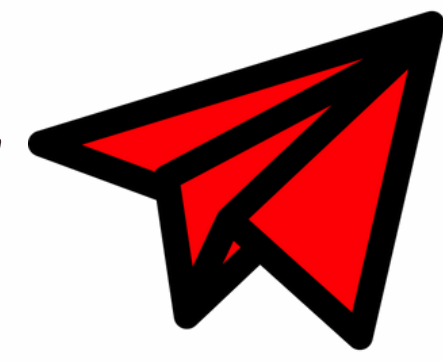


Mindful Messenger



Department of Psychiatry in the Permian Basin

Monthly Quote

May is a month of rebirth, of renewed vitality and energy.

Mental Health Awareness Dates



Month

Global Employee Health and Fitness Month

Better Sleep Month

National Trauma Awareness Month

National Nurses Month

National Mental Health Month

National Stroke Awareness Month

National Maternal Depression Month

Women's Health Month

Maternal Mental Health Month

Borderline Personality Disorder Awareness
Month

Week

Medical Fitness Week (May 4 - 11)

Children's Mental Health Awareness Week (May
4-10)

Screen Free Week (May 5-11)

National Nurses Week (May 6 - 12)

Maternal Mental Health Awareness Week (May 5-
11)

National Women's Health Week (May 11-17)

National Prevention Week (May 11-17)

Day

World Maternal Mental Health Day (May 7)

National Children's Mental Health Awareness
Day (May 8)

National Senior Health & Fitness Day (May 28)

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 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			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	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	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	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	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	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	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	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	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



Picture of May

Our resident chiefs, education team manager, and resident/fellow coordinator attended LEAD summit!



Department News



2025 SHARE WALK - Autisum Resource Fair

On April 26th, our residents, fellows and admin staff attended the 2025 Share Walk Autism Resource Fair at Midland County Horseshoe Arena. We provided mental health resources and free consultations for people coming by our table. Mental Health Matters!



Blue The Basin 2025 - Child Abuse Awareness Resource Fair

On April 24th, our admin staff attended Blue The Basin 2025 Child Abuse Awareness Resource Fair at the Southwest Museum in Midland. We provided mental health resources and information flyers of programs and groups to parents, caregivers, professionals, etc



Permina Basin Literacy Summit 2025

On April 29th, our staff attended the Permian Basin Literacy Summit 2025 at the Midland County Horseshoe Arena. The conference, titled “Literacy for Growth,” featured 12 sessions including healthcare, education, school and family, etc.

Clinical Operation/Updates

QR CODE FOR OUR CLINIC WEBSITE

If you want to know more about our services, get paperwork online or give some suggestions to enhance your clinic experience, please scan our QR code which will link you to our website.



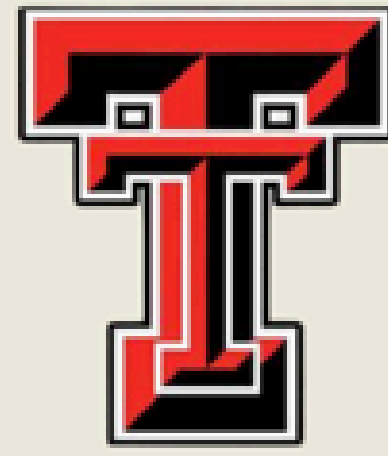
DUO VERIFICATION FOR CERNER USER

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

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



Texas Tech University
Health Sciences Center

School of Medicine

PSYCHIATRY GRADUATION CEREMONY



Midland College

Carrasco Room

June 3, 2025 | 5:00PM

3600 N Garfield Street Midland, Tx 79705

Cohort of 2025

RESIDENT/FELLOW UPDATES

Residents and fellows serve for our community!
Thank you all for what you are doing!



RESIDENT/FELLOW UPDATES

Our residents and fellows attended
Annual Permian Basin Research Day!



RESIDENT/FELLOW UPDATES

Congratulations Dr. Shayeb, Dr. Husain and Dr. Saad!
We are so proud of your achievements!



