



BHES Update

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Welcome to the first issue of the BHES newsletter. We started providing services in February 2008 in our Plainfield location. Since that time, we opened a Chicago office in February 2011 and we are scheduled to open our third location, in New Lenox, in December of this year.

Our practice was founded on the idea of providing quality, comprehensive behavioral health and education services with uncompromising customer service. We began with one part-time administrative assistant, two psychologists, one psychiatrist and two educational specialists. Our staff has grown

to currently include 5 clinical psychologists, 3 licensed clinical professional counselors, 5 psychiatrists and 5 education specialists. In addition, we now have an Office Manager, billing specialist and 5 administrative assistants. During our period of growth and expansion, we continue to provide quality professional services and excellent customer care.

We are excited about how our practice has evolved and the direction we are headed in the future. Our hope is to continue to develop collaborative relationships with other organizations within the communities we serve. Our plan with the "BHES

Update" is to communicate new developments within BHES, provide useful behavioral health and education information and be a useful resource to its readers.

We are extremely grateful to the members of our staff, various professional organizations and community members who have been integral to our success to date. We look forward to maintaining existing relationships while cultivating new ones.

Thank you!

Robert Brucker Jr., Psy.D., Edward Smith, Psy.D., Elizabeth Brucker, M.Ed. and Shannon Smith, M.A.

BHES' third office, located in New Lenox, will open on the Silver Cross Hospital campus in late December 2011 or early January 2012.

Please Welcome BHES' Newest Providers

Behavioral Health Providers

Elisa Bell, M.D., a child and adolescent Psychiatrist, joined BHES in April 2011. She treats a broad range psychiatric disorders in people up to 18 years old. She provides services at the Chicago and Plainfield offices.

John Garlick, Psy.D., a Licensed Clinical Psychologist, will be joining BHES in October 2011. He treats adults with a broad range of behavioral health issues. He will provide services in the Plainfield and New Lenox offices.

Winlynn Lin, M.Ed., a Licensed Clinical Professional Counselor, will be joining BHES in October 2011. She treats children, adolescents and adults with a broad range of behavioral health issues. She will provide services to all three BHES offices.

Syed Rahim, M.D., a child, adolescent and adult Psychiatrist, joined BHES in August 2011. He treats a broad range of psychiatric disorders in people of all ages. He provides services at the Chicago office.

David Suire, Ph.D., a Licensed Clinical Psychologist, joined BHES in May 2011. He specializes in educational, psychological and neuropsychological assessments. He provides services at the Chicago

and Plainfield offices.

Diane Washington, M.D., an adult and geriatric Psychiatrist, joined BHES in August 2011. She treats a broad range of psychiatric disorders in adults. She provides services at the Plainfield office.

Educational Providers

Sarah Aimaro, B.S. Ed., an Education Specialist, joined BHES in June 2011. She specializes in tutoring students with special learning needs, such as learning disabilities, behavioral problems, Autism Spectrum Disorders and Pervasive Developmental Disorders. She provides services at the Plainfield office.

Danielle Budnick, M.S., an Education Specialist, joined BHES in June 2011. She specializes in tutoring students with special learning needs, such as learning disabilities, behavioral problems, sensory difficulties, Autism Spectrum Disorders and physical disabilities. She provides services at the Chicago office.



“Life is like a coin. You can spend it any way you wish, but you can only spend it once.” Lillian Dickson



Bullying at School

Warning signs of bullying:

- 1) Damaged or missing clothing or other personal belongings.
- 2) Unexplained bruises or other injuries.
- 3) Few friends or close contacts.
- 4) Reluctance to ride the school bus or to attend school.
- 5) Poor school performance.
- 6) Headaches, stomachaches or other physical complaints.
- 7) Difficulties sleeping or eating.

What to do if your child is being bullied:

- 1) Encourage your child to share his or her concerns & take them seriously.
- 2) Obtain specific details about the situation.
- 3) Encourage your child to remain calm & assertive.
- 4) Suggest sticking with a friend or group of friends wherever the bullying seems to happen.
- 5) Remind your child that he or she can ask school officials for help.

6) Follow-up by talking to your child's teacher, the school counselor & the school principal.

7) Help your child build & maintain friendships by getting involved in activities, such as sports or art.

8) Consider professional or school counseling for your child if his/her fear or anxiety become overwhelming.



Did You Know?
 In 2010, 2.7 million students reported being the victim of a bullying incident...

ACT Tutoring for the December 10, 2011 Test at the Plainfield Office

Our 4 week course includes our preparation materials and a text book. It is taught by Certified Teachers and it focuses on the best strategies to master the ACT.

Class	Day	Time	Start Date	Tuition
2011W-01	Monday-Wednesday	6:30-9:00 pm	November 9,2011	\$500.00 (before discount)

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

40% Discount for students registered by November 2, 2011!

Individual ACT Tutoring

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



Psychotherapy Groups



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

Plainfield Office:

Assertiveness Group

Beginning November 3, 2011

Will meet Thursdays 8:00pm–9:00pm

Open to males and females 18 years old and older

Facilitated by Sarah Gura, M.A.,



Chicago Office:

Woman's Issues Group

Beginning November 2, 2011

Will meet Wednesdays, 8:00pm – 9:00pm

Open to females 18 years old and older

Facilitated by Christina Heath, Psy.D.

