CCDPH School Health Webinar

February 20, 2026

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

BUILDING HEALTHIER COMMUNITIES

Agenda

- Welcome & Housekeeping
- Announcements, Resources & Events
- CCDPH Communicable Disease Updates
- Orland Park Township
- Cook County State's Attorney Office of Internet Crimes
- Crisis Center of South Suburbia
- 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

YouTube

BUILDING HEALTHIER COMMUNITIES

Cook County Public Health

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 s ...more

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

BUILDING HEALTHIER COMMUNITIES

Cook County Dept of Public Health

Please Join CCDPH at our March School Health Webinar

Friday, March 20th

2pm

Register Here: CCDPH February School Health Webinar

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CONFERENCE CEUs

CEUs WERE SUPPOSED TO BE SENT OUT LAST MONTH, IT HAS COME TO MY ATTENTION THAT THEY HAVEN'T. I'M WORKING WITH HARTGROVE HOSPITAL TO RESOLVE THIS ISSUE.

I SINCERELY APOLOGIZE FOR THE DELAY

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)

- **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

DATA AMBASSADOR WORKSHOP TOOLKIT

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UIC UNIVERSITY OF ILLINOIS CHICAGO

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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

Other Epi-Pen and Albuterol Resources

RESCUE
Resources for Every School Confronting Unexpected Emergencies

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

Jessica Yee
Community Engagement Manager

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

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

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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.

HARPER COMMUNITY COLLEGE

Location: 1200 West Algonquin Road Palatine, IL. Building X Room 102, Dental Hygiene Clinic
Care Provided By: Dental Hygiene Students, Licensed Dental Hygienists, & Dentists

SECOND ANNUAL GIVE A KIDS A SMILE DAY

WHEN: APRIL 11th, 2026

Free Care: Dental Cleanings, Exams, X-Rays, Fluoride, and Sealants

Space is limited. Call NOW to schedule an appointment. **(847-925-6534).** Use Code **GKAS** when scheduling. Appointments begin at 8:00AM.

Please scan for forms:

For school Aged Children 5-12 years of age. In collaboration with the American Dental Association (ADA).

tinyurl.com/GKSMILE

CHILDREN MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN ON THE DAY OF THE EVENT. **PLEASE SCAN THE QR CODE TO ACCESS THE DOCUMENTS TO PRINT AND FILL OUT PRIOR TO YOUR APPOINTMENT.**

ADA Foundation® Give Kids A Smile!®

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847-925-6534

Harper College

DENTAL HYGIENE CLINIC

For Kids ages 6-15:

- Cleaning and Exam - **$15**
- Sealants (per tooth) - **$5**
- Bite Wings - **$10**

Treatment provided by advanced students under the supervision of licensed hygienist and dentist

Harper College

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
- CIMPAR-IDPH Clinic Request Form

Mental Health Resources

Cook County Dept. of Public Health | BUILDING HEALTHIER COMMUNITIES

EASILY ACCESSIBLE MENTAL HEALTH RESOURCES

SUBURBAN COOK COUNTY

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

MENTAL HEALTH HOTLINES

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

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

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

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

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

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

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

2·1·1
Get Connected. Get Help.™

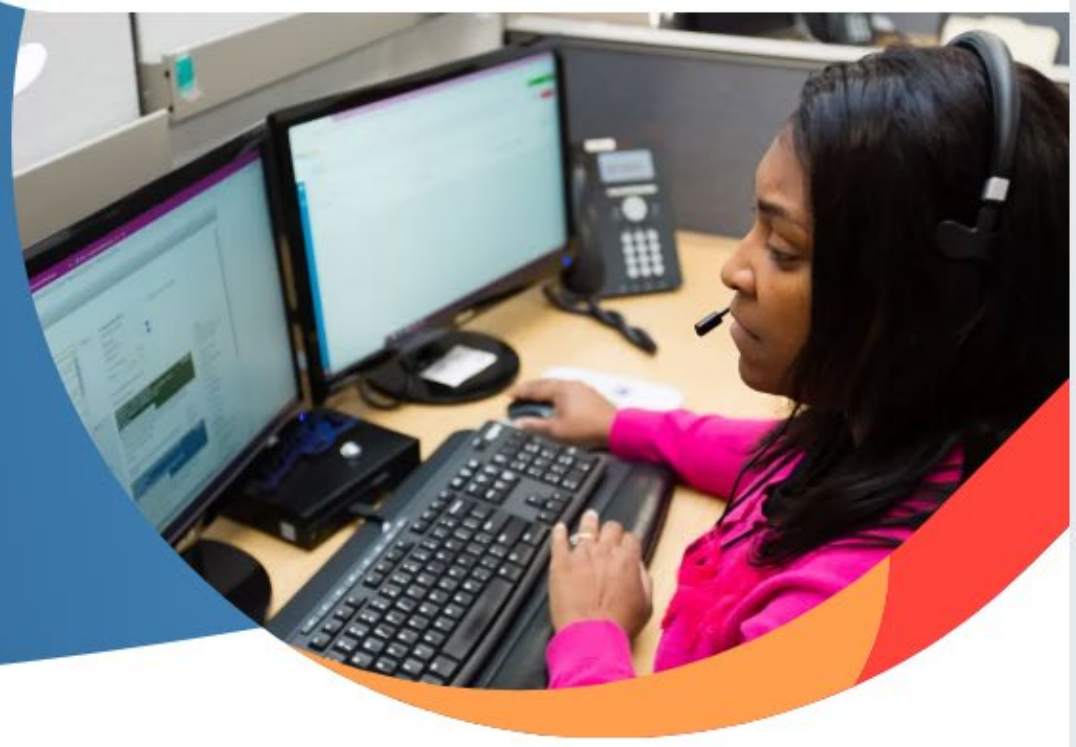
English | Espanol

Get Help | Partner with Us | About Us | Donate | Call 211

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?

