

CCDPH School Health Meeting

December 19, 2025



COOK COUNTY
HEALTH

Cook County ^{DEPT.} of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Agenda

- **Welcome & Housekeeping**
- **Announcements, Resources & Events**
- **CCDPH Communicable Disease Updates**
- **The Link & Option 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

@cookcountypublichealth • 217 subscribers • 248 videos

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

cookcountypublichealth.org

Subscribe

Announcements



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

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 January
School Health Webinar
Friday, January 16th
2pm

Register Here: CCDPH January School
Health Webinar

**BUILDING
HEALTHIER
COMMUNITIES**



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/school-health)
- **Asthma and Allergy Resources for Suburban Cook Schools**
 - Website Link: <https://cookcountypublichealth.org/school-asthma-allergy-resources/>
 - [School Request for Undesignated Medication Prescription and Standing Order](#)
- **CCDPH COVID-19 Vaccine Website:** vaccine.cookcountyil.gov



CCDPH Resources



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

CCDPH Asthma and Allergy Resources for Suburban Cook Schools

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



Other Epi-Pen and Albuterol Resources

RESCUE

Resources for Every School Confronting
Unexpected Emergencies



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

80 percent of schools are eligible for

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

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



COOK COUNTY
HEALTH



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Naloxone Requests

Naloxone Requests through CCDPH

Denise Holman, MPH

Opioid Health Educator, Community Behavioral Health Unit

denise.holman@cookcountyhealth.org

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



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



For everyone 6 months and older

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

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

CHECK THE SCHEDULE



Cook County Public Health
Cook County Health
CountyCare

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

WEST SUBURBS

North Riverside Health Center
1800 South Harlem Ave., Suite A
North Riverside, IL 60546

SOUTH SUBURBS

Blue Island Health Center
12757 South Western Ave.
Blue Island, IL 60406

Cottage Grove Health Center
1645 South Cottage Grove Ave.
Ford Heights, IL 60401

Robbins Health Center
13450 South Kedzie Ave.
Robbins, IL 60472

Saturdays 8AM-4PM

10/25/2025
11/22/2025
12/27/2025
1/24/2026
2/28/2026
3/28/2026

11/1/2025
12/20/2025
2/7/2026
3/21/2026

11/15/2025
1/3/2026
2/21/2026

11/8/2025
12/13/2025
1/10/2026
2/14/2026
3/14/2026

10/18/2025
12/6/2025
1/17/2026
3/7/2026

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

CHECK THE SCHEDULE




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 ADVOC Mobilized Healthcare Services](#)
 - April McMurray-White aprilmcmwhite@medadvoc.com
- [Loyola Medicine Pediatric Mobile Health Unit](#)
- [IDPH Wellness on Wheels Request Form](#)
- [Jewel-Osco School Clinics](#)



