



LBK Community Newsletter



“What would life be if we had no courage to attempt anything?” ~ Vincent Van Gogh

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Learning New Technology: Is it as scary as you think?

Greetings everyone! Spooky season is upon us, FINALLY! One thing you should know about me is that I am a horror fanatic; whether the genre is paranormal, zombie, slasher, or gothic fiction, I'm here for all of it. My favorite horror movie? 1973's *The Exorcist*, is cinematic perfection, and no one can convince me otherwise (I will die on this hill! LOL). As you can imagine, I have seen plenty of horror movies in my day and have been desensitized to the point where not much bothers me in films or in real life (don't be alarmed; I promise I'm sane). However, as much as I love all things macabre, one thing spooks even a horror lover like myself to the core: learning new technology.

Did you know that users not utilizing new technology within the first three months after training are more likely to struggle to adapt to evolving workflows? Moreover, did you know the number one **killer** of technology-centered initiatives is the lack of user participation? Now, at this point, you probably already know where I'm getting at; if you are an LBK community partner, the platform must be utilized for this initiative to be successful. Believe me when I say nothing scares me more than change; and learning new technology can be taxing.

Luckily for us, the Unite Us platform is designed with the user in mind, making it easy for even the most technology-challenged person (me) to navigate. If you need a refresher, log into **Unite Us Learn** by clicking the graduation cap on the top right corner; there, you can register for live training webinars or review self-paced modules. If you need extra assistance, remember that me and the Unite Us team, [Nicole Sylvas](#), [Kathleen Spangler](#), are happy to help and are just an email away. Think of us as the friend who maliciously appears during the movie's climax and helps the main character flee to safety. We're always here when you need us.

In closing, adding new technology into your workflow may seem daunting at first, but it doesn't have to be. You have a team behind you who are ready and willing to support you every step of the way. Remember, there is no LBK Community without YOU! We are in this together, and you better believe you can count on me and the Unite Us team to “show up” every time. Thank you for everything you have done and continue to do for our community. May your October be filled with success, positive energy, and fun. Oh, and Happy Halloween!
~Aria

LBK Community at a Glance

PRF completed/ ON-BOARDED

- 211/ SPAG
- Broadway Church of Christ
- Buckner's Family of Hope Center
- **Caprock Home Health Services (New)**
- Children's Hope/ Grace Manor
- Citibus
- Early Learning Centers of Lubbock
- East Lubbock Residents Owned Business Initiative
- **For Her (New)**
- Health Department: SUSAN
- Hub City Outreach Center
- Literacy Lubbock
- Love the Hub
- Lubbock Area United Way
- Lubbock Boys and Girls Club
- Lubbock County Detention Center
- Lubbock Impact

- Methodist Children's Home
- Parenting Cottage
- **Ronald McDonald House of Charities (New)**
- South Plains Food Bank
- Stages of Recovery
- StarCare
- **TTU- Center for Early Head start (New)**
- University Medical Center Health System UMC
- **Volunteer Center of Lubbock (New)**
- YWCA

Engaged

- Catholic Charities
- Community Health Center of Lubbock
- Family Guidance and Outreach
- First Lubbock
- Parkridge Pregnancy Medical Center
- Ranch at Dove Tree

Hopeful

- Goodwill
- Legal Aid Society of Lubbock
- American Red Cross
- Dismas Charities, INC





Community Friend Spotlight

Melissa Sharp: Out of the Darkness



This summer, I had the pleasure of meeting Melissa sharp and her adorable son. Melissa is a proud mother, teacher, and advocate who has turned heartbreak into action and utilizes her personal experience to help those in our community. Below is her story.

I lost my daughter Miranda rather unexpectedly to suicide in 2014. She was too proud to ask for help. Our hearts were broken. My son Morgan battled with anxiety and depression from an early age. He was trying to get help, but the wait was too long. He took his life in 2020. We had to relive the heartbreak all over again. I knew I had to do something to keep others from experiencing this same type of pain.

I began attending the Lubbock Out of the Darkness Walk and became a volunteer for the American Foundation for Suicide Prevention (AFSP). As a walk captain, I had to come up with fundraising ideas. Miranda loved sunflowers, and she baked brownies for her friends' birthdays. We created Sunflowers Over Suicide at Lubbock High, selling potted and cut sunflowers, sunflower-shaped cakes, decals, student-designed t-shirts, and more. We have hosted movie nights, education programs, and a campus walk to promote suicide awareness.

We awarded three \$500 scholarships to students for their active roles, and two additional students received \$100 prizes for their winning t-shirt designs. In addition, we have created handmade cards and distributed them to those who are struggling or have been affected by suicide.