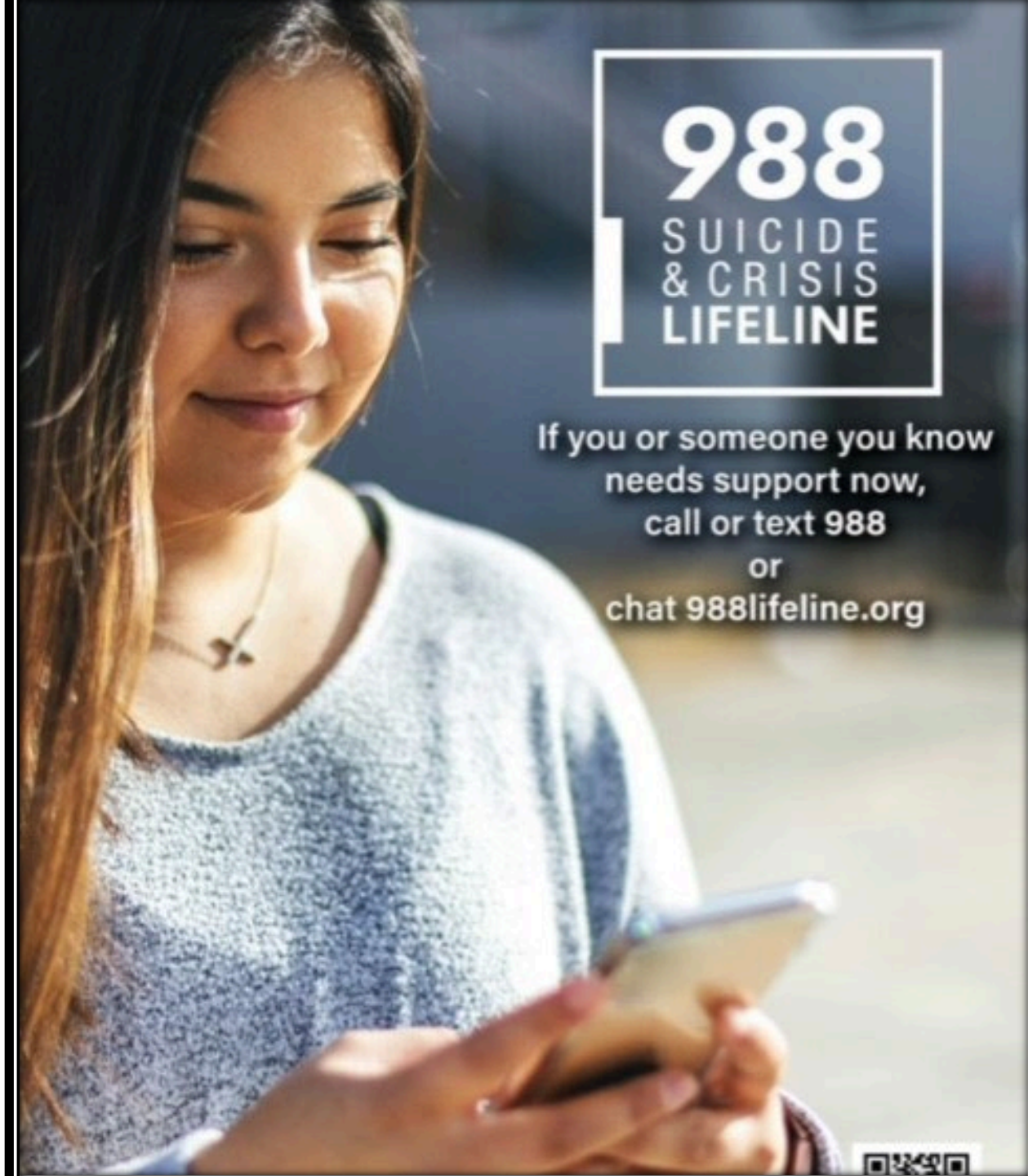
Caregiver Resources →

Mental Health →

New to the U.S.? →

Your Local 211 →

988 Suicide and Crisis Lifeline



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NAMI

National Alliance on Mental Illness

Hey teachers!

Need mental health resources for your classroom?

Find free resources for building students' mental health literacy at **nami.org/BackToSchool**

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

NAMI CCNS presents

Chai & Chat

Mental Wellness Circles for the South Asian Community

Session 1 (Virtual): February 19, 7:00 – 8:30 PM via Zoom

Session 2 (Virtual): February 26, 7:00 – 8:30 PM via Zoom

Session 3 (Virtual): March 5, 7:00 – 8:30 PM via Zoom

NAMI Cook County North Suburban

NAMI National Alliance on Mental Illness

Register Today

Please register at: https://forms.office.com/r/7KNzDCB94W

*Or, scan this **QR code**:*

If you have any questions, please reach out to **admin@namiccns.org** or call **847-716-2252**

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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:

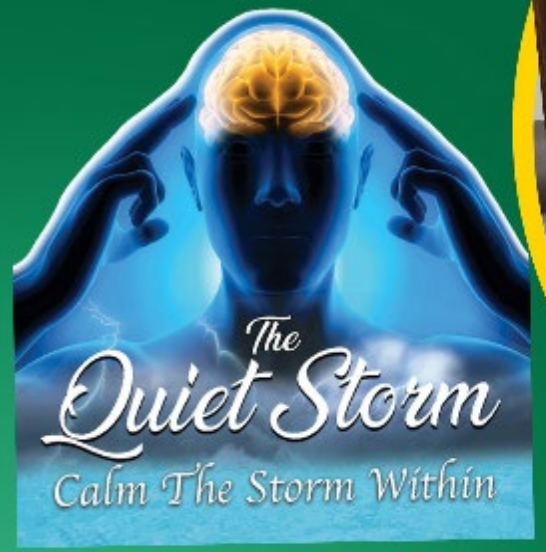
Southwest Center
10537 South Roberts Road
Palos Hills, Illinois 60465

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

families mpowered to learn. to earn. to heal. to thrive.

THE LINK & OPTION CENTER, INC.

THE QUIET STORM 24/7
CRISIS TRIAGE LIVING ROOM



LET'S SIT AND TALK IT THROUGH TOGETHER.

IDHS FUNDED 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

The Living Room Services are Free of Charge

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 Quiet Storm
Calm The Storm Within

COOK COUNTY HEALTH

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THE LINK & OPTION CENTER, INC.

Empowering Minds | Linking You With Options

MOBILE CRISIS RESPONSE

MOBILE CRISIS TO YOU
De-escalate – Stabilize – Support
24 hours, 7 days a week
1-800-261-8905
FREE

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.

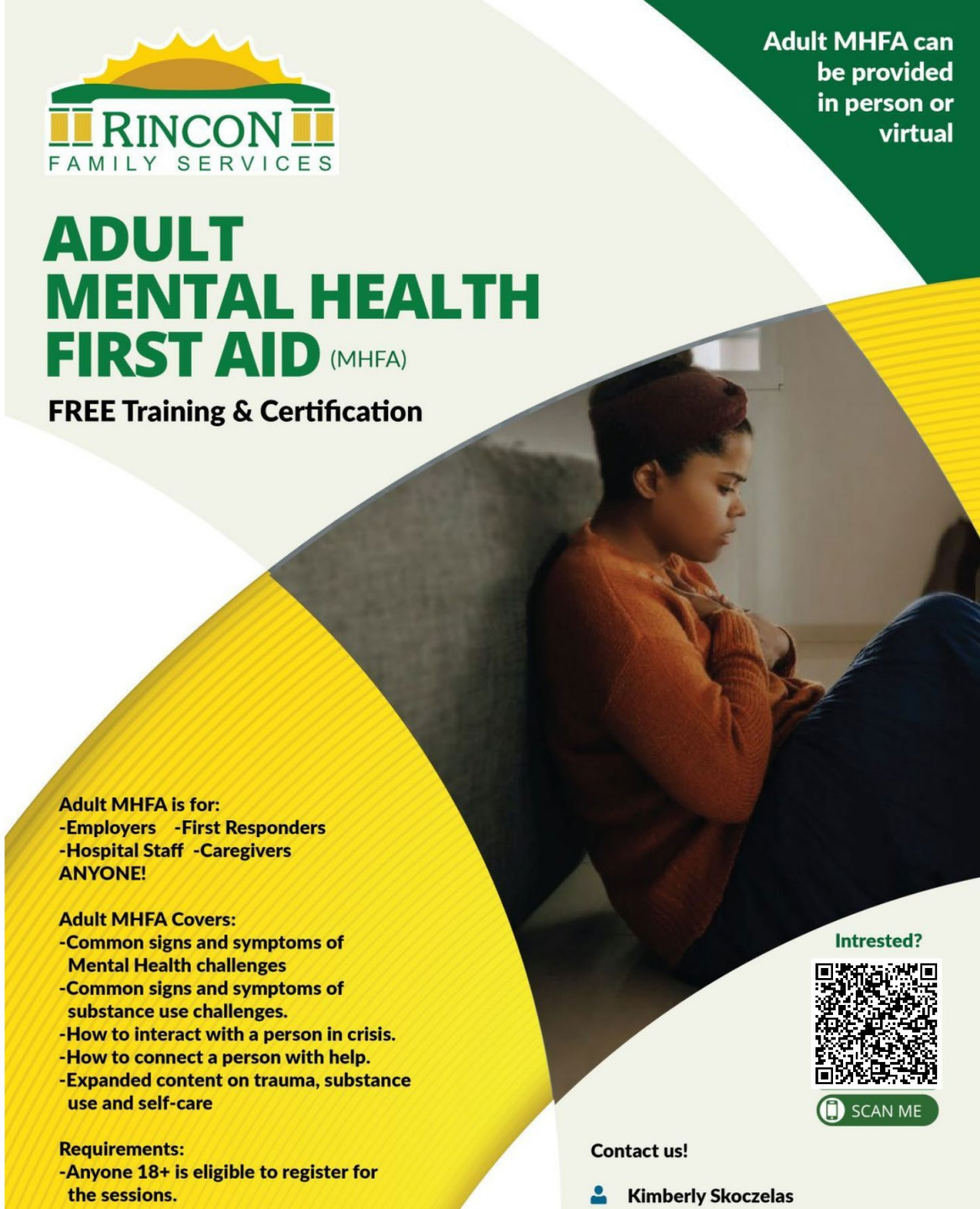
- Loss of Self Control
- Extreme Anxiety or Depression
- Cyberbullying
- Aggression towards self/others
- Domestic Violence
- Suicidal Ideations or Attempts