Mental Health Resources



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



EASILY ACCESSIBLE MENTAL HEALTH RESOURCES

SUBURBAN COOK COUNTY

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

MENTAL HEALTH HOTLINES

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

988 Suicide and Crisis Lifeline

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

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

NAMI Chicago Helpline

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

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

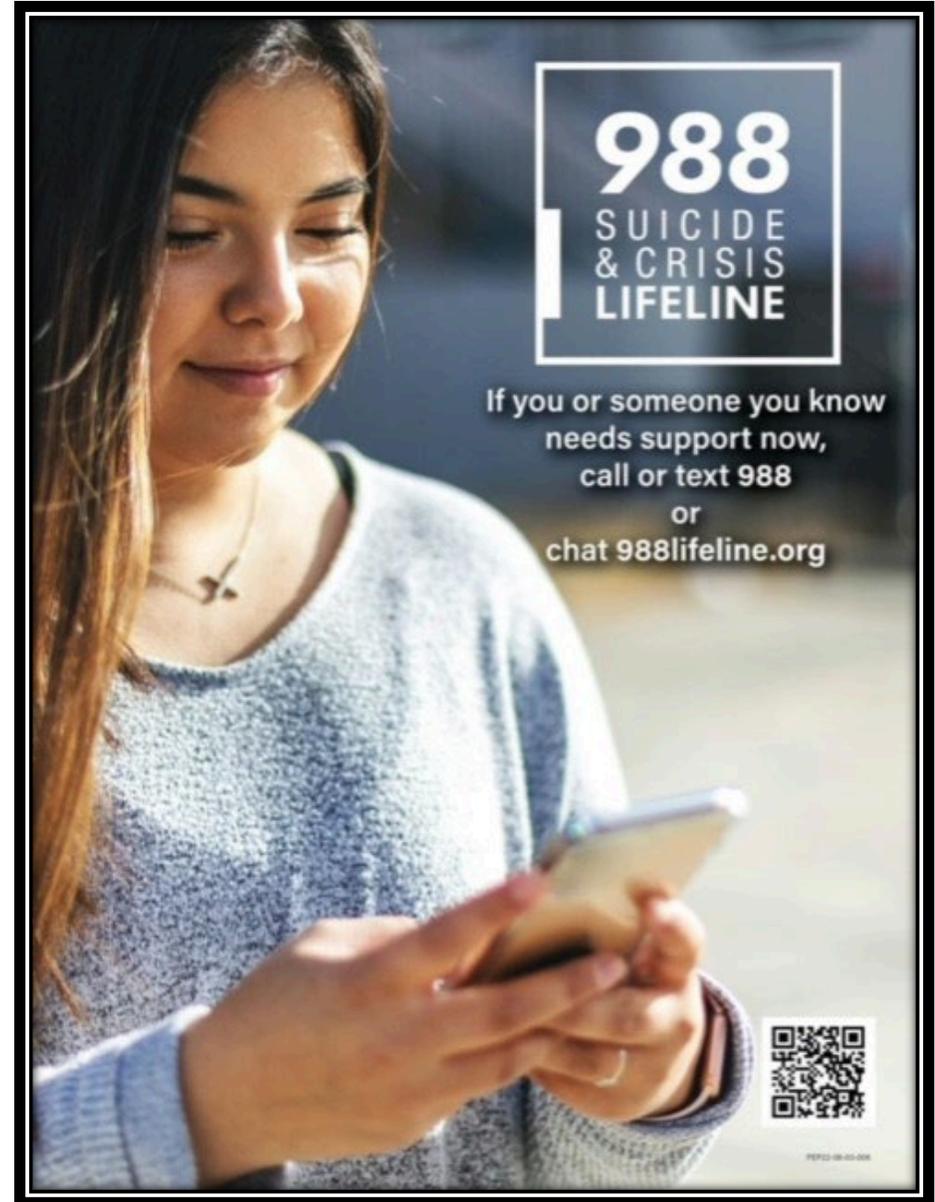
The Trevor Project

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

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



988 Suicide and Crisis Lifeline



COOK COUNTY
HEALTH



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

2.1.1

Get Connected. Get Help.™

English | [Español](#)

[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





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](https://www.rhrh.org)



@rhrhorg



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



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



COOK COUNTY
HEALTH

NAMICCN.S.ORG

847-716-2252



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



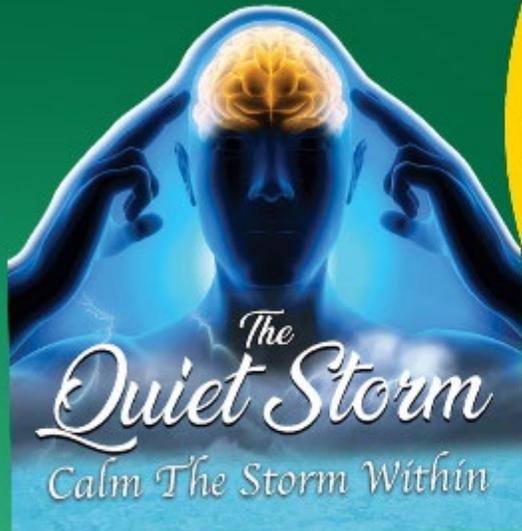
COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

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

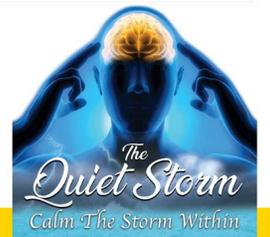
Questions? We're here to help!

 Crisis Hotline: 800-261-8905

 Link-option.com

Office Contact: 708-991-2513

 : quietstormlivingroom



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

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



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



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



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

Adult MHFA can be provided in person or virtual

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

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

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

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

Interested?

SCAN ME

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

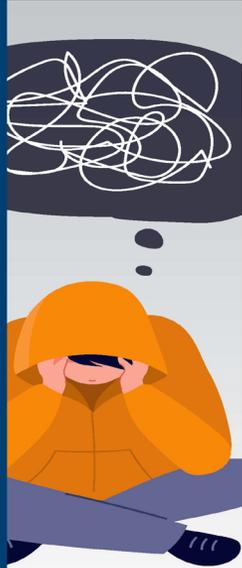


Mental Health Services for Youth

Sertoma Centre Community Mental Health and Counseling

Mental Health Services for Youth

Individual Counseling | Family Counseling | Group Therapy | Psychosocial Education



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

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

We offer counseling and support services to youth experiencing:

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

*Child must be 5 years or older to qualify

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

708-748-1951 ext. 455

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

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

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





Community Mental Health and Counseling
4331 W. Lincoln Highway, Matteson, IL 60443

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





MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

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

WHY MENTAL HEALTH FIRST AID?

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

On average,

130

people die by suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,
841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly
1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

Sources

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

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

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

REGISTER TODAY!

Delivery Format:

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

Date and Time:

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

Location:

15350 Oak Park Avenue, Oak Forest, IL 60452

Where to Register:

Email: Lisa Guardiola at lguardiola@sertomastar.org

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.



Illinois DocAssist
is a FREE
statewide service.

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

☎ 866-986-ASST (2778)

📞 312-413-1192

@ docassistil@uic.edu

🌐 illinoisdocassist.uic.edu



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



OVERWHELMED BY
THE MENTAL HEALTH NEEDS
OF YOUR PATIENTS?

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

Registration | IllinoisDocAssist (866) 986-2778 | University of Illinois College of Medicine



COOK COUNTY
HEALTH

Cook County
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Community Resources



COOK COUNTY
HEALTH



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

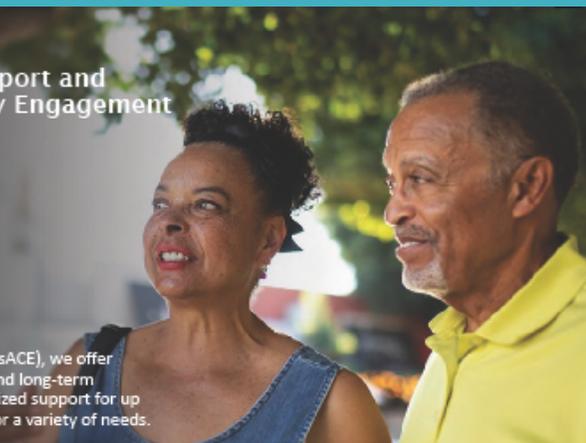


Family Support and
Community Engagement

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.



