



BHES Update

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Website: www.bhes.us

E-Mail: Info@BHES.us

BHES is excited to announce the opening of our 3rd location in the Medical Services Building on the campus of the new Silver Cross Hospital in New Lenox, Illinois. A new state-of-the-art 289-bed hospital serves as the anchor for many general and specialty medical outpatient practices, as well as an on-campus pharmacy. We will continue to provide quality

behavioral health and education services in the new location, consistent with our Plainfield and Chicago offices.



Plainfield

24402 W. Lockport St.
Suite 218
Plainfield, IL 60544

Phone Number
(815) 609-1544
Fax Number
(815) 609-1670

Bucktown/ Wickerpark

1448 N. Milwaukee
Ave. Suite 201
Chicago, IL 60622

Phone Number
(773) 486-4617
Fax Number
(773) 486-4936

Silver Cross

1890 Silver Cross Blvd.
Suite 315
New Lenox, IL 60451

Phone Number
(815) 717-8694



ACT Tutoring for the April 14th Test

Our 8 week course includes our preparation materials and a text book. It is taught by Certified Teachers, has a small class size and it focuses on the best strategies to master the ACT.

<u>Location</u>	<u>Day</u>	<u>Time</u>	<u>Start Date</u>	<u>Tuition</u>
Chicago	Monday	6:00-8:30	February 6	
New Lenox	Thursday	6:30-9:00	February 9	
Plainfield	Tuesday	6:30-9:00	February 7	50% off when registered by January 27
	Wednesday	6:30-9:00	February 8	
	Saturday	10:00-12:30	February 4	

A minimum of 3 students is required to run a class.

Individual ACT Tutoring

- Developed to accommodate the student's schedules.
- Tuition is \$600 for 8 sessions.

Check out our website for further registration details.

Seasonal Affective Disorder



3 out of 4 people diagnosed with Seasonal Affective Disorder are women, and the typical age of onset is between 18 and 30 years old.



Seasonal affective disorder (SAD) is a type of depression

that occurs at the same time every year, such as spring, summer, fall or winter. The most common time period for SAD is the beginning of fall through the winter months.

Fall and winter SAD symptoms may include the following:

- Crying spells
- Decrease in activity level
- Loss of energy or fatigue
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating
- Tension and inability to tolerate stress
- Hopelessness

You can take steps to keep your mood and motivation steady throughout the year.

- **Make your environment sunnier and brighter:** Open blinds and sit closer to bright windows while at home or in the office.
- **Get outside:** Take a walk, eat lunch at a park, or sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can be beneficial, especially within two hours of getting up in the morning.
- **Practice stress management:** Regular physical exercise helps relieve stress and anxiety and to improve mood.
- **Self-care:** Get enough rest, take time to relax and eat regular and healthy meals.
- **Socialize:** Make an effort to connect with people who can offer support.
- **Take a trip:** If possible, take winter vacations in sunny, warm locations.
- **Seeking treatment:** Treatment for SAD includes light therapy (phototherapy), psychotherapy and medications.

New Year's Resolutions

When it comes to goals, it pays to be SMART.

SMART is a mnemonic to help set goals.

SMART stands for:

- **Specific:** Identify a specific goal that is important and meaningful to you. For example, to exercise at least twice per week for 30 minutes each time.
- **Measurable:** If you can measure the goal, then you will be able to monitor your progress. Also, your support system will be more equipped to hold you accountable for the goal.

- **Attainable:** Setting an attainable goal is often key to maintaining one's motivation level. Thus, it is important to break a long-term goal down into short-term goals. For example, the long-term goal of losing 10 pounds could be broken down into a short-term goal of exercising twice a week for 30 minutes. Another option is to continue to increase the goal once you accomplish it.
- **Realistic:** It is important to set a goal that you feel confident about achieving and to realize that set backs are likely to occur. Another alternative is to

view mistakes as opportunities for learning.

- **Timely:** It is important to set a time frame for achieving the goal, such as in 3 weeks or 3 months. Yet, being flexible by changing the time-frame if it was not accomplished within the identified time frame.



*Did You Know?
40 to 45% of
adult Americans
make one or more
new year's
resolutions
every year.*

Please Welcome BHES' Newest Staff

Behavioral Health Provider

Scott Maieritsch, Ph.D., an adolescent and adult psychologist, joined BHES in November 2011. He treats a broad range of psychological disorders in people 16 years old and up. He provides services at the Chicago office.

Administrative Assistant

Kimberly Wells joined BHES in late December 2011. She will be working mostly at the New Lenox office, but she will also work at the Plainfield and Chicago offices.



You can receive updates on BHES's services by
liking BHES from BHES' website



Psychotherapy Groups

Plainfield Office:

Assertiveness Group

Thursdays 8:00pm—9:00pm

Open to males and females 18 years old and older

Facilitated by Sarah Gura, M.A.,
L.C.P.C.

Confronting challenges by yourself is often much harder than relying on the support of a group.



Chicago Office:

Woman's Issues Group

Wednesdays 8:00pm – 9:00pm

Open to females 18 years old and older

Facilitated by Christina Heath, Psy.D.

The owners of BHES understand the importance and value of access to vital community resources. We are committed to providing exceptional behavioral health and education services to the community.

By providing educational, psychological and psychiatric services at one location, we are able to address both behavioral health and educational needs within the same treatment team to provide a high level of continuity of care. This allows our providers to provide a high level of care to those we treat and tutor.

**You can sign up to receive BHES's
Newsletter by sending a request to Info@BHES.US**