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

COOK COUNTY HEALTH

Cook County Dept of Public Health | BUILDING HEALTHIER COMMUNITIES

Adult Mental Health First Aid Training



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Mental Health Services for Youth

Cook County Dept. of Public Health
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Sertoma Centre Community Mental Health and Counseling

ALL ARE WELCOME

Mental Health Services for Youth

Individual Counseling | Family Counseling | Group Therapy | Psychosocial Education

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

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

We offer counseling and support services to youth experiencing:

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

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

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

708-748-1951 ext. 455

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

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

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

Sertoma Centre, Inc. | Community Mental Health and Counseling

4331 W. Lincoln Highway, Matteson, IL 60443

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

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Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

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

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.

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**

Community Resources

Cook County Dept. of Public Health
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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.

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Governors State UNIVERSITY

School of Extended Learning

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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DCFS
Illinois Department of Children and Family Services

Cook County DEPT. of Public Health
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College Scholarships - Chicago Coalition to End Homelessness

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CEDA

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.

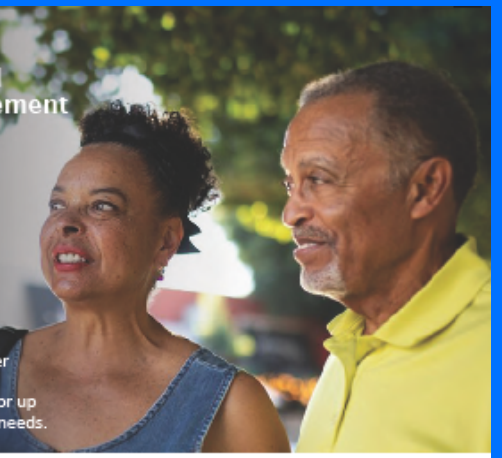
Our mission is focused on enhancing the quality of life for individuals, families, and communities in Cook County, through a broad spectrum of services designed to address the various aspects of life that may be impacted by poverty.

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

WWW.CEDAORG.NET

CEDA 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.
- **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.

Short-Term Assistance Services

- **Emergency Relief Services** Financial support for post-disaster recovery, including temporary shelter, furniture, and food gift cards.
- **Family Nutrition Program** Fresh produce distributions with recipe guidance provided by the Greater Chicago Food Depository.
- **Information & Referral Program** Assistance connecting individuals to resources and CEDA FsACE 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.

Contact Us Today

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

www.cedaorg.net

This program proudly serves residents of suburban Cook County.

CEDA
Family Support and Community Engagement

VISION CARE ASSISTANCE PROGRAM

Let us help you see a brighter future today.

Up to $500 per household

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.

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.

Contact Us Today

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

www.cedaorg.net

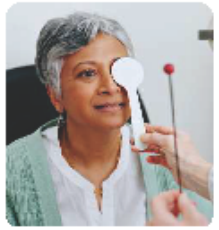
This program proudly serves residents of suburban Cook County.

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.

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



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

CEDA Family Support and Community Engagement
www.cedaorg.net

This program proudly serves residents of suburban Cook County.

Illinois Department of Commerce & Economic Opportunity

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.

Be Fed.
Be Healthy.
Be Well.

Do you need food or health insurance? Skip the local office and get help by phone or computer

The Greater Chicago Food Depository provides FREE expert help with benefits. Our team can help you with eligibility information, applying, or recertifying for benefits for **Supplemental Nutrition Assistance Program (SNAP), Medicaid** benefits and more.

If you are ready to apply or if you have a few questions, contact the Greater Chicago Food Depository at

773-247-FOOD (3663)

or apply online with the Department of Human Services at

abe.illinois.gov

To find a food program near you, please visit

chicagosfoodbank.org/find-food

or call 773-247-FOOD (3663)

Scan now to get help with benefits and food!

GREATER CHICAGO FOOD DEPOSITORY

SNAP USDA Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider and employer. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

CURBSIDE PANTRY

Coming to:

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

THURSDAYS - 9:30 AM - 2:30 PM

Begining 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.**

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

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

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

Mayor Nathaniel George Booker & Board of Trustees I Healthy Maywood West Cook Partners

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

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

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

FOOD PANTRY

WEDNESDAYS 1:00 PM – 3:00 PM
THURSDAYS 9:30 AM – 11:30 AM
VISIT ONCE A MONTH
fresh produce available on 1st & 3rd 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 1ª y 3ª sematna 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

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

List of South Suburban Food Pantries

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

BUILDING HEALTHIER COMMUNITIES

Family Engagement Center

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!

FREE Public Clothing Closets!

suburban access OUTREACH

Everything at these closets are FREE to the community.
Each shopper will get 1 bag, handed out at registration.

Clothing - Shoes - Toiletries & More!

Immanuel Lutheran Church

4800 Sauk Trail
Richton Park, IL 60471

1st Saturday
9am - 10:30am

First Reformed Church

15924 South Park Ave.
South Holland, IL 60473

4th Thursday
4pm - 6pm

St. John's Lutheran Church

4247 183rd St.
Country Club Hills, IL 60478

4th Saturday
9am - 11am

For more information about
Suburban Access Outreach
(formerly, Open Access)
visit our website at subaccoutreach.org

COOK COUNTY HEALTH

Cook County Dept of Public Health | BUILDING HEALTHIER COMMUNITIES

AUNT MARTHA'S
HEALTH & WELLNESS

Youth4ward Presents:

Youth Action Board

A chance for YOUR voice to be heard.

Our Youth Action Board is a program seeking passionate **teens age 13-18** wanting to **make a difference** in our community.
Through this program you will **learn leadership** skills, **connect** with peers, and have the opportunity to **receive a gift card** and participate in fun and engaging activities.

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

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

Scan the QR code to complete the application.

COOK COUNTY HEALTH

Cook County DEPT. of Public Health

BUILDING HEALTHIER COMMUNITIES

YOUTH VIOLENCE PREVENTION COUNCIL

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-DOIT info@trykci.org The Empowerment Center 202 Forest Blvd. Park Forest, IL 60466

COOK COUNTY HEALTH

Cook County DEPT. of Public Health | BUILDING HEALTHIER COMMUNITIES

AUNT MARTHA'S
HEALTH & WELLNESS

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

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 for a list of eligible School Districts

Community Events

Cook County Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

Seven Generations Ahead
25 YEARS

Zero Food Waste in School Webinar

Upcoming webinar on March 17th

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

BUILDING HEALTHIER COMMUNITIES

Rescuing Food and Feeding Students with Share Tables

March 17, 2026 | 2:00 PM

Join us to find out all you need to know to minimize risk and maximize the benefits of share tables!

Awareness

Education

Action

Want to recover food in your school and don't know where to start? Would you like to empower local schools to safely rescue edible food?

SGA's Zero Waste Schools Team and partner experts will share practical advice on how to safely and easily set up share tables in K-12 schools. Attendees will learn key tips to bridge the gap between their schools and local health departments, as well as practical implementation strategies.

ZERO WASTE SCHOOLS

Register here!

