



# Impact Behavioral Health Partners Notes and News

## July 2021

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## Illinois is Reopened!

On June 11, Illinois moved into “Phase 5” of Governor Pritzker’s reopening plan. This means that restaurants, bars, gyms, sports venues, and other businesses no longer have restrictions on capacity or operating hours. However, masks will still be required on public transit, in schools, and healthcare settings, and businesses can decide to continue having mask policies.

Fully vaccinated people should still keep a mask handy when in public, respect businesses that keep mask mandates in place, and stay home if feeling unwell. If you have symptoms of COVID-19, whether you’re vaccinated or not, you should get tested.

Unvaccinated people will still be required to wear masks in settings where fully vaccinated people may not be required to wear masks. Unvaccinated people are also recommended to either get vaccinated, or keep wearing a mask in public, avoid crowds, and practice social distancing.

### *You Can Still Get Vaccinated!*

If you have not yet received the COVID-19 vaccine and are interested in doing so, the vaccine is now widely available, free of charge. There are many ways to find a COVID-19 vaccine:

- Call your primary care provider.
- Check with your local pharmacy to see if vaccine appointments are available.
- Visit [vaccines.gov](https://www.vaccines.gov)
- Text the CDC your ZIP code to 438829
- Call the CDC at (800) 232 – 0233
- Call the Illinois Department of Public Health at (833) 621 – 1284
- Call 311
- Ask your Impact clinician or employment specialist for help finding a vaccine.

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Ron Harlow has been promoted to Operations Supervisor. He will no longer be answering Impact’s main phone line at (847) 868 – 8664. If you need to contact Ron, call him at (847) 323 – 7831.

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.

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.

Impact’s office will be closed on Monday, July 5 in observance of Independence Day.

# IPS Spotlight

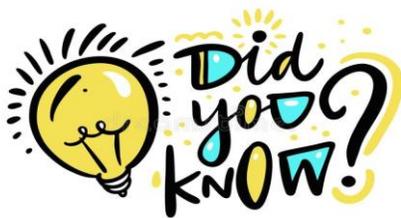
*By Rachel Staudenbaur,  
Employment Specialist*

Laura was referred to Impact to utilize the Employment Program. She was a returning participant who was able to get a job with another Employment Specialist and was able to maintain that job for several years. Laura returned to the Employment Program to receive assistance in finding a new job. Laura and her Employment Specialist immediately began their work together.



Laura's Employment Specialist assisted her with gathering job leads, following up with employers, and preparing her for interviews. Laura went to several job interviews and was rejected. Her Employment Specialist encouraged her to keep applying for jobs and following up with employers. Laura was later hired with a store she had applied to twice before.

Since working with Impact, Laura has been able to acquire not one but two employment opportunities. Laura was very grateful for the support Impact had provided. Any participants in Impact's employment services can expect the same level of dedication and support as Laura received through her process of finding and maintaining employment.



- The Employment Team has placed 70 individuals this fiscal year!
- 1,562 employer contacts have been made this fiscal year!
- *"Some people want it to happen, some wish it would happen, others make it happen." - Michael Jordan*

## Grievance Procedure and Form

Impact is committed to having a professional working relationship with our participants. When problems occur, we would like participants to bring their concerns about the agency to our attention. No grievance by a participant will result in retaliation or become a barrier to services.

If you would like to file a grievance, use the form on page 7 to describe the problem, the people involved, attempted solutions, and your ideas for how to resolve the problem (staff will help you write this if you wish). Impact will respond to you within six business days. If you feel the written response from Impact has not resolved the problem, you may ask to speak with the Executive Director about the problem. After speaking with you, the Executive Director will give you a written response that will be shared with Impact's Board of Directors.

The plan developed by the Executive Director to address the problem will be considered the final action by the agency at that time. A review of formal complains is conducted annually to determine trends, areas needing performance improvement, and actions to be taken. Should you still wish to pursue the matter you may contact the Illinois Department of Human Services' Mental Health Division at (800) 843 – 6154.

