

Parent Newsletter

Midland County Juvenile Probation

For Your Information

The Midland County Juvenile Probation Programs Department is available to help your family navigate through the Juvenile Probation Process.

The Programs Department works in partnership with Midland County Juvenile Probation Officers to assist eligible families in providing goal setting, community service, programming, wraparound services, and resources and referrals.

Vicki Maestas
Programs Director
432-688-4555

**Things to
do in
Midland**

We will use this quarterly newsletter to update you on what is going on within our department.

We will also give updates and things to do that may be going on in Midland County.

- Check out Dress for Success on Page 3
- Texas Tech Lunch and Learn Info Page 3



Goal Setting Tips

Goal setting is tough for both young people and adults. Here are some tips to help.

Set SMART goals. SMART is an acronym. It means:

Specific--- What exactly do I want to happen _____?

Measurable—I will know when I reach my goal when _____.

Attainable—With hard work is it possible to meet this goal by my deadline?

Realistic—My goal is important enough for me to put a plan into action. If I follow this specific plan I will reach my goal.

Timely—I will reach my goal by (set date) _____.

IMPORTANT

Our organization is following COVID- 19 guidelines until further notice.

- *You must have an appointment to enter the building.
- *You must wear a mask when entering the building.
- *If you are experiencing any signs or symptoms of illness please do not enter the building- STAY HOME. Please call and reschedule your appointment.

CRISIS COUNSELING PROGRAM

COVID-19 Mental Health Hotline

TEXANS



RECOVERING TOGETHER



The **Crisis Counseling Program (CCP)** is a valuable community resource for those affected by a disaster such as the COVID-19 pandemic. CCP services, through the Texans Recovering Together initiative include free supportive crisis counseling provided by mental health professionals throughout the state. In the El Paso and Midland/Odessa area calls to the COVID-19 Mental Health Hotline will be handled by trained CCP counselors at Emergence Health Network.

The **Crisis Counseling Program** focuses on helping residents understand their personal responses to common disaster reactions, help them develop coping skills needed to deal with the challenging emotions, plan action steps to regain control, discuss solutions to resolve losses and overcome adversities and provide linkages to other helpful community resources.

TYPICAL REACTIONS TO A DISASTER

- Anxiety
- Loss of sleep or appetite
- Stress
- Grief
- Irritability
- Hopelessness
- Family conflict
- Overtime stress can take its toll and develop into more negative reactions, such as physical exhaustion or substance use could surface

INDIVIDUALS AND COMMUNITIES CAN EXPERIENCE:

- Vulnerability
- Lack of security
- Fears about the future
- Sense of loss of control and ability to protect themselves and their families

HELP IS AVAILABLE

COVID-19 Mental Health Counseling Support Hotline

844-420-3964

We are aware that this has been an extremely difficult time for families. We hope that some of the resources listed below may be helpful for the families we serve.

If there is a need that is not being met in your family at this time we would love to help.

Please give us a call at 432-688-4554.

Dress for Success

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.

Dress for Success has several Zoom presentations/workshops scheduled all geared towards helping women reach their career goals.

The next one is
Thursday, October 22nd 12:00 PM CST

Use this link to register.

<https://us02web.zoom.us/join/register/tZMscuqrpzMrEtZFuYMxizy8HdMcljbf1H>

Workforce Solutions

The Mission of the Permian Basin Workforce Development Board is "investing in the future through jobs and training" here in the Permian Basin.

Workforce Solutions offers a variety of services for eligible people. They offer training programs, help with job searches, cover letter and resume assistance, computer and internet access, access to a copy machine, career planning assistance, etc.

Virtual Job fair October 15

Use this link to register

[HTTPS://PREMIERVIRTUAL.COM/EVENT/REGISTER-JOBSEEKER/2358-OCTOBER-15TH-VIRTUAL-FAIR](https://PREMIERVIRTUAL.COM/EVENT/REGISTER-JOBSEEKER/2358-OCTOBER-15TH-VIRTUAL-FAIR)

Mental Munchies

Texas Tech Lunch and Learn

Come join us for Mental Munchies a free lunch n'learn hosted by Texas Tech Physicians of the Permian Basin-Department of Psychiatry. Mental Munchies is opened to anyone interested in learning more about mental health topics. The goal of Mental Munchies is to educate the community about mental health and provide some skills to learn how to cope with some common mental health issues many people face.

All lectures are FREE of charge. For more information or questions contact

Chang Liu @ Chang.A.Liu@ttuhsc.edu.

Use this link to register:

<https://www.eventbrite.com/e/mental-munchies-tickets-82882974207>

UPCOMING DATES

October 19

November 16

December 21

If you are in need of food and/or financial assistance, please give the Programs Department a call and we will refer you to available resources.

For additional resources you can call 2-1-1

Or find an online edition of the 2-1-1 Permian Basin Community Directory

<http://workforcepb.org/wp-content/uploads/2019/10/2-1-1-Texas-Permian-Basin-Community-Directory-2019-2020.pdf>