

CCDPH School Health Meeting

March 21, 2025



COOK COUNTY
HEALTH

Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

A decorative border surrounds the slide, featuring a variety of colorful butterflies, flowers, stars, and leaves. The border is composed of repeating patterns of these elements, creating a vibrant and cheerful frame.

Agenda

- **Welcome & Housekeeping**
- **Announcements, Resources & Events**
- **Communicable Disease Updates**
- **Immigration: Know Your Rights**
- **University of Illinois Extension**
- **Adjournment**

CCDPH

School Health Meeting

Meeting Objectives

- **Stay Informed:** Get the most up-to-date information and guidance to navigate issues related to health and wellness.
- **Resource Sharing:** Access valuable tools, resources and events in our communities.
- **Community Support:** Connect with peers to keep your staff, students, and families safe and healthy.



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

****HOUSEKEEPING****

- ✓ Please let us know if you have any specific access needs(e.g., transcription, etc.)
- ✓ Please keep your line muted
- ✓ Feel free to put any questions in the chat

All Webinars are being recorded and will be uploaded to our [Website](#) and to CCDPH's [YouTube Page](#)



Cook County Department of Public Health

@cookcountydepartmentofpubl4930 • 217 subscribers • 248 videos

The Cook County Department of Public Health is the public health authority for most of su...more

cookcountypublichealth.org

Subscribe

Announcements



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

School Health Meeting Survey



[School Health Meeting Survey Link](#)



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Announcements

- Registration for Monthly School Health Meetings has returned to Eventbrite for your convenience. Please see the link here: <https://bit.ly/4aZsnrk>
- Sign up to receive the School Newsletter: [Sign up to receive our School Newsletter](#)



Contact CCDPH

Webinar Related Questions/General Questions

- CCDPH Healthy Cook General Email: healthycook@cookcountyhhs.org

Line Lists/Reporting Communicable Diseases/Metrics Questions

- CCDPH Communicable Disease Reporting Email: ccdph_schools@cookcountyhhs.org
- **CCDPH Website:** <https://cookcountypublichealth.org/>
- **CCDPH School Page:** [School Health - Cook County Department of Public Health \(cookcountypublichealth.org\)](https://cookcountypublichealth.org/school-health)
- **Asthma and Allergy Resources for Suburban Cook Schools**
 - Website Link: <https://cookcountypublichealth.org/school-asthma-allergy-resources/>
 - [School Request for Undesignated Medication Prescription and Standing Order](#)
- **CCDPH COVID-19 Vaccine Website:** vaccine.cookcountyil.gov



CCDPH Resources



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

CCDPH Asthma and Allergy Resources for Suburban Cook Schools

- **Kelly is no longer the contact for Prescription Requests**
- **Overview:** CCDPH has updated our school request process for undesignated medication (epinephrine/asthma) prescription and standing orders to make it more efficient for school nurses.
- **What's New**
 - CCDPH webpage with additional resources: <https://cookcountypublichealth.org/school-asthma-allergy-resources/>
 - New online school request form: [School Request for Undesignated Medication Prescription and Standing Order](#)
 - Submit all questions to our NEW email address: CCDPHUndesignatedMedication@cookcountyhhs.org



Other Epi-Pen and Albuterol Resources

RESCUE

Resources for Every School Confronting
Unexpected Emergencies



RESCUE Illinois Schools is an asthma intervention program for schools administered by the Asthma and Allergy Foundation of America – Midstates Chapter through the generous support of the Illinois Department of Human Services

80 percent of schools are eligible for

- Metered Dose Inhalers
- Chambers
- Disposable Spacers
- Peak Flow Meters
- Other educational resources!

For more information, contact
Naomi Soto: nsoto@aafastl.org



COOK COUNTY
HEALTH



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Naloxone Requests

Naloxone Requests through CCDPH

Denise Holman, MPH

Opioid Health Educator, Community Behavioral Health Unit

denise.holman@cookcountyhealth.org

Naloxone Request Form: <https://bit.ly/neednaloxone>



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

CCDPH – Nursing

- Vision and Hearing Screening Program
 - As of September 2024, CCDPH has restarted the screening program for hearing and vision of preschool children ages 3-5 years old. The application is available on CCDPH's website at [Vision and Hearing Screening - Cook County Department of Public Health](#).
 - Our program conducts comprehensive vision and hearing screening for preschool children ages 3-5 years old within the suburban communities of Cook County in all public, private and parochial schools.
 - Screening services include the identification, testing, evaluation, and follow up services
 - Provide necessary referral services based on the evaluation results
- For any additional questions, please contact us at visionandhearing@cookcountyhealth.org





Cook County
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

**SATURDAYS
8AM-4PM**

**OCTOBER 19, 2024—
MARCH 22, 2025**

ARLINGTON HEIGHTS
BLUE ISLAND
COTTAGE GROVE
NORTH RIVERSIDE
ROBBINS



**FREE COVID & FLU
VACCINATIONS**

02/07/25

WALK-INS WELCOME • NO APPOINTMENT NEEDED • FREE TO
EVERYONE REGARDLESS OF INSURANCE • AGES 6 MONTHS & OLDER

**COOK COUNTY
HEALTH**



**COOK COUNTY
HEALTH**

Cook County
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

SATURDAYS, 8AM-4PM

10/19/24 – 03/22/25

Fall & Winter Vaccination Clinics

LOCATIONS & DATES

NORTH SUBURBS

Arlington Heights Health Center 11/09/24
3250 N. Arlington Heights Rd., #300 12/28/24
Arlington Heights, IL 60004 01/25/25
02/22/25
03/22/25

WEST SUBURBS

North Riverside Health Center 11/16/24
1800 South Harlem Ave., Suite A 12/21/24
North Riverside, IL 60546 01/18/25

SOUTH SUBURBS

Blue Island Health Center 10/19/24
12757 South Western Ave. 12/07/24
Blue Island, IL 60406 02/01/25
03/01/25

Cottage Grove Health Center 10/26/24
1645 South Cottage Grove Ave. 11/23/24
Ford Heights, IL 60401 12/14/24
01/11/25
02/08/25
03/08/25

Robbins Health Center 10/19/24
13450 South Kedzie Ave. 11/02/24
Robbins, IL 60472 01/04/25
02/15/25
03/15/25



WALK-INS WELCOME • NO APPOINTMENT
NEEDED • FREE TO EVERYONE REGARDLESS
OF INSURANCE • AGES 6 MONTHS & OLDER

cookcountypublichealth.org

Other Vaccination Resources

- Mobile Care Chicago Vaccination Program
 - Kamari Thompson Chicago-kthompson@mobilecarefoundation.org
- Advocate Children's Hospital and Ronald McDonald Mobile Vaccine Program
 - Amy Moses amy.moses@aah.org
- Med ADVO-C Mobilized Healthcare Services
 - April McMurray-White aprilmcmwhite@medadvoc.com
- Loyola Medicine Pediatric Mobile Health Unit
- IDPH Wellness on Wheels Request Form
- Jewel-Osco School Clinics



Mental Health Resources



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



EASILY ACCESSIBLE MENTAL HEALTH RESOURCES

SUBURBAN COOK COUNTY

Cook County Department of Public Health (CCDPH) has listed some easily accessible local and national mental health resources. CCDPH encourages all community members to take advantage of these resources for support.

MENTAL HEALTH HOTLINES

The following helplines provide free mental health services in Suburban Cook County or across the country and are available in English and Spanish:

988 Suicide and Crisis Lifeline

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a connection to free, confidential support.

- Call: 988. Press 2 to reach Spanish-speaking counseling
- Text: 988. Text "Ayuda" or chat online at 988lifeline.org
- Hours: 24/7

NAMI Chicago Helpline

Whether seeking help for yourself or for someone else the NAMI Helpline is a free and confidential resource that provides a listening ear, guidance and connection to the right mental health and social service resources, over the phone.

