

CCDPH School Health Meeting

November 21, 2025



COOK COUNTY
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Agenda

- Welcome & Housekeeping
- Announcements, Resources & Events
- CCDPH Communicable Disease Updates
- The Cancer Support Center
- 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.



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



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ANNOUNCEMENTS

- Registration for the next series of Monthly School Health Meetings will be updated soon on our website <https://cookcountypublichealth.org/school-health-meetings/>



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

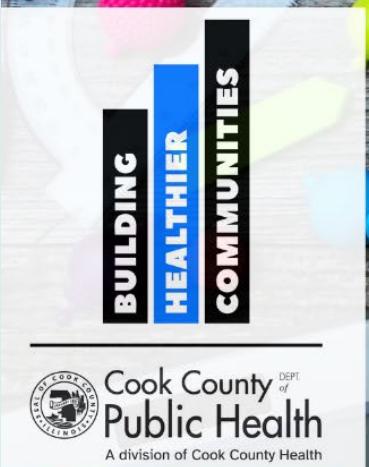




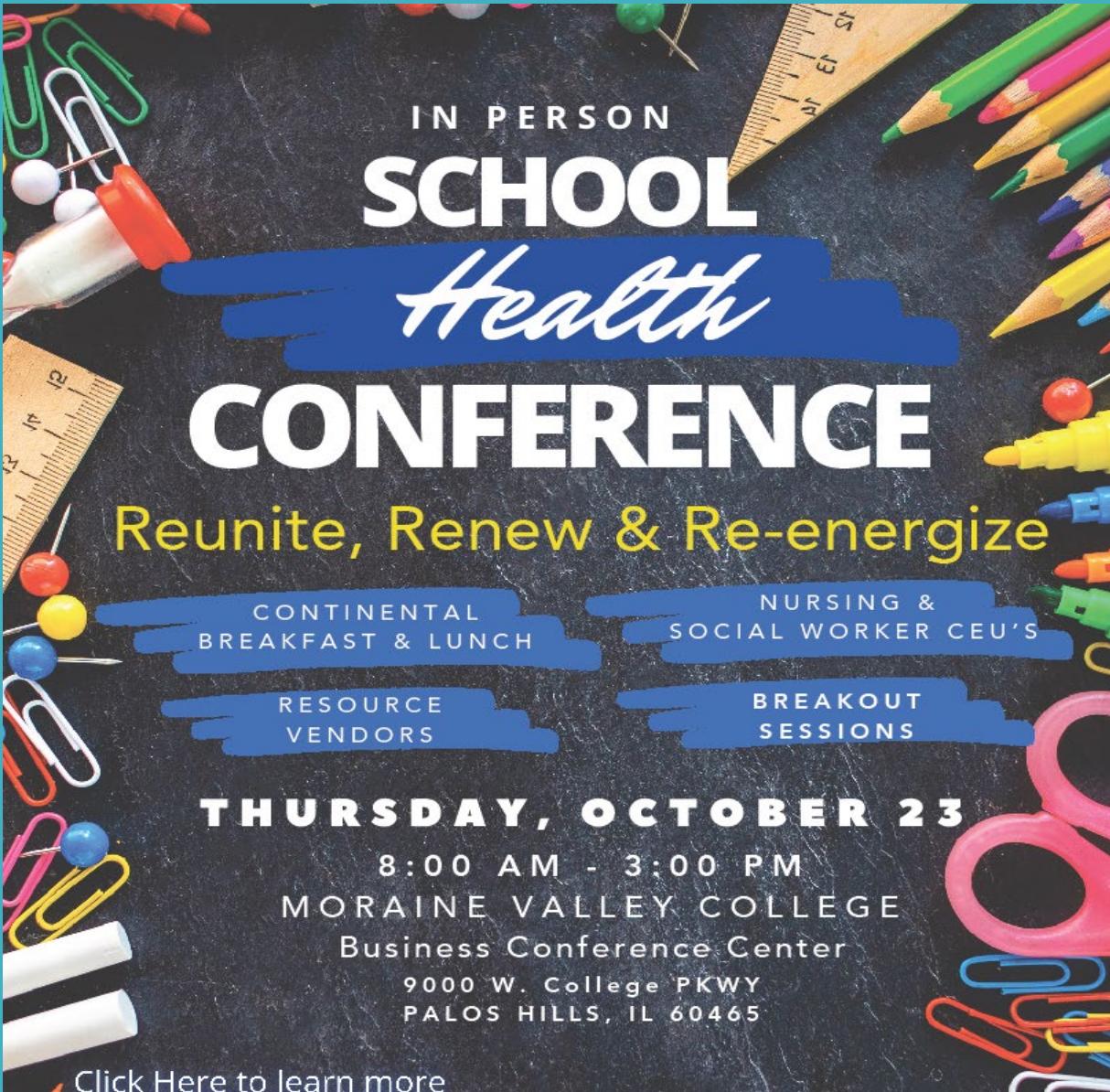
Please Join CCDPH
at our December
School Health Webinar
Friday, December 19th

2pm

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



CONFERENCE HIGHLIGHTS



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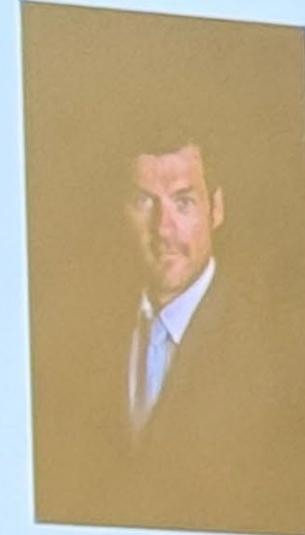


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Dr. Anthony Marinello
Executive Director of South
Cook Intermediate Service
Center



SOUTH COOK
INTERMEDIATE
SERVICE CENTER







When community members felt unsafe, our office responded with on-site self-defense classes. We coordinate with local entities to provide awareness lessons and basic defensive tactics to willing participants who want to assure their own safety. The self-defense class is inclusive to all ability levels and has included modifications for seniors and those who are deaf or hard-of-hearing, including ASL-interpretation.



Learning Objectives

01

- Understand the landscape of vaccine hesitancy in Illinois.

02

- Analyze current vaccination trends in Illinois.

03

- Introduce and empower the use of ICAAP's School Immunization Toolkit.













CONFERENCE CEUs

WE ARE WORKING DILIGENTLY TO GET
CONFERENCE CEUs DISTRIBUTED AS SOON AS
POSSIBLE PLEASE BEAR WITH US



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)

➤ 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.cookcountylil.gov



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CCDPH Resources



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Public Health The logo for the Department of Public Health, featuring the text "BUILDING" in a black box, "HEALTHIER" in a blue box, and "COMMUNITIES" in a black box.

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



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



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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>



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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



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



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.

CHECK THE SCHEDULE 

2025-26
FREE FLU & COVID VACCINATION CLINICS



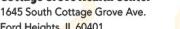
Protect yourself and others this winter.

ROTATING CLINIC LOCATIONS & DATES

NORTH SUBURBS 
Arlington Heights Health Center
3250 N. Arlington Heights Rd., #300
Arlington Heights, IL 60004
10/25/2025
11/22/2025
12/27/2025
1/24/2026
2/28/2026
3/28/2026

WEST SUBURBS 
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

SOUTH SUBURBS 
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 
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 
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



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](#)



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Mental Health Resources



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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



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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





NAVE WELLNESS CENTER
Empowering your path onward.



