



LBK Community Newsletter

“Alone we can do so little; together we can do so much”~ Helen Keller

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Who Are We? And Where Are We Going?: LBK Community's Mission And Vision Explained

Greetings, LBK Community Partners and Friends!
 Welcome to December, the heart of the holiday season and the final month of 2024. This year has been a roller-coaster for all of us, and we have been so busy that I sometimes forget we have new people joining our initiative. Even some long-time members of the LBK Community might need a reminder of who we are and what we stand for.

Therefore, allow me to take a moment to educate or remind you about the mission and vision of the LBK Community.

How LBK Community Started

Before discussing the mission and future outlook of the LBK Community, it's important to acknowledge our origins. LBK Community was founded by Katherine Wells, Director of Lubbock Public Health (LPH), and Madeline Geeslin, LPH Health Promotion Manager. During their time at LPH, they observed that many organizations serving the same population operated independently, leading to redundant care coordination. This lack of collaboration not only impeded effective service delivery but also limited our community's ability to share its story through meaningful data.

Katherine and Madeline sought to tackle this issue by establishing a referral hub that promotes communication and referral exchanges among various social and medical organizations. LBK Community launched in June 2020 with eleven founding organizations. Since its inception, the network has facilitated over 450 referrals, identified more than 800 needs, and assisted over 500 individuals.

LBK Community's Mission

LBK Community is dedicated to fostering collaboration among social and medical organizations to enhance care coordination and improve service delivery for the residents of Lubbock County. We aim to create a unified network that promotes effective communication and resource sharing, ensuring that individuals in need receive comprehensive support and can better access the services that address their unique challenges. Through partnership and innovation, we strive to empower our community with meaningful data and collaborative solutions that enrich lives and strengthen our collective impact.

LBK Community's Vision

Our vision is to create an inclusive and thriving Lubbock County where every individual has access to the resources and support they need to lead healthy, fulfilling lives. We aspire to be a model of collaboration among social and medical organizations, leveraging creative solutions and data-driven insights to address the diverse needs of our community. By fostering strong partnerships and a culture of shared responsibility, we envision a future where barriers to care are dismantled, and every resident can experience equitable opportunities for health and well-being.

So, there you have it; LBK Community partners and friends. Our mission and vision statements. I hope you all found this helpful. I also want to acknowledge that significant changes are on LBK Community's horizon. While I may not have a clear vision of where we are headed at this moment, I believe in the strength and resilience of our network; and with the unwavering support of our partners and friends, I am confident that we will continue to fulfill our mission and navigate this journey together. Thank you for being a vital part of LBK Community as we embrace the future with open minds and hearts.

Sincerely,

~Ariea Alexander, Public Health Program Liaison

C&C Update



LBK Community Partners and Friends, you have been showing out!!! As of today (11/26/24), 42 agencies have registered to participate! I am excited and honored to showcase the wonderful work happening in Lubbock County's Non-Profit sector! Thank you for supporting the C&C, and may this event be the catalyst for many more partnerships and innovative ways to support our community!

Important Dates to Remember

- ◆ Presentation Registration Cutoff: December 6th at 3PM
- ◆ Selected Presenters Notified: December 9th
- ◆ Final Registration Deadline: January 24th at 3PM
- ◆ **C&C Non-Profit Fair: February 5th from 11:30am-1:30pm at the Civic Center**

Please be aware that organizations that become LBK Community Partners in 2024 will be recognized and will receive a ceremonial plaque. It is important for at least one representative from each organization to attend the C&C event and remain until the end. I will send out a notice on **December 10th**.

Thank you for supporting the C&C!

Community Engagements

Mothers and Babies

Tools & support to help manage the life changes while pregnant and through baby's first year.

NO COST TO ATTEND

A nationally recognized evidence-based curriculum developed by a collaborative team of researchers as a part of Northwestern University Institute for Public Health and Medicine. Taught by degreed & certified educators from the Parenting Cottage.

Learn with and from other moms in the same place you may be. For those expecting a baby or already in baby's first year.

Weekly sessions

Sessions will be offered in-person or virtually via Zoom.

To ensure the best experience for all participants, babies only may attend with mom. Please no additional children.

Call the Parenting Cottage to enroll: (806) 795-7552

DEC.-JAN. 2025 SCHEDULE

In-Person Group-6 sessions: at the Parenting Cottage
(3618 60th St.)
Thursdays, 10:00-11:15 AM
December 5, 12, 19, Jan. 2, 9, 16

Virtual Group-5 sessions: On Zoom
Wednesdays, 9:30-10:45 AM
December 4, 11, 18, Jan. 8, 15

"I loved M&B, learned so much. Helpful to anyone going through this new chapter in their life."