- Call: 833-NAMI-CHI (626-4244). Ask to speak with a Spanish speaking counselor
- Hours: Monday-Friday, 9AM-8PM, Saturday and Sunday 9AM-5PM

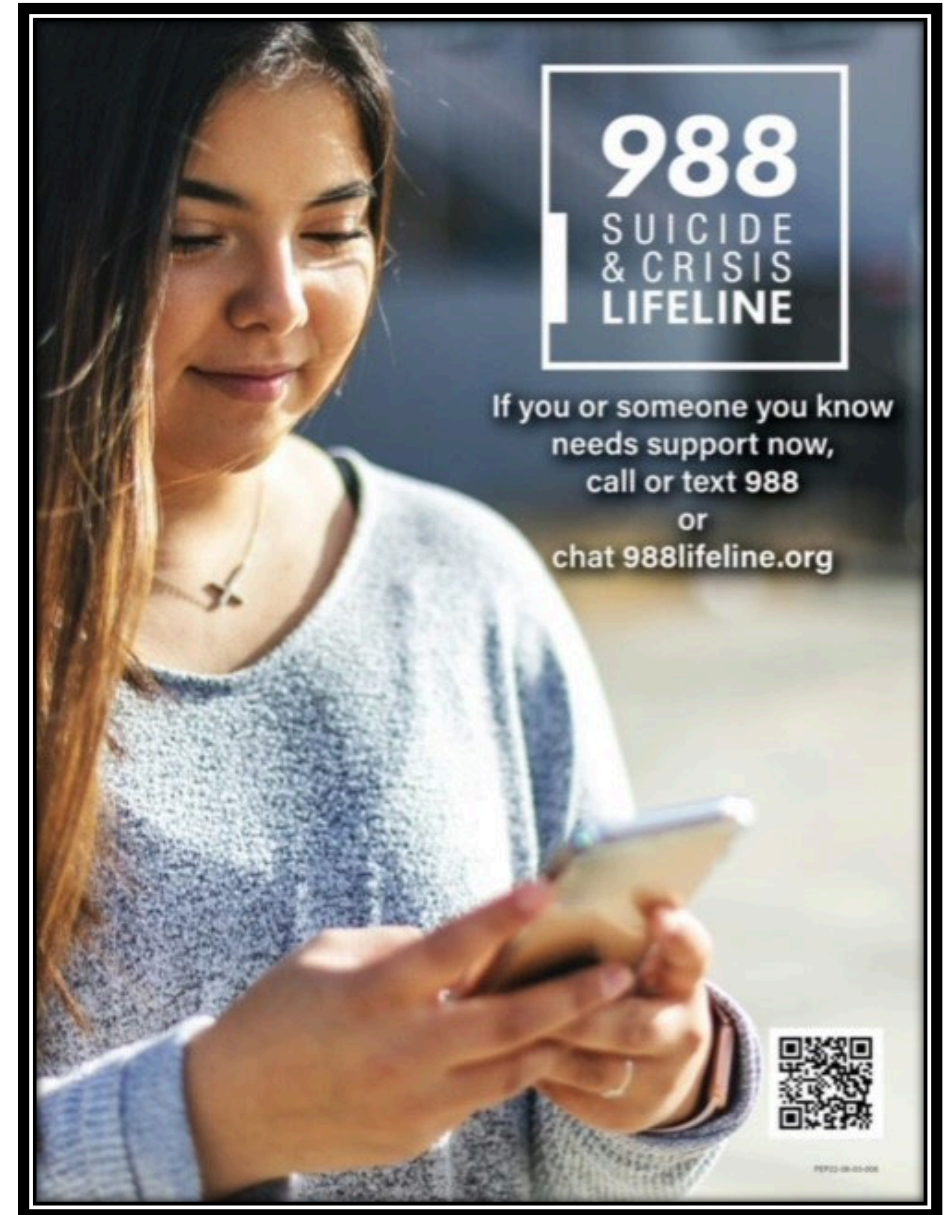
The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people all year round.

- Text: For Spanish messaging text "Comenzar" by Whatsapp using the number 55-9225-3337 or use the chat feature on the website at trevorproject.org.
- Hours: 24/7



988 Suicide and Crisis Lifeline



COOK COUNTY
HEALTH



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Help starts here

211 connects you to expert, caring help.
Every call is completely confidential.



Call 211 for help

Can't call us? [Find a local 211](#)



What are you looking for today?



Caregiver Resources



Mental Health



New to the U.S.?



Your Local 211



FAMILY-TO-FAMILY

SPRING 2025 : MAR 20 - MAY 15

- Thursdays @ 6:00 PM - 8:30 PM
- Sherman United Methodist Church (2214 Ridge Ave., Evanston, IL)

REGISTER TODAY!



Family-to-Family Class

SPRING 2025: March 20 - May 15, 2025

Thursdays, 6:00 - 8:30 PM

Sherman United Methodist Church Evanston
(2214 Ridge Ave., Evanston, IL 60201)

What It Is:

A FREE 9-week course for family members managing their loved one's mental illness.

In this class, you will study and learn with trained facilitators who have been in similar experiences. You will learn alongside other families facing the same challenges.

What You'll Gain:

- Learn about family responses to the trauma of mental illness
- Learn about symptoms, medications, and side effects
- Develop strategies for handling crises and relapses
- Practice problem-solving skills and communication techniques
- Focus on self-care and coping with stress



Cook County
North Suburban

CONNECTIONS SUPPORT GROUP

A safe and confidential space with
peers to talk about mental health.

- Thursdays from 6:00 – 7:30 PM
- In-Person at Turning Point (8324 Skokie Blvd, Skokie, IL 60077)
- FREE to attend



847-716-2252

www.namiccns.org



Cook County
North Suburban

FAMILY INSIGHT EVENINGS

FIRST GROUP ON MARCH 12

Open to adults who have participated in NAMI Family-to-Family or NAMI Family Support Groups

Led by our Family-to-Family teachers.



NO REGISTRATION REQUIRED

Group will meet on March 12, 2025, then will transition to be held on the first Wednesday of every month from 6:00 – 7:30 PM.

St. Joseph Catholic Church (1747 Lake Ave, Wilmette IL 60091) Community Room
(Parking is Available)



COOK COUNTY
HEALTH

Cook County
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

<https://www.namiccns.org/.../family-to-family-of-adults/>

Adult Mental Health First Aid Training



The flyer is a promotional graphic for Adult Mental Health First Aid (MHFA) training. It features a central photograph of a young person with dark hair, wearing an orange sweater, sitting on a couch and looking down with a somber expression. The background is divided into geometric sections of light green, dark green, and yellow. The Rincon Family Services logo is at the top left. Text on the flyer includes the title 'ADULT MENTAL HEALTH FIRST AID (MHFA)', 'FREE Training & Certification', a list of eligible participants (Employers, First Responders, Hospital Staff, Caregivers, and anyone), a list of topics covered (signs and symptoms, crisis interaction, connecting with help, trauma/substance use, and self-care), requirements (18+), and ways to participate (in-person or virtual, English and Spanish). A QR code with the text 'Interested?' and 'SCAN ME' is on the right. Contact information for Kimberly Skoczelas is at the bottom right, including a phone number, email, and website.

RINCON
FAMILY SERVICES

ADULT MENTAL HEALTH FIRST AID (MHFA)
FREE Training & Certification

Adult MHFA can be provided in person or virtual

Adult MHFA is for:
-Employers -First Responders
-Hospital Staff -Caregivers
ANYONE!

Adult MHFA Covers:
-Common signs and symptoms of Mental Health challenges
-Common signs and symptoms of substance use challenges.
-How to interact with a person in crisis.
-How to connect a person with help.
-Expanded content on trauma, substance use and self-care

Requirements:
-Anyone 18+ is eligible to register for the sessions.

Ways to Participate:
In-person or virtual
Provided in English and Spanish
(Spanish is in person only)

Interested?

SCAN ME

Contact us!
Kimberly Skoczelas
(773) 564-9070
Community.education@rinconfamilyservices.org
www.rinconfamilyservices.org

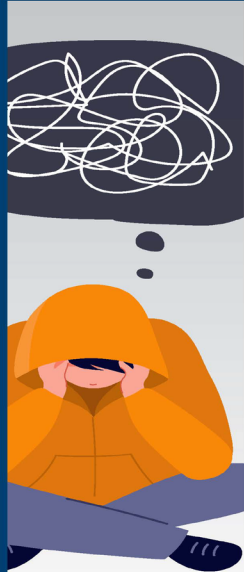


COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Mental Health Services for Youth



Sertoma Centre Community Mental Health and Counseling

Mental Health Services for Youth

Individual Counseling | Family Counseling | Group Therapy | Psychosocial Education

Sertoma Centre is an experienced provider of mental health services in the South Suburbs that can help youth in your community get the support they need.

Sertoma's programs offer support, resources, and individualized care tailored to each individual and their family. We blend therapy, education, and research to address specific needs and inspire leadership in their own journey.