FREE GRIEF SUPPORT GROUPS

Supporting those who've lost a parent

Every 2nd Tuesday @ 7PM

Virtual & In-person

SIGN UP NOW RHRH.ORG



@rhrhorg



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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





FAMILY-TO-FAMILY REGISTRATION OPEN!

TWO CLASSES ARE BEING OFFERED:

JANUARY 7 - MARCH 4

WEDNESDAYS

6:00 - 8:30 PM

CHRIST CHURCH WINNETKA

JANUARY 6 - MARCH 3

TUESDAYS

5:30 - 8:00 PM

TURNING POINT SKOKIE

NAMICCNS.ORG

847-716-2252



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FAMILY INSIGHT EVENINGS

Next Class: November 12

**Topic: Planning for Long-Term Care: Contemplating
Guardianship, Estate Planning, and What Comes Next,
With Mallory Moreno from Chuack Tecson**

**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

6:00 - 8:00 PM.

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



metropolitan family services™

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

families **m**powered to learn. to earn. to heal. to thrive.

Main Office | 101 N. Wacker Drive, 17th Floor, Chicago, IL 60606 | 312-986-4000 | www.metrofamily.org

Updated August 2023



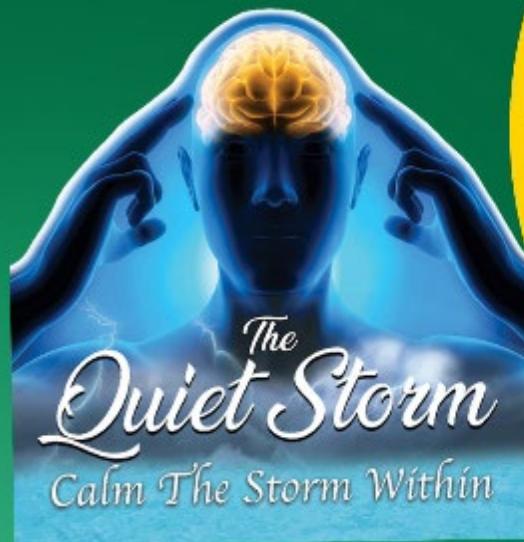
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THE LINK & OPTION CENTER, INC.

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!

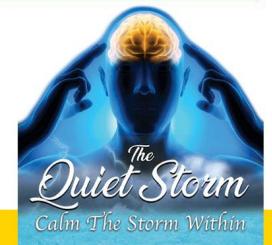
 Crisis Hotline: 800-261-8905

 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



Adult Mental Health First Aid Training

RINCON FAMILY SERVICES

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.

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

Adult MHFA can be provided in person or virtual

Interested?

SCAN ME

Contact us!

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

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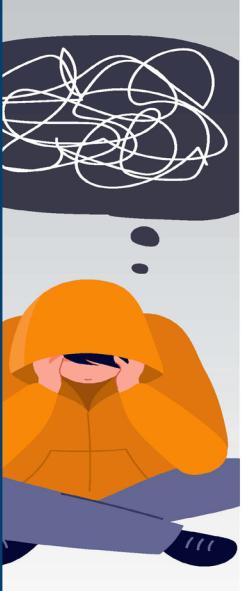
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Mental Health Services for Youth

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 Blue Shield	• Meridian	• Beacon
	• 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/cmhcc





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.



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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

 ILLINOIS
DocAssist



 ILLINOIS
DocAssist

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.

[Registration | IllinoisDocAssist \(866\) 986-2778 | University of Illinois College of Medicine](#)



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The image is a promotional flyer for a pop-up pantry. At the top left is the 'MEALS IN THE MEANTIME' logo with a stylized icon of a bottle and a bowl. The top right features a photograph of a Thanksgiving meal including a turkey, mashed potatoes, stuffing, and a pie. The center features a large green graphic with the text 'FOOD PANTRY' in white, and 'Pop-Up' in blue script. Below this, a white text block states: 'Meals in the Meantime is partnering with the Village of Robbins, Illinois for our next drive-thru food pantry.' To the right is a blue graphic of a shopping bag filled with groceries. At the bottom, logos for 'VILLAGE OF ROBBINS', 'AL-AMIN Brothers TRANSPORTATION,LLC', 'Pete's MARKET', and a QR code are shown. A green 'SCAN AND DONATE' button is at the bottom right.

MEALS IN THE MEANTIME™

FOOD Pop-Up PANTRY

Meals in the Meantime is partnering with the Village of Robbins, Illinois for our next drive-thru food pantry.

SATURDAY, NOVEMBER 22, 2025 | 10AM
First come, first served – **1 bag per vehicle**

Robbins Community Center
13800 S. Trumbull Avenue
Robbins, Illinois 60472

PARTNERS, SPONSORS & SUPPLIERS:

VILLAGE OF ROBBINS
AL-AMIN Brothers TRANSPORTATION,LLC
Pete's MARKET

mealsinthemeantime.org 708.400.9261

SCAN AND DONATE





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 8th Ave – Door 4
Community Dinner
1st, 3rd, & 5th Tuesdays (5:30p – 6:30p)
Outdoor Meal Distribution
2nd & 4th 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



CORNERSTONE COMMUNITY DEVELOPMENT CORPS

Thursdays @ 9am - 12pm

943 E Lincoln Hwy, Ford Heights, IL 60411

708-251-4750 – 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



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

425 S Halsted St, Chicago Heights, IL 60411

708-754-9400 – 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



FIND A PANTRY NEAR YOU WITH THE GREATER
CHICAGO FOOD DEPOSITORY'S PANTRY LOCATOR:
www.chicagosfoodbank.org/find-food-2



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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
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**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  **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 or
Bob Clasby
rclasby@auntmarthas.org



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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 for a list of eligible School Districts



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Community Events

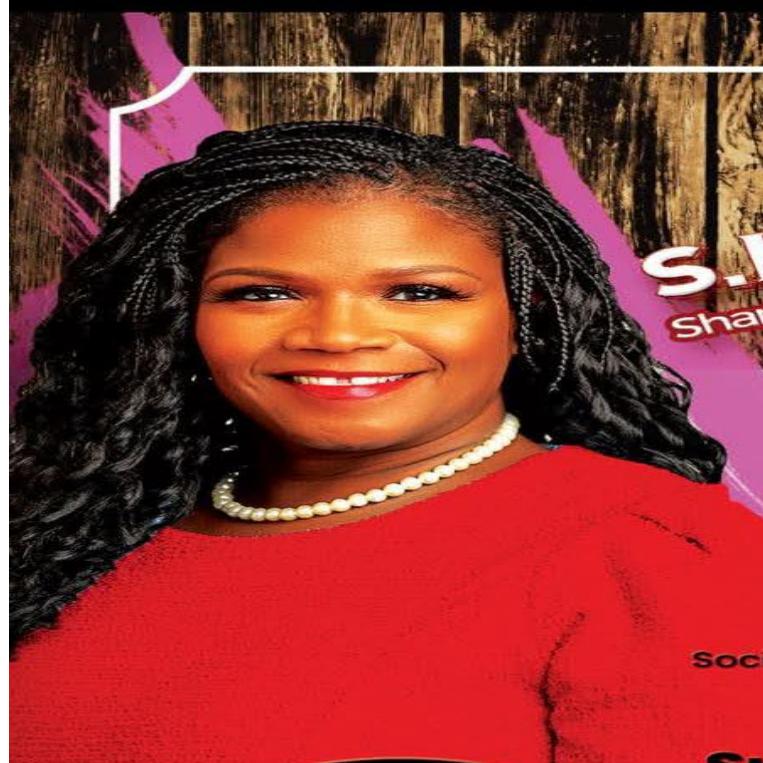


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COOK COUNTY
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TARA STAMPS
1ST DISTRICT COOK COUNTY COMMISSIONER

S.H.O.P. TALK

Sharing Hope & Overcoming Pressure

WHAT IS S.H.O.P. TALK?

