

Department Newsletter

Monthly Quote: Welcome the day with open arms and a heart willing to love and laugh.

Mental Health Awareness Dates

Month
Adoption Awareness Month
National Career Development Month

Movember

Week
International Stress Awareness Week (Nov.1-Nov. 2)
Anti-Bullying Awareness Week (Nov. 11-15)
Hunger and Homelessness Awareness Week (Nov. 17-23)

Day
International Stress Awareness Day (Nov. 1)
World Kindness Day (Nov. 13)
International Day for Tolerance (Nov. 16)
National Parental Involvement Day (Nov. 21)
World Adoption Day (Nov. 9)
International Survivors of Suicide Day (Nov. 17)
National Adoption Day (Nov. 23)
Transgender Day Of Remembrance (Nov. 20)
National Family Health History Day (Nov. 28)



Personal Development

- If you have dreams, goals, or aspirations, you need to grow to achieve them. There are 8 misconceptions about growth that may be holding you back from being as intentional as you need to be.
- The Assumption Gap- “I assume that I will automatically grow”- The problem is that we don’t improve by simply living, we have to be intentional about it. No one improves by accident. Personal growth doesn’t just happen on its own. If you want your life to improve, you must improve yourself.
- The Knowledge Gap- “I Don’t know how to grow”- It is much better to plan your growth intentionally. You decide where you need or want to grow, you choose what you will learn, and you follow through with discipline going at the pace you set.
- The Timing Gap- “It’s not the right time to begin” – The reality is that you will never get much done unless you go ahead and do it before you are ready. If you’re not already intentionally growing, you need to get started today. If you don’t, you may reach some goals, which you can celebrate, but you will eventually plateau. Once you start growing intentionally, you can keep growing and keep asking “What’s next?”
- The Mistake Gap- “I’m afraid of making mistakes”- Growing can be a messy business. It means admitting you don’t have the answers. It requires making mistakes. It can make you look foolish. Most people don’t enjoy that, but that is the price of admission if you want to improve. If you want to grow you need to get over any fear you may have of making mistakes. To become intentional about growing, expect to make mistakes every day, and welcome them as a sign that you are moving in the right direction.
- The Perfection Gap- “I have to find the best way before I start”- The desire to find the “best” way to get started in a growth plan. You have to get started if you want to find the best way. It’s similar to driving on an unfamiliar road at night. You’d like to be able to see your whole route before you begin. But you see it progressively. As you move forward, a little more of the road is revealed to you. If you want to see more of the way, then get moving.
- The Inspiration Gap- “I don’t feel like doing it” – Just do it! Motivation is not going to strike you like lightning. And motivation is not something that someone else can bestow or force on you. Motivation is like love and happiness. It’s a by-product. When you are actively engaged in doing something, it sneaks up and zaps you when you least expect it. So act! Whatever it is you know you should do, do it. Make a commitment to yourself to start and stick with it.
- The Comparison Gap- “Others are better than I am” – You have to learn to become comfortable with being out of your comfort zone. It is a difficult transition, but it is well worth it. Do not be intimidated by others who are further along than you. You can only learn if others are ahead of you.
- The Expectation Gap- “I thought it would be easier”- Growth does not come quickly and getting to the top is not easy. It just doesn’t happen. It all starts with preparation, and that takes time. If you want to reach your goals and fulfill your potential, become intentional about personal growth. It will change your life.

New Ways November

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

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

New Ways November 2024

MONDAY



4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

TUESDAY



5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show

WEDNESDAY

6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

THURSDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

FRIDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

SATURDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

SUNDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

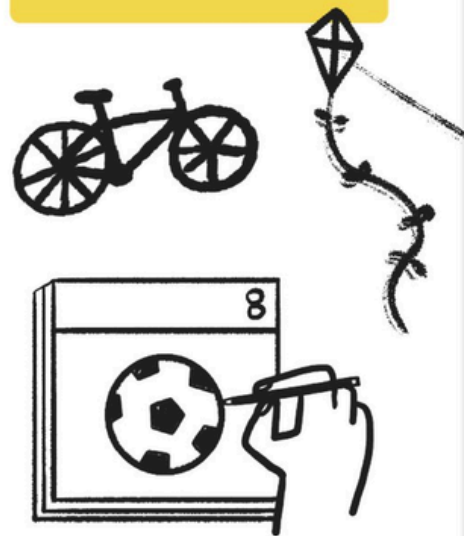
17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently



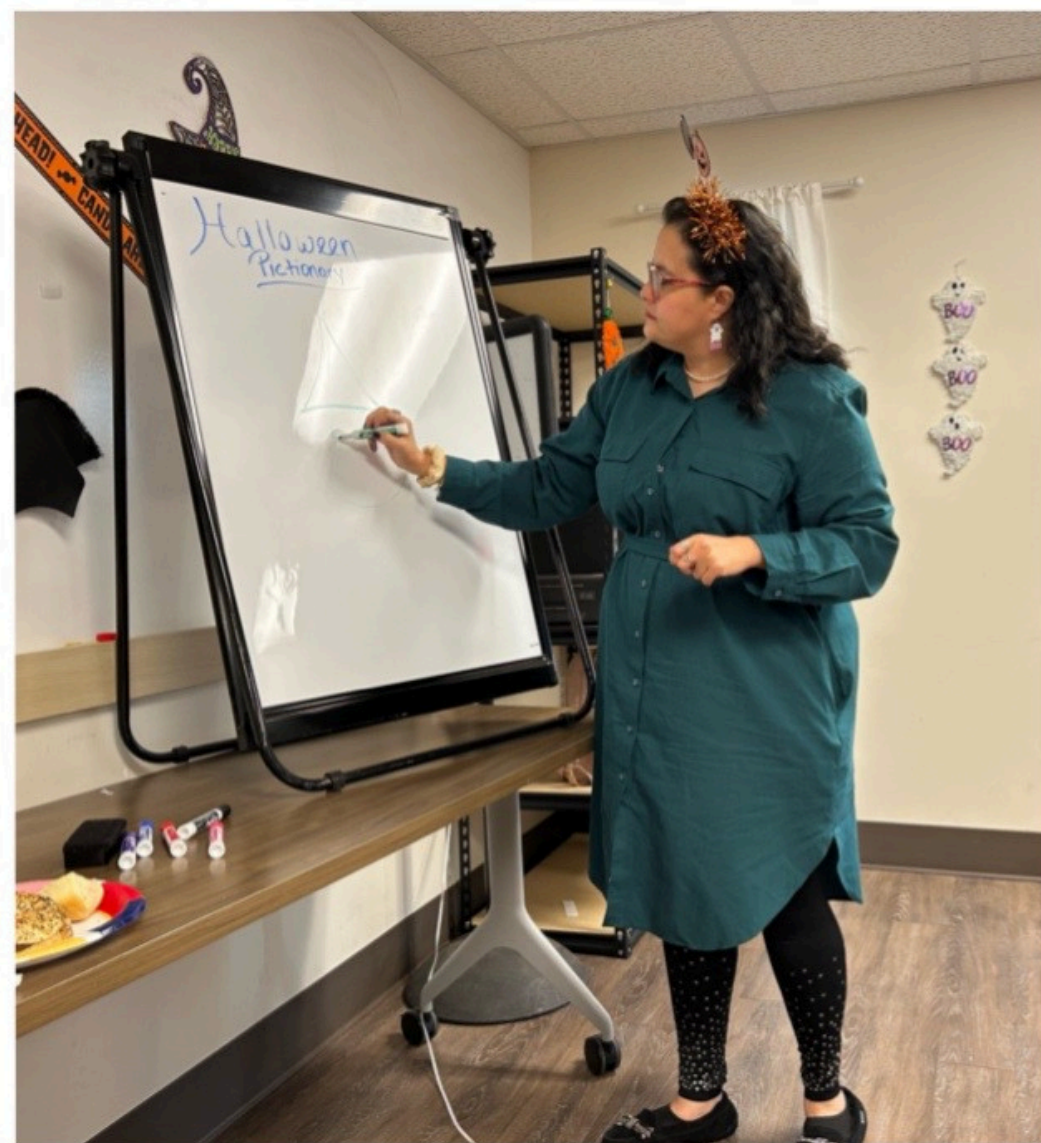
ACTION FOR HAPPINESS

Happier · Kinder · Together



Picture of November

Holiday Season Coming!



