

DEPARTMENT NEWSLETTER

Monthly Quote: June 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

Mental Health Month

National Foster Care Month

National Maternal Depression Month

Women's Health Month

Maternal Mental Health Month

Borderline Personality Disorder Awareness Month

Week

Screen Free Week (May 6-12)

Maternal Mental Health Awareness Week (Apr.29- May 5)

Children's Mental Health Awareness Week (May 5-11)

National Mental Health Awareness Week (May 13-19)

National Women's Health Week (May 12-14)

National Prevention Week (May 12-18)

Day

World Maternal Mental Health Day (May 1)

National Children's Mental Health Awareness Day (May 9)

Personal Growth

It is so easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis.

Meanwhile, improving by 1 percent isn't particularly notable— sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run.



The difference a tiny improvement can make over time is astounding. Here's how the math works out: if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done. Conversely, if you get 1 percent worse each day for one year, you'll decline nearly down to zero. What starts as a small win or a minor setback accumulates into something much more.

Meaningful May

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


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

Meaningful May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 Look for people doing good and reasons to be cheerful	 7 Make a list of what matters most to you and why	1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful
		29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future		

ACTION FOR HAPPINESS

Happier · Kinder · Together



Luna & Jaelyn, Jessica's cutest girls



If you want to feature your kids activities this summer send pictures to pbpsychadmin@ttuhsc.edu.

Picture of May

Played Bunco for Game night with fun and joy



Department News



Clinic Staff had the monthly breakfast meeting with Dr. Nabi and Dr. Jain. It's beneficial for building a better team to provide services to our valuable patients.



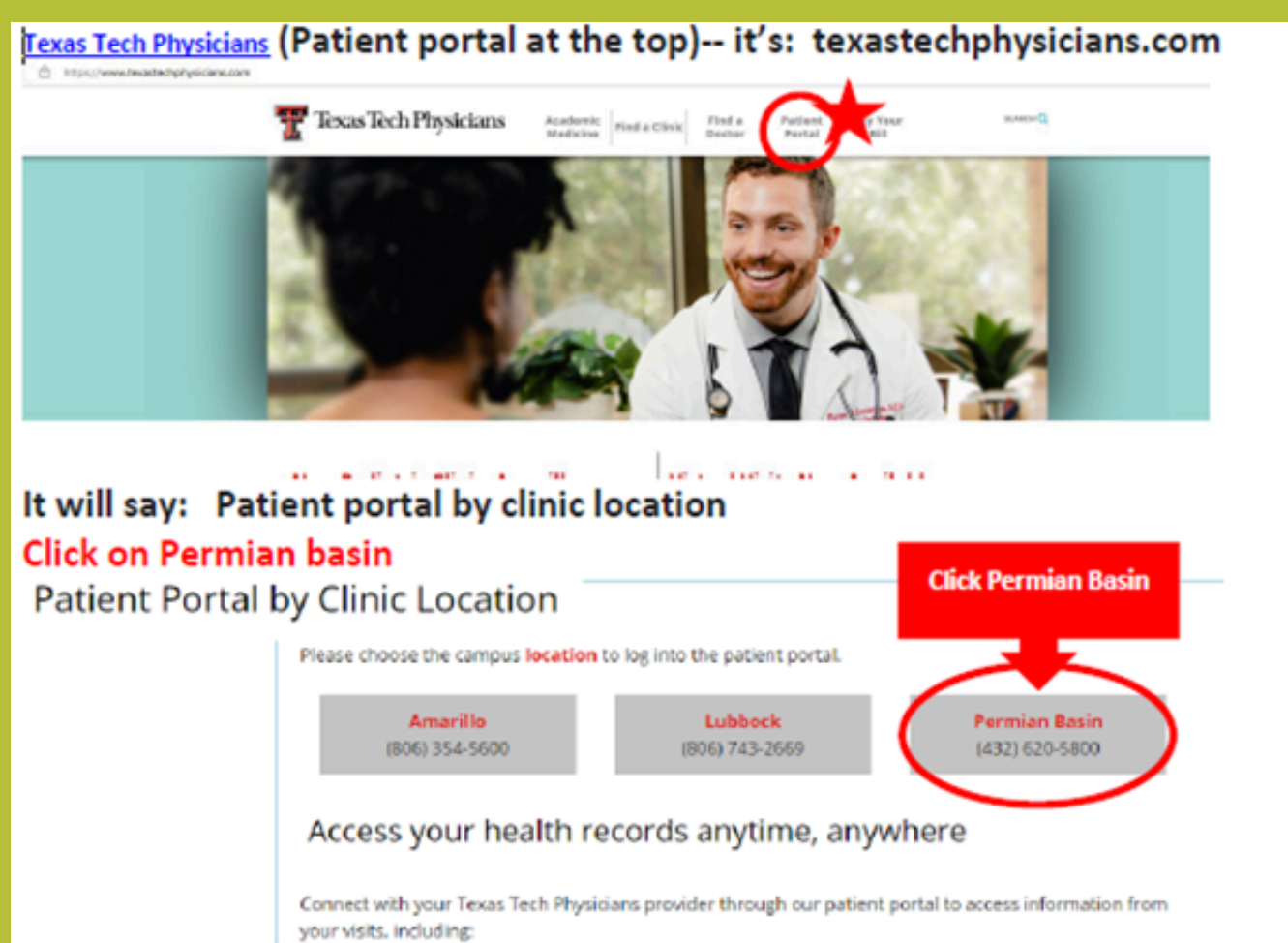
Our Clinic participated in Mental Health Fair at PermianCare on May 18th.

