



# Impact Behavioral Health Partners Notes and News

## June 2021

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## New CDC Guidelines for Fully Vaccinated People!

According to the Centers for Disease Control and Prevention, it is now safe for people fully vaccinated against COVID-19 to resume some activities without wearing a mask or physically distancing.

However, even if you are fully vaccinated, you may still be required to wear a mask and practice social distancing where required by federal, state, or local law, or by rules and regulations including local business and workplace guidance. See pages 5 and 6 of this newsletter for more information.

### Updated Housing Health and Safety Inspection Dates

- June 15: Rose and Krieman
- June 25: All Scattered Site Apartments in Evanston and Des Plaines
- June 29: Home First and Gavin
- June 30: Claire and Ganey

*Impact is mandating all participants to wear a mask or face covering while inspections are being conducted. Impact staff will be wearing masks during inspections as well.*

### Income Documents Needed for Lease Renewal

It is required that all Impact housing participants provide the agency documentation of 2021 income. This is needed to calculate the correct rental amount on the lease agreement.

If the agency does not receive income documents, your 2021-22 rental amount will be set at Evanston's market rate, which is much higher than your previous rental amount.

If you have not submitted your income documents, reach out to Kevin at (847) 644 – 0126.

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*Impact's new office at 565 Howard St. remains closed to the public.*

Participants are welcome to come to the office to drop documents and rent checks through the mail slot. However, you will not be allowed inside the office and may not be seen if you show up unannounced.

For help, please call (847) 868 – 8664 or your clinician rather than drop by the office.

# IPS Spotlight!

*By Maddy Austin,  
Employment Specialist*

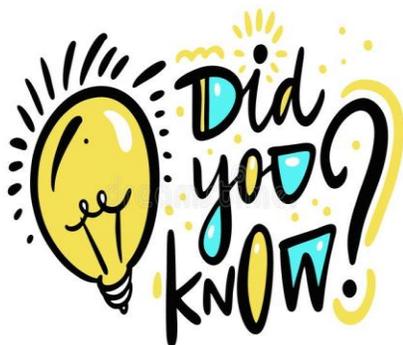
Katie has been working with IPS staff since the Fall of 2019. Throughout her work with staff, she has held positions in retail and human services. However, like so many others, Katie struggled maintaining employment through the COVID-19 pandemic and was furloughed from her position in March of 2020.



Katie began meeting with her current Employment Specialist in the fall of 2020. Shortly after beginning their work together, Katie made the decision to move back home with the lack of reliable employment making it difficult to make ends meet. The stress of her new living arrangement, change in treatment providers and limited access to extracurricular activities made Katie's physical symptoms increase. Although Katie was still very determined to work, finding a good fit that allowed her to maintain personal safety while ensuring she was balancing her needs proved to be a struggle.

Throughout the following months, Katie and staff researched retail jobs, dog walking, as well as possibly returning to her pre-COVID positions. Katie, however, was more determined than ever to find work that would allow her to grow within the company and allow her to utilize her talents and interests to fulfill the needs of the role.

In the Spring of 2021, Katie found a job as a sales associate at Best Buy where she has been able to utilize her expertise in electronics and her passion for helping others to excel in her role. Katie's physical symptoms have subsided, and her employment specialist has seen a substantial growth in her self-confidence since starting this job. Katie is excited to be working for a company that has highlighted her skills and looks forward to moving up within the company.



- The Employment Team has made 58 job placements this fiscal year!
- Employment specialists have connected with 1,378 employers this fiscal year!
- The current income limit for Medicaid for an individual is \$1,481 per month.
- *"Believe you can and you're halfway there." – Theodore Roosevelt*

# Clinical Corner

## *Five Tips to Cope with “Reentry Anxiety” Amid COVID-19*

As more Americans are getting vaccinated against COVID-19, more schools and businesses are returning in-person, restaurants and stores are returning to full capacity, and social events are coming back. While that all marks a turning point for the nation’s reopening amid the coronavirus pandemic, it also may leave some people with what mental health experts are calling “reentry anxiety.”

Reentry anxiety may look different for everyone, ranging from concerns about going into a store without a mask to going to dinner with friends to returning to the office after more than a year of working from home. Here are five expert-backed tips to help you cope with anxiety and boost your mental health as the country reopens.

