



Impact Behavioral Health Partners Notes and News

January 2023

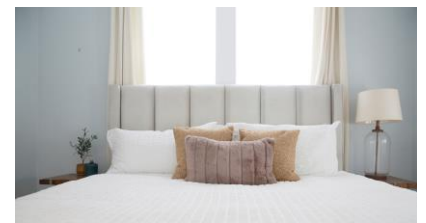
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**5 Science-Based Tips to Boost Self-Motivation**  
*Simple strategies to boost your motivation.*

1. **Make goal-pursuit more social.** Past research among employees has shown that the single factor that contributed most to commitment—which they considered a part of motivation—was a drive to bond.
2. **Find something you’re good at.** The same study we mentioned above also showed that feeling like we comprehend what we’re doing at work can lead us to be more engaged.
3. **Tap into your drive to acquire or defend.** Workplace researchers suggest that two more drives can motivate us: the drive to acquire things that boost our well-being (e.g., food, money, experiences, entertainment) and the drive to defend ourselves (e.g., our property, accomplishments, beliefs, etc).
4. **Build habits.** Once we get in the habit of doing something, it becomes way easier to keep doing it. That means that learning how to build habits can be a really useful skill for becoming more self-motivated. To build habits, BJ Fogg, author of *Tiny Habits*, says to start with a teeny, tiny, minuscule habit, and grow it from there.
5. **Set implementation intentions.** Implementation intentions are kind of like a backup plan: They set up strategies ahead of time in case Plan A doesn’t work out. To create an implementation intention, you just set an intention that *IF X happens, THEN you’ll do Y*. For example, if you need to go to the dentist, then you’ll do your work later that evening.

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**Time to Rotate Your Mattress!**



January 1 and July 4 – rotating your mattress 180 degrees helps the mattress wear down evenly and promotes a better night’s rest! No need to flip it over, just rotate it every six months.

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!

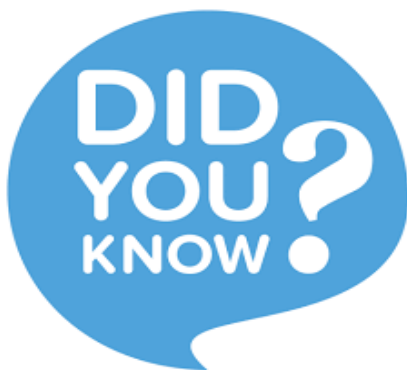
*By Alondra Solis,  
Employment Specialist*



Beatrice has been working with Impact since May of 2022. When Beatrice joined the program, she was open to looking at a variety of opportunities. Beatrice and her Employment Specialist began looking for jobs at restaurants, hotels, and many other establishments that were urgently hiring.

Beatrice had been struggling with alcohol and stimulant use for quite some time, and the stress of searching for a job was not helping. After a few months, Beatrice decided it was time to ask for help. She and her Employment Specialist discussed taking the first step towards sobriety.

Beatrice is now attending weekly meetings at an outpatient facility to work towards reducing use and sobriety. Beatrice says that seeing her Employment Specialist every week and knowing that there is someone who truly cares about her has motivated her to do better for herself. She also said that after seeing how much her Employment Specialist does for her, she wanted to start doing positive things for herself too. Beatrice is now more confident in herself, and she is enjoying the help she receives in her weekly meetings. She also just landed a job with White Castle where she will begin working soon! We are so excited to see what else the future holds for her.



- The Employment Team has placed 65 individuals since 7/1/22!
- Over 1,000 employers have been connected to our program this fiscal year!
- 90-day job retention rate of 84%!
- *"I have not failed; I've just found 10,000 ways that don't work."* - Thomas Edison

# *New Year's Resolutions*

## *Tips for successful resolutions*

### **Tip 1: Let Process Fire Your Resolutions**

Instead of stressing that you're hitting your outcomes at each turn, ask yourself: Am I regularly having contact and a relationship with my goals and dreams? Like a good romantic relationship, dreams must be courted and allowed to unfold however they need, they don't want to be forced or pushed around.

Instead of getting critical about what gets in the way, process makes you see it from a growth

mindset: What else can I learn about myself by engaging this more compassionately and with more curiosity?

### **Tip 2: Shrink Your Year for Better Results**

Focusing on a year is too big and ambitious and the psyche tends to give up or shut down too easily. Because your goals are closer to the here-and-now scale, you tend to engage more naturally what we've done above, keeping process as the engine of your resolutions. As the saying goes, "if you want something done, give it to a busy person." Putting your goals into a framework that feels more limited and compressed provides us with a psychological push of immediacy that is a much better springboard than the sprawling specter of the year.

### **Tip 3: Find the Right Accountability Partners**

Just as process thrives on a relationship with yourself, productivity purrs along when it finds a relationship with another kindred spirit working alongside you. Accountability instinctively helps us brainstorm to find solutions to the vexing roadblocks we often find in driving our resolutions home. We also tend to accelerate helping ourselves by focusing on helping others.

### **Tip 4: Putting Resolutions in Their Proper Place**

Beware of making too much out of what is just an arbitrary marker. New Year's is a wonderful and common time for us to engage in this ritual of resolutions, but we can make resolutions at any time. Maybe if we didn't feel so much expectation and pressure because of that New Year we'd all keep those resolutions going so much longer.

## Clinical Corner



## Evanston Ski & Skate Days

### BRORA XC Ski Day and Citizen Race

January 21

Free Ski rentals and equipment will be available from 10:00 am to 2:00 pm at Purple Sage Golf Course. Citizens Race begins at 1:00 pm. Free hot beverages and donuts will be provided. Come have fun and become addicted to a great winter activity.

