

Hub City Happenings

Hub City Outreach Center

April 1st, 2021
Volume 3, Issue 2

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

Earth Day	4/22
Cinco de Mayo	5/5
Mother's Day	5/9
Memorial Day	5/31
Flag Day	6/14
Juneteenth	6/19
Father's Day	6/20

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 on 7/1/2021.

Joke of the Month:

Q: What kind of tree fits in your hand?

A: A palm tree!

Joke for this quarter was submitted: Anonymous

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..."

Substance Use Disorder (SUD) in Texas is taking a costly and devastating toll on our Citizens, Families, Communities! Substance use issues are the result of using alcohol or other drugs in a manner, situation, amount, or frequency that harms the individual and/or those around him/her, despite consequences. Over time, repeated and hazardous use can lead to changes in brain circuits involved with obsessive thinking, reward, stress response, and executive functions like decision making and self-control. SUD is a chronic disease—like diabetes, cancer, heart disease, and asthma—and it falls on a spectrum from mild to severe. Severe SUD is commonly referred to as addiction. Individuals can and do recover, and symptom recurrence (relapse) rates for SUD (40 – 60%) are comparable to those for chronic diseases, such as diabetes (20 – 50%), hypertension (50 – 70%), and asthma (50 – 70%). People of any age, gender, or economic status can become addicted to alcohol or other drugs. Certain factors can increase the likelihood and speed of developing SUD: family history, mental health conditions, peer pressure, adverse childhood experiences, and use at an early age. At least 25% of the US has a 1st degree family member with SUD, of which 90% live with a person in active addiction. Human brains continue to develop until age 25, making the delay of first use so important. More than 90% of adults with SUD started using before age 18; half of them before age 15. Only 10.2% of Texas schools (742 of 7,260) are able to access SUD prevention programs. Which is why we want you to know that we are here for you! Contact us to get access to your one-and-only SUD Prevention Program in town! This new data has been presented by the Association of Substance Abuse Programs, Texas Association of Addiction Professionals and Recovery People. Online access at: <https://recoverypeople.org/tx-sud-facts/>.

HCOC's Hallmarks

This year is cruising by! Let's see what happened the past few months and talk about what's to come! With COVID restrictions lifting and accommodations continuing to be made, HCOC has successfully started over 20 sessions and presentations in the Spring Semester! Our Specialists will continue to wear masks throughout the Spring and Summer Semesters. We will reevaluate the need for masks come Fall Semester, as they align with the Site's standards. While Prevention Education across the County continues to increase- so does our volunteer opportunities! We kicked off 2021 by volunteering with Lubbock Impact's first meal distribution of the year. It was a mere 34* outside but we made it through to ensure families received a hearty meal, snacks and beyond! Plus, we got to see Wanda... (we love her!) More recently, our staff volunteered at the Medicine Takeback Event at TTUHSC to prevent prescription medication misuse/abuse and protect our environment! There is nothing we love more than being able to assist our fellow local entities in their missions for Wellness. We're thankful for the response we've had with our Annual Winter Coat Drive! While adding to the list of 'Impact-Events' we host—we held our first Spring Cleaning Event for our Youth/Teen Clothing Closet. It was a small initial event to kick off the Spring season but over 100 items were taken home that day. Having adequate clothing for the weather we have in West Texas makes a huge impact on the lives of our students. Jonathan E. presented at the National Prevention Specialist Conference for the second year in a row! 'Are We Really That Different?' by Jonathan E. and Jacqueline D. was a digestible way to understand the different ethical obligations we're held to while recognizing the unique differences each person holds through their life stories. We have yet to decide if we'll host our Annual Spring and Summer Events due to COVID. We will make those announcements when the time is right, on our social media platforms and our website. If you need our services or any type of assistance we don't offer, please reach out to us via our Referral page and we will be sure to point you in the right direction! Oh yeeeeeaaah- we rebranded! We will no longer use our unique youth-paint logo; we are keeping our critical-creative brain! [See Page 4]

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 Megan: 806-701-1687
 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.

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: Molly and Lacy presented over Substance Use and our Genetics to Lubbock Christian University for the 2021 Health Week!

Available days for Volunteer Hours:

→ ALL IN-PERSON VOLUNTEER OPPS:
Clothing Closet Events: Inquire for details.
AAH-Environment: Inquire for details.
Summer-Spring Events: Inquire for details.