As an AFSP field advocate, I emailed our congressmen requesting support for suicide prevention and mental health, and I served on the walk committee. I then stepped into the role of Walk Chair and am a founding board member of the West Texas Chapter of AFSP, established on Miranda's birthday, September 13, 2022.

This summer, I attended the AFSP Advocacy Forum in DC and spoke to staff members on Capitol Hill. I also serve on the AFSP Texas State Public Policy Council Committee. I have recently become a member of the Lubbock ISD School Health Advisory Council, and I hope to bring the AFSP education programs into all LISD campuses in an effort to promote suicide awareness and prevention among students.

~Melissa

Pics from this year's AFSP Walk!



Melissa Sharp, (far left) and crew selling sunflower themed goodies in honor of her children, Miranda & Morgan.



Laura Moore, (far left) is the 1st person to coordinate an AFSP walk in Lubbock in honor of her cousin, Justin Reeves.



Katherin Youniacutt, (far right) her family, and the Oceans Behavioral Hospital team walked in honor of her nephew, Coby Villarreal.

Want to learn more about AFSP? Visit afsp.org for more information.

Partner Spotlight

NEW LBK Community Partners!



Caprock Home Health Services

Caprock Home Health is a family-owned home health provider in Texas. Currently, Caprock Home Health will be offering four programs on the LBK Community platform: Therapy services (speech, physical, and occupational), skilled nursing services, Remote Patient Monitoring, and caregiver services.

For Her Women's Medical Services

For Her Women's Medical Services provides free pregnancy testing, ultrasounds, STI/STD testing and treatment, and termination education for Lubbock residents, Texas Tech students, and all women in the West Texas area. For Her also offers prenatal classes, life coaching, and support groups. (Retrieved from forherlubbock.com 9/18/23).

Ronald McDonald House of Charities

The Ronald McDonald House of Charities serves as a "home-away-from-home" for families of critically ill children who are receiving medical treatment in local hospitals. (Retrieved from <https://www.rmhcsouthwest.com/ronald-mcdonald-house> 9/27/23).

Volunteer Center of Lubbock

Volunteer Center of Lubbock connects volunteers with community needs and provides nonprofit management assistance to area nonprofit organizations. (Retrieved from volunteerlubbock.org 9/18/23).

TTU– Center for Early Head Start (CEHS)

CEHS is a federally funded program providing continuous and comprehensive child development and family support services to approximately 100 Lubbock families with children from 0-3 years old. CEHS offers year-round, full-day child-care, home visits to pregnant mothers and young families, hot, nutritious meals, developmental and health screening, and parent education and support to qualifying families at no cost through federal funding from the Department of Health and Human Services. (Retrieved from www.depts.ttu.edu/hs/hdfs/earlyheadstart/ 9/18/13).



Partner and Community Engagements

Literacy Lubbock

Lubbock Book Festival, Nov 4th from 10AM - 6PM and November 5th from 1PM - 5PM. At the Cotton Court Hotel. There will be over 30 authors attending this year, including featured authors Darynda Jones, K.A. Linde, Linda Broday, and A.R. Hall. All proceeds from the event support free adult education programs! Tickets are available at <https://www.lubbockbookfest.com/tickets>.

Catholic Charities

- Kinship & Coffee**- Oct 17th from 10:30am- 11:00am at Catholic Charities
- Fall Festival** - Oct 20th from 5:30pm - 7:30pm at The Resale Center
- Kinship Meeting Alliance**- Oct 26th from 12:00pm- 1:00pm at the Boys and Girls Ranch
- Hygiene Closet**- Oct 26th from 1:30pm - 3:30pm at the Boys and Girls Ranch

United Way

United We Read– Oct 26th, United Way partners with Lubbock County school districts for United We Read. Through the program, volunteers visit every second-grade classroom in the county, read a book, lead a craft, and send every child home with a book copy. Approximately 3,500 students and 500 volunteers participate annually.

We need volunteers to help the day of the event on October 26th, and we also need volunteers to help pre-pack supplies and deliver the materials to schools beforehand.