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



Family Support and
Community Engagement

www.cedaorg.net



Illinois
Department of Commerce
& Economic Opportunity

This program proudly serves residents of suburban Cook County.



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



CURBSIDE PANTRY

Coming to:

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

THURSDAYS - 9:30 AM - 2:30 PM

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



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

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



ACTIVE FOOD PANTRY LOCATIONS IN MAYWOOD

Vision of Restoration, Inc. Pantry

1405 Madison St

Tues 9a – 11a

Emergency food hours: Mon 10a - 3p,
Tue 12a – 3p, Wed/Thu 10a – 3p Fri 10a -
12p

708-344-3774

Second Baptist Church Pantry

436 S 13th Ave

Wednesdays 11a – 1p

(First 4 Wednesdays each month)

708-343-0073

Quinn Center of St. Eulalia

1832 S 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



COOK COUNTY
HEALTH

Cook County ^{DEPT} of
Public 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
HEALTH

Cook County ^{DEPT} of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



Youth4ward Presents:

Youth Action Board

A chance for YOUR voice to be heard.

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

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

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

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

Scan the QR code to complete the application.



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

YOUTH VIOLENCE PREVENTION COUNCIL



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**

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



Empowering students through education

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

How Schools Can Benefit

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

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



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Community Events



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



PLEASE ENJOY OUR

**FREE CARRYOUT
CHRISTMAS DAY
MEAL!**

**DECEMBER 25TH
1:00-2:30 PM**

**MENU INCLUDES HAM, SCALLOPED POTATOES,
GREEN BEANS, HAWAIIAN ROLLS, AND COOKIES.**

RESERVE YOUR MEAL VIA EMAIL, PHONE, OR SCAN:

EMAIL: CATHERINETECKTIEL@GMAIL.COM

PHONE: ALAN @ 630.400.9354



RESERVATIONS STRONGLY ENCOURAGED.

**SAINT ANDREW'S EPISCOPAL CHURCH
1125 FRANKLIN
DOWNERS GROVE, IL**





MAYOR JADA D. CURRY AND
 THE VILLAGE OF LYNWOOD, IN PARTNERSHIP
 WITH THE CALUMET CITY-LANSING (IL) CHAPTER
 OF KAPPA ALPHA PSI FRATERNITY, INC.,
 INVITES YOU TO OUR

A N N U A L
TURKEY
GIVEAWAY



SATURDAY | 1PM
DEC. 20

GIVING TURKEYS TO 100 FAMILIES **WHILE SUPPLIES LAST**

L BUILDING (DIRECTLY BEHIND VILLAGE HALL)
21460 E. LINCOLN HIGHWAY LYNWOOD, IL

IMPACT COMMUNITY DINNER

Join us for
a **FREE**
Community Dinner

FRIDAY, DECEMBER 19TH
DOORS OPEN AT 5PM
DINNER AT 6PM
3501 BUTTERFIELD RD
BELLWOOD, IL 60104



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



N.FINITE HANDS CHARITY

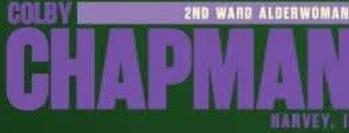
11th Annual Joy Of Giving

Saturday December 20, 2025
10:30am-1:30pm

Thornton Township High School
15001 Broadway Ave. Harvey IL, 60426

Gifts: toys, clothing, home, essentials, resources, and much more!
Kids Zone: Moon jumpees and more!

Use the QR-Code to register:



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



**GREATER
CHICAGO
- FOOD -
DEPOSITORY.**

The Hills Market Food Pantry is Open!

 Location:

3015 W. 163rd Street, Markham, IL 60428

(Annex building in the rear, DOOR #12)

Regular Hours of Operation:

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

Service Boundaries:

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

Town Zip Codes Served:

60428, 60429, 60452, 60478

Must be 18 years or older.

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



**COOK COUNTY
HEALTH**

Cook County DEPT of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

Communicable Disease Update



COOK COUNTY
HEALTH

Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

Communicable Disease in Cook County Update

12/19/25

Avi Joseph



Cook County DEPT. of
Public Health

A division of Cook County Health

BUILDING
HEALTHIER
COMMUNITIES

Respiratory Disease Update

Respiratory Dashboard – Key Points

For the week ending Dec 06, 2025:*

COVID-19

Activity Level: Minimal

Flu

Activity Level: Low

RSV

Activity Level: Low

Key Points

COVID-19, Influenza, RSV

- Flu activity remains low this week, but continues to increase. RSV activity is low and COVID-19 activity is minimal.
- Emergency room visits associated with flu remain low overall but are higher than this time last year and continue to rise, particularly among children.
- While COVID-19 activity is minimal, several early indicators - test positivity, emergency room visits, and wastewater detections - are trending up.
- Hospital admissions associated with RSV doubled since last week, mostly affecting children under 5. However, admissions are lower than they were this time last year.
- Wastewater detections for all three monitored pathogens are trending up; detections for influenza A are increasing exponentially.

Is anything else going around?

- Test positivity for [rhinovirus/enterovirus](#) is elevated above baseline but below its peak in October. 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](#).
- Test positivity for [common human coronaviruses](#) is starting to trend up. *These viruses are not the same as the virus that causes COVID-19.* They typically cause mild illness, but sometimes can lead to lower respiratory tract illness like pneumonia or bronchitis.

Recommendations

- 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.
- Respiratory seasonal activity is beginning to pick up. It’s not too late to [get vaccinated](#), but it can take a few weeks for protection to build after receiving a vaccine. Get protected before the holiday season begins.

