

News of war can impact your mental health – here’s how to cope

Coming on the back of a global pandemic which has already had a devastating toll on mental health, news of war has only compounded feelings of fear and uncertainty which are known to increase anxiety. People far from the conflict may be wondering why their mental health is suffering as a result of the news and images they’re seeing. Part of this can be explained by the fact that our brains are designed to scan for threats to protect us from potential danger. This can lead to an almost unstoppable, constant scouring of the news to help us prepare for the worst – a phenomenon many might know better as “doomscrolling”.

Generally, people are told to avoid engaging with the news if it’s affecting their mental health. Yet this is hard to put in practice – especially given the constant stream of unfiltered stories across social media, and a desire to stay up to date with what’s going on.

Here are some other ways you can manage your mental health that don’t require you to switch off:

Acknowledge the feelings: Many people try and dismiss their feelings by saying things like, “I’m being silly – there are people who are really struggling in the world.” While undoubtedly there are others suffering, this doesn’t invalidate the feelings you have.

Acknowledging and accepting our feelings without judgement can lead to improved mental health by reducing the burden of denying negative feelings.

Engage with your feelings: The stories that are emerging may trigger our own personal experiences of feeling helpless or out of control, feelings of loss, memories of fear of separation from loved ones, or uncertainty. It might be helpful to write down feelings or talk to a friend. Speaking about silent thoughts we may be struggling with has been shown to disrupt the stress cycle and have long term benefits such as helping us manage stress better.

Take action: Think about whether there are any practical things you can do, such as making a donation to a charity or volunteering.

Make time for yourself: Since it’s not always possible – or wanted – to avoid the news altogether, consider controlling when you’re engaging with it. Avoid it just before bed and first thing in the morning because it increases alertness in the brain, which can increase stress levels and make it difficult to relax. You might also want to consider doing something nourishing for yourself – such as phoning a loved one, going for a walk with a friend, being outdoors in nature or making a favorite meal.

Ultimately, we can’t control the outcome of the conflict. But having control over the things that we can change will help us better retain our sense of wellbeing when the world feels out of control.

IPS Spotlight!	p. 2
Clinical Corner	p. 3
Around Town	P. 4
Thanksgiving Meals	p. 5
Calendar	p. 6

Daylight Savings Time

Sunday, **November 5** at 2am,
set your clocks back by 1
hour.

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 masks, hand sanitizer, and nitrile gloves available for participants.

IPS Spotlight!

*By, Lizzy Tenison
Employment Specialist*



Kaylee was referred to Impact Employment Services by Lutheran Social Services. Kaylee was struggling to maintain employment due to her mental health symptoms and trauma. It has been a challenge for Kaylee to stay at a job for a long time and enjoy her role. Kaylee has worked with Impact's Employment team on and off for a couple of years. Kaylee has a lot of experience in different settings. Due to symptoms she would thrive best in an environment that would be predictable and consistent.

Kaylee worked with her employment specialist to set small attainable goals to reach bigger goals. Kaylee and her employment specialist worked on setting routines, managing anxiety and money management. Kaylee was able to obtain a full-time job as a cashier at a car dealership. She received a promotion within 45 days of working. The promotion came with more responsibility and perks like her own office and possible work from home days. Kaylee has worked hard on time management, impulse control and communication. Kaylee is working towards some personal goals, like saving for a car and moving. Kaylee is on track to reach her 90-day milestone at the end of October.



- 1,196 Job Development Contacts
- 145 Job Starts since the start of the Fiscal Year
- "You don't have to be great to start, but you have to start to be great" - Joe Sabah

Clinical Corner

5 Things Everyone Should Understand About Neurodiversity

Understanding what it really means can promote meaningful change.

1. Neurodiversity is beneficial.

Similarly to cultural diversity and gender diversity, the neurodiversity movement acknowledges that variation is both natural in its occurrence and beneficial to the human species as a whole.

Diversity is critical to a successful society. This does not mean that each individual must somehow leverage their idiosyncratic profile to meet Western notions of a productive member of society, but rather recognizes that individual differences in how we process and interact with the world, in and of itself, make the human race as a whole stronger and more resilient.

2. Neurodiversity is inclusive of everyone.

Neurodiversity is simply a way of stating that there are infinite variations in minds across humankind. It does not exclude any minds or seek to describe any minds as superior or inferior to others. Neurodiversity is most commonly discussed in reference to more readily recognized neurotypes, such as autism and ADHD. However, it is important that neurodiversity not be seen as an umbrella term for a roll call of diagnoses defined by the medical model, nor restricted to describing just a few diagnostic categories.

3. “Neurodiverse” and “neurodivergent” are not interchangeable terms.

Neurodiverse describes more than one mind when there is some apparent, or likely, diversity. For example, a classroom or workplace is very likely to be neurodiverse, and humankind as a whole is most definitely neurodiverse. *Neurodivergent*, on the other hand, can describe a single mind that diverges significantly from socio-culturally constructed norms in some way. This doesn't mean that someone must meet certain diagnostic criteria or even identify as belonging to a discrete neurotype. It simply means that there is a substantial difference in at least one dimension of how the mind operates when compared to societal norms. This can be a difference that someone was born with, or a difference acquired during their life.

