

Hub City Happenings

Hub City Outreach Center

July 1st, 2020
Volume 2, Issue 3

The Hot Talk

Important Events & Dates:

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

Tax Day EXTENDED	4/15 → 7/15
Independence Day	7/4
First Day of School LISD	8/17
Labor Day	9/7

(Other Lubbock CO ISD have not released their start dates before this publication was released)

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 Q4 Newsletter on 10/1/2020.

Joke of the Month:

Q: How do you organize a space party?

A: You planet.

Joke for this quarter was submitted by Yair Bernstein, "Dad jokes of Edgewater" (Chicago)

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!

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"We Want You To Know..."

On 6/18/2020, Gov. Abbott & TEA Commissioner announced: "It will be safe for Texas public school students, teachers, and staff to return to school campuses for in-person instruction this fall. But there will also be flexibility for families with health concerns so that their children can be educated remotely, if the parent so chooses..." said Texas Education Commissioner Mike Morath last Thursday. Abbott followed: "...Online instruction will be an option for any student who doesn't feel safe returning to the classroom in mid-August. This is a very important environmental setting for both the students, for the teachers and for the parents." ... What a message to digest.

Some of our thoughts, we hope are also your thoughts:

- + Are your kids prepared mentally, physically and emotionally?
- + What steps, as parents, have you taken to ensure that your child is safe returning to school?
- + Are you financially prepared to send your children back to school during this difficult time?
- + Have you been positive or negative about the pandemic and will your children carry that attitude back to the public?
- + What are some ways you can set your child up for success this year?

On 6/23/2020, The TEA released additional *draft* guidance for school districts. As this information and documents are drafts and will be everchanging, we encourage you to stay up to date and begin to plan, with your children, what you both want this upcoming school year to look like.

Be sure to consult our Resource page for TEA and Local Education information and also Mental Health Resources!

2 HCOOC's Hallmarks

Many of you know that we host an annual Summer Bash and also Back-to-School Bashes for various sites. Like everyone else, Covid-19 has made us uneasy about hosting such events for the safety of the community. In lieu of our in-person Back-to-School Bash, we are putting together an online scavenger hunt! The scavenger hunt will entail you and your student youth to embark on a journey of self-discovery to obtain answers to the secret scribe with the ultimate goal of finding the treasure and understanding each other! What is the treasure? School supplies and hygiene items! It may not be gold but it will be golden to watch your children succeed in their new reality that has been tragically altered by coronavirus. Who doesn't like winning free stuff, spending quality time and learning about your family! Please consider donating school supplies for our event. A tax-deduction, "free advertising" and a permeant publicity spot is your gold reward!

At this time, we will not be hosting any in-person events for the remainder of 2020. However, we are available and excited to be guests, vendors or volunteers at any events that you may be hosting, just reach out to us and we will do what we can! We did find an efficient way to host National Prevention Week events online! Our Prevention Staff collectively planned and created content that educated youth and families on the topics of: Preventing Prescription Drug and Opioid Misuse, Preventing Underage Drinking and Alcohol Misuse, Preventing Illicit Drug use and Youth Marijuana Use, Preventing Youth Tobacco Use and Preventing Suicide. Daily challenges and education was presented online with talking points and benefits of Prevention! We held a contest that persuaded community and family involvement and gave away a MEGA CARE PACKAGE to one participating family. If you want to educate yourself on any of this information, it is located on the homepage of our website.

As the current uncertainty of what the future of K-12 in-school classes will look like. Please remember how important Social-Emotional skills are. We are able to accommodate whatever schedule you have, even if you can only make room for us to come out to your site once! One time can make all the difference.

Our immediate and more extensive Prevention Services have been paused or slowed down, but some of our sites have taken the necessary action to create safe spaces for their youth to be able to get their social-emotional learning on! Our intuitive YPI Program is still actively servicing the Lubbock County Juvenile Justice Center as part of their Drug Awareness Program, in which our staff provide the Positive Action curriculum 2x/week for five weeks. Our active and creative YPS Program is actively servicing the Texas Boys Ranch 2x/wk for five weeks as well.

Just before the Coronavirus Pandemic took over our lives, we adopted a highway as an additional way for us to be able to give back! We have the 2 mile stretch of US 62/82 beginning at FM 1729, continuing East. We are looking for organizations and employers who would like to partner as either a community service location for your students or youth, a volunteer site for your youth or adults, and/or a service site for your staff or adults. TXDOT will provide all the mandatory protective wear and cleaning supplies/equipment needed for the event. We will announce the events 60 days in advance and we will also host a mandatory training within 30 days prior to the event. Help us, help each other, for our future!

~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.



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.