## Clinical Corner

# Four Strategies for Dealing with Regret



Regret is an emotion. You feel badly because you believe you could've and should've done things differently. Regrets about education, relationships, parenting, health, and careers are common. Trauma, illness, assaults, and bereavement are big regret triggers. The pain they bring motivates people to look back and focus on what they should've done differently.

Regret is also cognitive. It's uniquely human to imagine what we could've done instead of what we did. In psychology, this is called counterfactual thinking. Counterfactuals are thoughts about alternatives to past events – thoughts about what could've been. Our regrets are caused by “upward counterfactuals,” that is, imagining how things could've been better had we made different choices.

Regret can reduce life satisfaction and have negative mental health outcomes. Alternatively, regret can be a source of growth and better decision-making. Here are some thoughts and strategies from psychology that can help you deal with, grow from, and discharge your regret.

1. **Change Course.** Regret is sometimes a signal from the self that can inspire needed change. Ask yourself: can I go back to school, take better care of my health, learn how to express my anger, leave an unhealthy relationship, travel, reach out to restore a lost relationship, move, change jobs, etc. Sometimes the best way to deal with your regret is to change course now to avoid greater regret later.
2. **Change Your Narrative.** Regret can be a product of an upward counterfactual fantasy that different choices would've yielded a far superior life. That's why it's helpful to rewrite this story you tell yourself. Imagine how things could've been worse instead of how they could've been better (create a “downward counterfactual”). Remind yourself that your fantasy version of your perfect alternative life is probably just that – a fantasy. No life or person is perfect. Relationships are challenging. Financial setbacks happen. Mistakes will be made. Different choices would likely have brought different regrets. Count your blessings and learn your lessons, and identify and give yourself credit for the things you did right.
3. **Apologize and Make Amends.** Thinking that our actions hurt someone else and wishing we'd done better by them can lead to shameful, guilt-infused regret. While you might think you deserve to eternally carry this regret as punishment for your sins, it's healthier, and more beneficial to you and your “victim” to try to right your wrong. While you can't go back in time and undo your mistake, you may be able to give an honest apology and make it up to your victim. They may forgive you and the might not even remember your offense or hold it against you.
4. **Cultivate Self-Compassion and Self-Forgiveness.** It's easy to look back and see what you could've done differently. You might even need to grieve for the alternative life you could've had. But don't stay there too long. Take a warm-hearted look at the context of your choices and who you were and what your needs and motivations were at the time. Remember that you didn't know then what you know now so give yourself grace and compassion.



# Things to Do in Reopened Evanston

Beginning June 11, face coverings are no longer required for fully vaccinated individuals at outdoor events and activities hosted by the City of Evanston, including the Downtown Evanston Farmers Market and the Starlight Concert Series.



**Downtown Evanston Farmers Market** will take place every Saturday through November 6 at the intersection of University Place and Oak Avenue. The market is open to seniors and disabled customers from 7:00 am to 7:30 am, and is open to everyone from 7:30 am to 1:00 pm.

The market features nearly 60 vendors selling items such as fruits, vegetables, meat, flowers, cheese, milk, eggs, and baked goods. LINK cards are accepted, and the Friends of Evanston Farmers Markets offers matching funds up to \$25.

For more information, call (847) 448 - 8045

**Evanston's 2021 Starlight Concert Series** will feature free outdoor concerts at park locations throughout the city on Tuesdays during the month of July. Concerts will begin at 7:00 pm. In the event of rain, concerts will be cancelled. The decision to cancel will be made by 4:30 pm on the show date. For more information, call (847) 448 – 4311.

