



Impact Behavioral
Health Partners
Notes and News

April 2022

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Art with Friends Special Spring Event: Birdhouses!

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Join Art with Friends on Thursday, April 28th at 1:00 pm to paint birdhouses. We will be meeting in the Rose House meeting space or outside, weather-permitting.

This is a wonderful way to meet up with other Impact participants and enjoy making a birdhouse to display at your home in your outside space.

All materials are included and there is no fee. However, space is limited. Participation will be first come, first served while supplies last.

Hope you will join us!

Chris Porter
Art with Friends Leader



We are excited to welcome Julie Zarlenga, Impact's new Administrative Specialist, to the staff!

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

Need PPE? Ask Us! Impact has a large amount of masks, hand sanitizer, disinfecting wipes, and nitrile gloves available for participants for free.

Impact's office is closed to the public. You may not be seen if you go to the office in person. Instead of going to the office, please call (847) 868 – 8664 for help.

Visit [impactbehavioral.org/for-participants](https://www.impactbehavioral.org/for-participants) for helpful resources!

IPS Spotlight!

By Rachel Staudenbaur, Employment Specialist

Sammi was referred to Impact to utilize the Employment Program. They wanted to use their skills and talents to make an impact on others. Sammi specifically was seeking a position with a nonprofit like Impact. Sammi's Employment Specialist offered them support in seeking a job, by reviewing Sammi's resume and preparing them for interviews.

Sammi's Employment Specialist was able to provide Sammi with an application for a funded project through the Evanston Art Council. With the support and networking that Employment Services was able to provide, Sammi was awarded the grant. They are currently working on a project that empowers Women, People with Disabilities, BIPOC, and Trans & Nonbinary People to create paintings that showcase their natural beauty.

Sammi was also able to successfully turn a volunteer position into a paid position. Sammi's Employment Specialist was able to assist Sammi by discussing appropriate wages to accept from their employer. Sammi and their Employment Specialist are still looking for a long-term job where they can continue to use their creative skills for the benefit of others.

Since working with Impact, Sammi has been supported in their job search and success by their Employment Specialist. Any participants in Impact's employment services can expect the same level of dedication and support as Sammi has received.

For more information about Sammi's art project, including information about how you can apply to participate in it, see page 4 of this newsletter.



- Please welcome Rachel Slowik and Julissa Bustamante to the Employment Team!
- The Employment Team has placed 110 participants this fiscal year!
- Employment Specialists have made contact with over 1,000 employers this fiscal year.
- *"The beginning is the most important part of the work." - Plato*

Clinical Corner

How to Build Your Self-Confidence

Building your confidence and self-esteem is a daunting task. Yet building your confidence can benefit you in many areas of your life – the better you feel, the more you're willing to say yes to new activities or challenges, and the less likely you are to fall into vices for comfort. To begin to build your confidence, start by challenging your unhealthy thinking, building on your existing successes, and finding ways to validate yourself.

Challenge Unhealthy Thinking

We each have an internal dialogue running in our heads all day. Yet we are mostly unaware of what we're saying to ourselves. Say, for instance, that you forget your cell phone and start cursing under your breath that you're "stupid." It might seem like an inconsequential moment of self-scolding – but every time you say something negative about yourself it strengthens the neural pathway between your concept of "stupid" and your concept of "self." To break this, you have to consciously create a new path.

- Make a point to challenge instances of black-and-white thinking, such as "I always do this" or "I never do this."
- Reframe global statements to local ones – for example, reframe "I'm forgetful" to "I forgot this one thing." Say these reframes to yourself in a mirror, aiming for three "reframes" for every negative statement.

Build On Your Successes

Utilize your strengths. Ask others what they think your strengths are (You may be surprised by the answers!). Find an area you already feel confident in and leverage it to help you solve other issues. For example:

- Connect a task to your passion (e.g., gamify something if feeling competitive gets you excited).
- Identify your personal values and connect them to your day-to-day activities.
- Mentor others who need help in areas you are good at.



Find Internal Validation

Using others for external validation is OK in the short term, but it's not sustainable for your confidence or self-esteem in the long run. Our brains are wired to see the bad first, so it takes conscious action to notice the positive. To build internal validation:

- Fake it 'til you make it – hyping yourself up or telling yourself you got this may seem silly, but it will help your brain remain calm and actually increase your chances of success.
- Start your day positively with gratitude, writing down your successes and/or things you like about yourself.
- After receiving feedback, write down at least one positive comment you heard.
- Build a shrine to yourself with things like your degree, an award, or thank-you cards. Have it as a go-to place to look at when feeling low.
- Build small rewards and recognition for yourself daily – even if you didn't achieve a task, reward your effort.
- Reflect on your achievements at the end of every day.

SHOWCASE YOUR BEAUTY

Evanston residents who are at least two of the following are eligible to have artwork made of them, which will be put on display and then given to the participants afterwards at no cost. Fill out the google form to apply for one of five spots.

<https://forms.gle/Dx1i3bRjZQ7WfVm2A>

BIPOC Disabled	Trans/Nonbinary Religious Minority	Plus Size Queer	Older Adult Woman
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By artist Sammi Bregman



This project is funded by the Evanston Arts Council's Neighborhood Arts Grant Program, in partnership with the City of Evanston.

Hi! With sponsorship from the Evanston Arts Council, I am doing art portraits of five Evanston residents who fit two or more of the following criteria: BIPOC, Trans/Nonbinary, Queer, Disabled, Plus Size, Religious Minority, Older Adult, Woman.

You will get to choose between styles, colors, themes, etc. that fit best with you! If selected, I can either use a picture you send me or, if you would like, I can take a picture for you.

These paintings/art prints will be displayed publicly at to-be-determined locations in Evanston for several months beginning in May 2022. Afterwards you will receive the artwork made of you.

Participating in this project is absolutely free and there will be no admission charged to view the artwork while it is being displayed. If you are interested in applying, please visit <https://forms.gle/Dx1i3bRjZQ7WfVm2A> and fill out the Google Form. You may help someone else apply so long as they fit the requirements, but do not nominate anyone without their permission.

Thank you for reading and have a wonderful day!
Sammi Bregman (They/Them)



Free Producersmobile! Fresh Vegetables and Fruit

2nd Tuesday of Every Month, 9:30 am – 11:30 am

Robert Crown Center – 1801 Main St, Evanston, IL

Future Dates: April 12, May 10, June 14, July 12, August 9

Walk-up line only, help will be available to carry your produce to your vehicle.

Bring a wheeled cart and/or strong bags with handles.

Cook County Resident Only. While supplies last.

Call (847) 475 – 1150 for more information.

April 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 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	2
3	4	5	6	7	8 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	9
10	11	12	13	14	15 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	16
17	18	19	20	21	22 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	23
24	25	26	27	28 1pm: Art with Friends at Rose House	29 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	30

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