



CONVENTIONS HEALTH

Welcome to our Spring Newsletter!

Spring signifies a time of renewal, making it ideal for mindfulness practice. By finding a quiet outdoor space, focusing on your senses, observing the details of nature, reflecting on personal growth, and expressing gratitude, you can deepen your connection

with nature and embrace the season's new beginnings. This fosters peace and personal renewal. At Conventions Health, we aim to foster personal growth, development, and wellness.



PROVIDER SPOTLIGHT



Rhonda Davis

To schedule a consultation for TMS please call 630.642.1801, **contact us**, or **click** more more information.

Transcranial Magnetic Stimulation (TMS)
Stimulate the brain with a magnetic field to simulate nerve cells and improve symptoms of Major Depressive Disorder (MDD) in patients aged 15 years and older. TMS is FDA-

"I moved from Las Vegas to Illinois two years ago. My husband has lived here for 45 years, and we enjoy spending time with our children and grandchildren and exploring nature together.

Before joining the TMS field, I worked as an office manager at a busy Neurology office in Las Vegas for 10 years. I've been a TMS coordinator for 6 years and have treated nearly 300 patients. TMS has been the most rewarding part of my career—I'm passionate about helping patients reconnect with the joys of life. I strive to make each patient feel safe, supported, and understood.

Feel free to stop by the office to learn more, take a tour, or say hello. My hours are 9am–5pm, Monday–Friday, and I'm always happy to accommodate our patient's schedules." - Rhonda Davis

Rhonda brings:

- Over 6 years of experience as a TMS coordinator with nearly 300 patients treated
- Previously worked 10 years as an office manager at a neurology office in Las Vegas
- Passionate about patient care, especially helping those with MDD or OCD feel safe and supported

approved to treat
Obsessive-Compulsive
Disorder (OCD), migraines,
and assist with smoking
cessation.

- Relocated from Las Vegas to Illinois and enjoys spending time with grandchildren and hiking nearby trails

SUPPORT & SKILLS GROUPS

DBT Skills Training Group

Every Thursday

6 - 7:30 pm

\$25/class; In-person

Men's Recovery Group

Bi-weekly Wednesdays

6 - 7:30 pm

\$50/session; In-person

NAMI KDK BIPOC Support Group

2nd Saturday of every month

10 - 11:30 am

Free; Virtual

NAMI DuPage LGBTQ+ Connection

2nd & 4th Tuesday of every month

6:30 - 8 pm

Free; In-person

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



MINDFUL MOMENT



Spring is a season of renewal, ideal for practicing mindfulness. Here's a guide to creating a mindful moment:

- Find a Quiet Space: Choose a peaceful outdoor location to be present without distractions.
- Focus on Your Senses: Breathe in fresh air, feel the sun, and listen to nature sounds.
- Observe Nature's Details: Notice vibrant colors, flower patterns, and swaying branches.
- Reflect on Renewal: Contemplate personal growth and what you can nurture this season.
- Express Gratitude: Appreciate the beauty of nature and new beginnings.

This mindful moment fosters a deeper connection with nature and promotes peace during spring.

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.



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.



Researchers at AMR Conventions Research conduct clinical trials to determine whether 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 anytime for any reason. There is no cost to participate. No insurance is required—compensation for time/travel.

- ✓ Depression
- ✓ Schizophrenia
- ✓ Generalized Anxiety Disorder

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

Spravato is self-administered in the office and is covered by most insurance.



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](#)



Conventions Wellness 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 affecting your progress.

Our on-site providers are ready to answer questions, address concerns, and discuss options for maximizing your weight loss and a healthier future.

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



COMMUNITY EVENTS



Out of the Darkness Campus Walk

On April 26th, Conventions Health proudly participated in and sponsored our second year at the Lewis University Out of the Darkness Campus Walk, which supports the American Foundation for Suicide Prevention (AFSP). The event raised almost \$20,000 to benefit AFSP's mission, which is to save lives and bring hope to those affected by suicide. They fund research to improve interventions, train clinicians in suicide prevention, and advocate for policies that will save lives. They work to find better ways to reach those suffering and encourage schools, workplaces, and communities to prioritize mental health.

Suicide prevention is essential as it saves lives, supports those in crisis, and raises awareness about mental health issues. By breaking the stigma surrounding mental health, it encourages individuals to seek help and fosters community responsibility.

Open conversations and education about the signs of mental distress empower communities to recognize when someone is struggling and take action. Resources like hotlines, support groups, and mental health education in schools play a crucial role in reducing suicide rates and offering hope. These initiatives emphasize compassion and understanding, reminding us that reaching out to someone in need can make a significant difference, ultimately creating a more supportive society.

A LOOK INTO: Memorial Day

Memorial Day can be a deeply emotional time for many, especially for those who have lost loved ones in military service. It's a day that can evoke a wide range of feelings, from pride to grief. Having a plan to cope with these emotions can help make the day more manageable and meaningful.

Understanding Your Emotions

1. **Acknowledge Your Feelings:** It's essential to recognize and accept any emotions that arise on Memorial Day. Grief, gratitude, pride, and sadness are all valid feelings.
2. **Reflect on Memories:** Allow yourself to reminisce about your loved ones. This can be a powerful way to honor their memory and keep their spirit alive.

Emotional Support

1. **Connect with Others:** Reach out to friends, family, or support groups. Sharing stories or simply being with others who understand can provide comfort.
2. **Seek Professional Help:** If emotions become overwhelming, consider speaking to a counselor or therapist who can provide professional guidance and support.

Personal Rituals and Traditions

1. **Visit Memorials or Gravesites:** Spending time at a place that holds significance can help you feel closer to your loved ones.
2. **Create a Memory Box:** Collect photos, letters, or mementos that remind you of your loved one. This can be a therapeutic way to celebrate their life.

Self-Care Practices

1. **Mindfulness and Meditation:** Practicing mindfulness or meditation can help center your thoughts and reduce anxiety.
2. **Engage in Physical Activity:** Exercise can boost your mood and provide a healthy outlet for stress.
3. **Journaling:** Writing down your thoughts and feelings can be a cathartic way to process emotions.

Acts of Remembrance

1. **Volunteer or Donate:** Honor your loved ones by giving back to causes they care about or supporting veterans' organizations.
2. **Host or Attend a Gathering:** Whether it's a small family barbecue or a community event, surrounding yourself with others can provide solace.

Remember that there is no right or wrong way to feel on Memorial Day. The most important thing is to find what works for you and allows you to honor your loved ones while taking care of your emotional well-being. Be gentle with yourself and take the day one moment at a time.

At Conventions Health, we believe that having the right coping strategies, supportive therapy, and psychiatry are key to achieving overall well-being. We're here to help you build a strong foundation for a healthier, happier life!

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

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.

LEAVE A REVIEW



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

look forward to hearing more suggestions from you.

[SURVEY](#)

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

[REVIEW](#)

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

Conventions Health

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