



LBK Community Newsletter



"I was not the lion, but it fell to me to give the lion's roar."

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Mental Health Assistance for Women in Crisis

May is **Mental Health Awareness** month. We have many partners who help provide services that address mental health and wellness. One such program provided by **Legacy Adoption Services (LAS)** supports women as they battle emotional and/or mental issues that can sometimes arise with an unplanned pregnancy. They help expectant parents any time during their pregnancy, during delivery or with parents who have a child younger than three years of age learn about voluntary **Modern Adoption**.

Legacy's professional counselors can help to explore both parenting and modern adoption so that parents can make a fully informed choice for them and their baby's future. Many women find Legacy through a Google search

or by referral from a pregnancy center when seeking help and/or options. To be sure, to call LAS or to make a referral to LAS does not mean "a decision to choose adoption" has been made. It simply means more time - time to get information and to receive quality counseling care. If she decides on pursuing an adoption plan, her assigned counselor will support her throughout her pregnancy to create a personal adoption plan, help select the forever family for her baby, provide emotional support as well as help navigate doctor appointments, expenses and other pregnancy related needs.

Because women come to LAS presenting w/ emotions ranging from fear, uncertainty, depression to hope, LAS has a team of compassionate, licensed professional counselors positioned to provide mental health support, pre-birth to post-birth (*provides lifelong counseling post birth, if needed*). In short, whatever she decides about her unplanned pregnancy, LAS is there for her.

Lori Schott, Community Outreach Coordinator for LAS, is scheduled to present at the next LBK Community Networking session in June. You can expect more in depth information about LAS during the session. If you would like to learn more and/or to participate in a Q & A with Lori, we would love for you to attend. We plan to have this session in person, and will send those details soon!

In closing, I would like to recognize other amazing partners of whom I referenced above, who also support mental health and wellness for men, women and/or children (**more on pg. 2**):

- Broadway Church of Christ
- Buckner's Family Hope Center
- Family Counseling Services
- Family Guidance & Outreach Center
- Grace Manor
- Hub City Outreach Center
- Parenting Cottage
- Parkridge Pregnancy Medical Center
- Ranch at Dove Tree *
- Stages of Recovery
- SUSAN



Lori would love the opportunity to discuss the topic of **Modern Adoption** with you and/or your Team: what it is, how to bring up the subject and what language to use when having the conversation. If you think your Team might benefit from this training, please feel free and contact Lori:

Lori Schott
Community Outreach Coordinator
Lori@LegacyAdoptions.com 806-302-1171



As a trained counselor, I know that working in this field can be both rewarding and heavy lifting. We hope you all have a plan for self-care (*wink*) and celebration this month. We applaud you and are so grateful for all you do!

~ Seydia Adkins

* Not Staffed



How to ADD a Counseling need and make a referral for said need: **NEW**

ADD the NEED

- Click on the "Universal Add" button (*circle with the plus sign in it*)
- Click on "Need"
- Type in "Counseling"
- Click on appropriate *counseling type*, then click "ADD"
- Click SAVE

Make a PROGRAM REFERRAL for said NEED

- Click on "Make a Referral" button
- Type in the name of the agency or specific key Word **OR** click on "Staffed only" (partner)
- Click on appropriate program, hit NEXT
- Type in any information or not, hit SAVE; referral is sent to the agency (*if a partner program*)

Network Performance Data

In the past **22** months, Network partners have utilized this fantastic tool!

- Total Contacts Created: **313**
- Total Needs Identified: **554**
- Total Program Referrals Made: **333**
- Number of Partner Agencies: **29**

Current Top 5 Needs:

- Food Vouchers
- Case Management
- Food
- Utility Payment Assistance
- Medical Expense Assistance

TRIVIA

Who said, "I was not the lion, but it fell to me to give the lion's roar?"

When is the next LBK Networking Session?

Please send answers for a gift to: sadkins@mylubbock.us



PARTNER SPOTLIGHT

(Continued from pg. 1)

Below are a number of partner agencies/programs that help provide essential mental and emotional services for our community.



