	<div>28 Ask other people about things they've enjoyed recently</div>	<div>29 Say hello to a neighbour and get to know them better</div>	<div>30 See how many people you can smile at today</div>	<div>31 Write down your hopes or plans for the future</div>		

ACTION FOR HAPPINESS

Happier · Kinder · Together

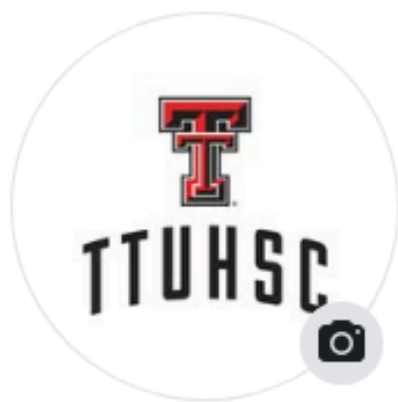


Picture of January

New look for our Facebook Page

School of Medicine

Department of Psychiatry at the Permian Basin



TTUHSC-Psychiatry Residency in the Permian Basin

485 likes • 590 followers



Professional dashboard

Edit

Advertise

Clinical Operation/Updates



School of Medicine assigned 20 new laptops for clinical usage. IT department will install kiosk to better the performance of software running. All new laptops will come in soon after imaging TTUHSC computer system.

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

DUTY ROSTER



December Duty Roster PGY – 1

Dr. Silvi - NEURO KADIR

Dr. Evans - FM

Dr. Junell - BSSH

Dr. Nair - OCEANS-M

December Duty Roster PGY – 2

Dr. Saad – NEURO KADIR

Dr. Shayeb – OCEANS-M

Dr. Mian – NEURO GURRU

Dr. Pham – CL

Dr. Vodala – OP

Dr. Karmegam – OCEANS-A

Dr. Perugula – CL

December Duty Roster PGY – 3/PGY – 4/Fellow

OUT PT

Dr. Aljumaili - ELECTIVE

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.



New Team Member

THIS IS ANGELA, OUR NEW PSS!

Angela is our new PSS who is working at the Odessa Clinic.

Welcome to our TTUHSC psychiatry family! You're an amazing addition to this team!



New Team Member

THIS IS KAROLINA, OUR NEW PSS!

Karolina is our new PSS who is working at the Michigan and Secor clinics in Midland.

Welcome to our TTUHSC psychiatry family! You are a big asset within our team!

Special Announcement:

**HAPPY
BIRTHDAY**

January 2nd Dr. Saad

Community Education



Topic: Logged In and Stress Out: Social Media and Mental Health

In today's interconnected world, social media plays a significant role in shaping our daily lives. However, this digital landscape comes with challenges, particularly concerning mental health. The prevalence of online platforms has brought both positive and negative impacts on our mental health. It is crucial to be aware of these effects and learn how to navigate the digital world responsibly. Join Dr. Nair, MD, PGY-1, as he sheds light on the intricate relationship between social media and mental well-being. He also will provide insights into understanding the dynamics of social media's influence on mental health and offer practical strategies to maintain a healthy digital balance.

Where: ZOOM

When: Friday, January 10th 12pm – 1pm (CST)

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

Meeting ID: 335-688-2490



<i>January Depressive Disorders</i>	<i>Suggested Topic</i>	<i>Speaker</i>
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
<i>February Depressive Disorder</i>	<i>Suggested Topic</i>	<i>Speaker</i>
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
<i>March Anxiety Disorder</i>	<i>Suggested Topic</i>	<i>Speaker</i>
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

Chicken Honey Nut Stir Fry



A simple yet elegant chicken dish, stir fried with carrots, celery and an orange honey sauce. This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association.

Ingredients

- 2 teaspoons peanut oil
- 2 stalks celery, chopped
- 2 carrots, peeled and diagonally sliced
- 1 ½ pounds skinless, boneless chicken breast halves - cut into strips
- 1 tablespoon cornstarch
- ¾ cup orange juice
- 3 tablespoons light soy sauce
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger root
- ¼ cup cashews
- ¼ cup minced green onions

Directions

Heat 1 teaspoon of the oil in a wok over high heat. Add the carrots and celery and stir fry for 3 minutes. Add remaining 1 teaspoon oil, then add the chicken and stir fry for 5 more minutes.

In a small bowl, dissolve the cornstarch into the orange juice. Mix in the soy sauce, honey and ginger. Add this sauce to the wok and cook over medium heat until thickened. Top with the cashews and green onions.

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
6PM-7PM

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



STAY TOGETHER PROGRAM

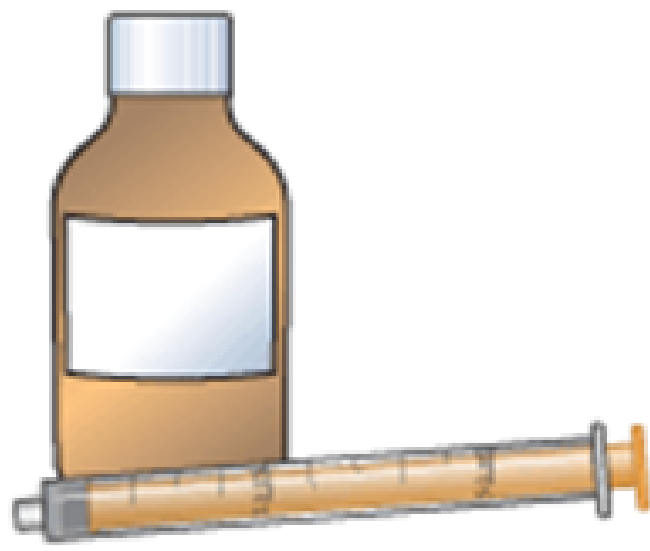
The program is a 90 day program, with meetings currently done over zoom/phone (due to COVID). The Family Support Specialists meet with the families on either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes. The program is also divided by age group with separate curriculums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

[HTTPS://WWW.MIDLANDBHI.ORG](https://www.midlandbhi.org)



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

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.





