

# DEPARTMENT NEWSLETTER

Monthly Quote: July is the time for being in the world in new ways, for throwing off the cold and dark spots of life.



## Mental Health Awareness Dates

	Month
Minority Mental Health Awareness Month	
Disability Pride Month	
	Week
Birth Trauma Awareness Week (Jul. 15-21)	
	Day
Panic Attack Awareness Day (Jul. 18)	
International Self Care Day (Jul. 24)	
National Seasonal Affective Disorder Awareness Day (Jul. 24)	
World Day Against Trafficking Persons (Jul. 30)	

## Personal Growth

### Areas of personal development

When it comes to personal development, it's hard to not reference Maslow's hierarchy of needs. According to Maslow, your basic needs need to be fulfilled in order to reach your fullest potential. In other words. To reach self-actualization means we're reaching the highest levels of self-awareness, self-confidence, personal growth, and self-realization. Much like Maslow's hierarchy of needs, we see five different areas of personal development. Different personal development goals can fall into different categories.

### Mental

Exercising your brain and staying mentally fit is critical to personal development. At BetterUp, this comes to life in a few ways: coaching, learning opportunities, and career growth. For example, right now, I'm taking a creative writing course to help keep my mental creative muscles going strong. (And BetterUp foots the bill as part of our learning stipend.) Mental development can be anything from workshops, training sessions, or even just rest. Rest is just as (if not more) important than mental exercise. And as your mental fitness improves, so does your resiliency, innovation, and self-awareness.



# Jump Back Up July

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

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

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together



## Baby Picture

Bradley Matthew Harry was born on June 6, 2024, the 80th Anniversary of "D" Day, which is kind of neat considering his father, our son, Barrett is currently stationed at Ft. Bragg, North Carolina serving our country in the United States Army. He is a fighter for sure! Bradley weighed 7 pounds 13 ounces and was 21.5 inches long, but when he was born, his lungs began to hemorrhage and he had to be intubated and life flighted to University of North Carolina, Chapel Hill. It was a touch and go time for a few days and among all other things it was found that he had an arterial dissection in his left leg. None of these things are related and frankly the medical staff is very puzzled as to why and how and all things! There answer to everything seemed to always be, "we just don't know" Bradley is now home and doing very well. He is on blood thinners and antibiotics and will be checked in about 2 more weeks to see what's happening with the arterial dissection, prayerfully it's healed! His 3 big sisters are in love and so are his Grandlady and Paw Paw. We hope to travel to North Carolina to kiss those fat cheeks and hold that precious one by the first of August if it works out! Please join us in continuing to pray for his complete healing.

- Carol





# Picture of July

Happy new faces!  
New team members joined TTUHSC Psychiatry family  
this month!  
Welcome aboard!





# Department News

## Zoom Phone Platform



Our department migrated from the Avaya phone platform onto the new Zoom phone platform recently. Moving to the Zoom platform will offer multiple benefits to our department and the users. This upgrade will ensure a more streamlined work environment by combining voice, chat, video, and meetings in a single application.



## Coordinator Appreciation from GME

Our department Resident/Fellow Coordinator Rebecca and Jessica attended the Coordinator Appreciation from GME on June 6th in Odessa. Thank you both for your hard work on our residency and fellowship program. We are so proud of both of you!