The Parenting Cottage
(800) 795-7552 www.parentingcottage.org Follow us on Facebook @ TheParentingCottage

Serving children and families since 1982. All services at NO COST to families.

Love the Hub

HOPE FOR THE HUB

Build new skills for a better career for free, then get hired!

LEARN MORE

806-404-4966
www.hopeforthehub.com
Lubbock, TX

NEW CLASS STARTING IN JANUARY! APPLY NOW!

"STRESS CONTROL" PROGRAM STUDY

"Stress Control" is a **FREE** 6-week program that will help you learn how to manage stress-related problems.

Stress Control teaches different ways to decrease stress and improve mental health wellbeing. Weekly sessions are 1 hour and 30 minutes with a short break. They are non-interactive classes, and you will not be asked to talk during classes.

Who can be in the study?

- Age 18+
- Able to communicate in English
- Able to attend in-person classes
- Have thoughts of suicide in the past month

Study participants can bring friends/family!

* This program is open to the public, so adults without thoughts of suicide can still attend the Stress Control program. People who are not enrolled in the study will not be paid.

SCAN TO LEARN MORE!

Website: www.diseanmitchell.com/stresscontrol

When?

- Evening classes Mondays & Tuesdays
- Morning classes Tuesdays & Wednesdays

FREE!

Opportunity to earn up to \$30 or \$45.

What will I be asked to do in the study?

- Complete a pre- and post-program survey
- Attend 6 classes that last 1 hour 30 minutes each and take a brief, weekly survey
- May be given the option to attend a focus group about your experiences in the program

OR

- Complete 6 weekly surveys then have the option to attend the Stress Control program

Contact

Project Manager: Sarah Sparks, M.Sc.
psychology.stresscontrol@ttu.edu
806-834-4067

You may also reach the principal investigator of this project, Dr. Sean Mitchell, at Sean.Mitchell@ttu.edu or call (806) 834-7393. This study has been approved by the TTU Institutional Review Board.

Topics Covered:

- Class 1 - What is stress?
- Class 2 - Controlling your body
- Class 3 - Controlling your thoughts
- Class 4 - Controlling your actions
- Class 5 - Controlling panicky feelings and getting a good night's sleep
- Class 6 - Boosting your wellbeing



Community Engagements

Parent / Guardian SURVEY



The HEARD Coalition is asking for your help! We are collecting surveys to identify how parents and guardians view adolescent substance use in our community.

The mission of H.E.A.R.D. is to strengthen community infrastructure, provide connections and resources, advocate with youth, and enact change in order to prevent substance use and reduce its impact on youth and young adults in the Lubbock area.

The survey will only take 5 minutes of your time but will give us important insight into our youth substance use issues that YOU are most worried about! This allows us to identify gaps in services and address YOUR real concerns. Together we can help every adolescent reach their dreams!

[Click Here for Online Access to Survey!](#) OR 



ALONDRA LARA
sheard.tagg.coalition
Alara@mylubbock.us
www.proone.org/heard-coalition

To whom it may concern,

HEARD is a passionate group of Lubbock community members that strive to help the youth. The two major goals for this coalition is substance use prevention and mental health awareness. HEARD has been present within the community for many years. With the high need for resource and support for youth who are struggling, HEARD is dedicated to provide guidance and direction for those helpful resources.

HEARD meets once a month during lunch time at a central location in Lubbock. We have members from diverse backgrounds, professions, and reasons for dedicating their time to this group. With this being a community coalition, we do not have access to funds to provide lunch during our monthly meetings. With that being said, I would personally appreciate as well as HEARD, if a meal or contribution could be made on behalf of your store. By sponsoring a lunch, we will post your donation on the coalition Instagram, as a way to raise awareness and give thanks. Any contribution would be greatly appreciated.

We appreciate your time.

