

# impact

Behavioral  
Health  
Partners

## Impact Behavioral Health Partners Notes and News

# October 2022

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## Impact Vaccine Event – October 19



Impact is partnering with Wellness Home to provide on-site wellness and health services to all interested Impact participants. Join us Wednesday, October 19 in the Rose House Community Room for a vaccine event.

Wellness Home will be providing new COVID 19 boosters, flu shots and the monkeypox vaccine. Please let your clinician or employment specialist know if you are interested in attending.

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### **Remember to Register to Vote!**

To register yourself, go to:

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

Participants may also ask their clinician or employment specialist to help them fill out a voter registration form.

**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).*

If you live in Impact's housing and have a non-urgent maintenance request, email: [maintenance@impactbehavioral.org](mailto: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 Marian Sanchez,  
Employment Specialist*



J joined Impact in December of 2021. His main goal was to obtain employment to become independent and have financial stability. In addition, he believed this would also help manage some of his symptoms related to mental health.

The first couple weeks of meetings J was engaged, but very shy and only shared what was necessary. While conversing in one of the meetings, it was brought up that he had a deep appreciation for music. From then on, J would suggest songs for staff to listen to and the next meeting was started by the discussion of the song last recommended. By doing this, he was able to grow comfortable at meetings and slowly began to share more about himself.

One day, while completing a safety plan J was asked "What keeps you going?". J responded, "My dream to be a truck driver". That same day a long-term plan was created, step by step, with what needed to be done in order to accomplish that dream. He learned about the opportunity of partnering with the Department of Rehabilitation Services and its education track that allows people to complete different types of schooling and certifications. Soon after, J began working at a warehouse in order to gain the financial stability he needed, all while still focusing on the long-term plan.

After a couple months, J fulfilled the requirements needed to be enrolled in the education track. Currently, he has selected a school and is waiting for the final approval of the Department of Rehabilitation Services to begin his CDL classes. The dream that once kept him going is no longer a dream but instead, a long-awaited reality.



- The employment team has placed 39 participants since the start of July!
- Our 90-day retention rate is currently 84%!
- The team has made over 300 job development contacts since July!
- *"Do not be embarrassed by your failures, learn from them and start again." - Richard Branson*

## Clinical Corner

# 5 Ways Music Can Empower You

*Listening to music is an easy way to alter mood or relieve stress.*



1. **Music as a natural reward.** The act of listening and having one's senses stimulated by music is naturally rewarding. Research shows that when we listen to music, our brains release dopamine, which, in turn, makes us happy. Dopamine is responsible for why an individual would be motivated to keep listening to a piece of music or to seek out that music in the future.
2. **Music as a source of energy.** When we hear a piece of music, its rhythm latches onto us in a process called "entrainment." For example, a jogger listens to techno while running to boost her motivation and speed.
3. **Music brings people together.** Synchrony leads to positive emotional states and joint arousal. Evidence suggests that the social context of dancing is linked with the release of endorphins, the body's "feel good" chemicals.
4. **The enjoyment of sad music.** Listeners are also moved by sad music. Sad music helps to channel one's frustration or purge negative emotions, like anger and sadness. At the biological level, sad music is linked to the hormone prolactin (associated with crying), a chemical that helps to curb grief. Prolactin produces feelings of calmness to counteract mental pain.
5. **Emotion regulation.** Music has the power to affect one's quality of life through emotion regulation. As shown by the Broaden-and-Build Theory, positive emotions result in a broadening of the scope of attention, an increased openness to new experiences, and a readiness to engage in holistic processing.

## Evanston Farmers Market

### Market details:

- **Dates/Time:** Saturdays, May 7, 2022 to November 5, 2022 from 7:30 a.m. to 1:00 p.m.
- **Location:** University Ave. at Oak St. (behind Hilton Garden Inn)
- **Parking:** Free parking is available in the Maple Ave. Garage. The garage can be accessed from Maple Ave. only. Remember to bring your ticket to the City of Evanston tent for free validation.
- **Animals:** Live animals and pets, other than service animals, are not allowed in the farmers' market.
- **LINK cards:** Link Cards are accepted at the City of Evanston tent.



## Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2<sup>nd</sup> Tuesday of Every Month, 9:30 am to 11:30 am.
- **Upcoming Dates: 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.*





## The Independent Merchants of Downtown Skokie present Halloween in Downtown Skokie

*Saturday, October 24 from noon – 4pm*

Trick-or-Treat in Downtown Skokie brought to you by Swift Child Care. For children aged 12 and under wearing a costume or mask. Your canned good item or \$1 for the Niles Township Food Pantry gets it going! Make your donation at Crafty Beaver Home Center, 4810 Oakton Street, get a bag and Spook-tivity guide and visit participating Downtown Skokie businesses for a Halloween treat! Free parking in the Illinois Science + Technology Park (IS+TP) garage located on Searle Parkway next to CTA tracks.

### Hayride

A hayride, provided by the Skokie Park District will take trick-or-treaters and their families from the event headquarters at Oakton & Floral back to the IS+TP parking garage.

Halloween Headquarters at Oakton & Floral  
(next to Skokie Heritage Museum)

Join us at the end of the route for a spooky funhouse, children's activities and pumpkin decorating. Headquarters is the departure area for the hayride back to the IS+TP parking garage.

Sponsored by: Illinois Science + Technology Park, Mini Man Monkey Brains, Sweetie Pies Bakery, Swift Child Care, State Rep Louis Lang and Windy City Amusement  
Special thanks to the Skokie Park District and Village of Skokie

Scream Scene & EX-SCARE-ITORIUM at Oakton Park

Many Downtown Skokie businesses will feature SPOOKY Halloween artwork in their windows created by District 69 students.

8056 N. Lincoln Ave., Skokie



## DOWNTOWN EVANSTON FALL FESTIVAL

**October 9, 2022 1:00pm - 5:00pm**

Fountain Square

Orrington and Davis streets, Evanston, IL  
60201

(847) 866-6319

Celebrate fall at a block party at Fountain Square with music, arts & crafts activities, craft beer and food, artist & maker's market, face painting and more entertainment to be announced!

**Free Admission Free.**



### Zombie Scramble, October 22

The Zombie Scramble is back on October 22! Join your family and friends to complete a 2-mile course through the Ladd Arboretum, Butler Park, and Twiggs Park, as you try to avoid roaming "zombies". Register for this event. T-shirts (guaranteed for early bird registrations), food, and s'mores are included. The event is for ages 8 years and up. To register, please call the Ecology Center at 847-448-8256. A course map and more information about the event can be found at [www.cityofevanston.org/zombiescramble](http://www.cityofevanston.org/zombiescramble)





To complete electronically, click on link:  
<https://forms.gle/iTBJLhGdhRDVrYmw9>

## Participant Satisfaction Survey Questions

1. Which of Impact's services are you currently participating in (circle all that apply)?
  - a. Housing
  - b. Clinical
  - c. Employment

2. Do you feel you are receiving the proper amount of support from Impact?

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3. What type of additional support or services would you benefit from?

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4. Is there any information we could share to make participation in our services better for you?

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5. Can you describe the work you have done with us so far and any successes you experienced?

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6. Do you have any suggestions to improve Impact's programming?

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7. Would you be interested in resuming in-person community events (Fall picnic, Halloween party, Holiday party) with your fellow Impact participants?

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(Please use enclosed envelope to mail back)

# October 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	7 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	8
9	10	11	12	13	14 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	15
16	17	18	19 Impact's Vaccine Event at Rose House-Community Room (Contact your Clinician/Employment Specialist)	20	21 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	22
23	24	25	26	27	28 2pm: Game Group with Tiana and Ana	29
30 Halloween	31					

To Join a Group, Contact the Group Organizer

Ana Poulos – email [apoulos@impactbehavioral.org](mailto:apoulos@impactbehavioral.org) or call (224) 308-7995  
 Briana Hornsby - email [bhornsby@impactbehavioral.org](mailto:bhornsby@impactbehavioral.org) or call (847) 323-5682  
 Tiana Smith – email [tsmith@impactbehavioral.org](mailto:tsmith@impactbehavioral.org) or call (847) 440-6201