

impact

Behavioral
Health
Partners

Impact Behavioral
Health Partners
Notes and News

August 2021

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Learn Computer Skills at the Evanston Public Library!

New to computers? The Evanston Public Library offers free one-on-one tech training that can help you learn basic computer skills.

You can get individual help with specific technology problems. In addition to computers, they can also teach you about phones and other electronic devices.

One-on-one tech training appointments are available in English and Spanish. To make an appointment with one of the library's tech trainers, call (847) 448 – 8630.



You can also sign up for the library's Virtual Thursday Tech Tutorials! These group lessons are held online via Zoom from 11:00 am to 1:00 pm on most Thursdays.

Past topics have included: texting, using your phone camera, Windows 10, iOS, understanding the cloud, and more. Questions? Call (847) 448 – 8630.

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Impact has exterminators scheduled to treat all of our buildings on Wednesday, August 4. The exterminators will be treating Rose, Kreiman, Gavin, Ganey, Claire, and Home First. They will not be treating Pathways apartments. If you have any questions, please call Diane Bordwell at (847) 563 – 0880.

Impact's new office at 565 Howard St. remains closed to the public. Participants are welcome to drop documents and rent checks through the mail slot, but you will not be allowed inside the office and may not be seen if you show up unannounced. Instead of dropping by the office, please call your clinician or the main line at (847) 868 – 8664 for help.

Impact is requiring all housing participants to wear a mask or face covering while staff are present in an apartment. Impact staff will be wearing masks, as well.

IPS Spotlight!

*By Paige Lauerman,
Lead Employment Specialist*

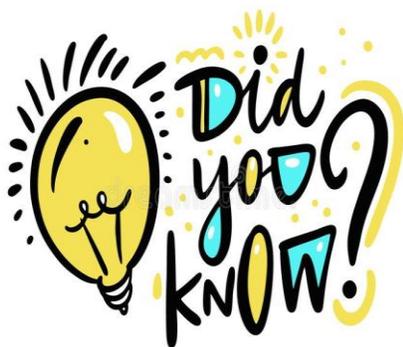
Nadia joined the IPS program in October 2020 after being referred to employment services from her Turning Point clinician. When Nadia first joined the program, she had been searching for full-time employment related to her previous job experience and her bachelor's degree. Nadia committed to weekly meetings with her employment specialist and developed a collaborative plan to work on her resume, cover letter, applications, and job interview preparation.



Each week, Nadia and her employment specialist would work together during their weekly meeting to not only submit applications, but also tailor each cover letter to align with the specific job position. Outside of weekly meetings, Nadia continued to submit applications, and her employment specialist would follow up with the employers.

While Nadia and her employment specialist submitted applications weekly, Nadia did not hear back from employers for a few months, which was related to the pandemic. With continued persistence, patience, and optimism, Nadia heard back from a non-profit she had applied to and was invited to a job interview, which led to a second interview. Before Nadia's job interviews, she and her employment specialist reviewed job interview skills, as well as developed questions for Nadia to ask the employer.

A few days after the second job interview, Nadia received a call from the director offering her the position as a full-time communications manager, which she accepted! Nadia and her employment specialist are continuing to meet weekly to continue processing through any initial work and transitional related stress of beginning a new job and routine. Congratulations to Nadia, as she continues to successfully work on and accomplish her employment goals!

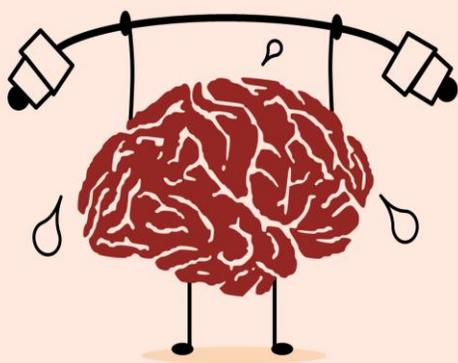


- The Employment Team finished the fiscal year with 70 job placements!
- Employment specialists have made 1,645 contacts with employers since July 2020!
- The current income limit for Medicaid for an individual is \$1,481 per month.
- *“You don’t have to see the whole staircase, just take the first step.” – Martin Luther King, Jr.*

Clinical Corner

6 Tips to Boost Your Mood

Science-based ways to boost positive emotions and decrease negative ones.



Life isn't always easy. Sometimes bad things happen that put us in a bad mood. Other times, we make decisions that get us down. And still other times, we feel bad for no obvious reason. All we know is that we want to feel better...but we're just not sure how. Luckily, psychological research has shown us some ways we can boost our mood and well-being.