Percent of ED Visits Due to Influenza

All Demographics

Split by Age Group

Graphs on this tab include all emergency department (ED) visits for suburban Cook County residents, regardless of 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

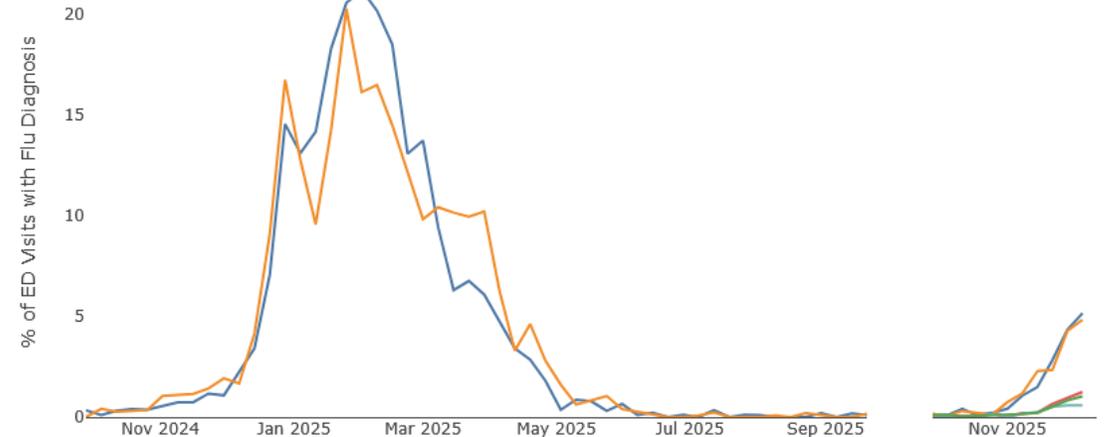
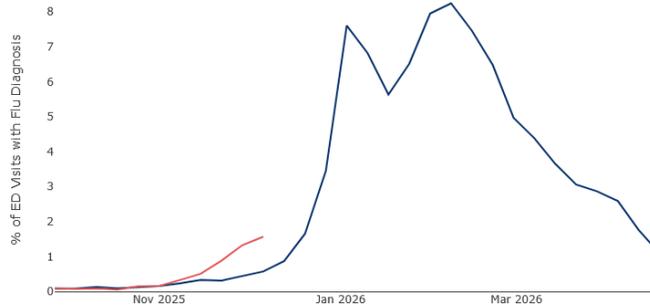
Select Virus of Interest*

- 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.



Lab Data

Test Positivity

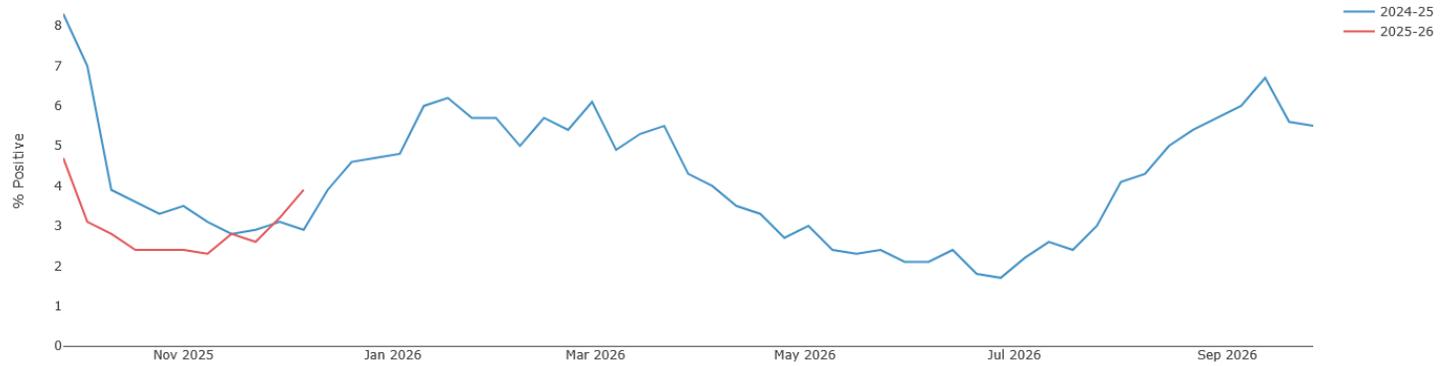
Includes results from antigen tests (e.g. rapid or point-of-care tests) and molecular tests (e.g. nucleic acid amplification tests) submitted by Cook County sentinel laboratories. Laboratories participating in our sentinel networks may change over time and vary across viral pathogens.

Select Virus of Interest

COVID-19 Flu RSV

Select Years of Interest

2025-26
 2024-25
 2023-24
 2022-23
 2021-22



COVID-19
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:

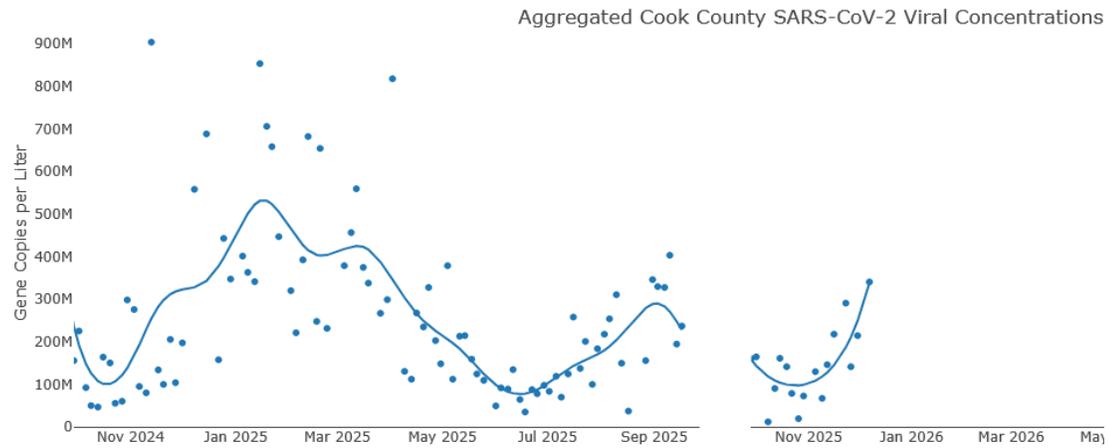
Stacked
 Side-by-Side



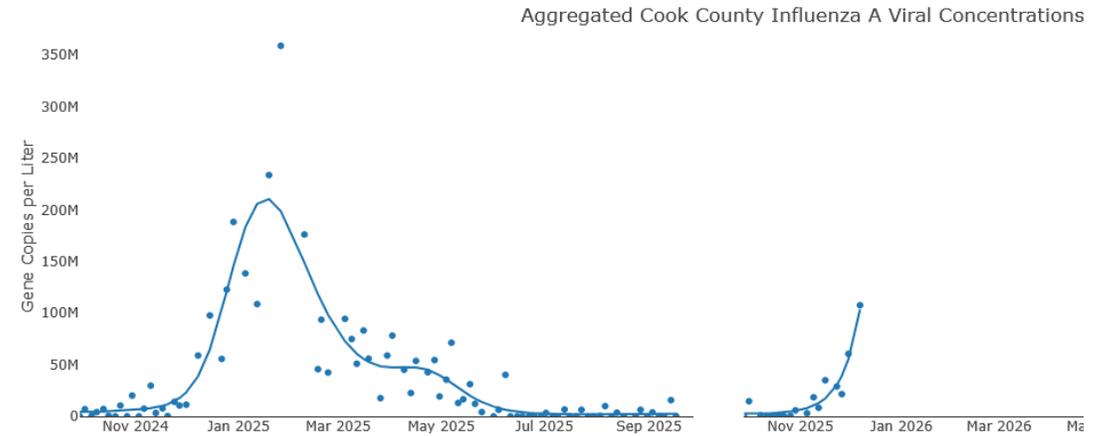
Counts of
Influenza by
Subtype at
Outpatient
Labs