Department News



Welcome

Dr. Rajendra Badgaiyan

Department of Psychiatry Chair

I am Professor and Chairman of the Psychiatry Department. After completing residency training at Harvard Medical School, I joined the faculty of Harvard and other academic-centers. I also served as the Chief of Psychiatry at the San Antonio VA Medical Center. I have both clinical and research interests in mental health. While researching to find cure for mental illnesses, I developed a unique brain imaging technique that helps us understand why some people suffer from mental illnesses. I have published over 300 research papers and currently edit several international journals. I have also published a popular book on the Neuroscience of Nonconscious Mind. In the clinic I make sure that treatment of mental illnesses are individualized and the person with the illness remains the focus of treatment.



Welcome

Dr. Gail Johnson

ASSISTANT PROFESSOR

Department News



International Thanksgiving Potluck

We held the international Thanksgiving Potluck on November 12th in the Michigan Clinic for all residents, fellows, faculties and staff.
Happy Thanksgiving to all!



Our Clinic attended Permian Basin Mental Health Conference on November 15th at First Baptist Church.

Mental Health Matters!

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.



Starting August 26th the clinic is saying goodbye to IDX and will be using Cerner CPM.

Please bear with us as we make this transition and be patient with us during this time. The new scheduling software will hopefully minimize scheduling errors and missed revenue opportunities for the department by streamlining Insurance eligibility and benefits.



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

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 (64-bit)	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

Updated Journal club schedule for November 2024



11/4/2024-Monday-Dr. Perugula
11/6/2024- Wednesday-Dr. Husain, Case discussion
11/7/2024-Thursday-Dr. Mian

11/11/2024-Monday-Dr. Kubosumi
11/13/2024-Wednesday-Dr. Sarker, Case discussion
11/14/2024-Thursday-Dr. Mian

11/18/2024-Monday-Dr. Karmegam
11/20/2024-Wednesday-Dr. Ashraf, Case Discussion
11/21/2024-Thursday-Dr. Sarker

11/25/2024-Monday-Dr. Dr. Aljumaili
11/27/2024-Wednesday- Dr. Adnan, Case discussion
11/28/2024-Thursday- Dr. Perugula



November Duty Roster PGY – 1
Dr. Silvi - PEDS
Dr. Evans - BSSH
Dr. Junell - OCEANS-M
Dr. Nair - NEURO-GURRU

November Duty Roster PGY – 2
Dr. Saad – OCEANS-A
Dr. Shayeb – NEURO-KADIR
Dr. Mian – CL
Dr. Pham – OCEANS-M
Dr. Vodala – OCEANS-A
Dr. Karmegam – CL
Dr. Perugula – OP

November Duty Roster PGY – 3/PGY – 4/Fellow
OUT PT
Dr. Yadav - Oceans-M



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.

RESIDENT/FELLOW UPDATES



**Dr. Ashraf won the first
drawing for CME Resident
Presenters Giveaway!
We are so proud of you!**

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: Love What You Do: How to Manage Burnout and Compassion Fatigue



We care about our family members, close friends, our clients, our students, and many others in our lives. We experience their accomplishments and excitement as well as their struggles and despair. Because we care about others and want to do all that we can in their best interests, this relationship can often contribute to our own emotional distress, including burnout and compassion fatigue. Please join Dr. Saad, PGY-2 on December 6th as we will discuss how to recognize if you are experiencing burnout and how to manage burnout and compassion fatigue.