Midland Mental Health Resources

<u>Midland Counselors</u>		<u>Free Consulting Services</u>	
<u>Private Insurance & out of pocket pay</u>		<i>Rays of Hope Grief Center.</i>	432-684-5437
<i>Lee Culver, LPC</i>	432-242-3810	(ages 4-18/ family)	
<i>Natalie Dewitt, LPC</i>	432-299-3231	<i>Stay Together Program</i>	432-699-1466
		(consultations with youth/ caregiver)	
<i>BLEST Counseling, LCDC</i>	432-847-2181	<i>The Life Center</i>	432-683-6072
<i>Allison Hartzoge, LPC, MA</i>	432-682-2724	Mentor program for ages 13-45	
<i>Candace Mahaffey</i>	432-897-0440	<i>Basin MD-No Cost Counseling</i>	
<i>Cheryl Willoughby, LPC</i>	432-557-1775	**Download the BasinMD by Midland Health App	
<i>Maureena Benavides, LPC</i>	432-889-4064	via the Apple or Android AppStore**	
<u>Midland Counseling Centers</u>		Code BH001 – can be used by anyone experiencing	
<i>Affinity Counseling Center</i>	432-557-1775	on-going stress and anxiety during this time. The code	
<i>Archway Support</i>	432-682-2724	can be reused for 6 months and covers the full cost of	
<i>Healing Through Hope</i>	432-238-1239	the \$120 visit. To use these codes, you must first	
(sliding scale \$60-\$110)		register with a credit card, then enter the code to access	
<i>Heritage Counseling Services</i>	432-685-3787	the grant funding.	
(\$100/ hr)		<u>Psychologist-Midland/Odessa</u>	
<i>New Hope Counseling</i>	432-687-4673	<i>Cynthia Wall, PsyD</i>	432-312-1450
<i>Samaritan Counseling</i>	432-563-4144	<i>Kristin Jensen, PhD</i>	432-550-0224
(flat fee)		<i>Perry Marchioni, PhD</i>	432-684-4540
<u>Accepts Medicaid</u>		<u>Psychiatrists</u>	
<i>Centers for Children & Families</i>	432-570-1084	<i>Roy Matthews</i>	432-617-3855
\$50.00 assessment fee (Sliding Scale)		(Adults Only)	
<i>AGAPE counseling</i>	432-550-5683	<i>Wilbur Lineback (BCBS only)</i>	432-570-9552
(most insurance, \$35-\$100 without)		<i>Eric Olson</i>	432-620-0161
<i>Midland Rape Crisis Center</i>	432-682-7273	<i>Shanthi Thangam</i>	432-337-9000
<i>PermiaCare- MHMR</i>	432-570-3300	<i>Shamsuddin Peppermintwala</i>	432-218-9920
<u>Mental Health Hospitals</u>		<i>Ravi Medi</i>	432-333-1333
<i>Oceans Hospital (Midessa)</i>	432-561-5915	<i>Ben Hankins</i>	432-620-8500
<i>Oceans Hospital Abilene</i>	325-691-0030	(no insurance)	
<i>Rivercrest-San Angelo</i>	325-949-5722	<i>Texas Tech Physicians</i>	432-620-1160
<i>Shannon Behavioral Health</i>	325-659-7300	(also accepts Medicaid)	
(San Angelo)		<u>Psychiatrist- Big Spring, TX</u>	
		<i>Shiraj A Vahora</i>	432-263-1211
		<i>San Gabriel Psychiatry</i>	432-652-2548



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

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May 2025

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June 2025

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JULY

August 2025

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SEPTEMBER

October 2025-

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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]

PERMIAN BASIN

autism academy

CAPROCK BEHAVIORAL SOLUTIONS

Only possibilities. No limitations.

DISCOVER YOUR CHILD'S POTENTIAL

ENROLL NOW!
GRAND OPENING
JAN. 3RD

WE OFFER ONE-ON-ONE ABA THERAPY AND SMALL GROUP INSTRUCTION FOR CHILDREN AGES 3-10. OUR PROGRAM PROVIDES YOUR CHILD WITH INTENSIVE INTERVENTION THAT FOCUSES ON COMMUNICATION, SOCIALIZATION, AND BEHAVIORAL SKILLS.

Why choose us?

Our BCIBAs have low caseloads to provide high-quality services and the individualized attention that your child needs making your priorities our priorities.

When challenges, successes, or new obstacles arise, you can feel confident that your child's team will quickly, professionally, and personally support you and your child.

848 CENTRAL DR., ODESSA, TX 79761
CAPROCKBEHAVIOR.COM
(432) 400-1220

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:

<https://caprockbehavior.com/appointment-request/>



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

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>