



LBK Community Newsletter



"If you're going through hell, keep going." ~ Winston Churchill

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Bringing Relationship and Technology Together

Have you ever heard the saying, *"It just takes one person to believe?"* How often have we walked through life, unsure about direction, meaning or even purpose? Has that ever been an issue for you? I was once a young, Hispanic, single mother sitting in front of your desk, needing your services: food stamps, Medicaid, CHIP, TANF, WIC, gas assistance, and childcare payment assistance. I also attended job readiness workshops hosted by the Texas Workforce Commission in both Lubbock and Odessa, Texas. I remember the very first one I ever attended. It was in the summer of 1995. My little girl and I had just moved to Odessa, to live with my father. I walked into a room, wrote my name on the sign-in sheet, and went

to sit down. As the class was settling into their seats, and the instructor looked over the sign-in sheet, she did something that has remained with me to this day. She saw and read my name aloud, *"Seydia Adkins. That sounds like it will be an important name one day."* I was NOT expecting that! She didn't know me from Adam. What I did not know then, and would later learn about myself is that my primary love language is *words of affirmation*. It does not matter the status of my name, its importance or not. What matters is the message, an affirming, healing message I received that day through her words: *I am seen, and I have a future!* That moment built me up in ways I did not know I needed.

Why do I share this with you? I share this with you because you never know who is sitting in front of you, and how the influence you yield each day can benefit them. I have heard people say we are either entering a storm, in a storm, or coming out of one. Do you know which is true for the person sitting/standing in front of you in need of your support? That day, sitting in class, my instructor did not know I had just come out of a storm. Her words of affirmation, unbeknownst to her, began a critical journey of healing and rebuilding.

Kyle Galyean, Director of Social Services at UMC and an LBK Community Advisory Council member, shared an impact story during the LBK Year in Review in January. The story he shared left an indelible impression: ***it just takes one referral to make a difference.*** This is my encouragement to us as I try and tie it all together: as we learn [Unite Texas](#) technology, let us remember the power we have in our relationships! What you say/do or the referral you make, they go hand-in-hand; and can positively change the trajectory of someone's life.

~Seydia Adkins

MENTAL HEALTH AWARENESS MONTH

FAST FACTS

- 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 160 million people live in Mental Health Professional Shortage Areas
- In 2020, 1 in 5 young people reported that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experienced a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among adolescents.
- More than three quarters of Americans (77%) say they are not content with the state of mental health treatment in this country. People with a mental health condition are even more likely to say they are unhappy with mental health treatment (82%).
- 65% of Americans are concerned about the stigma around mental illness.
- Only half of Americans (52%) say they are familiar with the mental health care system.

(Retrieved 4/11/23 from 2023 NAMI Partner Guide, p. 10).

PARTNERS IN ACTION

On 4/20/23, the YWCA held its first **Inspire series** luncheon for women. Guest speaker, Katherine Wintsch, talked about slaying the dragons in our lives like self-doubt; which provides some insight into her book titled, *"Slay like a Mother."* The **Inspire luncheons** are for women who want/need personal or professional opportunities for development and growth. They are meant to inspire! Here are some pictures from the inaugural luncheon in April!



(Above) Glenda Mathis, ED
eliminating racism
empowering women
ywca
Lubbock



(Above) Guest Speaker: Katherine Wintsch, Author



PARTNER SPOTLIGHT

Family Counseling Services

Below is an email interview with Family Counseling Services (FCS). We hope you will come away with a greater understanding of FCS's heart, mission, and services.

Seydia: 🌼

What has life been like for FCS since COVID?

FCS:

FCS added zoom options for clients in 2020 and that has increased access to services for all. We have seen a steady increase in the number of people requesting counseling.

Seydia: 🌼

What services do you provide?

FCS:

Individual, family, and marriage counseling, as well as substance abuse group, anger management group, and domestic violence group. We also offer clinical supervision for master's level students in the counseling programs, as well as supervision for LPCA's.

Seydia: 🌼

What is something you want the reader to understand above all else about FCS?

