



Impact Behavioral  
Health Partners  
Notes and News

September 2021

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## Cook County Mask Mandate

The Cook County Department of Public Health announced that all individuals in Cook County, regardless of vaccination status, will be required to wear a mask indoors in public settings, beginning August 23.

“We are in a dangerous period, with the Delta variant surging, during which we must return to previous remediation measures. We have no choice but to mandate that people wear masks indoors to help contain the spread of the virus,” said Dr. Rachel Rubin of the CCPH.

“As the virus changes, we need to adapt our guidance and recommendations to keep residents safe. The [Delta] variant is highly contagious and represents over 90% of our recent cases. We must act now,” said Dr. Kiran Joshi of the CCPH.

### ***FDA Fully Approves Pfizer COVID-19 Vaccine***

On August 23, the U.S. Food and Drug Administration fully approved the Pfizer-BioNTech COVID-19 vaccine for the prevention of COVID-19 disease in individuals aged 16 and older. The vaccine also continues to be available under emergency use authorization for the administration of a third dose in certain immunocompromised individuals.

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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.

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. Instead of going to the office, please call (847) 868 – 8664 for help.

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.

In partnership with Kaizen Health, the Cook County Department of Public Health is offering free rides to get Cook County residents to and from their vaccinations. Schedule your ride by calling (833) 308 – 1988.



# IPS Spotlight!

*By Nathaly Shammo, Employment Specialist*

Marcia joined the employment program for support during her return to the workforce after some time off. She and her employment specialist worked through vocational assessments together and created a job search plan to outline Marcia's strengths, priorities, and goals in her pursuit for meaningful employment.

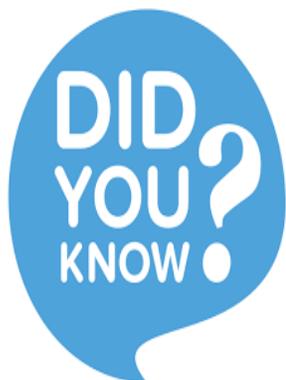
From the start, Marcia was incredibly independent with her job search and often came to meetings having already sent out several applications. She was clearly experienced in the field she was pursuing and employers could see that; however, Marcia was having a difficult time turning those interviews into offers. Through discussions with her employment specialist, it became clear that her interviewing skills were not the problem. Rather, Marcia was struggling to have the confidence to believe she really *is* a great candidate.

Recently, Marcia went through a couple interviews for an agency she was excited to be a part of as it felt similar to her previous employment, but with new concepts and a different subject matter to learn. Part of the process required some waiting around for paperwork processing and scheduling; it was during these periods of anticipation that Marcia struggled with negative self-talk. At one point, she was close to withdrawing her application before the potential employer had given an answer.

Instead, Marcia worked closely with her employment specialist and therapist to combat her anxieties around returning to work and overcome her own mental blocks. She showed awesome strength in sticking to the plan and recognizing that, after all her hard work and dedication, she deserved meaningful employment!



While we are still waiting for the official offer, it seems Marcia's future employer is excited to have her join the team. We are so proud of Marcia for building herself up and pushing past the barriers that held her back for so long. We can't wait to see where she goes from here!



- The Employment Team has helped 28 participants obtain jobs since the start of July!
- We've had 236 new contacts with employers since the start of July.
- Welcome Sara Tucci to the Employment Team! She will be working with PCC Wellness Centers.
- *"When you've worked hard, and done well, and walked through that door of opportunity, you do not slam it shut behind you. You reach back and you give other folks the same chances that helped you succeed."* – Michelle Obama

# Clinical Corner



## *Improve Mind-Body Health and Well-Being Through Time in Nature*

An increasing body of scientific research demonstrates the breadth and benefits of contact with nature – ranging from urban parks to wilderness areas – on human health and well-being. These include but are far from limited to: reduced stress, improved sleep, decreased anxiety, decreased depression, improvement in ADD/DHD symptoms, greater contentment and happiness, increased prosocial behavior, lowered blood pressure, improved pain control, improved immune system functioning.

When we go for a walk or hike, the heart pumps faster, circulating more blood and oxygen not just to the muscles but to all the organs – including the brain. Walking regularly also promotes new neural connections. In addition, hiking is an activity that necessitates and promotes mindfulness. Following a trail in the mountains, forest, or desert provides valuable opportunities to learn and practice skills that involve being present with and moving through uncertainty and ambiguity that can easily be emotionally dysregulating.

### *Participant Voice*

## *“We Are Not Prisoners”*

By Mark H.

A Bible verse that has been going through my head all week, by the Apostle Paul, who stated, “I have found the key to happiness, and that is to be content in all things.”

Would you believe he wrote that while in prison?

When I first got to Housing Options, I was not always content. I wanted to move back home. But my parents were like, “You have to get used to living on your own. We won’t be around forever.”

Now, my mom has been deceased for about seven years, and my dad lives in Florida. I lived in my apartment on Custer for 13 years, before I moved where I live now for about 13 years. But if the Apostle Paul can be happy in prison, can’t I be happy? I have my own apartment. I’m living on my own and I’m independent.

I was forwarded an e-mailed article from a poet called, “Prisoner prose writer publishes in Harpers.”

“I’ve been incarcerated for more than a decade. Music and literature sets me free.” - written by an inmate at the Minnesota Department of Corrections.

Elizabeth (the inmate) says, “People have the common misguided notion that incarcerated people cease to evolve behind prison walls. On the contrary, incarcerated people often purposefully construct their days around the pursuit of connection, contribution, and creativity.”

I have been in hospitals all my life, not just for mental health, but injuries, diabetes, etc. And I don’t take my freedom for granted. I don’t even own a TV. The whole world is out there, and life is too short to treat my apartment like a prison. I have the key. To get in, and get out.



# 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> |
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Visit [cityofevanston.org/vaccine](http://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!



SCAN ME



## 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](http://vaccines.gov) or call 1-800-232-0233



# ¡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> |
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¿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. ¡Lame o envíe un mensaje de texto al 847-448-4311!



SCAN ME



## 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.

Vaccines.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.



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

**To Join an Online 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

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