

impact

Behavioral Health Partners

Impact Behavioral Health Partners Notes and News

July 2022

IN THIS ISSUE

How to Beat the Heat!

Heat illness can strike quickly—learn to recognize the symptoms.



Less Severe-Heat Rash/Prickly Heat

Symptoms	What to Do
<ul style="list-style-type: none"> Red cluster of pimples or blisters on skin. 	<ul style="list-style-type: none"> Get into a cooler area. Keep rash dry.

Less Severe-Heat Cramps

Symptoms	What to Do
<ul style="list-style-type: none"> Muscle cramps, pain, or spasms in the abdomen, arms, or legs 	<ul style="list-style-type: none"> Drink fluids every 15-20 minutes. Get medical help if cramps do not subside in 1 hour.

Severe-Fainting

Symptoms	What to Do
<ul style="list-style-type: none"> Fainting, dizziness. 	<ul style="list-style-type: none"> Sit down, drink water.

Severe-Heat Exhaustion

Symptoms	What to Do
<ul style="list-style-type: none"> Headache, dizziness, nausea, elevated temp. 	<ul style="list-style-type: none"> Get into a cooler area. Seek medical help.

Often Fatal-Heat Stroke

Symptoms	What to Do
<ul style="list-style-type: none"> Confusion, high temp, can be fatal. 	<ul style="list-style-type: none"> Get into a cooler area. Call 911 immediately.

Cooling Centers

- Local Libraries.
- Call your local city/village hall for locations near you.

Evanston (847) 448-4311	Des Plaines (847) 391-5300
Skokie (847) 673-0500	Chicago (312) 744-5000

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Impact Office Summer Hours are now in effect. The office will close on Fridays at 3:00p.m.

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!

IPS Spotlight!

*By Michelle Bonnici,
Employment Specialist*

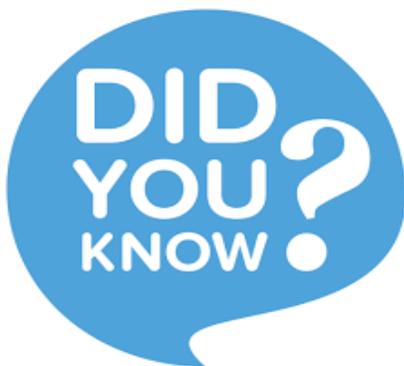


Renee joined the IPS program in July of 2021. When she first met with her Employment Specialist, she expressed a strong desire to find a life-long career or what she called “her last job”. It was clear that she had a lot of motivation and drive to succeed, but she was also confused about what she wanted to do with it. Over the course of the next few months, her and her Employment Specialist explored several different professional avenues, and one of them was finance. She spoke a lot about how she was able to budget her money, make wise financial decisions, and help her family and friends with finance-related matters. Even though she had no formal experience or training in the industry, it was clear this was a special skill of hers.

Renee then came across a training program, specifically for low-income individuals who wished to pursue a career in banking. It was a ten week-long, very intense training workshop that taught individuals the ins and outs of the finance industry. She was nervous to embark on this new adventure, but she decided to go for it and give it her all. She graduated at the top of her class and was chosen as a speaker for the graduation ceremony. Directly after the ceremony, there was a job fair with representatives from different banks. She interviewed with a few different places for teller positions but was disappointed to report that none of them worked out.

A few weeks later, Renee received a call from a friend, Alex, who encouraged Renee to apply for a job at her workplace - which just so happened to be one of the biggest financial institutions in the world, JPMorgan Chase. Renee was hesitant to apply, thinking she wasn’t qualified enough for such a high-level position. Alex was persistent in encouraging Renee to apply. She knew that Renee’s warm and welcoming personality and her incredible work ethic would lead to a job offer right away.

Renee was anxious, but she attended the interview, and within a week, she was offered an Analyst position in their Commercial Banking Department. Renee, in disbelief, accepted immediately and began preparing for her first day. Renee has started her new job and has finally begun to realize the power of her amazing personality and her unyielding motivation to make herself proud. Both Renee and her Employment Specialist are confident that she will quickly move up to higher-level positions, and that she has finally found the company she will retire from - her last job.



- The Employment Team has placed 138 participants in jobs this fiscal year!
- Please welcome Oumar Keita to the team! He will be working with our LSSI referrals.
- The Employment Team has reached out to over 1,400 job contacts!
- *"Choose a job you love, and you'll never have to work a day in your life."*

Clinical Corner

3 Ways to Incorporate a Sense of Bliss Into Your Life

New research teaches us about the difference between happiness and bliss.