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

RIGHT CLICK

LEFT CLICK

ManageEngine Desktop Central

Self Service Portal

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

Application Name All Status All Apps Published time-All 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 foi						Mar 1,2022 11:00PM	Install
Create CernerWeb desktc	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 Hardwar						Nov 4,2021 02:44PM	Install
EndNote 20.0.0.0	20	EndNote 20 for Windows	Clarivate Analytics			Mar 1,2022 11:00PM	Install



A friendly reminder: establish a process for entering notes within 24 hours (or same day) and don't forget to enter the charge as well. Another suggestion is to glance that you're documenting on the correct FIN.

HIPAA=AWARENESS



Things like: disclosing PHI while at the vitals are

A New HIPAA Initiative - Routine Monitoring of EMR User Access

This initiative will help OIC and departments to monitor inappropriate accesses, identify high-risk employees, mitigate and reduce the risk of HIPAA non-compliance resulted from internal users.

RESIDENT/FELLOW UPDATES



Mark Your Calendar

Resident Graduation
& Award Celebration

Tuesday June 4th
5:00PM

Midland College Carrasco Room



Dr. Yadav Was Invited to Teach
“Burnout and Compassion
Fatigue” at Midland Health
Department on May 16th.



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 April 2024



5/1/2024-Wednesday- Dr. Ashraf
5/2/2024-Thursday-Dr. Yadav
5/6/2024-Monday. Dr. Chao
5/8/2024-Wednesday. Dr. Adnan, Dr. Aljumaili
5/9/2024-Thursday.Dr. Travis
5/13/2024-Monday. Dr. Adnan
5/15/2024-Wednesday. Dr. Travis, Dr. Aljumaili
5/16/2024-Thursday. Dr. Yadav
5/20/2024-Monday. Dr. Ashraf
5/22/2024-Wednesday. Dr. Trivedi, Dr. Husain
5/23/2024-Thursday. Dr. Chao
5/29/2024Wednesday. Dr. Trivedi, Dr. Hassan
5/30/2024-Thursday. Dr. Yadav



May Duty Roster PGY - 1

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 - 2

Dr. Kodi - Neuro-Gurru

Dr. Adnan - CL

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

OUT PT

DR. Wix - OCEANS-M

Resident/Fellow Led Committee Update

QI/QA Committee Chair: Dr. Trivedi

Members: Dr Pham, Dr Karmegam, Dr Perugula, and Dr Mian

Research Committee: Chair: Dr. Trivedi

Members: Dr. Kodi, Dr. Adnan, Dr. Ashraf

Manuscript accepted in May 2024 in the Journal PCC for CNS disorders

Contextualizing the Relationship Between Social Isolation and Substance Abuse

Desai, R., Karim, S., Freeborn, S., Trivedi, C., Husain, K., Jain, S.