Questions:

Call/Text Megan: 806-300-2848

Available days for Volunteer Hours:

→ Tentative Saturday Sorting Sessions:
Currently postponed. Return Date TBD.

→ Wednesday Evenings the YWCA:
Currently postponed. Return Date TBD.

→ TXDOT Adopt a Highway Program:
Currently postponed. Future Dates TBD.

Partnership Spotlight:

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This Quarter, we wanted to showcase a few VIPS (**Very Important Partners**)!

First, the Community Foundation of West Texas. Second, Amerigroup, Blue Sky, Sugar & Six Soap Company. Third, our additional important, loyal community Donors. All of which, are #1 in our hearts and health! While our main Prevention Services were put on hold due to Coronavirus, we couldn't let the Lubbock Community down! We knew we could do something great and we set our hearts and minds to work. Our Executive Staff did research, wrote and were awarded two grants, obtained tangible donations and monetary donations for the result of our Covid-19 Community Relief Fund Project (CRF)!

The basis of the CRF is to provide Basic Needs to community members in need, with a focus on families with children. Our Relief comes in the form of Direct Financial Assistance (DFA), Food Vouchers (FV) through the South Plains Food Bank and Tangible Basic Needs (TBN) Items.

Through the **Community Foundation of West Texas (CFWTX)** we were awarded \$9,000.00 for this project. With the help of community donations, we received an additional \$650.00 for the project. Additionally, from the constant support and sponsorships we receive through **Amerigroup**, we were also granted an additional \$1,000.00! Our monetary project budget for Covid-19 Relief ended up totaling: \$9,750.00!

Taylor from **The Junk + Farmers Market** and **Bobby from United Supermarket** off 82nd, donated a total of 400 large brown paper bags for us to bag Relief Items! **Blue Sky** donated 60 BOGO Burger coupons that were included in Relief Bags that went to families with multiple children. Blue Sky also donated 250 plastic cutlery kits that went to the first 250 deliveries. **Sugar and Six Soap Company** donated 15 bars of locally made soap, that was included in Relief Bags that went to families with kids.

With all of the generous donations above making this project happen... in the month of May: 105 Applications were received and only 18 were ineligible/unreachable/rejected services. Between nineteen families, \$2,633.25 was granted in DFA to pay overdue rent and utility bills. Thirty-one families received Food Vouchers. Fifty-six families were delivered Tangible Basic Needs Items of their choice. The remaining thirty-four May applications that were not delivered in May, were delivered the first week of June. A breakdown of our reach of assistance in May was: 82 adults, 95 youth for a total of 177 Lubbock County residents! Keep in mind our staff worked staggered, 4-hr shifts and only processed/delivered applications Monday-Thursday! For this project, our staff were required to take their temperature and clean their areas upon arrival *and* departure of their shift, gloves and face coverings were required while in the office, hand sanitizer and personal bars of antibacterial soap were administered, and daily symptom check-ups were conducted.

We didn't stop there... Each Relief Bag we created also contained written, verified Prevention Education that was directed to youth and/or adults in the areas of: Alcohol, Prescription Drugs or Other Drug Information. Our distribution totals for Prevention Education in May was: 45 targeted for adults and 85 targeted for youth.

We absolutely could not have done this project efficiently or thoroughly without each and every donation we received.

If you or someone you know needs assistance due to Covid-19, please visit our website or email us!

Leadership Forefront

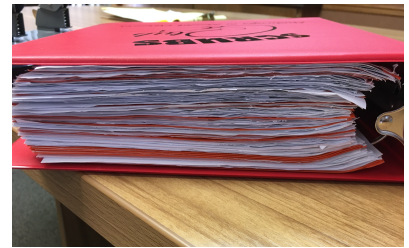
Hub City Outreach Center is proud to be creating and working with leaders of tomorrow. Leaders are those who set desire in others to be and to do better. Daily, we encounter people who struggle yet persevere. We are delighted to be able to showcase our leaders in our newsletter.

This Quarter we are showcasing Linda Arroyos, our YPI Specialist and Adam Barrera, our Program Coordinator & Community Engagement Officer. We cannot do our work without these two individuals! This quarter, we had to extend our formatting to be able to encompass the importance these two individuals have on our organization and on the Lubbock community.

If you have a hardworking student/staff member 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.

