



Impact Behavioral Health Partners Notes and News

May 2022

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May is Mental Health Awareness Month

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Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Mental Health Awareness Month is a national movement to raise awareness about mental health. It's about fighting stigma, finding support, educating the public, and advocating for governmental policies that support people with mental illness and their families. With mental health entering more and more of our daily conversations, it's critical that everyone has a solid foundation of knowledge about mental health. Everyone faces challenges in life that can affect their mental health. About half of Americans will meet the criteria for a diagnosable mental health condition sometime in their life.

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**.

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!



Starting July 16, 2022, you can call 988 for matters of mental health crisis.

Calling 988 will connect you directly to the National Suicide Prevention Lifeline, which is staffed by trained crisis counselors 24/7/365.

For more information about this new service, see page 3 of this newsletter.

IPS Spotlight!

*By Amanda Turner,
Employment Specialist*

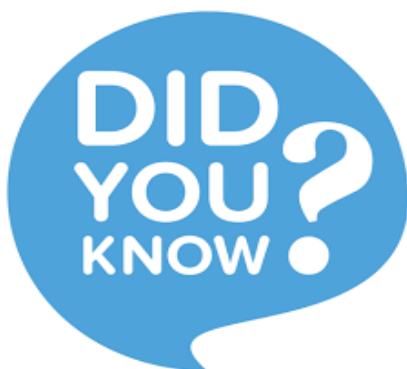
Ella has been in the IPS Program for almost one year. She was referred to Impact by PCC Wellness. Ella and her guardian had a goal for her to obtain employment.

Employment was a very important goal for many reasons. Ella wanted a job to obtain financial support, stable job history, and a sense of independence and confidence. Ella worked with her Employment Specialist weekly, applying for jobs that made her feel excited.

Ella was motivated but faced several hurdles. She was hired only to face job loss two weeks later due to the COVID-19 Pandemic. Ella continued to work with her Employment Specialist, focusing on new job leads and working on positive thinking strategies.

Ella loves fashion so she decided to apply for a position at a popular clothing store. It was not long before she was offered a job as Dressing Room Associate! It has been almost four months now and Ella is still working at the store and thriving.

Ella's team at her workplace is so appreciative of her and they recently celebrated her birthday by bringing in chicken and cake. Ella is especially excited because she was just promoted to Lead Dressing Room Associate! She reports feeling happy to be working and building new skills.



- The Employment Team has placed 119 participants since July 1, 2021!
- Employment Specialists have made over 1,200 employer contacts since July 1, 2021
- Please welcome Julissa Bustamante to the Employment Team! She will be working with PCC Wellness Centers.
- *"I hope you live a life you're proud of. If you find that you are not, I hope you have the strength to start all over again." – F. Scott Fitzgerald*

Clinical Corner

Starting on July 16, 2022, anyone facing a mental health crisis can call 988 and get connected to the National Suicide Prevention Lifeline.

Unlike 911, counselors will be at the other end of the call when you dial 988. They are trained to understand how you're feeling and to pair you with resources that are specifically tailored to helping you meet the moment you're in. The phone line is staffed 24/7/365, is free of charge, and is confidential.

Note: 988 will not be available until July 16, 2022. In the meantime, if you or someone you know is in crisis, please continue to call or text the National Suicide Prevention Lifeline at 1-800-273-8255.



Celebrating Mental Health Awareness Month!

History of Mental Health Awareness Month

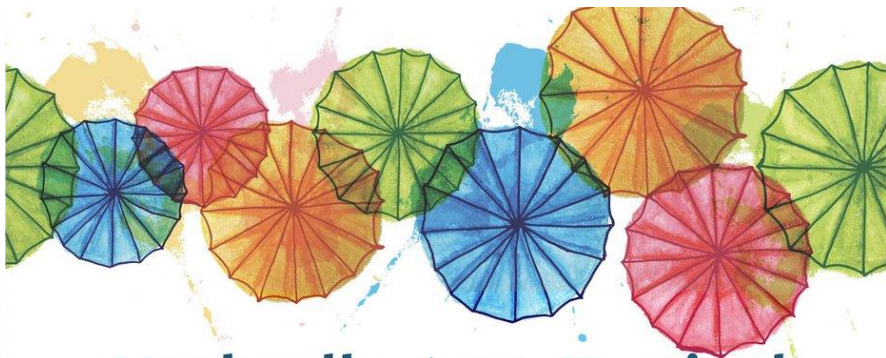
The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental and physical well-being.

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was then known as the National Committee for Mental Hygiene. The organization was founded by Clifford Whittingham Beers, who was one of five children in his family who all suffered from mental illness and psychological distress - all of them went on to spend time at mental institutions. It was from Beers' hospital admittance that he discovered that the mental health field had a notorious reputation for malpractice, maltreatment, and immense bias.

Beers went on to author "A Mind That Found Itself", which is a best seller even today. Gaining popularity and support from medical professionals, Beers founded the National Committee for Mental Hygiene. Beers and his colleagues wanted to find ways to make sure that mental health patients not only received the right care but also did not feel alone in their fight against mental diseases.

How to Observe Mental Health Awareness Month

1. **Take Care of Yourself.** Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better. After all, life has much more to offer than just pain and suffering.
2. **Take Care of Your Loved Ones.** Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental health problems.
3. **Talk About Mental Health.** One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment and research on the matter.



Umbrella Arts Festival Evanston 2022

in celebration of
ASAPIA Heritage Month
Asian, South Asian, Pacific Islander American

May 14, 2022
Fountain Square
Evanston

The Umbrella Arts Festival is a cultural celebration of the Asian, South Asian, Pacific Islander American community in Evanston.

The umbrella symbolizes the ASAPIA diaspora which includes a diversity of ethnicities from over 40 countries around the world, and is inclusive of the many intersections of identities that exist in our communities.

The festival is free and open to all ages!

www.evanstonasapia.com
#evanstonasapia

Producemobile!

- Fresh fruits and vegetables
- Free of charge
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am
- Upcoming Dates: 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 residents only.
- While supplies last.
- Call (847) 475 – 1150 for more information.

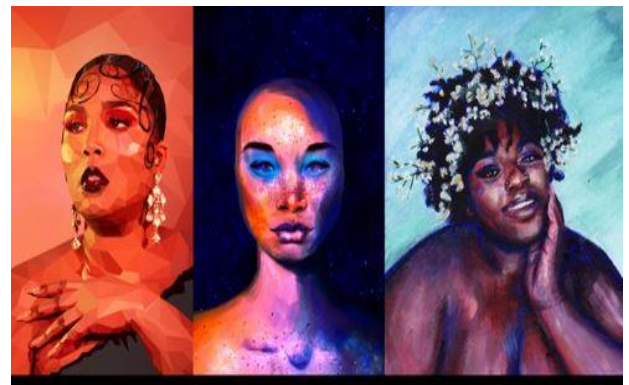


SHOWCASE YOUR BEAUTY

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/VVafUEqmt8iaGSUM8>

- | | | | |
|----------|--------------------|-----------|-------------|
| BIPOC | Trans/Nonbinary | Plus Size | Older Adult |
| Disabled | Religious Minority | Queer | Woman |



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.

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