Education Committee: Chair: Dr. Husain

Members: Dr. Kodi, Dr. AlJumaili, Dr. Nabi,
Dr. Mian, Dr. Vodala, Dr. Karmegam

Wellness Committee: Chair: Dr. Kubosumi

Community Committee: Chair: Dr. Yadav

Digital & Social Committee: Chair: Dr. Wix

Community Education

Topic: OCD and reassurance: How to Break The Cycle

Obsessive-Compulsive Disorder (OCD) is a prevalent mental health condition affecting millions globally. OCD can severely impact an individual, causing distressing obsessions and time-consuming compulsions. These symptoms can impair work, school, relationships, and overall quality of life. Untreated, OCD symptoms persist over time and may escalate, increasing the risk of suicidal thoughts. Early diagnosis and effective treatment are crucial for minimizing the long-term impact of the disorder. Please join Dr. Perugula, PGY-1, as she offers information to help you understand the symptoms and signs of OCD and ways to help.

Where: ZOOM
When: Monday, June 3rd 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>

Healthy Sandwich

Ingredients

- 2 slices bread
- 1 tablespoon feta cheese crumbles
- 1 cup spinach leaves
- 1/2 cup roasted red pepper strips

Introductions

Sprinkle the feta crumbles onto one side and stack the spinach and roasted red peppers onto the bread. Serve it.