We offer counseling and support services to youth experiencing:

- ADHD
- Anxiety
- Bullying
- Conduct disorders/ODD
- Depression
- Eating Disorders
- Emotional or Behavioral concerns
- Mood Disorders
- Self Esteem/Identity Difficulties
- Substance use
- Suicide prevention
- Transition Difficulties
- Other Mental Health Diagnoses

***Child must be 5 years or older to qualify**


If someone you know is affected by mental illness, find help by calling:

708-748-1951 ext. 455


We are a proud Medicaid provider and accept traditional Medicaid as well as Managed Care Plans such as:

- Aetna
- Blue Cross and Blue Shield
- Illini Care
- Meridian
- County Care
- Molina
- Beacon

Call to ask about other insurance!
Appointments offered from 8:00am-6:00pm

 **Sertoma Centre, Inc.** | Community Mental Health and Counseling
4331 W. Lincoln Highway, Matteson, IL 60443

For more information
708-748-1951
sertomacentre.org/cmhc







WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

NAMI SSC and Sertoma Star Services are cosponsoring an in-person Adult MHFA Training

Date and Time:

Wednesday February 26th from 8:30am - 4:30pm

Location:

15350 Oak Park Avenue, Oak Forest, IL 60452

Where to Register:

Email: Lisa Guardiola at lguardiola@sertomastar.org

or call 1-708-748-1951 ext. 405

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



Provides Behavioral health services for youths and families-

Illinois National Youth Advocate Program
Services | NYAP



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Community Resources



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



YOUTH REQUIREMENTS:

- Must be at least 16 years of age and no older than 22 years of age by June 13, 2025
- Must be available to start on June 20, 2025
- Applications are accepted from February–March
- Interest in learning about nature
- Open to trying new things
- Ability to perform physically demanding work outdoors in all weather conditions
- Willing to work as part of a team
- Must be available to work a flexible schedule, including weekends
- Must be willing to travel to different locations throughout the county and provide own means of transportation

PROGRAM SNAPSHOT:

- 10 week program from June to August
- Up to 40 hours per week/ \$16.11 per hour
- Conservation & work readiness skills
- Worksites vary throughout the county in indoor and outdoor settings
- Assist with programs at nature centers, school visits, outdoor events, and administrative work

Youth Outdoor Ambassador Paid Internship

Join the team! The YOA internship program is an offering at the Forest Preserves of Cook County (FPCC) that strives to address how teens and other young people become the next generation of advocates, stewards and conservationists of the environment and the Preserves' important natural areas.

The Forest Preserves is looking to engage youth in a county-wide program that exposes them to the operations of the Department of Conservation and Experiential Programming (CEP). Interns will assist all CEP staff and could work in all/any CEP locations including, but not limited to, general office, nature centers, campgrounds. Interns will provide support in a variety of administrative tasks, assignments, programs and operational functions, and will perform other duties as required or assigned.

Questions about the position should be directed to the Human Resources Department, at 708.771.1561.

Applications are accepted from February–March
Learn more: fpdcc.com/about/jobs



Next Generation
 Youth Outdoor Ambassadors



COOK COUNTY
HEALTH

Cook County DEPT of
 Public Health

BUILDING
HEALTHIER
COMMUNITIES



Action Camp 2025
Monday, July 27th to
Friday, August 1st
Applications Go Live April 1st



<https://www.ysgn.org/action-camp/>



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



Attention youth in Chicago!

Ages 16-24

Apply today to be part of
the Youth Health
Conference Committee!

bit.ly/YouthHealthCommittee

PHIMC
Public Health Institute of Metropolitan Chicago



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

[Youth Health Committee Sign Up](https://bit.ly/YouthHealthCommittee)

COMMUNITY HEALTH COLLABORATION & ENGAGEMENT COMMITTEE
PRESENTS

Education CONVERSATIONS



THIS IS A PARTNERSHIP BETWEEN GSU'S COMMUNITY HEALTH PROGRAM, INCLUDING FACULTY AND STUDENTS, LOCAL LEADERS, AND COMMUNITY MEMBERS TO ENCOURAGE AND SUPPORT THE HEALTH AND WELL-BEING OF COMMUNITY THROUGH ENGAGEMENT AND COLLABORATION.

SESSION I: TEACHING STYLES & OUTCOMES

TIME: 4:30 PM - 7:20 PM

DATE: APRIL 10, 2025

LOCATION: 1 UNIVERSITY PKWY, UNIVERSITY PARK, IL 60484
D BUILDING, D34110

SESSION II: THC & BRAIN DEVELOPMENT

SESSION III: THE CONNECTION BETWEEN COMMUNAL & EDUCATIONAL RESOURCES

SESSION IV: THE SCHOOL HEALTH SYSTEM & EDUCATIONAL DEVELOPMENT



COOK COUNTY
HEALTH

Cook County ^{DEPT}
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Join our community with monthly membership forums!

Join us March 24, 4-5pm Central Time
Topic: Update on ISBE's Work to Revise Illinois SEL Standards

Featuring: Ruth Cross, CASEL & Jillian Clarke, SEL4IL

Zoom Meeting: Link

Passcode: SEL4IL



Not a member of SEL4IL?
[Click to learn more!](#)

STANDARDS



Illinois State Board of Education

CASEL

Social and Emotional Learning Goals

Self-Awareness	Social Awareness	Responsible Decision-Making
Self-Management	Relationship Skills	
Goal 31: Demonstrate self-awareness and self-management skills	Goal 32: Use social awareness and interpersonal skills	Goal 33: Demonstrate decision-making skills



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

<https://sel4il.org/>

Grant Funding Opportunities-Homeland Security

Access available grant funding from the federal government to prevent targeted violence and terrorism. Federal grants fund research, new equipment, technical assistance, security enhancements, capacity building, training and exercises, victim support, mental health interventions, and more. Funding is available for state and local governments, educators, health care practitioners, law enforcement, and others.

For more details, please visit: [Grant Funding Opportunities | Homeland Security](#)



YOUTH4WARD

A Positive Youth Development Program

About Our Program

WHO WE ARE

-A program that supports the health and well-being of adolescents 12-17.

WHAT WE DO

-Help youth build resilience and foster coping skills that are positive and sustainable.

-Engage and empower vulnerable youth to ultimately reduce mental health inequities.

WHAT YOUTH WILL RECEIVE

-Self management tools to deal with trauma, anxiety, and depression.

-Health maintenance support.

-Educational workshops

-Case management and linkages to additional resources and support



A holistic, integrated approach is the foundation to address youth development and health care.

Serving South Suburban Cook County

Reach out today to see how the youth in your life can participate in our program

Contact: Kelly Werner
kwerner@auntmarthas.org or
Bob Clasby
rclasby@auntmarthas.org



ComEd 2025 Powering Communities Grant Program Applications are Now Open!

Applications for all three grant programs are now open **until March 28.**



Green Region grants support non-profits, educational and public agencies in their efforts to plan for, protect and improve open space.



Powering Safe Communities grants support municipal and public safety and clean transportation projects.



Powering the Arts grants recognize that increased access to the arts enhances the vibrancy of local communities.

Apply now and learn more at ComEd.com/Grants



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



Youth4ward Presents:

Youth Action Board

A chance for YOUR voice to be heard.

Our Youth Action Board is a program seeking passionate **teens age 13-18** wanting to **make a difference** in our community.

Through this program you will **learn leadership** skills, **connect** with peers, and have the opportunity to **receive a gift card** and participate in fun and engaging activities.

For more information or questions, please contact Bob Clasby at rclasby@auntmarthas.org or text 708-466-2926

APPLY NOW, to save your spot for upcoming events!!!

Scan the QR code to complete the application.



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

YOUTH VIOLENCE PREVENTION COUNCIL

The YVPC's vision is to create opportunities for Youth ages 8 - 18 and 19 - 28 (2nd Tier) to engage in civic duties and positive activities centered around violence prevention with an emphasis on firearm violence prevention through various means with creative arts being a key component for messaging.

Includes Youth Violence Prevention Initiatives, Civic Engagement, and Public Speaking:

1. Prevention Programs - SAYF groups for the entire family.
2. Response Activities - Civic Involvement and Community Engagement
3. Intervention Services - Referrals & Resources with Partners (Youth making the connections on behalf of other Youth)
4. Messaging through Creative Arts
5. Social Skills Training & Mentoring (Collaboration with Partners)

CREATIVE ARTS PROGRAM:
 Communicating the Message of Mitigating Gun Violence with the Arts: Acting, Public Speaking, Dance, Poetry, Musical Instruments & More!

JOIN US!








SIGN UP:

☎ 708-252-DOIT ✉ info@trykci.org 📍 **The Empowerment Center**
 202 Forest Blvd.
 Park Forest, IL 60466



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

UIC Free Your Mind

Are you an Illinois resident whose family earns \$75,000 or less? **Starting Fall 2025**, you may be eligible for \$0 tuition and fees at UIC. Free your mind from the stress of college debt and focus on where this exceptional education will take you. Earn a life-changing 4-year degree — 100% tuition-free — with the **UIC Aspire program**.



**free
your
mind**

free.uic.edu



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



Empowering students through education

In recognition of the vital role tutoring plays in student success, Varsity Tutors is committed to providing accessible and high-quality educational support to students across Illinois. Through its online **NO-COST Platform Access**, Varsity Tutors offers a wealth of resources, expert tutors, and personalized instruction designed to meet each student's unique needs.

How Schools Can Benefit

Illinois schools can leverage Varsity Tutors' **NO-COST Platform Access until 6/30/2030** to enrich their educational offerings and support their student's academic journey. By registering for these services through Keven Brown, **Director of Educational Partnerships**, schools can unlock a wealth of resources that will not only enhance academic performance but also promote positive mental health among students.