→ 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

Region 17 Education Service Center – Juliana Carpenter

Education Service Area – Region 17 handles the service of education in Lubbock county and the surrounding twenty counties...which that's just about 60 public/private schools! A wide range of services is offered by ESC-17 to support school administration and instruction. Professional development for school administrators and teachers is a significant part of the work of ESC-17. In addition, cooperatives offered to schools provide benefits including volume purchasing of materials, supplies and food; federal contract management; Internet service; instructional resources; business and student software support and much more. Just a brief look at some of the professional development trainings they provide are: serving students with autism, serving students who are homeless, serving students with complex needs, inclusive learning tools, youth mental health first aid, child nutrition, and more! We've had the pleasure of working with Juliana Carpenter, a Licensed Specialist in School Psychology (LSSP) as an Education Specialist for ESC-17. Juliana puts her best foot forward and plays a huge role in our student's and educator's lives! She handles the coordination of mental health and behavioral health services to ensure positive outcomes from the students she serves. Region 17's mission aligns with ours in that we share the commitment to the development of healthy, thriving learners in Lubbock and the surrounding West Texas communities! Together, we collaborate through referrals within Lubbock County and beyond. The discussions with fellow counselors in the schools they service allow us to inform those school counselors on drug trends and other pertinent data that surrounds the Wellness of youth and our community. We are grateful for the potential opportunity to speak at their next conference, if COVID regulations and other aspects permit! Juliana has been helpful in the growth of Prevention education and our services throughout Lubbock County and some surrounding counties. We are so excited for what we can achieve together through this partnership! There is so much more that goes on behind the scenes of education and there is no better person fit to make sure it all goes on without a hiccup than THE Juliana Carpenter!

ESC-17 has announcements, links, resources and more available on their website: <https://www.esc17.net/>

Hub City Outreach Center is always excited for new partnerships! Let's transform lives together!

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 leaders in our newsletter. This Quarter we are showcasing Emily E. in the YPI Program and Molly P. in the YPS Program. We love having you both on this team! Thank you for being so amazing to 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.

Emily E. was nominated by a fellow program co-worker for her diligence in spreading Prevention Services around Lubbock! Emily shares, "I am passionate about working and educating youth because of the world and culture these students are currently growing up in; it's challenging and very different from previous generations, and there's so much potential for them to lead and inspire others. For that, my mission is to meet youth where they are to promote individualized wellness and encourage their goals to better themselves and their community. Growing up in Lubbock and having a family history of addiction motivates me to be an advocate and leader of prevention education and mental health." HCOC is grateful for the creativity and passion you bring to the youth's lives.

Molly P. was nominated from a co-worker within a different program for her outstanding efforts to go above and beyond for the realm of Prevention. Molly shares, "I am passionate about the prevention/addiction field because my mom is a criminal defense attorney, so I saw the constant cycle that people were getting stuck in... Growing up in Lubbock, I saw the lack of education about substances and what substance misuse/abuse looks like and how to be aware if there is an issue that needs to be addressed. I want to close that gap so that the people of Lubbock are more educated about substances so that they can make informed decisions and be able to recognize if they need to seek help and know where to go for support." We love the expertise you bring to the Team!

Hub City Outreach Center

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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!



LEFT:
Jacqueline, Lacy and Cindy
volunteering at the
Medicine Takeback Event
to prevent prescription
medication abuse/misuse
and to protect our West
Texas environment!

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 ~

Relationship Development —Relationships are what our entire lives revolve around. We're social beings by nature and sometimes identifying healthy relationships can be more difficult than we imagine. Even being a good friend can be difficult if we don't know who we are as individuals, too. The resources below can help you discover your intentions as a friend and also how to identify toxic people.

<https://www.familyeducation.com/teens/teen-values-responsibilities>

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

<https://www.viacharacter.org/Account/Register#youth>

<https://self-compassion.org/>

<http://www.poconlineclassroom.com/self-care/>

<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

<https://www.psychologytoday.com/us/blog/in-flux/201407/10-relationship-red-flags>

<https://www.joinonelove.org/learn/6-relationship-green-flags-to-look-for-in-a-new-relationship/>

<https://youthfirstinc.org/healthy-friendships/>

<https://www.teenvogue.com/story/toxic-friends>

<https://www.healthforteens.co.uk/relationships/friendships/friendship-just-the-facts/>

<https://www.nancyjohnston.com/downloads>

<https://www.pesi.com/blog/archives>

<https://www.truity.com/test/type-finder-personality-test-new>