Special Announcement



May 6th Dr. Bayley
May 23rd Dr. Perugula
May 29th Dr. Kubosumi



MEET OUR NEW PSS

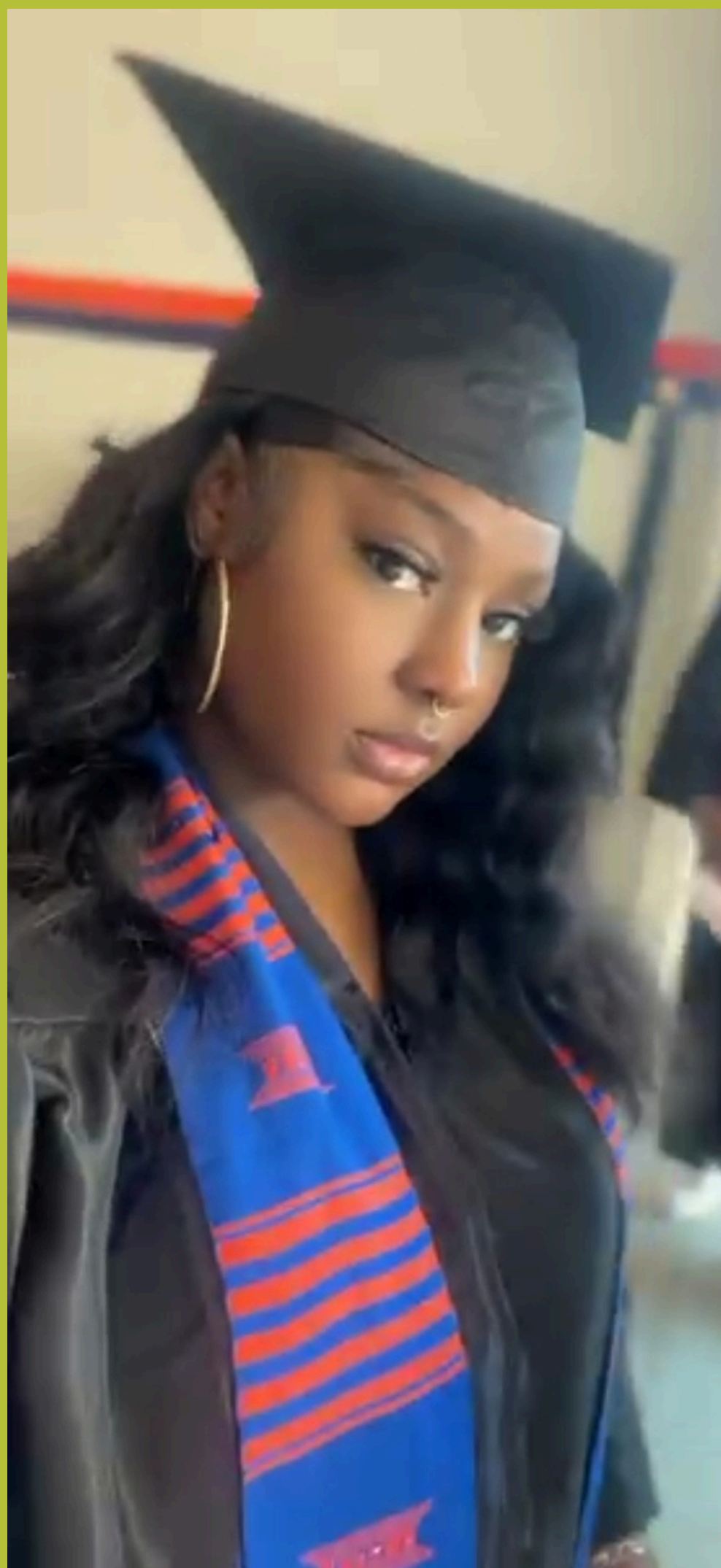


CHASE
INMAN

**WELCOME TO OUR
TTUHSC FAMILY!**

Special Announcement

HAPPY GRADUATION



Congratulations to Kiarie Lee, Tamisha's daughter, who graduated from Langston University with Bachelor's and Associate's degree in corrections!

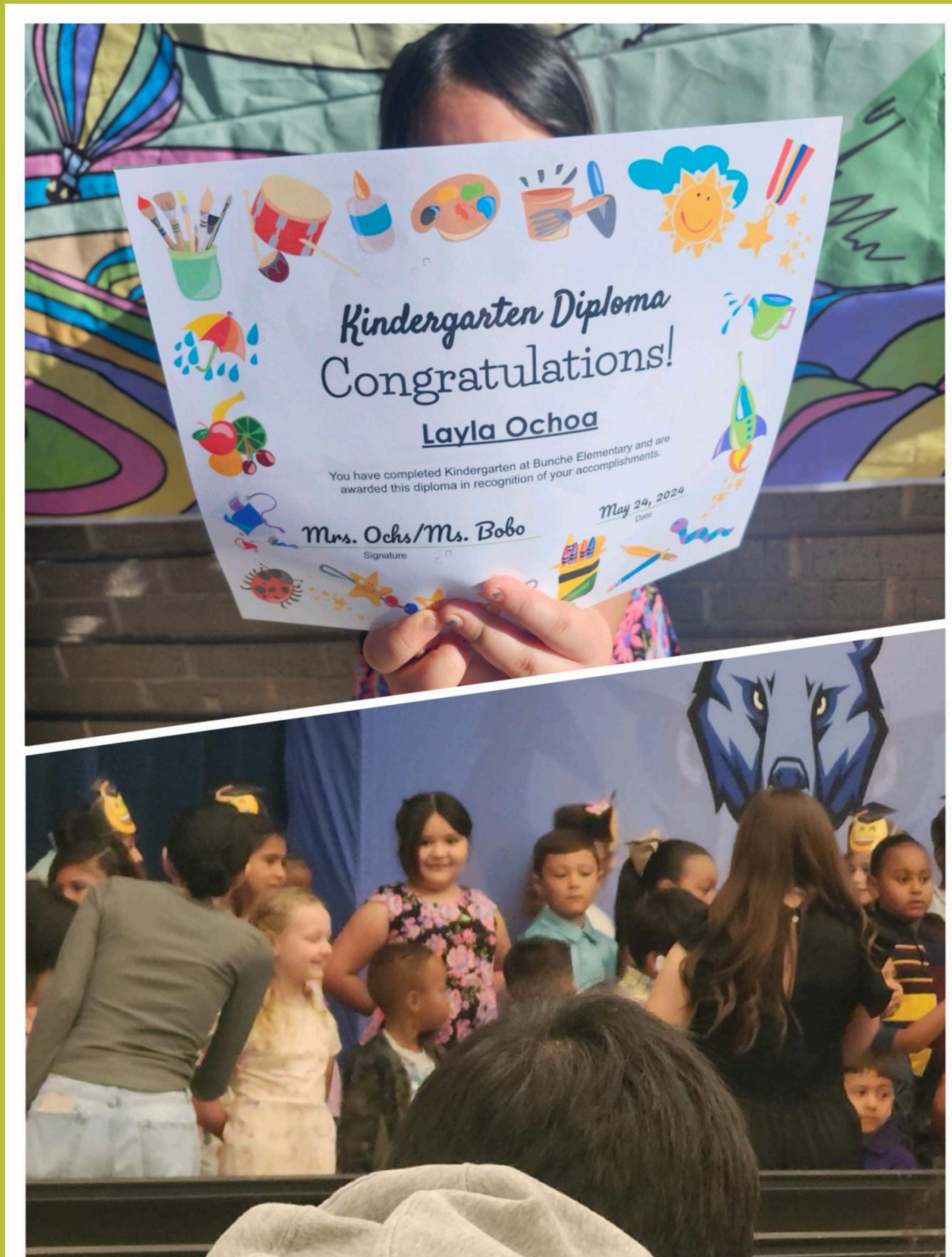
Special Announcement



Congratulations to Graci Chandler , Kim's daughter, who graduated from Early College High School in Midland College and received the PSP Scholarship from UTPB for her nursing program!

