



Celebrating
35
YEARS

Impact Behavioral
Health Partners
Notes and News

April 2023

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Impact’s Medicaid Eligible Participants

It’s Time to Renew!

Got Medicaid? Get ready to renew! Click Manage My Case at abe.illinois.gov.

Illinois is checking to see if you are still eligible for Medicaid. Here's what you need to do now:

Click Manage My Case at abe.illinois.gov to:

- Verify your mailing address under "Contact Us."
- Find your due date (the "redetermination" date) in your "Benefit Details."

Watch your mail and complete your renewal right away.

If you are no longer eligible for Medicaid, connect to coverage at work or through the official Affordable Care Act (ACA) Marketplace for Illinois, GetCoveredIllinois.gov.

Call 1-800-843-6154 for help with your renewal.

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New Group Activities!

Check out Impact’s new group activities on this month’s calendar and make a new friend. New group activities include:

- Meditation
- Socialization
- Art, and more!



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.



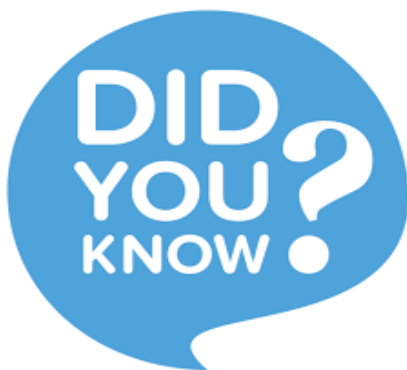
IPS Spotlight!

*By Sharona Kolesnikov,
Employment Specialist*

Pam has been working with Impact since November of 2022. Pam has been unable to work for a few years due to surgery, she was living in a nursing home and had to recover for a few years. Pam has been motivated to find employment since she moved into her apartment about a year ago.

Once Pam started working with her Employment Specialist, she was able to commit to meeting once a week and was very dedicated to being consistent with their meetings. During their meetings, Pam was open to applying to a variety of opportunities. After a few weeks of weekly meetings with her Employment Specialist, she landed on her first interview at the nearest YMCA. Pam received a job offer right after the interview, and two weeks later, she had her first day at the job.

Pam has been working there for almost two months now. She was very excited to receive her first paycheck and to be able to start paying off her debt. She continues meeting with her Employment Specialist weekly to receive support for any issues that may come up at the job. Pam has been enjoying working with the children at the YMCA, and loves talking about her experiences from the job with her Employment Specialist.



- 96 placements since July 1st, 2022!
- Over 1,900 employers have been connected with this fiscal year!
- Please welcome Zach Schank (Internal), Jennifer Carrillo (Community), Morgan Spaeth (PCC) and Isaac Phillips (HACC) to the Employment Team!
- *"Do not be embarrassed by failures, learn from them and start again." - Richard Branson*

Clinical Corner

Is Your Anxiety or Depression Worse When You're Alone?

Constant distraction can lead to increased stress and self-alienation.

Living a life of distraction

Constantly staring at a screen disrupts your ability to be alone with thoughts. Rather than processing feelings, you distract yourself. With just a few clicks, dopamine and self-reflection are a thing of the past. Living in self-alienation, disassociated and distanced from your uncomfortable feelings or frustrations, screens, like many drugs, can numb and disconnect you from others — and yourself.

Screens and mental health

Numerous studies have found that the greater dependency on screens, the higher the likelihood of mental disorders. The more time you spend on screens, the more you may put yourself at risk for anxiety and depression. For example, a recent study of college students conducted by *BioMed Psychiatry* concluded that the overuse of cell phones can “aggravate psychological disorders such as anxiety, stress, and depression.” It further concluded that placing limits on cell phones “can increase the level of mental health and improve the quality of life in students.” Many other studies have come to the same conclusion; extended screen time can damage your mental health.