Seven Generations Ahead

ZETA PHI BETA SORORITY, INCORPORATED
TAU ALPHA ZETA CHAPTER
ARCHONETTE YOUTH AUXILIARY

KNOW YOUR WORTH!!

A POWERFUL CONVERSATION ON TEEN DATING!

FEBRUARY 22, 2026
3PM-5PM

RICHTON PARK COMMUNITY CENTER
4455 SAUK TRAIL
RICHTON PARK, IL

JOIN OUR GUEST PRESENTER
GINA LAMAR, MPH

AGES 13-18

RSVP BY
FEBRUARY 20TH

VISIT OUR WEBSITE:
TAUALPHAZETA.COM/AUXILIARIES/ARCHONETTES/

KNOW THE SIGNS.
SET BOUNDARIES.
CHOOSE HEALTHY LOVE.

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

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

Or email info@OptWell.org

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

Presented by:

OptWell
choosing healthy, thriving together.

Thank you to our Sponsors:

Lyons Township High School

HelloCollege

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

Country Club Hills IAFF Local 2720

Illinois HEART RESCUE

COUNTRY CLUB HILLS Est. 1958 The Crossroads of Opportunity

Free CPR Class

What: We go over how to perform CPR, use an AED machine, and recognizing/treating an overdose using Narcan. Everyone will get a chance to practice on manikins at the end.

When: Monday, March 16th at 10 a.m. Class runs approximately 45 minutes.

Where: 4520 W. 175th Street Country Club Hills (Fire Station #2)

Cost: Free!

Class size: 30 participants.

Although we want to educate as many residents as possible, we are limited on time and resources. If you are unable to make the initial class, please call and we can put you on a waiting list for future classes.

RSVP your spot here

Or email: Rburke@countryclubhills.org

Sponsored by: Country Club Hills Professional Firefighters Union Local 2720

Taught by: Illinois Heart Rescue

Hosted by: Country Club Hills Fire Department 708-798-8488

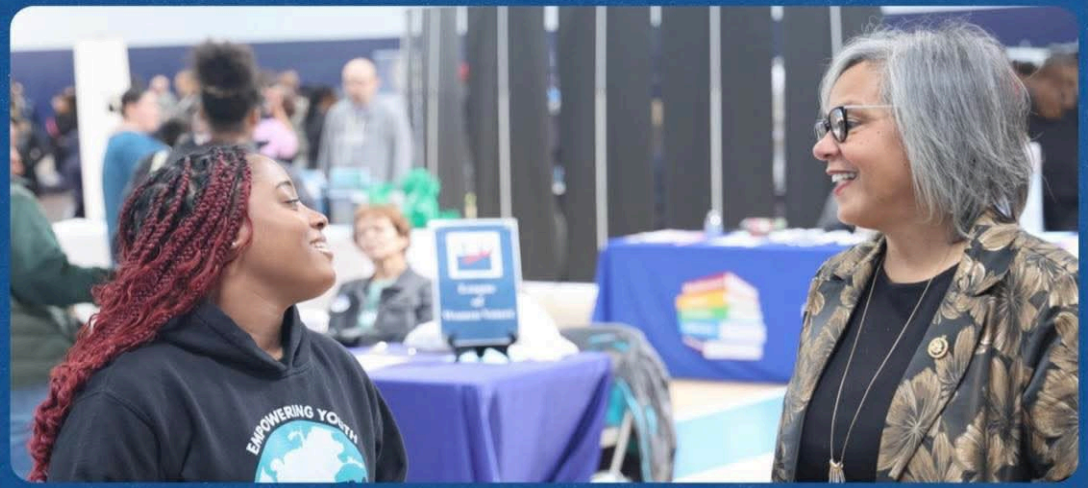
Cook County DEPT. of Public Health
A division of Cook County Health

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

FOR MORE INFORMATION CONTACT
DEBBIE REAUX-ALEXANDER AT
DEBBIE.REAUX-ALEXANDER@MAIL.HOUSE.GOV

Cook County DEPT. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

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

BUILDING HEALTHIER COMMUNITIES

YOUTH REQUIREMENTS:

- Must be at least 16 years of age and no older than 22 years of age by June 12, 2026
- Must be available to start on June 19, 2026
- Applications are accepted from February–March
- Interest in learning about nature
- Open to trying new things
- Ability to perform physically demanding work outdoors in all weather conditions
- Willing to work as part of a team
- Must be available to work a flexible schedule, including weekends
- Must be willing to travel to different locations throughout the county and provide own means of transportation

PROGRAM SNAPSHOT:

- 10 week program from June to August
- Up to 40 hours per week/ $16.91 per hour
- Conservation & work readiness skills
- Worksites vary throughout the county in indoor and outdoor settings
- Assist with programs at nature centers, school visits, outdoor events, and administrative work

Youth Outdoor Ambassador

Paid Internship

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

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

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

Applications are accepted in early February through late March.
Learn more: fpdcc.com/about/jobs

FOREST PRESERVES of Cook County

Next Generation Youth Outdoor Ambassadors

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

#Youth Summit
Mind Over Matter:

Empowering Youth Through STEM and Smart Decisions

Middle school: Registration is **now closed.**
High school: 302 slots available.
Lunch and transportation will be provided.

Tinley Park Convention Center:
18451 Convention Center Dr

Date:
April 14, 2026

Time
10:00 AM – 1:00 PM

Register:
bit.ly/CULyouthsummit

Chicago
Urban League

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

BUILDING
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COMMUNITIES

Communicable Disease Update

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

BUILDING
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Respiratory Disease Update

Respiratory Dashboard – Key Points

For the week ending Feb 07, 2026:*

COVID-19

Activity Level: Low

Flu

Activity Level: Low

RSV

Activity Level: Moderate

Key Points

COVID-19, Influenza, RSV

- Flu and COVID-19 activity remain low, while RSV activity has increased from low to moderate.
- The percentage of RSV-associated emergency department visits increased this week and is currently the highest level observed so far this season.
- The percentage of laboratory specimens testing positive, hospitalizations, ICU admissions, and wastewater detections for RSV increased this week; however, levels remain below last season's peak.
- Flu indicators, including lab percent positivity, wastewater detections, inpatient admission data, and ICU admission data have declined since the season's peak.
- Typical for this time of year, wastewater detections and influenza subtyping show an increase in influenza B.
- All of the indicators for COVID-19 are down and are generally at or below the levels seen at this time last year.

Is anything else going around?

- Test positivity for common human coronaviruses continues to increase. *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.
- Detections of human metapneumovirus (HMPV) are also elevated above baseline, but below prior seasons' peaks. HMPV causes symptoms similar to other respiratory viruses.

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).
- Respiratory activity decreased this week, but is likely to continue for several more weeks. Many respiratory seasons see a second wave of influenza B in early spring. If you haven't been vaccinated yet, it's not too late.

Percent of ED Visits Due to RSV

All Demographics

Graphs on this tab include all emergency department (ED) visits for suburban Cook County residents, regardless of the whether the patient was admitted. The percent of visits with the selected respiratory diagnosis, out of all ED visits is displayed.

