



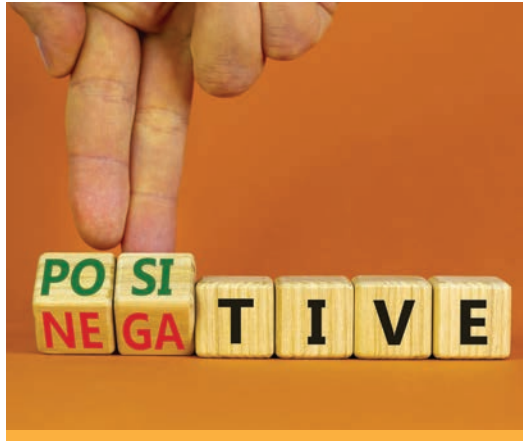
Nurturing Sustainable Change

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THE END OF THE YEAR BRINGS time for celebration and new beginnings. Around this time, we often begin to consider our desires for the future, including commitments to change. Common resolutions include being more physically active, saving money, learning a new skill, or getting organized. To create lasting change, it is important to consider how we move through the change process. Sustainable change generally happens at a slow, thoughtful, and steady pace that helps us build skills and habits necessary to embrace change long-term. Below are tips for how to create sustainable change in our lives.

- **CHOOSE A GOAL**—The first step in creating change is choosing a goal that is important to you. It is typically most helpful to work toward one goal at a time to avoid becoming overwhelmed. Reflect on what you value and select a goal that aligns with what matters in your life. The more you believe in your goal, the more likely you are to achieve it.
- **THINK ABOUT WHAT YOU NEED TO SUCCEED**—Effectively meeting our goals includes planning and considering what we need for success. For example, if you want to save money, will you need to create a budget, open a savings account, or talk to your partner about finances? Asking these questions will assist in building a foundation for meeting your goals.
- **START SMALL AND BUILD**—Once you have selected your goal and what you need to get there, break the goal down into smaller steps. For example, if you want



to organize your home, start by focusing on a specific room (i.e. the kitchen) or with a specific area of focus (i.e. going through closets), as it would be unrealistic to take on organizing an entire home at once. When you have successfully reached your smaller goal, identify the next step in the process.

■ **CREATE A ROUTINE**—Routine is important in creating change, as it transforms the pathways in our brains, creating new habits. Establishing a routine may include setting aside a specific time to work on your goal (i.e. going to the gym each morning), adding your goal to another daily activity (i.e. riding your bike to work), or substituting your new goal for an old behavior (i.e. taking a walk after dinner, rather than watching tv). Whatever routine you decide on, be sure it is realistic for your lifestyle.

■ **ENLIST SUPPORT**—The value of receiving support from others in meeting our goals is significant. Support may include encouragement, accountability, and partnership in the change process. Options for receiving support can be talking with family and friends about your goals, joining a club, finding on-line spaces that offer

encouragement and advice, or pursuing therapy or coaching.

■ **ACKNOWLEDGE SUCCESS AND REMEMBER CHANGE IS NOT LINEAR**—

Along the journey of change, there will be many ups and downs. This is an expected part of the change process and it is important to give ourselves credit for our efforts. Giving yourself credit may include positive

self-talk (i.e. “I’m proud of myself”), rewarding yourself, or sharing about your progress with others. Typically, we embark on the change process because we want to feel better, so don’t forget to practice feeling good along the way.

■ **STAY ON THE JOURNEY**—Our goals are often on-going rather than having a distinct end point. Maintenance is an essential part of the change process and includes actively utilizing and further growing the skills we have developed. Remember, we are always a work in progress and it takes continuing effort to create the change we want to see in the journey of our lives. ■

Holly Cañas, LCSW, believes in the importance of offering space for individuals to explore their emotional experience and create wellness in their lives.



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988 Suicide & Crisis Lifeline



What is 988?

988 is the newly designated three-digit number for mental health support, similar to 911 or 411.

Who answers 988 calls?

Calls are routed to nationwide call centers through 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) where trained mental health counselors listen to, support, and connect callers to resources.

Who can use 988?

Anyone in emotional distress (including anyone experiencing suicidal, substance use, and/or mental health crisis) or anyone with a loved one in emotional distress.