The International Society for Sports Psychiatry
grants this
Certificate of Additional Training in Sports Psychiatry
to

Karrar Husain, M.D.

for satisfactory completion of the requirements of the International Society
for Sports Psychiatry curriculum in sports psychiatry

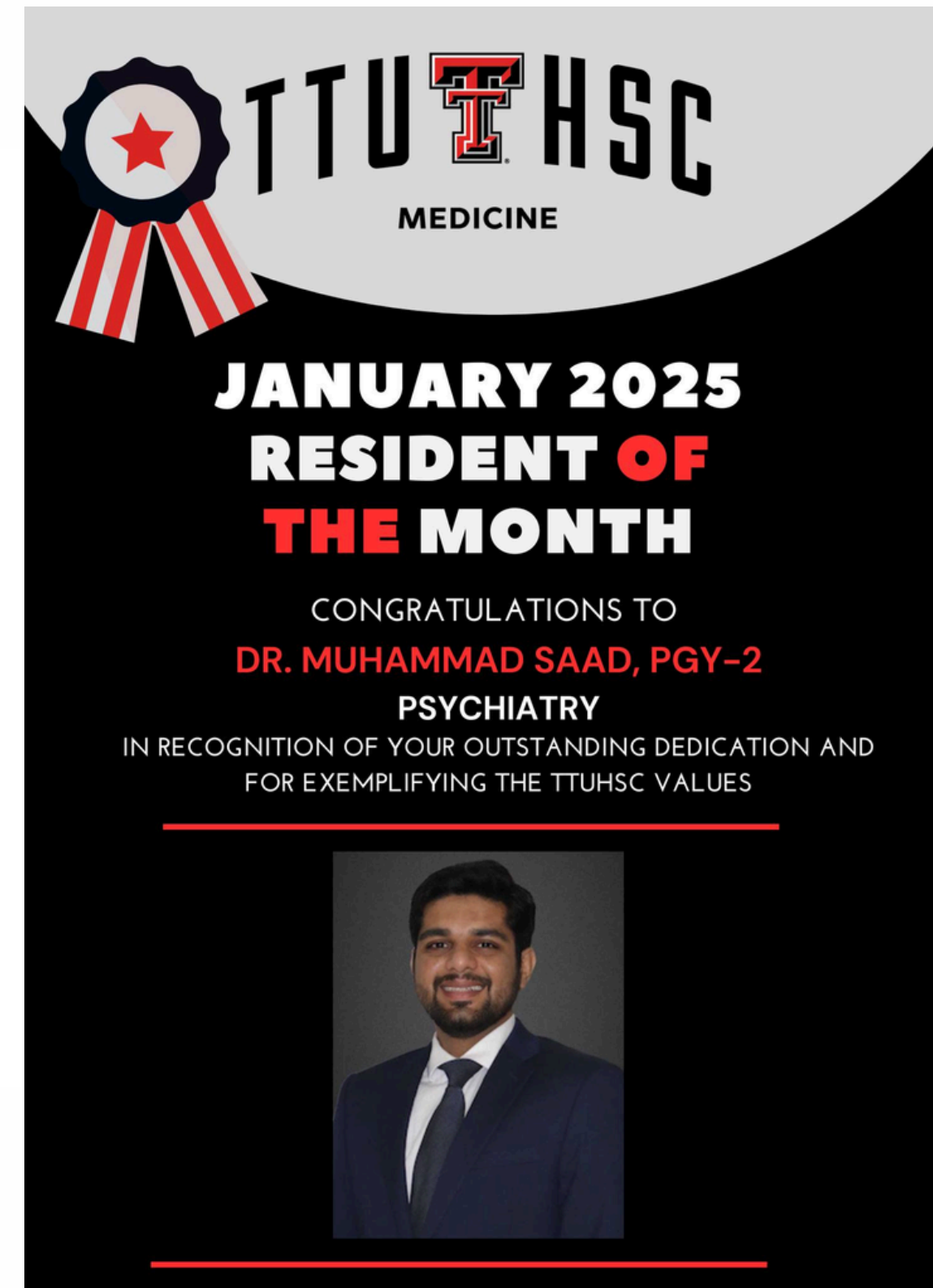
Dated this 4th day of April 2025

Todd Stull MD

Todd Stull, M.D.
ISSP Board of Directors

Claudia L. Reardon M.D.

Claudia L. Reardon, M.D.
ISSP Education Committee Chair



34TH Annual Permian Basin RESEARCH DAY Poster Presentation Winners

Case Report Category

- 1st Place:** George Mba, Family Medicine, PGY1, Cardiovascular Risk of Testosterone Therapy – TRT
2nd Place: Hanieh Sadat Tabatabaei Yeganeh, Internal Medicine, PGY2, Non-Seminomatous Germ Cell Tumor with Metastasis Encasing the Central Vasculature. A Case Report.
3rd Place: Crissie Gale, Obstetrics and Gynecology, PGY3, Interstitial Ectopic Pregnancy: A Case Report

