



Impact Behavioral
Health Partners
Notes and News
March 2022

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In Crisis? Get Help.

Trilogy's First-response Alternative Crisis Team (FACT) can help before, during, and after a mental health event. FACT provides mobile support, stabilization, and more. You never need to be alone during a crisis again.

To get help, call (800) 322 – 8400 to talk to someone now.

Save this number in your phone, it could help save a life.

Trilogy is a nonprofit organization that has been helping people move toward mental health recovery for 50 years. Trilogy's mobile crisis response team of mental health professionals will help you stay safe, create a safety plan, and determine options for ongoing support.

FACT is currently available in Skokie, Evanston, Rogers Park, West Ridge, Edgewater, and Uptown. Trilogy anticipates this service will be available 24/7 no later than March 2022.

You should call 911 if you are in an emergency, require medical help, or need police. Call (800) 322 – 8400 if you, a loved one, or a community member are facing a mental health crisis.

Get help. Call:

800FACT400

(800.322.8400)

to talk to someone now.

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If you live in Impact's housing and have a non-urgent maintenance request, email maintainence@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.

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.

Visit impactbehavioral.org/for-participants for helpful resources!

IPS Spotlight!

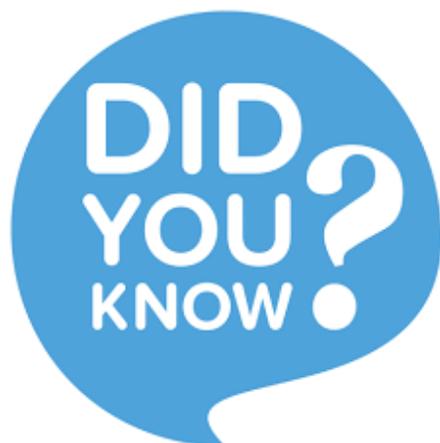
By Bryanna Davis, Employment Intern

Derek started working with Impact, utilizing employment services in 2021. When he first began working with us, Derek's main goal was to not only obtain and maintain employment but to find a career where he felt fulfilled and would allow him to develop and grow professionally. He was able to obtain a position in security where he truly felt he could build this career and with the help of his employment specialist, was able to maintain this position for 9 months.



Derek had to leave this position to take some time for personal matters. However, fueled by the support of his employment specialist, he was able to set up an interview for himself and was rehired into the company. He was given several compliments about his professionalism and dedication to his role throughout his interview and was even lauded by senior management.

Derek was able to obtain a full-time position, earning \$15 an hour, as a security officer where he is entrusted to maintain a safe environment and prevent potential break ins. Derek truly enjoys his role and the opportunity to exercise his authority. He was also recently able to advocate for himself with his supervisors to ensure he is not working more than his agreed upon hours. This helped to build his confidence and he was very excited that he was able to do this successfully. Derek is very excited to continue his journey with his current employer and hopes to build a career that allows him to continue providing support to his family.



- The Employment Team has placed 104 participants this fiscal year!
- Please welcome Alondra Solis Rios to the Employment Team! Alondra will be part of the BEES research study.
- 1,013 employer contacts have been made this year!
- *"Don't judge each day by the harvest you reap but by the seeds you plant." – Robert Louis Stevenson*

Clinical Corner

How to Create Hope When You Have None

Five Ways to Create Hope

1. **Engagement.** The opposite of isolation is engagement. Casting off passivity and negative thinking requires that you engage more in the world around you. Even if you don't want to, it's essential to push yourself to try.
2. **Acts of Service.** Altruism is one of the least recognized and more powerful weapons against hopelessness. As the Buddhist saying goes, "When you light a lantern for another, it will also brighten your own way." Devote some time to helping others less fortunate than you and learn to value yourself more. When you give others hope, you receive it as well.
3. **Humor.** Laughter is good medicine for the spirit. A hearty laugh also releases endorphins and adrenaline, raises metabolism, and reduces stress hormones. There are even studies that suggest that laughter strengthens the immune system.
4. **Mindfulness.** A lack of mindfulness is frequently at the core of a hopeless outlook. Mindfulness practices such as meditation, yoga, or prayer pause our tortured thoughts and inspire us to live more fully in the moment.
5. **Determination.** The most important and challenging tool for undoing your hopeless outlook is determination. At a certain point, you have to decide the person that you want to be and redirect your thoughts and actions in that direction.

Three Traits That Destroy Hope

1. **Extreme Thinking.** Always/never, good/bad, right/wrong, hero/villain. You divide the world into extreme fractions and ruminate on the negatives. You are quick to label others who are different from you or disagree with you. Sadly, in the world of relationships, labels block out hope by suggesting that people are one-dimensional and incapable of change – including you.
2. **Resignation.** Convinced that nothing will ever change, you sink deeper into cynicism. Rather than take action, you blame and complain and resign to your hopeless outlook. Such cynicism robs you of energy and prevents you from listening and learning from others or exploring new experiences.
3. **Isolation.** The more you isolate, the more deluded your thoughts may become. When you shut out the world and live in seclusion, anxiety increases whenever you leave your home. Distrust spikes. Depression takes root. And the more entrenched you become, the more hopeless you feel.





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.

Vaccinas.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.



FREE PRODUCE MOBILE! FRESH VEGETABLES & FRUIT

ROBERT CROWN Ctr.
1801 Main Street, Evanston, IL

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

- Walk-up line only
- MASKS required
- Bring wheeled cart and/or strong bags with handles
- Register onsite or bring your GCFD pantry card
- Numbered tickets given out
- 15-25 lbs produce given per number
- Help is available onsite to carry your produce to your vehicle
- Outside distribution
- Bathrooms, outside seating available
- Cook County residents only
- While supplies last

NEXT DATE
March 8, 2022

FUTURE DATES
April 12
May 10
June 14
July 12

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



GRATIS PRODUCEMOBILE! VERDURA Y FRUTA FRESCA

Robert Crown Center
1801 Main Street,
Evanston, IL

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

- Sólo fila a pie
- Se requieren MÁSCARAS
- Llevar carrito con ruedas y/o bolsas fuertes con asas
- Regístrese en el sitio o traiga su tarjeta de dispensa GCFD
- Entradas numeradas repartidas
- Se asignarán 15-25 libras de productos por número
- Hay ayuda disponible en el sitio para transportar sus productos a su vehículo
- Distribución exterior
- Baños, asientos al aire libre disponibles
- Exclusivamente para residentes del Condado de Cook
- Hasta agotar existencias

PROXIMA FECHA
8 de marzo
de 2022

FECHAS PRÓXIMA
12 de abril
10 de mayo
14 de junio
12 de julio

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



March 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 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	5
6	7	8	9	10	11 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	12
13	14	15	16	17	18 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	19
20	21	22	23	24	25 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	26
27	28	29	30	31		

To Join a Group, Contact the Group Organizer

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