Contact keven.brown@varsitytutors.com for a list of eligible School Districts



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Community Events



COOK COUNTY
HEALTH


Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



**GREATER
CHICAGO
- FOOD -
DEPOSITORY**

The Hills Market Food Pantry is Open!

 **Location:**

3015 W. 163rd Street, Markham, IL 60428
(Annex building in the rear, DOOR #12)

Regular Hours of Operation:

- Wednesdays: 11:00 AM – 1:00 PM
- Thursdays: 4:00 PM – 6:00 PM

Service Boundaries:

- North: 154th Street
- South: 182nd Street
- West: Cicero Avenue
- East: Western Avenue

Town Zip Codes Served:

60428, 60429, 60452, 60478

Must be 18 years or older.

We look forward to serving our community with nutritious food and support!



**COOK COUNTY
HEALTH**

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



**GREATER
CHICAGO
- FOOD -
DEPOSITORY.**

Supper & Snack Program

Delicious, healthy suppers and snacks for kids
Served daily Monday through Friday 2 - 4:30 PM



**CHICAGO
HEIGHTS
PUBLIC
LIBRARY**



**GOURMET
GORILLA**



**COOK COUNTY
HEALTH**

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



About Our Event!

The 2025 Black Family Wellness Expo is a FREE event for the community designed to help people learn about health in different areas: physical, mental, financial, and spiritual wellness.

At the expo, you will find many different organizations and businesses that offer resources and services to improve health and wellness, especially for the African American community.

To register Click Here or use the QR code



LET'S COME TOGETHER TO ACHIEVE HEALTHY MINDS, BODIES, AND FINANCES!

FREE OPEN TO THE PUBLIC

MARCH 22, 2025
10:00 AM - 2:00 PM

MAYWOOD MASONIC TEMPLE
200 S. 5TH AVE. MAYWOOD, IL 60153
(OAK ST. ENTRANCE)

FARMER'S MARKET

RAFFLE

Sponsored by:
Blue Cross and Blue Shield of Illinois

Enter the raffle to win \$500 in prizes
*Must be present to win

Event Highlights

Health Experts

Over 15 health providers
Free health screenings, STI tests, and education
Mental health, substance abuse, men's health

Fitness Experiences

Family friendly line dancing
Group exercise classes

Activities for Children & Teens

Live professional storytelling
Arts and crafts
Fitness activities
HBCU (College) Information

Resources for Seniors

Line dancing and chair exercises
AARP | Money management experts

Community Agencies

Family services, voter engagement,
Education, municipal services



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



2025 FAMILY HEALTH FAIR

Saturday
March 22
9 A.M.–12 P.M.



FREE OPEN TO
ALL AGES

11351 W. 159th Street | 708.403.5000



COOK COUNTY
HEALTH

Cook County DEPT. of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



POSEN-ROBBINS SCHOOL DISTRICT 143.5

Community HEALTH & WELLNESS FAIR

FREE ENTRY! **SATURDAY, APRIL 12, 2025**
11:00AM to 2:00PM

POSEN INTERMEDIATE SCHOOL

14545 California St. | Posen, IL 60469



FREE HEALTH SCREENINGS INCLUDED

ACTIVITIES:

Cardio Drumming | Hip Hop Fitness | Zumba | Games |
Fitness Demonstration | Line Dancing | Face Painting | Prizes



Mobile Mammogram Registration

Individuals interested in scheduling a mammogram must register in advance. Please use the provided QR code to secure your appointment.

If you are interested or have questions, please call or email Arleta Bazile, Director of Programs and Activities at 708.388.7200 x413 or abazile@prsd1435.org.



**COOK COUNTY
HEALTH**

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Communicable Disease Updates



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Measles: Empowering Our Preparedness Together Presentation

March 2025



COOK COUNTY
HEALTH

Cook County DEPT. of
Public Health

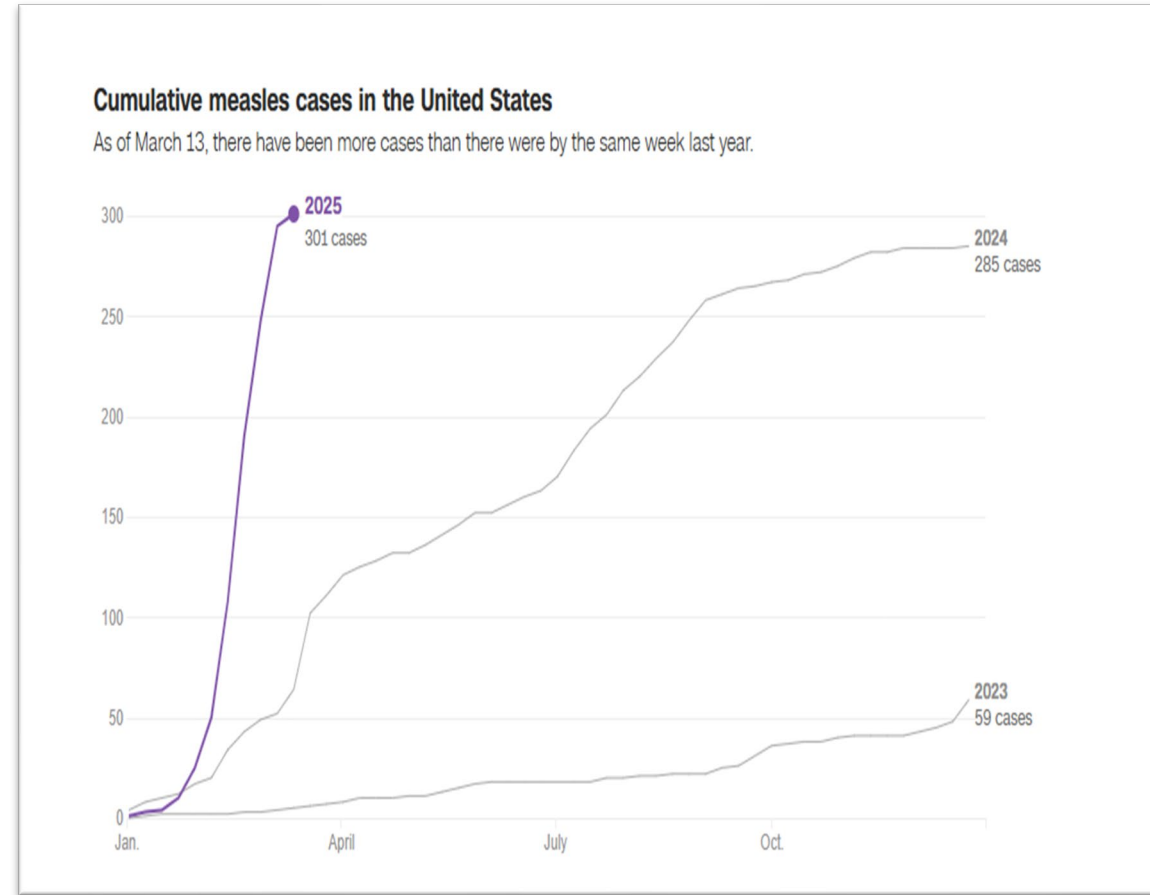
BUILDING
HEALTHIER
COMMUNITIES

Unraveling Measles: What You Need to Know!

Texas/New Mexico/Oklahoma:

Official count is 321 cases across counties.

- Two deaths: child in TX, adult in NM, both unvaccinated
- Likely substantial underreporting*
- Outbreaks in 10 states so far this year
- No measles cases reported in Suburban Cook County this year



