

Hub City Happenings

Hub City Outreach Center

The Hot Talk

April 1st, 2020
Volume 2, Issue 2

Important Events & Dates:

Due to many events being cancelled or rescheduled during the Coronavirus outbreak, we decided not to include events in this Quarter's newsletter

Tax Day EXTENDED	4/15 → 7/15
Earth Day	4/22
Cinco De Mayo	5/5
Mothers Day	5/10
Memorial Day	5/25
Fathers Day	6/21

Please reach out to us if you had a (free) event that was cancelled or rescheduled, we would absolutely love to be able to showcase it in our Q3 Newsletter.

Joke of the Month:

Q. How do you know if the ant is a boy or a girl?

A. If it sinks, it is a girl ant. If it floats, its BOY-ANT

Joke for this quarter was submitted by Ramon Delgado

Submit your best joke to:
Team@HubCityOutreachCenter.org
Please include your name, school/agency and your joke/riddle.

Your events can be featured here for free! Reach out via email with your event details to be on the front page of next quarter's issue!

Inside this issue:

HCOC's Hallmarks	2
Volunteer Opportunities	2
Partnership Spotlight + Lubbock County Juvenile Justice Center (LCJJC) + Chamber of Commerce	3
Leadership Forefront + Shayla H. + Ramon D.	3
Resources + HCOC's Contact Information + Lubbock Impact + 2020 Census	4

“We Want You To Know...”

Sometimes the Prevention field is overlooked because it doesn't always have “definitive evidence” of its long-term effects when compared to other fields relating to humans. Well, Prevention is a key aspect of Behavioral, Mental and General Health. Prevention of disease and infection is what we do! Prevention looks like education, opportunity, growth, self care and maintenance.

Behavioral Health refers to “a state of emotional/mental well-being and/or choices and actions that affect health and wellness.” Individuals engage in behavior and make choices that affect their wellness, including whether or not to use various substances.

The Behavioral Health problems that Prevention focuses on include: Substance abuse or misuse, Alcohol and drug addiction, Mental and substance use disorders, Serious psychological distress and Suicide. The term behavioral health can also be used to describe the service systems surrounding the promotion of mental health, the prevention and treatment of mental and substance use disorders, and recovery support.

So you may think, well what can I do to help!?! Communities can also impact choices and actions that affect wellness, such as imposing and enforcing laws that restrict youth access to alcohol and assuring that all pregnant women have access to prenatal care. So even though we don't do intensive intervening or treatment, we are essential to Public Health.

We do the hard work for you though.

We undergo a strategic planning process in order to systematically define the behavioral health problems facing Lubbock community and to determine what interventions will be most effective for addressing those specific problems. Prevention Professionals use SAMHSA's Strategic Prevention Framework (SPF) to plan prevention initiatives. The SPF is a 5-step planning process that guides the selection, implementation, and evaluation of evidence-based, culturally appropriate,

sustainable prevention activities. The SPF begins with a clear understanding of community needs and depends on the involvement of community members in all stages of the planning process.

We hope this little bit of insight helps you to understand that what we do is for YOU and everyone around you. Please consider being part of our mission and journey to a healthier community. Get involved!

During this time, we wish all of you Wellness...

Wellness is not merely the absence of disease, illness, and stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness.

The aftermath of the pandemic may be catastrophic, if you're thinking about killing yourself, please call:

1-800-273-8255

2 HCOC's Hallmarks

WHAT A CRAZY FIRST QUARTER IT HAS BEEN Y'ALL!! We have made some pretty big steps to ensure that all our staff are protected, respected and comfortable. We are excited to have you all with us in this journey. In the meantime, someone pinch us because the semester was flying by and then craziness broke loose! Let's not talk about the Coronavirus just yet since that's what everyone else is doing.... We shall back it up and let you know what we're doing for YOU! At the end of February, all Hub City Outreach Center Prevention Staff went to Georgetown, Texas for a week long training. Some of the topics our staff got trained on was: Suicide Prevention, General ATOD, Crisis Intervention, Marijuana, CBD and Vaping and Latinx Youth, Prevention Across the Lifespan, Facilitation Skills and MORE! A lot of knowledge was absorbed, fun was endured and, great food was had during our week in Georgetown. Go, go, gadget go... as soon as everyone returned from Georgetown, we sent out our YPS and our designated cross-trained staff out to Dallas, Texas for curriculum training! We can assure you no spouses, roommates or animals were harmed or neglected in the absence of our staff ☺ We want to give a special shout out: Mr. Adam (Rafa) Barrera, our ~new~ Program Coordinator! Adam what we like to consider "a rookie and a vet." He has many years of Prevention Services experience in the PRC, CCP and now Youth Prevention. Adam has been promoted from Prevention Specialist to Program Coordinator! Adam is also our Community Liaison/Development Officer! In our Q1 Newsletter, we informed you all of the Saturday group that was started. The groups have been moved from Saturday to Wednesday evenings from 6pm-9pm at the YWCA. Our staff, volunteers and the staff at the Y work diligently to constantly bring activities, conversations, presenters and resources to the group to ensure all youth are growing in a comfortable environment. The group that we partnered with is part of Community Youth Development Program under StarCare. Clarence Hatcher is the awesome gentleman that has spearheaded this initiative, as well as the HEARD Coalition. Instead of creating a new space for youth, we decided to meet them where they are at! The Saturday kids WERE Wednesday kids, so we decided not to stretch our resources thin. Work smarter, not harder, right? In short, there are 3 groups that rotate- all male, younger female and older female. The rotation schedule entails: a Leadership class with AJ, Positive Action with HCOC and Basketball/gym time after that. We are honored to be part of their rotation and being eligible to give them tools and let them have a safe space to talk.

We didn't want to start off talking about Covid-19... but we must.... to ensure you know where to go! We have donated 97% of our youth clothes, shoes, hygiene, school supply closets to Lubbock Impact (LI). If you are in immediate need of any basic items, please reach out to LI directly. If you cannot find the items you need at LI, reach out to us and we will see if we have what you need onsite at our new closet location. We may not have much, but also keep in mind that we have started collecting donations for our Closets in case you are Spring Cleaning!

Call or text 806-300-2848 for any questions regarding donations!

(clothes, shoes, school supplies, linens and hygiene products donations)

Reminder: your tangible or monetary donation is tax deductible!

Volunteer with Hub City Outreach Center

Not all volunteer opportunities have to take your entire day. If you're looking for something that is only a few hours weekly, listen up! Hub City Outreach Center has a few volunteer options available and they're everchanging so always feel free to reach out to us and we can let you know more specifics and answer any questions. If you have kids under the age of 18, they are welcome to participate in our programs, as long as you are present. Please wear comfortable clothes and tennis shoes.

If you can't make a day but want to make a difference, make a donation. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, incentives and monetary donations. Please reach out or visit our website for more information.

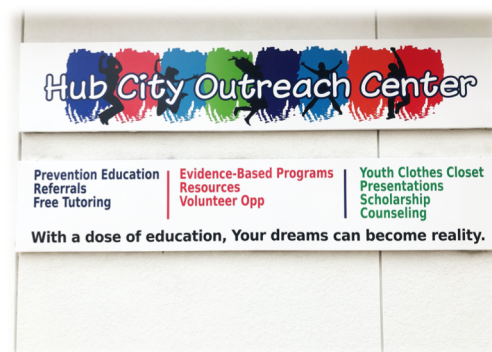
Available days for Volunteer Hours:
→ Tentative Saturday Sorting Sessions:
Currently postponed.

~WE ARE HIRING!~

A Prevention Specialist is a Behavioral Health Professional who has competency related to alcohol, tobacco and drug abuse prevention, and who provides services that help individuals, families and communities to develop the capacities needed to achieve Behavioral Health and

Wellness. Prevention Specialists deliver evidence-based prevention programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community based organizations, prevention coalitions and other coalitions.

If you were gifted with patience and enjoy planning, organizing, coordinating, marketing and conducting prevention programs to educate youth and adults about substance abuse and other high-risk activities; as well as, networking with other agencies and community members to encourage a drug and alcohol-free lifestyle, please check out our available positions on our website under the 'Careers' tab.



→ Wednesday Evenings with The Group at the YWCA -- **Currently postponed.**

→ Adopt a Highway Program: **Currently postponed.**

Questions: Call/Text: Megan: 806-300-2848

This Quarter, we wanted to showcase two of our wonderful Community Partners. First, the Lubbock County Juvenile Justice Center. Second, the Lubbock Chamber of Commerce.