Kind regards,
Alondra Lara
Alondra Lara

Join HEARD Today! Contact Alondra Lara at ALara@mylubbock.us

COMMUNITY COORDINATION MEETING

Hosted by ECHO West Texas

December 11, 2024 | Kingdom CO-OP
1:00pm to 3:00pm | 2005 Ave. T, Lubbock, TX

Presenter: Emma Beers - HUD Technical Assistance

- Optimizing Cross-Agency Coordination
- Coordinated Entry Component
- Case Conferencing
- Q&A

If you have any questions, please contact:

Charlee Wentzel
Community Engagement Specialist
charlee@echowtx.org | (806)805-2762



Community RESOURCE FAIR AND FOOD BOX GIVEAWAY

Wednesday, December 11th
9:00a - 12:00p

at South Plains Rural Health Services
1000 FM 300
Levelland, TX

Visit us at our Community Resource Fair and find out about health care information and services available to you in our area

Vendors include:
SPRHS
Texas STAR Medicaid Managed Care
Programs/Texas Health Steps Outreach.
STARCARE
SPCAA
and more!

For more information on the event or to be a vendor contact Meagan Bratton with SPRHS at: 806-778-0525 or mbratton@sprhs.org

MAKING MOVES FOR YOUR HEALTH

Medicare Open Enrollment

October 15 - December 7

Open Enrollment is Here.
This is your chance to look at which plan option fits your healthcare needs.

What's Your Next Move?
Plan changes every year, so can your health needs. Don't assume your current plan is still your best choice. Compare and see which coverage is right for you.

Your Move, Your Options
Community Health Center of Lubbock accepts Medicare, which means you can continue to see your same doctor no matter your age.

With Medicare...
You can stay at your health center and visit any Medicare enrolled specialist or hospital.

Make Your Move
Visit www.chclubbock.org or call (806)765-2611 to learn more and enroll today! We are here to help with every step of your healthcare journey.



Los Hermanos Familia

Now Accepting SCHOLARSHIP Applicants

2025 SPRING SCHOLARSHIPS

For Disadvantaged or First Generation Students
(12) \$1,000 Scholarships
Retention & Engagement

Apply Online at: loshermanosfamilia.org/education

Brought to you by Los Hermanos Familia

With Our 2025 Spring Scholarship Sponsors





\$60,000

Divided among 30 possible winners!

VOTE hourly through Dec 6th!

Community REWARDS



Member FDIC

Don't forget to vote and help support our Non-Profits!!!

<https://www.city.bank/about/our-company/community-rewards>

Community Engagements



Save The Date

2025
 UMC & UMC CHILDREN'S LEARNING LAB

FEBRUARY 4 & 5
 • *Clavis, MN*

APRIL 29 & 30
 • *Hobbs, MN*

JULY 29 & 30
 • *Lubbock, TX*

OCTOBER 28 & 29
 • *Childress, TX*

VENUES TBA JANUARY 2025

SAVE THE DATE



POWERFUL BEYOND PERFECTION
 WOMEN'S CONFERENCE

JUNE 21, 2025
 POWERFUL SPEAKERS, LUNCH, VENDORS, GIVEAWAYS



"You don't have to be perfect to be powerful."

EMPOWER HER STEPS
 HEAL. ELEVATE. REBUILD.

SAVE THE DATE

Job and Volunteer Opportunities

Children's Hope
 CREATING HOPE ONE FAMILY AT A TIME

FOSTER FAMILIES NEEDED
 HAVE YOU CONSIDERED FOSTERING BUT NOT SURE WHERE TO START? JOIN US FOR A VIRTUAL ORIENTATION THIS MONTH!

ORIENTATION DATES
 DECEMBER 10TH @10AM
 DECEMBER 14TH @12PM


CONTACT SHONDA.RENEAU@CHILDRENHP.ORG FOR MORE INFORMATION



FOSTER GRANDPARENT VOLUNTEER PROGRAM
 for Texans 55 and Older

Strengthening our communities, one generation to another.

You've Got A Lot to Give



Foster Grandparent Program Volunteers serve as role models, mentors and friends to children with exceptional needs at schools and other community centers. Eligible volunteers may receive a monthly stipend of \$240 to \$640, plus mileage reimbursement, training and more!

Lubbock, Texas and surrounding counties
 806-549-8466
hhs.texas.gov/foster-grandparent

Serving Texas children since 1965

AmeriCorps Seniors | TEXAS Health and Human Services

This institution is an equal opportunity provider.

Texas Ramp Project
 Texas Ramp Project is looking for volunteers to help build free wheelchair ramps in our region. We have some upcoming builds on our Facebook page and post all our build on: Lubbock Texas Ramp Project. We have over 70 requests in our region and need more volunteers to be able to serve our community. For more information, contact Sara Schaefer at 806-319-0259 or sara-jolynne@gmail.com