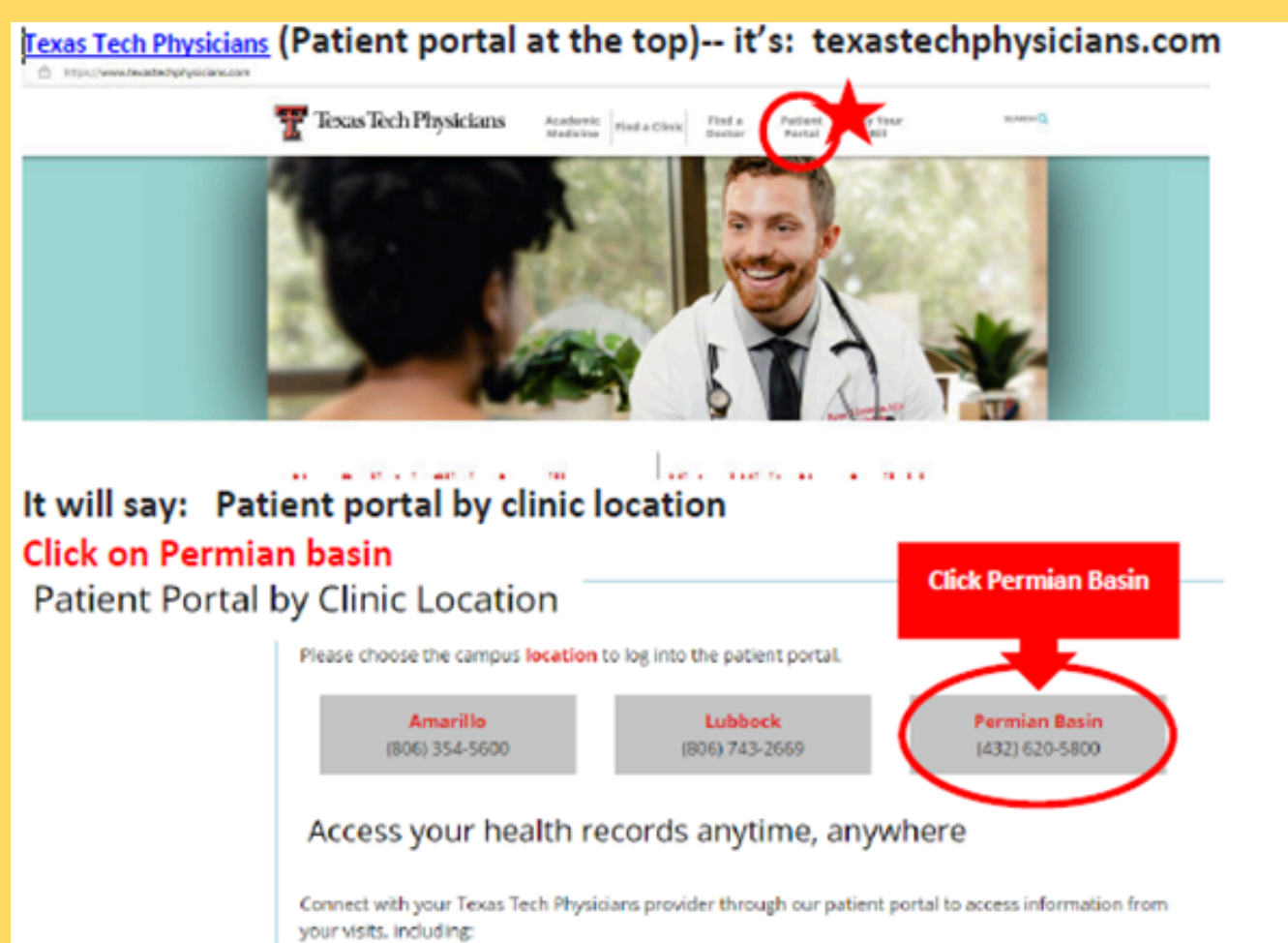


# Clinical Operation/Updates



## 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.



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](http://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

1

RIGHT CLICK

LEFT CLICK

ManageEngine Desktop Central

Self Service Portal

Software Catalog

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

Application Name

All Status

All Apps

Published time-All

Refresh

Last Sync : 3/2/2022 8:42:44 AM

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	Install
EndNote 20 (64-bit)	20	EndNote 20 for Windows	Clarivate Analytics			Mar 1,2022 11:00PM	Install

Powered by ManageEngine Desktop Central



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 area

## 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



## Graduation and Awards Ceremony

Graduation and Awards Ceremony was held on June 4th at Carrasco Room in Midland College. Dr. Nabi, Dr. Hassan and Dr. Wix graduated from our program. Dr. Chao and Dr. Trivedi will leave and continue their fellowship. Wish all of our doctors have a big future!



Dr. Pham and Dr. Saad volunteered for the orientation at SImS in June. Thank you for your service!



## New PGY-1 and New Fellow

### PGY-1

**Dr. Silvi**  
**Dr. Evans**  
**Dr. Junell**  
**Dr. Nair**

**New Fellow**  
**Dr. Sarker**



## Updated Journal club schedule for July 2024



7/1/2024-Monday- Dr. Yadav  
7/3/2024-Wednesday-Dr. Travis, case discussion  
7/8/2024-Monday. - Dr. Karmegam  
7/10/2024-Wednesday. Dr. Adnan, case discussion  
7/11/2024-Thursday.Dr. Shayeb  
7/15/2024-Monday. Dr. Sarkar  
7/17/2024-Wednesday. Dr. Aljumaili, case discussion  
7/18/2024-Thursday. Dr. Travis  
7/22/2024-Monday. Dr. Sarkar  
7/24/2024-Wednesday. Dr. Karmegam, case discussion  
7/25/2024-Thursday. Dr. Kodi  
7/29/2024 - Monday Dr. Shayeb  
7/31/2024-Wednesday Dr. Kubosami, case discussion