According to Rudaz, anyone can start this by introducing small exercises and mindset changes in their everyday lives like:

- **Generating feelings of happiness in the here and now.** Rudaz recommends becoming more mindful of the wonders of life that are always present, such as the blue sky, the trees, or the smile of a child.
- **Taking time to acknowledge the things we are grateful for.** Rudaz quotes Buddhist leader Thich Nhat Hanh to explain this point: “When we have a toothache, we would be happy not having a toothache, but as soon as we do not have the toothache, we do not treasure the non-toothache.”
- **Listening deeply to the voice of our hearts.** It is important to ask ourselves what we want to do in this life and whether this will make us truly happy. Oftentimes, the reason for our unhappiness is not that we are not doing anything; it is that we are not doing what we want.



A new study published in the *Journal of Positive Psychology* introduces a new concept in mental health inspired by Buddhist philosophy. This concept, termed “caring for bliss,” consists of practices that cultivate sukha, or a state of unlimited, everlasting inner joy induced by a peaceful state of mind and a compassionate heart.

“The first and most important thing about bliss is that we must recognize in our everyday life that there is no unrealized condition—like a perfect job or a dream house—that has to be attained before we can be happy, but that happiness inside of us is always possible,” explains lead author, psychologist Myriam Rudaz of Florida State University.

To study bliss and its effects on well-being, Rudaz and her collaborator Thomas Ledermann used data from 638 college students. According to Rudaz, students face many new challenges and are particularly vulnerable to experiencing mental health issues.

“Although emerging adulthood is a positive experience for most, this stage of life is also turbulent with challenges, such as identity explorations and, for college-attending emerging adults, academic demands, leaving many vulnerable to stress and mental disorders,” clarifies Rudaz. “So, we thought this would be an interesting population to study.”

The researchers measured bliss on the basis of four main criteria:

1. Finding happiness in the moment
2. Finding happiness within oneself
3. Appreciating what one has
4. Following one’s deepest desires

They also examined a range of other emotional experiences students reported having, such as self-compassion, mindfulness, and depression.

They found that:

- Bliss enhanced self-compassion
- Bliss buffered the effect of low mindfulness on depressive symptoms

According to the study, emerging adulthood is a great time to start developing practices or behaviors to cultivate inner joy which could strengthen well-being and have positive effects on one’s abilities of self-compassion and mindfulness.

“The Buddhist tradition of sukha talks about a true or genuine happiness that is lasting and, unlike pleasure, does not depend on specific times, places, and circumstances—and therefore gives people the inner resources to deal with the ups and downs of life,” says Rudaz. “It is my hope that future studies will continue to creatively integrate and explore the concept of caring for bliss and its impact on well-being.”



Skokie 3-D Fireworks Festival & Parade

July 04, 2022 12:00 PM - 10:00 PM

Niles West High School

5701 W Oakton St
Skokie, IL 60077

Noon: Downtown Parade

Floats, marching bands, and more!
(Lincoln and Niles Center to Oakton and Skokie Blvd.)
3-D Fireworks Festival at Niles West High School
Customized 3-D fireworks glasses will be distributed to the first 10,000 visitors.

5 p.m.

Gates open. Attendees may stake out a spot on the festival grounds.

Food will be available for purchase during the event.

6:30 p.m.: Family Fun and Games

Face painting, hula hoop, egg race, water balloon toss, sack race, and tug of war.

6:30–7:30 p.m.: The Empty Pockets

Indie-Americana drawing from classic rock, folk, and blues.

8–9:30 p.m.: 7th Heaven

Pop and Rock hits from the '70s through today.

Dusk: 3-D Fireworks

Evanston Fourth of July Fireworks

What: Evanston July 4 Concert and Fireworks

When: 7:30 to 9 p.m. Palatine Concert Band, with fireworks approximately 9:30 p.m.

Where: Dawes Park, Sheridan Road and Church Street

Fireworks are set to be visible from most lakefront parks, and residents can tune in 90.5 FM for audio accompaniment.

Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am.
- ***Upcoming Dates: July 12, August 9.***
- 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.



Des Plaines Independence Day Fireworks & Parade

Fireworks

July 1-Fireworks at Oakton Community College, Des Plaines, Bring blankets and lawn chairs.

Start time is after dusk, weather permitting.

Parade

July 4-Parade at intersection of Center St. & Wicke Ave.

Start time is 10:00am.

July 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
31					1 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	2
3	4 <i>Independence Day (Impact Office Closed)</i>	5	6 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	7	8 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	9
10	11	12	13 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	14	15 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	16
17	18	19	20 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	21	22 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	23
24	25	26	27 2pm: Walking Group: meets at Rose House Call Ana P. or your clinician to participate.	28	29	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