Celebrate Recovery is a ministry designed to help hurting people. It is made up of regular folks like you and me, who are on a journey toward wholeness; seeking recovery from and celebrating God's healing of life's hurts, habits and hang-ups. A hurt, habit or hang-up is something in you or your life that hinders your walk with God and others. If you are interested in being a part of this program, or if you want to refer someone or simply need more information, please call [806-763-0464](tel:806-763-0464)



At **Buckner's Family Hope Center**, our programs seek to engage through family assistance and community events; equip families through education, financial empowerment, child and youth development and spiritual development; elevate families through family coaching, counseling and spiritual enrichment. To learn more about this ministry, call [806-799-0990](tel:806-799-0990)



FGOC offers parenting, wellness, life skills, and anger management classes free of charge. This is how we reach parents, grandparents, foster parents, daycare workers, and so many more. We want to give you the tools you need to feel educated and empowered.

FGOC also provides free outreach programs to each local elementary, middle, and high school, as well as surrounding area schools. These programs deal with topics like anger, bullying, self-esteem, goal setting, and much more. If you would like more information, please call: [806-747-5577](tel:806-747-5577)



Cole Watts, LCSW, LCDC, Owner / Chief Clinical & Operations Officer

"Substance use has long been an effective tool for humans to cope with life. Some people like to exercise to cope. Some people like to drink or smoke weed to cope. Some people like to do both. But what happens when your coping tool turns into its own problem? The latest research consistently shows a historic rise in Americans turning to substances to cope since COVID protocols and shutdowns were put into effect. And, over time, substances - including mild to moderate alcohol use - actually change the way your brain functions, kinda like a dog walking a rut in the grass. But there's hope! We provide a wide range of love-filled services including multiple levels of treatment, psychiatric care, medication management, transitional housing, independent housing, and more. Trying to get help for you or your loved one can be an extremely overwhelming experience. But Stages of Recovery is here to help! We know the industry and we know we're not the right fit for everyone. Let us partner alongside you to get you the answers you're looking for and the help you need. Even if you've tried to get into treatment before and it was too expensive - things have changed! Even if you don't think you have a "problem," it doesn't mean you can't work on other coping tools, or ask us for advice on how to handle a child, spouse, or other family/friends. We would love to give you more information on how their mental health can be improved by considering their substance use, give us a call or visit our website: 806-412-4721 -- stagesrecoverycenters.com" ~ Cole Watts



FCS provides individual, family, marriage, and group counseling services. You can choose your price point based on what you can afford. LPC's are \$60 per session, LPCA's are \$20 per session, and the Master's Level Interns are free. All counselors set their own appointments. To request an appointment, click on the SIGN UP TAB on-line or email fcs.intakes@gmail.com



Grace Manor is Children's Hope's residence for adults recovering from substance abuse and addiction, and thanks to generous partners on the South Plains who have gone above and beyond, Grace Manor is becoming an even more encouraging and uplifting place for alcohol and drug abuse treatment. For more information, call: [806-897-9735](tel:806-897-9735)



Hub City Outreach Center's eclectic team is comprised of compassionate individuals that each come from diverse backgrounds and vast areas of expertise. Our organization applies a holistic approach on prevention efforts. We treat everyone equally while respecting the unique qualities they possess. Together, we aim to help youth understand their own personal value and guide them towards a bright and successful future through Prevention Services. Programs include: Substance Abuse Prevention, Wellness Presentations for youth and adults, and LeadHERship League Mentoring. For more information: Team@hubcityoutreachcenter.org or call [806-701-1687](tel:806-701-1687)



When unexpected parents face the reality of raising a child, it may seem as though there are no good choices. You may be trying to decide if you will keep or give up your baby. A modern adoption agency, like Legacy Adoption Services, lets you ask questions and decide what is best for you. We likely have options you have never considered. At **Legacy**, our mission is to help expecting or unprepared parents explore all their options and to help guide future families toward their dream of having a baby. For more information, please call [806-302-1171](tel:806-302-1171)



