



Impact Behavioral Health Partners Notes and News

August 2022

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GUARANTEED INCOME PROGRAM

For Evanston Residents

Government programs often ask a lot of people. We want to change that. Apply to get \$500 a month for one year with no strings attached.

Requirements:

- Must be an Evanston resident
- Have a household income at or below 250% of the Federal Poverty Line
- 18 - 24 years old OR
- 62 years and older OR
- An undocumented community member

150 eligible Evanston community members will be chosen at random to take part in this pilot program. All applicants may be contacted by Northwestern researchers regarding a program evaluation.

Applications are open August 15 - 29.

Apply at: cityofevanston.org/GI

Questions? Call or text 847-448-4311 or 3-1-1.

Information Sessions

August 18th at 1pm

Levy Center, 300 Dodge, Evanston

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988 Suicide & Crisis Lifeline

is now available for people experiencing a mental health crisis or suicidal thoughts. Dial 988 to speak to someone. *(If you have a life-threatening emergency, dial 911).*

Remember to Register to Vote!

To register yourself, go to:

<https://ova.elections.il.gov/>

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.



IPS Spotlight!

*By Alondra Solis,
Employment Specialist*



Ciara has been working with Impact since March of 2022. When Ciara joined our program, she was working at a daycare, but she wasn't feeling fulfilled with this career, and wanted to find a job that would align with her passions. Ciara felt she was more interested in photography, a creative job, or working with youth.

Ciara and her employment specialist began applying to jobs related to photography, retail, restaurants, and other various positions that Ciara was interested in. Ciara, who is expecting a baby girl, decided to pursue a spot in a 16-week program with New Mom's working for Bright Endeavor's. Ciara is currently on her seventh week of the program, and it has taught her some valuable skills. Ciara began exploring various career avenues, and even received her forklift certification. She is taking advantage of all the opportunities that are being offered to her through this program.

Since joining the program, Ciara has begun to consider more seriously what she wants to do in terms of education and career. Ciara feels like she is in a supportive environment at the New Mom's program with Bright Endeavor's. She has been working on stress tolerance, emotional control, and staying consistent with the coaches in the program.

Ciara is doing an amazing job in the program. She is using her creativity to make candles and is using classroom days to learn more skills that will set her up for success after the program is done. Ciara has shown a great amount of growth in such little time, and she will continue to do great things as she learns more about herself and what kind of career path she wants to take.



- The employment team has placed 15 individuals this month!
- The employment team connected with over 1,500 employers this past year!
- Please welcome Miriana Scatola to the team! She'll be working with Turning Point participants.
- *"Never let the fear of striking out keep you from playing the game." - Babe Ruth*

Clinical Corner

What to Do When You Feel Paralyzed by the News

It's easy to feel small or unsafe in the face of our darkest current events.

1. Connect to Calm

When we feel triggered by an event, our cortisol levels are likely to skyrocket. Because things seem outside of our control, it can be difficult to calm our nervous system. In order to build up our resilience, we have to start by learning to calm down inside ourselves. One simple and immediate technique we can try is 4-7-8 breathing, a practice in which we breathe through our nose for four seconds, hold our breath for seven seconds, and breathe out through our mouth for eight seconds. Repeating this pattern five times can calm our nervous system.

2. Make Sense of Your Reaction

Much of what we read or see on the news can either feel traumatizing in itself or can trigger us on a deeper emotional level. The RAIN Approach is a method taught by psychologists Jack Kornfield and Tara Brach to help people get ahold of those times we feel shaken up emotionally and make sense of any unresolved trauma. The steps of RAIN are:

- Recognize the overwhelming feeling or trauma or loss.
- Acknowledge/Allow/Accept that it occurred and may not be resolved, but the feeling will pass.
- Investigate the nature of the experience in your past and present life. While sitting with the feelings, are there any sensations, images, emotions, or thoughts that arise?
- Non-identification with the experience, meaning that we don't over-identify with what happened and allow that event to define us.

3. Feel What You Feel

Whatever feelings we have, be it rage, grief, fear, or sadness, we should give ourselves the time and space to feel them.

4. Practice Self-Compassion

Dr. Kristin Neff defines the three principles of self-compassion as self-kindness over self-judgment, mindfulness over identification with thoughts and feelings, and common humanity over isolation.

- Self-Kindness - We should have empathy for ourselves and accept that what we're going through is genuinely hard.
- Mindfulness - We can accept that whatever we're thinking, and feeling is okay. Yet, like watching clouds pass over a mountain, we don't have to get carried away by every thought and feeling we have.
- Common humanity - As unprecedented as things may seem, we're still surrounded by people who share that experience and have a will to create change.

5. Build Your Team

Finding our team means creating a supportive network that includes someone we can talk to about what we're feeling, someone we can collaborate with, and someone we can take action alongside.

6. Take Action

Part of building a team comes from taking action on things that matter to us. Even small acts can have a huge impact on our mental health. Tapping into our personal power links us to a larger more powerful notion of what human beings are capable of. This is one thing we shouldn't lose hope over.

Des Plaines Live at the Lake Concert Series

6:00-8:30pm

(Concerts start at 7:00pm)

Aug 4	Greens	Tony Maguire & Brian Gillham of Farkus
Aug 11	Central Park	Classical Blast
Aug 18	Pavilion	Wayouts

Greens: 1015 Howard Avenue, at the Lake Park Clubhouse.

Pavilion: 2200 Lee Street, at Fargo Avenue, Memorial Pavilion.

Central Park: 1555 E. Thacker Street, just west of River Road, at the Gazebo.



Evanston's Outdoor Yoga and Live Music

When

August 20 10:00am-11:30am

Where

Dawes House, 225 Greenwood St.
Evanston, 60201

What

Outdoor Yoga & Live Music at Dawes House Mansion located at 225 Greenwood St. and the lakefront, home of The Evanston History Center. This is a **free or by donation** co-sponsored by Heaven Meets Earth and The Chicago Yoga Project now in its 15th year. Everyone is welcome. Bring your yoga mat, blanket, beach towel or chair.

Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am.
- **Upcoming Dates: Aug 9, Sept 13, Oct 11, Nov 8, Dec 13**
- Will be asked to register one time only and be given a GCFD pantry card to use in the future. Those who have already registered should bring their GCFD pantry cards with them.
- Walk-up line only, help will be available to carry your produce to your vehicle.
- Masks required.
- Bring a wheeled cart and/or strong bags with handles.
- Cook County residents only.
- While supplies last.

Robert Crown Center

1801 Main St., Evanston

Call (847) 475-1150 for more information.



Skokie's Wednesdays on the Green

Located: On the Village Green between Skokie Village Hall and the Library on Oakton St.

Free, live music and events!

Wednesdays 7:00-8:30pm

Aug 3: Diamondback (country music)

Aug 10: Kaleidoscope Dance Night (free dance lessons and face painting for kids)

Aug 17: Mellencougar (John Mellencamp tribute band)

August 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 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	4	5 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	6
7	8	9	10 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	11	12 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	13
14	15	16	17 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	18	19 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	20
21	22	23	24 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	25	26 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	27
28	29	30	31 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.			

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