

# Department Newsletter

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

## Mental Health Awareness Dates

### Month

National Recovery Month  
National Suicide Prevention Month  
Self Care Awareness Month  
Mullets for Mental Health Month  
Pain Awareness Month

### Week

National Suicide Prevention Week (Sep. 8-14)

### Day

Every Woman Day (Sep. 22)  
World Suicide Prevention Day (Sep. 10)  
R U OK? Day (Sep. 12)  
National Sober Day (Sep. 14)  
National Women's Health and Fitness Day (Sep.25)



## Personal Development



Personal development can be divided into five categories: mental, social, spiritual, emotional, and physical:

1. Mental – Mental development involves exercising the brain and staying mentally fit through activities such as coaching, learning opportunities, and career growth. Mental fitness also requires rest, which contributes to increased resiliency, innovation, and self-awareness.
2. Social – Social development involves building relationships, learning communication skills, problem-solving, relationship-building, and receiving and giving feedback.
3. Spiritual – Spiritual development involves a deeper understanding of oneself and the world around us. It helps to uncover values and bring greater awareness to self and change.
4. Emotional – Emotional development is closely tied to emotional intelligence and involves understanding feelings, thoughts, and actions. Emotional development can be fostered through experiences and reflection on personal growth.
5. Physical – Physical development focuses on nourishing physical health through nutrition, sleep, exercise, and movement. A healthy body supports a healthy mind and emotional well-being.





# Self-Care September

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

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

Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are	<div><div></div><div></div><div></div><div></div><div></div></div>				

ACTION FOR HAPPINESS

Happier · Kinder · Together



# Picture of September

Happy Faces! Happy September!





## Department News



### Flu Shot

Please come to Michigan Classroom on October 15th 11:30am-1pm to get your flu shot this year.



Our Clinic attended Children Health Fair at Bush Family Home on September 14th. 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

°F Mostly cloudy

8:55 AM 3/2/2022

1

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 (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 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 September 2024



- 9/4/2024 Wednesday----Dr. Sarker+case discussion
- 9/5/2024 Thursday----Dr.Dr. Kubosumi
- 9/9/2024 Monday----Dr. Hussain
- 9/11/2024 Wednesday---Dr. Ashraf + case discussion
- 9/12/2024 Thursday---Dr. Adnan
- 9/16/2024 Monday----Dr. Kodi
- 9/18/2024 Wednesday----Dr. Perugula +Case discussion
- 9/19/2024 Thursday----Dr. Shayeb
- 9/23/2024 Monday----Dr. Mian
- 9/25/2024 WSednesday----Dr. Sarker+ Case discussion
- 9/26/2024 Thursday----Dr. Aljumaili
- 9/30/2024 Monday----Dr. Mian



### September Duty Roster PGY – 1

- Dr. Silvi - BSSH
- Dr. Evans - Oceans-M
- Dr. Junell - FM FHQC
- Dr. Nair - IM

### September Duty Roster PGY – 2

- Dr. Saad – Neuro-Kadir
- Dr. Shayeb – CL
- Dr. Mian – OP
- Dr. Pham – Ocean-A
- Dr. Vodala – Neuro-Gurru
- Dr. Karmegam – Oceans-M
- Dr. Perugula – CL

### September 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 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

Abstracts accepted:

AAAP: 2 abstracts

“Ibogaine: This Centuries-Old Psychoplastogen is Coming to the Limelight for Its benefits, but What Do We Know About Its safety?”

“Fentanyl-Laced Marijuana Use in Adolescents - A Rising Concern Nationwide!” (Texas Tech Project)

AACAP: 2 Abstracts:

Unlocking Relief: Managing Stereotypic Movements to Ease Stress for ASD Patients and Caregivers (Texas Tech Project)

Impact of Social Media and Pro-Eating Disorder Websites on Adolescents

Pediatric Grand rounds:

Non-suicidal Self-injury in Child and Adolescent Population---presented by Sahar Ashraf on 8/23/24 (Texas Tech Project)

Papers submitted:

Trends and Disparities in Mood Affective Disorders Related Mortality in the United States: An Analysis of CDC WONDER Database, 1999-2020 (Texas Tech Project)

DEMOGRAPHIC & REGIONAL TRENDS OF BIPOLAR DISEASE RELATED MORTALITY IN YOUNG ADULTS IN US, 1999-2020: CDC WONDER Database Survey Analysis (Texas Tech Project)

Accepted manuscripts:

Non-Opioid Psychiatric Medications for Chronic Pain: Systemic Review and Meta-Analysis  
Co-Author: Sahar Ashraf

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: Suicide Prevention for Children and Adolescents**



September is Suicide Prevention Awareness Month. This year we want to focus on suicide in Children and Adolescents. The death of a youth is most parents’ worst nightmare, one made even worse when it is self-inflicted. This very tragedy has become increasingly common among young people in recent years. And adults – parents, teachers, clinicians and politicians – should be asking why and what they can do to prevent it. Please join Dr. Adnan, PGY-3 as she will discuss how to prevent youth suicide.

**Where:** ZOOM  
**When:** Friday, September 27th 12pm – 1pm

**Zoom Link:** <https://ttuhsc.zoom.us/j/3356882490>  
**Meeting ID:** 335-688-2490



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



# Healthy Menu

## *Bell pepper egg cups*



Requiring just three main ingredients—bell peppers, eggs and shredded cheese—these portable baked eggs are simple to assemble and perfect for meal prep.