The **Parenting Cottage** helps parents learn to be their child's first & most important "teacher" through play and interactions. Parenting education in many different areas also helps parents appreciate many of the joys of parenting while also learning how to handle even the most challenging areas of parenting. All services are provided at NO COST to families choosing to participate. For more information on the individual programs available at the Parenting Cottage, click on the Programs tab or call: [806-795-7552](tel:806-795-7552)



Parkridge is a non-profit medical clinic providing specialized medical services in a convenient, confidential atmosphere. Pregnancy testing, ultrasounds, STD testing & treatment for women, professional counseling, and more are available here at no cost to you. For more information, please call: [806-794-8555](tel:806-794-8555)



Providing expert professional alcohol and drug addiction treatment in a warm, supportive environment is both our core philosophy and our passion. Working closely with your clinical team, you will receive highly individualized treatment for your substance use problems.

At **The Ranch at Dove Tree**, we see you as not only the unique person that you are now, but also as the person that you hope to become. Our beautiful west Texas location surrounds you with a calming, natural environment that supports this process. For more information, please call: [1-866-572-6062](tel:1-866-572-6062) or [1-888-977-9264](tel:1-888-977-9264)



SUSAN refers individuals for substance use screening to OSAR and contracts with providers for treatment. The providers are Cenikor, Covenant, Grace Manor, and Plainview Serenity Center. They are currently working on a contract with Daily Recovery Services who provide services for the youth. Individuals who are 18 or older, with a history of substance use, who are aware of their condition and willing to address it with support are ideal candidates for referral to SUSAN. For more information, please call: [806-775-2933](tel:806-775-2933)



QUICK REMINDERS

LBK Super User Meeting – (meets bi-monthly) **Next meeting in June**

LBK Refresher Training (open to all Users) – **May 20th @11:00am**

LBK Networking Session (open to all Users) - **June 17th @11:00am**

Guest: Legacy Adoption Services. If you'd like to learn more about LAS, network, share your agency announcements and more, please tune in! *We may meet in person! Please stand by for more.*

ADDITIONAL REMINDERS:

- Be sure to log in to your account at least once a month so your account remains ACTIVE.
- Because more in-network referrals are being made, and the response time for those referrals very important, we encourage everyone to stay alert and at the ready! *Way to go, LBK Community Network!*

ANNOUNCEMENTS *NEW*

UMC's Diabetes Classes are starting back up again! There are classes in June and July. You can send a referral via the platform or call Antrionette Lewis to register: 806-761-0531 and/or email: Antrionette.lewis@umchealthsystem.com

LIFE, Inc. is having their annual **ADA Celebration** on **July 29th** at the Overton, 11:00am-2:00pm. For all inquiries, please contact Nancy Penland: nancy.penland@liferun.org

YWCA will be holding another women's leadership group on Tuesday, **May 3rd** from 6pm-7pm. Join us as we discuss the importance of addressing mental health issues in ourselves, our children, and our communities! Click the link below to learn more and **RSVP!** This event is open to all! *Wine and Cheese will be served*

<https://ywc Lubbock.salsalabs.org/MentalHealthinMay>

NOTE: email was sent w/ other agency announcements. Please let me know if you would like me to send that information to you.

RECRUITMENT UPDATES

EXTRA! EXTRA! We are starting up recruitment again this month, and are preparing for a Kick-off event in June! More information coming soon!

Completed On-boarding training in APRIL, and NEW LBK Community Network partners!

- Catholic Charities: Kinship Program
- LIFE, Inc.

On-boarding training scheduled: May 3rd

- Covenant Health
- Parkridge Pregnancy Medical Center



CLOSE to being scheduled for On-boarding training:

- Lubbock County Detention Center
- Ranch at Dove Tree

Team Photo: Guadalupe-Parkway Sommerville Centers (*April Issue*)



L to R: Alexya Dominguez, Sydney McDonald, Dela Esqueda ED, Jasmine Salazar, and Jazz Williams



To find a current list of partner agencies, please scan:

