



## CONVENTIONS HEALTH

Welcome to our Fall Newsletter!

At Conventions Health, we are committed to supporting children's and adolescents' mental health and well-being. Our comprehensive services are designed to address a range of emotional, behavioral, and developmental challenges, offering personalized care for kids and their families. Creating a safe and supportive environment empowers young individuals to navigate life's challenges and foster resilience, helping them thrive at home and in school.



### PROVIDER SPOTLIGHT



**Bakhtawar Usman**  
PA-C, CAQ Psych

To schedule an evaluation, please call 630.416.8289, **contact us**, or **click** more more information.

Bakhtawar Usman joined Conventions Health this year, bringing valuable experience, knowledge, and compassion.

She obtained her Bachelor of Science in Biology and Psychology from the University of Wisconsin—Oshkosh and her Master of Science in Physician Assistant Studies from Concordia University Wisconsin. She also holds a Certificate of Added Qualifications (CAQ) in Psychiatry.

Bakhtawar's core belief is to practice a holistic, culturally sensitive approach and be dedicated to empathetically understanding her patients. She strives to create a nonjudgmental, warm environment that supplements meaningful conversation while destigmatizing the need to seek treatment for mental conditions. Bakhtawar has a particular interest in trauma within the BIPOC community and providing LGBTQIA+-affirming care. Her other areas of focus include ADHD, generalized anxiety disorder, bipolar disorder, depression, and PTSD.

### SUPPORT & SKILLS GROUPS

[DBT Skills Training Group](#)  
Thursdays; 6-7:30pm  
\$25/class; Virtual or in-person

### MINDFUL MOMENT

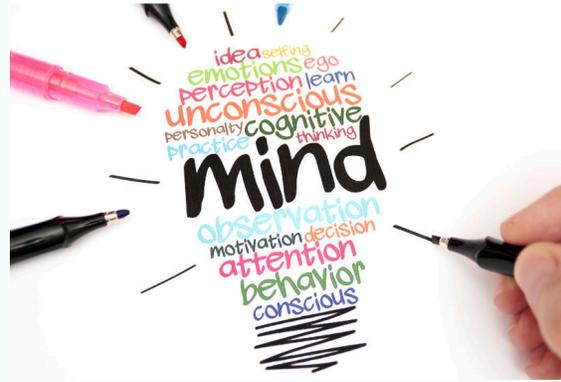
Men's Recovery Group  
Bi-weekly Wednesdays of every month  
6-7:30pm  
\$50/session; In-person

Adult Depression & Anxiety Support Group  
Every Tuesday  
6-7pm  
FREE; In-person

NAMI KDK BIPOC Support Group  
2nd Saturday of every month; 6-7:30pm  
Virtual

NAMI DuPage LGBTQ+ Connection  
2nd & 4th Tuesday of every month  
6:30-8pm; In-person

Call 630.416.8289, **e-mail**, or **click** for more information on all of our groups.



Find a comfortable position, either sitting or lying down. Close your eyes gently and take a deep breath in through your nose, filling your lungs completely. Hold it for a moment, then exhale slowly through your mouth, letting go of any tension you may be holding.

As you breathe in, focus on the sensation of air entering your body. Feel your chest rise and your belly expand. Imagine releasing any stress or negativity you've been carrying with each exhale. Let it drift away like leaves on a stream. Remind yourself that having thoughts is okay; observe them and let them pass like clouds in the sky.

Take a moment to notice how you feel, carrying this sense of calm and mindfulness with you as you continue your day.

## DEPRESSION TREATMENT & BEYOND



Spravato is an FDA-approved nasal spray medication for treatment-resistant depression. With minimal side effects and used in combination with therapy, oral antidepressants, and/or TMS, Spravato provides rapid relief of depressive or suicidal symptoms. Spravato is self-administered in the office and is covered by most insurance.

**Antidepressants not working?**  
TMS can help!

- ✓ FDA Cleared
- ✓ Non-drug
- ✓ Non-invasive
- ✓ No side effects of drugs
- ✓ Not ECT (electroconvulsive therapy)
- ✓ Long-lasting symptom relief
- ✓ Covered by most insurance

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

FDA Approves New Use of SPRAVATO™ (esketamine) for Major Depressive Disorder and Acute Suicidal Behavior



To learn more, talk to your psychiatric provider, **click**, or schedule a consultation.

REQUEST APPOINTMENT



Researchers at AMR Conventions Research conduct clinical trials to determine whether or not a drug is effective, tolerable, and safe in treating a condition. 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.

- ✓ Depression
- ✓ Schizophrenia
- ✓ Generalized Anxiety Disorder

Call 630.983.2000 or **click** for more information.



Conventions Wellnes 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 providers are 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** or call 630.362.3344.



COMMUNITY EVENTS



**NAMI KDK "I am NAMIWalks"**

On October 5th, Conventions Health proudly sponsored the NAMI KDK "I am NAMIWalks" event. NAMI KDK continues to raise awareness and reduce stigma in the community.

Mental health awareness fosters a supportive society, encouraging individuals to seek help without fear of judgment. It promotes early intervention, better treatment outcomes, and an improved quality of life.

Mental health awareness promotes understanding and empathy, helping create safe spaces for sharing struggles and contributing to healthier, more cohesive communities. Thank you, Sara Gray, for your kindness and support!

## **A LOOK INTO: RETURNING TO SCHOOL**

The shift from the carefree days of summer to the structured routines of school can be tough for many students. As we welcome them back, it's important to prioritize their mental health. Here's why:

### Re-establishing Routines Is Stressful

After a flexible summer, returning to early mornings, homework, and activities can feel overwhelming. Helping students re-establish healthy routines is crucial for their well-being.

### Social Pressures Increase

School brings social challenges like fitting in, making friends, or dealing with bullying, which can create stress. It's vital to have support systems in place to help students navigate these pressures.

### Academic Expectations Grow

The pressure to succeed academically can affect mental health. Encouraging a balance between work and relaxation and emphasizing effort over ability can help ease this burden.

### Change Brings Anxiety

From new teachers to changing peer groups, transitions can trigger anxiety. Providing a supportive environment where change is normalized can reduce these feelings.

### How Schools Can Help

- Offer therapy and support groups
- Create awareness programs to reduce stigma
- Train staff to recognize signs of distress
- Encourage open communication about mental health

## How Parents Can Help

- Have open conversations about stress
- Encourage healthy routines, including sleep and nutrition
- Watch for behavioral changes that signal struggles
- Collaborate with teachers and counselors

## Child & Adolescent Services at Conventions Health

- Psychiatric Evaluations
- Medication Management
- Individual Therapy
- Family Therapy
- Support Groups
- ADHD Testing
- Clinical Research
- TMS for Adolescent Depression

At Conventions Health, mental health is as important as academic success. To schedule a service, please call 630.416.8289, **contact us**, or **click** for more information.

### 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](http://www.ConventionsPC.com)

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