



BHES UPDATE

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A Letter from the President



Contact Us:

Plainfield

14953 S Van Dyke Rd.
Plainfield, Ill. 60544
T: (815) 609-1544
F: (815) 609-1670

Bucktown/Wicker Park

1448 N Milwaukee Ave.
Suite #201
Chicago, Ill. 60622
T: (773) 486-4617
F: (773) 486-4936

New Lenox

1890 Silver Cross Blvd.
Suite #315
New Lenox, Ill. 60451
T: (815) 717-8694
F: (815) 717-8696

Web Information

www.bhes.us
info@bhes.us

As always seems to be the case in-between newsletters, there are several exciting new developments at BHES. Our clinical and administrative teams have grown and our long-time Billing Specialist, Barb Zimmerman, decided it was time for a change of pace. We welcome the new faces and wish the best to Barb in the next chapter of her life. Dr. Johnny Williamson and Dr. Semone West are joining Silver Cross Hospital as inpatient attendings. They will formally join the Silver Cross family as soon as December 2014.

Currently, we are developing and intend to implement various group psychotherapy services across all of our locations in the near future. Some group therapy ideas that have been discussed are: Anger/Emotional-Management; Dialectical Behavior Therapy; Social Skills; and various aspects of eating difficulties and/or disorders. Look for some of these new psychological services to be offered either late this year or early in 2015.

We also continue to offer educational assessment, individual tutoring and ACT test preparation services. We are always working to improve and enhance the educational services we provide.

As the days get shorter, school gets busier, and the holiday time-of-year gets closer, I feel it is important to stay optimistic, spend time with those you love, take care of your emotional and physical health, and keep the positive aspects of your life in mind. This time of year often becomes a time of reflection and planning for the future.

It can also be a great time to be grateful for all you have. Everybody at BHES hopes the next three months are exciting and rewarding for you and your families.

Thank You,

Robert Brucker Jr.

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

New Standardized Test: PARCC



School districts have focused on the ACT since 2001, when the state made it a requirement for all juniors to take the exam. This test also was used to judge how public high schools performed. Earlier this summer, state officials announced that starting in 2015, school districts could choose whether or not to administer the ACT. The decision comes as districts are preparing to administer new statewide standardized tests called the PARCC tests.

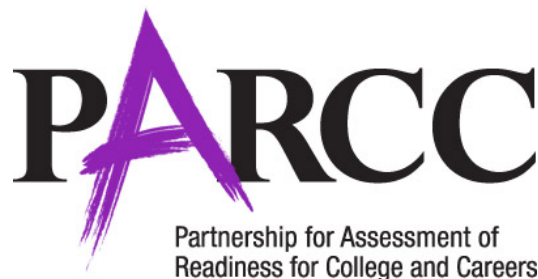
The PARCC tests will be given in reading and math to students in third to eighth grades, as well as upper-level English and algebra classes. This exam aligns with new, more challenging Common Core standards and will be given shortly after the ACT at the high schools.

The PARCC exam will take a baseline read of what students know this year, with the goal of being used to judge how schools perform in the near future and it will replace the ACT at the high school level.

The ACT will be offered in early March this year, compared to years past when it

was given in late April. Some districts are not offering the ACT test in school. Please check with your school district to check to see if juniors in your district will be given the test during a school day.

As part of its transition plan, the Illinois State Board of Education plans to ask for funding to give the ACT test in 2016. If the state doesn't pay for the test, individual school districts will have to pay for the test. For districts that do not offer the test, students will have to take the ACT on a Saturday during the school year. The ACT test is given in September, October, December, February, April and June. Check out the ACT website for specific test dates:
www.actstudent.org/regist/dates.html



The Medical Letter



I often work with people to become more aware of their thoughts.

Have you ever had a thought, and then said, “Why would I think something like that?” Have you had a thought and realized it does not reflect your true beliefs? In these situations, with whom are you having this dialogue, this conflict?

Have you ever expended effort to try not to think about something that your mind repeatedly presented to you?

I can't do it.

I don't think they really like me.

I knew this would never work...

Maybe perseverating on a past argument or beating yourself up because you did not skip that dessert? Why does your mind repeatedly push these thoughts on you?

Srikumar Rao of the Rao Institute writes about “your mental chatter, that internal monologue you have going on in your

head *all* the time. This is the inner voice you have. We all have it. It frequently disparages us and points out our many failings.

The mistake you make is that you believe it. You think that this voice is you and (that) it is true.”

Because, these thoughts occur in our mind, we automatically accept them as our own thoughts and identify with them, often allowing them to degrade our mood.

However, taking time to notice such thoughts often shows that these thoughts can be very misleading and sometimes simply false.

Rao suggests the following:

“...(N)ext time your inner voice tries to take you to a dark place, pause immediately. Recognize that it is just a voice in your head. It is NOT an Oracle and it is not necessarily truthful. Most of all, it is NOT you. It is just a voice in your head.”

In closing, I urge you to take a moment. Recognize what your inner voice is saying. Evaluate it. Then decide: **Is your mind lying to you?**



New this school year, **some high schools may not be offering the ACT test** in school this coming spring 2015. In the state of Illinois, high schools will be giving the **PARCC test** instead of the ACT test for all juniors. This means that students will have to register and **take the ACT test on a test date on Saturday**. Please check with your school district and www.actstudent.org for local test dates.

BHES' ACT Preparation For The December 13, 2014 Test

- This Small Group course meets twice a week for four weeks for 2 1/2 hours per session (20 classroom hours)
- This Small Group course is limited to 9 students
- Small Group tuition is \$500.00: **50% Discount when registered by November 6, 2014 for the December 13, 2014 Test**
- 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-03	Tuesday & Thursday	6:30 to 9:00 pm	Thursday, November 14th
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Welcome to the Team!

Dancy Sass
Administrative Assistant

Andrea Peterson
Administrative Assistant

Lori Bertone
Billing Specialist



We're hiring!

Looking to start a career somewhere new?
Want to join our team?

We have the following **positions open** at BHES:

- Psychiatrist
- Psychotherapist
- Administrative Assistant
- ACT Tutor

Visit www.bhes.us/employment.html for more information on how to apply.

Congratulations!



A baby girl, Constance Noel, was born to Amanda Eaton on August 11, 2014. We wish Amanda and her family the best!

A special thank you to **Laurie Fisk**! Laurie is always reliable and organized, and her independence and self-direction keep her ahead of the game. Laurie anticipates the needs of both providers and families, and we're proud to have her represent BHES. Thanks, Laurie!

Follow us on social media:



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