



November-December

Newsletter

Mark Your Calendar!



Eye Health Workshop

January 10, 2024
2:00 PM – 3:00 PM

Hilliard Apartment
30 W Cermak Rd, Chicago

Retirement Planning Workshop

February 13, 2024
10:00 AM – 11:30 AM

Online, Zoom:
bit.ly/CASL-Housing213

Please contact us at
BehavioralHealth@CASLservice.org

View all CASL events at
CASLservice.org/Calendar

A note from our leadership

Winnie Lam, Director
Behavioral Health and Clinical Services



Dear Friends,

November and December are marked as the holiday season. While for many this is a time for celebration and togetherness, we acknowledge that the holidays can also bring about a unique set of challenges and stressors.

You're not alone in these feelings. Our BHCS team is dedicated to providing support and strategies to empower you to cope with holiday-related stress. We believe that everyone deserves a holiday season filled with peace and well-being, and our professionals are ready to assist you in achieving just that. On the next page we have provided holiday mental health guidelines by HelloAlma.com.

We wish your November and December is filled with moments of gratitude, warmth, love, and the strength to face any challenges that come your way.



BehavioralHealth@CASLservice.org

(312) 791-0418

Did You Know?

According to the American Psychological Association, 38% of people reported increased stress during the holidays. Some of the common reasons that can lead to holiday stress include:

- Family interaction and conflicts
- Toxic relatives or relationships
- Dealing with large crowds or holiday parties
- Gift purchase and giving pressure
- Feelings of loneliness
- Grief and loss
- Traveling and planning
- Tight work/personal deadlines/schedule
- Changes in routine
- Living up to societal/family expectations

Here are some coping strategies for holiday stress:

- 1. Set realistic expectations:** While holiday may seem perfect on social media and TV shows, it is not perfect all the time. Try to set a realistic expectation about the holiday, and set up boundaries with your family and friends. Sometimes, saying “no” is hard but necessary to prioritize your own well-being.
- 2. Keep up with healthy habits and routine:** Overeating and messing up routine is one of the biggest concerns for people who rely on exercise and healthy lifestyle for mood stability. Try to stay active starting from simple tasks, such as walking in the neighborhood, informing family about your diet preferences, etc. Keeping up with your normal routine as much as possible can also help you have better sleep quality for stress management.
- 3. Practice gratitude:** Fostering a positive mindset can help with your mental well-being. Try to do small things to orient your focus on positive side, such as keeping a journal with the things you are thankful for.
- 4. Leave time for unwind and recharge:** While holiday season may seem to be full of joy, constant socialization and gatherings can be stressful and gathering for some people. Plan for some time to practice self-care for relaxing and recharging before going back to school or work.

While everyone needs a break, holidays are sometimes not the easiest time for everyone. CASL is always to help and remember, you are not alone. Contact us at **BehavioralHealth@CASLservice.org** if you would like to speak with someone to help with stress management. Remember, help is available, and you deserve support during these times.

Please contact 911 or 988 for emergency needs.

Credit to: <https://helloalma.com/blog/coping-strategies-for-the-holidays/>



BHCS Highlights



Zhaoxia Liu

Zhaoxia Liu joined CASL's Behavioral Health program recently as a Behavioral Health Case Manager. She graduated from the program of Clinical Mental Health Counseling at Wheaton College with a master's degree. Currently, she is a Licensed Professional Counselor (LPC) in Illinois. Zhaoxia provides evidence-based mental health services and coordinates clients' health care services according to their bio-psycho-social-spiritual needs. She looks forward to serving the community and providing culturally sensitive and linguistically appropriate services to the community members who are in need.



Winnie Lam, Director

Congratulations to Winnie Lam being promoted as the Director of BHCS!

Since joining CASL in November of 2010, Winnie has gone above and beyond in every role she has held. Winnie began her CASL career as Adult Services Coordinator and was then promoted to Senior Wellness and Independence Manager. In October of 2021, Winnie received her Licensed Clinical Social Worker (LCSW) designation and was appointed the Associate Director of Clinical Service in the newly formed Behavioral Health and Clinical Services Department. At that time, the Department supported 3.5 FTEs with a budget of \$378,000. Two years later, that department is on track to support 10 FTEs and has a \$1.26 million budget.

Winnie leads the BHCS department that provides a range of clinical services to clients with unique needs who would otherwise have limited access to treatment. Winnie exudes CASL's core values of inclusivity, empowerment, collaboration, transformation and resiliency. Join us in congratulating Winnie!



NADSA Conference

September 28: Winnie Lam, Director of BHCS department, and Jeannie Tsui, Occupational Therapist of the Alzheimer's Program, gave a presentation at the 2023 National Adult Day Service Association Conference on the importance of early dementia detection in the community. In particular, the culturally competent and linguistically appropriate intervention approaches were introduced during the conference.



BHCS Highlights



IDOa Conference

October 4: CASL's Alzheimer's Program packed the house at the Illinois Department on Aging (IDoA) 2023 Conference. Winnie and Jeannie gave a presentation about Early Dementia Screening and Interventions. Using the Mini-Cog, Alzheimer's Program has successfully screened well over 500 participants. With early dementia detection, people in need can receive early interventions to improve their quality of life and slow cognitive decline.



NEIU Fall 2023 Health Fair

November 7: Nora Chen, BH case manager, joined the Partner Peer Exchange: Staff Retention & Engagement meeting to introduce CASL services to other United Way participants. Topics such as staff motivations and benefits were also discussed during the meeting.

November 14: Beth Satyr, EHR specialist and Jeannie Tsui attended NEIU Fall 2023 Health Fair to share the resources available at CASL and BHCS.



Alivio Health at Casa Maravilla

November 16: Beth Satyr and Nga Yue (Polly) Cheng, BHCS intern, attended Alivio Health at Casa Maravilla promote BHCS.

November 21: Max Xu, BHCS intern, volunteered at the Adult Day Service Center's Thanksgiving party. Max facilitated age appropriate games and activities for CASL seniors. The seniors were excited to have the opportunity to celebrate and partake in activities outside their daily routine.



ADS Thanksgiving



Behavioral Health
and
Clinical Services
Chinese American Service League
華人諮詢服務處

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.



Happy Holidays!

As we navigate the complexities of the holiday season, we wish you moments of peace, joy, warmth, and resilience. Remember, even during tough times, you're not alone. May these days bring you calm, time with loved ones, and the energy for a hopeful new year. From all of us at BHCS and CASL, we hope your holidays are filled with happiness and brightness, and may the spirit of kindness light up your days.