



# October

## Newsletter

### Mark Your Calendar!



#### Behavioral Health & Pro Bono Legal Clinic

October 14, 2023  
10:00 AM – 1:00 PM

CASL  
2141 S. Tan Ct., Chicago

#### CASL's 45th Anniversary Gala

November 3, 2023  
7:00 PM – 11:00 PM

Bridgeport Art Center  
1200 W. 35th St., Chicago  
[CASLservice.org/Events](http://CASLservice.org/Events)

Please contact us at  
[BehavioralHealth@CASLservice.org](mailto:BehavioralHealth@CASLservice.org)

View all CASL events at  
[CASLservice.org/Calendar](http://CASLservice.org/Calendar)

## *A note from our leadership*

**Winnie Lam, Director**  
Behavioral Health and Clinical Services



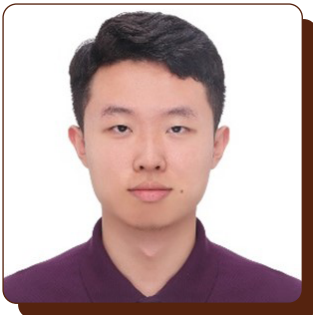
### Dear Friends,

October marks National Bullying Prevention Month, a time dedicated to raising awareness about the various forms of bullying, including verbal, physical, online, and through social exclusion. According to research, bullying can have lasting negative impacts on the mental well-being of both children and families, such as loss of self-esteem, increased anxiety, and depression. This month aims to shed light on the potential adverse experiences that children and teens encounter in school.

At CASL, our Behavioral Health and Clinical Services (BHCS) team offers clinical services to individuals and families, standing as a reliable and compassionate resource for the community. Our experienced professionals can work closely with individuals and family empowering them to cope with the trauma of bullying, build resilience, and develop the skills needed to navigate these challenging experiences.



# BHCS Highlights



Jiasheng Yu

**Jiasheng Yu** is the Cognitive and Behavioral Health Case Manager who recently joined the CASL’s Alzheimer’s Program team, under the Alzheimer’s Program Coordinator, Ruby Tan. He provides evidence-based behavioral health interventions and coordinates clients’ health care services according to each client’s individualized biopsychosocial needs. Jiasheng holds a master’s degree in clinical mental health counseling from Marquette University and is currently a QMHP in Illinois. Jiasheng looks forward to serving the community and providing culturally sensitive services to people in need.

**September 12:** BHCS hosted its “Healthy Living for your Brain and Body” workshop collaborating with the Armour Square senior apartment. More than 40 older adults attended the workshop to learn about improving brain health and preventing dementia.

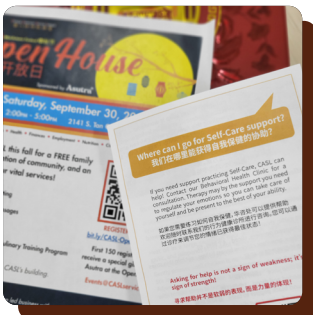


CPL Brighton Park Branch

**September 15:** Beth Satyr, our EHR specialist, and Rachael Wright, associate VP, were invited to visit the Riveredge Hospital, allowing us to gain firsthand insights into their inpatient behavioral health facility and learn about their comprehensive services.

**September 25th:** Invited by Blue Door Neighborhood Center, the BHCS Team joined the Healthy Aging event to celebrate the Healthy Aging Awareness Month. Our clinical providers and interns attended the event to provide clinical resources related to brain health, aiming at improving the awareness of how to age well at later-life!

**September 28th:** Invited by Chicago Public Library Brighton Park Branch, BHCS team and the Legal Service team from CASL joined the Brighton Park branch Library Community Resource Fair to promote the accessibility of resources for the community members.



BHCS at CASL’s Open House

**September 30th:** The BHCS team attended the CASL’s Mid-Autumn Festival Open House to promote BHCS and our services. The theme for this year is self-care. BHCS provided a bilingual self-care guide for the program booklet helping the community understand self-care and how to most effectively apply it. This event is a fantastic opportunity for the public to explore available resources and services at CASL. As a team committed to health and well-being, BHCS continued to promote the importance of self-care, offering attendees various avenues for personal well-being and family resources.



## BHCS Highlights



Winnie with Lisa Gomez



Winnie with Mayor Johnson

In addition, Winnie Lam, the associate director of the BHCS team engaged with key stakeholders and community partners to build bridges for a stronger community, improving community well-being.

- **September 13:** Winnie met with Lisa Gomez, Assistant Secretary for Employee Benefits Security at the U.S. Department of Labor. The purpose of this meeting was to provide valuable insights and comments regarding the crucial topics of Mental Health Parity and Mental Health Access, particularly concerning minority groups.
- On the same day, Winnie also attended the United Way Open House, which served as a wonderful opportunity to introduce BHCS to United Way and other community partners.
- **September 14:** Winnie attended the meeting with World Business Chicago and Chicago Sister Cities International. This engagement is vital in our mission to expand our reach and make our services accessible to a broader audience.
- **September 25:** Winnie represented BHCS at the IABH Public Policy Committee meeting, discussing important behavioral health policy matters, furthering our commitment to advocating for improved mental health services.

BHCS is dedicated to enhancing behavioral health services and forging meaningful connections within our community. Stay tuned for more updates on our efforts to promote well-being and support our community's needs.

### Mindfulness Exercise

Mindfulness is the practice of being aware of the present. By performing mindfulness through various activities, you're able to potentially lower stress and anxiety that might be lingering on your mind. Coloring is a great activity for practicing mindfulness. By mentally engaging with the lines and color choices, coloring allows you to pull your mind away from potentially overwhelming thoughts.

With October marking the beginning of colder autumn weather, now's the perfect time to color in something fall-themed! Enjoy the Autumn Coloring Pages found at the end of this newsletter.




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](https://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.



“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

Maya Angelou, American memoirist, poet, and civil rights activist





**HAPPY FALL Y'ALL**

*Homemade*  
GIFTS MADE EASY



# HAPPY FALL