Wastewater Data

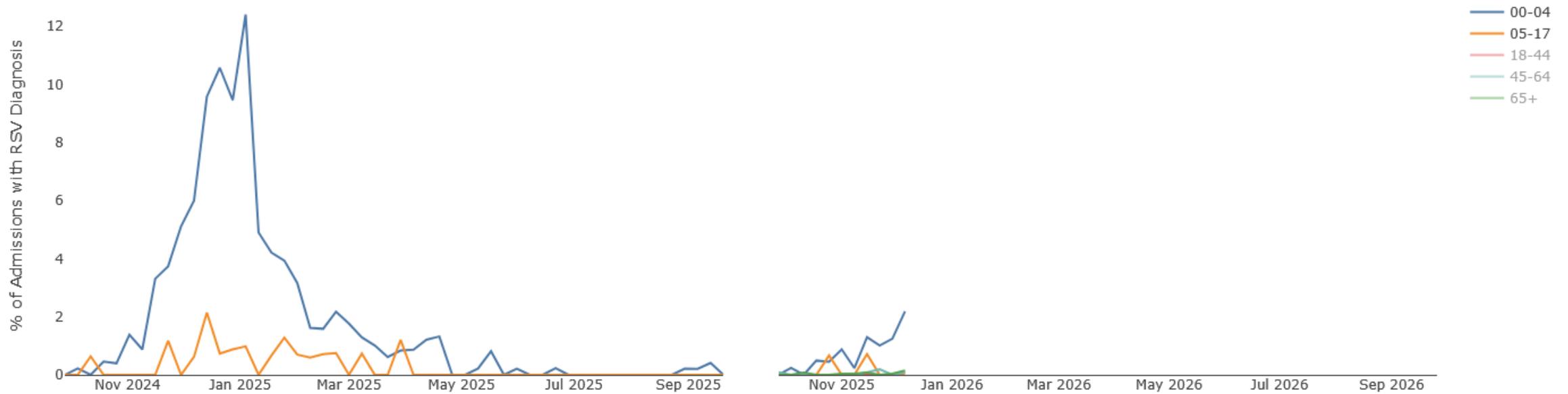
SARS-CoV-2



Influenza A



Percent of Inpatient Admissions Due to RSV by Age



Count of ICU Admissions due to COVID-19

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

ICU Admissions by Season

Select Virus of Interest

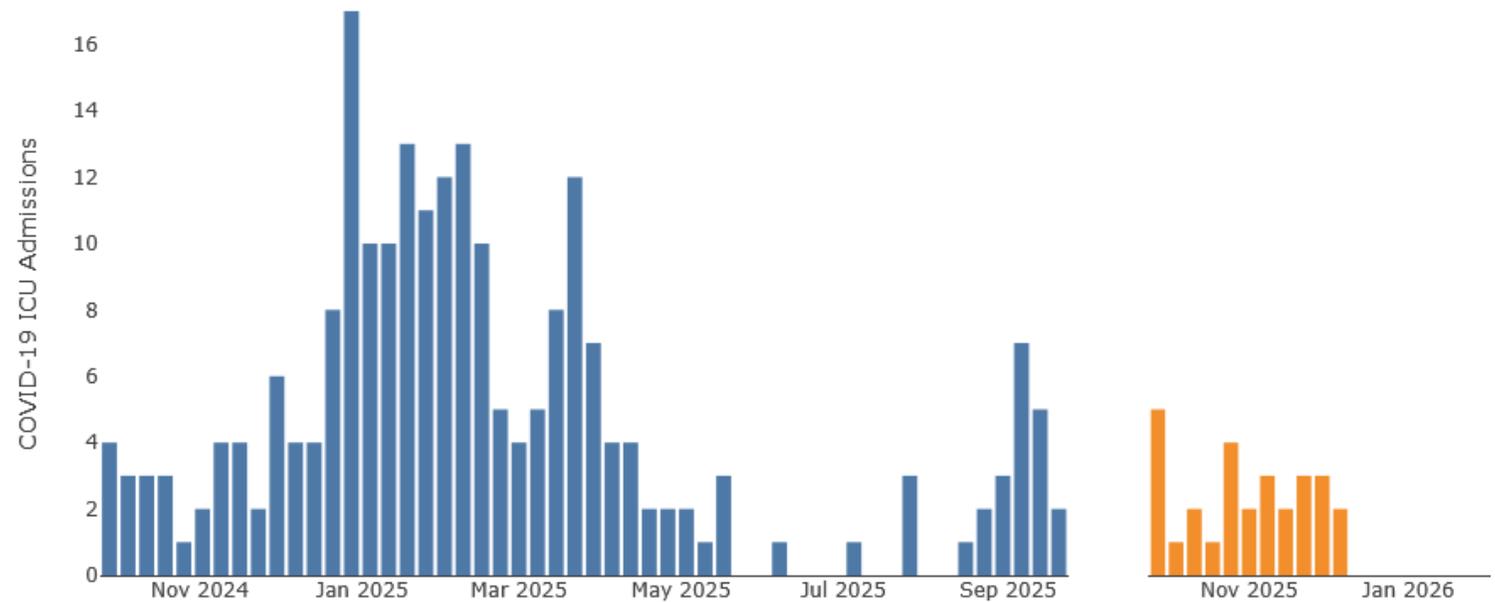
COVID-19 Flu RSV

Select Years of Interest

2025-26

2024-25

2023-24



Flu and COVID Vaccination – Not Too Late!

- Despite the potential vaccine mismatch caused by the evolved H3N2 strain, the flu vaccine is still extremely effective against severe outcomes in children
- CDC recently published data demonstrating a significantly decreased risk in ED visits in children vaccinated against COVID
- Illinois is behind its pace last year in terms of vaccination – only 21.9% of residents have received a flu shot and 6.8% of residents have received a COVID shot (compared to 23.4% and 10.8% last year at the same time)

Flu and COVID Vaccination – Not Too Late!

CDC Study on COVID Vaccine Effectiveness in Children

Flu Vaccine Effectiveness Data from England, 9/29/25-11/2/25

COVID-19 vaccines protect children from severe illness

2024-25 COVID vaccines **reduced the risk*** of COVID-associated emergency department and urgent care visits by:



76%

In children ages 6 months to 4 years



56%

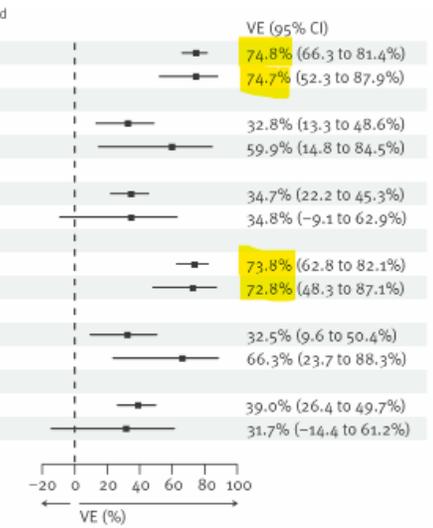
In children ages 5-17 years

Health care providers: Talk to parents about the benefit of COVID-19 vaccines for their child

MMWR bit.ly/4rS0RUO **CDC.gov**

DECEMBER 11, 2025

Outcome	Age (years)	Influenza	Unvaccinated controls	Vaccinated controls	Unvaccinated cases	Vaccinated cases	VE (95% CI)
ED attendance	02-17	A	2,372	335	1,558	60	74.8% (66.3 to 81.4%)
	02-17	A H3	2,372	335	311	10	74.7% (52.3 to 87.9%)
	02-17	A H1	2,372	335	18	4	
	18-64	A	8,353	478	1,835	78	32.8% (13.3 to 48.6%)
	18-64	A H3	8,353	478	298	6	59.9% (14.8 to 84.5%)
	18-64	A H1	8,353	478	60	1	
Hospital admission	≥ 65	A	10,442	2,037	1,048	193	34.7% (22.2 to 45.3%)
	≥ 65	A H3	10,442	2,037	112	18	34.8% (-9.1 to 62.9%)
	≥ 65	A H1	10,442	2,037	48	2	
	02-17	A	1,956	281	924	38	73.8% (62.8 to 82.1%)
	02-17	A H3	1,956	281	288	10	72.8% (48.3 to 87.1%)
	02-17	A H1	1,956	281	17	3	
	18-64	A	6,831	390	1,273	58	32.5% (9.6 to 50.4%)
	18-64	A H3	6,831	390	288	5	66.3% (23.7 to 88.3%)
	18-64	A H1	6,831	390	56	1	
	≥ 65	A	9,404	1,796	942	161	39.0% (26.4 to 49.7%)
	≥ 65	A H3	9,404	1,796	111	18	31.7% (-14.4 to 61.2%)
	≥ 65	A H1	9,404	1,796	48	2	



Communicable Disease Hot Topic Round-up



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

BUILDING
HEALTHIER
COMMUNITIES

Measles

- 1,958 cases in the U.S. as of December 16
 - 14 in Illinois
 - 5 in CCDPH's jurisdiction; 2 in unvaccinated children
- 49 outbreaks (compared to 16 in 2024)
- Largest outbreaks right now in Utah, Arizona, and South Carolina
 - Multiple schools with exposures in South Carolina outbreak; as of 12/16 over 100 students in quarantine
- Good reminder to make sure you can quickly identify susceptible students and staff following an exposure

Two doses of the MMR vaccine is 97% effective against measles.