Special Announcement

kindergarten graduation



Congratulations to Layla Ochoa , Erica's daughter, who graduated from her kindergarten!

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




Chronic Illness Support Group

Have you been diagnosed or suffer from a chronic illness like Lupus, Arthritis, Fibromyalgia, Crohns Disease? Are you looking for a safe place to share experiences, learn from each other and grow your support system? Come join a support group where you can lean on each other for support.

THURSDAY EVENING
6 PM - 7 PM

IN PERSON GROUP
2301 W. MICHIGAN AVE
MIDLAND, TX 79703


For more information or to register please email:
pbpsychadmin@ttuhsc.edu



Now offering: Parenting Classes

In Person/Online Available
4 Weekly Sessions
(\$25/session)

For more information
Or to register:
pbpsychadmin@ttuhsc.edu



Feeling Stressed or Anxious?



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

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

Community Resource



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



<https://www.211.org/> 2-1-1

Texas Permian Basin Community Calendar



FYI Prescribers: - Town & Country Pharmacy in Odessa does liquid preparations of Clonidine (0.1mg/ml)

STAY TOGETHER REFERRAL FORM

Youth's name: _____

Age: _____ Date of birth: _____ Sex: Male / Female

Parent's name: _____

Physical address: _____

Mailing address: _____

City: _____ County: _____ Zip: _____

Phone # Home: _____ Work: _____ Cell: _____

ETHNIC GROUP: Am Indian/AK Native _____ Asian/Oriental _____ Black _____
Black/White/Hispanic _____ White/Hispanic _____ White _____
Other/Hispanic _____ Black/Hispanic _____ Other _____

PERSON MAKING REFERRAL: _____ Relationship to youth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone number: _____

REFERRAL SOURCE: Self (child) _____ 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

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

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

Trevor Project for LGBTQT 866-488-7386
 Text (START) 678-678

***Reflection Ministries** 432-247-1099

<https://www.reflectionministriestx.org/>

(Sex Trafficking)

National Human Trafficking Hotline 888-373-7888

Helpful Apps

Anxiety

Breathwrk

Calm

PTSD Coach

Insight Timer

SAM

Depression

Sanvello

Other Phone Apps (iTunes) (Google Play)

ASK & Prevent Suicide – Easy steps to preventing suicide

Breathe2Relax– Stress management tools and exercises

Self-help Anxiety Management – Helps people manage anxiety

Suicide Safer Home – Practical tips for parents and caregivers

Texas Veterans – Access local, state and national resources

Virtual Hope Box – Stores personal messages, information and pictures to promote mental wellness and crisis support