ED Visits By Season

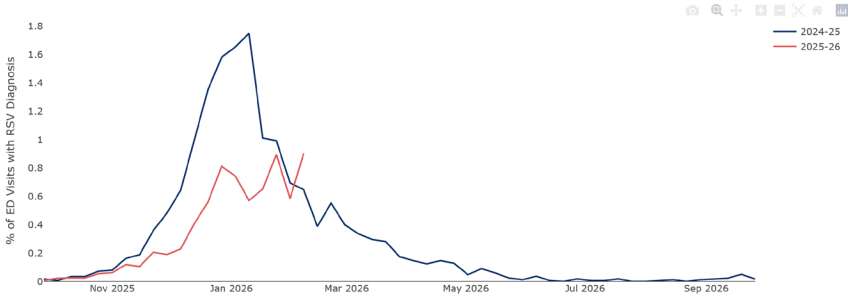
Select Virus of Interest*

- ○ COVID-19 ○ Flu ◉ RSV
- ○ Broad Respiratory

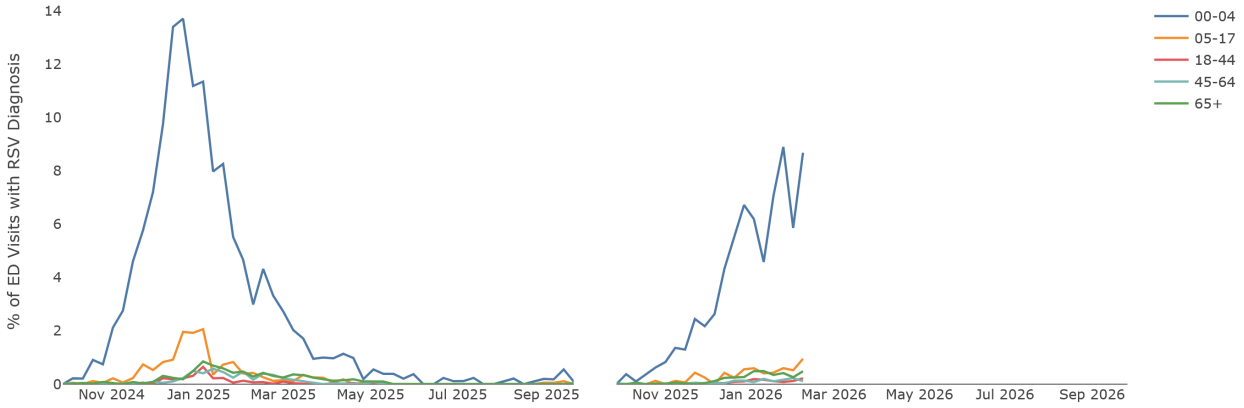
Select Years of Interest

- ☑ 2025-26
- ☑ 2024-25
- ☐ 2023-24
- ☐ 2022-23
- ☐ 2021-22
- ☐ 2020-21
- ☐ 2019-20
- ☐ 2018-19
- ☐ 2017-18

**'Broad Respiratory' is a CDC-defined syndrome that includes a wide array of specific and non-specific respiratory diagnoses and complications, such as bronchitis or pneumonia.*



Split by Age Group



Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

Lab Data

Test Positivity

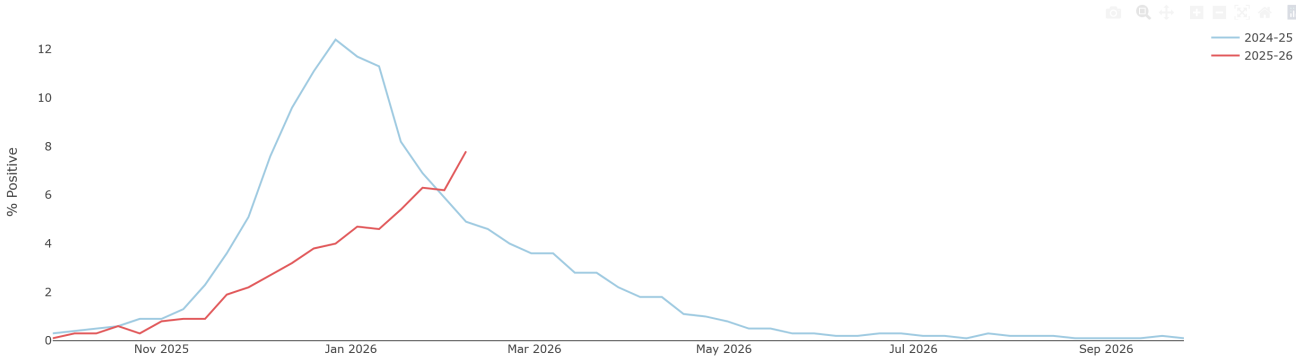
Includes results from antigen tests (e.g. rapid or point-of-care tests) and molecular tests (e.g. nucleic acid amplification tests) submitted by Cook County sentinel laboratories. Laboratories participating in our sentinel networks may change over time and vary across viral pathogens.

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



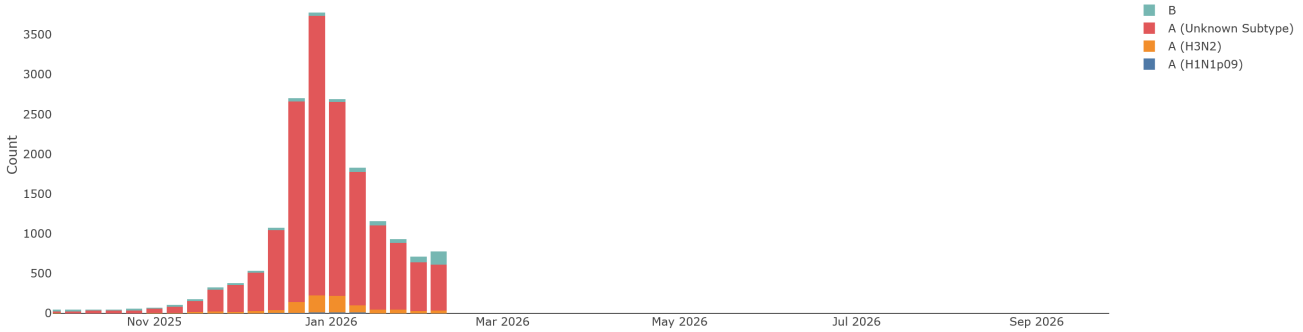
RSV Percent Positivity at Outpatient Labs

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



Counts of Influenza by Subtype at Outpatient Labs

Cook County Dept. of Public Health
A division of Cook County Health
BUILDING HEALTHIER COMMUNITIES

Percent of Inpatient Admissions Due to Flu by Age and Race

Graphs on this tab include all inpatient hospital admissions for suburban Cook County residents. Patients are counted once, on the first day of their admission. The percent of admissions with the selected respiratory diagnosis, out of all hospital admissions is displayed.

Hospital Admissions by Season

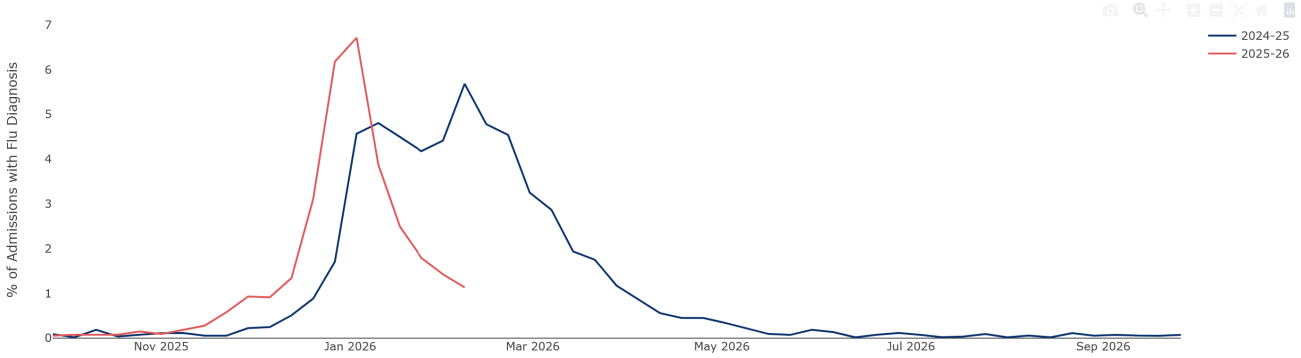
Select Virus of Interest*

○ COVID-19 ◉ Flu ○ RSV ○ Broad Respiratory

Select Years of Interest

- ☑ 2025-26
- ☑ 2024-25
- ☐ 2023-24
- ☐ 2022-23
- ☐ 2021-22
- ☐ 2020-21

**'Broad Respiratory' is a CDC-defined syndrome includes a wide array of specific and non-specific respiratory diagnoses and complications, such as bronchitis or pneumonia.*

