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BHES Update

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President's Message

BHES' New Plainfield Home



14953 S. Van Dyke Road
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BHES will have a new home for its Plainfield office in November, 2012. The new space was needed due to the demand for our services and due to the need for additional administrative space for our staff. The new space will provide the following:

1. Double the square footage
2. Four additional therapy offices
3. A larger tutoring/group room
4. A larger waiting room
5. A conference room
6. More administrative offices
7. One story building
8. Access to more parking and
9. A private entrance

The new office is located in the development with Southern Belle's restaurant in the building next to

the dentist's office (one exit west of our current location on Lockport Rd).

When we have an official opening date, we will post it in our offices and on our website. We will also notify current patients of the official opening date when we confirm appointments and through a mailing in order to minimize any confusion.

I want to point out to all readers; **the current location does not yet come up accurately on Mapquest, Google Maps or Yahoo Maps.** We are looking into solving this problem with each of these websites.

For more information regarding our new office location, please contact our administrative staff at 815-609-1544 or info@bhes.us.

Healthy Romantic Relationships



50% of 1st marriages, 67% of 2nd marriages and 74% of 3rd marriages end in divorce according to Jennifer Baker of the Forest Institute of Professional Psychology.



Factors that Contribute to a Healthy Romantic Relationship

Building and maintaining a healthy relationship takes effort. It can be easy to forget to nurture your relationship given the daily pressures of work, chores and other responsibilities. Despite that, a romantic relationship can be very rewarding by continuously monitoring and implementing the following:

✦ **Communicate Effectively:** Communication is perhaps the most important key to a healthy relationship. Effective communication consists of being an active listener, listening without judgment and expressing your feelings openly.

✦ **Quality Time:** Making time for meaningful conversations in a setting free of distractions, such as turning off the television during dinner, is also important.

✦ **Respect:** An important part of resolving conflicts is being respectful of your partner's feelings, even when you argue and disagree with each other. Respect can be shown by

letting your partner know you value what he/she is saying by avoiding criticizing, ridiculing, dismissing or rejecting what your partner shares with you. Taking a break and resuming your conversation at a later time is often beneficial when things get too heated.

✦ **Commitment:** Making your relationship with your partner a priority can be demonstrated by spending quality time together, even if you have to schedule out specific time slots on your calendars. Celebrating each other's accomplishments and supporting each other during challenging times is important to a successful romantic relationship.

✦ **Express Appreciation:** Saying thank you can go a long way toward making your partner feel special and appreciated, even if you think your partner knows you care. It is beneficial to say thank you for everyday tasks, such as cooking dinner or taking out the trash.

✦ **Maintain a Sense of Humor:** Maintaining a sense of humor can relieve stress and tension, and can help you get through challenging times together.

Healthy Romantic Relationships Continued



The percentage of married people who reach their 25th, 35th, and 50th anniversaries are 33%, 20% and 5% respectively.

Source: U.S. Census Bureau, American Community Survey, 2009.

✦ **Compromise:** It is often beneficial to discuss issues your partner and you disagree on; do so in a calm manner which allows each person to explain his /her point of view and to find ways to meet each other in the middle.

✦ **Forgiving:** As human beings, we make mistakes. While it is okay to be angry, it is also important to process the situation and feelings and to move on. Constantly bringing up the past can have a negative effect on a romantic relationship.

✦ **Romance:** Relationships are often romantic in the beginning, but as time passes it is easy to fall into a routine and to take each other for granted. Romantic gestures can make your partner feel special, no matter how small, such as making

breakfast in bed, leaving a letter of appreciation, going on a date, taking a walk on the beach, or having a picnic.

Self-care: While it is important to spend quality time with each other, it is usually important to spend time alone or with friends. It is normal for couples to have different hobbies, interests and friends. For example, having a girls' or guys' night out, taking a kickboxing class or joining a book club. By making time for yourselves, you may appreciate each other more and thus be happier.

If you have concerns that your romantic relationship is unhealthy, couples or marital therapy may be beneficial.

For more information please contact BHES at (815) 609-1544.

BHES' Expanded Provider Roles

Behavioral Health Providers

Scott Maieritsch, Ph.D. has expanded his hours from three hours weekly in Chicago to 25 hours weekly between the Chicago and Plainfield offices.

Johnny Williamson, M.D. has expanded his hours from one Saturday monthly in Chicago to 15 hours weekly between the Chicago, New Lenox and Plainfield offices.



Parent-Teacher Conferences

In the next month or two, most schools will be scheduling parent-teacher conferences. As a parent, you will have an opportunity to discuss with your son/daughter's teachers how he/she is progressing. Good communication between your child's teachers and you is important for his/her success in school.

Whether you have an elementary, middle or high school student, the parent-teacher conference is a valuable tool you should use to monitor and aid your child throughout the year. If your school does not regularly schedule conferences, you should contact the teacher and schedule a meeting.



Preparing for the conference:

- 1) Discuss with your son/daughter their classes; what is going well and where they are struggling. Ask if there are specific questions he/she has for the teachers.
- 2) With middle and high school students, consider bringing your son/daughter to the conferences. This gives him/her the ability to ask questions of the teacher with you at the conference.
- 3) Make a list of topics you would like to discuss. Most conferences are time-limited, so be prepared for the amount of time you have been granted.

During the conference:

- 1) Allow time for the teachers to discuss your son/daughter's progress.
- 2) If your school has an online grading system, print his/her grade sheet and bring it with you to the conference.
- 3) Share with the teachers your son/daughter's talents and shortcomings.
- 4) If your child receives special services, ask how the services are being utilized. If there is a specific education plan in place, bring the plan so you can discuss how often your son/daughter requires those services and how the plan is being followed. You may also want to schedule a conference with additional support personnel who work with your child.

After the conference:

- 1) Email or call the teachers you met with and thank them for their input and time.
- 2) Talk with your son/daughter about the conferences. Offer support and encouragement for his/her strengths and establish a plan to address the courses in which he/she is struggling.
- 3) After a few weeks, check-in with the teachers to get an update on your son/daughter's status.



Remember, this is a team effort. Parents, teachers, administrators and students should work together towards making sure all children reach their full potential.

Changes to the April, 2012 ACT Test

In Illinois, all juniors took the ACT test in late April, 2012. This year, students were not given the writing portion of the ACT test. Students who are applying to colleges this fall that require the writing section will have to take the ACT test again. Students can take the ACT test multiple times and colleges will consider the student's highest scores across all tests taken. The next ACT test is being administered on Saturday December 8th.

PLAINFIELD OFFICE



BHES' ACT Preparation (Small Group or Individual Study)

- Course meets for four weeks on Tuesday and Thursday evenings.
- Course sections are limited to 10 students
- Course tuition is \$500 **50% Discount when registered by November 1st 2012**
- If you register three or more students at the same time, each registrant receives an additional **\$25 Discount**
- Individual tuition is \$600

Class	Day	Time	Start Date
2012W-01	Tuesday-Thursday	6:30-9:00 pm	Thursday, November 8, 2012

Please contact our office for more information or to register.



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

www.bhes.us

Just click on the like button on BHES' website