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Measles

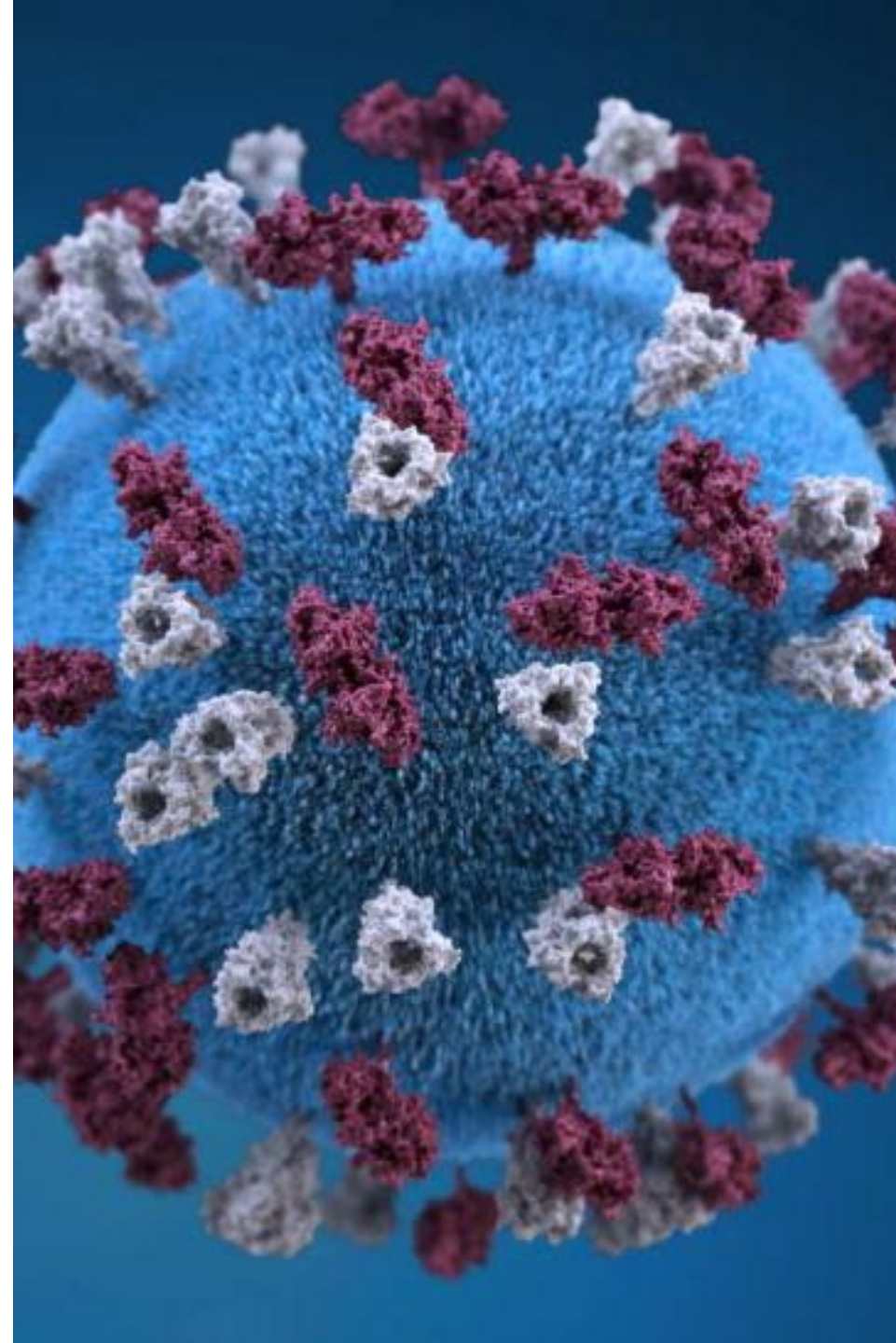
Measles is a highly contagious, serious airborne disease caused by a virus that can lead to severe complications and death.

Spreads through breathing, coughing, or sneezing. It is caused by a virus that lives in the nose and throat mucus of an infected person.

Sources: CDC and WHO

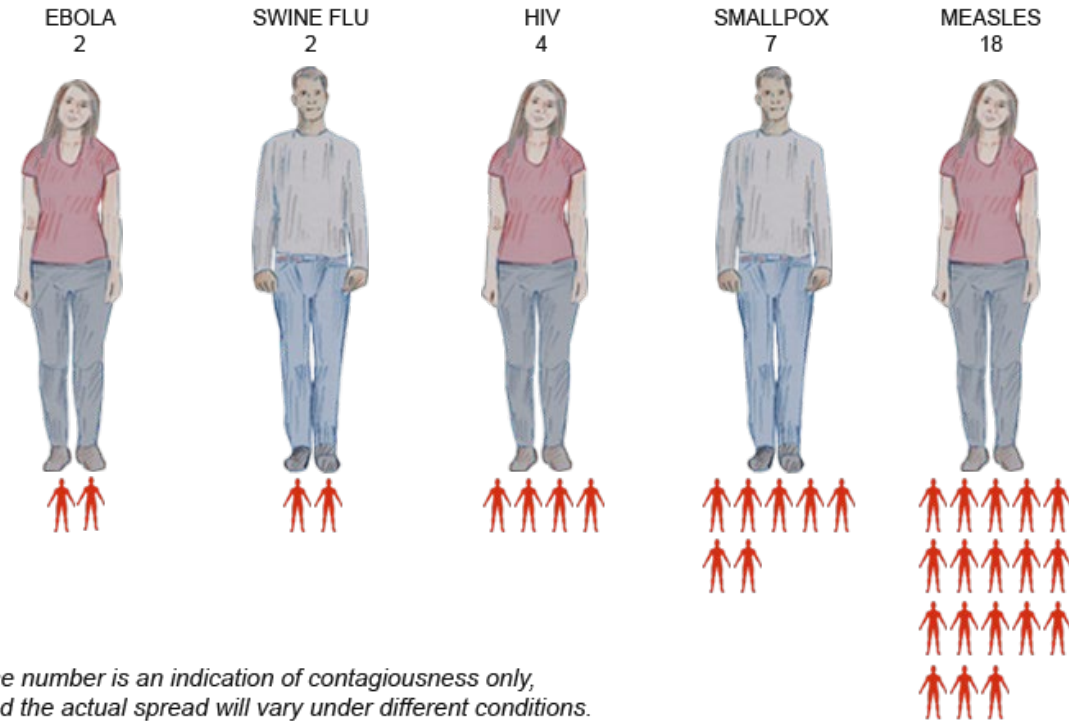


COOK COUNTY
HEALTH



Measles Exposure

For each sick person, how many subsequent people will be infected?
assuming everyone in the population is susceptible



Spread by airborne particles that linger in the air.

Exposure = in a shared airspace or in an airspace that was occupied by the infected person within the prior 2 hours.

Measles is so contagious that if one person has it, up to 90% of the people close to that person who are not immune will also become infected.

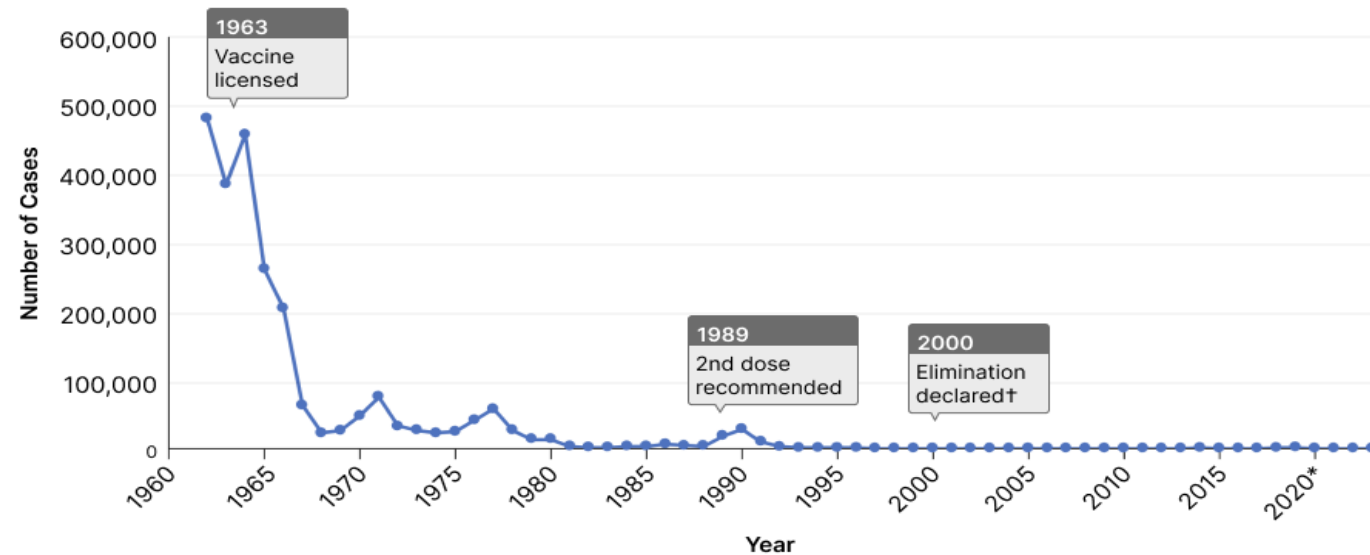
*The number is an indication of contagiousness only,
and the actual spread will vary under different conditions.*