Hub City Outreach Center has worked with the Lubbock County Juvenile Justice Center (LCJJC) since October of 2019. Our Youth Prevention Indicated (YPI) program does Drug Awareness classes on Monday's from 5:00pm-6:00pm. This is a program that is mandatory for youth who are on probation. Well, what do we do? We provide an opportunity for youth to objectively understand substances and how they affect their lives, as well as, a chance for them to understand themselves and see their full potential. In short, we are Empowerment Through Prevention Education and With a Dose of Education, Your Dreams Can Become a Reality ☺ (we're funny, we know...) At this site, we use Positive Action, an evidence-based curriculum that has 6 areas of focus. It explores different areas where Positive Thoughts → Positive Actions → Positive Feelings. It targets the Physical, Intellectual, Emotional and Social aspects of our lives. Some of the topics that we've seen the best response and interaction with are: "Who Am I? Life's Big Question" which helps youth explore the different aspects in their life and understand their uniqueness. "Crossroads" is another topic that we typically get great response from and we can see an impact in. Crossroads details self-identity, preparedness and preventative maintenance of themselves. We always bring additional local, state and national resources and referral information in case there is an opportunity for further assistance to be provided. You can find more information on Positive Action at: www.positiveaction.net/

A special shout out to K.Richards and M. Delarosa for always being so informative, respectful and encouraging to their participants and our staff. In this current time of vulnerability, we've been tossing the idea around about online sessions to ensure their participants are still receiving Prevention Services. The LCJJC often times has a negative connotation to it and sometimes that makes us sad. We work with these youth that really do have great potential. With that being said, we are looking for locations where they can do community service in areas of their interest. Giving the gift of hope and knowledge can really go a long way in a young person's heart and mind. If you are a site where youth can come to learn, provide you with community service work and grow as individuals, please reach out to us!! On the flip side, often times these youth are raising themselves, other family members or are trying to just survive by any means. If you are not open to being a community service site but are in the technical/work field and would like to be a site where youth can learn a Trade Skill, please let us know! We are also looking for locations where youth with a criminal history can make an honest living and WORK! If you are a site that is open to providing the light these youth need and are able to offer job assistance, please reach out to us. You can make a difference, community wide!!!

The Lubbock Chamber of Commerce, what a wonderful resource and group to be a part of. As many of you may recall, in January we were inducted into the Lubbock Chamber. A ribbon cutting honoring the opening of our new building was a hit. We wanted to say Thank You, again to everyone who came to support us. Being part of the Chamber has afforded us with a plentiful business directory, breakdown of legislation regarding small businesses, additional resources and assistance during the Covid-19 times. Keep an eye out for all the other things that the Chamber is doing for the community.

If you want to partner with us, please find our information on the last page.

We would love to work together!

We would love to showcase what your organization is doing, events to look forward to and things you're working on!



Leadership Forefront

Hub City Outreach Center is proud to be creating leaders of tomorrow. Leaders are those who set desire in others to be and to do better. Daily, we encounter people who struggle yet persevere. We are delighted to be able to showcase our leaders in our newsletter. This Quarter we are showcasing Shayla Hammock, our YPS Specialist and Ramon Delgado, our IT Specialist. We cannot do our work without these two individuals!

If you have a hardworking student or if you know someone who has a serving heart, please let us know. Send your nominations to us via email so we can share their accomplishments with the world.

Shayla Hammock is one of our amazing, hardworking and intelligent Youth Prevention Selected (YPS) Specialist. During her time with HCOC she was also working towards obtaining her Community Health Worker (CHW) Certification. Shayla has recently completed and achieved her CHW Certification!!! WOOT! We are so proud of Shayla for taking the steps to grow in her professional life. We have seen Shayla utilize her CHW education and skills in her work with the youth, other organizations and groups to help the Lubbock community grow. In addition, shout out to Bella, her dog, for keeping her sane while working with us!! ☺

Ramon Delgado is our all-mighty IT Specialist. Ramon has worked closely with our VP to ensure new staff's laptops are set up, secure, monitored, protected and are ready to be heavily used to serve the community! Ramon is our on-call IT Savior. He is an honest and patient contractor, attentive to our small and big issues we run into and makes sure we are always in compliance per our grant, the state and organizational protocols. He has especially been a great help in preparing our Staff to work from home during the Covid-19 times. Thank you for keeping us safe, informed and prepared in the digital world!