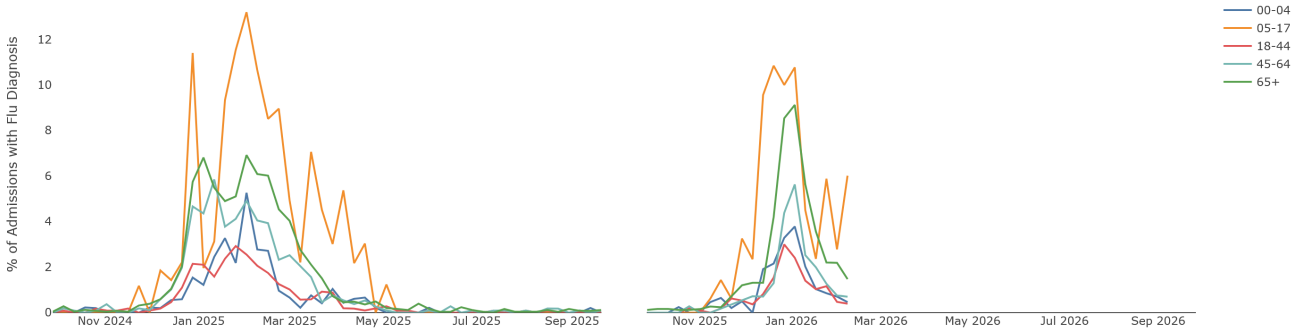


Admissions by Demographics

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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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.

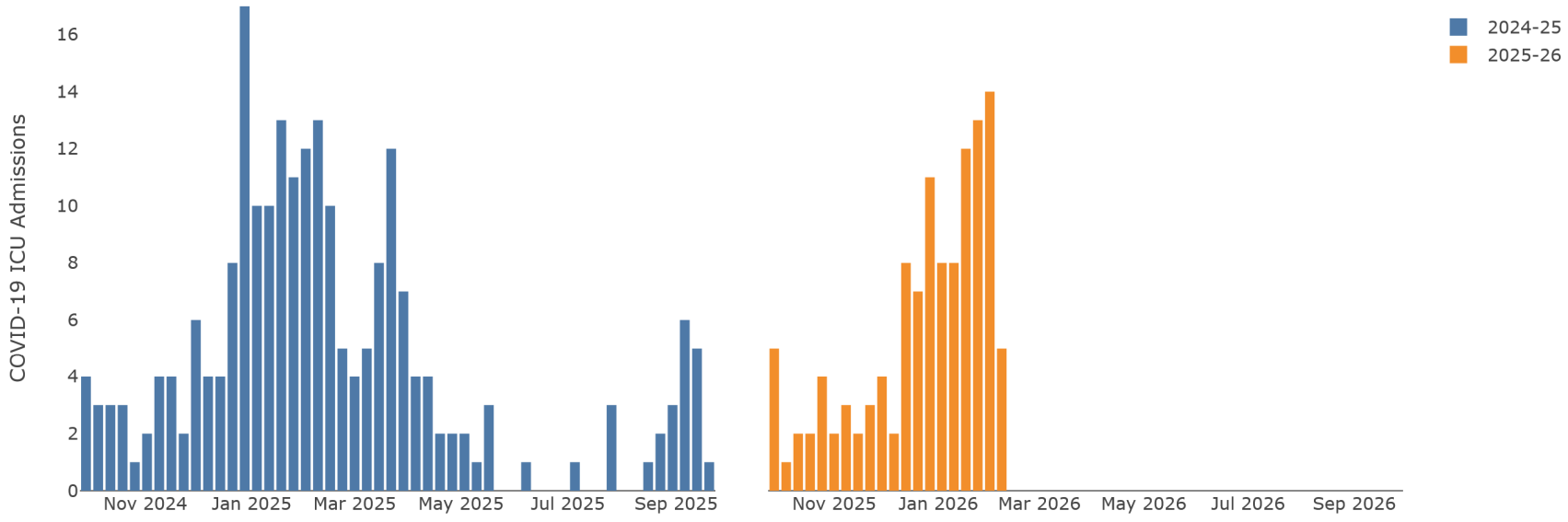
ICU Admissions by Season

Select Virus of Interest

- (●) COVID-19
- ( ) Flu
- ( ) RSV

Select Years of Interest

- [x] 2025-26
- [x] 2024-25
- [ ] 2023-24



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Communicable Disease Hot Topic Round-up

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Pertussis (Whooping Cough)

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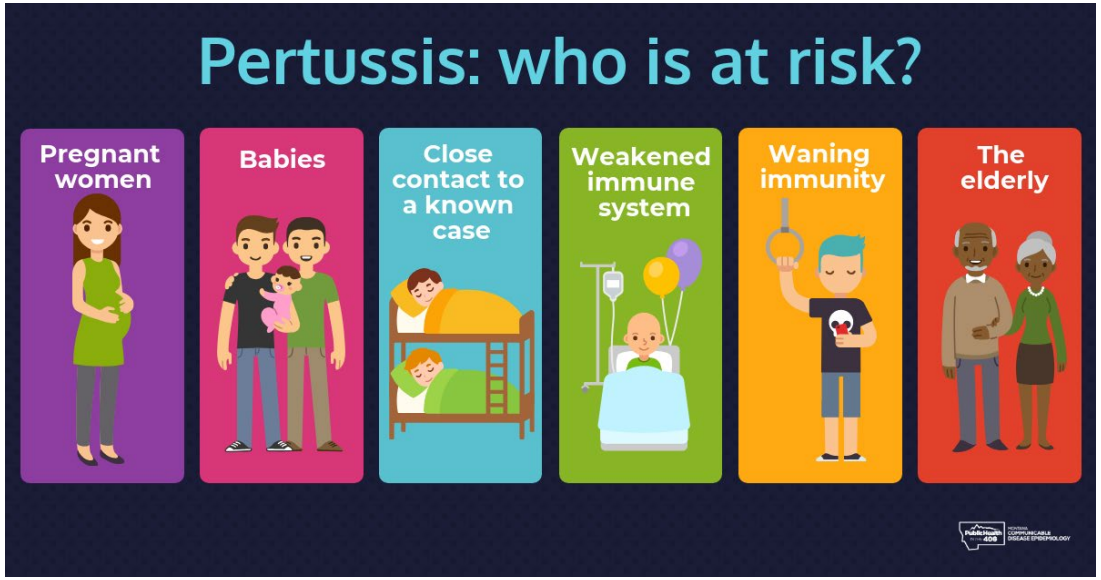
- Pertussis case counts in the U.S. have skyrocketed since 2023 after a significant drop during the pandemic
  - 2024 saw over 35,000 cases and provisional 2025 numbers are at 28,000, compared to around 7,000 in 2023
- Pertussis disproportionately impacts children
- Encouraging parents to adhere to the pertussis vaccine schedule (DTaP at 2 months, 4 months, 6 months, 15-18 months, 4-6 years; Tdap at 11-12 years) is the best way to prevent pertussis infections and outbreaks in our schools



Contact Us

Avi Joseph

Enhanced Surveillance Program Manager
Communicable Disease Unit

E: avinash.joseph@cookcountyhhs.org

To get added to our weekly respiratory report list, email
E: courtney.kinnane@cookcountyhhs.org

For general CD inquiries:
P: 708-836-8600

cookcountypublichealth.org | CCDPH | cookcohealth | Cook County Department of Public Health | cookcountypublichealth