Clinical Research Category

- 1st Place:** Miriam Shayeb, Psychiatry, PGY2, The Association of Psychiatric Illness and Perinatal Complications: A Population-Based Cohort Study and Literature Review
2nd Place (tied): Chun Ho Szeto, Internal Medicine, PGY2, Prevalence and Outcomes of Clostridium Difficile Infection in Hospitalized Idiopathic Pulmonary Fibrosis Patients: A Population-based Cohort Study
2nd Place (tied): Andrew Kiracofe, Pharmacy, PGY2, Evaluation of the Optimal Post Intubation Sedation Strategy in the Emergency Department
3rd Place: Michelle K Nguyen, School of Medicine, MS3, Bacterial Pneumonia Mortality in the U.S.-Mexico Border Region

Quality Improvement Category

- 1st Place:** Albert Nguyen, Pharmacy, PGY1, Assessing the Impact of New Piperacillin-Tazobactam Dosing Protocol on Medication Errors
2nd Place: Jeanette Karen B Cala, Family Medicine, PGY3: Nurturing Excellence: Implementing Effective Mentorship in a Family Medicine Residency Program
3rd Place: Keren Guiab, Family Medicine, PGY3: Clean Hands, Clear Communication: A Quality Improvement Project on Patient Satisfaction

RESIDENT/FELLOW UPDATES



April Duty Roster PGY – 1

Dr. Silvi - OCEANS - M

Dr. Evans - IM

Dr. Junell - NEURO GURRU

Dr. Nair - BSSH

April Duty Roster PGY – 2

Dr. Saad – OP

Dr. Shayeb – CL

Dr. Mian – VA

Dr. Pham – OCEANS - A

Dr. Vodala – NEURO KADIR

Dr. Karmegam – CL

Dr. Perugula – OP

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

OUT PT

Dr. Ashraf - OCEANS - M

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.



Special Announcement



Happy
Birthday

May 6th Dr. Bayley

May 23rd Dr. Perugula

May 29th Dr. Kubosumi

Special Announcement

Levi Harry, Carol's grandson, was thrilled to play Kurt in *The Sound of Music* at Midland Christian School Theatre. Levi made his stage debut in the Permian Basin Christmas Celebration signing a solo to Jesus in the Nativity. He's proud Scout who recently earned his Arrow of Light, the highest honor in Cub Scouts before moving up to a Scout Troop.



Community Education



Topic: Colors of the Rainbow: Mental Health in LGBTQ+ Community

Did you know the number of adults who identify as LGBTQ+ is increasing annually in the US? The LGBTQ+ community is also a population of individuals who continue to face significant stigma and discrimination in our society. This puts LGBTQ+ individuals at increased risk for the development of mental health disorders. Please join **Dr. Pham, PGY-2**, as he discusses mental health disparities in the LGBTQ+ population, what drives these disparities, and what we can do to help mitigate negative outcomes.

Where: ZOOM

When: Monday, May 19th 12pm – 1pm (CST)

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

Meeting ID: 335-688-2490



<i>Neurodevelopmental Disorder and Bipolar Disorder</i>		
5/6	Autism Spectrum Disorder	Dr. Sarker
5/13	Attention-Deficit/Hyperactivity Disorder (ADHD)	Dr. Yadav
5/20	Bipolar I Disorder	Dr. Karmegam
5/27	Bipolar II Disorder	Dr. Junell
<i>June: Trauma- and Stressor-Related Disorders</i>	<i>Suggested Topic</i>	<i>Speaker</i>
6/17	Posttrauma Stress Disorder (PTSD)	Dr. Mian
6/24	Acute Stress Disorder	Dr. Vodala

Healthy Menu

Pineapple Coconut Green Smoothie



With the hot weather upon us, it's the perfect time to enjoy a cold and refreshing smoothie. This green pineapple coconut water smoothie is made with only a few simple ingredients and is delicious and healthy.

Equipment

- blender
- Measuring Equipment

Ingredients

- 1 cup pineapple chunks (fresh, frozen or canned)
- 1 small orange (peeled)
- 1/2 cup spinach
- 1 Tbsp cashews
- 2 Tbsp shredded coconut
- 1 cup coconut water

Instructions

- Add all ingredients to blender.
- Blend on high speed until smooth.
- Enjoy!

Notes

Enjoy as is or add your favorite toppings. I like to top ours with shredded coconut, cashews and a bit of fresh fruit. Sometimes I sprinkle matcha or tumeric on top as well. Enjoy!

Community Resource

NEW SUPPORT GROUPS AND CLASS

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

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

MOMS MATTER: POST PARTUM SUPPORT GROUP

Are you a new mom? Are you looking for a safe place to share your experiences, learn from others and feel supported through your motherhood journey? Come join a group where you can lean on others as you navigate this life change.