FCS:

Mental health is something often overlooked when people are dealing with various issues. And many mental health services are out of reach financially for many people. FCS is passionate about providing services to people who cannot afford to pay for them. We believe everyone should have access to affordable counseling.



Family Counseling Services
(L to R) Meshaelon Bryant, Vy Nguyen, Adna Bean, Pam Cox, Dr. Bryan Moffitt (ED), Star Mendez, Steven Casassa, and Cristy Martinez



Seydia: 🌼

Who makes a good candidate for referral to FCS?

FCS:

Anyone over the age of 5 who would like to work on mental health issues.

Seydia: 🌼

How can people make referrals to FCS?

FCS:

VISIT THE WEBSITE AND FILL OUT A REQUEST

<https://www.fcslubbock.org/sign-up>

Seydia: 🌼

What is good contact information and address for FCS?

FCS:

[fcslubbock.org](https://www.fcslubbock.org)
admin@fcslubbock.org
5701 Avenue P, Lubbock, TX 79412

Thank you so much, Bryan, Angela and FCS TEAM!



Additional LBK Partners Who Help Address Mental/Behavioral Health Needs

Broadway Church of Christ <https://www.bwaychurch.org/>

Buckner Family Hope Center <https://www.buckner.org/lubbock/>

Family Guidance & Outreach <https://www.lubbockfamily.org/>

Grace Manor <https://childrenhp.org/2020/08/05/grace-manors-new-look/>

Hub City Outreach Center <https://hubcityoutreachcenter.org/>

Parenting Cottage <https://www.parentingcottage.org/>

Parkridge Pregnancy Medical Center <https://parkridge.org/>

Ranch at Dove Tree <https://ranchatdovetree.com/>

Stages of Recovery <https://stagesrecoverycenters.com/lubbock-tx/>

SUSAN <http://susan.mylubbock.us>

"You are not what you did. You are not what was done to you."

~ Lisa Bevere



QUICK REMINDERS

LBK Community Super User Meeting (partners only)

No session this month

LBK Community Networking Session (for partners and friends)

Date/Time: [May 3rd @ 12:00-1:00](#)

Guest presenter: Cole Watts, Owner, COO & Social Worker

Agency: Stages of Recovery Location: @Stages, 4413 71st St Suite G-101, Lubbock

Lunch will be provided (free) *Chic-fil-a*

[RSVP deadline was changed due to a wonderful, out of this world response! Closed April 28th.](#) Cole & his Team look forward to meeting with those who were able to RSVP before the initial deadline. Thank you for your interest! Come ready to learn, eat, network, connect with like-minded professionals and to have FUN!

Unite Texas PLATFORM TIPS

The "My Network" tab features all organizations on the **Unite Us** platform and provides comprehensive information about their services. If you're not ready to send a closed-loop referral yet, you can easily text, email, or print organization information for your clients via the "Share" button. Questions about this feature? This **Unite Us** Support Team is available 9:00 - 10:00 CST, Monday - Friday via an in-app chat bubble. They will respond within just a few minutes and help you with any questions.

PARTNER & COMMUNITY ANNOUNCEMENTS

University Medical Center

NEIDS—Nurses Educating on Illegal Drugs and Synthetics [on-line webinar](#), [May 2nd, 8:30a-9:30a](#).

CNE contact hours will be offered! Questions? Contact Kalli.Workman@umchealthsystem.com

Workforce Solutions South Plains WDB

National Fentanyl Awareness Day is [May 9, 2023](#). To learn more: <https://www.fentanylawarenessday.org/>

"Workforce Solutions is committed to ensuring the health and vitality of all Texans. We strengthen the Texas economy by assisting employers and jobseekers, and the fentanyl crisis impacts us all. Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and is a major contributor to fatal and nonfatal overdose. Even small amounts can be deadly. One in five Texans has experienced an opioid overdose or knows someone who has. According to a National Safety Council survey, 75% of employers report that opioid use has impacted their workplace," wrote Allison Roberts, Director of Communications. **If you would like more information or posters/ flyers**, please email Allison: allison.roberts@spworkforce.org

Volunteer Center of Lubbock

Celebration of Service 2023. [May 16th @ 11:30am-1:00pm](#). Overton Hotel & Conference Center, 2322 Mac Davis Lane, Lubbock. Tickets \$50, Tables \$500. Register at VolunteerLubbock.org or call 806-747-0551