S.H.O.P. Talk expands on beauty salon culture by supporting **YOUNG WOMEN** to discuss & address the unique challenges in a hostile society.

Support includes:
Social, Emotional, Educational, Financial & Mental Health Services

Sunday, November 23
2pm - 4:30pm

Re'lux Barber Studio
703 S. 5th Avenue | Maywood, IL

FREE FOOD (while it lasts!)

FREE Resources on Education, Jobs, Trades & Conflict Resolution

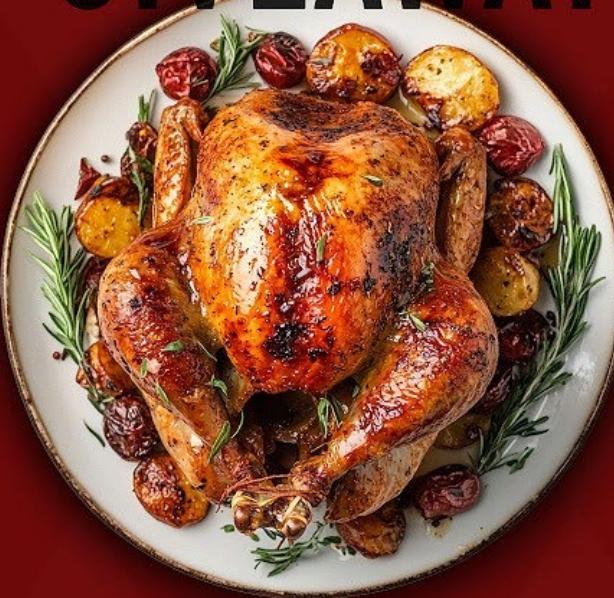
Know Your Rights: The mental & emotional impact of oppression.
Know and Defend Your Rights!!!



THE DREAMER PROJECT FOUNDATION INC,
AND COOK COUNTY COMMISSIONER DONNA MILLER

THANKSGIVING GIVEAWAY

300 turkeys and
food baskets till
supplies last



Saturday Nov. 22
12PM-3PM

Schrum Middle school parking lot.
485 165th St, Calumet City, IL 60409



COOK COUNTY
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Big Brothers
Big Sisters.
OF METROPOLITAN
CHICAGO

THE
**DREAMER
PROJECT**
FOUNDATION, INC.

Donna Miller,
Commissioner
6th District



Illinois Council on Women and Girls

Girls Lead Program

APPLY
NOW!

Body

bit.ly/GirlsLead2025IL

Apply Here

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A division of Cook County Health

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JULIANA STRATTON
OFFICE OF LT. GOVERNOR

Deadline: December 1st



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Garden/Nature Night

November 21, 2025

University of Illinois Extension
2205 Enterprise Drive, Suite 501
Westchester, IL 60154

<https://go.illinois.edu/4-HFamilyGardenNatureNight>

If you need a reasonable accommodation to participate, please contact Chanita Anderson at 708-449-4320 or chickma@illinois.edu. Early requests are strongly encouraged to allow sufficient time to meet your needs.

Illinois Extension
UNIVERSITY OF ILLINOIS URBANA CHAMPAIGN



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Protecting Our Health: Join Us for a Community Health Chat!



Learn about how to stay safe from COVID-19 and Flu

**Led by Dr. Simon Kim, this chat will provide valuable
information to help you make better health-related choices
for yourself and your loved ones.**

Date: Tuesday, December 9, 2025

Time: 5:30 p.m.

Location: West40

415 Lexington St. Maywood, IL 60153

Please Use Door 8N



Register Today!



Funding for this publication was made possible by funds received from the Office of Disease Control, through the Illinois Department of Public Health



**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!



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Communicable Disease Update



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Respiratory Season in Cook County

Avi Joseph



Respiratory Dashboard

For the week ending Nov 08, 2025:*

COVID-19

Activity Level: Minimal

Flu

Activity Level: Low

RSV

Activity Level: Low

Key Points

COVID-19, Influenza, RSV

- Flu activity has been elevated from minimal to low. RSV activity is low and COVID-19 activity is minimal.
- Emergency room visits associated with RSV are continuing to increase, especially in children under 5.
- The first ICU admission associated with RSV for the 2025-26 season was reported this week. ICU admissions associated with COVID-19 continue to be reported weekly, primarily in those over 65.
- Wastewater detections for all monitored pathogens remain low.

Is anything else going around?

- Test positivity for [rhinovirus/enterovirus](#), is still elevated above baseline. These pathogens typically cause mild illness, like the common cold.
- Laboratory detections of [Mycoplasma pneumoniae](#) have picked up. This respiratory illness is typically mild (sometimes called “walking pneumonia”), but occasionally can cause more severe symptoms that require antibiotic treatment. You can read more about [Mycoplasma pneumoniae](#) [here](#).

Recommendations

- CDC's [core recommendations](#) for *individuals* include staying up to date with all recommended respiratory virus vaccines, practicing good respiratory hygiene (covering your cough, washing your hands), taking steps for cleaner air, and using precautions to prevent the spread of respiratory viruses when you are sick. This means staying home until you've been fever-free for 24 hours and your symptoms are getting better. CDC also recommends individuals are familiar with treatment options for flu and COVID-19, especially if you are at [high risk](#) for severe outcomes.
- CDC's [core recommendations](#) for *organizations* include supporting vaccination efforts (like hosting a clinic or providing time off for vaccination and recovery), encouraging good respiratory hygiene with posters and adequate hand-washing supplies, taking steps for cleaner air, and supporting time off for individuals to stay home when sick or to seek treatment.
- If you haven't already made a plan to [get vaccinated](#), now is the time. It can take a few weeks for protection to build after receiving a vaccine. Get protected before the holiday season begins.



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Respiratory Dashboard – ED Data

ED Visits by Demographics

Data for the virus selected (above) are presented. The previous season's data are available for comparison. Values displayed are healthcare utilization rates; this means trends can be affected by how often a demographic sub-group visits the hospital overall. Trends should not be compared among sub-groups and should instead be used to understand changes over time within one sub-group.

