



CONVENTIONS

HEALTH

CONVENTIONS QUARTERLY: SPRING 2023



20th Anniversary Edition

2023 is an exciting year for Conventions! Thanks to all of you, this year we celebrate 20 years of treating the mental health needs of our community. We have grown to a full service mental health clinic, offering psychiatric and therapy services, support groups, workshops, TMS, Spravato, and clinical trials. We are excited to expand our services this year, adding two new Child and Adolescent therapists and board-certified psychiatrist. Be sure to read our quarterly newsletters and follow us on **Facebook** and **Instagram** for regular updates and events.

UPCOMING EVENTS



Join us May 19th as we sponsor the Kane County Cougars Mental Health Night! Be one of the first 1,000 fans to receive exclusive giveaways. End the stigma!

[DBT Skills Training Group](#)

Thursdays 6-7:30pm
\$25/class; Virtual or in-person

[Self-Esteem Improvement Group](#)

1st & 3rd Tuesday of every month
6-7:30pm

[Depression/TMS Support Group](#)

Every Wednesday; 6-7:30pm

[NAMI DuPage LGBTQ+ Connection Support Group](#)

2nd & 4th Tuesday of every month
6:30pm-8pm

[NAMI KDK BIPOC Support Group](#)

4th Monday of every month

MINDFUL MOMENT



Looking for something enriching to do with the kids during spring break? Try taking them on a Mindful Safari! The Safari exercise is a great way to help kids learn the technique of mindfulness. This activity turns an average, everyday walk into an exciting new adventure. Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, rabbits, squirrels, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones (Karen Young, 2017). Help them to bring their attention to their sense of vision and to describe what they notice

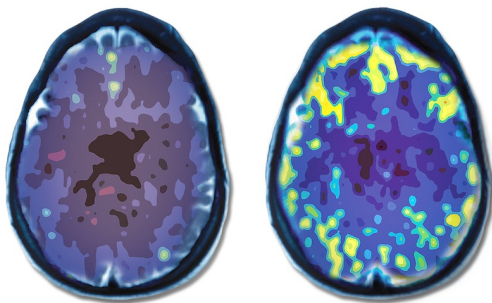
6-7:30pm
Virtual or in-person

REGISTER HERE

Visit our **website** for details on all of our events. Call 630.416.8289 or **e-mail** for more information.

about each creature. They can tell you about the color, size, movement, and anything else they observe with each animal. Ask them to bring their attention to their sense of hearing to notice the different tones of the birds' songs. Mindful activities will help to develop their ability to pay attention and to encourage their sense of wonder.

DEPRESSION TREATMENT & BEYOND



DEPRESSED BRAIN

NON-DEPRESSED BRAIN



Conventions TMS & NeuroStar deliver an advanced and unique form of TMS (transcranial magnetic stimulation), a non-invasive, medicine-free, FDA-approved therapy that uses targeted magnetic pulses to stimulate areas of the brain that are underactive in people suffering from depression and OCD (obsessive-compulsive disorder).

Ask your provider, click, or call Rhonda at 630.642.1801 for more information.

LEARN MORE



Have you trialed two or more medications and still have symptoms of DEPRESSION?

Conventions Health offers Spravato, an FDA-approved medication for treatment-resistant depression. Spravato is a nasal spray used in combination with psychotherapy, oral antidepressants, and/or TMS. Unlike oral antidepressant medication, Spravato has minimal side effects and provides rapid relief of depressive or suicidal symptoms. To learn more about Spravato, speak with your psychiatric provider or schedule an appointment with our nurse practitioner, Michelle dela Peña.

REQUEST APPOINTMENT



NOW OFFERING VITAMIN D INJECTIONS! ONLY \$15 EACH

Researchers at AMR Conventions Research conduct clinical trials to determine whether or not a drug is effective, tolerable and safe in treating a condition. An independent board of medical and non-medical professionals carefully review all aspects of clinical trials to ensure patient safety is the highest priority. Participation is always voluntary and a subject can withdraw at any time for any reason. No cost to participate. No insurance required. Compensation for time/travel.

PTSD
Depression
Bipolar 1-Depression
Borderline Personality Disorder
Treatment-resistant Depression
ADHD- Child & Adolescent

Call 630.983.2000 or click below for more information.

LEARN MORE



Naperville Weightloss Clinic will design a plan tailored to you through lifestyle changes and/or medications. We can work together with your medical, psychiatric or therapy provider for a comprehensive approach without jeopardizing progress.

Our on-site physician assistant, Lauren Williams has an extensive background in nutrition and obesity medicine. She is ready to answer questions and address concerns you have and discuss options to maximize your weight loss for a healthier future.

To schedule an appointment or get more information, please visit our **website, e-mail**, or call 630.362.3344.

A LOOK INTO: BIPOLAR DISORDER

Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental illness that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. Bipolar disorder is typically diagnosed during late adolescence (teen years) or early adulthood. People with bipolar disorder experience periods of unusually intense emotion, changes in sleep patterns and activity levels, and uncharacteristic behaviors—often without recognizing their likely harmful or undesirable effects. These distinct periods are called “mood episodes.” Mood episodes are very different from the moods and behaviors that are typical for the person. During an episode, the symptoms last every day for most of the day. Episodes may also last for longer periods, such as several days or weeks. A manic episode may be evidenced by feeling high, elated, irritable, or jumpy with a decreased need for sleep. During a manic episode, one might experience racing thoughts, rapid speech, feel powerful and able to do many things at once. A depressive episode may be evidenced by sadness, sleep disturbance, difficulty concentrating or completing simple tasks, having a lack of interest and feeling hopeless or suicidal.

Proper diagnosis and treatment can help people with bipolar disorder lead healthy and active lives. Mental health care providers usually diagnose bipolar disorder based on a person’s symptoms, lifetime history, experiences, and, in some cases, family history (NIMH). Treatment options include medication and psychotherapy. Call 630.416.8289 to schedule an appointment with one of our providers today!

If you have been diagnosed with Bipolar I and are interest in learning more about clinical trials, call 630.983.2000 or contact **Janet** at **AMR Conventions** to see if you qualify.

PATIENT SATISFACTION SURVEY



Your feedback on our Patient Satisfaction has been invaluable! We've implemented some important changes and look forward to hearing more suggestions from you.

[SURVEY](#)

ACCEPTING NEW PATIENTS

Are you concerned about someone's mental health?

Have a low threshold for seeking mental health treatment. Guide them to Conventions Health for mental healthcare of the highest quality.

Call 630.416.8289 or visit our **website** to learn more or schedule an evaluation or new service today!

LEAVE A REVIEW



Did you have a positive experience with Conventions Health or your provider?

[REVIEW](#)

Leave us a 5-star review on **Google & Yelp!**

Conventions Health

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www.ConventionsPC.com

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