The volunteer sign up is located here: https://fundraise.givesmart.com/form/qkRGYQ?utm_source=embed&utm_medium=page&utm_campaign=ticketing&vid=10x157

The Parenting Cottage

Child Safety Education Program- Class Dates and Times:
Tuesday, Oct 3, 2023 - 12:00 PM
Tuesday, Oct 3, 2023 - 5:30 PM

Parenting Education- Class Date and Times:
Wednesdays, 12:00-1:00pm
Session 1: Oct 4, 2023
Session 2: Oct 11, 2023
Session 3: Oct 18, 2023
Session 4: Oct 25, 2023

Parenting Tool Kit- Class Date and Times:
5:45pm- 7:45pm
Monday, Oct. 2, 2023
Monday, Oct. 9, 2023
Monday, Oct. 16, 2023
Monday, Oct. 23, 2023
Monday, Oct. 30, 2023
*No late arrivals

All Classes are held at the Parenting Cottage
3818 50th Street Lubbock, Texas 79413
West of 50th Street & Memphis - North Side of 50th Street
For more info, contact The Parenting Cottage (806) 795-7552

YWCA

The YWCA of Lubbock's Community Youth Development program is in search of mentors for youth that have been identified as having a need for positive adult role models.

Community Youth Development is a state funded program that provides opportunities and engagement for youth ages 7-17 years old, who live in or go to school in qualifying zip codes. We provide leadership development, exposure to arts and culture, post-high school readiness, mentoring, and more.

The time commitment for mentors is one monthly session for the term of one-year. Mentors must be over 18 years old and pass a background check.

Those that are interested can complete this [Interest Form](#) and we will be in touch to complete screening and training.

South Plains Kidney Foundation

- Food Trucks for a Cause**- Oct 8th from 10:30am- 6pm? at Aldersgate Church Parking Lot, 10306 Indiana Ave, Lubbock, TX 79423
- West Texas Support Group** - Oct 24th from 5:30pm- 7:00am at UMC Transplant Services, 808 Joliet Ave, MOP 2, Suite 120 Lubbock Tx, 79415

Ronald McDonald House of Charities of the Southwest (RMHC)

RMHC of the Southwest is having a trunk or treat and still needing trunks to participate!

Trunk or Treat– Oct 28th from 10:00am—1:00pm at RMHC of the Southwest, 3413 10th, Lubbock, Tx 79415. **Theme: What's your Superpower?**

Contact Anna Bocanegra, if you wish to participate anna@RMHCSouthWest.com

NAMI Lubbock

Community wellness event, **Live well LBK** - Oct 28th from 9:30am - 12:30pm at 4530 Woodrow Rd, Lubbock, TX (@ Lubbock-Cooper Liberty High School) Info here: <https://namilubbock.org/get-involved/live-well-lbk/>

Registration link:

<https://fb.me/e/CCpSieCH>

Buckner

Book Reading Party – Join us for a reading of “Room on the Broom” by Julia Donaldson followed by a snack and craft time. The special guest that will be reading at this event is Lubbock's very own mayor, Tray Payne. October 9th, 2023 at 1:30 pm, located at 1510 S. Loop 289 Lubbock, TX, 79412. Contact: Adeline Capps @ Acapps@buckner.org or at (806) 502 – 7262.

Buckner Trunk or Treat Festival – October 28th 4 pm – 7 pm, 1510 S Loop 289, Lubbock, TX 79412, free and open to the community! We are still accepting Vendors for this event so please feel free to reach out to register! Contact: Cora Box at cbox@buckner.org or at (806) 639 – 9903.

Panorama Middle School Group – Every Thursday at 6:30 PM located at 1510 S Loop 289, Lubbock, TX 79412. Contact: Adeline Capps @ Acapps@buckner.org or at (806) 502 – 7262.

Teen Life Skills – Every Tuesday at 6:30 PM located at 1510 S Loop 289, Lubbock, TX 79412. Contact: Adeline Capps @ Acapps@buckner.org or at (806) 502 – 7262.

Nurturing Parenting – Every Tuesdays at 6:30 pm – 7:30 pm located at 1510 S Loop 289, Lubbock, TX 79412. Contact: Heather Barnes @ hbarnes@buckner.org or at (806) 503 – 2933.



“Speaking Truth to Power”
Anita Hill

Guest lecture exploring Civil Rights, Title IX and overcoming adversity.

Tues., Sept. 26, 2023
7:00 p.m. - 8:00 p.m.
SUB - Allen Theatre

- Free admittance to Students, Staff, Faculty & Community
- RSVP Required

RSVP

Co-sponsors: Women's & Gender Studies, Student Life, Campus Access & Inclusion, School of Law

TITLE IX

Uniting Parents
Empowering Families. Embracing Lives.

Coalition of Health Services, Inc.

Uniting Parents Announces
Path to Partnership Virtual Community Meeting

This meeting is open to parents, self advocates, and agency representatives that work with children and adults with different abilities and special health care needs.

