



Impact Behavioral
Health Partners
Notes and News

December 2021

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New Ways to Request Housing Maintenance

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If you are an Impact housing participant you can now call, email, or visit Impact's website to report a housing maintenance issue (please note that any emailed or online requests will receive a response within two business days).

For non-urgent maintenance issues, you can:

- Email maintenance@impactbehavioral.org
- Visit www.impactbehavioral.org/for-participants and submit an online participant maintenance form
- Call **(847) 220 - 4433**

For housing maintenance emergencies:

- Call **(847) 532 – 0026 during business hours** (9:00 am to 5:00 pm, Monday through Friday)
- Call **(847) 220 – 4433 outside of business hours**

For all other emergencies:

- Call **911**, anytime

Need PPE? Ask Us! Impact has a large amount of masks, hand sanitizer, disinfecting wipes, and nitrile gloves available for participants. Talk to your clinician or employment specialist if you're in need.

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 going to the office, please call (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 also be wearing masks.



IPS Spotlight!

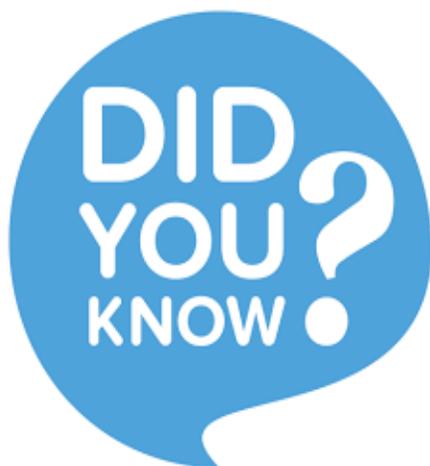
*By Maddy Austin,
Employment Specialist*

Garrett began working with Impact employment staff in late May of 2021. When starting his employment search, Garrett was very anxious about starting work after being furloughed at the start of the pandemic. Being isolated for much of the pandemic, the thought of engaging in social situations was very anxiety inducing.

While completing intake, it became very apparent that Garrett was interested in utilizing his education in art to find a position that would allow him to explore his creativity. After spending a few weeks working on his resume and mentally preparing him for employment, he was offered interviews with two Blick Art Materials locations and accepted the job offer from the first interview in July of 2021.

Garrett has utilized Impact's connection with the Recyclery Collective to get a bike to commute to and from work as well as DRS's Friend of Man funds to help pay for transportation when weather starts to change.

The position in retail has been an adjustment for Garrett but he has implemented several self-care and mindfulness practices to help manage his stress before and after a long shift. Garrett has expressed how perfect he feels this position is for him and has very much enjoyed getting to socialize with his coworkers while using his employee benefits to try out new art products.



- Welcome Leah Hasdan to the Employment Team!
- Impact's Employment Program has placed 62 participants into jobs since July 2021!
- *"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."* – Colin Powell

Clinical Corner

How Your Perception of Stress Can Improve or Weaken Your Health

Stressful situations are not ideal, but the damaging effect of stress on our health is not inevitable. Consider the challenges faced by chronic pain patients resulting from pain interfering with life. Even low-impact activities, like going for a walk, are painful and chores around the house feel insurmountable. As stress increases, so too does muscle tension, changes in blood flow, and inflammation; all factors that make chronic pain worse. The downward cycle of stress seems inevitable, but it is not.

Two key elements of our stress response are how we view both the challenging events in our lives and our body's response. Typically, we view stress with what is known as a threat mindset; we believe that stressful events damage our health and that our physical response to the stress is maladaptive. The problem with buying into the threat mindset is that *simply believing it* has a negative impact on how the body responds to stress. Research backs this up; negative beliefs about stress significantly increase the likelihood that we will physically suffer from stress.

Yet, people thrive in the face of life's challenges. This arises because they have a different perception of stress and the problems that inevitably occur. Rather than seeing stress as toxic, they look at stress as alerting them to something important in their life being challenged. Instead of viewing stress as harmful to them, people who adopt a growth mindset believe that it is something that provides a benefit *for* them. The three core beliefs of the growth mindset of stress are: 1. Stress can *enhance* my response to challenges, 2. Stress can *improve* my health, and 3. Stress can *increase* my learning and growth.



The body's response to stress prepares us for action and facilitates healing, growth, and learning. Research has demonstrated that when we view our stress response as helpful, we are protected from its damaging effects. Look at stress as something inevitable, universal, and normal rather than unwanted or a sign that something is wrong. Yes, life is full of challenges, but there is no other direction for us to go except *through* these difficulties. It is how we go through them that matters.

Turning stress into a catalyst for growth takes work. It will not happen overnight. Be compassionate with yourself about your stress response, regardless of where it is right now. Practice gratitude towards the people and things you care about. The more you work at it, the more you will find yourself on the other side of your challenges stronger, wiser, and kinder – perhaps with an even greater appreciation for things you once took for granted. Every day, each breath is a gift. Stress reminds us of what is important in life.

COVID-19

Am I eligible for a booster shot?

Who?

If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:

- > Age 18+

When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J

Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.



FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)

Aunt Bertha is now findhelp.org

The name is new, but the mission is still the same: to connect all people in need with free or reduced-cost social service programs, and to do so with dignity and ease.

Visit findhelp.org to search your ZIP code and find food assistance, help paying bills, transportation, medical care, and more. Information on findhelp.org is translatable to dozens of languages.



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](https://www.vaccines.gov) or call
1-800-232-0233**



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.

Vacunas.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.



December 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 1pm: WRAP Group with Ana and Maria	3 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	4
5	6	7	8	9 1pm: WRAP Group with Ana and Maria	10 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	11
12	13	14	15	16 1pm: WRAP Group with Ana and Maria	17 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	18
19	20	21	22	23 1pm: WRAP Group with Ana and Maria	24 <u>Impact Office Closed</u> <i>Christmas Eve</i>	25 <i>Christmas Day</i>
26	27 <u>Impact Office Closed</u> <i>Christmas Day Observed</i>	28	29	30 1pm: WRAP Group with Ana and Maria	31 <u>Impact Office Closed</u> <i>New Year's Eve</i>	

To Join a Group, Contact the Group Organizer

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