May Duty Roster PGY - 1  
Dr. Silvi - BSSH  
Dr. Evans - Oceans - M  
Dr. Junell - Peds  
Dr. Nair - FM

April Duty Roster PGY - 2  
Dr. Saad - Oceans-M  
Dr. Shayeb - BSSH  
Dr. Mian - BSSH  
Dr. Pham - CL  
Dr. Vodala - Oceans-M  
Dr. Karmegam - Oceans-A  
Dr. Perugula - Peds

April Duty Roster PGY - 3/PGY - 4/Fellow  
OUT PT  
DR. Ashraf - OCEANS-M

## 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

**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: ADHD in Children and Adults



Do you want to discover the keys to understanding ADHD in both children and adults? Join us on July 12th as we delve into the world of attention deficit hyperactivity disorder, exploring its impact, diagnosis, treatment options, and strategies for thriving with ADHD. Whether you're a parent seeking guidance or an adult looking to enhance your understanding, this presentation will provide invaluable insights. Please join **Dr Aljumaili, PGY-4** to gain a comprehensive understanding of ADHD.

## Where: ZOOM

When: Friday, July 12th 12pm – 1pm

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

Meeting ID: 335-688-2490

# MENTAL MUNCHIES

&

*You Asked For It*

7/12(Fri) ADHD in Children and Adults Dr. Aljumaili

7/22(Mon) Prevention, Intervention and Postvention: Adolescent Substance Abuse Dr. Ashraf

8/12(Mon) Hate School? Love School? - How to Deal with Back to School Anxiety Dr. Kubosumi

8/30(Fri) Cyberbullying and Mental Health Dr. Yadav

9/9(Mon) Help for Hope: Depression in Elderly Dr. Vodala

9/27(Fri) Suicide Prevention for Children and Adolescents Dr. Adnan

10/7(Mon) How to Help Loved One Cope with Mental Illness Dr. Karmegam

10/25(Fri) Why Am I So Angry? Anger and Mental Health Dr. Perugula

11/8(Fri) Mental Health in The Workplace Dr. Husain

11/18(Mon) Stop Overthinking: How to Manage your Depression and Anxiety Dr. Mian

12/6(Fri) Love What You Do: How to Manage Burnout and Passion Fatigue Dr. Saad

12/16(Mon) Holiday Depression: How to Beat Holiday Blues Dr. Yadav

**RSVP NOW**

- pbpsychadmin@ttuhsc.edu
- 432-620-1160

MON or FRI  
12PM-1PM  
via Zoom and Facebook Livestream

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



*New Recipe of the Week*

# Discover the Flavors of the Mediterranean



## ***Ingredients***

- *cup quinoa, rinsed*
- *2 cups water*
- *1 cup cherry tomatoes, halved*
- *1 cucumber, diced*
- *1 red bell pepper, diced*
- *1/2 red onion, finely chopped*
- *1/4 cup Kalamata olives, pitted and sliced*
- *1/4 cup feta cheese, crumbled*
- *1/4 cup fresh parsley, chopped*
- *1/4 cup fresh mint, chopped*



*New Recipe of the Week*

# Discover the Flavors of the Mediterranean



## ***Instructions***

- 1. Cook the Quinoa: In a medium saucepan, bring the water to a boil. Add the quinoa, reduce heat to low, and simmer, covered, for about 15 minutes, or until the quinoa is tender and water is absorbed*
- 2. Add chicken, onion, bell pepper, olives, feta cheese, parsley, chives, and salt to quinoa; drizzle lemon juice, balsamic vinegar, and olive oil on top. Stir until evenly mixed. Serve warm or refrigerate and serve cold.*



## **Special Announcement**



<b>July 1st</b>	<b>Dr. Husain</b>
<b>July 3rd</b>	<b>Dr. Shayeb</b>
<b>July 5th</b>	<b>Jessica</b>
<b>July 21st</b>	<b>Susie</b>
<b>July 26th</b>	<b>Dr. Pham</b>
<b>July 26th</b>	<b>Dr. Silvi</b>
<b>July 31st</b>	<b>Amber</b>



# 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)

**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)



**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.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) \_\_\_\_\_ 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 \_\_\_\_\_ Alt 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)

## 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**

STAY Together

High Sky / Apr 17

For more information:



# COMMUNITY RESOURCE



## Midland Mental Health Resources

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

**Trevor Project for LGBTQ** 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



## 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.

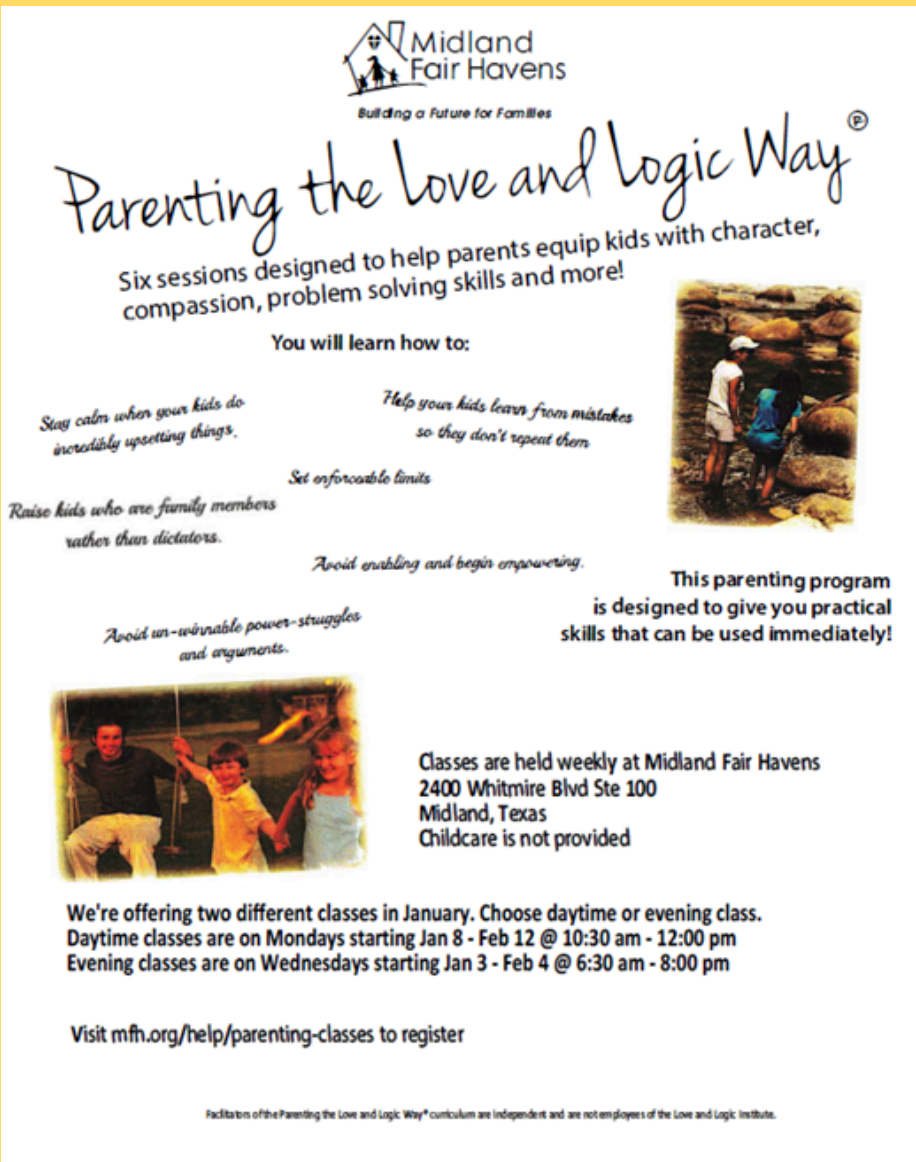
## What will I be learning?

- 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**

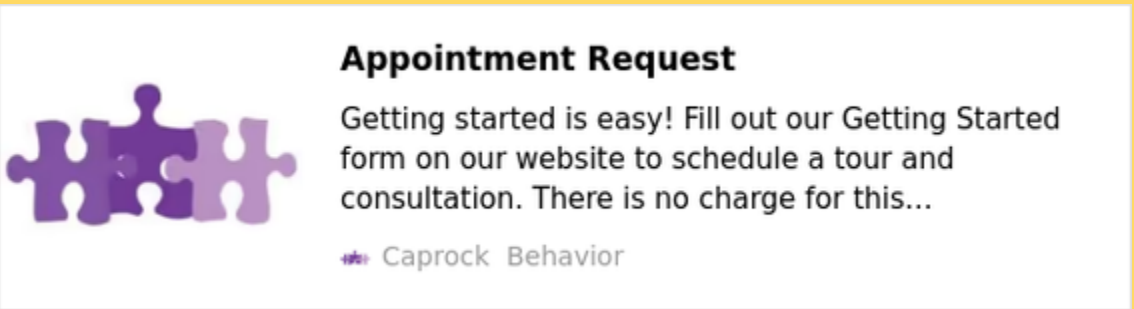


# Community Resource



## 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>