Let us hold you while you hold your little one.

Tuesdays | 10am-11am
Virtual Zoom Meeting
8-week group
Starting May 9th

For more information or to register:
Pbpsychadmin@ttuhsc.edu

Texas Tech Physicians.
PSYCHIATRY

Chronic Illness Support Group

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

THURSDAY EVENING
6PM-7PM

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

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

Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

Now offering: Parenting Classes

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

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

Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

STAY TOGETHER PROGRAM

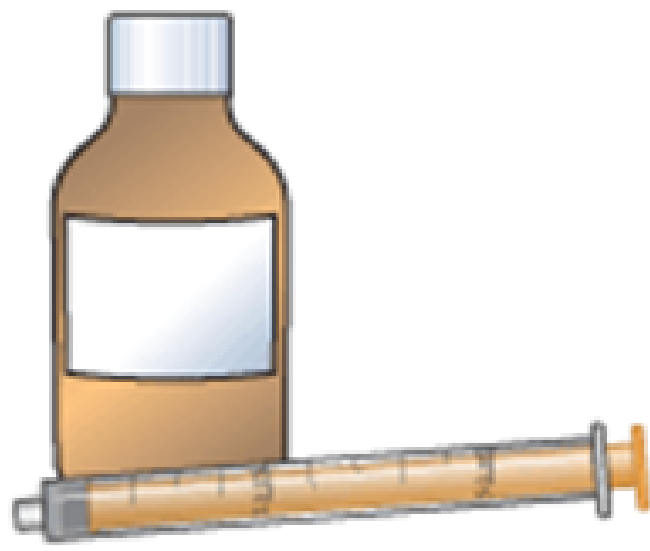
The program is a 90 day program, with meetings currently done over zoom/phone (due to COVID). The Family Support Specialists meet with the families on either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes. The program is also divided by age group with separate curriculums for ages 0-7 and ages 7-17.

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

For more information:

<https://www.highsky.org/all-programs/stay-together/>





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

Mental Health First Aid

May 19th, 2025

From 9:00 am - 5:30 pm

The training will be at the Family Resilience Center
4682 E University Blvd, suite D, Odessa TX 79762



Registration deadline: 05/15/2025.

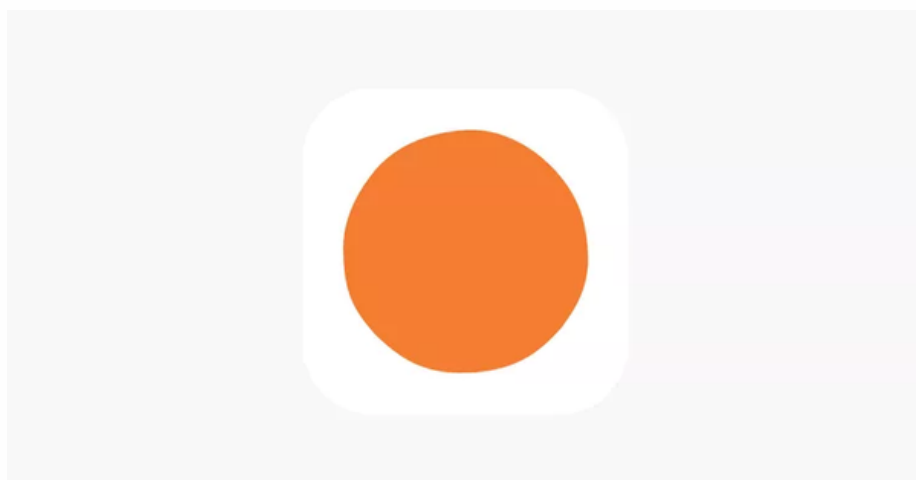
To register, please click on this link.

<https://www.signupgenius.com/go/10COA4BAEA62AA2F4C43-53200138-mental#/>



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

Texas Permian Basin Community Calendar



Headspace is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise.

<https://www.headspace.com/>



Midland Mental Health Resources

<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

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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23	24	25	26	27	28	

March 2025

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April 2025

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27	28	29	30			

May 2025

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23	24	25	26	27	28	29
30	31					

June 2025

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29	30					

JULY

August 2025

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23	24	25	26	27	28	29
30	31					

SEPTEMBER

October 2025-

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

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 CAREGIVER CONFERENCE

Saturday
June 7, 2025
 9:00 a.m. - 5:00 p.m. CST



Click the link to register for free
<https://www.communityresourcefinder.org/ResourceView/Index?id=3572383&profileDefinitionId=93>

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>