



Impact Behavioral  
Health Partners  
Notes and News

January 2022

IN THIS ISSUE

# A Note to Impact's Housing Participants

Every year new rental amounts are calculated using certifications of income. These award letters are usually sent to you in December. Impact is reaching out because we would like a copy of your recertification of income from the Social Security Administration. If we receive the original award letter we will mail back the original once we have made a copy.

For questions, contact Kevin Zepeda, Impact's Housing Stability Specialist, at (847) 644 – 0126 or [kzepeda@impactbehavioral.org](mailto:kzepeda@impactbehavioral.org)



## You Can Get a Booster Shot!

If you are 18 years or older you may choose which COVID-19 vaccine you receive as a booster shot. Some people may prefer the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots. Bring your CDC COVID-19 Vaccination Record card to your booster shot appointment so your provider can fill in the information about your booster dose.

*For more information about booster shots and the Omicron variant, see page 4.*

IPS Spotlight!	p. 2
Clinical Corner	p. 3
COVID-19 Info	p. 4
Vaccine Info	p. 5
Calendar	p. 6

If you live in Impact's housing and have a non-urgent maintenance request, email [maintenance@impactbehavioral.org](mailto: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. Talk to your clinician or employment specialist if you're in need.

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.

# IPS Spotlight!

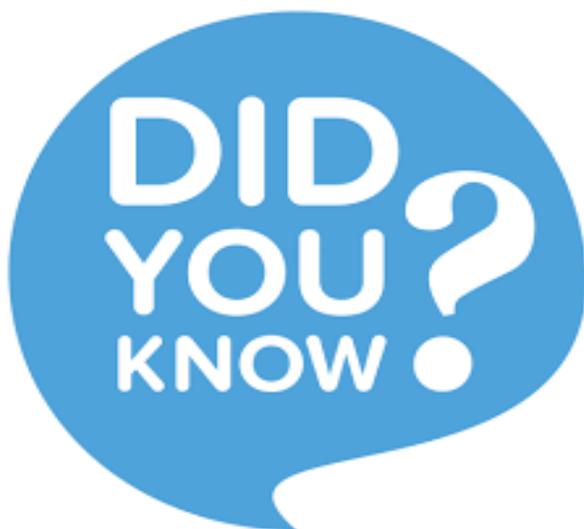
*By Rachel Staudenbaur,  
Employment Specialist*

Nate was referred to Impact to utilize the Employment Program. He was a long-term participant who was able to get a job with another Employment Specialist, however, was unable to maintain his job. Nate struggled with feeling confident in his work and being comfortable with his coworkers.

Nate's Employment Specialist offered him support in seeking a new position. Nate went to several job interviews and was rejected. His Employment Specialist encouraged him to keep applying for jobs in his field.

Nate was finally offered a position that was in his desired field. Today he is confident in his work and comfortable with his new coworkers. Since starting his new position, Nate has been able to successfully maintain employment for over 90 days. Nate has been able to continue to meet with his Employment Specialist for supported employment services.

Since working with Impact, Nate has been supported in his job search and success by his Employment Specialist. Any participants in Impact's employment services can expect the same level of dedication and support as Nate received through his process of finding and maintaining employment.



- Welcome Laquila Sawyer and Marian Sanchez to the Employment Team!
- Impact's Employment Program has placed 77 participants into jobs since July 1, 2021!
- 725 employers have been contacted by the Employment Team this fiscal year!
- *"Success is sweet, but the secret is sweat." – General Norman Schwarzkopf*

## Clinical Corner

# 10 Ways to Become a Great Listener



You can undoubtedly sense when you're talking to a good listener. Something about the way the person either looks at you or makes empathic comments allows you to feel comfortable with this individual and, therefore, more likely to open up further.

As much as you may admire and appreciate being in a relationship with a good listener, perhaps you feel that you're just not all that happy with your own listening skills. You've noticed that people seem frustrated with your lack of responsiveness to their needs. When you meet people for the first time, the conversations seem to run out of steam almost as soon as they get started.

Decades of previous research support the observation that good listening is a mechanism that drives interpersonal connections. It's worth sharpening this key aspect of your ability in order to relate well to others.

What exactly are the markers of a good listener? Can you think of the behaviors that signify you're being understood, validated, and cared for by someone you consider a good listener? Research has whittled down good listening traits to ten qualities, five verbal and five non-verbal.

### Verbal: Showing that you understand what the person is saying.

1. **Reflections:** Paraphrase what the other person is saying to show you get the meaning.
2. **Open Question:** Ask questions that don't have a simple "yes" or "no" answer to keep the conversation flowing.
3. **Validation:** Reinforce what the person is saying by indicating that you understand.
4. **Utterances:** Use simple words to encourage the other person to keep speaking (for example, "uh huh" or "okay").
5. **Use the Speaker's Name:** Help the person feel more valued by repeating their name at various points in the conversation or when you want to show you hear them.