Select Years of Interest

- 2025-26
- 2024-25



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Respiratory Dashboard – Sentinel Lab Data

Test Positivity

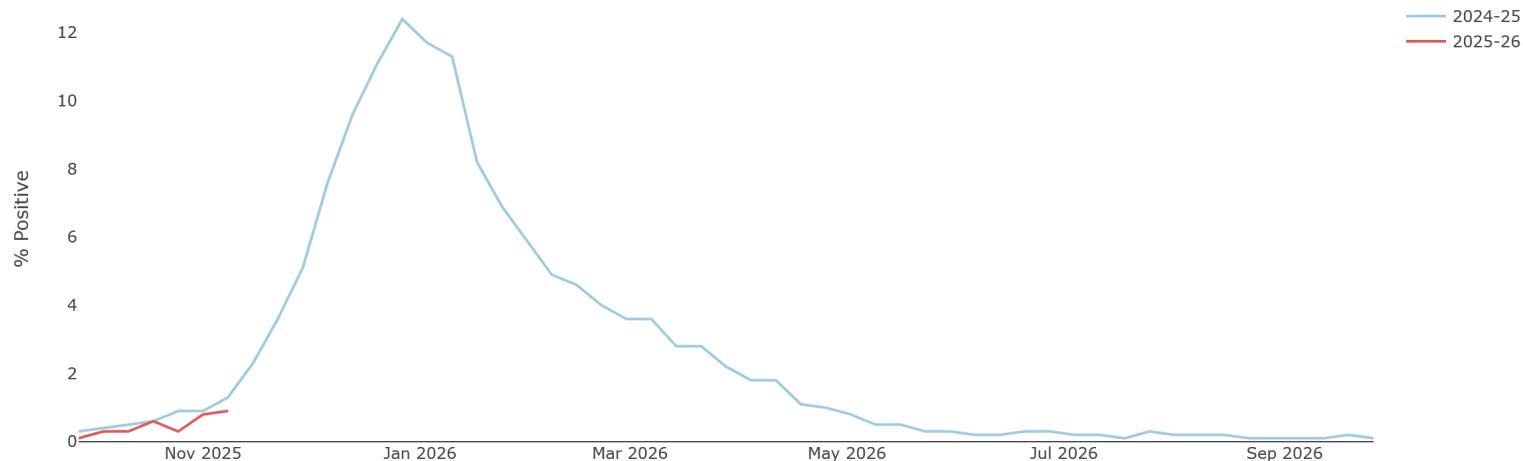
Includes results from antigen tests (e.g. rapid or point-of-care tests) and molecular tests (e.g. nucleic acid amplification tests) submitted by Cook County sentinel laboratories. Laboratories participating in our sentinel networks may change over time and vary across viral pathogens.

Select Virus of Interest

COVID-19 Flu RSV

Select Years of Interest

- 2025-26
- 2024-25
- 2023-24
- 2022-23
- 2021-22
- 2020-21
- 2019-20



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Respiratory Dashboard – Wastewater Data

Cook County Wastewater

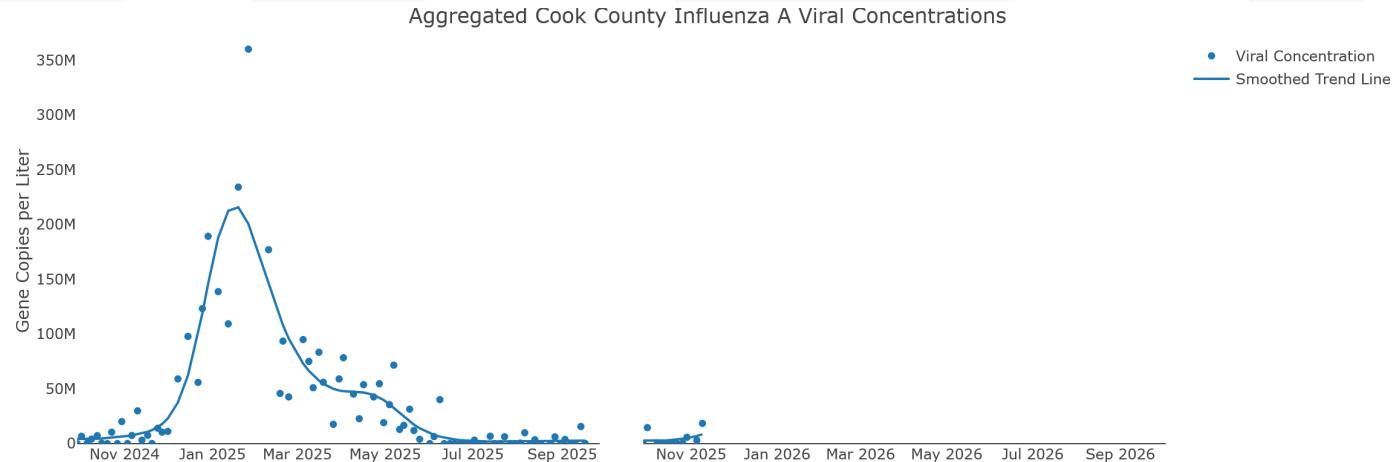
Includes samples collected through the Illinois Wastewater Surveillance System (IWSS) from seven Metropolitan Water Reclamation District of Greater Chicago wastewater treatment plants. Raw viral concentrations are normalized by flow rate to get viral copies per liter of wastewater then aggregated to get a county-wide sum. Because shedding patterns across viruses are different, viral concentrations between pathogens are not comparable. Graphs of raw plant level concentrations are available on the [IWSS dashboard](#).

Select Virus of Interest

- Influenza A
- Influenza B
- RSV
- SARS-CoV-2

Select Years of Interest

- 2025-26
- 2024-25
- 2023-24
- 2022-23



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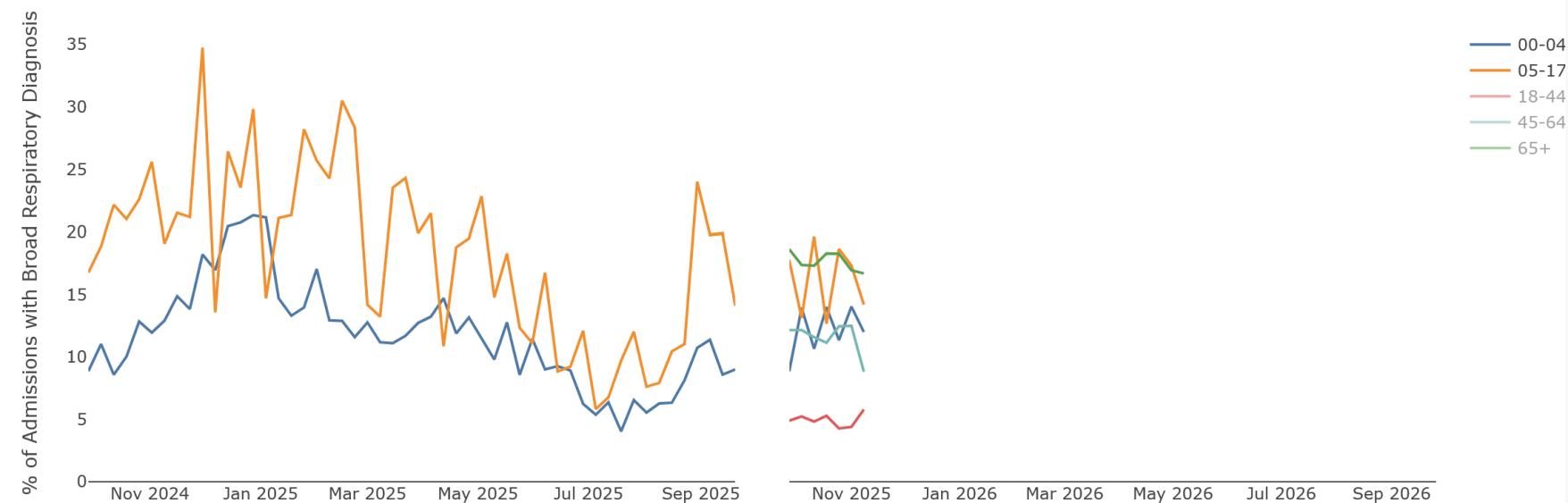
Respiratory Dashboard – Inpatient Data

Admissions by Demographics

Data for the virus selected (above) are presented. The previous season's data are available for comparison. Values displayed are healthcare utilization rates; this means trends can be affected by how often a demographic sub-group visits the hospital overall. Trends should not be compared among sub-groups and should instead be used to understand changes over time within one sub-group.