Lubbock Public Health Department: Behavioral Health—Prevention Resource Center (PRC)

Unwind Your Mind Festival & Art Show. [May 19th from 4:00p-6:30p @ Optimist Boys and Girls Club, 3301 Cornell St., Lubbock.](#) Brought to you by the PRC, Family Support Services of Amarillo, Hub City Outreach Center, and Cenikor. Vendors, activities, resource sharing, food and fun for all ages! For more information contact Lynette @ 806-775-3320

A second [Unwind Your Mind Festival & Art Show, May 26th from 3:00p-5:00p @ Amarillo Zoo, 700 Comanchero Trail, Amarillo.](#) For more information contact Monica @ 806-342-2536

Catholic Charities

End of School Summer Safety Bash. [May 27th from 9:30am – 11:30am, @YWCA's Sun N Fun](#) **MUST REGISTER TO ATTEND:** family@cclubbock.org Please click here to find MORE events hosted by Catholic Charities in MAY:

[CATHOLIC CHARITIES of LUBBOCK May2023.pdf](#)

Buckner Family Hope Center

Summer Kick-Off Event. [May 30th, 5:00p-8:00p @ Buckner, 1510 S Loop 289.](#) A time to learn about their resources, other organizations, and community events! Contact Cora Box for more information: cbox@buckner.org or call 806-799-0990

Lubbock Area United Way

West Texas Regional Mental Health Conference, [May 31st from 8:00a-5:00p @ the Lubbock Memorial Civic Center.](#) To learn about registration details and conference: [MENTAL HEALTH BROCHURE - final.pdf](#) OR call 806.743.2929 OR email eme@ttuhsc.edu (On-line registration closes May 24th)

Larry Combest Community Health & Wellness Center

Community Health Worker (CHW) Training & Apprenticeship Program, brought to you by, TTUHSC, SON and Larry Combest CHWC. For more information and/or to apply: [TTUHSC CHW Training Program](#) *Limited Apprenticeship positions available. Contact information: Monica Garcia, LMSW, CHWI, monica.r.garcia@ttuhsc.edu or call 806-743-3020

City of Lubbock Parks and Recreation

Pre-School PLAY TIME. [Tuesday's from 10:00a-11:00a @ Hodges Community Center, 4011 University Avenue.](#) Ages 2yrs to 5 yrs. Guardians required, families welcome! FREE! Must register before attending. Space is limited. For registration questions/details: 806-767-3706

Workforce Solutions South Plains

Texas Broadband Public Survey & Resource Mapping Tool. The Texas Broadband Development Office (BDO) is preparing to administer key federal programs from the 2021 Infrastructure Investment and Jobs Act, including funds for State Planning Grants to [expand digital opportunities](#). **To better understand barriers and what is happening in regions across the state, the BDO has developed the Digital Opportunity Public Survey and the Digital Resources Mapping Tool.**

* The [Digital Opportunity Public Survey](#) enables households to share information about the barriers that prevent them from easily accessing the internet, devices and the skills training necessary to leverage their use for education, health care, economic development and access to essential services. **Feel free to share with your families and others.**

* The [Digital Resources Mapping Tool](#) is an organizational survey that will create an inventory of existing digital resources, programs and services. Please complete this survey to showcase your organization's programs and services, which in turn will help the BDO develop strategies to implement future funding for impactful programs. **Feel free to pass along to other agencies. NOTE: The survey and mapping tool will close on June 2, 2023.**

JOB OPPORTUNITIES

Lubbock Public Health Department: SUSAN Team

Looking to fill the following position, [Health Promotion Worker](#). For more information click on the following link: <http://www.mylubbock.us/> You also have an opportunity to complete CHW training through TTUHSC with an incentive; as well as an opportunity to participate in a one year CHW apprenticeship program with the Health Department. Please click this link for information about the CHW training program: [TTUHSC CHW Training Program](#) Contact information for health department CHW opportunities: LaShonda Black Lblack@mylubbock.us



JOB OPPORTUNITIES continued

Lubbock Area United Way

Are you interested in making a difference? United Way has the following positions open, Donor Data Manager & Marketing and Communications Director: <https://www.liveunitedlubbock.org/careers>

Catholic Charities

Do you have experience working with children & families? Looking for a rewarding career?