Ms. Linda Arroyos is one of our most hardworking, dedicated and intuitive Youth Prevention Indicated (YPI) Specialists. She lights up any room she walks in. Seriously, having Linda in the office is such a blessing. Ms. Arroyos goes above and beyond the call of duty *daily* and we simply cannot express the gratitude we have for her. Linda has been working towards obtaining her Community Health Worker (CHW) Certification simultaneously while working at HCOC. The day has arrived; she has finally achieved it! We are so proud of Linda for taking the steps to grow in her professional life. We have seen Linda utilize CHW education and skills in her work with the youth and other organizations to help the Lubbock community grow long before she started the CHW program, so it only made sense that she pursued this achievement. Additionally, Linda is awesome because during our CRF Project, she received 2/5 of the May Staff Outcome Awards. One Award for the Least Amount of Omitted Applications and One Award for completing the most SPFB Food Voucher requests at 18 Vouches/Families assisted! ☺

Adam Barrera is our Program Coordinator and our Community Engagement Officer. Which basically means, he is constantly finding ways to bring education into the community and finding ways to build community cohesiveness. Outside of Adam's Program Coordinator awesomeness, he recently joined the MCH Family Outreach Committee, been a repeat guest at the BNI, spearheaded a grant on behalf of HCOC and he has already got the ball rolling for GivingTuesday this year! Additionally, with the unfortunate Coronavirus Pandemic and the cancellation of the Annual Medicine takeback events, Adam coordinated two Pill Disposal Pouch Drive-Thru events with the Lubbock City Health Department, to prevent prescription drug misuse/abuse and to assist UofH School of Pharmacy in obtaining data on Prescription Drugs in Texas! From those two events, a total of 441 cars/families received Pouches! (Adam is looking for additional sites who would like to participate in future events; reach out if you're interested!) Our organization would not be as astounding as it is without Linda A. and Adam B on our Team!



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Like us on **Facebook:**

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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. As a non-profit, we depend on donations. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, incentives, and monetary donations. If you would like to collaborate in any way, please reach out via email. Thank you for considering us!



Above: Our commitment to your better tomorrow.

We adopted a HIGHWAY as part of our continued effort to enhance the Lubbock Community with hopes of a better tomorrow for all. Our stretch is on US 62/82, Beginning at FM 1729, Continuing East for 2 miles. We will host Clean Up Events 4x/yr. Interested? Email us! We will let you know more information.

Everything a Public School Parent needs to know:

Your Child's Education Matters!

Texas Education Service Center; Region 17

www.esc17.net/

Business Hours: M - F | 8:00 am - 5:00 pm

Phone: 806-792-4000

<https://www.lcisd.net/>

<https://www.lubbockisd.org/>

<https://www.shallowaterisd.net/>

<https://www.roosevelt.k12.tx.us/>

<https://www.ndisd.net/>

<http://www.slatonisd.net/>

<https://www.frenship.net/>

<https://www.idalouisd.net/>

Resources ~

"In 2018, for the first time in the history of such research, the rate of suicide for Black children between the ages of five and twelve has exceeded that of white children, and more than a third of elementary school-aged suicides involved Black children." - A devastating statistic statement from BlackMentalHealth.com. We have to take care of our children, family, friends and communities. This Quarter's Resources are for our brothers and sisters of color who need self-care in their lives and fair, culturally competent and appropriate substance, family, trauma or other treatment/help now more than ever.

Covenant IOP: www.covenantchildrens.org/departments/adult-services/outpatient-chemical-dependency/

Network Therapy's Therapy & Treatment Locators: <https://www.networktherapy.com/>

NAMI: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

NAMI Lubbock: <https://namitexas.org/nami-lubbock/>

At-Home Edu for Self-Care: <http://www.poconlineclassroom.com/self-care/>

Black Mental Wellness: <https://www.blackmentalwellness.com/>

Psychology Today: <https://www.psychologytoday.com/us/therapists/trauma-and-ptsd/tx/lubbock>

Stages of Recovery: <https://lubbockaddictionservices.com/trauma-therapy/>

Center for Superheroes: <https://www.texastechphysicians.com/lubbock/center-for-superheroes/>

Starcare Specialty Health: <https://www.starcarelubbock.org/>

Texas Tech Physicians: <https://www.texastechphysicians.com/lubbock/psychiatry/>

Texas Tech Psychology Clinic: <https://www.depts.ttu.edu/psy/clinic/links.php>

Journeys Counseling Center: <https://journeyscc.org/>

Children's Advocacy Center: <https://www.safeplace4kids.org/>

Family Counseling Services: <https://www.fcslubbock.org/>

Catholic Charities: <https://cclubbock.org/youth-and-families>

Voice of Hope: <https://www.voiceofhopelubbock.org/services/>

Voice of the Missing: <https://www.facebook.com/Voice-of-the-Missing-Lubbock-1965775607033644/>

Suicide Help: <http://www.contactlubbock.org/> **Suicide Lifeline: 1-800-273-8255 ; Text: 741-741**

Reach out if you need additional, specific resources. We will help you locate them. *hugs*