

Hub City Happenings

Hub City Outreach Center

October 1st, 2020
Volume 2, Issue 4

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

World Mental Health Day	10/10
Columbus/Indigenous Peoples Day	10/12
Red Ribbon Week	10/26 - 10/30
Halloween	10/31
Daylight Savings Ends	11/1
K-12 Thanksgiving Holiday	11/26
Hanukkah Begin	12/11
K-12 Semester End	Week of: 12/14
Winter Solstice Begins	12/21
Christmas Day	12/25
Kwanzaa	12/26

Please reach out to us if you had a (free) event that was cancelled or reschedule. We would absolutely love to be able to showcase it in our Q1 Newsletter on 1/1/2021.

Joke of the Month:

Q: Why do ants not get sick?

A: They have ant-i-bodies!

Joke for this quarter was submitted by Linda A.

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 + Various Partnerships	3
Leadership Forefront + Gina G. + Tom K.	3
Resources + HCOC's Contact Information + Scholarship Opportunities + Online Safety Tips	4

“We Want You To Know...”

We as a society cannot deny that the world we live in today is experiencing a wealth of challenges. From a global pandemic, global issues, natural disasters to local and personal events. There is hope and help. There is hope and help for those experiencing trauma and/or caring for those who have experienced trauma. When our communities experience disasters and also suffer from Adverse Childhood Experiences (ACEs), the community is at risk and will need support. ACEs have been shown to have an impact on lifelong health, opportunity, violence and more. ACEs are too common in our world! Let's understand the scope and what we can collectively do to help each other! ACEs can be presented in a few forms: experiencing violence, abuse or neglect, witnessing violence in the home or community, having a member attempt or die by suicide. Additionally, if a child's environment undermines their sense of safety, stability or bonding such as growing up in a household with: substance abuse, mental health problems, instability due to parent separation or incarceration of a parent, sibling or other member of the household. "About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs. Preventing ACEs could potentially reduce a large number of health conditions. For example, up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs." (CDC) What do you think of that data? Does that data include you? Do you think we help each other to prevent future generations ACE scores? Do you want to help? We hope so! ACEs are a lot to unpack, especially if you are just learning and understanding your ACE score. The CDC outlines six ways that you can do your part in preventing ACEs and help children reach their full potential! You can more about preventing ACEs in your community by assuring safe, stable, nurturing relationships and environments by visiting our Resource page on our website.

Six preventative actions for ACEs:

1. Strengthen families' financial stability
2. Promote non-violent culture
3. Help kids have a good start
4. Teach healthy relationship skills
5. Connect youth with caring adults and activities
6. Intervene to lessen immediate long-term harms

Benefits of preventing ACEs:

- + Healthier relationships
- + Better school performance
- + Higher graduation rates
- + Decrease in depressive episodes and substance misuses
- + Fewer behavior problems and less violence
- + Less burden and cost from violence for everyone

Reminder: Be nice to people! ☺

2 HCOC's Hallmarks

We have been busy, y'all! Since we last spent time together in Q3, we have completed our Covid-19 Community Relief Fund (CRF) Project and created a way to safely and productively hold our Third(!) Annual Back-to-School Event. We also revamped our Adopt-A-Neighbor Programs and added features on our website. Additionally, our Annual Winter Coat Drive is underway! But first, Fall is here. Which means... Back! To! School! For! All! Whether your family is home-schooling, distance learning or in-person learning, our Back-to-School Event was open to all! We did not hold an in-person event, but a virtual one! In our virtual world of the world wide web, we held a scavenger hunt. Upon decoding the secret message, free school supplies marked the treasure! For our Third Annual Back-to-School Event, we raised \$2,694.00 to get school supplies (and hygiene items) in as many children's possession as possible. Additionally, we gave out over \$300.00 in donated prizes for scavenger hunt participants! We managed to pack just over 150 age-appropriate backpacks at an average of ~\$17.00 per child/backpack and ~141 pieces of Prevention Education went out into the community. Finally, ~55 hygiene bags were also distributed to larger families. The Scavenger Hunt contained 12 vendors over the span of all 8 dimensions of wellness: physical, spiritual, occupational, financial, environmental, intellectual, emotional and social. Furthermore, the virtual event also covered few areas of prevention initiatives/sectors: mental health, primary care, suicide prevention, behavioral health treatment, school safety/health, injury prevention, violence prevention, maternal and child health, education. Please see to our Partnership Spotlight on Page 3 to see all the amazing local and statewide entities that donated to our event that supported this community when we needed it! *They need some serious love and support during this time, just like me and you.*

This year, we will not be hosting our usual annual Halloween event. Instead, we have an amazing event planned for Red Ribbon Week. Hub City Outreach Center and At!do farms will be collaborating on event that will be aMazeing! There are prizes to be won, y'all!! Next, we are happy to announce that our Annual Winter Coat Drive is underway! Please consider us when looking to donate any of your gently used winter wear for youth/young adults. All donations receive a tax-deductible receipt! Lastly, Giving Tuesday is coming up and guess what? It's going to look different because of Miss Rona (Coronavirus Pandemic). Giving Tuesday is an annual, nationwide fundraising event for nonprofit organizations! The Community Foundation of West Texas does something amazing for the organizations in our area! If organizations meet their fundraising goals, they will match it!! This will be our second year participating in Giving Tuesday and we invite you to help us meet our goal so we can continue to go above and beyond for beautiful West Texas!

