

BeechWood, Inc.

Summer, 2022



Upcoming BeechWood Events

What's New

STAFF PROFILE: SHENG VANG
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CONTRIBUTIONS FROM CLIENTS
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SUMMER MINDFULNESS STATE FAIR
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BeechWood Groups

ARMHS Group is on Hiatus throughout the month of June. We are conducting a survey of all ARMHS clients to determine which types of groups our ARMHS clients would find most helpful. If you are a current ARMHS client, please connect with your practitioner to complete the survey and provide input. Stay tuned for a new ARMHS group schedule, beginning in July.

BeechWood Bingo & Crafts

Date: June 14th and 28th.. July 12 and 26. The 2nd and 4th Tuesday of each month.

Time: 3:00-4:30pm

Location: BeechWood office

Details: We are getting ready to take groups back outdoors. Bingo is the second Tuesday and social group is the fourth Tuesday



Staff Profile, Sheng Vang

When Sheng Vang was a college student, she worked at a group home. She enjoyed helping others, and states, "I had one client who really wanted to move into her own apartment. That's how I learned about independent living. Then, I graduated from college, and decided to move into Independent Living Skills work. I found BeechWood right away. It was the only job I applied for, and I'm still here."

Sheng began her career at Beechwood in 2015 as an IHST Specialist. She states, "What I love about Beechwood, is that they allow you to be creative, especially with scheduling and making your own calendar, that's definitely a plus. The work is independent, flexible, and different than any work I've ever had." Throughout her time at BeechWood, Sheng has held several roles. "I moved into a Team Lead Role, became a Supervisor, and then the Program Manager. I love working closely with staff and learning skills that I never knew I had."

In March 2022, Sheng took on a new role as a Human Resources Generalist. Some of Sheng's new responsibilities include recruiting new employees, finding new ways to attract talent, community networking, and managing employee onboarding and ongoing Human Resources needs. In her new role, Sheng is hiring for all BeechWood teams and is excited for the opportunity to help others begin and grow their careers. When not working, Sheng enjoys Pilates, travel, and spending time with friends and family. She is the proud fur mom of three Yorkie Poms.

Open Jobs-Come work with us!

In Home Supports with Training (IHST)

IHST Specialist: Home and community-based independent living skills to help people achieve their goals. We are committed to holistic and health choices, and strongly advocate for the persons we serve with health professionals, support groups, and government programs.

Required: High school degree, Minimum of one year working in the human services field; experience with a disability, or knowledge of disability issues.

Preferred: BA/BS degree in human services.

IHST Supervisor: The Supervisor is responsible for the daily operation of BeechWood's IHST Department.

Supervisor provides Individual Supervision and facilitates group supervision, participates in staff selection, training of new hires, and development of case loads. Supervisors are expected to have a working knowledge of current community resources and the ability to network effectively with other providers.

Required: BA/BS Degree in Human Services, Social Work, or related field. Ability to interact and work with clients.

Knowledge of disability issues and the community.

Ability to collaborate with local, state and federal agencies.

Preferred: Minimum of two years of management experience in the Human Services field.

Adult Rehabilitative Mental Health Services (ARMHS)

Mental Health Practitioner: ARMHS Practitioners provide home and community-based mental health rehabilitative services to clients in the form of instruction, support, and coaching. ARMHS Services teach people skills to manage mental health challenges and improve functioning.

Required: Bachelor's Degree in one of the behavioral sciences or related fields from an accredited college or university, OR at least 2,000 hours of supervised experience in the delivery of clinical services in the treatment of adults with mental illness or children with emotional disturbances, OR master's degree in social work, counseling psychology. Full supervision towards LICSW or LPCC license provided for clinical trainees. This role can also serve as a paid clinical Practicum for Master's level students in Social Work or Counseling Psychology.