We are seeking a Case Managers/Counselors for our FAYS (Family & Youth Success) program See www.cclubbock.org/joblisting/ for details!

Saint Francis Ministries (SFM)

SFM is growing and this means there are more opportunities to join their Team! They are looking for a licensed therapist, a registered nurse, case workers, and so many more positions. And they are hiring in multiple locations! If you are interested in applying and/or would like to learn more about SFM, please visit their careers webpage: <https://saintfrancisministries.org/careers-2/>

Workforce Solutions South Plains

Youth Job Fair. Thursday, May 4th from 4:00p-7:00p @ MCM Elegante Hotel & Suites, 801 Ave Q. If you serve low-income families with youth, 14-24, and you would like to learn more about Workforce Solutions **Youth Program**, contact Workforce Solutions South Plains 866-765-5038 and ask for the Youth Program OR you can visit: <https://workforcesouthplains.org/youth/>

SAVE THE DATE!



YWCA Covenant Summer Kick-Off Health Fair: June 3rd from 10:00a-1:00p @YWCA, 6501 University Ave. The purpose is to kick-off summer fun by bringing together important community resources families may need over the summer months. Providers, if you serve children and/or families, and would like to participate as a vendor, please contact Tavia Hatfield tihatfield@covhs.org OR David Rhodes drhodes@covhs.org Please contact them sooner rather than later. Share the news with your families! It is a free event intended to start summer on a fun and helpful note!

East Lubbock Art House

Summer Art Camps: June 3-4 & July 1-2, 8:00am-4:00pm, 4 to 11 years old, and FREE! Sign your little ones up at <https://eastlubbockarthouse.org/> Registration is filling up and will close sooner than anticipated!

Children's Home of Lubbock

33rd Annual Floyd Stumbo Memorial Golf Tournament on June 5, 2023. Hillcrest Golf & Country Club, 4011 N Boston Avenue. To sponsor or reserve a Team, please contact Luke Mason: lmason@childshome.org or call 806-762-0481 ext. 206

Empower Her Steps Conference: June 24th 9:00am-1:00pm @ YWCA, 6501 University Calling all vendors! **Registration is now open!** 100 seats available. For more information, please contact Angelina Mojica @ 806-407-7656 or email: angelinamojica.cfle@gmail.com

HIV National Testing Day

June 27th. More details to come!

Los Hermanos Familia

Vamos a Pescar, Let's Go Fishing! August 5th from 6:00am-2:00pm. Pre-registration is open! Please click on this link to find the pre-registration form & more: <https://www.loshermanosfamilia.org/vamos-a-pescar-let-s-go-fishing> A FREE event with fishing, food, and fun for the family! **NOTE:** There is NO registration fee.

Lubbock Public Health Department

Back-to-School Clinics! Two have been scheduled and a third is in the works!

- Saturday, July 8th from 10:00am to 2:00pm @ Monterey HS
- Saturday, August 12th from 10:00am to 2:00pm @ Estacado HS

NOTE TO OUR COMMUNITY FRIENDS

The implementation process continues! The health department is on track to go-live on May 2nd. Partners who participated in engagement sessions, completed readiness assessments and have selected their training options, will go-live in the coming days/months! It has been encouraging to see all the pieces begin to come together! We look forward to reaching out to those of our community friends who have voiced interest in learning more about and/or joining the LBK Community network. **Unite Us** representative, **Nikki Kuhn**, and I cannot wait to visit with you!

We thank you so much for your interest in and support of **LBK Community!** We know not everyone will join the LBK network; yet, we would still like to remain connected. We hope the LBK newsletter, networking sessions, and occasional email blasts are helpful, informative and honors our desire to build meaningful relationship and connection with you :-)

NOTE: There are a couple of **Unite Us (Texas)** hyperlinks in this newsletter, if you would like to learn more. Thank you for your patience, support, and interest!