July 6 – Canal Shores Golf Course, 1030 Central St. – James Sanders & Conjunto

July 13 (Food Truck Festival) – Elks Park, 301 Callan Ave. – South City Revival

July 20 – Larimer Park, 1101 Crain St. – Bailey Dee

July 27 – Mason Park, 1600 Florence Ave. – Gerald McClendon “The Soulkeeper”

**FREE PRODUCE MOBILE!**  
**FRESH VEGETABLES & FRUIT**  
**2<sup>ND</sup> TUESDAY of EVERY MONTH**

**JULY 13, 2021**  
 JAMES PARK PARKING LOT  
 300 Dodge, Evanston, IL  
 9:30 AM-11:30 AM

**AUGUST 10, 2021**  
 ROBERT CROWN CENTER  
 1801 Main St., Evanston  
 9:30 am -11:30 am

- Cook County residents only
- While supplies last
- Drive-Up (recommended) JULY 13 ONLY
- Drivers enter James Park from Southbound Dodge only
- Walk-Up JULY 13, AUG.10, etc (bring cart and/or strong bags)
- Numbers given on arrival
- 15-25 lbs of produce per person
- Outdoor distribution, rain or shine
- No seating available at James Park

**JULY 13, 2021**  
 James Park Parking Lot,  
 300 Dodge, Evanston

**AUG 10, SEPT 14, etc.**  
 Robert Crown Center  
 1801 Main St,  
 Evanston

**FOR MORE INFORMATION**  
 CALL  
 734-646-7170  
 OR  
 847-475-1150

GREATER CHICAGO FOOD ESTABLISHMENT, Interfaith Action, City of Evanston

**GRATIS PRODUCE MOBILE!**  
**VERDURA Y FRUTA FRESCOS**  
**2do MARTES de CADA MES**

**13 de JULIO 2021**  
 ESTACIONAMIENTO del JAMES PARK  
 300 Dodge Ave., Evanston, IL  
 9:30 am - 11:30 am

**10 de AGOSTO 2021**  
 ROBERT CROWN CENTER  
 1801 Main St., Evanston, IL  
 9:30 am -11:30 am

- Exclusivamente para residentes del Condado de Cook
- Mientras duren las reservas
- Se recomienda llegar en auto (SOLO el 13 de JULIO)
- Los que llegan en auto deberán entrar por Dodge en dirección hacia el sur
- También disponible para peatones 13 de JULIO, 10 de AGOSTO, etc. (traer carrito y/o bolsas fuertes)
- Se reparten números al llegar
- 15-25 libras de productos por número
- Distribución al aire libre (lujva o sol)
- No hay asientos en James Park

**13 DE JULIO 2021**  
 ESTACIONAMIENTO del JAMES PARK  
 300 Dodge Ave. Evanston,

**10 de AGOSTO,**  
 14 de SEPTIEMBRE, etc  
 ROBERT CROWN CENTER  
 1801 Main St. Evanston

**PARA MAYOR INFORMACIÓN**  
 LLAMAR A:  
 734-646-7170  
 O  
 847-475-1150

GREATER CHICAGO FOOD ESTABLISHMENT, Interfaith Action, City of Evanston

## ***New CDC Guidelines for People Fully Vaccinated Against COVID-19***

### What You Can Start to Do

If you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- You can resume activities without wearing a mask or staying six feet apart, except where required by federal, state, or local laws, or rules and regulations including local business and workplace guidance.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.



### Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated and you should keep taking all COVID-19 precautions until you are fully vaccinated.

### What You Should Keep Doing

For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- If you travel, you will still be required to wear a mask on planes, buses, trains, and other forms of public transportation, as well as transportation hubs such as airports, bus stations, and train stations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- People who have a medical condition or are taking medications that weaken the immune system should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

### What We Know

- COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- COVID-19 vaccines reduce the risk of people spreading COVID-19.

### What We're Still Learning

- How effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- How well the vaccine protects people with weakened immune systems, including people who take immunosuppressive medications.
- How long COVID-19 vaccines can protect people.

As the CDC learns more, it will continue to update recommendations for both vaccinated and unvaccinated people.

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

### To Join an Online Group, Contact the Group Organizer

Nathaly Shammo – email [nshammo@impactbehavioral.org](mailto:nshammo@impactbehavioral.org) or call (847) 971 – 6745

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

Maria Moreno – email [mmoreno@impactbehavioral.org](mailto:mmoreno@impactbehavioral.org) or call (847) 316 - 1497

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

