

September 2023

IPS STATS

- Clients served by Ben Gordon Center: 48
- BGC clients employed: 21
- Jobs started by BGC clients in September : 5
- Competitive employment rate for all BGC clients for quarter 1 of Fiscal Year 2024 (7/1/23 - 9/30/23): 31.15%
- This is a 1.89% increase since FY23

8 Key Principles of IPS

- Zero Exclusion
- Worker Preferences
- Integrated Services
- Competitive Employment
- Rapid Job Search
- Benefit Planning
- Systematic Job Development
- Time-Unlimited Supports

IPS Principle of the Month

Time-Unlimited Supports

While participating in IPS, job supports are individualized and continue for as long as each client wants and needs the support. While employed, Employment Specialist continue to have face to face contact with clients at least monthly.



National Recovery Month, which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

For more information and resources at:
www.samhsa.gov/recovery-month

Meet Sabrina Nicholson

Director of BHS

Sabrina has accepted the role of Director of Behavioral Health Services at Northwestern Medicine, Ben Gordon Center and Behavioral Health Services Sycamore. Sabrina began her career at the Ben Gordon Center 11 years ago as a therapist/case manager working with adults with severe mental illness. She has since served as the Manager of Adult Community based programming and Manager of Operations. Continue reading below to learn more about Sabrina and her new role as director.

What does being the Director of Behavioral Health Services mean?

"The Director of Behavioral Health Services and Ben Gordon Center is responsible for the vision of the agencies. They lead the strategic planning and projects as they relate to that vision. They also identify opportunities for new business growth and expansion of current services through their leadership of the clinical managers and supervisors. They ensure the programs assure a smooth transition between other patient care programs within behavioral health as well as the larger NM system to bring about positive patient care and experiences."

What are you most excited for in your new role as director?

"I am most excited to continue supporting our amazing programs for children, adolescents, and adults. We have incredible staff members and programs and my priority is to continue business as usual so there is no disruption to staff or patients during this transition in leadership. I also cannot wait to be a part of the future of behavioral health and integrating systems in order to provide the best care possible for our patients."



Best career lesson or advice?

"Don't be afraid to step out of your comfort zone; you'll most likely surprise yourself."

How do you care for your mental health?

"I do my best to make it a top priority every day; whether it is doing activities I enjoy like listening to music, sitting around a bonfire, or going on a walk or trying to be present in the moment with my loved ones."

Favorite Food?

"Steak and pineapple (not together though)."

Favorite Travel destination?

"Colorado or New Hampshire"

What is your go to coping skill? *"My go to coping skill is talking to close responsible friends. Making sure I have separate work stations to focus on my goals."*
-Client Quote

What would you say to someone considering participating in IPS?
"Absolutely do it. I appreciated the frequency with meeting with my Employment Specialist, and the objective, tentative and knowledgeable skills. It has given me courage to apply for positions that I normally would avoid due to my experience." -Client Quote

How has employment improved your mental health?

"Employment gives me a feeling of responsibility. It gives contrast to my free time. I feel valued and accepted."
-Client Quote

Still unsure if IPS is right for you?
Have additional questions?
For more information contact:
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September Client Champion:

This month's client champion is a client who we are highlighting due to their consistent hard work. This client has shown their determination to find a job that will allow himself be in a better place.

How has IPS supported you in obtaining your goal for employment?

"IPS has been a constant support to me in more ways than I can describe. I quickly felt that someone had my back and was championing for my success. Frequent appointments with them, their ability to find posted positions fitting my skillset and interests, and applying to those positions during our sessions was a powerfully positive changed to the unproductive routine I had allowed myself to fall into. Having objective, attentive, experienced and positive adults in my life to help guide me in my job search made the process far less intimidating while also naturally transferring that attitude to my own job search activity while at home"

In honor of Hispanic Heritage Month below are several resources striving to destigmatize mental health and provide support to the Hispanic/Lantix community:



○ **Latinx Therapy**
(latinxtherapy.com)

○ **NAMI**
Compartiendo
Esperanza
(namiillinois.org/compartiendo-esperanza)

○ **American Society of Hispanic Psychiatry**
(americansocietyhispanicpsychiatry.com)