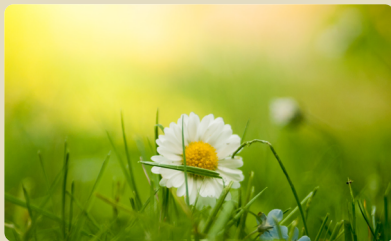




July-August

Newsletter

• Upcoming Events •



Pro Bono Legal and Behavioral Health Clinic

August 12, 2023
10:00 AM – 1:00 PM

Harmony Hall, CASL's 2nd Floor
2141 S. Tan Ct., Chicago

Healthy Living for Your Brain and Body

September 12, 2023
10:00 AM – 11:00 AM

Armour Square Apartments
3250 S. Wentworth Ave., Chicago

Please contact us at
BehavioralHealth@CASLservice.org

View all CASL events at
CASLservice.org/Calendar

A note from our leadership

Winnie Lam, Associate Director
Behavioral Health and Clinical Services



Dear Friends,

July was Disability Pride Month and National Minority Mental Health Awareness Month, a month dedicated to celebrating the diversity and resilience of people with disabilities and raising awareness about the mental health needs of minority communities. At CASL, we embrace and support these populations to promote acceptance, inclusion, and understanding to foster a society that values the unique strengths and perspectives of every individual.

Additionally, July shined a spotlight on National Minority Mental Health Awareness Month. This important observance aims to address the disparities in mental health care within minority communities and reduce the stigma. Mental health is essential for overall well-being, and this month provides an opportunity to support and advocate for mental health resources that are accessible and culturally sensitive for all.

Although Disability Pride Month and National Minority Mental Health Awareness Month have passed, let's continue to actively engage in open conversations, educate ourselves, and take steps towards building an inclusive and supportive community that embraces the diverse needs and experiences of all individuals.



BHCS Staff Spotlight



Yunshen Li

Yunshen Li is an Occupational Therapy (OT) 2nd-year student from the University of Illinois, Chicago, and is expected to finish his fieldwork in July 2023. He is currently an OT intern performing OT groups under close clinical supervision by MOTR/L Jeannie Tsui at CASL. He really appreciates the opportunity to work at CASL, and he aims to bring the best experiences to the CASL community.

Malynn Tu is an Occupational Therapy student under the supervision of Jeannie Tsui, MOTR/L, who helps run wellness groups within the Alzheimer's Program under BHCS. She currently attends the University of Illinois at Chicago and chose CASL as her fieldwork location because of her interest in working with the older adult population and serving the community. She hopes to have more collaborations with CASL in the future as she progresses in her OT career.



Malynn Tu

Three occupational therapy interns, **Brittany Lau**, **Malynn Tu**, and **Yunshen Li**, who are under close clinical supervision by MOTR/L Jeannie Tsui, will soon complete their internships at CASL. We thank them for their contributions to our department, and hope they go forth with the essential skills and knowledge to serve a community in dire need of access to mental health services.

We celebrated the Alzheimer's Program (AP) team successfully finalizing their first Administration for Community Living (ACL) grant by submitting the final report in June. This achievement marks a significant milestone in CASL's mission to improve the lives of those living with dementia and their caregivers. In addition, AP was awarded another \$1 million grant from ACL, providing valuable support to the team as they continue their mission of building a more dementia-capable community. This generous grant will play a pivotal role in furthering their efforts and making a positive impact on the lives of those affected by dementia.



Receiving the ACL Grant (and cupcakes!)

The AP team also attended the 29th Alzheimer's conference organized by Northwestern Medicine and the Unforgettable VIP Reception event organized by Alzheimer's Association. AP Coordinator **Ruby Tan** attended the Hanul Family Alliance's 30th Annual Benefit Dinner. At these events, our AP team was able to grow their connections with key stakeholders and receive valuable insights into the latest advancements in Alzheimer's research and clinical practices, empowering the team to provide better care and support to individuals and families affected by the disease.

● Previous Events ●



BHCS hosted multiple educational workshops: one educated young children in expressing their feelings, and another was aimed at providing valuable education regarding nutrition to older adults. In collaboration with CASL's Legal Services and KAN-WIN, BHCS also educated community members about domestic violence and provided resources for survivors of domestic violence.



Recognizing the importance of accessible legal services, BHCS teamed up with CASL's Legal Services to co-host a Pro Bono Legal Clinic in June. In the near future, BHCS will be collaborating more closely with Legal Service to build a more inclusive, accessible and supportive community.

In a collaboration with Blue Door Neighborhood and CASL's Anti-Hate Action Center, BHCS was able to host a mobile health clinic event to celebrate Alzheimer's and Brain Awareness month, ensuring that essential clinical services and resources reached those who are in need.



Who we are

Educating and empowering our clients

BHCS provides quality, person-centered, and culturally competent care to help families and individuals of all ages and backgrounds achieve healthy living. BHCS works in tandem with over thirty CASL programs and complements the efforts of existing community behavioral health programs to improve the overall health and well-being of our community.

We offer a variety of services to empower you:

- Counseling & Therapy
- Occupational Therapy
- Assessment and Treatment Plan
- Crisis Intervention
- Consultation & Evaluation
- Community Support
- Community Workshops

Talk to us

(312) 791-0418

Alzheimers@CASLservice.org BehavioralHealth@CASLservice.org

CASLservice.org/Behavioral-Health

If you are interested in the types of events featured in this newsletter, or you are seeking to collaborate with us in the future, please contact us at 312-791-0418 x2232 or Alzheimers@CASLservice.org.

“ Sometimes it takes more courage to ask for help than to act alone. ”

Ken Petti, Author