4. Neurodiversity is not a euphemism for autism and/or ADHD.

Neurodiversity is not a big label to stick over all the other labels to avoid what we perceive as pathologizing language. Professionals sometimes attempt to align their practice with neurodiversity-affirming approaches by adopting nonsense euphemisms such as “children with neurodiverse conditions.” This is not only a confusing and inaccurate use of terminology, but it perpetuates stigma by sending the message that it is not OK to use terms like autism and ADHD.

5. Individual neurotypes are still important in practical terms.

Embracing neurodiversity, and seeing variation in minds as natural and beneficial, does not mitigate the need for individual accommodations. Some minds are more suited to day-to-day life within our current socio-cultural context than others, and some minds require supports, accommodations, and/or medication to increase functional capacity and well-being. We can accept that variation in minds is natural while also accepting that some minds require accommodations in this society. As such, defining individual neurotypes remains an important way of indicating our likely need for accommodations, and allows a framework that helps to communicate the ways in which we experience and interact with the world around us.

Key Points

- Neurodiversity describes variation in human minds and does not seek to define what is, and is not, “normal.”
- Using neurodivergence as a euphemism for conditions such as autism and ADHD perpetuates stigma.
- Neurodiversity is overwhelmingly positive when we engage meaningfully with the true spirit of the concept.

Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am.
- **Upcoming Dates: Nov 14, Dec 12, Jan 9, Feb 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.



ARTEMIS
CHAMBER ORCHESTRA

STRAVINSKY

The Soldier's Tale
 with Henry Fogel as narrator

FREE CONCERT
NOV 12, SUNDAY
AT 3PM
NICHOLAS HALL, MIC
EVANSTON
artemischamberorchestra.org

Boomers and Beyond, Resource Fair-November 3

The free event will take place from 9 a.m. until noon, at Skokie Park District's Oakton Community Center, 4701 Oakton St., in Skokie.

At the event, attendees will receive information and expert advice about local resources, community-based programs, state and federal benefits, fitness and nutrition, legal assistance, financial products, lifelong education, senior housing, assistive devices and more. Health screenings will also be offered.

The event will also include professional presentations on:

- Preventing the winter blues
- Advanced care planning
- Avoiding crimes and scams
- Fire safety at home
- Treatment options for knee arthritis

Attendees can also enjoy refreshments and participate in a raffle.

Call to Duty Art Exhibit


Nov 4-Nov 30, 2023

Devonshire Cultural Center

4400 Greenwood St., Skokie, IL 60076



Come see artwork by veterans and their family members in the lobby of the Devonshire Cultural Center during the month of November. Call to Duty is a free art exhibit and open to the public.



First United Methodist Church of Evanston

516 Church Street
Evanston, IL 60201
847-864-6181

Thursday, November 23, 6-7pm
Soup Kitchen

Outdoor pickup, enter at Hinman Ave door.



Thursdays-Meal Pick Ups

Breakfast
IAE Hospitality Center at St. Mark's Church
1509 Ridge Ave, Evanston
7AM-11AM

Lunch
A Just Harvest
7649 N. Paulina, Chicago
12PM – 2PM

Lunch/Dinner
St. Mark's Episcopal Church
1509 Ridge Ave, Evanston
3 to 8:30PM

Dinner
First United Methodist Church
516 Church St, Evanston
6PM



Niles Township Food Pantry

- 5255 Main Street, Annex Building, Skokie, IL 60077
- **Hours:**
 - Monday, Wednesday, Thursday and Friday 9:30am-11:30am; 1:00pm-3:30pm.
 - Tuesday 9:30am-11:30am; 1:00-3:30pm; 4:30pm-6:30pm.
 - Please be advised that last entries are 10 minutes before closing.
 - The food pantry is closed on the last two business days of every month to clean and restock shelves.
- (847) 983-0073
- **ID Requirements:** Current IL state ID or Driver's License **AND** must be Niles Township Resident.



A Just Harvest's Community Kitchen

7649 N. Paulina St.
Chicago, IL 60626

Call us at (773) 262-2297

Community Meal-To-Go

Every day, 12pm-2pm

The Community Kitchen is serving hot to-go meals every day for lunch from 12-2pm. Each meal always includes a protein, a grain, a vegetable, and a drink. Their meal-to-go is completely free, and there is no documentation or ID required. Just show up at their front door any day from 12-2pm, and they will give you a hot meal!

****As we're still in the middle of global pandemic, please be aware of social distancing and wear a mask if possible!**

November 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	4
5	6	7	8	9	10	11
		Noon: Knitting Online with Briana			Veteran's Day <i>Office Closed</i>	
12	13	14	15	16	17	18
Diwali		Noon: Knitting Online with Briana			11am: Art at Rose House with Tiana & Briana 1pm: Bingo with Lois/Group Game Contact Briana/Dan	
19	20	21	22	23	24	25
		Noon: Knitting Online with Briana		Thanksgiving <i>Office Closed</i>	<i>Office Closed</i>	
26	27	28	29	30		
		Noon: Knitting Online with Briana				

To Join a Group, Contact the Group Organizer

Briana Hornsby- email bhornsby@impactbehavioral.org or call (847) 323-5682

Dan Grinberg-email dgrinbrg@impactbehavioral.org or call (872) 230-6918

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

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