



Spotlight: You Can Get the COVID-19 Vaccine!

All individuals 16 and older are now eligible to receive the COVID-19 vaccine! See page 4 of this newsletter for information about how to get the vaccine and page 5 for COVID-19 vaccine FAQs.

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A Note from Patti Capouch, Executive Director

You, our participants, are the reason we are here. We will work every day to make sure that all of you feel valued and we commit to being a welcoming agency for all.

I wanted to reach out and give you an update on where Impact is in our efforts to become a more racially equitable organization. In August of last year, we contracted with the YWCA's Racial Equity Institute, working with two consultants who are guiding us through the process.

We created an in-house Equity team, which includes a staff member from each department, including housing, clinical, employment, and administration. This Equity team is completing an organizational audit and is identifying and making recommendations for change at Impact. One thing the group recommends is that we include more participant voices in ideas for our programs and services. We agree and will be revamping the participant advisory council in the coming weeks. Please look for more information on how to participate in upcoming newsletters.

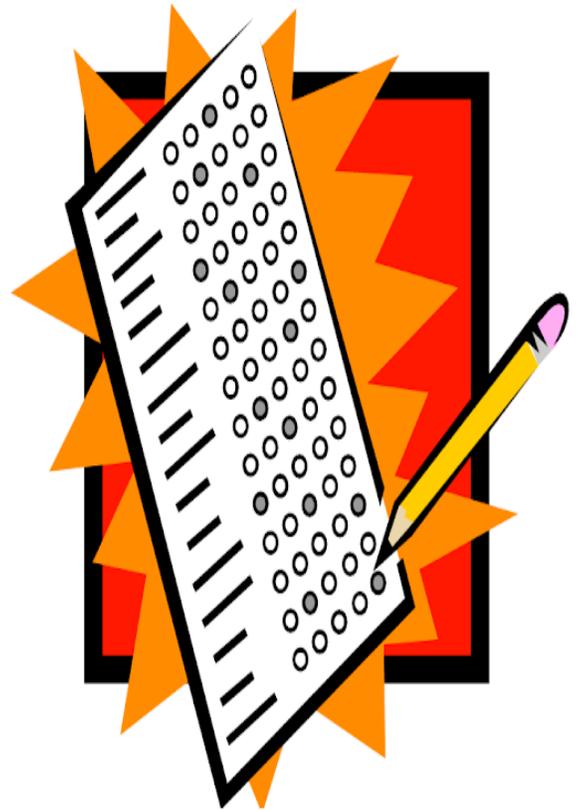
The consultants are also actively working with our Board of Directors to add more diverse board members in the coming months.

At Impact, our organizational culture will continue to honor and value people of all backgrounds and foster an environment of respect, openness, integrity, honesty, and a sense of fun. Our commitment to this inclusiveness will be evident in our agency's policies and procedures, with our board, our individual staff members, and in our strategic plan.

We look forward to hearing your voices as we embark on this journey together.

IPS Success!

*By Amanda Turner,
Employment Specialist*



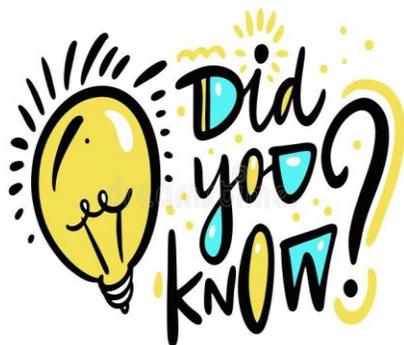
Camilla has struggled in the past few years with finding employment that she was excited about. Several unexpected circumstances left Camilla feeling unmotivated at times. Camilla's biggest dream is to work with children and obtain her GED.

Soon after beginning work with her employment specialist, Camilla applied and interviewed with several early childhood centers in her community. Enthusiasm grew as almost all the employers that interviewed Camilla were impressed with her dedication and passion for childcare and education.

However, Camilla was not getting any offers. One of the last employers provided feedback that Camilla not having her GED was holding her back from employment. Camilla was discouraged at first, she had worked very hard in preparation for these interviews.

Camilla made a choice to keep moving forward and soon she became more motivated. Camilla kept great engagement with her employment specialist and the two started looking for GED programs. A GED was program was discovered and Camilla felt very excited about working towards her GED goal again after many years.

Camilla has now begun GED classes and it has encouraged her in many ways to stay positive and keep pushing forward. Camilla is now preparing for her GED exam, waiting to hear back from an employer and making new employment and self-care goals.