Select Years of Interest

- 2025-26
- 2024-25



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Respiratory Dashboard – ICU Data

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

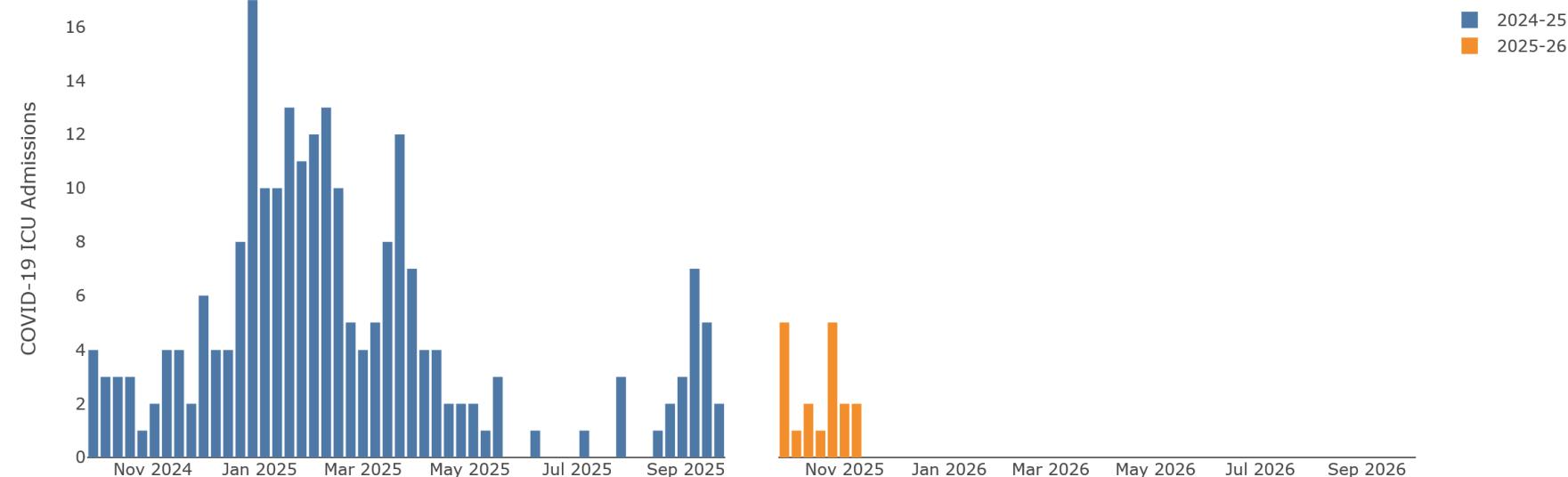
COVID-19 Flu RSV

Select Years of Interest

2025-26

2024-25

2023-24



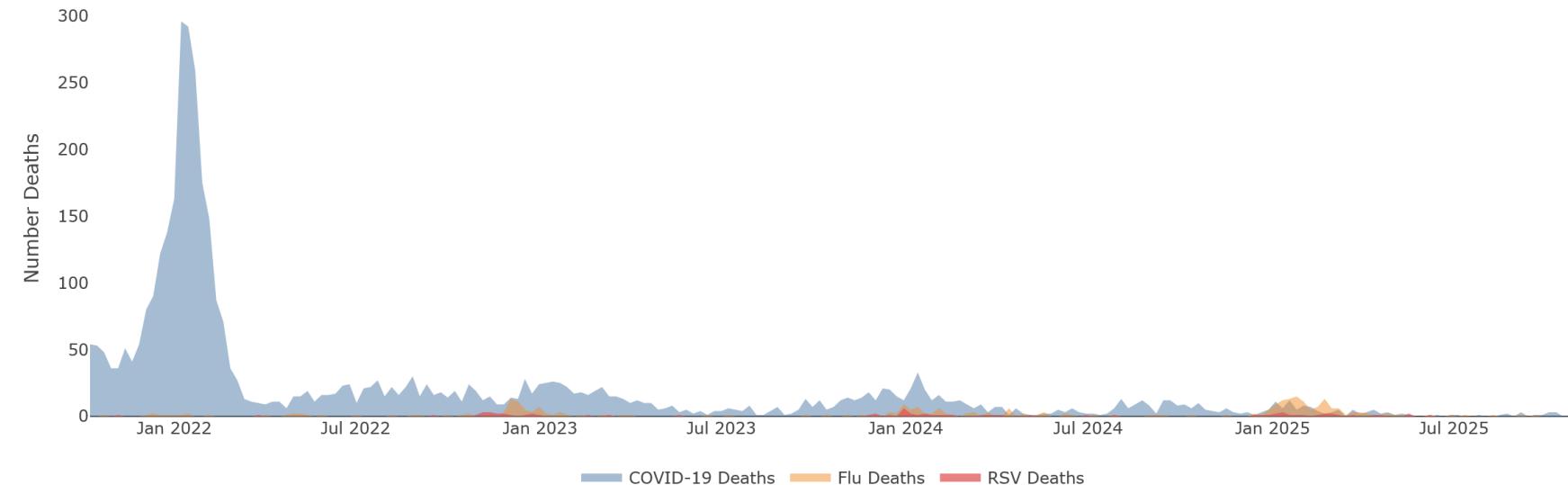
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Respiratory Dashboard – Death Data

