



Impact Behavioral Health Partners Notes and News

February 2023

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Impact’s Housing Participants

2023 Lease Renewal Documents Needed

For participants in Impact's Housing program: Every year new rental amounts are calculated using certifications of income, paystubs, or asset statements.

Certification of income award letters from the Social Security Administration are usually sent to you in December. Impact is reaching out now because we will need a copy of that letter, pay stubs from your employer (if applicable) or any asset statements you may have in order to prepare leases for the upcoming year. It is your responsibility to provide us with these documents in order for us to provide you with a lease in 2023.

If we receive the original award letter, we will mail back the original once we have made a copy. For questions, contact Kevin Zepeda, Impact’s Housing Stability Specialist, at (847) 644 – 0126 or kzepeda@impactbehavioral.org

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With **COVID-19** continuing to be a major health concern and **higher flu cases** this year, please make sure that you inform any staff you plan to see in person when you are not feeling well. We want to make sure that all participants and staff stay healthy and do not meet with anyone if they are sick.

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 Miriana Scatola,
Employment Specialist*

Lauren was referred to Impact to utilize the Employment Program, although she has had multiple job failures due to her attitude, her motivation has always been to keep employment in order to keep seeing her daughter.

Lauren's Employment Specialist offered her support in seeking a job, by reviewing Lauren's resume and preparing them for interviews. With the support and networking that Employment Services was able to provide, Lauren was able to find a job as a cashier. After a few weeks, Lauren got into an argument with a customer and that led to her getting fired.

The beauty of Impact Behavioral Health Partners is that Employment Specialists stick with participants at all times, during their high moments and lows. The Employment Specialist decided to talk to Lauren and gave her a long speech. The Employment Specialist reminded Lauren why she got the job in the first place and why she wanted to keep it. Sometimes life will throw things at us, during work too, but it's about how we react that shapes who we are.

Lauren called back her employer and was able to get her job back. The manager was surprised by her new attitude and initiative to continue working and decided to give her another chance. Currently Lauren has been working for a month which is a big milestone. Any participants in Impact's Employment Services can expect the same level of dedication and support as Lauren has received.



- The IPS team has placed 67 participants since July 2022!
- 1,366 employers have been contacted this fiscal year by Employment Specialists!
- Our 90-day job retention rate is 84%!
- *"The only thing I can control is how hard I work." - Kobe Bryant*

Clinical Corner

Overcoming the Comparison Spiral

Four tips to help you compare yourself less and live more.



1. Acknowledge your achievements (big and small).

Most of us (myself included) at various points in our lives have struggled with the success and milestones of others. Whether it's one of those "we bought a home" Instagram posts that pops up on our feed, the "picture perfect" family holiday card we receive from an old friend in the mailbox, or a loved one sharing their stories from their recent travels, it's normal to feel that pang of jealousy or envy. And while it is very normal—it's important that we don't allow ourselves to be swept away by these feelings.

Instead, remind yourself of your own personal achievements and milestones—big and small. Reflect on your own life—the challenges you have overcome, the personal goals you have achieved, and all the experiences that have been meaningful to you and have brought you joy. Remember, another person's success does not discount your own success.

2. Practice gratitude.

Take time to appreciate your healthy and resilient body, your close and meaningful friendships, and the moments of joy you experience in your everyday life. When you obsess over what you are lacking, the grass is *always* going to look greener on the other side. So, be intentional in how you engage with the world. When you make gratitude a regular practice, you will come to find that there are many things in your life to be grateful for—and gratitude has been empirically proven to result in improved health and more happiness ("Giving Thanks Can Make You Happier," 2021).

3. Reflect on and honor your personal values.

A huge component of acceptance and commitment therapy (ACT), an evidence-based therapeutic modality, is values clarification. There is an emphasis on values because when we are aware of and living life in a way that is authentic to us and honors our personal values (i.e. family, connection, spirituality, healthy lifestyle, learning, altruism), we find more meaning and fulfillment in our present-day life. We experience more life satisfaction and have a greater sense of purpose—which is something we struggle with when we are comparing ourselves or seeking external validation.

4. Reduce or limit your social media intake.

While it is probably difficult (and even unrealistic) to completely remove oneself from the world of social media, it is helpful to create some distance. When we spend less time on our phones or consuming unhelpful content—it's easier to be present and clearer-minded. So, try to remove the stressors. Try spending less time on social media platforms. To hold yourself accountable, you can set screen time limits. You can also remove your phone or device from your immediate surroundings to reduce the impulse or temptation to check social media. Another strategy to reduce the impact of social media is to do a "following purge"—unfollow or mute the accounts that make you feel bad about yourself or are a source of anxiety and stress.

Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am.
- **Upcoming Dates: Feb 14, Mar 14, Apr 11, May 9, June 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.



St. Mark's Episcopal Church

Spring Concert Series

2023

Monica Perdue

voice

Monday, February 20 — noon

Thomas Huble

trumpet

Monday, March 20 — noon

Westley Art Hodges

clarinet

Monday, April 17 — noon

Choral Evensong

featuring Kipp Gill, organist

Sunday, May 7 — 7 pm

All concerts are held at St. Mark's Episcopal Church (1509 Ridge Ave, Evanston, IL). Parking is very limited, but there is street parking on the surrounding streets. An offering will be collected, and 50% will go to the performer(s) and the other 50% will go towards St. Mark's Piano and Organ Fund.

For questions, please contact Westley Hodges at music@stmarksevanston.org




NEED HELP PAYING YOUR UTILITY BILL?

The Community and Economic Development Association of Cook County, Inc. (CEDA) is one of the largest private, nonprofit Community Action Agencies in the country, serving residents throughout Cook County, Illinois. We serve more than 300,000 people and more than 150,000 households every year.

CEDA offers a variety of programs and services in the areas of community and economic development, education, emergency assistance, employment and training, energy conservation and services, health and nutrition, and housing.

Who can apply?

1. Household's that meet the gross income chart within the last 30 days. 
2. You can apply even if you're undocumented.
3. You can apply on behalf of a loved one.
4. Renters and homeowners can apply.

Most CEDA utility assistance programs determine income eligibility based on the gross income of the household in the last 30 days. The table below can be used to estimate your household's potential income eligibility:

Household Size	30-Day Gross Income
1	\$2,265
2	\$3,052
3	\$3,838
4	\$4,625
5	\$5,412
6	\$6,198
7	\$6,985
8	\$7,324

To apply for CEDA's utility assistance program go to:

<https://www.cedaorg.net/find-services/gas-and-electric/>

and click on the button "Save Time, Apply Online," or call CEDA at:

800-571-2332

February 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	2	3 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	4
5	6	7	8	9	10 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	11
12	13	14 Valentine's Day	15	16	17 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	18
19	20 President's Day	21	22	23	24 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	25
26	27	28				

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