### Non-verbal: Behaviors that indicate you're paying attention.

1. **Facial Expressions:** Allow your face to convey interest, empathy, and curiosity.
2. **Head Nodding:** Occasionally nod along with what the person is saying, especially at important points in the conversation.
3. **Body Posture:** Orient your position to show you're paying attention by allowing your body to turn towards the other person.
4. **Gaze:** Maintain eye contact with the speaker and don't look distractedly elsewhere.
5. **Silence:** Stay quiet and don't interrupt the other person or seem too eager to break in.

## What You Need to Know About COVID-19 Variants

- New variants of the virus are expected to occur. Taking steps to reduce the spread of infection, including getting a COVID-19 vaccine, are the best way to slow the emergence of new variants.
- Vaccines reduce your risk of severe illness, hospitalization, and death from COVID-19.
- COVID-19 booster doses are recommended for adults ages 18 and older. Teens 16-17 years old who received Pfizer COVID-19 vaccines can get a booster dose if they are at least 6 months post their initial Pfizer vaccination series.

Viruses constantly change through mutation and sometimes these mutations result in a new variant of the virus, such as Delta or Omicron. Some variants emerge and disappear while others persist. New variants will continue to emerge. The CDC and other public health organizations monitor all variants of the virus that causes COVID-19 in the United States and globally. Some variants, such as the Alpha and Delta variants, may cause more severe illness and death. The Omicron variant may spread more easily than other variants, including Delta.

### *What's Omicron?*

- Omicron is a COVID-19 variant that may spread more easily than other variants, like Delta.
- Due to the small number of cases, the current severity of illness and death associated with this variant is unclear.
- Breakthrough infections in people who are fully vaccinated are expected, but vaccines are effective at preventing severe illness, hospitalizations, and death. The recent emergence of the Omicron variant further emphasizes the importance of vaccination and boosters.

We have the tools to  
**Fight Omicron**



Vaccines & Booster



Masks



Testing

## **Why Are Booster Shots Needed?**

Although COVID-19 vaccination remains effective in preventing severe disease, recent data suggests vaccination becomes less effective over time, especially in people aged 65 years and older and at preventing infection or milder illness with symptoms. The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19. Early data from South Africa suggest increased transmissibility of the Omicron variant and the potential for immune evasion.

Data from clinical trials showed that a booster shot increased the immune response in trial participants who finished a Pfizer or Moderna primary series 6 months earlier or who received a Johnson & Johnson single dose vaccine 2 months earlier. With an increased immune response, people should have improved protection against getting infected with COVID-19, including the Delta variant. For Pfizer and Johnson & Johnson, clinical trials also showed that a booster shot helped prevent COVID-19 with symptoms.



## 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.**



**City of Evanston**

# 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"> <li>The COVID vaccine is just another attempt at medical sterilization or experimentation on black and brown bodies</li> <li>I could get COVID-19 from the vaccine</li> <li>The vaccine will change my DNA</li> <li>The vaccine was developed too quickly to know that it's safe</li> <li>COVID-19 is less dangerous than the vaccine</li> <li>If I've already had COVID-19, I don't need the vaccine</li> </ul>	<ul style="list-style-type: none"> <li>The process for developing the vaccine included people from all races and backgrounds, and it was found to be safe in all groups.</li> <li>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.</li> <li>The vaccine will not change or alter your DNA in any way. The vaccine is helping you make an antibody that fights COVID.</li> <li>The technology used to develop the vaccine already existed, so it could be created quickly.</li> <li>The chances of getting seriously ill from COVID-19 are much higher than the chances of getting sick from the vaccine.</li> <li>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.</li> </ul>

**City of Evanston**

# ¡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"> <li>La vacuna del COVID-19 es un intento de experimentación médica o esterilización en contra de las minorías.</li> <li>Me podría contagiar del covid-19 con la vacuna</li> <li>La vacuna cambiará mi ADN.</li> <li>La vacuna se desarrolló demasiado rápido para saber si es segura.</li> <li>El COVID-19 es menos peligroso que la vacuna.</li> <li>Si ya tuve COVID-19, no necesito la vacuna.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>La vacuna no cambiará ni alterará su ADN de ninguna manera. La vacuna le ayuda a producir un anticuerpo que combate el COVID-19.</li> <li>La tecnología utilizada para desarrollar la vacuna ya existía, por eso se pudo crear rápidamente.</li> <li>Las probabilidades de enfermarse gravemente por COVID-19 son mucho más altas que, las probabilidades de enfermarse por la vacuna.</li> <li>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.</li> </ul>

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!



# January 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	5	6	7 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	8
9	10	11	12	13	14 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	15
16	17 <u>Impact Office Closed</u>  <i>Martin Luther King, Jr. Day</i>	18	19	20	21 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	22
23	24	25	26	27	28 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	29
30	31					

**To Join a Group, Contact the Group Organizer**

Ana Poulos – email [apoulos@impactbehavioral.org](mailto:apoulos@impactbehavioral.org) or call (224) 308 - 7995

Briana Hornsby - email [bhornsby@impactbehavioral.org](mailto:bhornsby@impactbehavioral.org) or call (847) 323 – 5682

Tiana Smith – email [tsmith@impactbehavioral.org](mailto:tsmith@impactbehavioral.org) or call (847) 440 – 6201