1. **Decide what pandemic positives you want to hold onto.** Though the pandemic caused enormous devastation on a global scale, it may have provided some insights into your personal life. Make a list of the positive things you’ve taken away from your different lifestyle over the past year of the pandemic.
2. **Stay present and set boundaries.** Along with starting small, mental health experts say to set boundaries focused on the areas of your life that you can control. When things feel like they’re spiraling out of control and not by your choice, it’s really important to look for the small parts of control that you can have and build in some predictability and structure.
3. **Start small.** Allow yourself to reenter life slowly – with a dinner or social event here and there – instead of jumping into a full calendar, experts advised. Start thinking of ways you can make the reentry less like you’re jumping into an ice bath and more like you’re wading into water.
4. **Communicate what you’re comfortable doing.** You can’t make assumptions, you have to communicate with people. You may not understand somebody’s viewpoint that they’re not ready to go on that trip with you, but it’s really important for our relationships now to be as empathetic as possible. And on the flip side, you need to communicate clearly with others about what you are comfortable doing. Be respectful, set your boundaries, and be clear about what feels comfortable for you and not.
5. **Listen to and take care of your body.** When you find yourself spiraling with anxiety, stop and listen to your body. If you’re in a crowded restaurant, try to slow your breath and notice whether you feel tense in your jaw, shoulders, or fists. Practice mindfulness, and make sure you’re taking care of your body by getting enough sleep.



## Return of Art with Friends, In Person!

Chris Porter, a longtime Impact volunteer who has run Art with Friends for years, is bringing the group back on Wednesdays at 10:00 am, starting June 23!

The group will only meet outdoors at the Rose House patio and is weather permitting.



## New to Computers? Learn Computer Skills at the Evanston Public Library!

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.

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.



**FREE PRODUCEMOBILE!  
FRESH VEGETABLES & FRUIT**

James Park Parking Lot  
300 Dodge Ave. Evanston, IL

9:30 am - 11:30 am  
2nd Tuesday every month

- While supplies last
- Cook County residents only
- Drive-Up (PREFERRED) or Walk-Up (bring cart)
- Numbers distributed on arrival
- Drivers enter from Southbound Dodge only
- Face mask/covering required
- Outdoor distribution, rain or shine
- No seating available

**NEXT DATE:**  
June 8, 2021

**FUTURE DATES:**  
July 13  
August 10

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

**GRATIS PRODUCEMOBILE  
VERDURA Y FRUTA FRESCA**

Estacionamiento del James Park  
300 Dodge Ave. Evanston, IL

9:30 am - 11:30 am  
2º martes de cada mes

- Mientras duren las reservas
- Exclusivamente para residentes del Condado de Cook
- Se recomienda llegar en auto. También disponible para peatones (traer carrito)
- Se reparten números al llegar
- Los que llegan en auto deberán entrar por Dodge en dirección hacia el sur
- Obligatorio portar barbijo o pañuelo cubriendo boca y nariz
- Distribución al aire libre (lluvia o sol)
- No hay asientos disponibles

**FECHA PRÓXIMA:**  
8 de junio 2021

**FECHAS FUTURAS:**  
13 de julio  
10 de agosto

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

## ***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.

# Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		<b>Outdoor</b>	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		<b>Indoor</b>	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

## Get a COVID-19 vaccine



**Prevention measures not needed**



**Take prevention measures**

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# June 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 1pm: Online Socialization Group with Nathaly  1pm: WRAP Group with Ana and Maria	4 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	5
6	7	8	9	10 1pm: Online Socialization Group with Nathaly  1pm: WRAP Group with Ana and Maria	11 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	12
13	14	15 Health & Safety Inspections: Rose & Krieman	16	17 1pm: Online Socialization Group with Nathaly  1pm: WRAP Group with Ana and Maria	18 <u>Juneteenth Observed</u> <i>Impact Office Closed</i>	19 <u>Juneteenth</u>
20	21	22	23 10am: Art with Friends Group at Rose House	24 1pm: Online Socialization Group with Nathaly  1pm: WRAP Group with Ana and Maria	25 Health & Safety Inspections: All Scattered Sites (Evanston and Des Plaines)  2pm: Game Group with Tiana and Ana	26
27	28	29 Health & Safety Inspections: Home First & Gavin	30 10am: Art with Friends Group at Rose House  Health & Safety Inspections: Claire & Ganey			

### 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 will be outdoors and weather permitting.