How can I contact someone through 988?

People may call, text or chat 988; centers have English and Spanish speaking mental health professionals, and use Language Line Solutions to translate over 240 languages. Texts and chats are available in English, however the Lifeline is working to include more languages in the future.

How much does 988 cost?

988 is free to callers; the Lifeline is funded by the U.S. Department of Health and Human Services through the Substance Abuse Administration.

When can I call?

The Lifeline is open 24 hours a day, 7 days a week, 365 days a year.

Why should I call 988?

Research has shown that the confidential use of the Lifeline has provided people with the support they need to improve mood and stress levels, and to foster more hopeful views about themselves and the future.

For more information, visit www.samhsa.gov/find-help/988 or 988lifeline.org ■

A Letter from Dr. Jabeen Ali Summit's New Child & Adolescent Psychiatrist

HI THERE, IT IS NICE TO MEET YOU!

I am Dr. Jabeen Ali, MD; I am double board-certified in Adult, Child, and Adolescent Psychiatry.

I completed my undergraduate studies at Saint Louis University as part of the Medical Scholars Program and graduated Summa Cum Laude. I obtained my medical degree at Saint Louis University School of Medicine where I discovered my passion for working with children and adolescents. I next completed a General Adult Psychiatry Residency Program at Loyola University Medical Center. Then I completed a 2-year subspecialty Child and Adolescent Psychiatry Fellowship at the University of Chicago Medical Center where I obtained Parent-Child Interaction Therapy certification.

My specialty is to provide high quality, attentive, compassionate, and holistic evaluations and treatment for my clients.

I have special interests in supporting children and their families during



difficult adjustments, anxiety, depression, and ADHD.

My approach is open, understanding, and collaborative with children, adolescents, and their families. I do my best to work with families to identify struggles your child may be facing and to determine ways we can support them, so they may live life more fully.

I strive to focus initial treatment, where appropriate, on improving the child's self-esteem by ensuring they feel seen, heard, understood, and valued. I aim to integrate the

improvement of family relationships, healthy lifestyle changes, increased opportunities for positive socialization, and psychotherapy principles to help the well-being of your child.

I understand children and families may be hesitant to consider medication intervention, and that is okay! I am a psychiatrist who is conservative with prescription medication treatment. I am here to meet you where you are, understand thoughts on medication, answer questions and concerns, provide education, and have open discussions as to the most appropriate and helpful evidence-based treatment for your child. If medication is warranted, I approach it slowly with special care as supportive treatment to other interventions.

I look forward to working together to benefit your child! ■

Dr. Jabeen Ali is a Child and Adolescent Psychiatrist, focused on supporting children, adolescents and their families. She is available to schedule new client appointments by calling the office at (630) 260-0606 and following prompts for psychiatrist scheduling.

Welcome to Amber Beebe Child & Adolescent Therapist

SUMMIT CLINICAL SERVICES IS happy to welcome Ms. Amber Beebe, child and adolescent therapist. Amber joined Summit Clinical Services in Spring 2022. Her motivation, her cheerful attitude, and her work with children and adolescents has made her a positive addition to our Summit Clinical Services team.

Amber is a licensed clinical social worker, who earned her Master's Degree in Social Work from Aurora University. She has provided therapy services in a variety of community, inpatient, and outpatient settings to children and adolescents experiencing a wide range of mental health difficulties, including anxiety, post-traumatic stress disorder, major depression, ADHD, trauma recovery, and self-injury. In addition, Amber is interested in

providing therapy services to older adolescents and young adults to support clients in transitioning into their new roles after high school.

Amber uses techniques such as Trauma Informed Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Narrative Therapy, and Play Therapy. Amber is passionate about creating a welcoming and safe place for each individual she meets.

Outside of the office, Amber enjoys traveling, reading, and spending time with her family.

We are excited to have Amber here at Summit and she looks forward to helping clients and the community through her work.

Please note that Amber is available to schedule at this time via



Telehealth, however plans to return to in person/in office sessions in January 2023. ■

Amber Beebe, LCSW, is dedicated to helping children, adolescents and young adults improve their mental health. If you are interested in scheduling an appointment or have any questions about treatment or services, please contact the Summit Clinical Services office at (630) 260-0606.