Orland Park Township

Cook County DEPT. of Public Health
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ORLAND TOWNSHIP IMMUNIZATION CLINICS

14807 S. RAVINIA AVE ORLAND PARK IL 60462

VACCINES FOR CHILDREN PROGRAM

- Free routine vaccinations for those who qualify under VFC guidelines
  - Medicaid Enrolled Title 19 (V02)
  - No Health Insurance (V03)
  - American Indian/Alaskan Native (V04)
  - 18 and younger

*Note there is a $15 administer fee for vaccines

IMMUNIZTION CLINICS

- We offer the following vaccines:
  - DTaP (Infanrix)
  - DTap/IPV/Hep B (Pediarix)
  - DTaP/IPV (Quadracel)
  - Hepatitis A (Havrix)
  - Hepatitis B (Energix B)
  - Hib (ActHib)
  - HPV (Gardasil 9)
  - Polio (IPV) IPOL
  - MMR
  - Meningitis (Menquadfi)
  - Pnemococcal (Prevnar)
  - MMR/Varicella (ProQuad)
  - Tdap (Adacel)
  - Varicella (Varivax)
  - Vaxelis

IMMUNIZATION CLINICS

- Monthly clinics
  - 5:30pm-last appointment
  - 15-minute appointments
- Following dates:
  - March 3rd
  - April 7th
  - May 19th
  - June 9th
  - July 11th-Back To School Health Fair
  - August 11th
  - September 15th
  - October 13th
  - November 10th

14807 S. Ravinia Avenue
Orland Park, IL 60462

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.

Location
14807 S RAVINIA AVE
ORLAND PARK IL 60462

CALL (708) 403-4222
Or email
AMYH@ORLANDTOWNSHIP.ORG
To schedule an appointment

Cook County State's Attorney's Office of Internet Crimes

Crisis Center for South Suburbia

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Safe Start Program Overview

Safe Start Program

Safe Start is a *free* violence prevention program that is designed to help make school's efforts part of the solution.

Safe Start helps students improve in the areas of emotional accountability, identifying abusive behavioral patterns, and thinking critically about consequences.

Safe Start empowers students with the tools and confidence they need to build healthy, respectful and non-violent relationships both inside and outside of school.

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Safe Start Program Helps Teens Recognize Abusive Relationships

Teen dating violence is a serious issue that affects millions of adolescents each year. According to the CDC:

- **1 in 3** teens has been a victim of verbal and emotional, sexual, and/or physical abuse.
- Nearly **1 in 11** females and **1 in 15** male high school students report having experienced physical dating violence in the past year.
- Nearly **50%** of students who experience dating violence have reported that some of the abuse took place on school grounds.*
- The risk of perpetrating intimate partner violence as an adult is **two times** greater for those who were abused or witnessed abuse [of a parent] during their own childhood.*

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What is Teen Dating Violence?

Teen Dating Violence refers to ANY intentional, psychological/emotional physical or sexual abuse that occurs between people involved in a romantic relationship*.

Dating violence can take place in person, online, or through technology. It is a form of intimate partner violence that can include the following types of behavior*:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence** involves forcing or attempting to force a partner into sexual acts or touching without their consent, including situations where the partner cannot consent. It also includes non-physical behaviors, like sharing sexual images or sexting without consent.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and exert control over a partner.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a current or former partner that causes fear or safety concerns for an individual victim or someone close to the victim.

Teen dating violence profoundly impacts lifelong health, opportunity, and wellbeing.
Unhealthy relationships can begin early and last a lifetime.

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Risk Factors for Teen Dating Violence

Teen dating violence risk factors broadly fall into four categories*:

- **Sexual history**, including:
  - Sexual activity before the age of 16
  - History of experiencing sexual abuse
- **Family background**, including:
  - Minimal to nonexistent parental supervision
  - Exposure to interparental or family violence
- **Poor self-regulation skills**, including:
  - Low self-esteem
  - Depression
  - Anger management issues
- **Social environment**, including:
  - Interaction with peers who also engage in teen dating violence
  - Participating in risky behaviors such as alcohol and substance misuse
  - Growing up in a community that normalizes or accepts violence

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The Safe Start Approach

The Safe Start approach to violence is multi-faceted and collaborative because **violence** is a public health issue.

Schools that collaborate with the Crisis Center for South Suburbia and invite our **Safe Start** Coordinators into their schools will more closely align their efforts to prevent violence and injury with the State's preferred model.

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Safe Start's Goal

The goal of the ***Safe Start*** curriculum is to educate 7th-12th grade students about prevention techniques that can help them avoid relational and behavioral issues that typically result in violence.

Safe Start offers three plans that are equipped to achieve the following objectives:

1. Improve students' violence literacy.
2. Assist them in developing risk-avoidance and risk-reduction behaviors.
3. Encourage positive social emotional skills that lead to healthier relationships and interactions.

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Safe Start Plans and Sessions

Each Session is approx. 50 minutes long. Schools or organizations may choose any number of sessions for their students.

Violence Prevention

- Identifying violent thoughts and behaviors (1)

Strategies for Resolving Conflict

- Strategizing emotional accountability (2)
- Responding to conflict (3)

Foundations of an Anti-Violence Lifestyle and Advocacy

- Rising above cultural norms that promote violence (4)
- Creating boundaries (5)
- Avoiding digital violence (6)
- Deflecting gangs and human traffickers (7)
- Advocating for self and others and being resourceful (8)

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Safe Start Program Format

- ***Safe Start*** program is facilitated by trained staff or through collaboration with certified community educators.
- **Curriculum Format**: can be delivered during health classes, advisory periods, or special workshops.
- **Duration**: flexible modules ranging from one day workshops to multi week units.
- **Assessment**: post program surveys to measure student knowledge and attitudes.

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Safe Start's Program Benefits

Improved Student Safety

Safe Start promotes a culture of safety, respect, and support, reducing the risk of emotional and physical harm in teen relationships.

Supports Academic Success

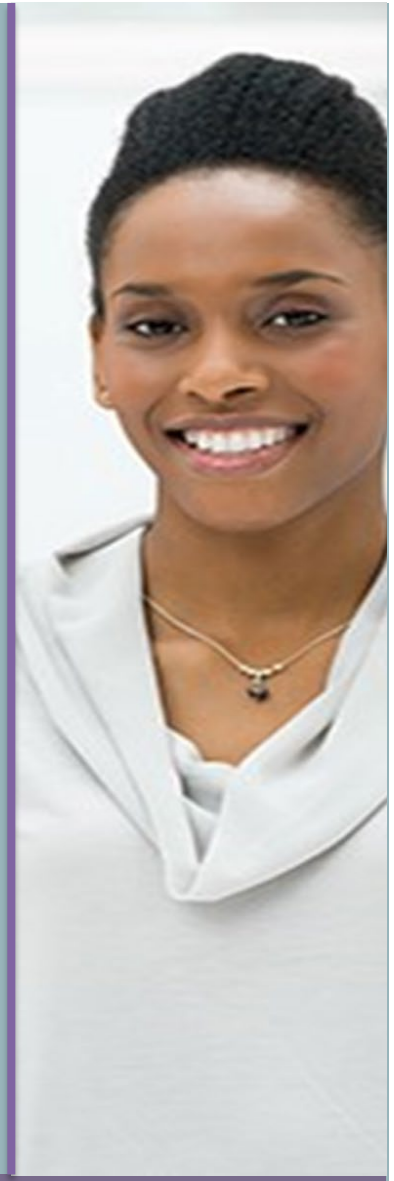
Students who feel safe and supported are more likely to perform well academically, attend school regularly, and engage positively with peers.

Positive School Environment

Equipping students with relationship skills contributes to a more respectful, inclusive, and connected school community.

Compliance with State and Federal Guidance

Safe Start helps districts meet the State and Federal mandate of violence prevention education requirement.