Text "GIVE2HCOC" to 44-321 to donate for Giving Tuesday!

Website Update Announcements: ☺

- + Youth Clothing Vouchers: Easily accessible form to request a voucher
- + Education Assistance: Students can now easily request free school supplies
- + Food Vouchers: Easily accessible form to request a voucher
- + Adopt-A-Neighbor Program: Our take on the National Pay-It-Forward Campaign

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, household & baby items, incentives and monetary donations.

Questions:

Call/Text Megan: 806-300-2848

More Information :

HubCityOutreachCenter.org

~Intern Positions Now Available!~

Hub City Outreach Center's Prevention Services are provided by a Behavioral Health Professional who has competency related to substance abuse prevention and relative behaviors. Our services help individuals, families and communities develop the capacities needed to achieve behavioral health and wellness.

Interns will gain experience and knowledge in: prevention systems, community mobilization events, networking and training opportunities, referral knowledge, and media aspects! Interns will shadow programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community-based orgs and various coalitions + more.

Interns will develop the following skillset: presentation, public speaking, group facilitation, strategic communications, strategic planning and evaluating, building resiliency, cultural proficiency, ethics, needs assessments and risk assessments, ATOD knowledge and systems of prevention across the lifespan.

Check out our available positions on our website under the 'Careers' tab.



ABOVE: Megan & Jonathan accepting a generous donation from Lubbock's H-E-B for our Adopt-A-Family Program.



Available days for Volunteer Hours:

→ ALL IN-PERSON VOLUNTEER OPPS: Currently postponed. Return Date TBD.

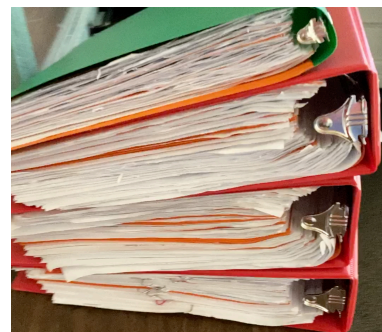
→ The Adopt - A - Neighbor Programs:
Adopt-A-Voucher: "GIVE2FEED" to 44-321
Adopt-A-Student: "GIVE2EDU" to 44-321
Adopt-A-Family: "GIVE2FAM" to 44-321
Adopt-A-Child: "GIVE2FUN" to 44-321

→ Annual Giving Tuesday Event:
Help us reach our 2020 goal of \$5,000!
Giving Tuesday: "GIVE2HCOC" to 44-321

Partnership Spotlight:

3

In this final Quarter of 2020, we wanted to showcase a few VIPS (**Very Important Partners**), again! While our main Prevention Services were slowed down due to Coronavirus, we couldn't let the Lubbock Community down by sitting around! We knew we could do something great. Our team put our hearts, minds and community to work. The Executive Staff conducted a few modes of 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)! We gave a few of our Partners a shout out in this section in Q3. However, our Covid-19 Community Relief Fund (CRF) Project was a huge deal. Additionally, we were able to host our Third Annual Back-to-School Event with the help of these partners, so we are going to give all of our Partners this quarter's spotlight. Please consider showing your appreciation to the following entities and community donors:



Community Foundation of West Texas, Children's Advocacy Center of the South Plains (CACSP), Contact Lubbock, Communities In Schools (CIS), Methodist Children's Home (MCH), Catholic Charities, Bucker FYi, Bucker FHC, Texas Tech University's Risk Intervention and Safety Education (RISE), Superior, Poison Control (Local Entity), National Institute of Health (NIH, for kids!), Swyft Filings, Walmart, El Molino, Amerigroup, Hartman Roofing Lubbock, YoungScholarUSA, South Plains Mall, Journeys Counseling Center, FirstCare, OWL Logistics, Galvan Auto and Truck Electric, TTUHSC Office of Institutional Health, Blue Sky Lubbock, Sugar + Six Soap Company, Dr. Al Kharrat Houssam MD Office, T. Katey, M. Salazar, D. Flores, M. Wishnia, E. Salazar, H. Delgado, L. Powers, B. Reitmeyer and R. Gideon. Let's get to the results of our three-month emergency project, shall we? First, our team did our research on the need, we gathered PPE and mapped out logistics into a manual for this project's unprecedented circumstances prior to carrying out this frontline assignment. Then, Applicants went to our website, completed the Relief Form and spoke with a HCOC Center Employee to complete the application process. After the application was processed, our staff bagged *and* delivered the requested items to the Applicant's home. Easy as that! A common phrase you may hear in the Human Services field is "meeting service recipients where they are at." This means literally and figuratively! Through grants and donations, we acquired \$10,650.00 for this particular project. We purchased over 12,322 packages of items that fit into the categories of: Household Items, Hygiene Items, Basic Clothing Items, Baby Items and School Supplies. We also purchased Food Vouchers from the South Plains Food Bank and set aside half of the entire fund for Direct Financial Assistance (DFA)! A total of 451 applications were received. Unfortunately, we omitted 102 applications because we could not get ahold of them after three attempts, they lived outside of our service zone, or they declined services. Good news, though! 349 families did receive relief. A total of 146 food vouchers were given and 35 families received DFA for bills, such as rent, utilities, etc. Prevention Education also went out in each bag, in addition to some goodies we described in Q3. Just because work was disrupted for most of us, we could not sit back and not assist our neighbors! We truly could not have done this project without the community behind us. **Thank you to all who donated or supported this cause! Thank you to all who utilized our Relief!** The image on the top right is three months of CRF documentation.