Contributions from our Clients

Grateful By Ann Bogle

Grateful, schmateful. To require use of the word gratitude in a cult environment is to place someone under gun pressure in one's medical-consultancy or village, so forgive me if I have failed during holiday memes to itemize it. The word grateful reminds me of graves and grave disorders. Before Francis was Pope, clinicians had long listed love as a primary illness. And they will be forgotten for their profits and ties to facetious yet actual insurance companies. I am grateful to have experienced excellent Protestant religion in my childhood. I am grateful not to have become or even to have met any Harvard-based D.S.M. And Big Pharmacy public population suppressors. What I had liked about Harvard before it showed itself in psychocareerist TV appearances and lid-down disingenuous printed psycho topical drills for maintaining crass privilege was the description online of its linguistics department. I am grateful not to have to miss having once attended Harvard. I am grateful to Harvard for this phrase, "Love means never having to say you're sorry," because I remember it and not because it's true. I felt aghast to have reminded someone of Mrs. Robinson at the age of twenty-eight, so much so that I received a shove into the decorative below-ground swimming pool at the first school party. I am not a witness to the sale: when a man moves to marry and not merely to ask for and lean toward it. I am grateful that the word grateful occurred naturally to me about a week ago while I pulled open the refrigerator. I can't remember what caused me to haul it up or the occasion, but it was the right word for whatever it was, something minor, as it used to be and will be again.

Client Profile: Lee Singley

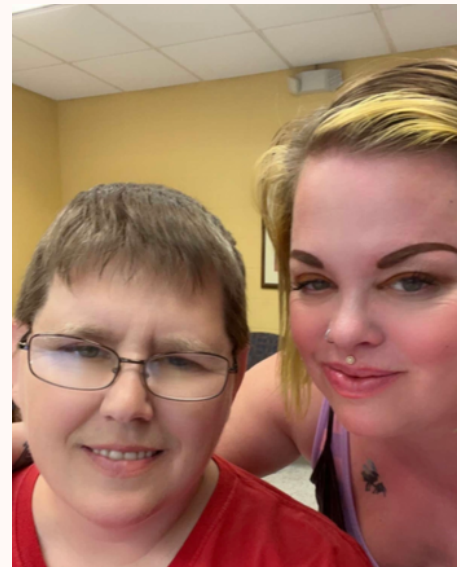
Lee Singley has been a BeechWood IHST and ARMHS Clint since 2016. According to Lee, every person at Beechwood has made her feel like she belongs and has a purpose.

Lee explains that to her, BeechWood is her community. She loves the social activities because they connect her with other clients she now sees as her friends. Lee also helps set up and clean up both social groups each month. Doing so helps her feel she has a sense of purpose, Lee also stressed how important the virtual groups were to her during the Covid outbreak, these virtual sessions helped to feel connected to people outside her building. Lee says that she always looks forward to seeing her workers and that the weekly meeting with her ARMHS and IHST workers are often the highlight of her week. Lee's workers help keep goal minded and on track. To Lee, BeechWood is a source of independence

Restoration by Greg Degerstrom

A warm early November day
Lies in endless small, still moments;
Time is fully soaked into the land.
The grass is fastened
To the air in hard top-heavy tufts
Like soft rivets.
Garden vines are thin but toughen,
No longer need to sprawl.
Grasshoppers stick to sounds,
Generate fixed fields.
The skin warms up sunlight
Directly past clothed over thoughts.

Today seems close to the center of life;
Effort is still
on the cropped ground
To be walked on in all directions.
I cover some ground, the neighbor
Is stooping up high.
He seems as content in the shingling of
his roof
As the finished job.
His son is away now, tending an
Ethiopian famine.
All thousands of miles are tangible
Like a sense of time
From a grip of oldest museum rocks,
A distance also found in enjoying
A broken Ming vase
Being set by available thick glue,
My job, on most days the best I can do,
Fixing everything.



Summer Self Care

According to the American Psychological Association, spending time in nature can improve our attention, focus, and mood. Here are some summer activities that can improve mental health for everyone:

Take a walk: Have you ever gone for a walk and felt calmer or more content afterwards? Activities that use both sides of our bodies such as walking, running and biking can help us process our thoughts and work through painful feelings.

Garden: Research shows that people who feel connected to nature, and those who spend at least two hours a week doing fun activities outdoors report higher levels of happiness and improved health.

Focus on Your Five Senses: Go outside. Name five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste. Focusing on our senses can bring us back into the present moment, and reduce anxiety and depression symptoms.

Sources: Nurtured by Nature, Kirsten Wier, American Psychological Association, April 1, 2020,

State Fair Tickets

BeechWood, Inc. has received 120 tickets to the Minnesota State Fair. The Fair will take place between August 25 and September 5, and we will distribute the tickets On a first come, first serve basis.

If you are interested in attending the fair on your own or with your practitioner, please talk to your IHST or ARMHS specialist. Each member of the BeechWood community can apply for one ticket initially. We will distribute leftover tickets once every client who wants one ticket has received it.

Photo Credit: Minnesota State Fair