Where: ZOOM
When: Friday, December 6th 12pm – 1pm (CST)
Zoom Link: <https://ttuhsc.zoom.us/j/3356882490>
Meeting ID: 335-688-2490



August:	Suggested Topic
8/6	Panic Attack
8/13	Social Anxiety
8/20	Back to School Anxiety
8/27	OCD Awareness
September:	Suggested Topic
9/3	Alcohol and Drug Addiction
9/10	Suicide Prevention
9/17	Alzheimer Awareness
9/24	Sleep-Wake Disorders
October:	Suggested Topic
10/1	Grief
10/8	ADHD Awareness
10/15	Depressive Disorders
10/22	Anger Management
10/29	Seasonal Affective Disorder
November	Suggested Topic
11/5	Eating Disorder
11/12	Emotional Wellness for Holiday
December	Suggested Topic
12/3	Holiday Depression and Anxiety
12/10	Family Stress during Holidays (stress-free family holiday month topic)

Healthy Menu



Butternut Squash Quinoa

Butternut Squash Quinoa Salad recipe - A reader favorite and one of the most popular Thanksgiving recipes on the blog. Made with roasted butternut squash, quinoa, dried cranberries, and walnuts this easy quinoa salad recipe comes together quickly.

Directions

Instructions

- Preheat the oven to 425 F Degrees. Line a sheet pan with parchment paper.
- Place the squash and red onion in the baking sheet. Drizzle it with oil and sprinkle it with salt and pepper. Give it a toss.
- Roast in the oven for 25-30 minutes or until a knife inserted in a cube of butternut squash comes in and out easily. Set aside to cool.
- To Make the vinaigrette: Whisk together oil, balsamic vinegar, dijon mustard, maple syrup, garlic, and salt and pepper.
- To assemble: Place baby spinach, quinoa, and roasted vegetables in a large salad bowl. Drizzle it with the salad dressing. Give it a gentle toss.
- Top it off with the cranberries, pomegranate arils (if using), and walnuts. Toss and serve.

Ingredients

- 2 pounds Butternut Squash (peeled and cut into 1-inch cubes)
- 1 Large Red Onion (peeled and cut into chunks)
- 2 tablespoons Vegetable Oil
- 1 ½ teaspoons Salt
- ½ teaspoon Black Pepper (ground)
- ¼ cup Extra Virgin Olive Oil
- 4 tablespoons Balsamic Vinegar
- 1 tablespoon Dijon Mustard
- 2 tablespoons Maple Syrup
- 1 clove Garlic (minced)
- 1 teaspoon Kosher Salt
- ¼ teaspoon Black Pepper
- 2 cups Baby Spinach (rinsed and spin dried)
- 3 cups Quinoa (cooked)
- 1 cup Dried Cranberries (roughly chopped)
- add handful Pomegranate Arils (optional)
- 1 cup Walnuts (roughly chopped)

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
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 _____ All School/GED _____
Graduated HS _____ School not in session _____ Completed GED _____ under School age _____

Of children in the home: _____ Primary language: _____

Where is youth Living? Biological or adoptive parents _____ Legal guardian _____
Relative's home _____ Unstructured sub care (friends, etc.) _____
Psychiatric hospital _____ Structured sub care _____
Secure facility detention center _____ Street _____
No stable living environ _____ Living independently _____
Transferred from another shelter _____

Comments: _____

Please Fax Attention: Hilda Galindo Fax# 432-699-0404 or email: hildag@highsky.org

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 / Sep 20

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 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.

