



Impact Behavioral
Health Partners
Notes and News

February 2022

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Get Free At-Home COVID-19 Tests

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Every home in the United States is eligible to order four free at-home rapid antigen COVID-19 tests. The tests are completely free of charge. Tests will usually ship 7-12 days after they are ordered. Order your tests now so you have them when you need them!

Visit covidtests.gov and click on "Order Free At-Home Tests". You will be redirected to a U.S. Postal Service web page. All you have to do is fill out a short form that requires your first name, last name, and mailing address (there is a limit of one order per residential mailing address). You may also add your email address to the form if you wish to receive shipping notifications.

If you need help filling out the form to get free at-home tests, please contact your clinician or employment specialist. They will be happy to help you.

If you may have been exposed to COVID-19 or are experiencing COVID-19 symptoms and need a test as soon as possible, you can find free PCR testing locations by visiting covidtests.gov.

If you live in Impact's housing and have a non-urgent maintenance request, email maintenance@impactbehavioral.org or call (847) 220 – 4433 anytime. If you live in Impact's housing and you have an emergency maintenance request, call **(847) 532 – 0026 during business hours** or call **(847) 220 – 4433 after business hours**.

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.

Need PPE? Ask Us! Impact has a large amount of masks, hand sanitizer, disinfecting wipes, and nitrile gloves available for participants.

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.

Visit impactbehavioral.org/for-participants for helpful resources!

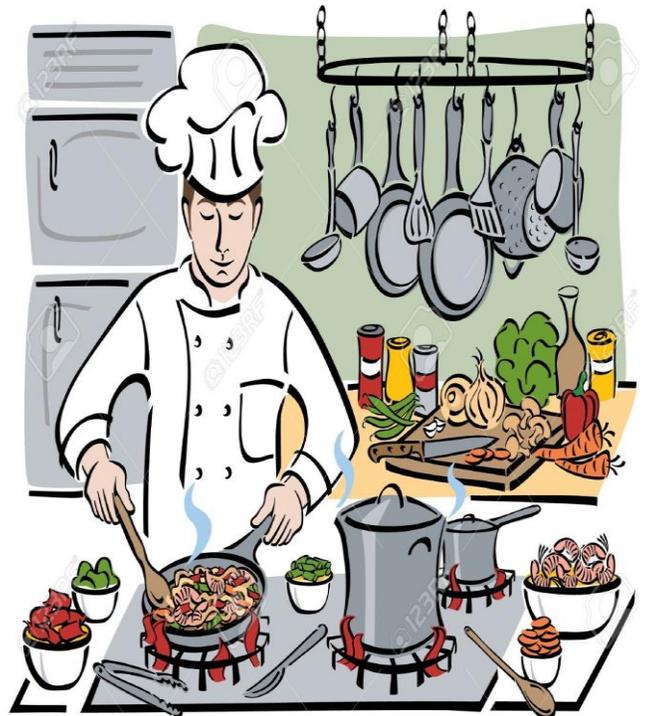
Testing is only one step you can take to protect yourself, friends, family, and others. Everyone is encouraged to:

- Get up to date with their COVID-19 vaccinations. Visit vaccines.gov to find a vaccine or booster near you.
- Wear a well-fitted mask when gathering indoors.
- Maintain 6 feet of distance between people.

IPS Spotlight!

*By Amanda Turner,
Employment Specialist*

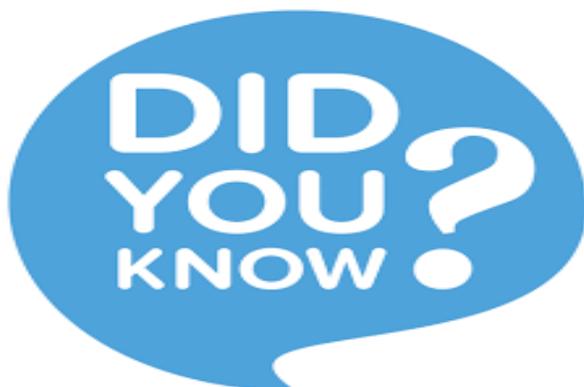
Devin was referred to Impact a little over a year ago. Currently Devin is receiving employment services. When Devin first started with Impact, he was experiencing hopelessness when it comes to employment. Devin had no work experience and no resume to get himself started. Additional concerns were expressed that low self-confidence would make employment and a social life impossible.



Devin was certain that no employer would want to take a chance with him because of lack of work experience and low self-confidence. Devin started working with his Employment Specialist once per week for an hour. An individualized employment plan was carefully crafted with all of Devin's preferences in mind. A functional resume was created focusing on Devin's personality and skills.

Within a few months Devin was applying to five jobs per week, managing multiple interviews and working on interpersonal skills with his Employment Specialist. Currently Devin's job search has come to an end.

