



Impact Behavioral Health Partners Notes and News  
 March 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](mailto:kzepeda@impactbehavioral.org).

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### Daylight Savings Time-Spring Forward!

Remember to change your clocks to 1 hour ahead on **March 12** at 2am.



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 Rachel Slowik,  
Employment Specialist*



Gary was referred to the Employment Program in June 2022. Gary had a goal to obtain employment and move to a new neighborhood. Gary was eager to gain employment not only for financial reasons, but to also have a more structured schedule and engage with people in the community.

While Gary was actively searching for employment, he was offered a position. Due to the location of the potential employer he decided to decline the offer. He continued his search and soon received another offer from an employer that fit his transportation needs. He expressed his concern with the physical requirements of positions, but wanted to give it a chance because he was determined to reach his long-term goals.

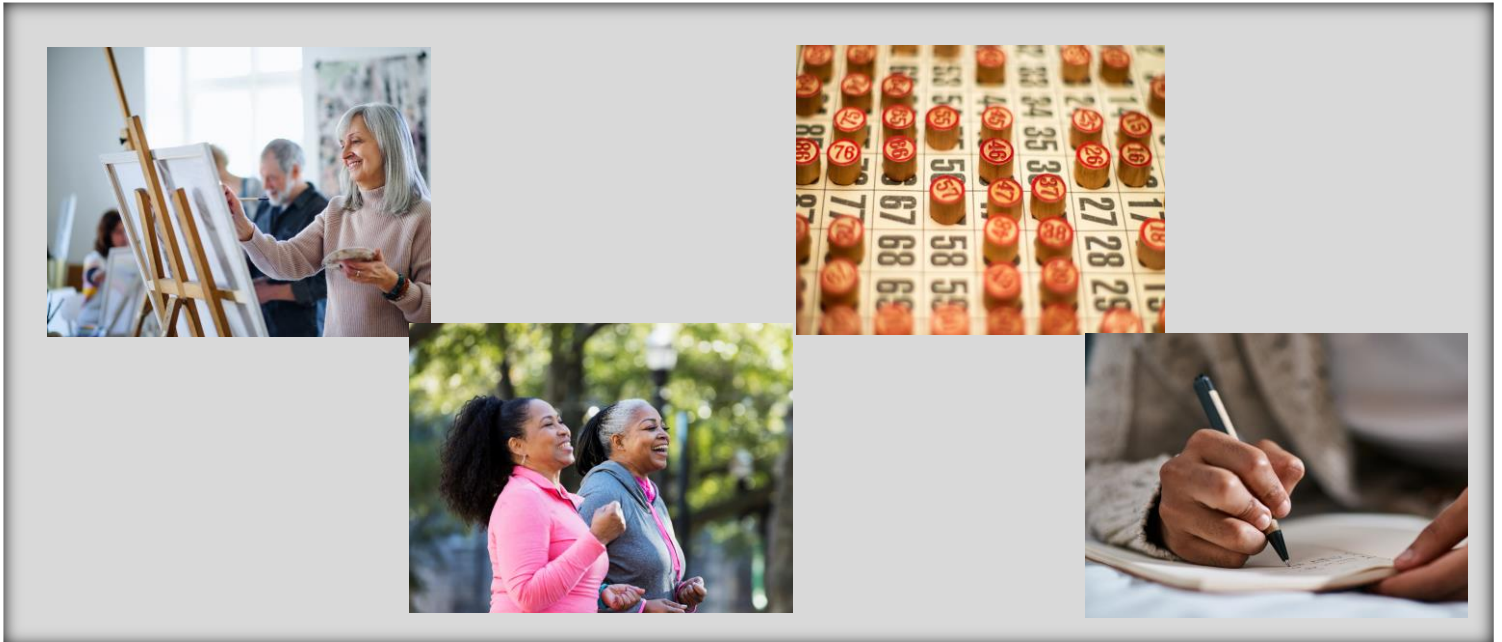
Gary discussed his concern about the amount of standing required but was happy to report the physical obligations had positive benefits to his physical and mental health. He has shown his ability to overcome minor conflicts in the workplace by being assertive and professional. Gary also received news of an apartment that had everything he was looking for in a new home. He is happy at his new apartment and enjoys his job. Since gaining employment, Gary has surpassed his goals in a short period of time.



- Our 90-day job retention rate is 90%!
- 73 job starts this fiscal year!
- Over 1,500 contacts with employers since 7/1/22!
- *"Don't be afraid to give up the good to go for the great." - John Rockefeller*

## Clinical Corner

# New Group Games at Impact!



Are you interested in attending in-person groups hosted by Impact? We are looking to bring back in person groups in April and want to hear what your thoughts are.

Our goal is to provide a space for learning, fun and socialization. You will have the opportunity to see people you haven't seen in a while and meet new people.

We are able to host groups at a few locations in Evanston and want to make sure the groups fit your wants and needs. Some ideas shared with us so far include Bingo, Art Group, Writing Group, Walking Group.

Please share group ideas or related suggestions with your clinician or employment specialist. The more input we have from you the more successful these groups can be. We look forward to seeing you soon!

# Wellness Home Clinic



Do you need a new primary care provider? Now you can see a doctor at Impact. Impact has partnered with Wellness Home to bring primary care directly to participants. A doctor from Wellness Home will be at Rose House every week to see people interested in primary care or to treat any acute health concerns you might have. The community room has been updated to include a comfortable office where the appointments will take place.

You can meet with the doctor for yearly physicals, vaccines, COVID testing, or if you aren't feeling well and can't get into your regular doctor. Wellness home also offers programs focused on weight loss, diabetes, and chronic pain management.

***Walk-ins are welcome Thursdays between 3-7pm*** or reach out to your employment specialist or clinician to set up an appointment.

## 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: Mar 14, Apr 11, May 9, June 13, July 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.




# FREE DAY

## Monday, March 20th

Celebrate the First day of  
Spring with us!



MITCHELL MUSEUM  
OF THE AMERICAN INDIAN  
[www.mitchellmuseum.org](http://www.mitchellmuseum.org)

## Chicago's St. Patrick's Day Parade

**Saturday, March 11, 2023**

### **Dyeing the River Green 9:00am**

The dyeing can be best viewed from the East side of Michigan Avenue, the West side of Columbus Drive, or upper and lower Wacker Drive between Michigan Avenue and Columbus Drive.

### **Parade 12:30pm**

The Parade will travel through downtown Chicago. The parade starts at Balbo and Columbus. The parade units will proceed north on Columbus Drive and the viewing stand will be located in front of Buckingham Fountain.

### **Transportation and Parking**

Public Transportation Highly Recommended! We strongly recommend that you come downtown early and if possible, take public transportation.

The following are directions to the parade using various public transport methods deck on Juniper, the Proscenium parking deck on Crescent and the Promenade II parking deck on 15th will be open for a fee, typically \$10 to \$20.

# March 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 Daylight Savings Time (1hr ahead) 2:00am	13	14	15	16	17 St. Patrick's Day 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	18
19	20	21	22	23	24 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	25
26	27	28	29	30	31 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	

**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