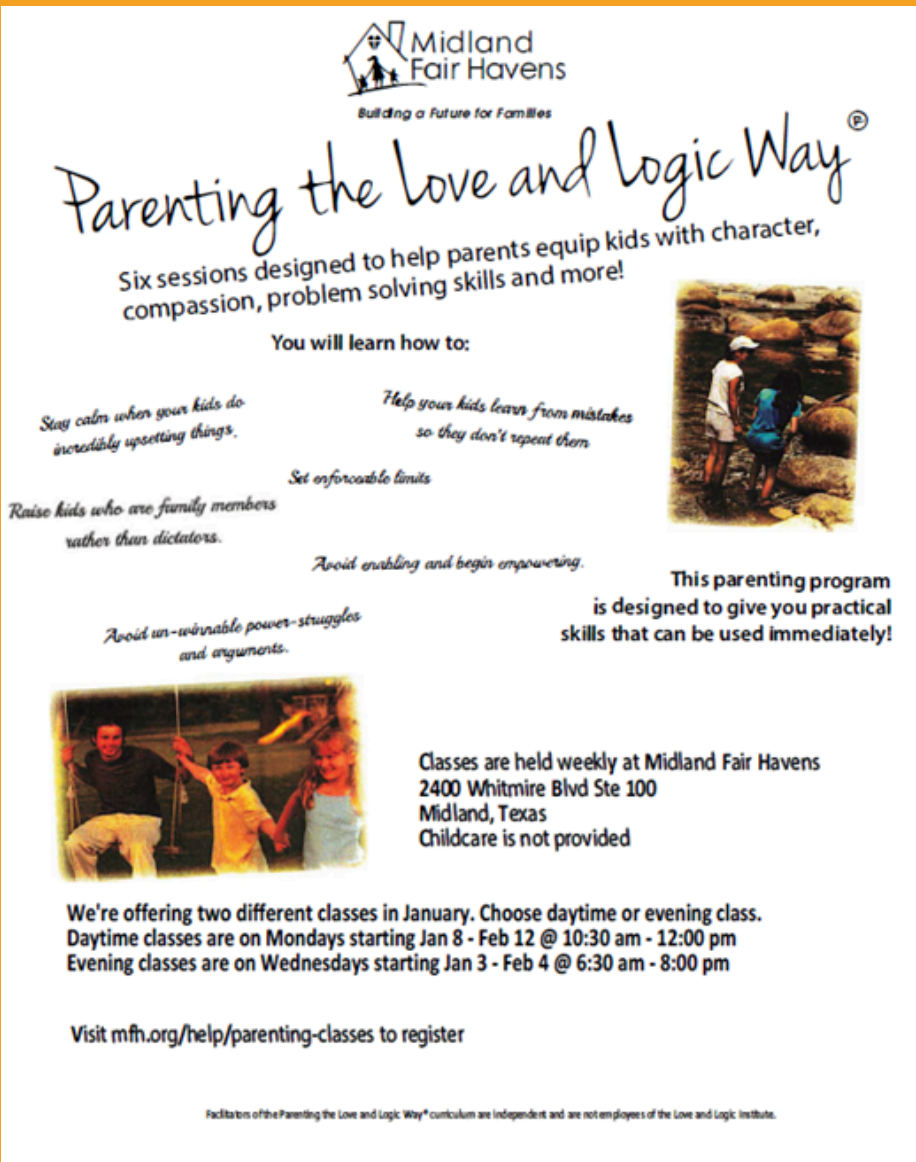
What will I be learning?

- 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

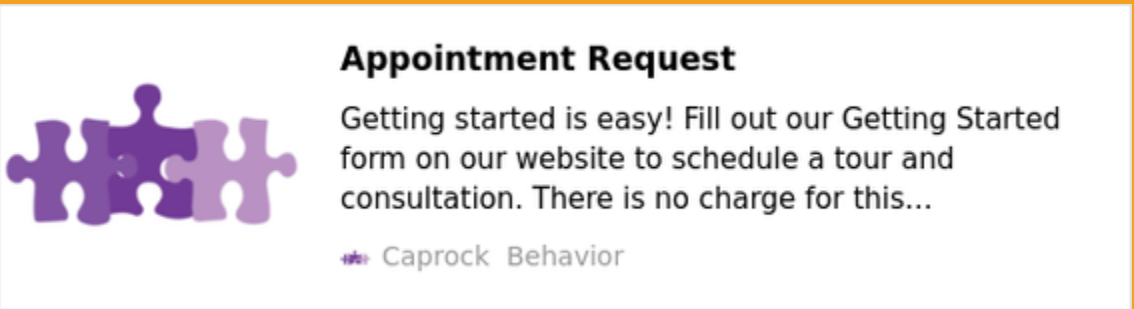
Autism.Pearce@gmail.com

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

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>