COVID-19, Flu, and RSV Death Counts

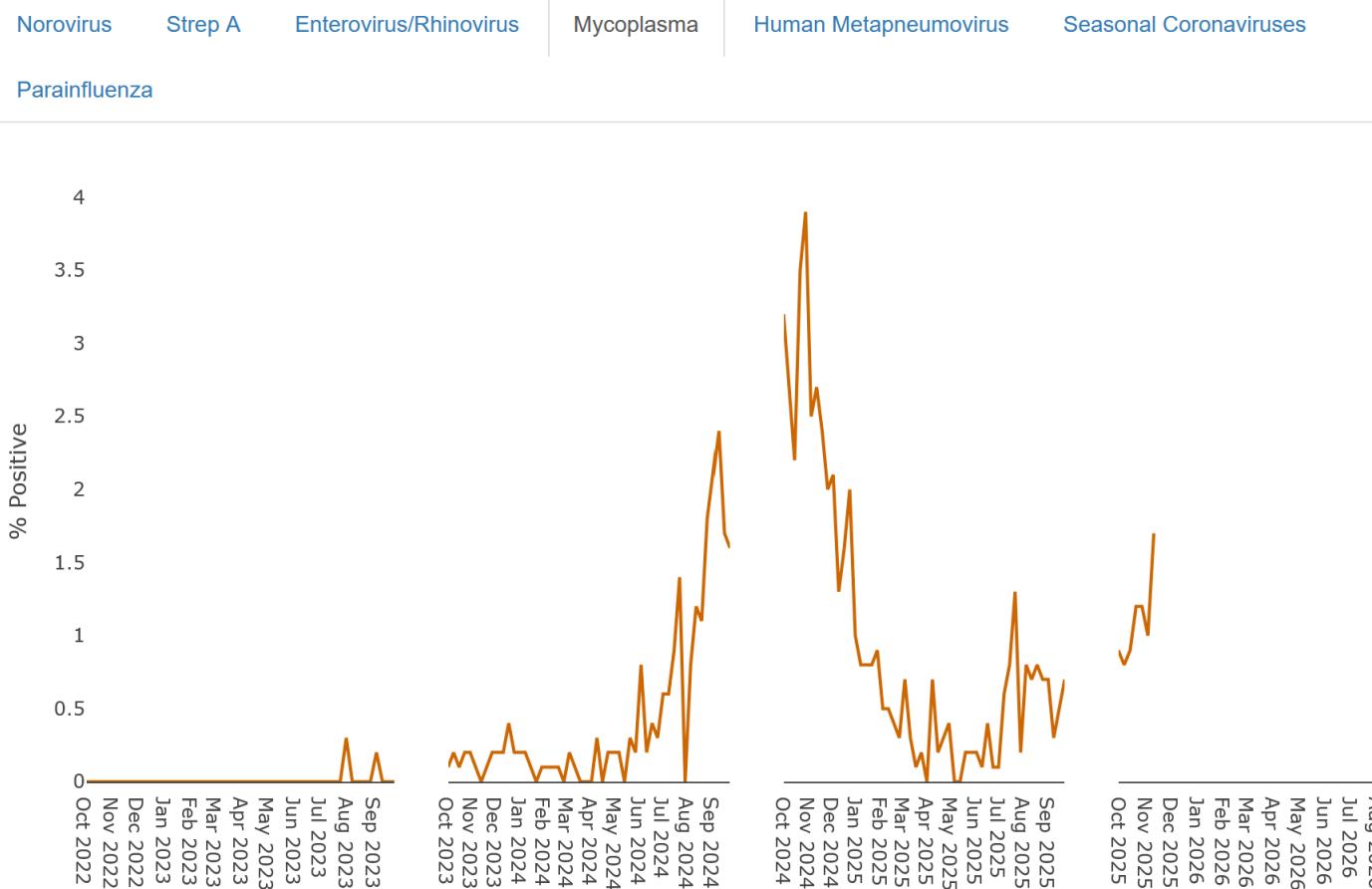
Flu mortality surveillance has traditionally included deaths due to pneumonia because these diseases are highly related and, previously, influenza deaths were often coded as pneumonia deaths. However, since the COVID-19 pandemic, many pneumonia deaths are now caused by COVID-19. The number of deaths with certificates including flu and the number of deaths with certificates including COVID-19 are displayed to help understand the relative contribution of each disease to PIC deaths. Although not typically included in PIC deaths, deaths associated with RSV are also included here for comparison.



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School Nurse/Public Health Collaboration – Pneumonia in Fall 2024



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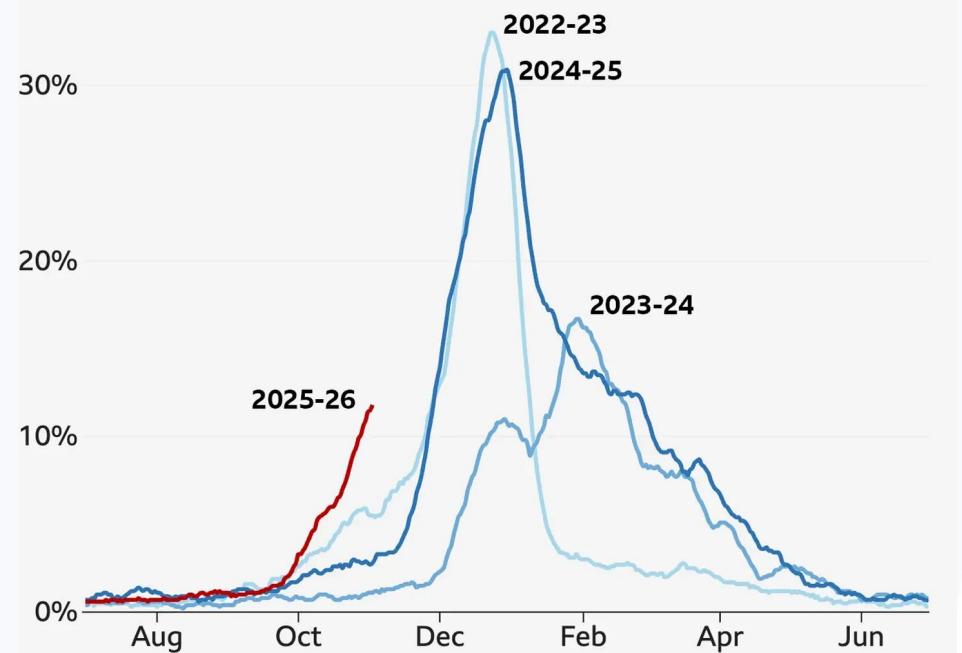
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Flu A H3N2 Subclade K

- International researchers have published data indicating an evolved strain of Influenza A may become dominant this season (early data from UK/Japan shows subclade K in 90% of samples)
- The Influenza A H3N2 virus has undergone significant antigenic drift since the selection of the strain used in this season's flu shot
- Good news – preliminary data from the UK suggests that the vaccine for the current season is 70-75% effective at preventing hospitalization in 2-17 year olds