Forgetting how to be content alone

What happens when you take away the screens and suddenly have to spend time with yourself? Most people report moving through three stages:

1. Boredom: you don't know what to do with yourself; everything disinterests you.
2. Frustration: you start to long for a screen and become more irritable.
3. Depression or anxiety: feeling defeated and melancholy, you withdraw or grow jittery and restless.

Without screens, you're stuck with all the thoughts and feelings that you've been distracting yourself from.

Learning to enjoy me-time

Consider the following steps if you feel increasingly dependent on screens and more anxious or melancholy.

1. Limit screen time: Start to set boundaries around your screen usage. For example, avoid using screens first thing in the morning or before bed.
2. Start a mindfulness practice: Mindfulness has the power to lower stress and improve mood. You may even discover you're good company for yourself
3. Launch a solitary hobby: Knit, play an instrument, draw, or paint. Any solo, creative activity will help you self-soothe and relax without being glued to a screen.
4. Exercise: Hate the gym? Walk, hike, or bike; anything that increases your metabolism and boosts endorphins is scientifically proven to improve your mood.
5. Journaling: For many people, journaling is a natural way to spend time with yourself or begin a journey of self-discovery.

Attention Impact Housing Participants!
Reminder-2023 Lease Renewal Documents Needed

For participants in Impact's Housing program who haven't mailed in their income documents to Impact for 2023: 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.



Danny Trejo

Talks Tacos, Hollywood, & Redemption



City of Evanston Public Library Webinar talk with Danny Trejo

Click on link below to register for the virtual event, or go to the Evanston Public Library's website to register at

<https://evanston.libnet.info/event/8017845>

[REGISTER](#)

Tuesday, April 04

7:00pm - 8:00pm

[Illinois Libraries Present - Virtual](#)

Prolific actor, author, and restaurateur Danny Trejo will discuss how he developed a prolific career in the entertainment industry with a hard-earned and atypical road to success.

From years of imprisonment to helping troubled youth battle drug addictions, from acting to producing, and now on to restaurant ventures, Trejo's name, face, and achievements are well recognized in Hollywood and beyond, but it is his continuous role as a devoted father of three and an intervention counselor that bring him the most satisfaction.

Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am.
- **Upcoming Dates: Apr 11, May 9, June 13, July 11, August 8.**
- 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.



PLANT SWAP

Brighten up your home with some new greenery and part with some well loved plants

**April 1
12-3 PM**

Evanston Public Library - Robert Crown Branch

Bring your cutting in a small container (one you don't mind parting with). Feel free to also bring seeds, pots, or other plant accessories to swap!

Get Major Discounts with your LINK Card

Below is a website that lists all the places you can receive a discount.

Many of the Chicagoland museums offer Free or reduced entrance fees!

<https://lowincomerelief.com/illinois-link-card-perks/>

April 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
						<i>April Fool's Day</i>
2	3	4	5	6	7	8
	9am: Meditation Online with Mary Faith	Noon: Knitting Online with Briana	<i>Passover</i> 10am: Walking 3pm: Socialization Both meet at Rose House with Mary Faith			
9	10	11	12	13	14	15
<i>Easter</i>	9am: Meditation Online with Mary Faith	Noon: Knitting Online with Briana	10am: Walking 3pm: Socialization Both meet at Rose House with Mary Faith		1pm: Art at Rose House with Tiana & Briana	
16	17	18	19	20	21	22
	9am: Meditation Online with Mary Faith	<i>Tax Day</i> Noon: Knitting Online with Briana	10am: Walking 3pm: Socialization Both meet at Rose House with Mary Faith		1pm: Art at Rose House with Tiana & Briana	
23	24	25	26	27	28	29
	9am: Meditation Online with Mary Faith	Noon: Knitting Online with Briana	10am: Walking 3pm: Socialization Both meet at Rose House with Mary Faith		1pm: Art at Rose House with Tiana & Briana	
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

Mary Faith Vaughan-email mfvaghan@impactbehavioral.org or call (847) 563-0307

Tiana Smith-email tsmith@impactbehavioral.org or call (847) 440-6201