Protect yourself and your family. Make sure you're up-to-date on vaccinations.



Cook County DEPT. of Public Health

BUILDING HEALTHIER COMMUNITIES

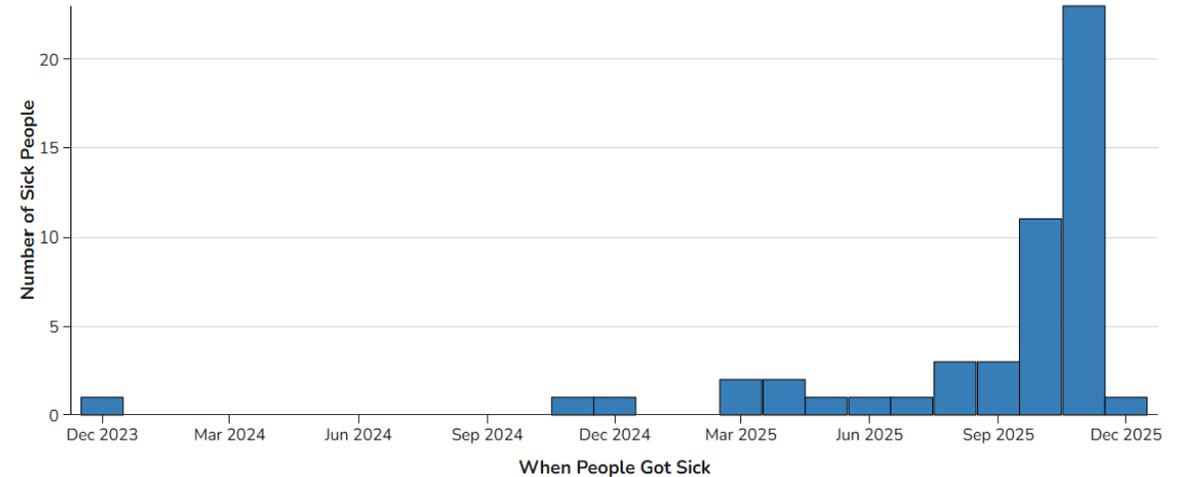
Infant Botulism Associated with ByHeart Formula

- Rare but serious illness where babies swallow *Clostridium botulinum* spores, which then produce a toxin in the gut leading to a progressive, paralytic illness
- Special antitoxin (BabyBIG) can help reduce complications and extended hospital stays but must be specially requested from the Infant Botulism Treatment and Prevention Program
- In early November, astute epidemiologists at IBTPP and state and local health departments noticed a spike in requests for BabyBIG and identified a common brand of formula among the sick babies: ByHeart



Infant Botulism Associated with ByHeart Formula

- From 8/1/25 - 11/1/25, 42% of infants treated with BabyBIG who consumed powdered formula reported using ByHeart, despite ByHeart only making up 1% of the powdered formula market
- 11/11/25 - All lots of ByHeart formula recalled by the FDA
 - On 12/12 FDA sent warning letters to major retailers for failing to remove product from their shelves quickly enough including Target, Walmart, and Kroger
- As of 12/17, 51 cases linked to outbreak; 2 in Illinois, both CCDPH residents
- First botulism outbreak linked to formula in the U.S.



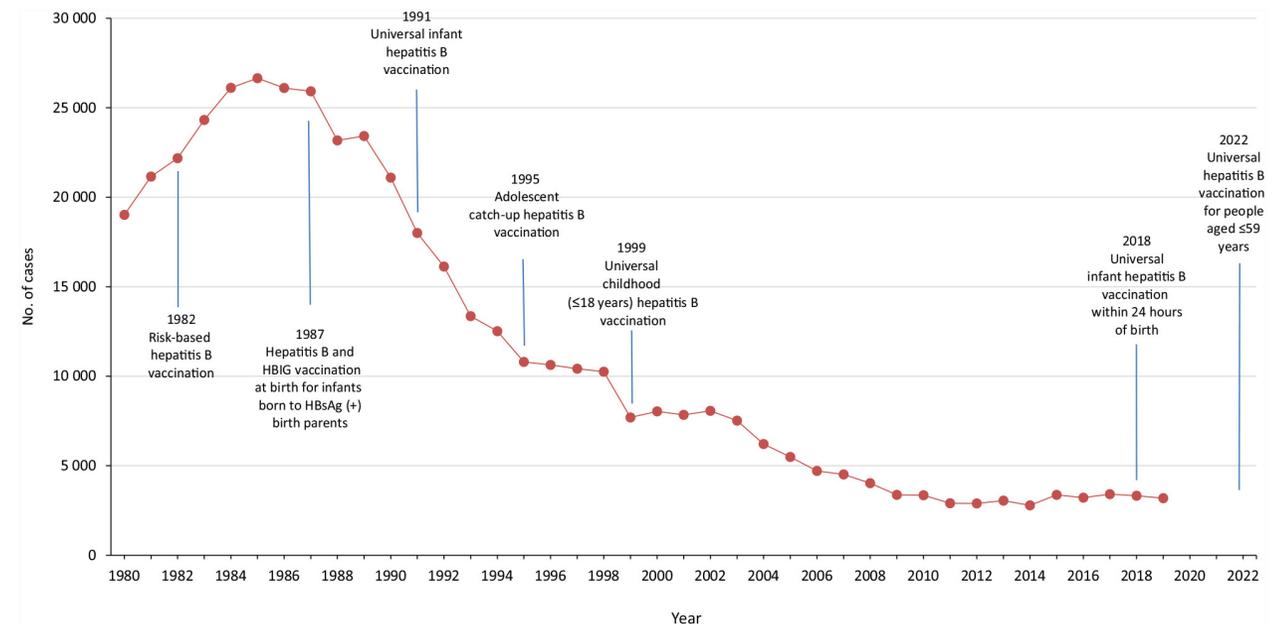
Swift recognition and action likely kept this outbreak from being much worse