Flu starting early this winter

Percentage of positive flu tests in England - seven-day rolling average



Source: UK Health Security Agency

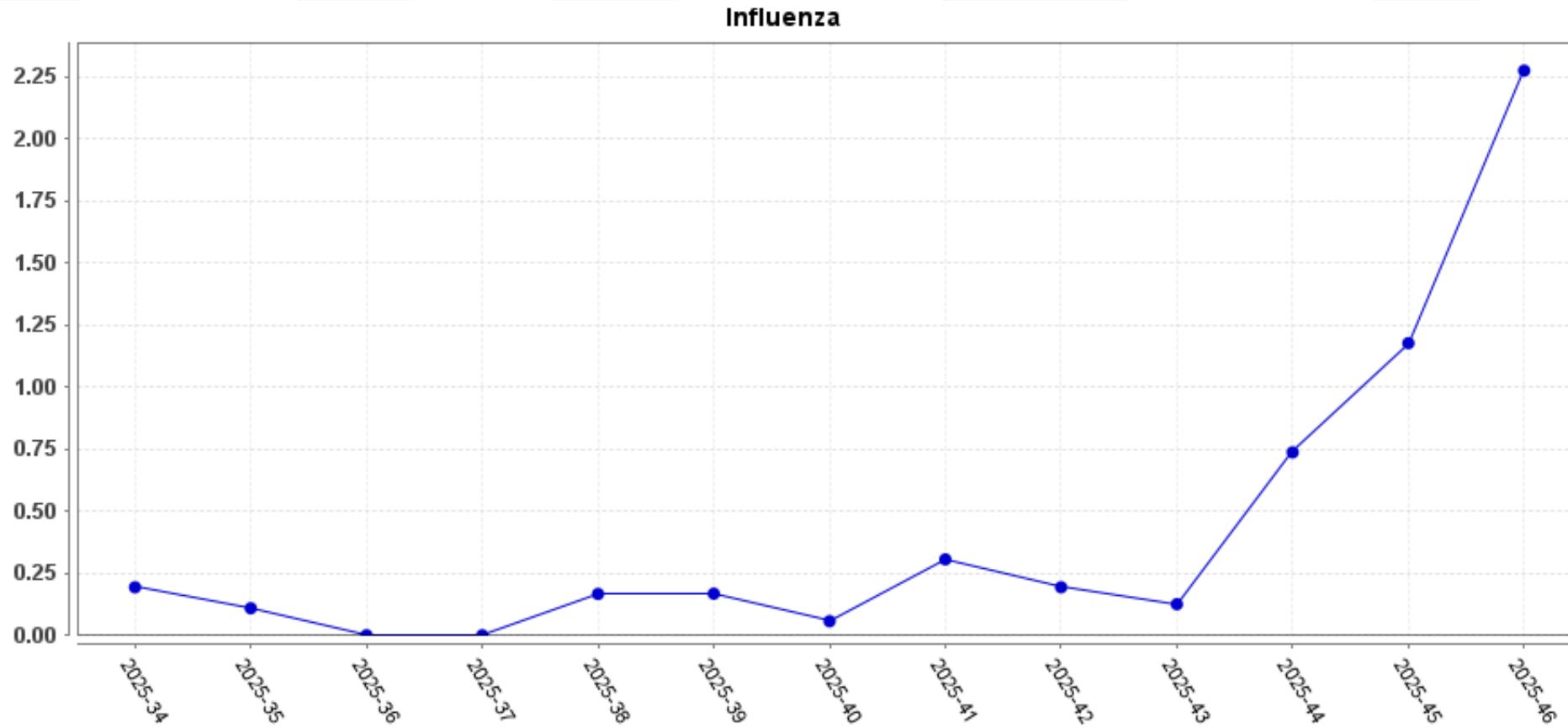
BBC



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Percent of ED Visits Related to Influenza for School Aged Children (as of 11/19/25)



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School Outbreak Reporting

- IDPH has guidance on outbreak reporting for specific pathogens or conditions
- When in doubt, give us a shout!
- 708-836-8699
- CCDPH_Schools@cookcountyhhs.org

	Disease/ Illness	Mode of Transmission	Symptoms	Incubation Period	Period of Communicability	Criteria for Exclusion from School*	Reporting Requirement	Prevention & Control Measures
EYE, EAR, NOSE, THROAT, AND RESPIRATORY	<p>Bronchiolitis, Bronchitis, Common Cold, Croup, Ear Infection, Pneumonia, Sirius Infection and Most Sore Throats (respiratory diseases caused by many different viruses and occasionally bacteria)</p> <p>Conjunctivitis, Bacterial or Viral (Pink eye) http://www.cdc.gov/conjunctivitis/index.html</p> <p>Influenza https://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases/cd-school-nurse-guidance/flu-facts-for-parents.htm http://www.flu.gov/ http://ilga.gov/commission/cr/admincode/077/07700690/0004650R.html http://ilga.gov/commission/cr/admincode/077/07700690/0004680R.html http://ilga.gov/commission/cr/admincode/077/07700690/0004690R.html</p> <p>Mononucleosis (Mono), Infectious (most commonly due to EBV (Epstein-Barr Virus)) About Infectious Mononucleosis (Mono) EBV and Mono CDC</p>	<p>Breathing in respiratory droplets containing the pathogen after an infected person exhales, sneezes, or coughs -Direct contact with respiratory secretions from an infected person -Touching a contaminated object then touching mouth, nose or eyes</p> <p>Contact with an infected person's skin, body fluid or though contact with a contaminated surface and then touching mucus membranes/eyes</p> <p>Person to person by respiratory droplets created by coughing or sneezing, or though contact with a contaminated surface and then touching mucus membranes/eyes</p> <p>Person to person, most commonly through bodily fluids, especially saliva.</p>	<p>Variable, including runny nose, watery eyes, fatigue, coughing, and sneezing. May or may not have fever</p> <p>Red eyes, usually with some discharge or crusting around eyes; may be itchy, sensitive to light, or watery. Bacterial may have yellow/greenish discharge, may affect one or both eyes. Allergic and chemical conjunctivitis usually affects both eyes</p> <p>Sudden onset of fever, chills, headache, malaise, body aches, and nonproductive cough</p> <p>Extreme fatigue, fever, sore throat, headaches, body aches, swollen lymph nodes in the neck and armpits, swollen liver, or spleen or both, rash. May have mild or no symptoms, especially in young children.</p>	<p>Variable</p> <p>Bacterial: Unknown. Viral: Varies with etiology</p> <p>1-4 days</p> <p>4-6 weeks after exposure.</p>	<p>Variable, often from the day before symptoms begin up to 5 days after onset</p> <p>Bacterial: from onset of symptoms until after start of antibiotics, or as long as there is discharge from the eye</p> <p>Viral: variable, before symptoms appear and while symptoms are present (Allergic and chemical conjunctivitis is not contagious.)</p> <p>Variable, from 24 hours before onset of symptoms, peaks during first 3 days of illness through 7 days</p> <p>Illness usually lasts 7 to 10 days but can vary person to person. Infected individuals may remain contagious for up to 6 months.</p>	<p>No exclusion unless febrile or other symptoms meeting exclusion criteria are present</p> <p>No exclusion unless febrile or other symptoms meeting exclusion criteria are present</p> <p>No exclusion unless febrile or other symptoms meeting exclusion criteria are present</p> <p>No exclusion unless febrile or other symptoms meeting exclusion criteria are present</p> <p>No contact sports for 4-6 weeks, or until cleared by student's physician.</p>	<p>May depend of etiology/organism Report unusual illness, clusters of cases above baseline for group and time of year, or increased/unusual severity of illness to the local health department</p> <p>Not required to be reported May notify local health department of large clusters of cases or cases with unusual severity of illness</p> <p>For all diseases: Good handwashing and hygiene practices; proper disposal of soiled tissues; avoid sharing linens; proper disinfection of surfaces and toys; cough into elbow or clothing when tissues unavailable.</p> <p>Influenza: Annual influenza vaccine recommended for everyone 6 months and older, improve ventilation, wearing well-fitted masks, enhancing hygiene practices, and testing to inform actions.</p>	<p>Teach effective, handwashing, good respiratory hygiene and cough etiquette. Colds are caused by viruses; antibiotics are not indicated.</p> <p>Mononucleosis: Avoid kissing, sharing drinks and food, and using the same personal items that an infected person recently used.</p>



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Questions?

To get added to the weekly respiratory report email list, reach out to Courtney Kinnane (courtney.kinnane@cookcountyhealth.org)



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The Cancer Support Center



SCATSDA

Kelly Friel, LCPC, ATR
Cancer Support Center 2024



Our evidence-based programs and services are created and delivered personally, virtually and in ideal settings by professional therapists, counselors, nutritionists, and healthcare experts and our resources are available and accessible to all through many communities, channels, and tools.

We are able to provide all of this at no cost to our participants near and far because of the dedication of our donors, benefactors, volunteers, and friends who know how critical this depth of support is for people to not just survive, but to thrive.

ABOUT THE CANCER SUPPORT CENTER

OUR VISION

To be THE source of hope, help, and strength that changes the lives of every person impacted by cancer.

OUR MISSION

Cancer Support Center exists to provide strength, guidance, and support to anyone impacted by cancer - whoever and wherever they are.

WHO DOES SUPPORT?