1. **Practice Gratitude.** One of the best ways to start feeling better fast is to practice gratitude. You can write a gratitude journal or a gratitude list. These activities can result in a quick and fast boost of positivity.
2. **Cultivate Self-Compassion.** Self-compassion can often help us feel better about ourselves. We're not as judgmental of our thoughts, emotions, and behaviors, and we treat ourselves better. You can boost self-compassion by writing yourself a self-compassionate letter that reminds you of all the good things about you and treats you kindly.
3. **Boost Self-Confidence.** When we are confident, we are more likely to take the necessary actions we need to take to improve our lives. As a result, it can be easier to be in a better mood. We may be able to boost self-confidence by reminding ourselves of our strengths and positive qualities. So go ahead and think about your strengths. It doesn't have to be anything big – maybe you're a good cook, good at playing video games, or have a good imagination.
4. **Write Yourself a "Feel Better Soon" Letter.** Research shows that looking at our current situation from another point in time can decrease our current negative emotions and make us feel better. So if you've experienced a breakup or other difficult event that has put you in a bad mood, it may be helpful to write a letter to yourself from some time in the future. Tell yourself to "feel better soon" and talk about all the great stuff your future self is doing once this challenging time has passed.
5. **Try to Notice the Positive Things.** Numerous studies show that training our attention away from the negative and onto the positive improves our well-being. For example, if we lose a job, we might say to ourselves: "I am so happy to have my family and friends."
6. **Look at Positive Images.** All the science is great for helping us learn strategies to feel better. But hey, sometimes we just want to look at funny or cute things, am I right? There's actually science that suggests positive images do boost our mood. Sometimes, when we're feeling down, it can be helpful to let our brains rest, look at cute cat videos online, and just let our mood improve that way.

Producemobile

The Producemobile has a new location – Robert Crown Community Center at 1801 Main St. in Evanston. This month the Producemobile will be there on Tuesday, August 10 from 9:30 am to 11:30 am.

Producemobile volunteers will distribute boxes of fresh fruit and vegetables to Cook County residents while supplies last. No ID is required, but all guests will be asked for their name, address, and number of people in their household. Please call (847) 475 – 1150 or (734) 646 – 7170 for more information.



Free Beach Access for Evanston Residents

Beaches are free to Evanston residents on Saturdays, Sundays, and Mondays throughout the season. Proof of Evanston residency is required for entry.

Low-income Evanston residents may also qualify for free Season Beach Passes. For more information, call the City of Evanston’s Parks and Recreation Department at (847) 448 – 4311.



Evanston Starlight Movie Series!

- Evanston’s Parks and Recreation Department will be screening free movies outdoors during the month of August! Movies will begin at dusk.
- In the event of rain, movies will be canceled. The decision to cancel will be made by 4:30 pm on the show date. Call 311 to check if a movie has been canceled.
- Bring your own lawn chairs, blankets, and snacks.

<i>Day/Date</i>	<i>Park</i>	<i>Movie</i>
Tuesday, August 3	Penny Park (1500 Lake St.)	Jumanji: The Next Level
Saturday, August 7	Larimer Park (1100 Crain St.)	The Greatest Showman
Tuesday, August 10	Baker Park (300 Keeney St.)	Aladdin (2019)
Saturday, August 14	Dawes Park (1700 Sheridan Rd.)	News of the World
Tuesday, August 17	James Park (400 Dodge Ave.)	Raya and the Last Dragon
Saturday, August 21	Twiggs Park (1901 Simpson St.)	Queen of Katwe
Tuesday, August 24	Leahy Park (2400 Ridge Ave.)	Smallfoot
Saturday, August 28	Kamen Park (1200 South Blvd.)	The Great Outdoors


Don't hesitate, vaccinate!
There is a lot of misinformation going around about the COVID-19 vaccine. Get the facts!

Myth	Fact
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<ul style="list-style-type: none"> • The COVID vaccine is just another attempt at medical sterilization or experimentation on black and brown bodies • I could get COVID-19 from the vaccine • The vaccine will change my DNA • The vaccine was developed too quickly to know that it's safe • COVID-19 is less dangerous than the vaccine • If I've already had COVID-19, I don't need the vaccine 	<ul style="list-style-type: none"> • The process for developing the vaccine included people from all races and backgrounds, and it was found to be safe in all groups. • None of the vaccines contain live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19. • The vaccine will not change or alter your DNA in any way. The vaccine is helping you make an antibody that fights COVID. • The technology used to develop the vaccine already existed, so it could be created quickly. • The chances of getting seriously ill from COVID-19 are much higher than the chances of getting sick from the vaccine. • Experts do not know how long you are protected from getting sick again after recovering from COVID-19, so you should still get the vaccine even if you had COVID.
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Visit cityofevanston.org/vaccine for accurate vaccine information and to fill out the City's Vaccination Contact Form in order to be contacted when it's your turn to get the vaccine. No Internet? Call or text 847-448-4311!



