

# CCDPH School Health Webinar

January 16, 2026



Cook County  
of  
Public Health

A division of Cook County Health

DEPT.  
**BUILDING**  
**HEALTHIER**  
**COMMUNITIES**

# Agenda

- Welcome & Housekeeping
- Announcements, Resources & Events
- CCDPH Communicable Disease Updates
- Greater Chicago Food Depository
- Illinois Public Health Institute
- Adjournment



# CCDPH

# School Health Webinar

## 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.

# \*\*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](http://cookcountypublichealth.org)

[Subscribe](#)

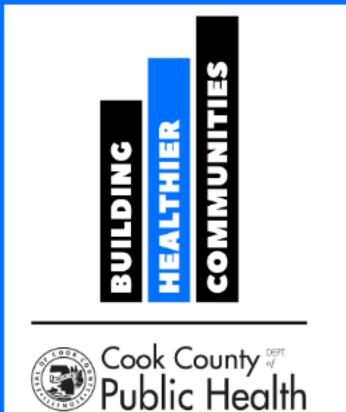
# Announcements

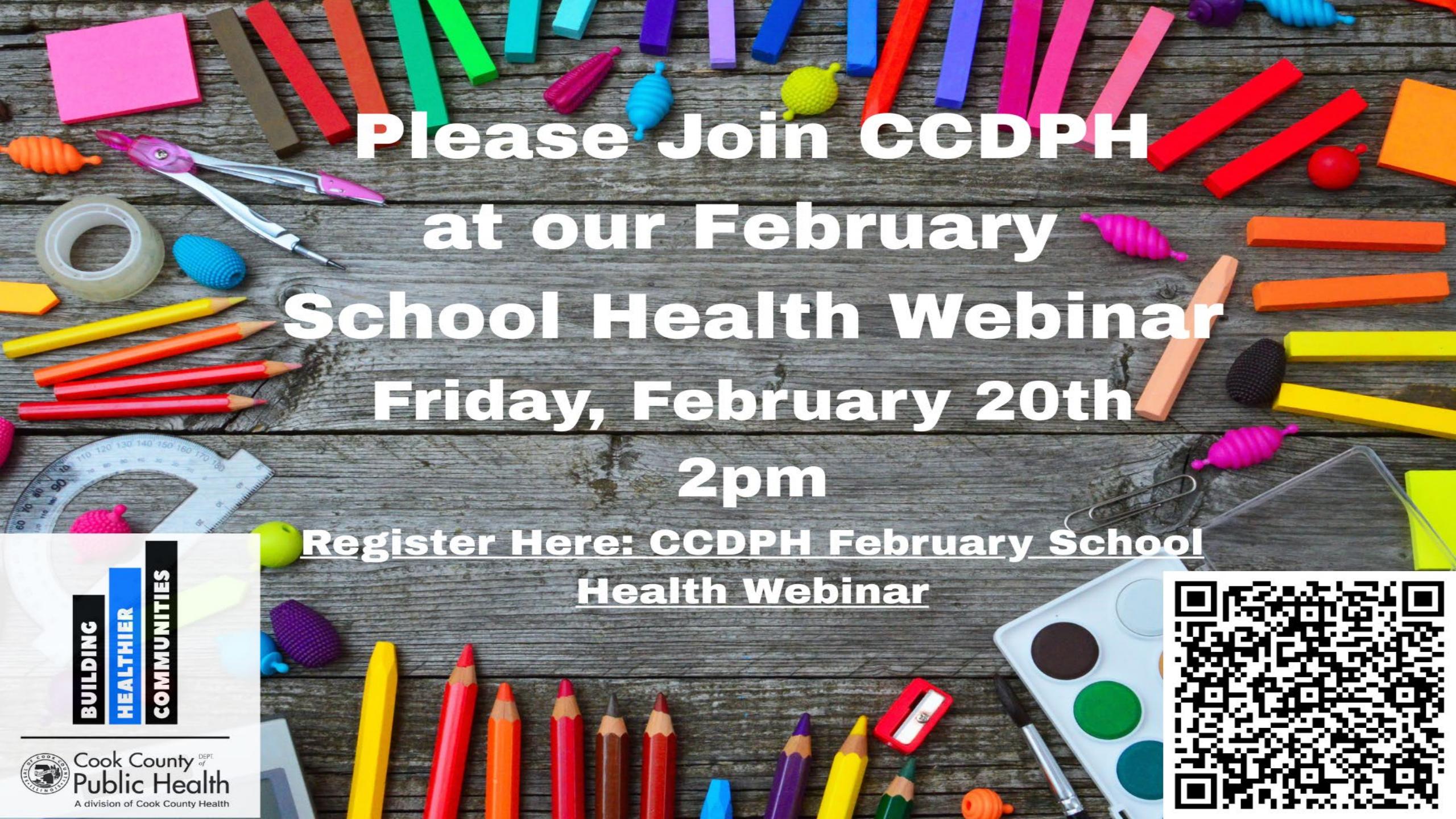
# ANNOUNCEMENTS

- Registration for the next series of Monthly School Health Webinars has been updated on our website <https://cookcountypublichealth.org/school-health-meetings/>



- Sign up to receive the School Newsletter: Sign up to receive our School Newsletter





# Please Join CCDPH at our February School Health Webinar Friday, February 20th

2pm

[Register Here: CCDPH February School  
Health Webinar](#)

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# CONFERENCE CEUs

**CEUs SHOULD BE EMAILED OUT  
TODAY. THANK YOU SO MUCH  
FOR YOUR PATIENCE AND  
SUPPORT**

**WE APOLOGIZE FOR THE DELAY**

# Contact CCDPH

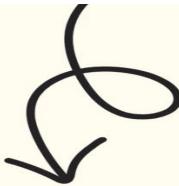
## Webinar Related Questions/General Questions

- CCDPH Healthy Cook General Email: [healthycook@cookcountyhhs.org](mailto:healthycook@cookcountyhhs.org)

## Line Lists/Reporting Communicable Diseases/Metrics Questions

- CCDPH Communicable Disease Reporting Email: [ccdph\\_schools@cookcountyhhs.org](mailto: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)
- **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 Who We Are 2025



# DATA AMBASSADOR WORKSHOP TOOLKIT



## DATA AMBASSADOR SERIES WORKSHOP TOOLKIT



### Becoming a Data Ambassador



Navigate the  
suburban Cook  
County Health Atlas



Learn basics of health  
equity and population  
health



Apply and explain  
population health data  
In real-world settings

# CCDPH Resources

# 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](mailto:CCDPHUndesignatedMedication@cookcountyhhs.org)

# Other Epi-Pen and Albuterol Resources



Asthma and Allergy  
Foundation of America

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](mailto:nsoto@aafastl.org)

# Naloxone Requests

## Naloxone Requests through CCDPH

Jessica Yee

Community Engagement Manager

[jessica.yee@cookcountyhealth.org](mailto:jessica.yee@cookcountyhealth.org)

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

# 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](mailto:visionandhearing@cookcountyhealth.org)

# CCDPH –Free Flu and Covid Vaccination Clinics

Cook County Department of Public Health, in conjunction with Cook County Health and CountyCare, is offering free flu and COVID-19 shots at its Saturday vaccination clinics, located in five suburban Cook County locations.

Children (6 months and up) and adults can receive flu and COVID-19 vaccines at no cost, regardless of insurance coverage, at the Saturday walk-in clinics. The clinics are open on certain Saturdays from Oct. 18 through March 28, 2026, 8 a.m. to 4 p.m., at five different locations in suburban Cook County. A person's immigration status will not stop them from receiving immunizations. More details about the clinics are below:

- Walk-ins welcome, no appointment necessary
- Resource coordination and referrals available
- Bring a form of I.D. and insurance card (**Note: insurance is not required**)
- For more information visit our webpage: [Free COVID-19 and Flu Vaccination Clinics - Cook County Department of Public Health](#)

**2025-26**  
FREE FLU & COVID VACCINATION CLINICS

**ROTATING  
Saturdays  
8AM-4PM**

October 18, 2025 —  
March 28, 2026

ARLINGTON HEIGHTS  
BLUE ISLAND  
COTTAGE GROVE  
NORTH RIVERSIDE  
ROBBINS

**For everyone  
6 months  
and older**

WALK-INS WELCOME • NO APPOINTMENT NEEDED  
FREE TO EVERYONE REGARDLESS OF INSURANCE

Protect yourself and others this winter with flu and COVID shots.  
Flu and COVID vaccination clinics are on Saturdays only, on a rotating schedule. See back or scan the QR code at right for dates and locations.

Cook County Public Health | BUILDING HEALTHIER COMMUNITIES | COOK COUNTY HEALTH | CountyCare A MEDICAID HEALTH PLAN

**CHECK THE SCHEDULE**



**2025-26**  
FREE FLU & COVID VACCINATION CLINICS

**Protect yourself and others this winter.**

ROTATING CLINIC LOCATIONS & DATES

**Saturdays  
8AM-4PM**

North Suburbs	10/25/2025 11/22/2025 12/27/2025 1/24/2026 2/28/2026 3/28/2026
Arlington Heights Health Center 3250 N. Arlington Heights Rd., #300 Arlington Heights, IL 60046	
North Riverside Health Center 1800 South Harlem Ave., Suite A North Riverside, IL 60546	11/1/2025 12/20/2025 2/7/2026 3/21/2026
Blue Island Health Center 12757 South Western Ave. Blue Island, IL 60406	11/15/2025 1/3/2026 2/21/2026
Cottage Grove Health Center 1645 South Cottage Grove Ave. Ford Heights, IL 60401	11/8/2025 12/13/2025 1/10/2026 2/14/2026 3/14/2026
Robbins Health Center 13450 South Kedzie Ave. Robbins, IL 60472	10/18/2025 12/6/2025 1/17/2025 3/7/2026

FOR EVERYONE 6 MONTHS AND OLDER • FLU & COVID VACCINES  
WALK-INS WELCOME • NO APPOINTMENT NEEDED  
FREE TO EVERYONE REGARDLESS OF INSURANCE



2026 ORLAND TOWNSHIP HEALTH SERVICES

# IMMUNIZATION CLINICS



*Open to Chicagoland Area Residents!*

Is your child in need of vaccines? The Vaccines for Children (VFC) program can help!

Orland Township Health Services administers vaccines provided through the Vaccines for Children (VFC) program to children, age 18 and under, and are uninsured, Medicaid-eligible or Medicaid-enrolled, or Native American (American Indian / Alaska Native).

## CLINIC DATES

- Tuesday, February 3, 2026
- Tuesday, March 3, 2026
- Tuesday, April 7, 2026
- Tuesday, May 19, 2026
- Tuesday, June 9, 2026
- July – Back to School Health Fair
- Tuesday, August 11, 2026
- Tuesday, September 15, 2026
- Tuesday, October 13, 2026
- Tuesday, November 10, 2026

### WHERE:

Orland Township Office,  
14807 S. Ravinia Ave.,  
Orland Park

### FEE:

\$15 administration fee per shot (Medicaid Title XXI (21) is no longer accepted)

## HOW TO REGISTER



Call (708) 403-4222 to schedule an appointment!

A parent/guardian must accompany the child.  
Don't forget to bring your child's up-to-date immunization record and any Medicaid, if applicable.



# Other Vaccination Resources

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

# Mental Health Resources



# 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](https://988lifeline.org)
- Hours: 24/7

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#### **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

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#### **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](https://trevorproject.org).
- Hours: 24/7

# Help starts here

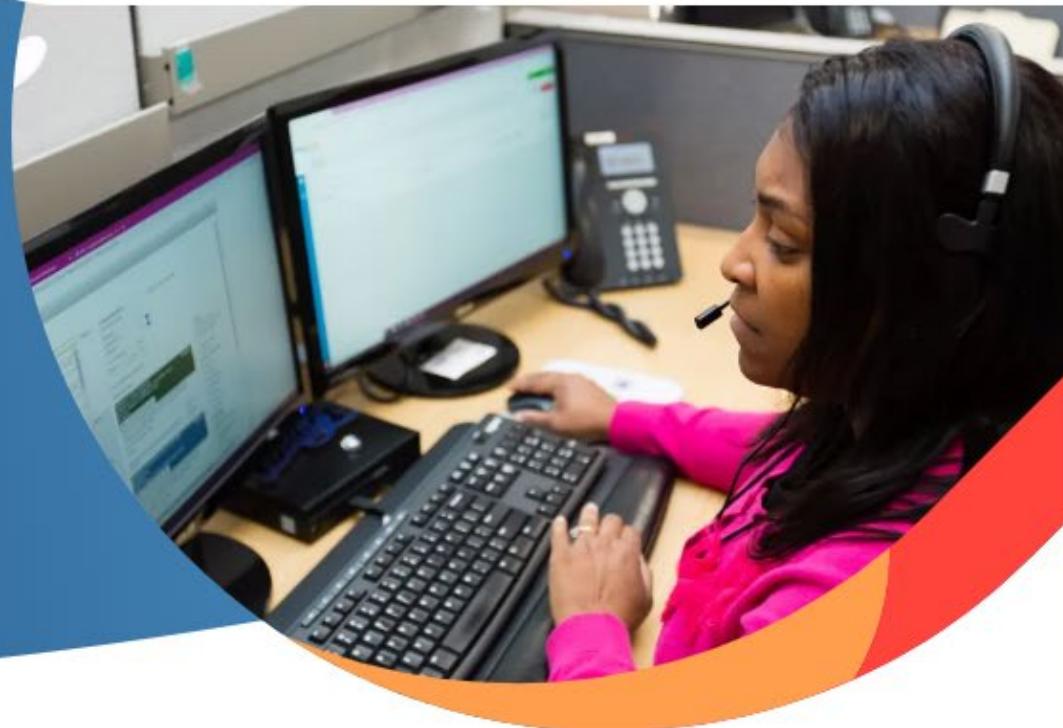
211 connects you to expert, caring help.

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



# 988 Suicide and Crisis Lifeline



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## Hey teachers!

Need mental health resources  
for your classroom?

Find free resources for building  
students' mental health literacy  
at [nami.org/BackToSchool](https://nami.org/BackToSchool)



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# WINTER 2026

## FAMILY-TO-FAMILY

### WINNETKA

The NAMI Family-to-Family Education Program is a FREE 9-week course for families and close friends of adults with mental illness.

This course is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness, such as major depression, bipolar disorder, anxiety disorders, schizophrenia, and other disorders.

**Jan 14th-March 11th**

Wednesdays  
In-Person beginning at 5:30PM

Registration open now

# WINTER 2026

## FAMILY-TO-FAMILY

### SKOKIE

The NAMI Family-to-Family Education Program is a FREE 9-week course for families and close friends of adults with mental illness.

This course is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness, such as major depression, bipolar disorder, anxiety disorders, schizophrenia, and other disorders.

**January 13th-March 10th**

Tuesdays  
In person beginning at 5:30PM

Registration open now



## PROGRAM 590 MOBILE CRISIS RESPONSE

### Program 590 Mobile Crisis Response provides:

- 24/7/365 rapid response to assess anyone within the community in need of mental health crisis treatment, regardless of payor status
- Offers community-based interventions and stabilization where the individual is located
- Determines at the time of crisis what level of care is most appropriate to keep the individual/community safe
- Access to ongoing case management, therapeutic interventions, psychiatric care and medication monitoring



### ELIGIBILITY REQUIREMENTS:

- Children, Adolescents and Adults experiencing a Mental Health Crisis
- No Insurance Required

### ACCESS SERVICES BY CALLING:

- 988
- CARES Line at 800-345-9049
- Metropolitan Family Services Crisis Line at 708-974-5850

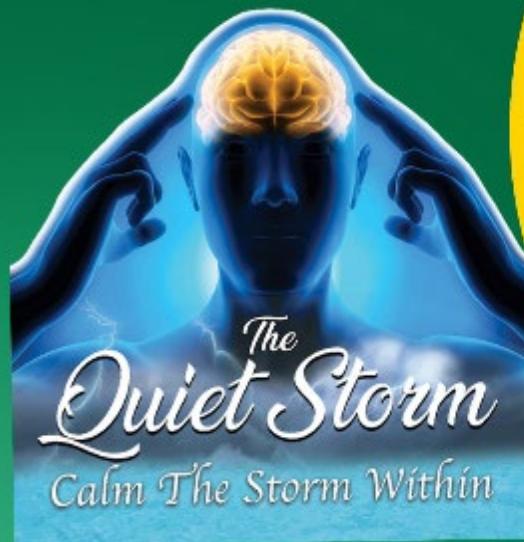
### WALK-INS ARE WELCOME AT ANY OF THE CENTERS LISTED BELOW:

**Southwest Center**  
10537 South Roberts Road  
Palos Hills, Illinois 60465

**Merrionette Park**  
11560 S. Kedzie Ave., Suite 200  
Merrionette Park, IL 60803

# THE LINK & OPTION CENTER, INC.

## THE QUIET STORM 24/7 CRISIS TRIAGE LIVING ROOM



**LET'S SIT AND TALK IT THROUGH TOGETHER.**

**IDHS** FUNDING BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES



# THE LINK & OPTION CENTER, INC.

## THE QUIET STORM 24/7 CRISIS TRIAGE LIVING ROOM

...A Calming, Safe Space

What is The Living Room?

The Living Room is a safe place where You can relax and talk with a peer if you are experiencing life's emotional stresses.

Who can visit The Living Room?

Anyone who is 18 and over who is feeling scared, anxious, angry, sad, or lonely and just needs someone to talk to.

Where is The Living Room?

17577 S. Kedzie Ave , Suite 106  
Hazel Crest, IL 60429

When can I visit The Living Room?

Open 7 days per week 24/7

Questions? We're here to help!

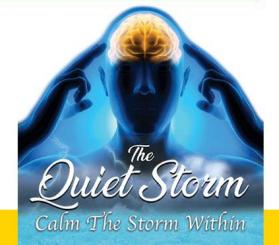
 Crisis Hotline: 800-261-8905

 Link-option.com

Office Contact: 708-991-2513

 : quietstormlivingroom

The Living Room Services are Free of Charge



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## MOBILE CRISIS RESPONSE



### Rapid Response

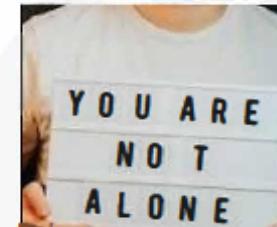
- Trained mental health Mobile Crisis Specialists arrive within 60 minutes to provide crisis stabilization, intervention services, a safety plan, and clinical recommendations.
- Dispatch is available in the far south side and south suburbs.

### Who can use Mobile Crisis Response?

- Children age 5 and older, adolescents, and adults at home, school, work, or hospital, we come to you.
- Police, firefighters, medical professionals, educators, clergy, and community members can make emergency calls or routine referrals.

### Range of Services

We connect you to immediate access to mental health therapy, addiction treatment, urgent care, case management (supportive housing and employment services, transportation, food assistance) and after crisis contact for up to 8 weeks.



### What's a Crisis?

Anyone experiencing a non-life-threatening mental health crisis.

- Loss of Self Control
- Extreme Anxiety or Depression
- Cyberbullying
- Aggression towards self/others
- Domestic Violence
- Suicidal Ideations or Attempts



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WALK-INS ARE WELCOME  
17577 South Kedzie Avenue, Suite 106  
HAZEL CREST, IL 60429  
Reach us at 708-991-2513





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# Adult Mental Health First Aid Training



## ADULT MENTAL HEALTH FIRST AID (MHFA)

FREE Training & Certification

Adult MHFA is for:

- Employers
- First Responders
- Hospital Staff
- Caregivers

ANYONE!

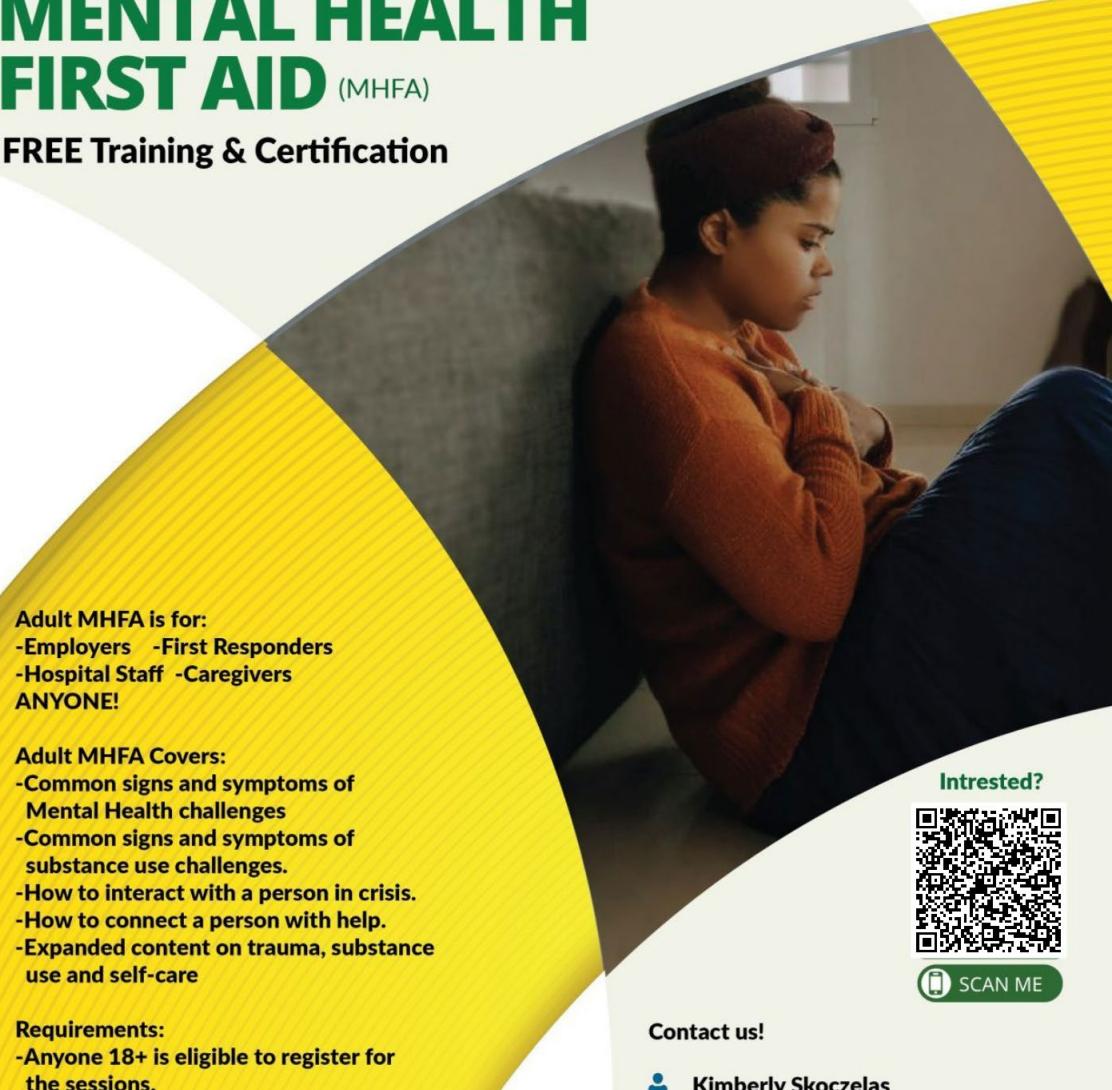
Adult MHFA Covers:

- 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.

Adult MHFA can  
be provided  
in person or  
virtual



Interested?



SCAN ME

Contact us!

Kimberly Skoczelas



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# 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	• Illini Care	• Molina
• Blue Cross and	• Meridian	• Beacon
Blue Shield	• County Care	

**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](http://sertomacentre.org/cmhc)





# MENTAL HEALTH FIRST AID

## 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](mailto:lguardiola@sertomastar.org)

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

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

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.



## MaineStay Youth and Family Services

MaineStay has faithfully served the Maine Township community with the mission of building healthier families by providing strength-based counseling, prevention initiatives, and comprehensive youth and educational programs that support growth, resilience, and well-being. We believe a lack of financial resources should never be a barrier to accessing services, so **all our programs are either free or low-cost**. We offer flexible payment options to accommodate your financial situation. **Counseling services** are available only to those who live in Maine Township or attend a Maine Township school. Our other programs are available to non-residents for a higher fee (space permitting).

For more information please visit: **MaineStay Youth & Family Services**



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# Community Resources

Illinois DocAssist  
is a FREE  
statewide service.

Illinois DocAssist  
University of Illinois Chicago  
1747 West Roosevelt Road  
Chicago, Illinois 60608

- 866-986-ASST (2778)
- 312-413-1192
- docassistil@uic.edu
- illinoisdocassist.uic.edu



CONSULTATION LINE HOURS  
9am-5pm | Monday – Friday



OVERWHELMED BY  
THE MENTAL HEALTH NEEDS  
OF YOUR PATIENTS?

Find a solution with Illinois DocAssist, your trusted partner in easing access to behavioral health care. Our psychiatric consultants can quickly assist health care providers and school-based clinicians with addressing the mental health and substance use problems of children, adolescents, and perinatal women.

## Free Training Program for Beginning ESL

### LEARN ENGLISH & CULTURAL SKILLS

Improve Your English – Learn About Life in the U.S.

Join our online classes!

### FREE English classes for adults!

This program is for beginners who want to improve their English and learn cultural skills.

*Made possible by Dollar General Foundation*



#### Program Includes:

- 8 weeks of ESL classes (2 hours per week via Zoom meeting)
- Free textbook and workbook
- Pre and post tests to check your improvement

#### Training Dates:

**Spring 2026**

- Pretest: January
- Classes: February 2 - March 30
- Post-test: March and April

#### Your Role:

- Attend 2 hours/week via Zoom
- Complete weekly homework

#### Eligibility Requirements:

- Beginner level
- Be able to take both pre- and post-tests
- Have a device and access to Zoom
- Live in the south suburban areas
- Low-income levels, and/or
- Newcomers to the south suburban areas



**Apply today!**

# Scholarship for Current and Former DCFS Youth in Care





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# SCHOLARSHIP APPLICATIONS ARE NOW OPEN

Each year, we award more than 600 scholarships to students that demonstrate leadership ability through exemplary community service and academic talent.

Applications Close:  
March 27, 2026



FOR MORE  
INFORMATION  
[cbcfin.org/scholarships](http://cbcfin.org/scholarships)



For questions email  
[scholarships@cbcfin.org](mailto:scholarships@cbcfin.org)

APPLY  
ONLINE TODAY  
[cbcfin.academicworks.org](http://cbcfin.academicworks.org)



Congressional  
Black Caucus  
Foundation

Lifting Up,  
Leading Forward



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## College Scholarships - Chicago Coalition to End Homelessness

Chicago Coalition   
to end Homelessness

# College Scholarship Program

APPLICATIONS NOW OPEN





Our mission is empowering individuals, families, and communities facing poverty to secure a better quality of life.

## OPENS DOORS OF POSSIBILITY AND EMPOWERMENT



Community and Economic Development Association of Cook County (CEDA) is your partner in empowerment.

Our mission is focused on enhancing the quality of life for individuals, families, and communities in Cook County, through a broad spectrum of services designed to address the various aspects of life that may be impacted by poverty.

WE ENVISION SUPPORTIVE AND RESILIENT COMMUNITIES WHERE INDIVIDUALS AND FAMILIES ARE HEALTHY, ECONOMICALLY SECURE, AND THRIVE.



[www.cedaorg.net](http://www.cedaorg.net)



Family Support and Community Engagement

## YOUR PATH TO OPPORTUNITY AND STABILITY

### Discover Comprehensive Support for suburban Cook County Residents

At CEDA Family Support and Community Engagement (FsACE), we offer programs to help you achieve stability, independence, and long-term success. Some include Case Management with personalized support for up to 45 days, while others provide short-term assistance for a variety of needs.

#### PROGRAMS WE OFFER:

##### Case Management Programs

(45-Day Commitment)

- **Auto Repair Assistance** Up to \$2,500 per household for essential vehicle repairs.
- **Dental Care Assistance** Up to \$5,000 per household for preventive, restorative, and major dental services.
- **Summer Youth Employment Program (SYEP)** Paid summer employment opportunities for youth with professional development sessions.
- **Trade Skills Program** Up to \$5,500 per household for vocational training, certifications, and related expenses.

##### Short-Term Assistance Services

- **Emergency Relief Services** Financial support for post-disaster recovery, including temporary shelter, furniture, and food gift cards.
- **Auto Repair Assistance**: Up to \$1,400 per household.
- **Rental Assistance**: Up to \$2,000 per household.



This program proudly serves residents of suburban Cook County.

## Contact Us Today

Call our Information & Referral Helpline at (312) 795-8948 for more information or to pre-apply.

[www.cedaorg.net](http://www.cedaorg.net)

- **Vision Care Assistance** Up to \$500 per household for eye exams, glasses, and contact lenses.

##### Youth Enrichment Financial Assistance

Up to \$600 per child and \$1,800 per household for summer camps and after-school programs.

##### Scholarship Program

Up to \$5,000 per recipient for students attending Illinois colleges and universities.

##### Barrier Reduction Program (BRP)

Designed specifically for SNAP participants who are currently employed, seeking employment, or enrolled in a vocational training program.

- **Auto Repair Assistance**: Up to \$1,400 per household.

- **Rental Assistance**: Up to \$2,000 per household.



Family Support and  
Community Engagement

## VISION CARE ASSISTANCE PROGRAM

Let us help you see a  
brighter future today.

### Clear Vision for a Brighter Future

Blurry vision can be a significant barrier to education, employment, and independence, yet many low-income residents of suburban Cook County struggle to access affordable vision care.

The CEDA Vision Care Assistance Program provides financial support for eye exams, glasses, and contact lenses, empowering residents to see clearly and live fully. With improved vision, individuals can enhance job performance, academic success, and overall self-sufficiency, creating brighter futures for themselves and their communities.

### Contact Us Today

Call our Information & Referral Helpline at (312) 795-8948 for more information or to pre-apply.

[www.cedaorg.net](http://www.cedaorg.net)



This program proudly  
serves residents of  
suburban Cook County.

Up to  
\$500  
per household

### Program Benefits

- Comprehensive Vision Services:** Includes eye exams, prescription glasses, and contact lenses.
- Health and Employment Support:** Clear vision to improve employability, education outcomes, and quality of life.
- Financial Accessibility:** Up to \$500 per household for vision-related needs, with additional support available for unique cases.
- Flexible Scheduling:** Partnering with local optometrists and clinics to ensure timely access to care.

Our program is designed to address your unique vision care needs with flexible funding and ongoing case management to ensure that everyone has access to the clear vision they deserve.

## Get the vision care you need for a brighter tomorrow—contact us today!

### Eligibility Requirements

- Must be a resident of suburban Cook County.
- Household income must be at or below 200% of the Federal Poverty Level (FPL).
- Provide proof of identity, such as a valid government-issued photo ID.



### How It Works

This program includes 45 days of case management, where you'll work with a Case Manager to ensure your vision care needs are met and to connect you with additional support services if needed.

### Contact Us Today

To learn more and check eligibility, call our Information & Referral Helpline at (312) 795-8948.

Service Hours:

Monday – Thursday: 8:00 AM – 7:00 PM

Friday: 8:00 AM – 4:30 PM

Household Size	Max. 30-day Income	Max Annual Income
1	\$2,608	\$31,300
2	\$3,525	\$42,300
3	\$4,442	\$53,300
4	\$5,358	\$64,300
5	\$6,275	\$75,300
6	\$7,192	\$86,300
7	\$8,108	\$97,300
8	\$9,025	\$108,300

CEDA Family Support and  
Community Engagement  
[www.cedaorg.net](http://www.cedaorg.net)



This program proudly  
serves residents of  
suburban Cook County.



These projects are conducted with funds provided under the Community Services Block Grant administered by the Illinois Department of Commerce and Economic Opportunity and do not necessarily represent in whole or in part the viewpoint of the Illinois Department of Commerce and Economic Opportunity.



# CURBSIDE PANTRY

*Coming to:*

Victory Christian International Ministries  
10 Hemlock Street - Park Forest, IL 60466

THURSDAYS - 9:30 AM - 2:30 PM

Beginning Thursday, October 16, 2025, Curbside Pantry will offer food distribution at Victory. If you have any questions or for more information, **please call the Catholic Charities Intake Line at (312)655-7700 or email: [gethelp@catholiccharities.net](mailto:gethelp@catholiccharities.net).**

Welcome to Victory...The Place Where Battles Are Won!



## ACTIVE FOOD PANTRY LOCATIONS IN MAYWOOD

### Vision of Restoration, Inc. Pantry

1405 Madison St  
Tues 9a – 11a  
Emergency food hours: Mon 10a - 3p,  
Tue 12a – 3p, Wed/Thu 10a – 3p Fri 10a –  
12p  
708-344-3774

### Second Baptist Church Pantry

436 S 13th Ave  
Wednesdays 11a – 1p  
(First 4 Wednesdays each month)  
708-343-0073

### Quinn Center of St. Eulalia

1832 S 8<sup>th</sup> Ave – Door 4  
Community Dinner  
1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> Tuesdays (5:30p – 6:30p)  
Outdoor Meal Distribution  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays (4:30p = 6p)  
708-397-6111

### C.T. Baker Performing Arts Center

401 S 5th Ave  
Saturdays 8a – 10a  
630-930-0517

### Maywood Community S.D.A. Church

1901 S 19th Ave  
Tues 5p – 7p  
630-550-3223

### Miracle Revival Cathedral Pantry

2010 St Charles Rd  
2nd–5th Thursdays 12p – 2p  
Emergency food: Tue–Fri 11a – 2p  
708-865-2999

### The Proviso Pantry

1112 N 9th Ave, Melrose Park, IL 60160  
Saturdays 8a – 10a  
708-356-6743

### Emergency & Support Lines

Greater Chicago Food Depository — 773-247-3663

Proviso Township Office — 708-449-4301

Illinois 211 — Dial 2-1-1 for food, housing, or utility help

# LOCAL FOOD PANTRIES

TOGETHER, WE CAN PUT FOOD ON THE TABLE

## LIVING GRACE CHURCH Thursdays @ 11am - 1pm

20100 Lakewood Ave, Lynwood, IL 60411

708-895-5690 – [living-grace.org](http://living-grace.org)



## CORNERSTONE COMMUNITY DEVELOPMENT CORPS

Thursdays @ 9am - 12pm

943 E Lincoln Hwy, Ford Heights, IL 60411

708-251-4750 – [www.cornerstone-cdc.org](http://www.cornerstone-cdc.org)



## GRACE UCC Saturdays @ 10am - 12pm

2500 223rd St, Sauk Village, IL 60411

708-758-6700 – [grucc.org/grace-ucc-food-pantry](http://grucc.org/grace-ucc-food-pantry)



## BLOOM TOWNSHIP Mondays @ 3pm - 7pm Wednesdays @ 10am - 2pm

425 S Halsted St, Chicago Heights, IL 60411

708-754-9400 – [bloomtownship.org/177/Food-Pantry](http://bloomtownship.org/177/Food-Pantry)



## EMMANUEL CHRISTIAN REFORMED CHURCH

Saturdays @ 10am - 12pm

22515 Torrence Ave, Sauk Village, IL 60411

708-758-3343 – [emmanuelcrc.com/food-pantry](http://emmanuelcrc.com/food-pantry)





## FOOD PANTRY

WEDNESDAYS 1:00 PM – 3:00 PM

THURSDAYS 9:30 AM – 11:30 AM

VISIT ONCE A MONTH

fresh produce available on 1<sup>st</sup> & 3<sup>rd</sup> week each month

OTHER LOCATIONS: CHICAGOSFOODBANK.ORG

## DESPENSA DE COMIDA

MIERCOLES 1:00 PM – 3:00 PM

JUEVES 9:30 AM – 11:30 AM

VISITE UNA VEZ AL MES

verduras disponibles en la 1<sup>a</sup> y 3<sup>a</sup> semana de cada mes.

OTRAS LOCACIONES: BANCODEALIMENTOSCHICAGO.ORG

The Salvation Army Blue Island Worship & Community Center  
708.332.0100 | 2700 W. 127th St. Blue Island, IL 60406

# List of South Suburban Food Pantries



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**



COOK COUNTY  
**HEALTH**

Cook County DEPT of  
Public Health HEALTHIER  
COMMUNITIES

# HOLIDAY FOOD PANTRY

WITH PET SUPPLIES

THURS, JAN 15<sup>TH</sup> & 22ND

10A-12NOON OR UNTIL SUPPLIES

RUN OUT - HINES VA

Stop by for supplies for your pooch or kitty!

Providing cat/dog food, cat litter, treats, toys and more  
while supplies last - Veterans only

**HINES VA HOSPITAL - AUDITORIUM - BLDG 9 - 5000 S. 5<sup>TH</sup> AVE, HINES**



Paws Of A Veteran

[HEARTOFAVETERAN.ORG/PAWSOFAVETERAN](http://HEARTOFAVETERAN.ORG/PAWSOFAVETERAN)

Andrea: 612-735-4138

e) [andrea@heartofaveteran.org](mailto:andrea@heartofaveteran.org)





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.

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*For more information or questions, please contact Bob Clasby at [rclasby@auntmarthas.org](mailto: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**

**JOIN US!**

*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!

**SIGN UP:**  708-252-0011  [info@trykci.org](mailto:info@trykci.org)  **The Empowerment Center**  
202 Forest Blvd.  
Park Forest, IL 60466

## 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](mailto:kwerner@auntmarthas.org) or  
Bob Clasby  
[rclasby@auntmarthas.org](mailto:rclasby@auntmarthas.org)



COOK COUNTY  
**HEALTH**

Cook County DEPT. of  
**Public Health** | **BUILDING**  
**HEALTHIER**  
**COMMUNITIES**



# Varsity Tutors

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.

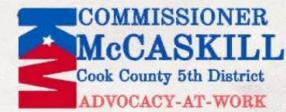
Contact [keven.brown@varsitytutors.com](mailto:keven.brown@varsitytutors.com) for a list of eligible School Districts



COOK COUNTY  
**HEALTH**

Cook County  
DEPT. of  
Public Health | **BUILDING  
HEALTHIER  
COMMUNITIES**

# Community Events



Blissful  
Barbie

Working together to help those in need!!

# COATS | CLOTHING | SHOES GIVEAWAY!

**IN HONOR OF REV. DR. MARTIN LUTHER KING JR.**

**Saturday January 17 | HARVEY LIBRARY DISTRICT  
15441 Turlington Ave Harvey, IL 60426**

**Monday January 19 | HARVEY PARK DISTRICT  
14821 Broadway Ave Harvey, IL 60426**

**BOTH Days from 10am - 3pm**

**While supplies last!!  
No pre-registration required!  
Light refreshments served.**



**“Life’s Most persistent and  
urgent question is. What are  
you doing for others?”**  
-Rev. Dr. Martin Luther King



Cook County  
Public Health  
A division of Cook County Health

BUILDING  
HEALTHIER  
COMMUNITIES

Congresswoman  
**Robin Kelly**  
working for Illinois families

# YOUTH OPPORTUNITIES FAIR

Youth of all ages are welcome to Congresswoman Robin Kelly's annual Youth Opportunities Fair. Take the next step and discover your next job, internship, volunteer role, or mentorship opportunity.



**WHEN:** March 14, 2026 | 11:00 AM - 2:00 PM

**WHERE:** Hillcrest High School

17401 S Pulaski Rd, Country Club Hills, IL 60478

**REGISTER:** [BIT.LY/IL02-YOF](https://bit.ly/IL02-YOF)

FOR MORE INFORMATION CONTACT  
DEBBIE REAUX-ALEXANDER AT  
DEBBIE.REAUX-ALEXANDER@mail.house.gov





## BLOOM TOWNSHIP YOUTH DEPARTMENT



Youth Conservation & Leadership Corp (Y.C.L.C.)

### 2026 Summer Youth Employment Program

If you are 14-17 years old and live in the Bloom Township area, you can:

- Gain real-world work experience
- Earn \$13.00 per hour by interning 16 hours per week
- Get job readiness training prior to starting at the worksite
- Participate in Life Skills Trainings during your time in the program



#### APPLICATIONS AVAILABLE AT:

**THE BLOOM TOWNSHIP CENTER  
425 S. HALSTED  
CHICAGO HEIGHTS, IL 60411**  
(Office Hours 9:00am-4:30pm)

**FROM: 01/01/2026 – 03/31/2026**

**Limited positions available!**

Work Permit required for ages 14 & 15, if selected  
**ALL APPLICANTS MUST LIVE WITHIN BLOOM TOWNSHIP**





# Cook County DEPT. of Public Health

# BUILDING HEALTHIER COMMUNITIES



**11AM-2PM**

MONDAY  
JAN  
19

**PASTOR  
SHAWN PETER  
DALCOUR  
KEYNOTE SPEAKER**

**MAYOR JADA CURRY &  
THE VILLAGE OF LYNWOOD PRESENTS**

# DR. MLK JR. DAY OF SERVICE

DR. MARTIN  
LUTHER KING JR.

**"SERVING THE COMMUNITY IN  
THE SPIRIT OF DR. KING"**

## COMMUNITY SERVICES OFFERED

- Free School Supplies for Students
- Free Haircuts
- Voter Registration
- Free Blood Pressure Screenings
- Mental Health Specialists & Resources

L BUILDING

*Directly behind Lynwood Village Hall  
21460 Lincoln Highway  
Lynwood, Illinois*

**PASTOR  
BRIDGETTE  
HURT  
NATIONAL  
ANTHEM**



SPONSORS

# Mental Health Workshop & Toy Giveaway

**Date:** January 31, 2026

New Life Pentecostal  
COGIC

148 E. 155th St  
Harvey, IL 60426

For more information:  
[Eventbrite](#)



# Find Your Calm: Tools to Reduce Stress, Beat Burnout, & Boost Mental Well-Being

Free!

Open to adults and high school students

Tuesday  
February 24, 2026  
6:30 – 8 pm

Lyons Township High School South  
4900 Willow Springs Rd  
Western Springs

Resource Room open  
before and after  
presentations

Details/RSVP/Sponsor  
Opportunities  
Visit [OptWell.org/events](http://OptWell.org/events)



Or email [info@OptWell.org](mailto:info@OptWell.org)

Presented by:

**OptWell**  
choosing healthy, thriving together.

## Speakers:

- **Michelle Anderson**, Co-Host of Cozy Conversations with The Sister Project Podcast
  - Warm, humorous advocate for slower, calmer, more intentional living
- **Jim Maley**, Host of The Maley Way Podcast, Teacher, Former D1 Basketball Player
  - Overcame depression with mission to destigmatize asking for help
- **Stef Schodrof**, Wellness-preneur & Founder, SENSEORY
  - Champion of wellness hacks and burnout prevention tools to thrive daily
- **Alma Jimenez Tapia**, MSW, LCSW, Pillars Community Health
  - Teaches Mental Health 101, suicide prevention, and resources for support
- **Michelle Halm**, LPC, FT, Founder, Grief Connection Space
  - Advocate for coping skills including emotional awareness, self-soothing, and mindfulness

## Thank you to our Sponsors:

# Immunization Updates

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# IMMUNIZATION SCHEDULE UPDATE

Community Immunization Program

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# FEDERAL UPDATE ON IMMUNIZATION SCHEDULE

- In early January 2026, the U.S. Department of Health and Human Services (HHS) announced major federal updates to the childhood vaccine schedule.
- Reducing universally recommended vaccines from 17 to 11 by moving flu, COVID-19, Hepatitis A & B, Meningococcal, and Rotavirus vaccines to either high-risk categories or Shared Clinical Decision Making with their doctors.
- This puts children and the greater public at risk for more disease outbreaks, hospital stays and death.

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# CCDPH'S STANCE + RECOMMENDATIONS

- The childhood immunization schedule has long been developed by transparent scientific review, involving independent medical experts, including rigorous evaluation of safety and effectiveness. Circumventing that process puts all American children's health at risk.
- CCDPH does not agree with the federal recommendations for the childhood vaccine schedule. We will follow IDPH's guidelines for science/evidence-based immunization administration and schedules.
- <https://dph.illinois.gov/topics-services/prevention-wellness/immunization.html>

# Communicable Disease Update



Cook County  
DEPT. of  
Public Health

BUILDING  
HEALTHIER  
COMMUNITIES

A division of Cook County Health

# Communicable Disease in Cook County Update

1/16/26

Avi Joseph

# Respiratory Disease Update

# Respiratory Dashboard – Key Points

For the week ending Jan 03, 2026:\*

## COVID-19

Activity Level: Moderate



## Flu

Activity Level: High



## RSV

Activity Level: Moderate



### Key Points

#### COVID-19, Influenza, RSV

- Flu activity has changed from very high to high. COVID-19 activity has elevated from low to moderate and continues to increase, and RSV activity remains moderate.
- The percent of emergency room visits for influenza, as well as the percent of lab specimens testing positive for influenza, decreased from last week; however, values remain high and other surveillance indicators are trending up. It is too soon to say if the season has peaked.
- This week we saw the first pediatric flu death of the season.
- The percentage of emergency room visits for COVID-19 continues to increase beyond last year's peak. The percent of visits is currently increasing the fastest among children under 5.
- Hospital admissions associated with flu, COVID-19, and RSV are still increasing.
- Wastewater detections for all three pathogens are trending up. Current viral concentrations for SARS-CoV-2 (COVID-19) and influenza are similar to the peak values seen last year.

#### Is anything else going around?

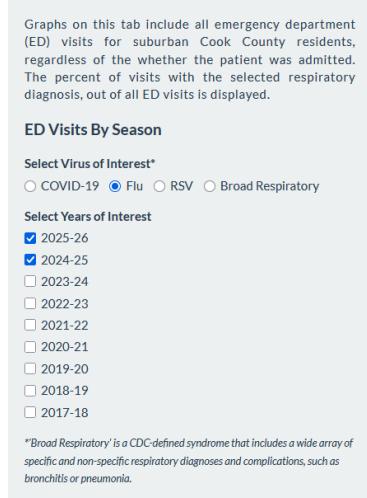
- Test positivity for [common human coronaviruses](#) is also elevated. *These viruses are not the same as the virus that causes COVID-19.* They typically cause mild illness, but sometimes can lead to lower respiratory tract illness like pneumonia or bronchitis.

#### Recommendations

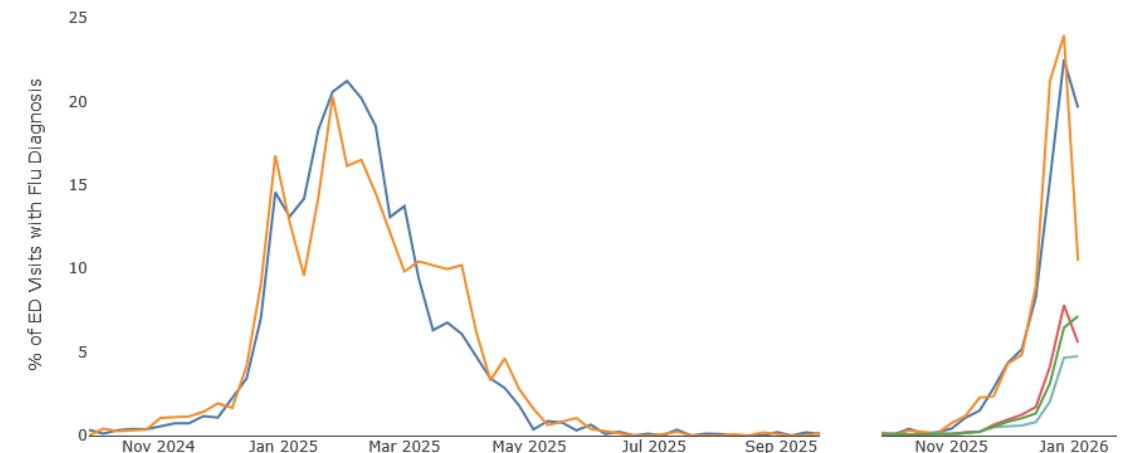
- Some steps for protection from respiratory viruses should be practiced year-round, regardless of the current activity level. These steps include staying up to date with all recommended respiratory [vaccines](#), practicing good respiratory hygiene (covering your cough, washing your hands), taking steps for cleaner air, and staying home when you're sick until you've been fever-free for 24 hours and your symptoms are getting better. People who are at [high risk](#) for severe outcomes should be familiar with treatment options for flu and COVID-19. Organizations can support these recommendations by offering time off when employees are sick, hosting vaccination clinics, maintaining adequate ventilation systems, and encouraging good respiratory hygiene with posters and adequate hand-washing supplies. (Note that CDC offers separate, specific guidance for healthcare settings for reducing transmission of [flu](#), [COVID-19](#), and other [pathogens](#)).
- For individuals who wish to take extra steps to protect themselves from respiratory illness, now is a good time to implement additional precautions, such as wearing a mask when in public indoors, avoiding crowded areas when possible, and making a plan for getting tested or seeking healthcare quickly if you become sick. It's also not too late to get [vaccinated](#). Healthcare facilities should review IDPH's Health Alert regarding Enhanced Precautions during times of increased respiratory illness.

# Percent of ED Visits Due to Influenza

## All Demographics



## Split by Age Group



# Lab Data

## Test Positivity

Includes results from antigen tests (e.g. rapid or point-of-care tests) and molecular tests (e.g. nucleic acid amplification tests) submitted by Cook County sentinel laboratories. Laboratories participating in our sentinel networks may change over time and vary across viral pathogens.

### Select Virus of Interest

COVID-19  Flu  RSV

### Select Years of Interest

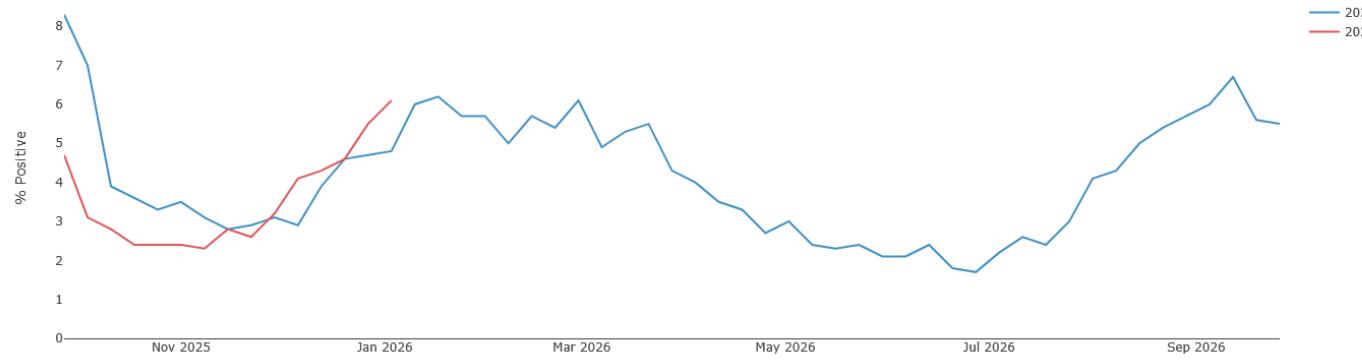
2025-26

2024-25

2023-24

2022-23

2021-22

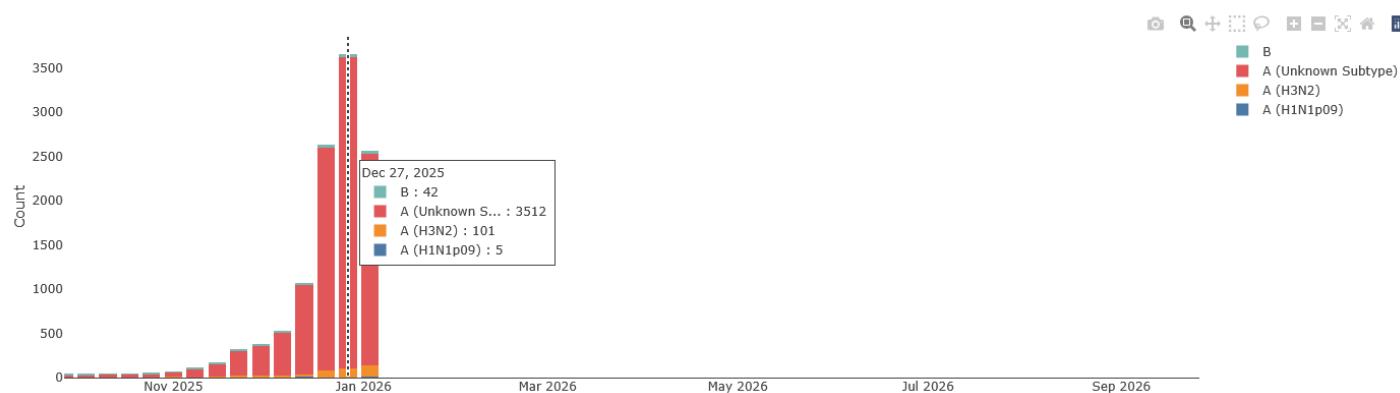


## Influenza Subtyping

Includes influenza subtyping results to help us follow the type of influenza viruses circulating throughout the flu season and understand who might be more at risk for severe illness. Data was submitted by Cook County sentinel labs.

### Choose type of bar graph:

Stacked  
 Side-by-Side

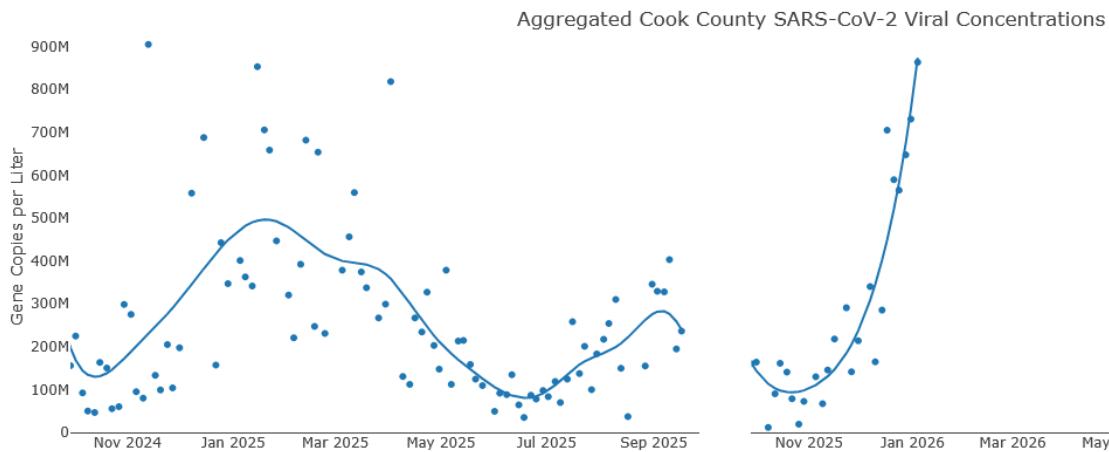


## COVID-19 Percent Positivity at Outpatient Labs

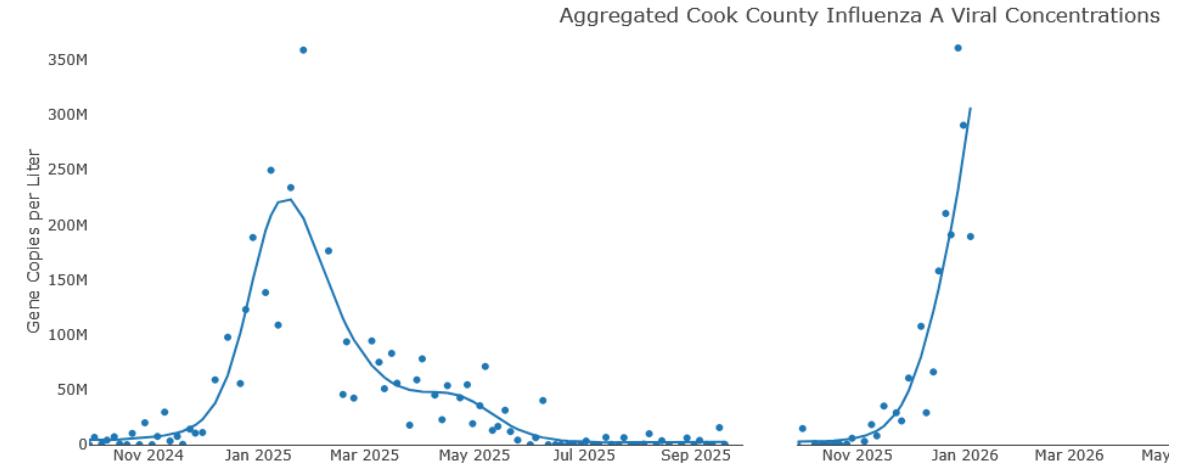
## Counts of Influenza by Subtype at Outpatient Labs

# Wastewater Data

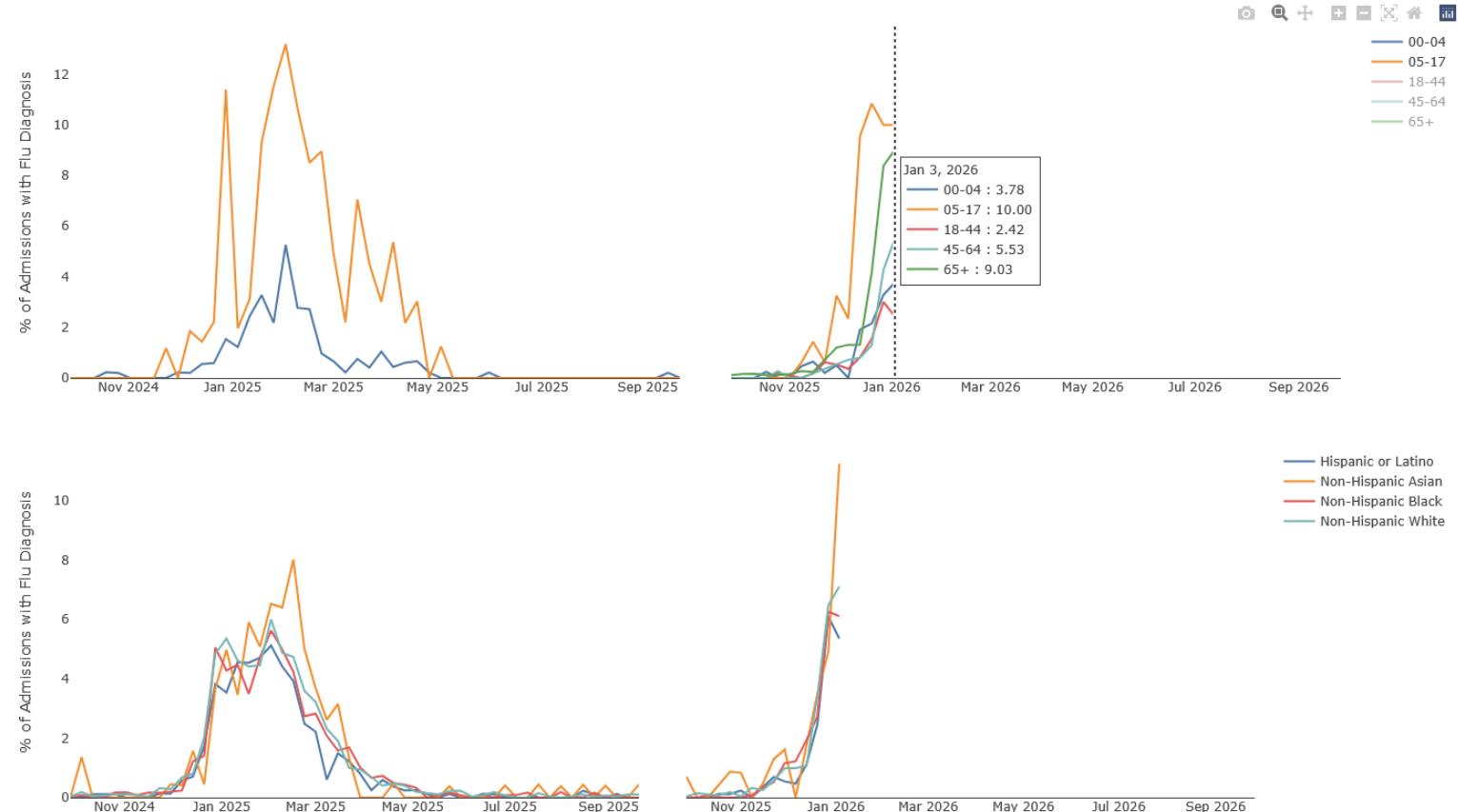
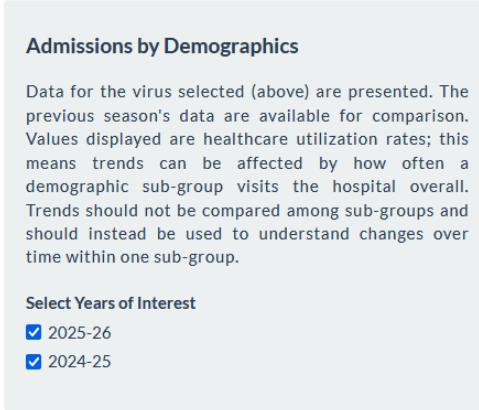
## SARS-CoV-2



## Influenza A



# Percent of Inpatient Admissions Due to Flu by Age and Race



# Count of ICU Admissions due to COVID-19

Admissions to the intensive care unit for influenza, COVID-19, or RSV are reportable to health departments in Illinois. Influenza ICU admissions have been reportable since 2010; COVID-19 and RSV ICU admissions became reportable in spring of 2024. Includes all confirmed and probable reported ICU admissions for the selected disease, among residents under the jurisdiction of Cook County Department of Public Health.

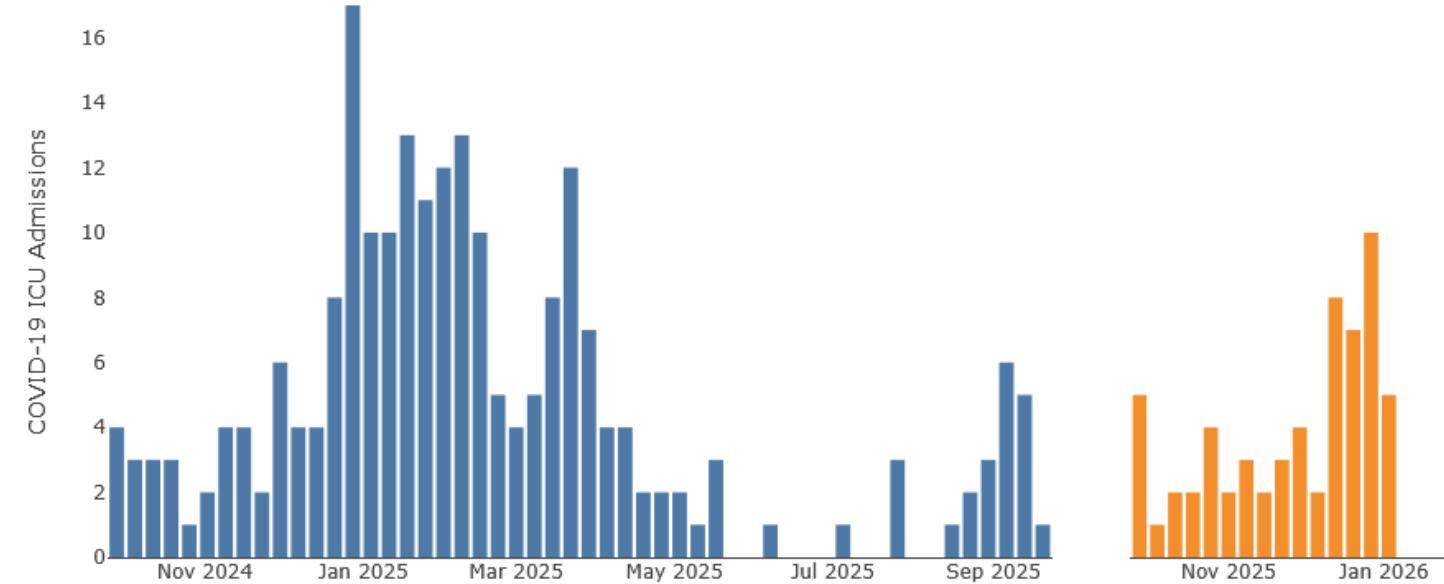
## ICU Admissions by Season

### Select Virus of Interest

- COVID-19
- Flu
- RSV

### Select Years of Interest

- 2025-26
- 2024-25
- 2023-24



# Communicable Disease Hot Topic Round-up

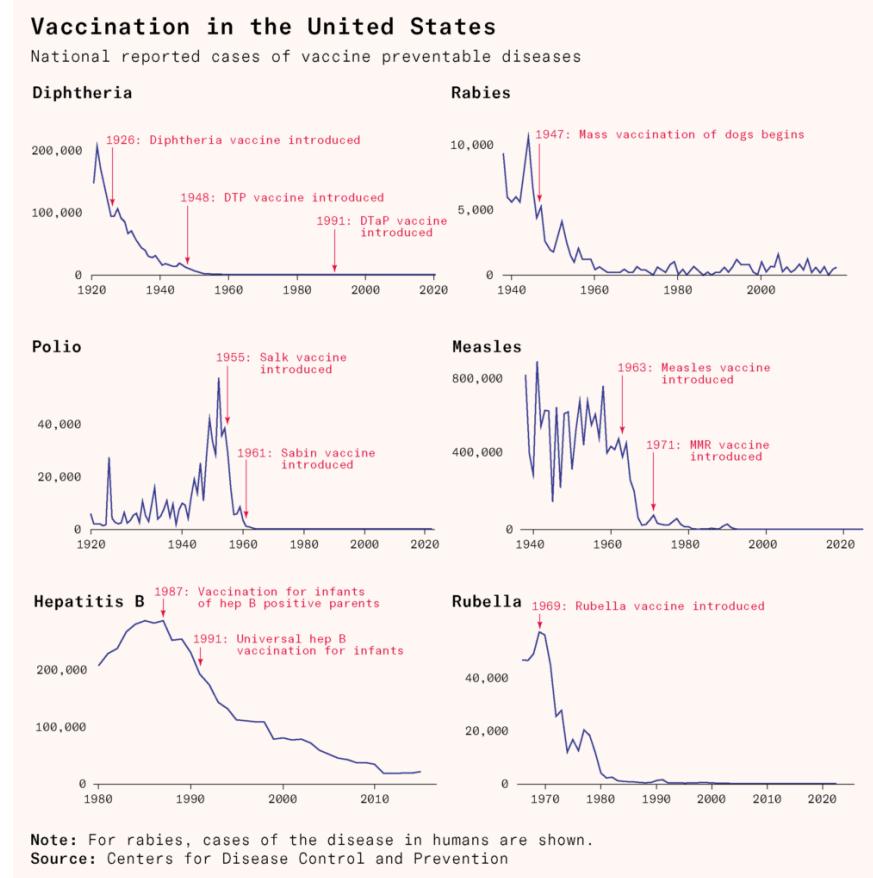
# Flu A H3N2 Subclade K

- The H3N2 Subclade K emerged during the 2025 flu season for the Southern Hemisphere, prolonging the length of the season until November and leading to a record number of influenza cases in Australia
- Phylogenetic analysis has demonstrated a significant divergence of subclade K from the H3N2 strain that was used for this year's flu vaccine
- Although last flu season was also quite severe (most pediatric deaths since they became reportable in 2004), it was not dominated by H3N2, meaning there may not be as much population immunity
- However, preliminary evidence shows that the vaccine remains extremely effective at preventing ED attendance and hospitalization in children (72-75% reduction in risk)
- With children being disproportionately impacted by this flu wave and gaining more protection from the vaccine than other age groups – encourage flu vaccinations wherever possible!

# Perception vs. Reality – The Golden Age of Vaccine Development



- Scientific advances in biology, microscopy, genomics, and immunology have made our era the golden age of vaccine development
- Vaccines have advanced from unwieldy killed cells to new technology with atomic level precision
- In the last 5 years alone, scientists have developed the first effective vaccines against 4 devastating illnesses (COVID-19, malaria, RSV, and chikungunya)
- While the perception of vaccines may have been damaged by bad actors, the reality is that it has never been easier, faster, or safer to develop and administer vaccines



# Rotavirus Disease and Vaccine



## The Disease

- Rotavirus is a viral illness that infects the lining of the intestines
- Its symptoms include high fever, repeated and forceful vomiting, and diarrhea
  - It can be severe in young children, who often can't drink or eat without vomiting and become dehydrated
- Prior to the universal recommendation of a safe and effective vaccine, rotavirus caused 2.7 million cases, 500,000 doctor visits, 55-70,000 hospitalizations and 20-60 deaths in the U.S. each year

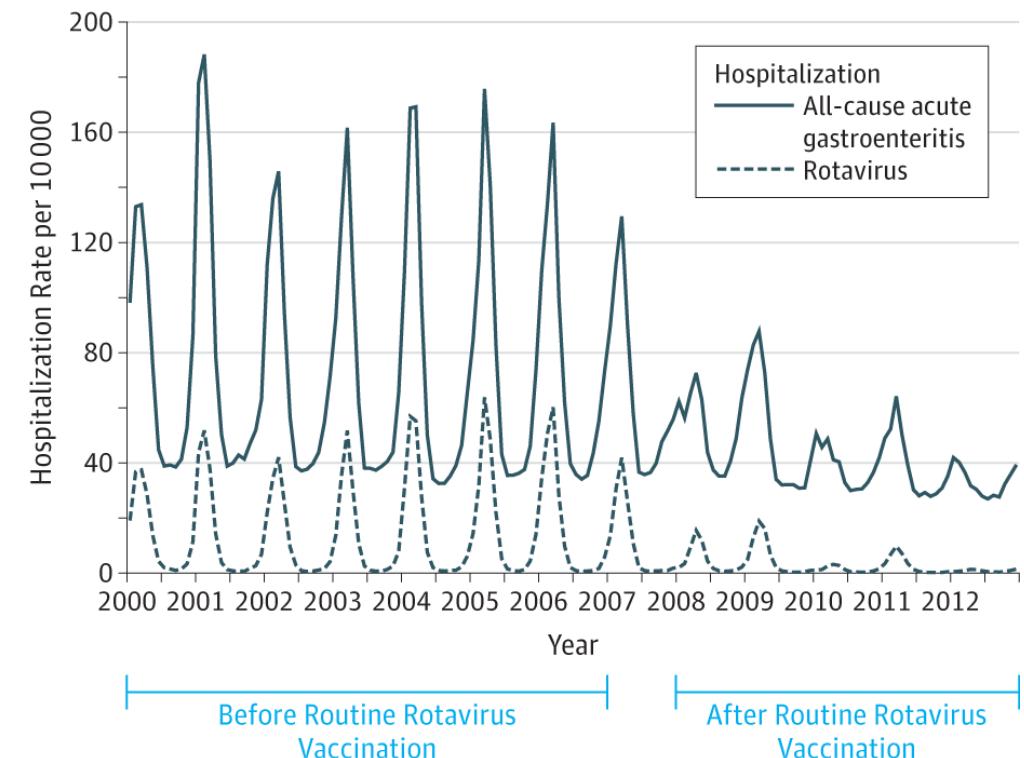
## Rotashield: Proof VAERS Works

- The first rotavirus vaccine in the U.S., Rotashield, was made available in 1998
- Reports started coming into the Vaccine Adverse Event Reporting System of intestinal blockage (intussusception) following vaccination
- Public health investigators examined the reports and found a higher risk of blockage in infants who received the vaccine compared to those who did not
- Even with an incidence of ~1 in 20,000, VAERS was able to rapidly identify the issue and pull the vaccine

# Rotavirus Vaccination and Results Now

- Two rotavirus vaccines (RotaTeq and Rotarix) became available in the U.S. in 2006 and 2008
- These vaccines are given at 2, 4, and 6 months
- While intestinal blockage can still occur, it is much rarer (~1 in 100,000), which is similar to the rate of intestinal blockage in rotavirus infections that weren't being prevented
- Since the introduction and universal recommendation of the rotavirus vaccine, hospitalizations due to rotavirus have plummeted by 80% in the U.S.

Monthly Acute Gastroenteritis and Rotavirus-Coded Hospitalization Rates Among Children Younger Than 5 Years in 24 States During January 2000 Through December 2012



# Contact Us

## Avi Joseph

Enhanced Surveillance Program Manager  
Communicable Disease Unit

E: [avinash.joseph@cookcountyhhs.org](mailto:avinash.joseph@cookcountyhhs.org)

To get added to our weekly respiratory report list, email  
E: [courtney.kinnane@cookcountyhhs.org](mailto:courtney.kinnane@cookcountyhhs.org)

For general CD inquiries:

P: 708-836-8600



# The Greater Chicago Food Depository



**GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY**

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**FOOD INSECURITY AND CHANGES TO SNAP**

# OUR MISSION IS TO END HUNGER

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We believe food is a basic human right.

To achieve our mission, we work in partnership with a network of community-based organizations and individuals.

Together, we connect our neighbors with healthy food, lift our voices and advance solutions that address the root causes of hunger – poverty, systemic inequity, and structural racism.

Together, we are greater. **Together, we can end hunger.**

# FOOD INSECURITY IN CHICAGO & COOK COUNTY



**1 IN 5 CHICAGO HOUSEHOLDS IS EXPERIENCING FOOD INSECURITY**



**1 IN 4 CHICAGO HOUSEHOLDS WITH CHILDREN IS EXPERIENCING FOOD INSECURITY**

The demand for food assistance is high. The Food Depository currently serves **175,000+** households per month via pantry programs.

# ABOUT SNAP

## The Supplemental Nutrition Assistance Program



**USDA**  
**Supplemental**  
**Nutrition**  
**Assistance**  
**Program**

- Formerly known as food stamps, and may also be known as LINK or EBT
- Provides food benefits to eligible households to supplement their grocery budget, increasing access to the foods essential to their well-being
- Regulated by the U.S. Department of Agriculture (USDA) and administered at the state level.
- **Even with changes on the horizon, SNAP benefits are still available, and the program remains an important resource.**

# WHY SNAP MATTERS

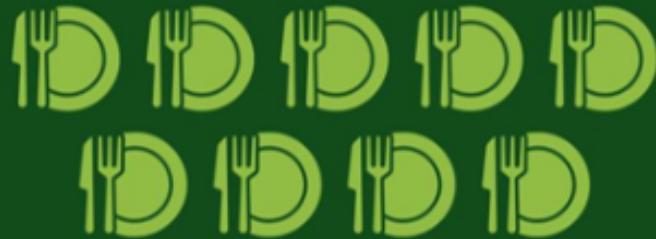
The Supplemental Nutrition Assistance Program



## SNAP increases Food Access



For every meal provided  
by food banks



SNAP provides 9

## Participation in SNAP and WIC generates Hundreds of Millions in activity in the local economy



Every dollar spent on SNAP generates at least between **\$1.50 and \$1.80 in local economic activity** during an economic downturn

In Cook County, for July 2024, this represents **\$281 million dollars PER MONTH in local economic activity**

# ONE BIG BEAUTIFUL BILL ACT

Federal Budget Reconciliation Bill signed into law July 4 will increase poverty and hunger.

- Largest cuts to SNAP and Medicaid in history – **removing food access and health care from millions of people.**
- **Need for food assistance will surge.** Food Banks and pantries are not currently equipped to fill the gap.
- Loss of SNAP benefits will impact local economies everywhere: **less money spent at grocery stores, fewer jobs, less food produced.**



**CONGRESS VOTES  
TO CUT ALMOST  
\$200 BILLION  
FROM SNAP FOOD  
ASSISTANCE**

# SUMMARY OF SNAP CHANGES & IMPACT



**Current Caseload:** SNAP provides critical nutrition assistance to feed roughly **42M** people annually.



Increases State Cost Requirements to Unprecedented Levels



Cuts SNAP By Preventing Future Updates to Benefit Amounts



Bars SNAP Benefits for Many Legally Present Immigrants



Vastly Expands Failed Work Requirements (Time-Limited SNAP Benefits)



Narrows State Option to Calculate Utility Deductions



Eliminates SNAP Nutrition Education

## State Impact - Example - Illinois:

- All **1.8M** IL residents on SNAP (including nearly **650,000** children) will see the true value of their benefits decrease overtime
- **360,000** SNAP recipients at risk of losing benefits due to burdensome work reporting requirements
- **20,000** lawfully present immigrants, including refugees, asylees, immigrant survivors of DV, labor and sex trafficking (and more), will lose access
- Maintaining SNAP could cost the state **\$800M** more per year.

# CHANGE #1: WORK REPORTING REQUIREMENTS

Many SNAP customers must now report work or volunteer hours to keep benefits



The change in expanded work reporting requirements begins on **February 1, 2026**, and could impact SNAP access for approximately **340,000 neighbors** starting **May 1, 2026**.

What's changed?	Who is impacted?
<p>Adults ages <b>18 – 64</b> must report any of the following for at least <b>80 hours per month</b> to continue receiving SNAP.</p> <p><b>To meet this requirement, a person must:</b></p> <ul style="list-style-type: none"><li>• Work (paid or unpaid),</li><li>• Participate in SNAP Employment &amp; Training Programs,</li><li>• Volunteer,</li><li>• Or any combination of the above</li></ul>	<ul style="list-style-type: none"><li>• Anyone between <b>18 - 64 unless exempt</b></li><li>• Individuals between 54 and 64, families with children 14+, veterans, former foster youth (18 – 24), and people experiencing homelessness must now meet work requirements or apply for an exemption</li><li>• Failure to meet requirements may result in <b>loss of SNAP for up to 3 years</b>, unless work requirements are met or an exemption is approved</li></ul>

# CHANGE #1: WORK REPORTING REQUIREMENTS



## Who is exempt from work reporting requirements?

**A person is exempt from the SNAP Work Requirement if they are:**

- Under age 18 or 65 years of age or older; or
- Physical or mental limitations that impact their ability to work, including experiencing chronic homelessness, domestic violence, and/or other barriers; or
- Pregnant; or
- Living in a SNAP household (purchase and prepare) with a child under age 14, even if the child is ineligible for SNAP; or
- Individuals who are an Alaskan Native, American Indian, American Urban Indian, or California Indian (as defined in the Indian Health Care Improvement Act); or
- Residing in a waived (exempt) county; or
- Caring for a child under age 6 or a person who needs help caring for themselves; or
- Going to school, college, or training program at least half time; or
- Meeting the work rules for TANF; or
- Receiving unemployment benefits or applied for unemployment benefits; or
- Participating regularly in alcohol or drug treatment program; or
- Working at least 30 hours a week or earning at least \$217.50 (federal minimum wage \$7.25 multiplied by 30 hours) a week. The person can be employed or self-employed.

**Impacted neighbors can report exemptions to IDHS NOW!**

## CHANGE #2: IMMIGRANT ELIGIBILITY

Severely limits SNAP eligibility for **thousands of immigrants in Illinois**

As early as April 1, 2026, eligibility changes will severely limit SNAP access for approximately 16,000 legally present refugees, asylees, and humanitarian parolees receiving SNAP benefits in Illinois



Status	Eligible for SNAP <u>BEFORE</u> the bill	Eligible for SNAP <u>AFTER</u> the bill
Legal Permanent Resident (subject to the 5-year bar)	Yes	Yes
Cuban / Haitian entrant	Yes	Yes
Compact of Free Association (COFA) migrant	Yes	Yes
Refugee	Yes	NO
Asylee	Yes	NO**
T-visa holder	Yes	NO**
Humanitarian Parolee > 1 year	Yes	NO
VAWA self-petitioner	Yes	NO

*\*\*Certain statuses might be eligible for state-funded food assistance; contact a benefits enroller to learn more.*



# WHAT HAPPENS NEXT & WHAT CAN WE DO TO PROTECT SNAP?

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# FOR NEIGHBORS CURRENTLY RECEIVING SNAP BENEFITS

Take these steps by February 1 to keep your food and grocery benefits.



Report changes to your income or household status to IDHS.



Determine if you need to meet new work requirements, or if you are exempt.



Share this information with your family and friends.



**WE'RE HERE TO HELP!**  
Scan the QR code or visit [chicagosfoodbank.org/snap](http://chicagosfoodbank.org/snap) to get started.



# FOR NEIGHBORS THAT MAY MEET EXEMPTION FOR WORK REQUIREMENTS



Complete the ABE SNAP Work Requirements screener to determine if you may need to meet work requirements



Use the ABE Manage My Case portal to manage your SNAP, Medical and Cash benefits online: [abe.illinois.gov](http://abe.illinois.gov)



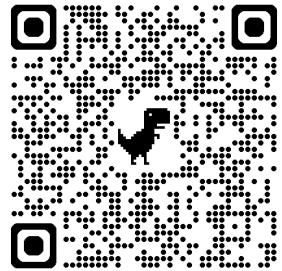
Call the IL Department of Human Services Line at 1-800-843-6154 or visit your local DHS office



**Anyone that may be eligible for an exemption should provide an update to IDHS by February 1.**

If you are uncertain, contact the Cook County Benefits Hub to help answer your questions.

# OPPORTUNITIES FOR YOU TO TAKE ACTION

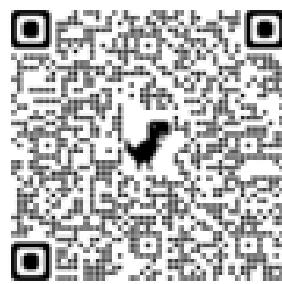


Use the SNAP Changes Toolkit to share information and resources with your community.

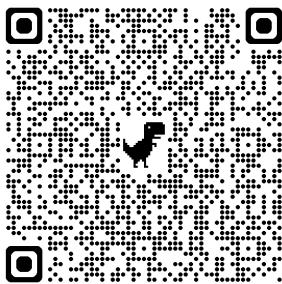
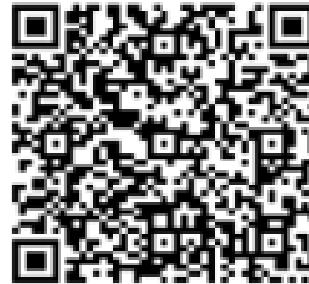


Lift your voice by joining our Advocacy Action Center.

Collaborate with us to bring a SNAP Changes presentation, forum or enrollment event to your community.



Join our Champion Advocates program for training on SNAP community education and more.



Request public benefits promotional materials, SNAP enrollment training or on-site enrollment services.



Share powerful stories about how you've benefited from SNAP.

# ADDITIONAL RESOURCES



**Find Food Map**

Use our find food map to view hours, locations and information for all of our Cook County and Chicago food pantries, meal programs and more. To access the map, visit [chicagosfoodbank.org/find-food/](http://chicagosfoodbank.org/find-food/)



**Neighbor Services**

Get help with SNAP applications and with exploring our network of food programs that meet your needs. To receive support, call **773-247-FOOD (3663)**, visit us in person or book an appointment online at [chicagosfoodbank.org](http://chicagosfoodbank.org)



**Nutrition Education**

Browse cooking videos, recipes and more to help you prepare ingredients you have at home. To access nutrition resource, visit [chicagosfoodbank.org/get-help/nutrition/](http://chicagosfoodbank.org/get-help/nutrition/)

# THANK YOU!

FOR MORE INFORMATION, CONTACT:

**Tyler Stratton**

*Director of Community Engagement*

[tstratton@gcfd.org](mailto:tstratton@gcfd.org)  
773-843-2744



# Illinois Public Health Institute



ILLINOIS ALLIANCE TO  
**PROMOTE  
OPPORTUNITIES  
FOR HEALTH**

# Making School Meals for All an Illinois Reality

Kathryn Bernstein, she/her | MPH, RDN

Program Director – Food Systems & Nutrition Policy  
Illinois Public Health Institute | Illinois Alliance to  
Promote Opportunities for Health Coalition

The Illinois Alliance to Promote Opportunities for Health  
(IAPOH) is convened by



# Illinois Public Health Institute

- Our mission is to collaborate to advance health justice through equitable policy, systems, and institutional change
- We convene a multi-sector coalition of partners called the Illinois Alliance to Promote Opportunities for Health (IAPOH)



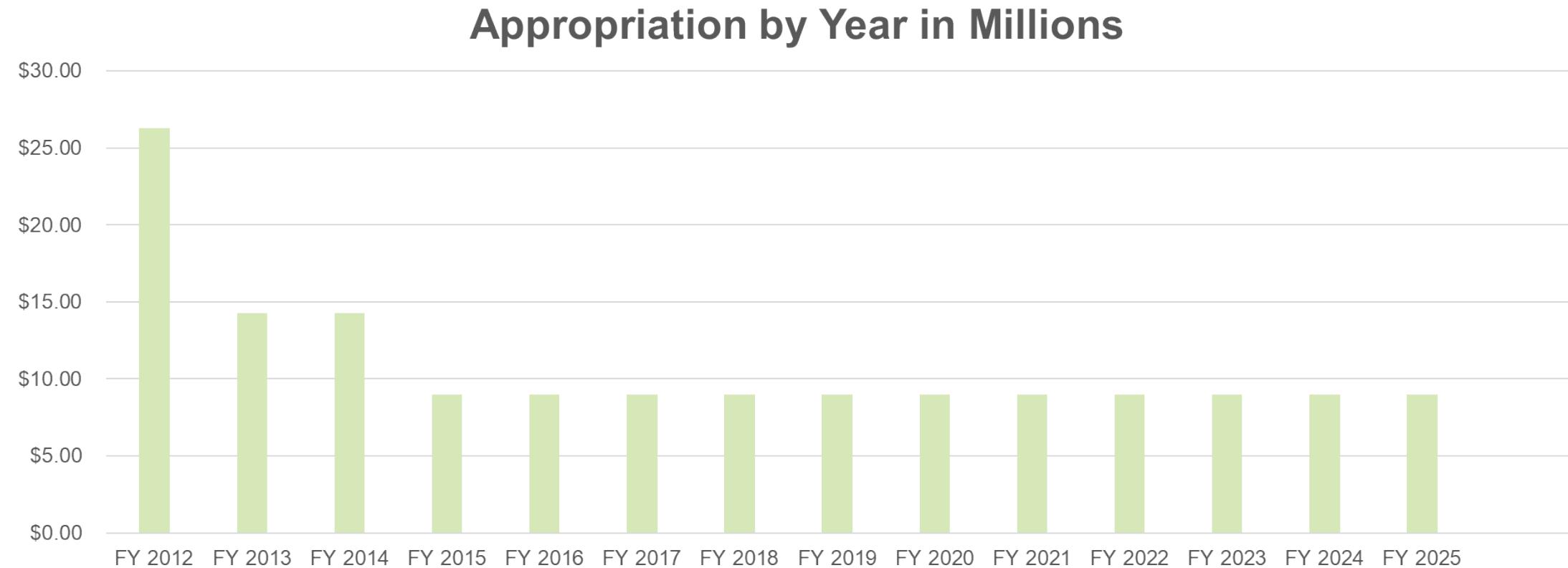
# School Meals Matter!

<b>School Meals are Nourishing</b>	School meals must meet federal nutrition standards. They contain nutritious foods like fruits, vegetables, whole grains, lean proteins, and low-fat or nonfat milk
<b>Free, Healthy School Meals Help Students</b>	Giving all children access to free, healthy school meals has been shown to improve their health, growth, development, mental health, and academic performance.
<b>There's an Access Gap</b>	Approximately 419,180 children in Illinois experience food insecurity and about 1 in 3 of them were not eligible for free or reduced-price school meal programs due to outdated eligibility guidelines.
<b>Free School Meals for All Supports Equity and Reduces Stigma</b>	Black and Latine/x children are twice as likely to experience food insecurity as white children. Making free school meals available to all children can reduce disparities in health and education outcomes between groups. The stigma associated with taking a free or reduced- price meal can also be addressed.

# Illinois School Meals Background

- For too many students school meals are their main source of daily nourishment
- Federal waivers that kept students fed during the COVID-19 pandemic expired in June 2022
- Puts thousands of Illinois students at risk for hunger at school

# Illinois' Investment in Free School Meals



# Community Eligibility Provision

- Allows schools to offer breakfast and lunch to all students for free
- Eliminates unpaid meal charges and minimizes stigma
- Reduces paperwork and streamlines meals services
- Threshold for eligibility changed from 40% → 25% ISP in 2023
- Schools with ISP above 62.5% receive full “free” reimbursement rate
- Schools with ISP between 25% and 62.5% have funding gap

# From 2023 Testimony

A district before offering free school meals for all..

*"Imagine what this looked like through the eyes of a six-year-old child"*

- Students arriving at school hungry
- Teachers fill a cupboard in their own classrooms with snacks
- Notes that go home with children with how much they "owe" and how they may be identified in the lunch line
- Watching a student open a lunch box to only find one item: a bag of crushed potato chips

“

My district didn't used to provide free meals to all students and we saw kids arriving to school hungry with no breakfast available and teachers having to spend out of pocket to keep their classrooms stocked with snacks. Now that we've been able to participate in the Federal program that allows us to provide free meals to all, we've seen a big impact on our students and families, allowing working parents to stretch their dollars further, teachers to spend more time teaching, and kids not worried about what their friends will think if they take the free meal. I'm so happy all districts in Illinois will now have a chance to get the resources they need to offer this program to their families.

”

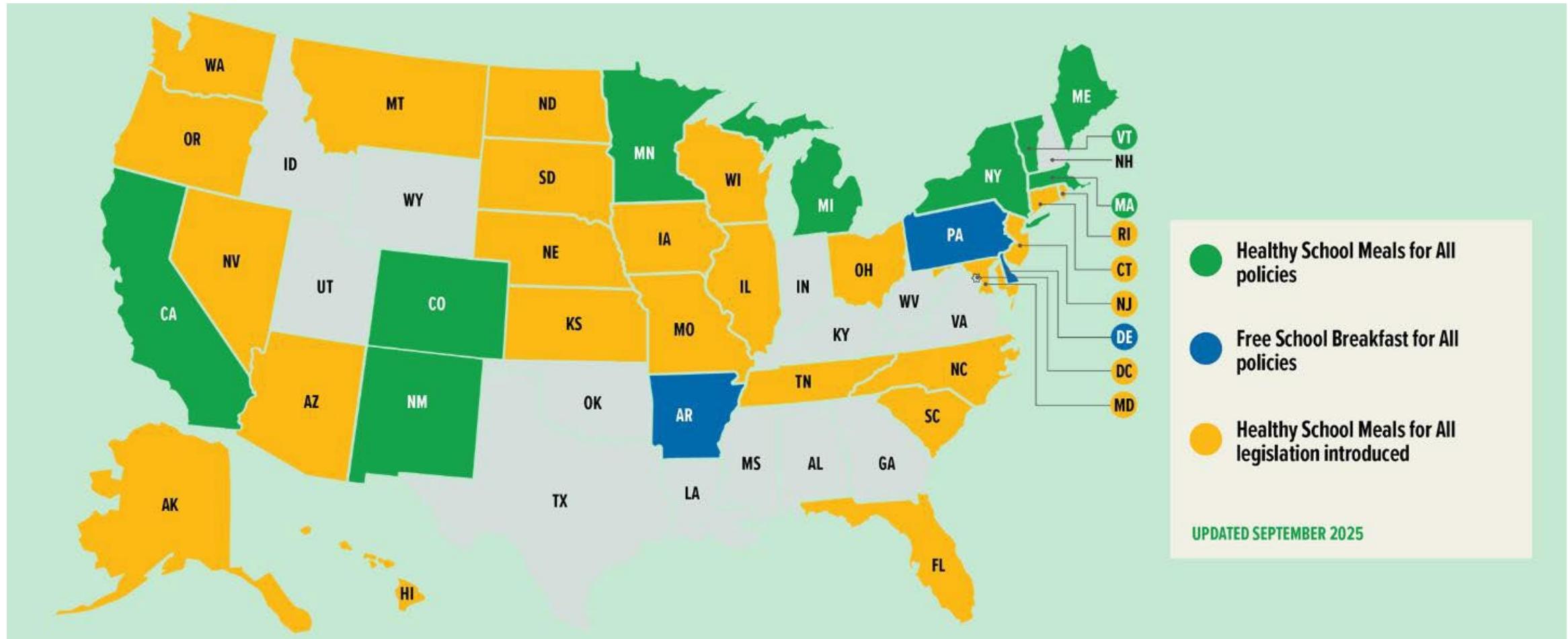
Sheri Peacock, retired Associate Superintendent of East Moline School District 37



## The Campaign

[healthyschoolmealsil.com/about](http://healthyschoolmealsil.com/about)

# FRAC School Meals for All Policies Map



A circular photograph of a young boy with dark skin and curly hair, wearing a blue polo shirt. He is taking a bite out of a red apple. In the background, another child with blonde hair is partially visible. The background is a bright, out-of-focus green.

# The Healthy School Meals for All Law

Public Act 103-0532- Healthy School Meals for All- established the framework to enable any Illinois school participating in the National School Breakfast and Lunch Programs to **provide free breakfast and lunch to every student**, regardless of ability to pay

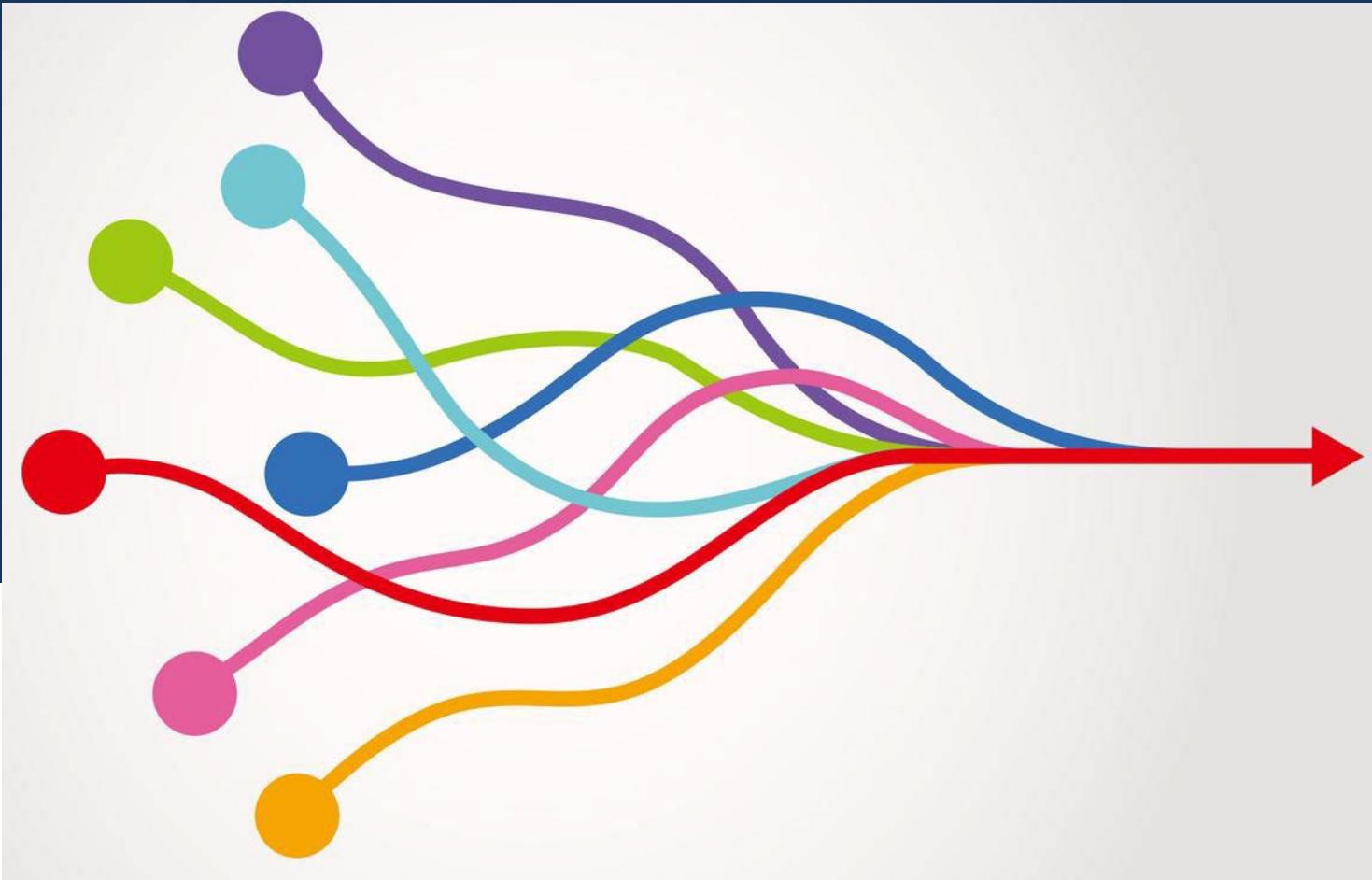


# Appropriation Ask

**FY 2027 State Budget appropriation  
request:**

**\$67 million**

Sen. Ellman & Rep. West are the bill  
sponsors/champions



**Join Us!**

We need everyone's voice to get the appropriation this law needs

# Our Coalition

- *Action for Healthy Kids*
- *Ann & Robert H. Lurie Children's Hospital of Chicago*
- *American Diabetes Association*
- *American Heart Association*
- *Bread for the World*
- *Chef Ann Foundation*
- *Chicago Food Policy Action Council*
- *Community Organizing and Family Issues (COFI)*
- *Cook County Department of Public Health*
- *Feeding Illinois*
- *Greater Chicago Food Depository*
- *Healthy Schools Campaign*
- *Illinois Alliance to Promote Opportunities for Health*
- *Illinois Association of School Administrators (IASA)*
- *Illinois Chapter, American Academy of Pediatrics*
- *Illinois Education Association (IEA)*
- *Illinois Farm to School Network/Seven Generations Ahead*
- *Illinois Federation of Teachers (IFT)*
- *Illinois Public Health Institute*
- *Illinois School Nutrition Association*
- *Illinois State Alliance of YMCAs*
- *Illinois Stewardship Alliance*
- *Legal Action Chicago*
- *Loyola Medicine*
- *Mission Readiness, Illinois*
- *Northern Illinois Food Bank*
- *POWER-PAC IL*

Available at [healthyschoolmealsil.com/about](http://healthyschoolmealsil.com/about)

# Help Us Share Stories!

We need families and/or school personnel willing to be trained to speak with legislators and/or the media about the impact of universal, free school meals!

Volunteers, please contact me:

[Kathryn.Bernstein@iphionline.org](mailto:Kathryn.Bernstein@iphionline.org)

(312)786-5372



# Contact Legislators in Support of HB 2365/SB 1419

**Will Davis** (Midlothian, Harvey, & Homewood-Flossmoor region)

- (708) 799-7300
- [williamd@ilga.gov](mailto:williamd@ilga.gov)

**Elizabeth Hernandez** (Cicero, Stickney, Lyons, & Brookfield region)

- (708) 222-5240
- [office@repehernandez.com](mailto:office@repehernandez.com)

**Elgie Sims** (Chicago Heights, Lansing, & Calumet City region)

- (773) 933-7715
- <http://www.senatorelgiesims.com/contact-us>

# Contact Legislators in Support of HB 2365/SB 1419

**Michelle Mussman** (Des Plaines & Elk Grove Village region)

- (847) 923-9104
- [staterepmussman@gmail.com](mailto:staterepmussman@gmail.com)

**Cyril Nichols** (Bridgeview, Burbank, & Hickory Hills region)

- (773) 912-6107
- [rep32nd@gmail.com](mailto:rep32nd@gmail.com)

**Angelica Guerrero-Cuellar** (Bedford Park & Burbank region)

- (773) 581-8000
- [angieguerrero22@gmail.com](mailto:angieguerrero22@gmail.com)

# Contact Legislators in Support of HB 2365/SB 1419

**Emanuel Chris Welch** (Maywood, Bellwood, Hillside, & Westchester region)

- (708) 450-1000
- <https://www.emanuelchriswelch.com/contact>

**Abdelnasser Rashid** (Berwyn, Brookfield, Summit, & Bridgeview region)

- (708) 956-7563
- [office@reprashid.com](mailto:office@reprashid.com)

**Kimberly A. Lightford** (Westchester, Oak Brook, La Grange, & Forest Park region)

- (708) 632-4500
- <http://www.senatorlightford.com/contact-us>

# Questions?





ILLINOIS ALLIANCE TO  
**PROMOTE  
OPPORTUNITIES  
FOR HEALTH**

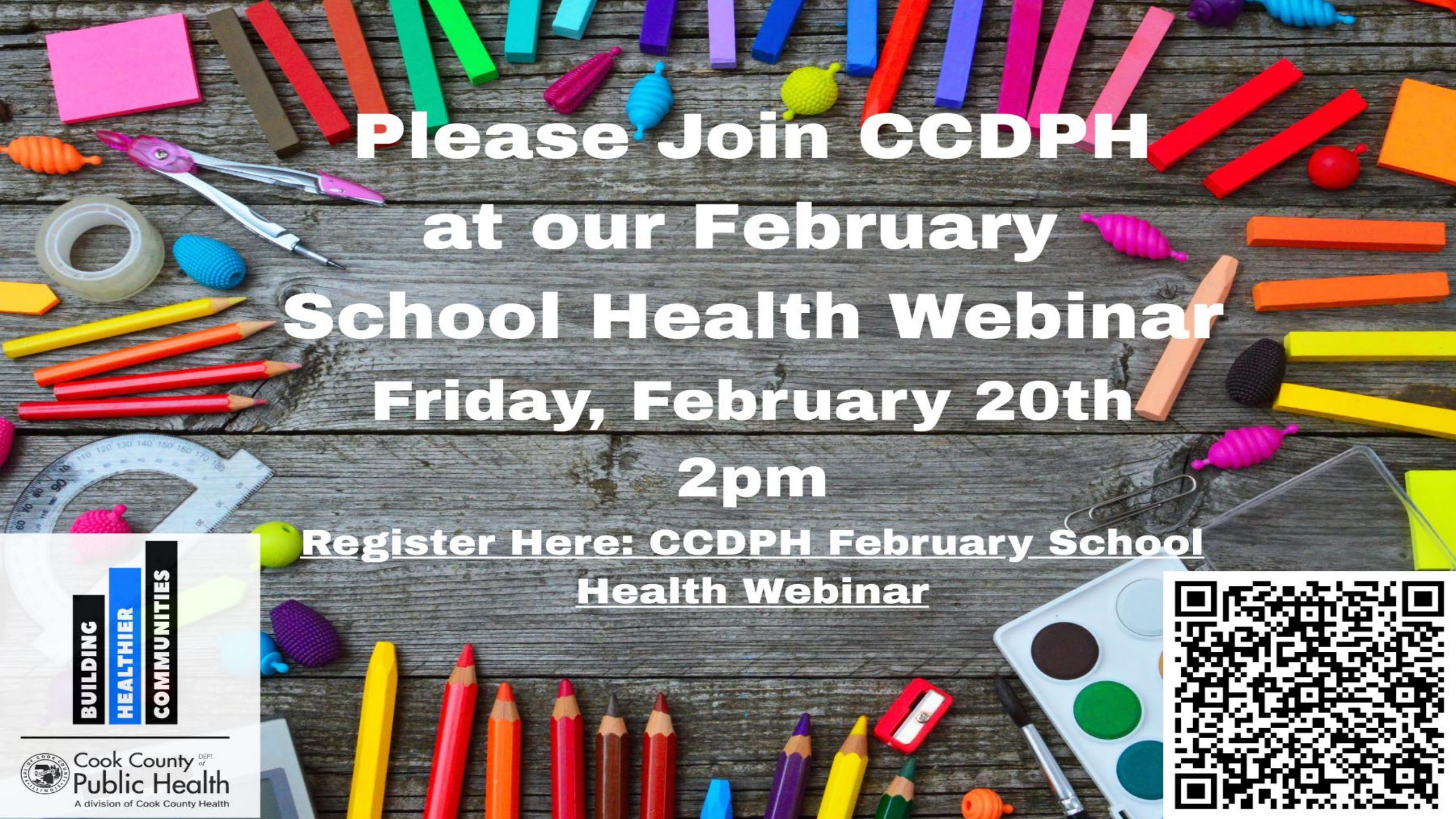
# Thank you!

[Kathryn.Bernstein@iphionline.org](mailto:Kathryn.Bernstein@iphionline.org)



**Illinois  
Public Health  
Institute**

# Questions??



# Please Join CCDPH at our February School Health Webinar Friday, February 20th

2pm

[Register Here: CCDPH February School  
Health Webinar](#)

BUILDING  
HEALTHIER  
COMMUNITIES



Cook County DEPT. of  
Public Health  
A division of Cook County Health

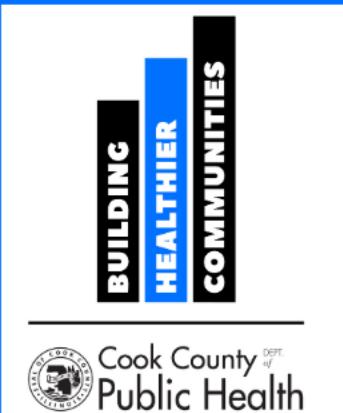


# ANNOUNCEMENTS

- Registration for the next series of Monthly School Health Webinars has been updated on our website <https://cookcountypublichealth.org/school-health-meetings/>



- Sign up to receive the School Newsletter: Sign up to receive our School Newsletter



# Adjournment