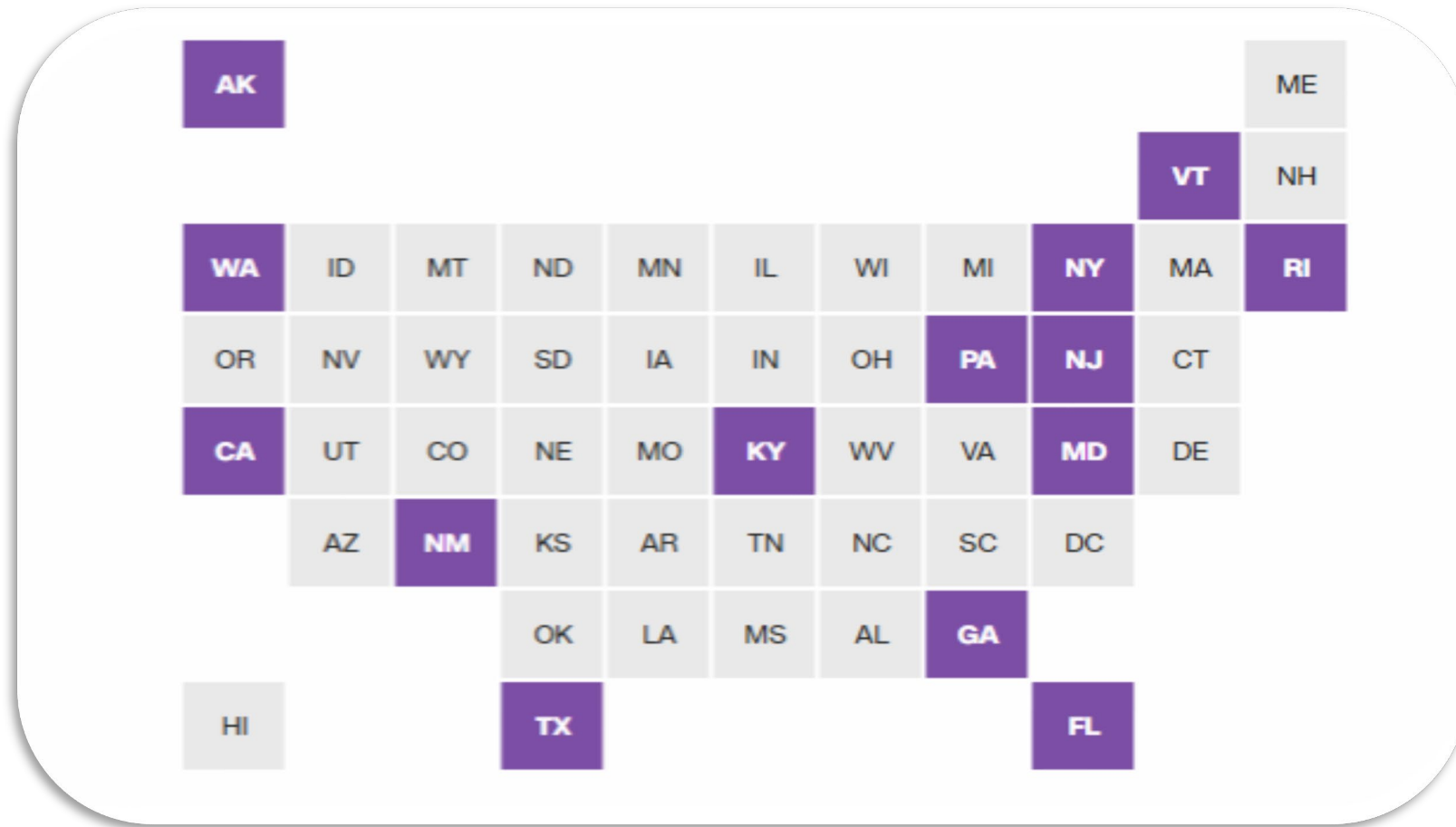
COOK COUNTY
HEALTH

Measles...The Story Unfolds

Reported Measles Cases in the United States from 1962 – 2023*



Tracking US Measles cases in 2025 in each state



Cook County Department of Public Health Keeping You Informed

Cook County Department of Public Health
6d · 🌐

Measles cases are on the rise across multiple states, making it more urgent than ever to raise awareness about the importance of vaccination. Measles is highly contagious and can lead to serious health complications, especially for children. Vaccination remains the best protection. Let's stay informed, protect our communities, and ensure everyone is vaccinated to help stop the spread of measles. Learn more: <https://ow.ly/UHYP50VbScU>
#MeaslesAwareness #Vaccination #MMR



Measles is highly contagious and can cause serious health complications.


Make sure you're up to date on vaccinations.

 **Cook County**
Public Health

 **BUILDING
HEALTHIER
COMMUNITIES**


👍❤️ 25 15 shares

Protect your child from measles



Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.


Give your child the best protection against measles with **two** doses of measles-mumps-rubella (MMR) vaccine:



**1st dose at
12-15 months**

**2nd dose at
4-6 years**

Traveling abroad with your child?
Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.



HOJA INFORMATIVA SOBRE EL SARAMPiÓN

 **Cook County**
Public Health

 **BUILDING
HEALTHIER
COMMUNITIES**

El sarampión es una enfermedad respiratoria grave (de los pulmones y las vías respiratorias). Causa sarpullido y fiebre. Es muy contagioso. En casos poco frecuentes, puede ser mortal.

¿Cuáles son los síntomas del sarampión?

El sarampión empieza con una fiebre que puede ser muy alta. Algunos de los otros síntomas que pueden presentarse son:

- Tos, moqueo o secreción nasal y enrojecimiento de los ojos.
- Sarpullido de diminutos puntitos rojos que empieza en la cabeza y luego se extiende al resto del cuerpo.
- Diarrea.
- Infección de oído.



¿Es grave el sarampión?

El sarampión puede ser peligroso, especialmente para los bebés y los niños pequeños. En algunos niños, el sarampión puede causar lo siguiente:

- Neumonía (una infección pulmonar grave)
- Daño cerebral permanente
- Sordera
- Muerte



1 de cada 5 será hospitalizado

¿Cómo se propaga el sarampión?

- El sarampión se propaga cuando una persona infectada con el virus respira, tose o estornuda.



[Measles - Cook County Department of Public Health](#)



**COOK COUNTY
HEALTH**

Cook County
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



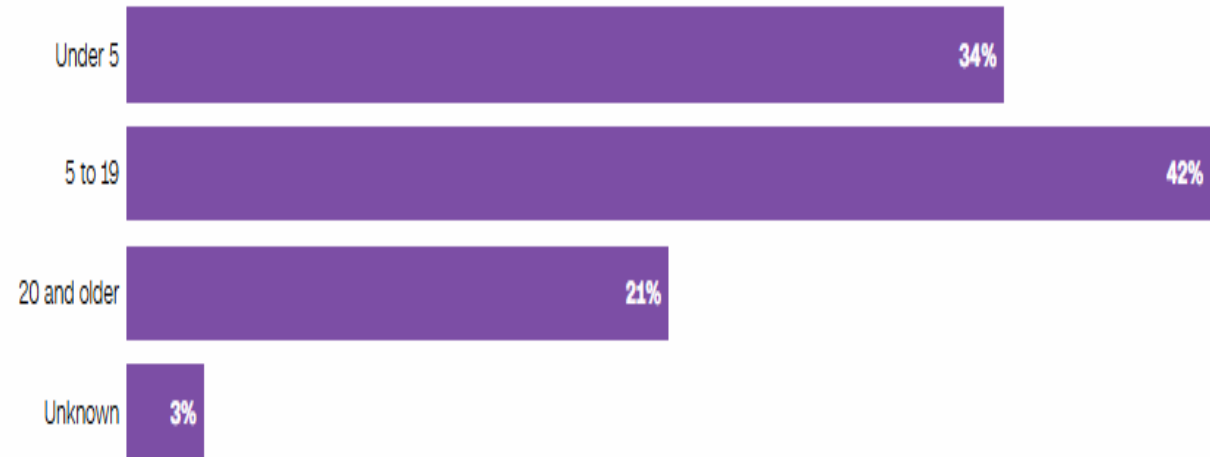
COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

2025 measles cases, by age group

Approximately 76% of measles cases were detected in people under 20 years old.