- Please welcome Michelle Bonnici and Dana Gallegos to the Impact team as Employment Specialists!
- The IPS program has placed 55 individuals into jobs since July 1!
- Employment Specialists have made 1,112 new job development contacts since July 1!
- *"Plan your work for today and every day, then work your plan." – Margaret Thatcher*

Clinical Corner

How to Set and Achieve Life Goals

*The Simple Act of Setting a Goal Makes it
More Likely that You Will Reach It*

Setting specific and slightly difficult goals like “I will run a marathon by running a little further each day for a year” tends to go better than setting vague or abstract goals, like “I’m going to be rich!”

Commitment to the goal also seems to help us achieve it. And getting feedback from others and tracking our progress also helps us achieve our goals.

To set effective life goals, we can use the “SMART” acronym, which stands for Specific, Meaningful, Achievable, Realistic, and Trackable (or time-based).

Achieving easier, shorter-term goals can help us feel like we’re making progress and motivate us to keep going towards long-term goals. That’s why it can be helpful to break longer-term goals up into a bunch of short and mid-term goals – things that we could accomplish in an hour, day, or week. Over time, these short-term goals allow us to accomplish longer-term goals.

Examples of Life Goals

Career Goals are goals that have to do with your work or maybe even your purpose. Career goals might involve achieving a particular title, income, role, position, or employer.

Financial Goals might help us live our values, change our lifestyle, take care of our families, or even promote the well-being of others in some way.

Relationship Goals – regardless of whether we are in a romantic relationship, we might have goals about the quality or function of our closest relationships.

Wellness Goals might include fitness, body, health, or mental wellness goals – things you’d like to change to feel better or healthier.

Educational Goals perhaps could be a precursor to pursuing a particular career.

Personal Goals, such as getting good at a hobby or sport, spending more time doing your favorite things, developing a new skill, cultivating a soft skill like listening, or getting to know new people.



Goal-Setting Tips

- Create a list of goals.
- For each goal, break it down into smaller steps.
- Plan out how you’ll take these smaller steps.
- Think about how you’ll overcome barriers that block your goals.
- Be kind to yourself along the way.

How to Get the COVID-19 Vaccine

Obtaining a COVID-19 vaccine has turned out to be a confusing process. There are many avenues to obtain it.

- **Your Local Government.** If you live in Evanston, you can sign up to get a vaccine by visiting cityofevanston.org/vaccine or call or text (847) 448 – 4311. If you live in Chicago, you can sign up by visiting zocdoc.com/vaccine or call (312) 746 – 4835. If you live in Cook County, you can sign up by visiting vaccine.cookcountyil.gov or call (833) 308 – 1988.
- **The State of Illinois.** Visit coronavirus.illinois.gov or call (833) 621 – 1284.
- **Your Health Care Provider.** This includes your primary care provider, health clinic, or hospital where you have gotten medical care in the past.
- **Your Local Pharmacy.** You can make an appointment at stores where you can fill a prescription. This may include Walgreen's, CVS, Mariano's, Walmart, Jewel Osco, or Costco. Call your pharmacy or make an appointment through their website.
- **Your Employer.** Specific employers in prioritized essential worker groups will be able to distribute the COVID-19 vaccine to their employees.
- **Other Online Resources.** Visit ilvaccine.org or vaccinespotter.org/il to see volunteer-run websites that aggregate available vaccine appointments across the state.

What You Can Do Safely After You've Been Fully Vaccinated

Activity	
Visit inside a home or private setting without a mask with other fully vaccinated people of any age	✓
Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness	✓
Travel domestically without a pre- or post-travel test	✓
Travel domestically without quarantining after travel	✓
Travel internationally without a pre-travel test depending on destination	✓
Travel internationally without quarantining after travel	✓

Source: Centers for Disease Control and Prevention

Unfortunately, vaccine eligibility does not equal vaccine availability. It's going to be some time until enough people receive the vaccine to achieve herd immunity. Until that happens, it's crucial to continue to wear a face covering in public, maintain social distancing, avoid large crowds, and thoroughly wash your hands. This is because it's still possible to spread COVID-19 to others even after you've been vaccinated.



COVID-19 Vaccine

Frequently Asked Questions

Source: Illinois Department of Public Health



Q: Can the COVID-19 vaccine cause me to become infected with COVID-19?

A: No, you cannot become infected because the vaccine contains no live virus. Instead, the vaccine directs your body to produce a protein that teaches your body how to fight off the virus.

Q: How much will the vaccine cost me?

A: The federal government is providing the vaccine free of charge to all people living in the United States.

Q: Which vaccine is best?

A: The best COVID-19 vaccine is the first one that is available to you. Do not wait for a specific brand.

Q: Do I have to get a COVID-19 vaccine?