Hep B Vaccine Guidance

Background

- Hepatitis B vaccination at birth has been universally recommended in the United States since 1991 (infections in children have dropped 99% since then)
- 600,000 adults in the U.S. are estimated to have chronic Hep B, with only 50% aware
- Hepatitis B infection can lead to serious outcomes, including jaundice, cirrhosis, liver failure, and liver cancer
- Bottom line – the Illinois Immunization Advisory Committee still recommends universal Hepatitis B vaccination at birth

Reported Cases of Acute Hepatitis B, 1980-2022



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





COOK COUNTY
HEALTH

Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

The Link & Option Center

THE LINK & OPTION CENTER, INC.

Empowering Minds | Linking You With Options

The Link & Option Center, Inc.

Locations

SOUTH HOLLAND
900 E 162ND ST.
SOUTH HOLLAND, IL 60473
708-331-8111

HAZEL CREST
3330 W. 177TH ST
HAZEL CREST, IL 60429
708-991-2513

24/7 CRISIS TRIAGE LIVING ROOM
17577 S. Kedzie Ave.
HAZEL CREST, IL 60429
708-991-2513

Certified Community Behavioral Health Center (CCBHC)

- ▶ **24/7/365 crisis services to help people stabilize in the most clinically appropriate, least restrictive, and least traumatizing setting**
- ▶ **Immediate screening, assessment, and risk assessment for mental health, addictions, and basic primary care needs.**
- ▶ **Patient-centered treatment planning**
- ▶ **Outpatient mental health and substance use services.**
- ▶ **Primary care screening and monitoring**
- ▶ **Targeted case-management**
- ▶ **Psychiatric rehabilitation services**
- ▶ **Full clinical and operational commitment to peer and family support, recognizing these elements as essential for recovery.**
- ▶ **Tailored emphasis on active and veteran military to ensure they receive the unique health care support they need**
- ▶ **Coordination with other health care and social service providers (including hospitals, primary care, foster care, child welfare, education, and criminal justice), with a focus on whole health and comprehensive access to a full range of medical, behavioral and supportive services.**

HOLD TIGHT IN MY MOTHER'S ARMS DOULA PROGRAM



- ▶ What is a Community-Based Doula? A community-based Doula works with clients who are typically young, of low income and have little to no support, are members of the community they serve, and are matched by background, culture, and language. Community-based doulas meet with their clients several months before birth, attend the birth and meet in the weeks to months following the birth

Hold Tight in my Mother's Arms Doula Program is a personalized MOMS Maternal Care model of Doula services and coordination in the community. Our integrated physical and behavioral health services and best practice interventions address the care gap in maternal health, and prenatal and postpartum depression care for women who also may struggle with behavioral health conditions.

MOBILE CRISIS RESPONSE

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?

- We come to you! Children age 5 and older, adolescents, adults, to your home, school, work, or hospital.
- 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



FOR CRISIS WALK-IN LOCATIONS:

Call us at 708-991-2513



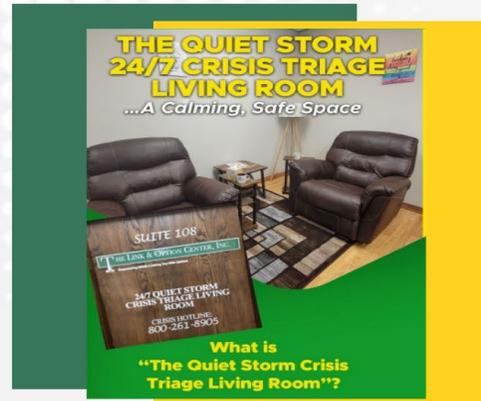
24/7 CRISIS TRIAGE LIVING ROOM

THE LINK & OPTION CENTER, INC.

Empowering Minds | Linking You With Options

THE QUIET STORM LIVING ROOM

FREE



24/7/365

**A calm space to breathe and reset!
Free, walk-in support for adults 18+**

What to Expect

- Warm, comfortable space.
- One-on-one support with a Peer Support Specialist.
- Brief check-in with a clinician (as needed).
- Quiet area, light refreshments, and resources.
- Same-day connection to services if you choose.
- Our Triage Case Management support for seamless access to receiving our ancillary services (therapy, medication management, supportive housing and employment services).

Who can come to the living room?

Adults 18+ feeling stressed, overwhelmed, anxious, or sad who want support before it becomes a crisis.

WALK IN. EXHALE.



www.link-option.com
17577 S Kedzie Ave.
HAZEL CREST, IL 60473
708.991.2513



Thank you!

Questions ???



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



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 January
School Health Webinar
Friday, January 16th
2pm

Register Here: CCDPH January School
Health Webinar

**BUILDING
HEALTHIER
COMMUNITIES**



Adjournment



COOK COUNTY
HEALTH

Cook County DEPT
of
Public Health

BUILDING
HEALTHIER
COMMUNITIES