Join Team Meeting at
[Click here to join the meeting](#)

Meeting ID: 214 767 732 463
Passcode: CDqFEz
November 21st, 2023
11:30am. - 1:00pm.

Speaker: Brandi Couch LMSW—VA Suicide Prevention
Topic: VA SAVe and Disability
For more information and to RSVP please contact:
maria.garcia@cohs.net or delesa.kendrick@cohs.net
Future Dates: 1/16/24, 3/19/24 & 5/21/24

Follow Uniting Parents @ [fb](#) | [www.facebook.com/UnitingParentsAmerica](#)

Uniting Parents is a grant funded by the Department of State Health Services and one of multiple programs at the Coalition of Health Services, Inc., a nonprofit 501 (c)3 organization.

Let's Talk About Self Care

Dr. Poorvanshi Alag,
Assistant Professor in Department of Psychiatry
at Texas Tech Health Sciences Center will speak about

Healthy Habits & Self Care
Oct 12th 12 - 1 pm CT

Scan for Webinar Registration

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
School of Medicine
Department of Psychiatry

NAMI Texas
NAMI Lubbock





WE will be sponsoring Lunch for Source to Solution!

Registration is now

open

Join us!

Wednesday, October 25, 2023
8:00-4:00
Lubbock Memorial Civic Center



SOURCE TO SOLUTION IS A SYMPOSIUM ON ADDICTION HIGHLIGHTING PREVENTION, TREATMENT, AND RECOVERY. THIS IS A FREE EVENT AND EVERYONE IS INVITED TO ATTEND.



Side note from your friendly neighborhood Public Health Liaison

It's almost that time again! Keep an eye out for emails regarding our annual Year in Review celebration. Come join us for good eats, good times, and reflection as we celebrate your dedication and hard work. Who knows, you might even see me bust a move (JK, I don't dance). More info coming soon!

~Aria

Networking Session? Uhm, Yeah!

Host: **United Way**

Date & Time: November 8th, 2023, 12:00PM

Place: United Way, 1655 Main St, Ste 101

Due to limited seating, you will have to RSVP for this session.

Please RSVP with Callista Lima, clima@unitedway-lubbock.org

The deadline to RSVP is November 11th, or when all seats are filled, whichever comes first.

This is the last networking session of the year; don't miss out!

Job 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.

- [Social Services Director](#)
- [IT System Support Specialist](#)
- [Veteran Case Manager - Amarillo](#)
- [Forensic Screening Specialist](#)
- [Adult Mental Health Services Director](#)
- [Director of Child & Adolescent Mental Health Services](#)
- [System Support Specialist](#)

To see job listings, visit STARCARECAREERS.ORG

Lubbock Boys and Girls Club

Lubbock Boys and Girls Club Wilson Unit is hiring for a part-time **youth development professional**. The hours are 2:30p.m.-7:00p.m. If you are looking for a fun place to work and give back to the community. Must love working with kids and must pass a background check. Great opportunity for college students, stay-at-home moms, and many other people who would like to work in an environment where you can make a positive impact on a child's life. Please come by Wilson Boys and Girls Club @ 3221 59th Street Lubbock, Tx. 79413 or call to set up an interview with Beverly Payne @ 806-792-2889

We're hiring for a Prevention Specialist!

A Prevention specialist is a behavioral health professional who has competency related to alcohol, tobacco and drug use prevention, related risk factors, and who provides services that help individuals, families and communities to develop the capacities needed to achieve behavioral health and wellness.

Enjoy an active career with us!

hubcityoutreachcenter.org/preventionworks/

Grace Manor

Grace Manor is hiring for an **LCDC** or **LCDC-I**. Please apply at or website at www.childrenhp.org, click the careers tab and complete the application or come to our main office at 2402 Canyon Lake Dr., Lubbock Tx, 79415.

Goodwill

Goodwill is hiring for a **Career Coach**. The Career Coach will train and coach participants, and also develop lines of communication and build partnerships within the community to assist participants who are seeking employment. They will also provide direct services to internal and external customers and collaborate with other professionals in accordance with program and business practices. Assesses individual participant barriers, obtain essential information, draw conclusions, and recommend a specific individualized plan for each client. Identify skill-specific employment opportunities for participants and educate external businesses on how Goodwill can help them meet their business objectives. For more information contact HR Manager, Renee Carrillo, at rcarrillo@ginwtx.org or (806) 744-8419.

Buckner

Case manager: https://www.buckner.org/current-nonprofit-job-openings?gh_jid=5752459003

Mentoring families connections specialist: https://www.buckner.org/current-nonprofit-job-openings?gh_jid=5744169003

