

BEHAVIORAL HEALTH

**BH
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EDUCATION SPECIALISTS

BHES UPDATE

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A Letter from the President

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BHES wants to take a moment to thank all of our patients, clients and customers for allowing us to be a part of your behavioral health and education needs. We strive to make your experience with our company positive and rewarding, and we are always working to improve how we do things.

BHES would like to welcome the following new providers:

Melissa Cinquegrani-Pence, Psy.D., a Licensed Clinical Psychologist, will be joining our group as a full-time psychologist offering testing in all three locations and psychotherapy in our New Lenox and Plainfield offices. She treats children through adults.

Ms. Gili Averbuch, M.S.W., a Licensed Clinical Social Worker, will be joining our group in our Chicago office. She will provide psychotherapy to children through adults.

Ms. Clare McCarthy, M.S., a Licensed Clinical Professional Counselor, will be joining our group in our Chicago office. She will provide psychotherapy to children through adults.

Ms. Olga Marquez, M.L.A., has joined our group in our Plainfield office. She provides educational services to children up to the 6th grade.

And say goodbye to:

Dr. Marciale Ledbetter will be leaving our practice in late July 2014 to move back to Oklahoma with her family. We wish her the best of luck in the future.

Thank You,

Robert Brucker Jr.

Robert Brucker Jr., Psy.D.
President
Behavioral Health and
Education Specialists

The Value of Failure



The only
real failure
in life is
the failure
to try.

Unknown

For many people, the idea of failing is horrifying and unacceptable. The thought of failure can paralyze people and stop them from taking risks and trying something difficult. That fear stops people from gaining valuable life and professional experience and developing coping skills that can be very rewarding later in life.

In reality, everybody fails on a daily basis: not making a green light, showing up late for an appointment, forgetting to do something important, or repeating a mistake for the umpteenth time. It is not typically the failure that is the problem, but how you respond to and learn from it.

“It is not typically the failure that is the problem, but how you respond to and learn from it.”

When you fail to accomplish something, it is important to:

- 1) Take a look at what led to the failure
- 2) Determine what you could have done differently, if anything, to arrive at a different outcome
- 3) Consider which areas of

weakness contributed to your failure and establish a plan to improve them

4) Accept that you did not succeed, own the failure and look for your next challenge

5) Do not repeat the same mistake or make the same choice that led to the failure in the first place

When people are sheltered from failure or taught it is unacceptable to fail, they do not learn to cope with adversity, to fight through difficult times and to maintain good self-esteem and self-confidence despite their struggle. Without understanding failure, they do not realize the end result is not always the most important component.

“Without understanding failure, they do not realize the end result is not always the most important component.”

A failure is simply an event that ended differently than expected or desired. It does not define the person and often makes someone stronger and smarter. Learn from and accept your mistakes, and you might just find yourself happier, more confident and able to handle more than you ever thought.

Preparations for the New School Year

The new school year is only a few weeks away. Even though we don't want to think about school starting, the summer is a good time to prepare for the new school year. Here are some organizational ideas that might be helpful for your family.

School Supplies

Try and buy school supplies early. Most stores start offering sales at the end of July. For K-8, organize subjects by color or cartoon character. For high school, every subject will require a binder and/or notebook. Buy flash cards for multiplication tables, spelling and vocabulary words. Purchase small calendars that can be used as an assignment notebook. If your child wants to use an electronic calendar, make sure he or she can use the device in school to record assignments during the school day.

Homework

Organize a space in your house where homework can be done. Start scheduling the time and place that homework will be done. Talk with your son or daughter and ask them when they would like to do homework. Some students want to get homework done

once they get home. Other students need some time to relax before they can focus on homework. Once a time has been established, stick with it.

Positive Reinforcement

Establish a reward system for completion of homework and projects. You can use money, snacks or privilege as rewards. Privilege could be more time playing outside with friends or computer/video game time. While working on homework, use positive language. Say things like "nice job" and "good try".

Family Time

Allow time during the week to have the whole family sit down for dinner or an activity. Today, many families spend few hours during the week together because of all the commitments we have. Try to schedule nights during the week when all members of the family can be in one place at one time. This time together helps relieve any stress that builds up over weeks of school and work. For school activities and assignments, allow time on weekends to work on long-term projects. For projects, balance the responsibility of the parent and the student doing the project.



For every minute
spent organizing,
an hour is
earned.

*Benjamin
Franklin*



In Illinois, all juniors took the ACT test in April 2014. As with past years, some students were not given the writing portion of the ACT test in school. **Students applying to colleges that require the writing section of the test will have to take it to be admitted to those colleges.** Students can take the ACT test multiple times and colleges will consider the student's highest scores across all tests taken.

BHES' ACT Preparation For The September 13, 2014 Test

- This Small Group course meets twice a week for four weeks for 2 1/2 hours per session (20 classroom hours) at the Plainfield location**
- This Small Group course is limited to 9 students
- Small Group tuition is \$500.00: **50% Discount when registered by August 12, 2014 for the August 19, 2014 Course**
- If you register three or more students **at the same time**, each registrant receives an additional **\$25.00 Discount**
- Individual ACT Study tuition is \$600 (a total of 8 one-on-one sessions)
- For additional information or to register, check out our ACT Preparation page on our website at www.bhes.us/act_preparation.html

2014F-01	Tuesday & Thursday	6:30 to 9:00 pm	Tuesday, August 19th
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For information on Small Group ACT courses at our **Chicago and/or New Lenox offices or Individual ACT Study at any of our offices, contact Liz Brucker at bhes-liz@sbcglobal.net.



Thank You!



Sabrina Triplett-Matthews has been a vital member of our Chicago office. As a member of our administrative staff, Sabrina has represented the face of BHES with style and grace. She is always professional and polite. She has always been committed to service excellence.

Families love to chat up Sabrina because she takes a personal interest in the families we serve with keen listening skills. We have been told, "You can hear her smile when she greets you on the phone." She is often the first and last person clients speak with.

Fortunately for us, Sabrina is the perfect person for the job. Thank you, Sabrina! Always remain the great team member and staunch advocate for our families.

Thank you, Sabrina!

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