Note: Data current through March 13 and last checked on March 18, 2025, at 11 a.m. ET

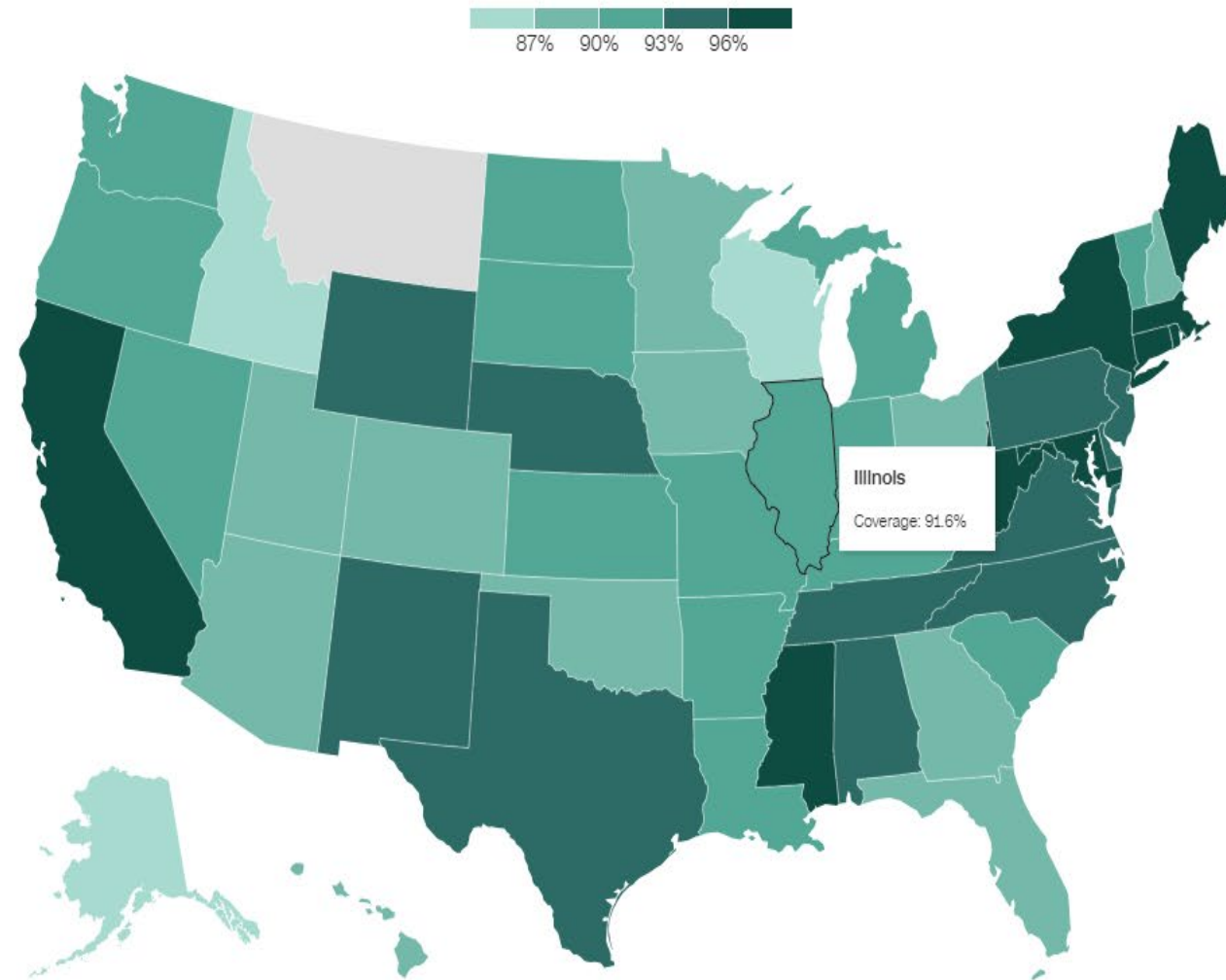
Source: Centers for Disease Control and Prevention

Graphic: Annette Choi and Matt Stiles, CNN



Measles vaccination rates for kindergarteners vary by state

Estimated kindergarten MMR vaccine coverage during the 2023-24 school year



Note: Montana did not report school vaccination data. Figures include public for 49 states and private kindergartens for 48 states.

Source: US Centers for Disease Control and Prevention



School Exclusions for Measles

Criteria for Exclusion from School

- Exclude for at least 4 days after the start of rash.
- Susceptible contacts: Those who do not receive the vaccine within 72 hours of exposure shall be excluded for 21 days after onset of the last case.

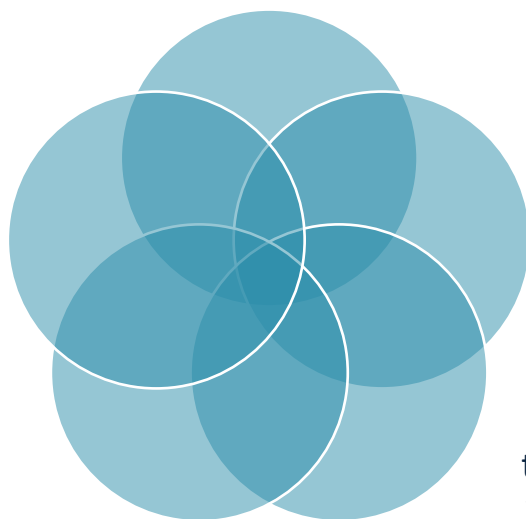


Accessing Individual Immunization Records

Immunization Records: Are you Covered ?

Authorization to
Release
Immunization
Records (English
and Spanish)

Request
Immunization
Records from IDPH



Contact your
primary care
provider

Online access
through Vax Verify
to Access Records
Online [Home
\(illinois.gov\)](https://www.illinois.gov)



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Susceptibility Lists: Do you have one?

- Disease Category
- Identify students and staff who are not fully vaccinated
- Check files for exemptions
- Review school policies and Illinois Administrative Code Part 690
- Recognize and encourage vaccinations for non-compliance students

Let's dispel
misinformation
about measles
vaccines!



Measles Coverage

Do you know your school vaccination threshold?





COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Resources: We Are in This Together



Image Source: [partnership Images for free - Search Images](#)



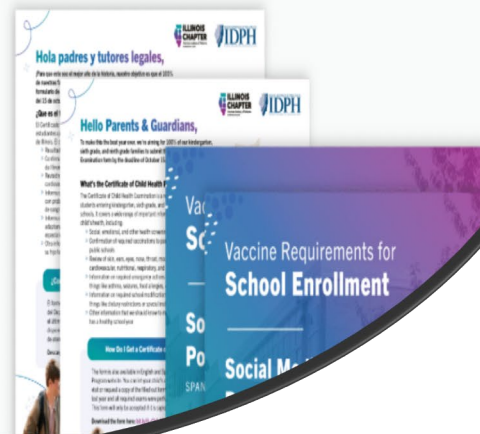
The Vaccine Requirements for School Enrollment Campaign

Help build positive associations with vaccination and encourage a healthy school environment for students, teachers, staff, and families

Flyers and Social Media Posts Available in English and Spanish!

Communicate with parents and guardians with these easy-to-use parent outreach flyers and social media posts covering:

- Certificate of Child Health Examination requirements
- Deadlines to meet vaccine requirements
- Importance of children staying healthy so they can participate in school & activities
- How to ensure healthier school environments for all students
- How to ensure a healthy school year



<https://illinoisAAP.org/>



COOK COUNTY
HEALTH

Cook County
Public Health

BUILDING
HEALTHIER
COMMUNITIES



Timely access to
exceptional specialty care

Immunizations Toolkit for School Leadership

Resources & Guidance on Enforcing Childhood Vaccination Requirements

Keeping children healthy and safe from disease is crucial in helping them learn, attend school, socialize, and participate in the formative youth activities that foster community, leadership skills, and civic duty.

As a trusted leader in your district and community, the Illinois Chapter, American Academy of Pediatrics (ICAAP) is asking you to encourage all students and parents/guardians to be up to date with their routine and required vaccines.

Your Role & Your Voice Make a Difference

Research shows that parents whose schools encouraged vaccinations are more likely to report their child has been vaccinated. This means you play a critical role in helping families make the decision to get their vaccines.

[Download Toolkit](#)

Immunizations Toolkit for School Leadership

- Understanding Immunization Legal and School Code in Illinois
- Sports Physical Form
- Minimum Immunization Requirements by Grade
- Parent/Guardian Outreach Letters
 - Letter for Children Who Are Falling Behind
- Resources for New Arrivals
 - Interpreting International Vaccine Records
- Resources for Students Who Are Uninsured/Underinsured
- Step-by-Step Tip Sheet for Processing Child Health Examination Forms
- Social Media Toolkits and Resources



Takeaways

- Measles vaccines are safe and effective + 2 doses provides 97% protection
- Kindergarten and 6th grade are critical points for meeting vaccination requirements
- Know which students in your schools are not up-to-date on vaccinations
- Establish norms for sharing school immunization information with parents
- Debunk misinformation on childhood vaccination with "trusted messaging "
- Remember resources are available





Email Us: ccdph_schools@cookcountyhhs.org



Immigration: Know Your Rights



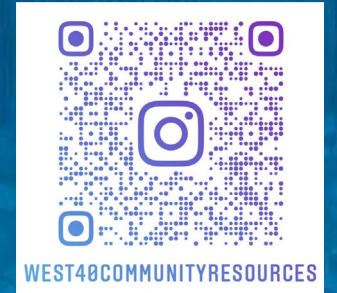
COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**



@West40ISC



Maria-Elena Agrela
Director of Community Relations
meagrela@west40.org
708-990-7975



Website:

West40CommuntiyResources.org

Immigration Resources:

<https://secure.smore.com/n/5shjb>



University of Illinois Extension



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Cook County Extension

SNAP-Ed and Community Health



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Community Health Educators



Dominique Cobbs
ddharris@illinois.edu



Constance Willis
clwillis@illinois.edu



SNAP-Ed Educators



Bianca Bautista

bbauti4@illinois.edu



Elizabeth Cook

ewcook@illinois.edu



James McCombs

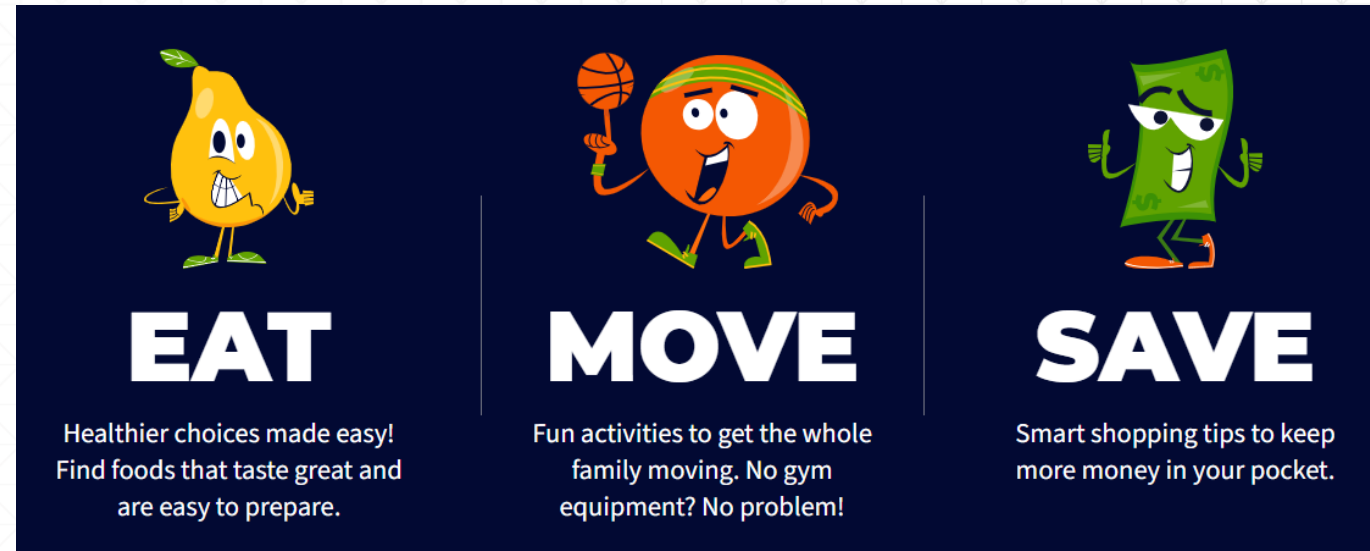
jmccomb2@illinois.edu



IL SNAP-Ed

Illinois Supplemental Nutrition Assistance Program Education (IL SNAP-Ed) provides community-based nutrition education for individuals and families eligible for the Supplemental Nutrition Assistance Program (SNAP). IL SNAP-Ed works with communities and local partners to prevent obesity and reduce the risk of chronic disease by making nutritious foods and active living opportunities more accessible. In Illinois, the SNAP-Ed program is known as Eat. Move. Save.

<https://eat-move-save.extension.illinois.edu/>



IL SNAP-Ed

- Policy, System, and Environmental(PSE) changes to promote nutritious foods and physical activity
- Direct Education
 - Elementary, middle, and high school students and parents
 - In class and after school

<https://eat-move-save.extension.illinois.edu/>



IL SNAP-Ed Cook County Target Areas

- Bellwood
- Berwyn
- Blue Island
- Bridgeview
- Burbank
- Calumet City
- Calumet Park
- Chicago Heights
- Cicero
- Des Plaines
- Dixmoor
- Dolton
- Elk Grove
- Ford Heights
- Franklin Park
- Harvey
- Justice
- Markham
- Maywood
- Melrose Park
- Mt. Prospect
- Northlake
- Posen
- Riverdale
- Robbins
- Rolling Meadows
- Sauk Village
- Summit
- Wheeling



What are P, S, and E?

Policy: Written rules, codes, or laws that determine the practices of an organization.

Systems: Groups of related practices or related organizations that work together.

Environment: The physical, economic, and social spaces, people interact with.

Examples of PSE Changes In K-12 Schools

Setting	Example
Policy	A school district sets healthy food standards for fund raisers
Systems	A school implements a share table to decrease food waste
Environment	A lunchroom displays posters that encourage healthy food choices

Needs Assessment

- District Level
 - used to assist district level wellness policy and district level wellness initiatives
- School Level
 - used to assess school level nutrition and wellness policies, systems, and environments
 - 3 versions: Elementary, Secondary, and Out of School

Policy & Community Engagement

- Assist the school district in the formation of a wellness committee
- Provide technical assistance to wellness committees where needed, such as assisting with agendas, plan meetings, and policy guidance specific to USDA and ISBE nutrition and wellness rules
- Provide professional development trainings to school administration and staff on the value and role of school wellness committees
- Assist school districts with the development or update of a comprehensive wellness policy, reviewing the progress of wellness policy goals and comparing to a model wellness policy

Marketing & Environment

Healthy School Campaign - A PSA-based campaign that spreads a message of wellness

Healthy Messages - Toolkits that include posters, flyers, and other forms of signage with a healthy twist

Healthy Lunchroom Makeover - Changes in layout, decor, seasoning stations, and additional healthy eating ideas



Nutrition

- Involving students
- Adding flavor stations
- Boosting reimbursable meals
- Establishing or improving salad bar
- Incorporating farm to school
- Encouraging water consumption
- Conducting tray waste studies
- Coordinating taste tests
- Offering healthy vending
- Making fundraisers healthy
- Celebrating and rewarding students with healthy options



Physical Activity

- Provide training to school staff on brain boosters and in-school physical activity.
 - short opportunities to incorporate movement into the school day so students can be more active.
- Provide staff with training on the benefits of recess before lunch and how to incorporate it into the school's schedule and practices
- Assist in identifying and writing grants related to physical activity or P.E.



Food Access

Backpack Program - Discrete program that packs food into a child's backpack to take home

Share Tables - Prevents food waste and hunger by tabling uneaten foods that can be cleaned

Food Pantries in Schools - A market style pantry

School Gardens - Provides food for cafeteria programs or for a school pantry



Food Access Cont.

Community Eligibility Provision - Allows schools in low-income areas to serve breakfast and lunch at no cost

Breakfast After the Bell - Provides students with low-cost or free breakfast before the start of the school day

Summer Meal Programs - Ensures children in low-income areas receive free meals even when school is not in session



Summer Learning Institutes

Professional development for teachers, school administrators, and school food service professionals

July 29 – school food service professionals

July 31 – teachers and school administrators CEUs available



Community Health Team Mission

Promote inclusive activities for Cook County residents by sharing practical health information and resources to enhance skills that can be applied to support health and well-being.



Program Areas of Concentration for Youth Audiences

- Finding Calm in Chaos
- Cultivate Calm (Indoor Gardening)
- Clean and Confident (Personal Hygiene)
- Whisk Away Stress (Pastry Workshop)
- Healthy Relationships
- Substance Misuse Prevention



Program Photos

These photos were taken last summer during Maywood Youth Explorers Program in Maywood IL. The youth participated in *Finding Calm in Chaos* and *Cultivate Calm* for four weeks. One participant stated,

“It was like going to therapy without the therapist”



Program Areas of Concentration for Adult Audiences

- Obesity Prevention
- Women's Reproductive and Maternal Health
- Men's Lifestyle and Wellness
- Personal Well-Being
- Family Ties (Building Strong Bonds)
- Substance Misuse Prevention

Community Health Education

Health Equity

GENERAL TOPICS

- Chronic Disease Management
- Self Care
- Mental Health
- Nutrition and Physical Health

MATERNAL AND CHILD HEALTH

- Aimed toward families and Pre-K – Kindergarten
- Provide programs tailored to needs of the school
- Programming for parents/guardians
- Programming for school faculty and staff



How We Can Partner

- School health technical support
- Health needs assessments for school
- Provide professional development
- Participation in school wellness committees and staff wellness committees
- Worksite wellness support
- Participation in school-hosted wellness events



Thank you

Community Health

Dominique Cobbs,
ddharris@illinois.edu

Constance Willis,
clwillis@illinois.edu

IL SNAP-Ed

Bianca Bautista,
bbauti4@illinois.edu

Elizabeth Cook,
ewcook@illinois.edu

James McCombs,
jmccomb2@illinois.edu

College of Agricultural, Consumer and Environmental Sciences. University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. If you experience any problems accessing or receiving the information in this course, or have feedback on the design, please email extension@illinois.edu for assistance.

© Copyright 2025 University of Illinois Board of Trustees



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Questions ???



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Adjournment



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES