



LBK Community Newsletter

"Stop acting surprised when good things happen to you. You're a good person, and you deserve it." ~ Unknown

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Team S.U.S.A.N: LBK Community Network Trailblazers



The Substance Use Service Assistance Network (S.U.S.A.N) comprises case managers and community health workers who strive to assist individuals at risk for substance misuse in

41 Panhandle and South Plains counties. The S.U.S.A.N team is a champion of the community, providing vital outpatient services and connecting with diverse populations through various outreach efforts. S.U.S.A.N is one of LBK Community's founding partners

and has been a prominent force in the network since its onboarding in 2020.

S.U.S.A.N is what the good folks at **Unite Us** call 'early adopters.' An early adopter is a person or organization that is quick to embrace and utilize new technology, becoming a trend-setter for following individuals or organizations. Early adopters are essential because they help to drive the adoption and success of new technologies, paving the way for broader acceptance among following organizations and the general public.

Madison's Favorite Quote

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do"—Steve Jobs

What makes S.U.S.A.N unique is that they are the first organization on the LBK Community platform to use the Unite Us referral tech-

nology exclusively and fully integrate the platform into its workflow. Since S.U.S.A.N's onboarding with Unite Us in May of 2023, S.U.S.A.N has been responsible for 73% of the activity on our network, which is simply outstanding! In addition to being early adopters, the S.U.S.A.N team can also be considered trailblazers. By fully integrating the Unite Us referral technology into their

workflow, they have set a new standard for how community health workers and case managers can leverage technology to help individuals at risk for substance misuse. Their commitment and dedication to their work are truly inspiring.

S.U.S.A.N is amazing, but they are not the only trailblazers in the LBK Community initiative. Many of you are in uncharted territory and setting an example for organizations in your field. I see you; and am honored that you have chosen

LBK Community to expand your organization's horizons. Thank you for sharing the vision and having faith to accompany us on this journey. We, indeed, are better together.

Happy Holidays,

~ Ariea Alexander, Public Health Program Liaison



Farewell Mike!



"I truly thought that this would be my last stop on the road to retirement. But apparently HE had something else in mind for me." - Mike Montanez

Our beloved Immunizations Program Liaison, Michael Montanez, has accepted an offer with Merck Pharmaceutical Company. We at the health department will miss him but wish him the best of Luck.

Congratulations Mike!!!!



SUSAN Coordinator: LaShonda Black 806-775-2857	Program Staff: Madison DeLeon 806-775-3926	Jennifer Taggart 806-775-3860 Maritza Vasquez (806) 775-3272	
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New Program Spotlight

S.U.S.A.N for Families



It is with great pleasure to announce that S.U.S.A.N has expanded its services and developed a new program. I present to you **S.U.S.A.N for FAMILIES**. This program offers direct services to families, youth, and individuals seeking guidance for self-improvement; and is led by Mercedes Martinez. Congrats!

"S.U.S.A.N now offers direct services for families, youth, and individuals who are wanting guidance to better themselves. With the help of Community Health workers, S.U.S.A.N for Families is able to provide community referrals and resources along with case management assistance. We are also offering commu-

nity groups for families and individuals. Our main goal is to enhance the wellness of everyone and to bridge the gap for those living in region one. S.U.S.A.N for Families understands that no two families are the same, so everyone will receive services based on their individual needs. If you or someone you know is in need of services, please reach out to us . We are here for you."

~ Mercedes Martinez, S.U.S.A.N for Families Supervisor

Group Schedule

Tuesday's

Holistic Nutrition (virtual)
5pm-6pm

Women's Empowerment
6pm-7pm

Wednesday's

Anger Management
6pm-7pm

Thursday's

Strengthening Families Program
5pm-7pm

New Program Spotlight

The Parenting Cottage Presents: MOTHERS & BABIES



I am thrilled to announce that The Parenting Cottage has launched a new program that will run through 2024. I am excited to introduce **MOTHERS & BABIES**, an evidence-based curriculum developed by researchers at Northwestern University. The program aims to help pregnant and new moms in their babies' first year learn to manage stress, particularly in the at-risk populations. Researchers have found that when moms learn these stress management techniques, they expe-

rience significant declines in postpartum depression. These techniques can also be applied to other areas of their lives long-term

The program comprises a team of six certified educators who are ready to teach the curriculum. The sessions last for about a month and will be held weekly. They offer in-person and virtual classes to make it more accessible for moms. There's no cost to attend, but registration is required. Help spread the word! Congratulations, Parenting Cottage!

Fellowship Spotlight

Texas Public Health Fellowship

It brings me great joy to share that the Texas Public Health Fellowship, of which I am a current member, will be open for applications for the 2024-25 cohort! The [Texas Public Health Fellowship](#) is a one-year, paid training program for people early in their careers and interested in public health. The selected fellow be placed at a DSHS program or office, where they will receive hands-on experience, professional development, and career guidance. Applicants can come from a wide variety of backgrounds and levels of education. If you know someone who may be interested, encourage them to apply!

Interested in learning more? Visit <https://dshs.texas.gov/txphfellowship/>

Register for an Info Session! [December 14th, 2023, 5-6pm](#)



SPCAA Open Enrollment Notice

South Plains Community Action Association (SPCAA) Project CHAMPS Navigator Program would like to announce that Open Enrollment from the Healthcare.gov Marketplace has begun and runs from November 1st, 2023 – January 15th, 2024.

If employed, with the new tax law you may be eligible for a premium tax credit that would assist you with lower premiums for your health coverage. The SPCAA Project CHAMPS Navigator Program has federally certified Navigators available to walk you through the Marketplace application process.

Navigators are local to you as we cover 32 counties across the Lubbock and Midland/Odessa area. The total list of covered counties are: Andrews, Bailey, Borden, Crane, Cochran, Crosby, Dawson, Dickens, Floyd, Ector, Garza, Gaines, Glasscock, Hale, Hockley, Howard, King, Lamb, Loving, Lubbock, Lynn, Martin, Midland, Motley, Pecos, Reeves, Terrell, Terry, Upton, Ward, Winkler, and Yoakum.

Appointments are always free, and services are provided in English and in Spanish. Enroll by December 15, 2023 for the health plan to be effective January 1st, 2024. For More information about health coverage that works for you contact an SPCAA Navigator today, at 833-314-2373 or visit our website for an appointment <https://www.spcaa.org/health-services-health-insuranc> .

~Arturo Garza, Navigator Communications Coordinator

A Note From Ariea



This month, I chose the quote, "Stop acting surprised when good things happen to you. You're a good person, and you deserve it." I came across this quote on a Sunday morning while scrolling on LinkedIn. These words hit me hard because I didn't know how badly I needed to hear them. I started to reflect on my journey leading to where I am today and realized I never gave myself credit for everything I have earned and accomplished.

For instance, I graduated from Tech with a 4.0 GPA. Everyone told me what a major accomplishment it was; heck, I was even named the College of Human Sciences 2023's Senior of the Year. But what did I say when people showered me with compliments and told me how incredible it was that a single mother was able to accomplish such a feat? I disregarded all the late nights I spent trying to understand the class material; I ignored the fact that (as much as I hate to admit) I denied my son's request to play because I was too busy studying. I then had to deal with the mental ramifications of feeling like the worst parent on earth. Not to mention doing all this while juggling two part-time jobs. I downplayed all that hard work and mental strife I went through and would say, "I'm in my 30s competing with a bunch of 18-24-year-olds; I was able to excel because I have more life experience than them, nothing more."

When I learned I was chosen for the Texas Public Health Fellowship, again, a sea of compliments poured in from everyone; I almost drowned in them. My life jacket? "I probably got the fellowship because no one else applied for the Lubbock location." And when I took over my current position within three months of being in my fellowship, my family, friends, and former professors roared with excitement and congratulations, saying they were not surprised I was able to move up so quickly. Again, I disregarded my extensive work history, which qualified me for this job, and said, "Oh, I was just at the right place at the right time." I thought I was being humble by not celebrating myself and not acknowledging what I had done to get to this point. I now realize I did it because I felt I didn't deserve the fruits of my hard work.

I share this with you because when I read that quote, something compelled me to get out of bed and start writing this note. There is a reason why I came across this quote and why I felt compelled to share my story; I think it is because someone reading this needs to hear the following just as badly as I do.

"Stop being surprised when good things happen to you. You're a good person, and you **EARNED** it. Stop being surprised when good things happen to you. You're a good person, and you **FOUGHT** for it. Stop being surprised when good things happen to you. You're a good person and **WORTHY** of good things."

~ Singed, Ariea Alexander, Public Health Program Liaison.





Community Engagements

SANTA PAWS

Saturday December 9th, 2023
9am - 1pm

Hodges Community Center
4011 University Avenue

- \$5 PET PHOTOS WITH SANTA
- VENDORS AND PRIZES
- SILENT AUCTION
- FREE MICRO-CHIPPING

City of Lubbock
Parks and Recreation

TAKE CONTROL OF YOUR HEALTH COVERAGE

OPEN ENROLLMENT
NOVEMBER 1ST - JANUARY 15TH

PLANS AS LOW AS \$10

NEED HEALTH INSURANCE?
CONTACT A FREE LOCAL NAVIGATOR
833-314-2373

ENROLL BY DECEMBER 15TH FOR COVERAGE BEGINNING JANUARY 1ST, 2024

S.U.S.A.N FOR FAMILIES

S.U.S.A.N now offers direct services for families, youth, and individuals who are wanting guidance to better themselves. With the help of Community Health Workers, S.U.S.A.N for Families is able to provide community referrals and resources along with case management assistance. We are also offering community groups for families and individuals. Our main goal is to enhance the wellness of everyone and to bridge the gap for those living in region one. S.U.S.A.N for Families understands that no two families are the same, so everyone will receive services based on their individual needs. If you or someone you know is in need of services, please reach out to us. We are here for you.

Group Schedule:

Tuesday's Holistic Nutrition (virtual) 5pm-6pm Women's Empowerment 6pm-7pm	Wednesday's Anger Management 6pm-7pm	Thursday's Strengthening Families Program 5pm-7pm
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Group times are tentative

Please contact the SUSAN for Families program supervisor with any questions:
Mercedes Martinez (806)775-3283
MercedesMartinez@mylubbock.us

MOTHERS & BABIES

TOOLS & SUPPORT TO HELP MANAGE STRESS 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 EXPECTING A BABY OR ALREADY IN BABY'S 1ST YEAR.

4-WEEKLY SESSIONS.

SESSIONS WILL BE OFFERED IN PERSON OR VIRTUALLY VIA ZOOM. CALL THE PARENTING COTTAGE TO ENROLL: (806) 795-7552

TO ENSURE THE BEST EXPERIENCE FOR ALL PARTICIPANTS: BABIES ONLY MAY ATTEND WITH MOM PLEASE DO NOT ADDITIONAL CHILDREN.

NOV-DEC 2023 SCHEDULE
IN PERSON GROUP
MAHON LIBRARY-COMMUNITY ROOM- 1306 9TH ST
TUESDAYS - 10:00-11:55 AM
NOV 28, DEC 5, 12, 19

VIRTUAL GROUP-ZOOM:
WEDNESDAY - 9:30-10:45 AM
NOV 29, DEC 6, 13, 20

The Parenting Cottage

LIFE Inc.

LIFE Inc. will be closed for appointments and activities from December 15th through January 1st to allow staff to spend the holidays with their families. Administrative staff will be available.

Merry Christmas
December 25

Hanukkah

Dec. 7- Dec. 15

HAPPY Kwanzaa

Dec. 26- Jan. 1

black & white
SOBER NEW YEAR'S EVE BASH

DJ, FOOD, CASINO, RAFFLE PRIZES, & MORE
WEAR BLACK & WHITE FOR THE NIGHT!

SUNDAY | 31 | DECEMBER
8:00 PM

LUBBOCK CIVIC CENTER
1501 MAC DAVIS LANE

ALL FELLOWSHIPS OF RECOVERY WELCOME!

CELEBRATE SOBER GET YOUR TICKETS TODAY

Stages Legacy

USING YOUR PHONE, OPEN YOUR CAMERA AND HOVER OVER CODE. FOLLOW THE LINK TO GET YOUR TICKETS AND YOUR CHANCE TO WIN!

SAVE THE DATE

LBK Community

The LBK Community Advisory Council cordially invites you to the 3rd annual
LBK Community Year in Review

Year in Review 2023

January 11, 2024
11:30am - 2:00pm

Lubbock Memorial Civic Center Rm.107
Lunch will be served

Please R.S.V.P by January 5th to
Ariae Alexander
Ariae.Alexander@mylubbock.us
Or call 806-775-3269

Sponsored by the City of Lubbock Health Department

Job & Volunteer Opportunities

StarCare

TAKE THE LEAP AND APPLY TO BE A DIFFERENCE-MAKER TODAY!

StarCare Specialty Health System offers great benefits, flexible work schedules, and an environment where hope and health work hand in hand.

Here are just a few of our career opportunities.

[PCA/Transportation Supervisor](#)
[Direct Support Professional](#)
[Financial Analyst](#)
[Child and Adolescent Mental Health Case Manager](#)
[Licensed Master's Social Worker](#)

CAN TO SEE JOB LISTINGS OR VISIT STARCARECAREERS.ORG

Grace Manor

JOIN OUR TEAM!

FULL TIME POSITION AVAILABLE:

LCDC
Salary: \$36,000.00/year

We are also a certified LCDC-I Learning Institute!

Required Documents:

- Current Driver's License or State ID
- Social Security Card
- Proof of Education
- Active LCDC or LCDC-I License

If you are passionate about helping people with substance use disorders, apply today, in person or online!

Grace Manor
806/897-9735
2402 Canyon Lake Dr.
Lubbock, TX 79415 www.childrenhp.org

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 sarajolynne@gmail.com