### Family Ice Skate Party

January 22

Join the Evanston Recreation Center staff at the BEAR Project Ice Ponds for an evening of winter fun. Free Muffins and Hot Chocolate (while they last) provided by EPRD. Free Ice Skate Rentals at the Evanston Recreation Center during this event.

Sponsored By: EPRD

Time: 3:00 pm - 5:00 pm

Location: BEAR Ice Ponds

Fee: Free

### Free Ski/Skate Weekend

January 21 - 22

Join us for a weekend of fun!!

Free Ski Rentals - Saturday

Free Skate Rentals - Sunday

Free Snowshoe Rentals - Saturday & Sunday

## 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: Jan 10, Feb 14, Mar 14, Apr 11.***
- 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.*



## Music Institute presents: Dr. Martin Luther King, Jr. Celebration

***Sun, Jan 15, 2023 at 3:00 PM***

***Nichols Concert Hall, 1490 Chicago Ave, Evanston, IL, 60201***



Co-curated by Fleetwood-Jourdain Theatre Artistic Director Tim Rhoze and the Music Institute of Chicago, this tribute features a world premiere by Ephraim Champion, Hearing in Color Young Composer in Residence. Additional performances by Evanston artists, MIC alum pianist Jada Adamson Tate (a past George Williams Scholarship recipient), and scholarship students from Music Institute, Chicago Musical Pathways Initiative, and Ravinia's Reach Teach Play program. Evanston Mayor Daniel Biss delivers remarks about Evanston's groundbreaking reparations initiative.

**Museum of Science and Industry**

5700 S. DuSable, Lake Shore Drive, Chicago, IL 60637

Free Days for Illinois Residents:

**Sunday, January 1, 2023**

11 a.m. – 5:30 p.m. *(late open)*

**Monday, January 2 – Saturday, January 7**

9:30 a.m. – 5:30 p.m.

**Monday, January 16**

9:30 a.m. – 5:30 p.m.

**Field Museum**

1400 S Lake Shore Drive, Chicago, IL 60605

Free Days for Illinois Residents:

Jan 10, 11, 16, 17, 18, 24, 22, 31

Feb 1, 7, 8, 14, 15, 20

Must provide proof of residency: IL lease, library card, photo id or check stub.

Hrs: 9am-5pm last admission at 4pm

**Adler Planetarium**

1300 S. DuSable Lake Shore Dr., Chicago, IL 60605

Free Days: Wednesdays

**Monday:** 9:00 am–4:00 pm

**Tuesday:** CLOSED (school groups only)

**Wednesday:** 4:00 pm–10:00 pm\*

**Thursday:** CLOSED (school groups only)

**Friday:** 9:00 am–4:00 pm

**Saturday:** 9:00 am–4:00 pm

**Sunday:** 9:00 am–4:00 pm

**Shedd Aquarium**

1200 S. DuSable Lake Shore Drive, Chicago, IL 60605

312-939-2438

Must make reservation, no walk-ins on free days.

Please visit website for hours and reservations.

<http://www.sheddaquarium.org>

**Art Institute of Chicago**

Entrances are at 111 South Michigan Avenue and at 159 East Monroe Street.

RESERVE ONLINE IN ADVANCE

Illinois Residents

Admission will be free for Illinois residents on weekdays (Mondays, Thursdays, and Fridays) January 9–March 24, 2023.

If you [reserve your free tickets online in advance](#), your resident status will be verified using the zip code associated with the billing address provided. If you're unable to reserve tickets in advance, please stop by the admissions desks on the day of your visit for assistance.

**Peggy Notebaert Nature Museum**

2430 N. Cannon Dr., Chicago IL 60614

**Hours:** Sunday-Saturday, 10am-4pm

**Museums for All:** We are pleased to offer a discounted admission fee of \$1 to individuals and families presenting an Electronic Benefits Transfer (EBT) Card. Museum visitors who display their EBT Card and a valid form of identification will receive a discounted admission rate of \$1 per person, for up to six people in their party. Children under 3 are, as always, free. This admission rate is available during all normal operating hours.

**Chicago Children's Museum**

Chicago Children's Museum at Navy Pier

700 East Grand Avenue, Suite 127, Chicago, Illinois 60611

Hrs: M-Th 10am-2pm F-Sn 10am-5pm

Any family that qualifies for state food assistance nationwide and is in possession of an EBT card (known as the Link card) or WIC ID can simply present the card or ID for \$3 admission per person for up to 6 people. *There must be at least 1 adult and 1 child 15 years old or younger to qualify for the Museums for All admission rate—there are no exceptions.*

**Museums that are Always Free**

National Museum of Mexican Art: Free daily (closed Mondays).

Chicago Botanic Gardens: Free entry, pay for parking, pre-registration required.

Lincoln Park Zoo: Free daily

Smart Museum of Art: Free daily (closed Mondays).

DePaul Art Museum: Free daily (closed Mon & Tues).

Museum of Contemporary Art: Pay what you can policy.

Oriental Institute Museum: Suggested donation.

Clarke House Museum: Free daily.

National Veteran's Museum: Free (closed Mon, Tue, Thur, Sun).

# January 2023

## 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 New Year's Day	2 <i>Impact Office Closed</i>	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 Martin Luther King Jr. Day <i>Impact Office Closed</i>	17	18	19	20 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	21
22	23	24	25	26	27 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	28
29	30	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