Survivors
Caregivers
Bereaved
Children and Teens



GET TO KNOW THE CENTERS FROM FRONT TO BACK



Counseling & Stress Management

Art Therapy • Meditation •
Counseling •
Guided Journaling •
Soundbath •
Guided Relaxation



Fitness & Physical Wellness

Yoga • Zumba •
Movement Workshops •
Reiki •
Fitness Consultation •
Massage Therapy



Nutrition

Cancer-Fighting Cooking
• Weight Management •
Detoxification & Recovery
• One-on-One Nutrition •
Lifestyle Programs •
Cooking Demos • Cook Books & Print Recipes



Education & Networking

Support Groups for Specific Cancers •
Networking Groups •
Family Activities & Outings



Body Image

Wig Boutique • Hair Accessories • Breast Prosthetics • Cosmetic Workshops • Counseling • Sexuality Programs

CSC AT
SCHOOL

According to The American Cancer Society

About 5,290 adolescents (aged 15 to 19) are diagnosed with cancer each year in the United States.

About 550 adolescents die from cancer each year.

The needs of these teens may differ from their peers

MANY MORE TEENS WILL BE IMPACTED BY A FAMILY MEMBER WITH CANCER

With cancer in the family comes changes in

- routine
- responsibilities
- stress levels
- support people

Some teens may be feeling

- Scared
- Angry
- Neglected
- Lonely
- Embarrassed

Consequences of the changes and feelings

- school performance
- isolation
- issues with friends
- behavioral changes

Why are we providing school-based support?

Finances, transportation, and unpredictable changes to schedules can push counseling and other supportive services to the bottom of the to do list for families impacted by cancer.

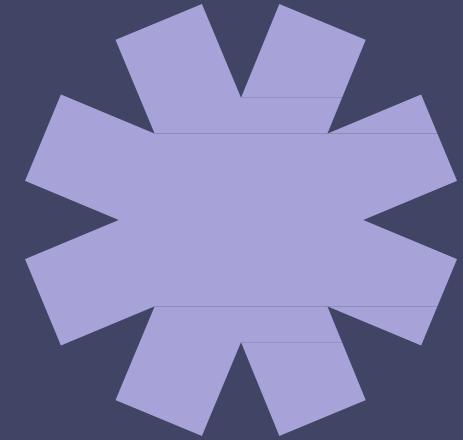
We hope by providing options for students to receive FREE support at their school that we can help to remove some of the barriers to support and help students impacted by cancer thrive during a difficult time.

In School Support Options

- Art Therapy Groups
- Individual counseling
- Virtual support options
- Workshops for Students
- Workshops for Staff
- Emergency Support for staff or students in end of life or grief services
- Referral process

CANCER SUPPORT GROUPS at School

- facilitated by licensed counselors and art therapists
- free to the school and students
- group for any child impacted by cancer
 - Student with cancer
 - Student with a family member/friend with cancer
 - Student bereaved from Cancer
- scheduled to meet the needs of the student and school to cause as little disruption to schedule as possible
 - i.e. during free periods, lunch, or on a rotating basis



individual support as needed

Art therapy or counseling offered locally or virtually during school
hours or after hours

Workshops & Trainings:

- Managing cancer in the classroom
- Grief and Anticipatory Grief of student or staff member
- Supporting a colleague with cancer
- Memorial Art Therapy
- & More!

Supports for Staff

Support and Counseling

- for staff members impacted by cancer diagnosis
- bereavement groups for the loss of a colleague

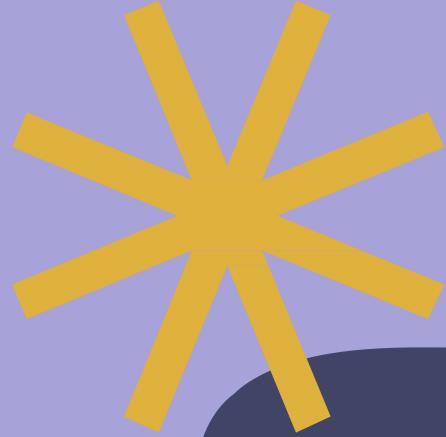
Other supports for kids



**Seasonal Camps
and workshops
through our
center**

**Workshops
specific to
circumstance**

**Volunteer
opportunities**



Referral Forms and Process

Email Kfriiel@cancersupportcenter.org

- to be added to our email list
- for the referral forms
- for marketing materials for your
- school newsletter

CONTACTUS

TWO LOCATIONS. ONE MISSION.

Homewood Location

2028 Elm Road, Homewood, IL 60430

Phone: (708) 798-9171

Mokena Location

19645 S. LaGrange Road, Mokena, IL 60448

Phone: (708) 478-3529

EMAIL ADDRESS

kfriel@cancersupportcenter.org

OUR WEBSITE

www.cancersupportcenter.org



REFERENCES

American Cancer Society . (2024). Teenage cancer statistics: Adolescent cancer stats. Teenage Cancer Statistics | Adolescent Cancer Stats | American Cancer Society. <https://www.cancer.org/cancer/types/cancer-in-adolescents/key-statistics.html>

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Inhestern L, Johannsen LM, Bergelt C. Families Affected by Parental Cancer: Quality of Life, Impact on Children and Psychosocial Care Needs. *Front Psychiatry*. 2021 Nov 10;12:765327. doi: 10.3389/fpsyg.2021.765327. PMID: 34858234; PMCID: PMC8631390.

National Cancer Institute. (2021, March 29). Support for teens when a family member has cancer. Support for Teens When a Family Member Has Cancer was originally published by the National Cancer Institute. <https://www.cancer.gov/about-cancer/coping/caregiver-support/teens#:~:text=Many%20teens%20feel%20like%20the%20experience%20of%20having,activities%20that%20you%20care%20about.%20Knowledge%20is%20power.>

CONTACTUS

TWO LOCATIONS. ONE MISSION.

Homewood Location

2028 Elm Road, Homewood, IL 60430

Phone: (708) 798-9171

Mokena Location

19645 S. LaGrange Road, Mokena, IL 60448

Phone: (708) 478-3529

EMAIL ADDRESS

kfriel@cancersupportcenter.org

OUR WEBSITE

www.cancersupportcenter.org



Questions ???



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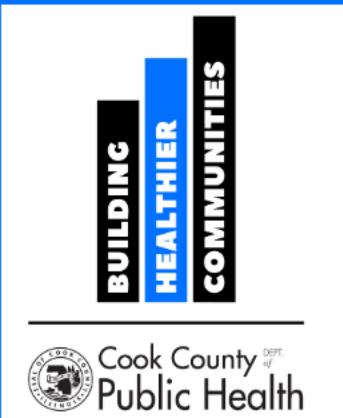
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ANNOUNCEMENTS

- Registration for the next series of Monthly School Health Meetings will be updated soon on our website <https://cookcountypublichealth.org/school-health-meetings/>



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

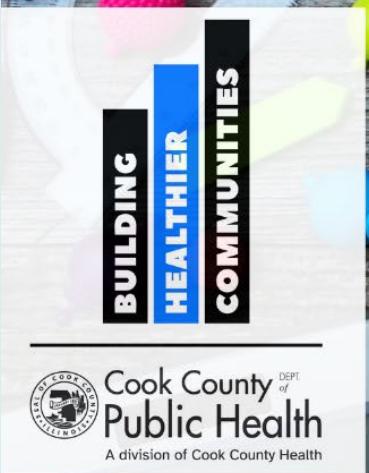




Please Join CCDPH
at our December
School Health Webinar
Friday, December 19th

2pm

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



Adjournment



COOK COUNTY
HEALTH

Cook County DEPT. of
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