Do you want to partner with Hub City Outreach Center to enhance the lives of those living in West Texas? Contact 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 Gina G, one of our outstanding YPS Specialist and Tom K, a local cool-cat and stakeholder!

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.

Where do we even start with the Fabulous Ms. Gina G?! Gina is a Youth Prevention Specialist with Selective populations at HCOC, a Certified Community Health Worker (CHW), the Director of Supervised Visits at Journeys Counseling Center, a member of the Hispanic Association of Women (HAW), a member of Right Now Church and is a Biblically Affirmed and Biblically Equipped (BABE) with HER Legacy, where she also serves on the Foster Teen and Children Local Mission Team. Whew... We told ya this girl is a rockstar!! Gina's fulfilling schedule is beautifully managed by her A1-outstanding planning, organizational, crafting and circuit skills. If we had to describe Ms. G: in two words, it would have to be: Marie. Kondoing. We honor Gina because she is a go-getter with leadership and glitter in her veins. Do we credit a life of cheerleading to this? Perhaps. We are thankful to have Gina in our community and thankful that there are people like her still out there today! Thank you for always putting 200% into everything you do for the world!

Tom K. is an important staple of the Lubbock Community, and we don't mean this because he's the infamous Nacho Libre running around the At'l'do Corn Maize. We honor Tom because his character shines in all of his endeavors. His ventures as Market Director at Electronic Payment Advisory Group (EPAG) support business' ventures in the US (mostly Texas) by helping entities securely manage their goods & service exchanges through a variety of methods. Tom is currently the President of the Business Network International (BNI) West Texas Chapter. In Tom's spare time, you can find him volunteering throughout the community or yard landscaping. Mr. K and his family have shown us that when passionate people work together, we can enrich a community and change the lives of those who may be struggling with food, safety/housing, clothing, education, etc... We thank you (and your family) so much for emerging yourselves into your passions and bringing brighter tomorrows for our community!

Hub City Outreach Center

4 Briercroft Office Park

Lubbock, TX 79412

Phone: 806.300.2848

Fax: 806.368.6003

E-mail:

Team@HubCityOutreachCenter.org

Website:

HubCityOutreachCenter.org

Instagram: @HCOC.Lubbock

Like us on **Facebook:**

@HubCityOutreachCenter



To unsubscribe, please reply: "UNSUBSCRIBE"

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!



Left: Nacho Libre at the Atl'do Corn Maize (AKA Tom Keaty)

Have you seen this man? You may have been in the presence of greatness! This is your friendly reminder that just because you have to grow up, doesn't mean you can't have fun and stay true to your heart.

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.lcisid.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 ~

Due to increase in the virtual world and more individuals struggling, we wanted to give you resources for internet safety and also scholarship opportunities! We want everyone to stay safe and to succeed!

8 Things You Should Never Share Online:

passwords, address, phone number, personal information(full name, birthday, etc.), location, if you're home alone, email address, information about family (parents/children).

Internet Safety Resources:

Internet Laws & Protections: <https://kidshealth.org/en/parents/net-safety.html>

Norton Kid Safety: <https://us.norton.com/internetsecurity-kids-safety.html>

Common Sense Education: <https://www.commonsense.org/education/digital-citizenship/internet-safety>

Online Child Safety Crisis: <https://internetsafety101.org/>

American Federation of Teachers: <https://www.aft.org/online-safety-and-cyberbullying-resources>

New York Public Library Tips: <https://www.nypl.org/help/about-nypl/legal-notice/internet-safety-tips>

National Bullying Prevention Center: <https://www.pacer.org/bullying/resources/cyberbullying/>

Stomp Out Bullying Campaign: <https://www.stompoutbullying.org/bullying-cyberbullying-resources>

Education, Trade & Vocation Scholarship Opportunities:

Community Foundation of West Texas: <https://www.cfwtx.org/scholarships>

Texas Scholarships: <https://www.mycollegeoptions.org/TX/1/Texas/search-results-scholarship-search-by-location.aspx>

First in Family: <https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/first-in-family-scholarships/>

Scholarship Warehouse: <https://www.scholarships.com/scholarship-search>

Grants: <https://www.scholarships.com/financial-aid/grants/>

Career Grants: <https://www.twc.texas.gov/partners/texas-career-opportunity-grants>

Trade School: <https://www.affordablecollegesonline.org/college-resource-center/vocational-college-financial-aid-scholarships/>