A: There is no federal or state mandate to receive the COVID-19 vaccine. However, the CDC strongly recommends the vaccine to all Americans age 16 and over.

Q: What happens if I refuse to get vaccinated?

A: There are no legal repercussions for refusing the vaccine. If you do not get vaccinated, you will not be protected against the virus that causes COVID-19 and will be more likely to be infected with the virus.

Q: Can my employer require that I receive a COVID-19 vaccine before returning to work?

A: Decisions regarding immunization at private workplaces are up to the employer.

Q: Is the COVID-19 vaccine safe?

A: Each authorized COVID-19 vaccine has been studied in large trials of more than 30,000 volunteers and shown to be highly safe and effective in preventing COVID-19 disease. The trials involved people of different ages, sex, race/ethnicity, weight, and medical conditions. The CDC recommends that those who are pregnant consult with their doctor before taking the vaccine.

Q: What about the Johnson & Johnson vaccine?

A: On April 13, after six cases of an extremely rare but severe type of blood clot were reported in women who received the J&J vaccine, the CDC and FDA paused use of the vaccine. This pause allowed the CDC's Advisory Committee on Immunization Practices to conduct an extensive review of what they ultimately found to be 15 cases, as well as inform clinicians about the potential adverse events and how they can be recognized and treated. The pause was proof that the extensive safety monitoring system is working and was able to detect a very small number of adverse events. The FDA has concluded that the known and potential benefits of the J&J vaccine outweigh its known and potential risks. On April 23, the pause on the J&J vaccine was lifted.

May is Mental Health Awareness Month

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many people experience.

Will You Share Your Story?

We want to hear from you about your experiences and accomplishments as a user of Impact's services.

Over the past few years, what have been your biggest accomplishments? What would you like people to know about you and some of the challenges you've face?

If you are willing to share your story, let your clinician know. You may share your story anonymously. You can write it down or schedule a phone interview. You will be able to review your story before publication.

How will we use your story? We will use it to educate our network and donors who make the work at Impact possible. Excerpts from your story may be used in a letter to our supporters, shared on our website page, or used in our marketing materials.



Housing Information

- Impact's Housing Team will be resuming in-person health and safety inspections for all Impact housing participants in June on the following dates:
 - June 15: Rose & Kreiman
 - June 22: Claire & Ganey
 - June 24: Scattered Site Apartments
 - June 29: Home First & Gavin
- Lease Renewals and Income Documents
 - If you are an Impact housing participant and you are renewing your lease, we need your most current income documentation as soon as possible. We cannot renew your lease with it.
 - Please contact Kevin Zepeda, Impact's Housing Stability Specialist, at (847) 644 – 0126 to coordinate getting your income documentation on file.

Free Beach Tokens!

- Free beach tokens are made available through the City of Evanston's Parks and Recreation Department for qualified Evanston residents.
- Residents who qualify for Parks and Recreation fee assistance can pick up their free season beach pass at any City of Evanston recreation center.
- For more information, contact the Evanston Parks and Recreation Department at (847) 448 – 4311.
- Contact your clinician if you need help filling out the Evanston fee assistance application.

Free Fresh Produce!

- The Greater Chicago Food Depository's Producemobile will be distributing free fresh fruits and vegetables in Evanston on May 11, June 8, and July 13.
- Distribution will take place in the James Park Parking Lot (300 Dodge Ave) from 9:30 am – 11:30 am while supplies last.
- Recipients must be Cook County residents and are required to wear a face covering. If you are not driving, bring a cart.
- Distribution will be outdoors, rain or shine. There is no seating available.
- Call (847) 475 – 1150 for more information.

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

To Join a Group, Contact the Group Organizer

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

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

*Please note that other forms of crafting, such as crocheting or macramé, are welcome in Briana’s knitting group.

Te invitamos a compartir y conectarte con nuestra comunidad!

El grupo de trabajo de salud mental de la ciudad de Evanston, Evanston Latinos y la biblioteca estamos ofreciendo un espacio para:

- Recibir apoyo
- Aprender herramientas para manejar nuestras emociones
- Recibir educacion de diferentes temas
- Normalizar nuestras experiencias y emociones
- Y lo mas importante es formar relaciones, hablar, escuchar y compartir nuestras experiencias

Nos vamos a reunir el cuarto Jueves de cada mes de 7-8 pm por Zoom:

- Mayo 27
- Junio 24
- Julio 22
- Agosto 26
- Septiembre 23
- Octubre 28

[zoom.us/s/98196559436](https://zoom.us/j/98196559436)

Meeting ID: 981 9655 9436

Passcode: 175782



Contactenos!

- evanstonlatinos.com
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- (224) 408 - 0579