Community Resource

CENTERS FOR CHILDREN AND FAMILIES OFFERS FREE PARENTING CLASS

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

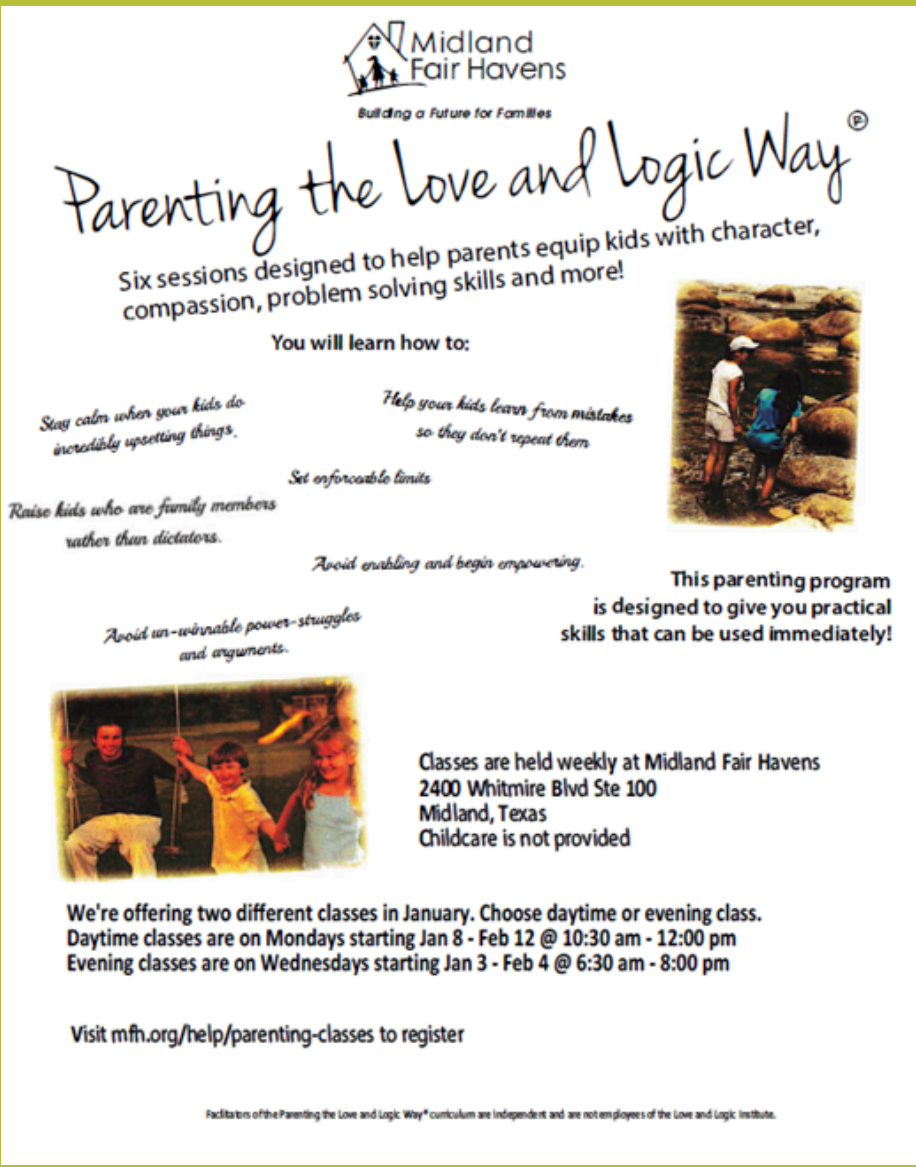
Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

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:



Appointment Request


Getting started is easy! Fill out our Getting Started form on our website to schedule a tour and consultation. There is no charge for this...

 Caprock Behavior



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

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



 **charlie health**

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

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



Charlie Health offers a virtual mental health & SUD intensive outpatient program

Charlie Health offers a virtual mental health & SUD intensive outpatient program for adolescents and young adults ages 11-33. We work with commercial insurances, Tricare, and all of the Medicaid plans outside of Molina and Superior. We do not have a waitlist for our trauma-informed IOP program and strive to have each referred client scheduled for intake in 24-48 hours from referral. Each client receives 9-12 hours of clinical support weekly with group, one-on-one, and family therapy. We have immediate availability and work as a discharge resource for folks coming from the ED, inpatient, and residential treatment as well as those stepping up in care from OP or community.

For more information regarding our efficacy and patient outcomes, please reference our [Outcomes study](#) or check out this easy read [Charlie Health Demonstrates Evidence-Based Approach to High-Acuity Mental Healthcare](#).

Anyone can place referrals here <https://outreach.charliehealth.com/regions/texas>



First 5 Permian Basin

ABOUT US

First 5 Permian Basin is a coalition of public health, education, and social service agencies working together to improve the lives of children ages 0-5 and their families.

By providing quality, evidence-based support, education, and family therapy services, we strive to help every child thrive.

WHAT WE DO

- Individualized home visits
- Child development & health screenings
- Connections to local resources
- Group Events
- Basic Needs Support

OUR PROGRAMS

- Home Instruction for Parents of Preschool Youngsters (HIPPY)
- Nurse-Family Partnership (NFP)
- Parents as Teachers (PAT)

 **First 5 Permian Basin** | 4801 E. University Ave. | MB 317B | Odessa, TX 79762 | 432-552-4025 | first5@utpb.edu

First 5 Permian Basin

First 5 is a collection of three free home visiting programs which serve families with children ages 0-5 (including first-time and pregnant caregivers): Home Instruction for Parents of Preschool Youngsters (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>