### Ingredients

- 4 medium bell peppers, any color
- $\frac{1}{4}$  teaspoon salt, divided
- $\frac{1}{4}$  teaspoon ground pepper, divided
- 8 large eggs
- $\frac{1}{4}$  cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish (optional)

### Directions

Step 1 Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.

Step 2 Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with  $\frac{1}{8}$  teaspoon each salt and pepper.

Step 3 Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining  $\frac{1}{4}$  teaspoon each salt and pepper, then top each with  $\frac{1}{2}$  tablespoon cheese.

Step 4 Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.





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

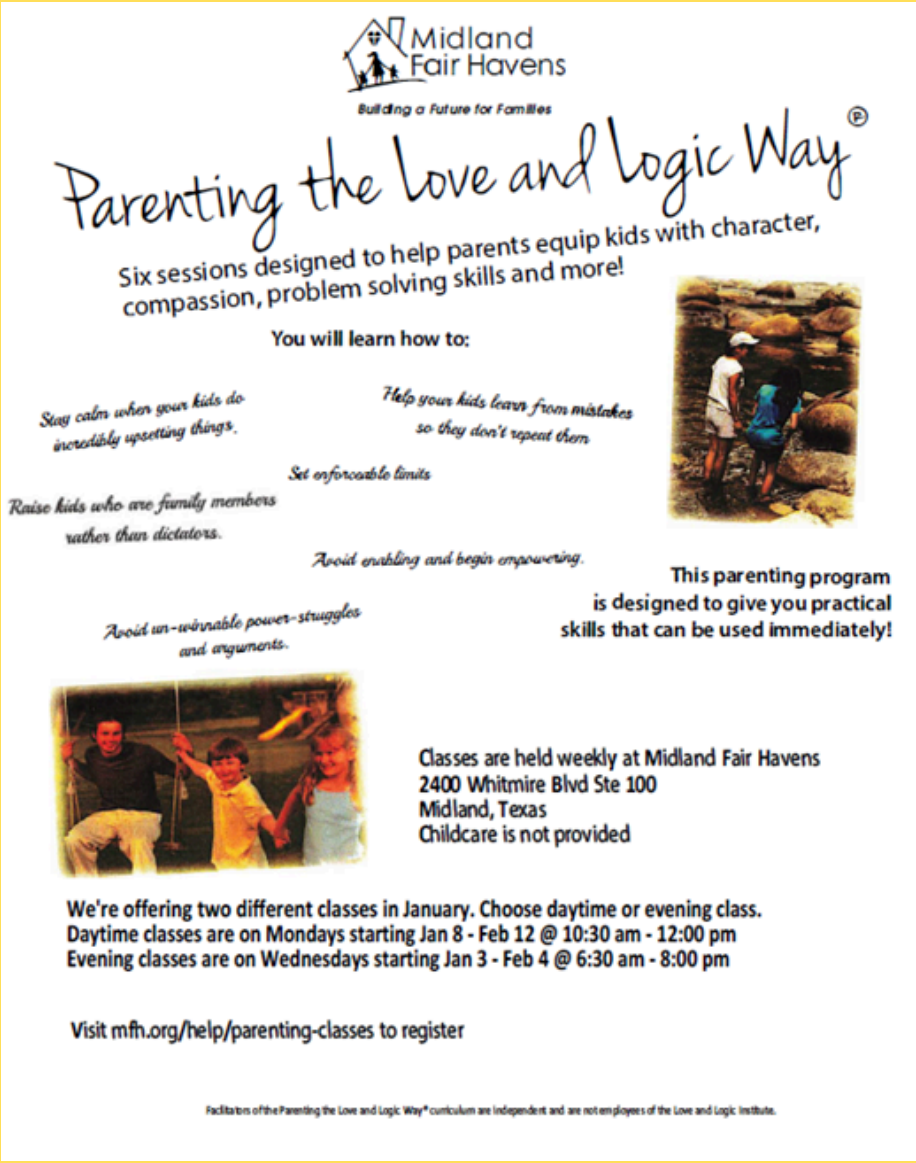
## What will I be learning?

- 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**

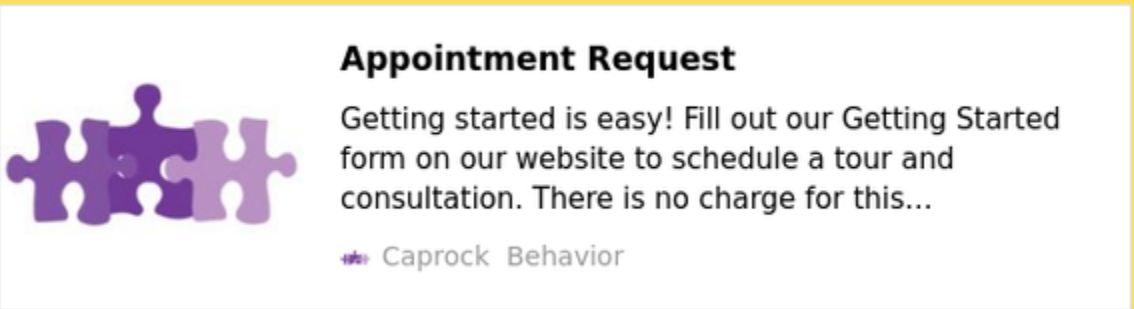


# Community Resource



## 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>