Goals

1. Understanding dating violence.
2. Identifying Abusers
3. Recognizing red flags that exist in unhealthy relationships.
4. Stop teen dating violence before it begins.

Safe Start Workshops

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Our Mission to Serve Youth

- During the 2024-2025 school year, the Crisis Center for South Suburbia partnered with a total of **29** schools and organizations that received Safe Start Plans and Sessions. This was a **26%** increase from FY24.

- In addition, during the 2024-2025 school year, the Crisis Center for South Suburbia served more than **16,000** students and participated in **542** presentations through the Safe Start Program.

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Schools Currently Scheduled for 2025-2026 School Year

Number of Presentations: 319
(Projected: 522)

Number of Students Served: 11,539
(Projected: 16,867)

Middle Schools: 5

High Schools: 16

Transitional Programs: 3

Community Organizations: 5

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Safe Start for School Districts

By approving and implementing the **Safe Start Program**, schools make a powerful commitment to student health, safety, and success.
This initiative not only addresses a growing concern in our schools, but also builds a foundation for lifelong healthy relationships.

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for south suburbia

Resources

List of resources

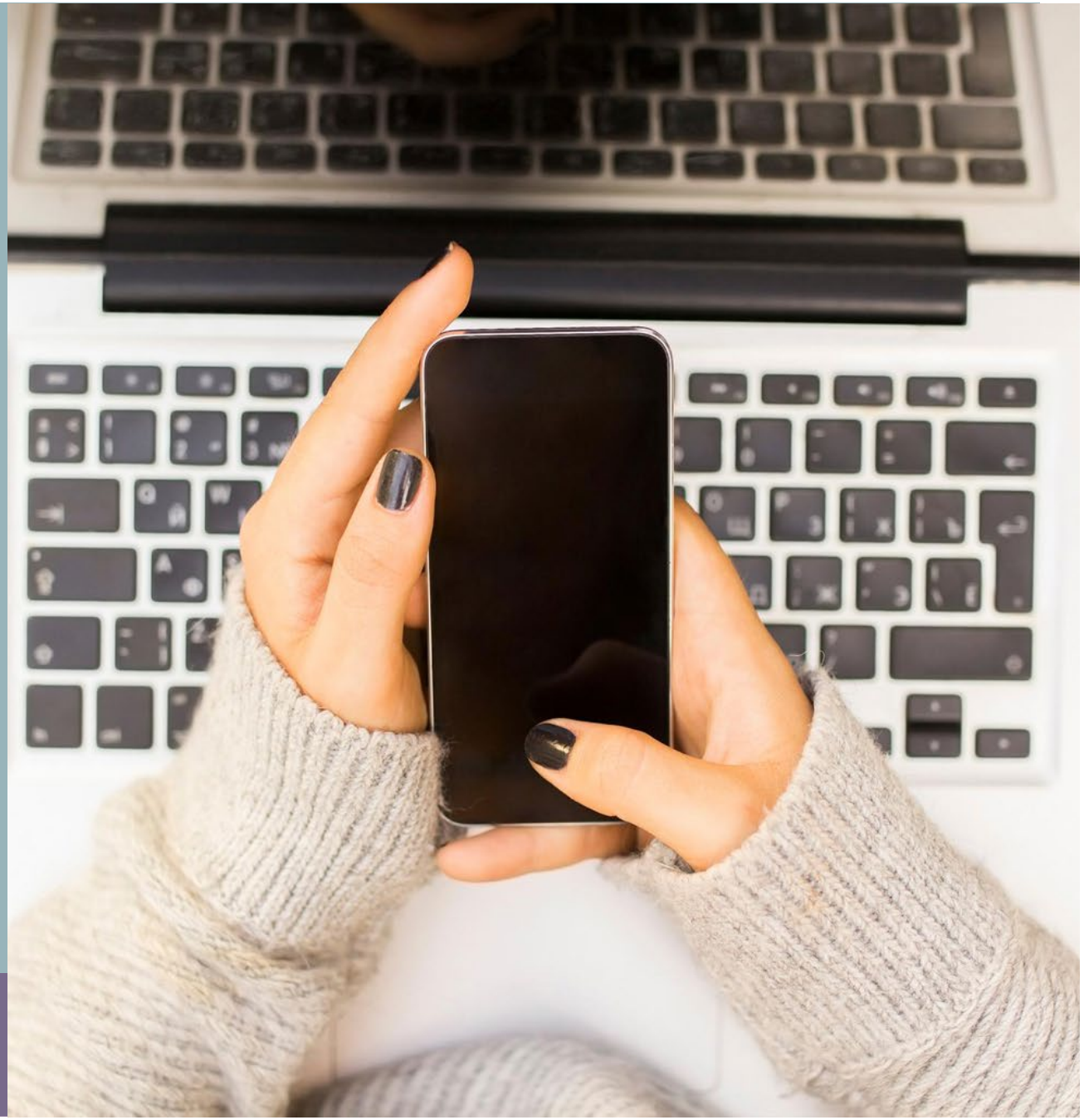
Roberts, Andrea L et al. “Witness of intimate partner violence in childhood and perpetration of intimate partner violence in adulthood.” *Epidemiology (Cambridge, Mass.)* vol. 21,6 (2010): 809-18. doi:10.1097/EDE.0b013e3181f39f03

Clayton HB, Kilmer G, DeGue S, Estefan LF, Le VD, Suarez NA, Lyons BH, & Thornton JE (2023). Dating Violence, Sexual Violence, and Bullying Victimization Among High School Students -Youth Risk Behavior Survey, United States, 2021. MMWR supplements, 72(1), 66–74. https://doi.org/10.15585/mmwr.su7201a8

cpedv.org

Risk factors for teen dating violence
February 15, 2024 / By August Huynh
https://publichealth.gmu.edu/news/2024-02/risk-factors-teen-dating-violence

https://www.cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html



crisis center for south suburbia

safe start
violence prevention program

crisis center for south suburbia
crisisctr.org

Student and Client Feedback

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Student Feedback

- *"I really loved this presentation. It very much increased my understanding of this topic and it motivated me to help others struggling with these circumstances. I also really enjoyed the presenter."*
  — Freshman, Age 15, Rich Township High School

- *"Although I'm not in a relationship at the moment, I will value this session so that I can become a better person in terms of refraining from violence."*
  — Senior, Age 17, Dwight D. Eisenhower

- *"I really appreciated that violence towards men was discussed! It's always undermined in some way"*
  — Freshman Age 15, Alan B. Shepard High School

Student Feedback

- *“This was really nice to hear because I lost my sister due to this kind of stuff. So it's very nice to hear awareness about this.”*

— Freshman, Age 15, Bremen High School

- “*This presentation showed me that I should **NOT** say to myself that I am useless and not worthy. I **SHOULD** say to myself that I am loved and good enough.”*

— Freshman, Age 14, Rich Township High School

Client or Staff Feedback

- *“This presentation was very relevant for our students and increased our student’s knowledge of violence prevention. The students definitely gained insight from the session presented. Great Job! ”*

  — Central Middle School

- “*The speaker did a wonderful job of adjusting how she presented to be appropriate for our population of students. Thank you so much!”*

  — Transition Program

- *“Truly perfect timing! I know so many of our students were able to relate to the examples and videos. It was appropriate for both their age and considerate of their developmental levels. I can see a lot of the information being used as touchpoints in future class discussions or groups.”*

  — Southwest Cook County Cooperative Association for Special Education

Thank you
for attending

For more information on
Safe Start visit

crisisctr.org

crisis center for south suburbia

Questions??

Please Join CCDPH at our March School Health Webinar

Friday, March 20th

2pm

Register Here: CCDPH February School Health Webinar

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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

BUILDING HEALTHIER COMMUNITIES

Cook County Dept of Public Health

Adjournment

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