Find COVID-19 Vaccines Near You

COVID-19 vaccines are free and available to anyone who wants one, and are accessible in many locations throughout the community. Vaccines are available regardless of documentation status or insurance.

Vaccines.gov allows you to search by your zip code to locate the type of vaccine you want to receive.

**To find a vaccine,
visit vaccines.gov or call
1-800-232-0233**




¡No lo Dude, Vacunese!
Hay mucha información incorrecta sobre la vacuna contra el COVID-19. ¡Conozca la realidad!

Mito	Realidad
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<ul style="list-style-type: none"> • La vacuna del COVID-19 es un intento de experimentación médica o esterilización en contra de las minorías. • Me podría contagiar del covid-19 con la vacuna • La vacuna cambiará mi ADN. • La vacuna se desarrolló demasiado rápido para saber si es segura. • El COVID-19 es menos peligroso que la vacuna. • Si ya tuve COVID-19, no necesito la vacuna. 	<ul style="list-style-type: none"> • El proceso para desarrollar la vacuna incluyó a personas de todas las razas y orígenes, y se encontró que era segura en todos los grupos que participaron. • Ninguna de las vacunas contienen el virus vivo que causa el COVID-19. Esto significa que una vacuna contra el COVID-19 no puede contagiarlo de COVID-19. • La vacuna no cambiará ni alterará su ADN de ninguna manera. La vacuna le ayuda a producir un anticuerpo que combate el COVID-19. • La tecnología utilizada para desarrollar la vacuna ya existía, por eso se pudo crear rápidamente. • Las probabilidades de enfermarse gravemente por COVID-19 son mucho más altas que, las probabilidades de enfermarse por la vacuna. • Los expertos no saben cuánto tiempo estará protegido de enfermarse nuevamente después de recuperarse del COVID-19, todavía debe recibir la vacuna incluso si tuvo COVID-19.
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¿Todavía tiene preguntas? Escanee el código QR en la esquina para visitar el sitio web de la Ciudad de Evanston y obtener información precisa y actualizada sobre la vacuna contra el COVID-19, y también para apuntarse en la lista para ser contactado cuando sea elegible para recibir la vacuna. ¡Lame o envíe un mensaje de texto al 847-448-4311!



Encuentre Vacunas Contra el COVID-19 Cerca de Usted

El Gobierno federal está proporcionando la vacuna de forma gratuita a todas las personas que viven en los Estados Unidos, independientemente de su estado migratorio o de si tienen seguro médico.

Vaccines.gov lo ayuda a encontrar sitios que tengan vacunas contra el COVID-19 usando su código postal y el tipo de vacuna que quiera.

Si necesita ayuda para encontrar un proveedor de vacunas que le quede cerca, o si tiene preguntas generales sobre la vacuna contra el COVID-19, por favor llame al 1-800-232-0233.



August 2021

Important Dates, Groups, and Events

If you have an appointment scheduled with Dr. Solomon, someone from Impact will contact you about your appointment.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Exterminations at All Impact Buildings	5 1pm: Online Socialization Group with Nathaly 1pm: WRAP Group with Ana and Maria	6 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	7
8	9	10	11	12 1pm: Online Socialization Group with Nathaly 1pm: WRAP Group with Ana and Maria	13 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	14
15	16	17	18	19 1pm: Online Socialization Group with Nathaly 1pm: WRAP Group with Ana and Maria	20 2pm: Game Group with Tiana and Ana	21
22	23	24	25	26 1pm: Online Socialization Group with Nathaly 1pm: WRAP Group with Ana and Maria	27 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	28
29	30	31				

To Join an Online Group, Contact the Group Organizer

- Nathaly Shammo – email nshammo@impactbehavioral.org or call (847) 971 – 6745
- Ana Poulos – email apoulos@impactbehavioral.org or call (224) 308 - 7995
- Briana Hornsby - email bhornsby@impactbehavioral.org or call (847) 323 – 5682
- Tiana Smith – email tsmith@impactbehavioral.org or call (847) 440 – 6201
- Maria Moreno – email mmoreno@impactbehavioral.org or call (847) 316 - 1497

**Please note that Art with Friends is postponed until September.*