Devin has been working as a Kitchen Crew Member at a popular local restaurant. After a recent feedback session between Devin, Employment Specialist, and Employer, Devin's Employer reported that Devin is one of his best workers and is so grateful he is on the team. Devin's six-month anniversary is coming up in February! Devin has experienced immense success in the last year. This success is attributed to his continuous dedication and hard work.



- Impact's Employment Program has placed 91 participants into jobs since July 1, 2021!
- Employment Specialists have connected with over 800 employers this year.
- *"Some people want it to happen, some people wish it would happen, others make it happen."*
– Michael Jordan

Clinical Corner

Working Through Tradeoffs Is Key to Your Personal Growth and Success

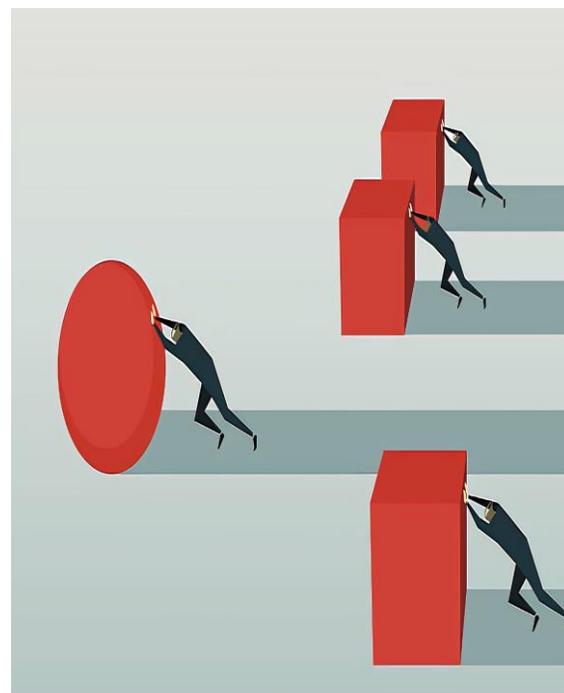
When we make an important decision, we often have to accept the tradeoffs that come along with it. Tradeoffs typically come with physical and/or emotional discomfort. Accepting and working through tradeoffs contributes to our self-belief and builds our resilience.

We have critical decisions we must make daily. Our mind innately resists and avoids physical and emotional discomfort. It presumes certain tasks will be too challenging or we won't be able to effectively follow through on them. Our mind generously tries to protect us by prognosticating the worst so that sometimes we don't even try, thus avoiding potential disappointment, frustration, and "inevitable" failure.

The key to personal growth is accepting tradeoffs, which typically comes with physical and/or emotional discomfort. There isn't a task that's important to us that isn't inclusive of a tradeoff. A tradeoff can be painful in the short term but is well worth it in the long term. It's the result of the challenge, adversity, and concerted effort that makes the accomplishment all the more anticipated and sweeter.

Here are tips to effectively accept tradeoffs and stick with the task at hand.

- When embarking on a task that's important and meaningful to you, acknowledge what tradeoffs you will need to accept to see the task through (for example, by earning a degree you may need to accept the long hours of focused studying, re-prioritizing your social life, and being financially strapped).
- Once you acknowledge the tradeoffs, identify what thoughts, feeling, and bodily sensations may get evoked that could potentially throw you off and be a deterrent and create resistance or ambivalence in following through with your task.
- Provide yourself with acknowledgement, validation, and self-compassion for your physical and emotional discomfort. Having a witness for your suffering often dissipates the pain because it reminds you that the discomfort is valid and temporary. It also recenters you to look beyond the pain and notice the moments of joy and hopefulness for your future.
- If it's helpful, solicit support from a friend or family member who can offer encouragement during vulnerable moments.
- Check in with yourself periodically regarding how you're coping with the tradeoffs. If you're noticing an escalation of self-doubt, frustration, or other feelings that could potentially thwart your progress, remind yourself of your values that are underpinning your goal. Realign with why you've committed to the task, how you've invested in yourself, and what the goal will afford you by contributing to you being your best self and living the life you want.
- Notice, acknowledge, and take the time to connect with your thoughts and feelings regarding your smaller accomplishments along the way. This will help to keep you focused, motivated and connected with your purpose.





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.



Don't hesitate, vaccinate!

There is a lot of misinformation going around about the COVID-19 vaccine. Get the facts!

Myth	Fact
<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.

¡No lo Dude, Vacunese!

Hay mucha información incorrecta sobre la vacuna contra el COVID-19. ¡Conozca la realidad!

Mito	Realidad
<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.

Visit [cityofevanston.org/vaccine](https://www.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!



¿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. ¡Llame o envíe un mensaje de texto al 847-448-4311!



Febrary 2022

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 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	5
6	7	8	9	10	11 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	12
13	14	15	16	17	18 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	19
20	21	22	23	24	25 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	26
27	28					

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