

CCDPH School Health Webinar

April 17, 2026



Cook County DEPT. of
Public Health

A division of Cook County Health

BUILDING
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Agenda

- **Welcome & Housekeeping**
- **Announcements, Resources & Events**
- **CCDPH Communicable Disease Updates**
- **Partnership for Resilience**
- **South Suburban Special Recreation Association**
- **American Red Cross**
- **Adjournment**

CCDPH

School Health Webinar

Meeting Objectives

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

****HOUSEKEEPING****

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

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



Cook County Department of Public Health

@cookcountydepartmentofpubl4930 · 217 subscribers · 248 videos

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

cookcountypublichealth.org

Subscribe

Announcements

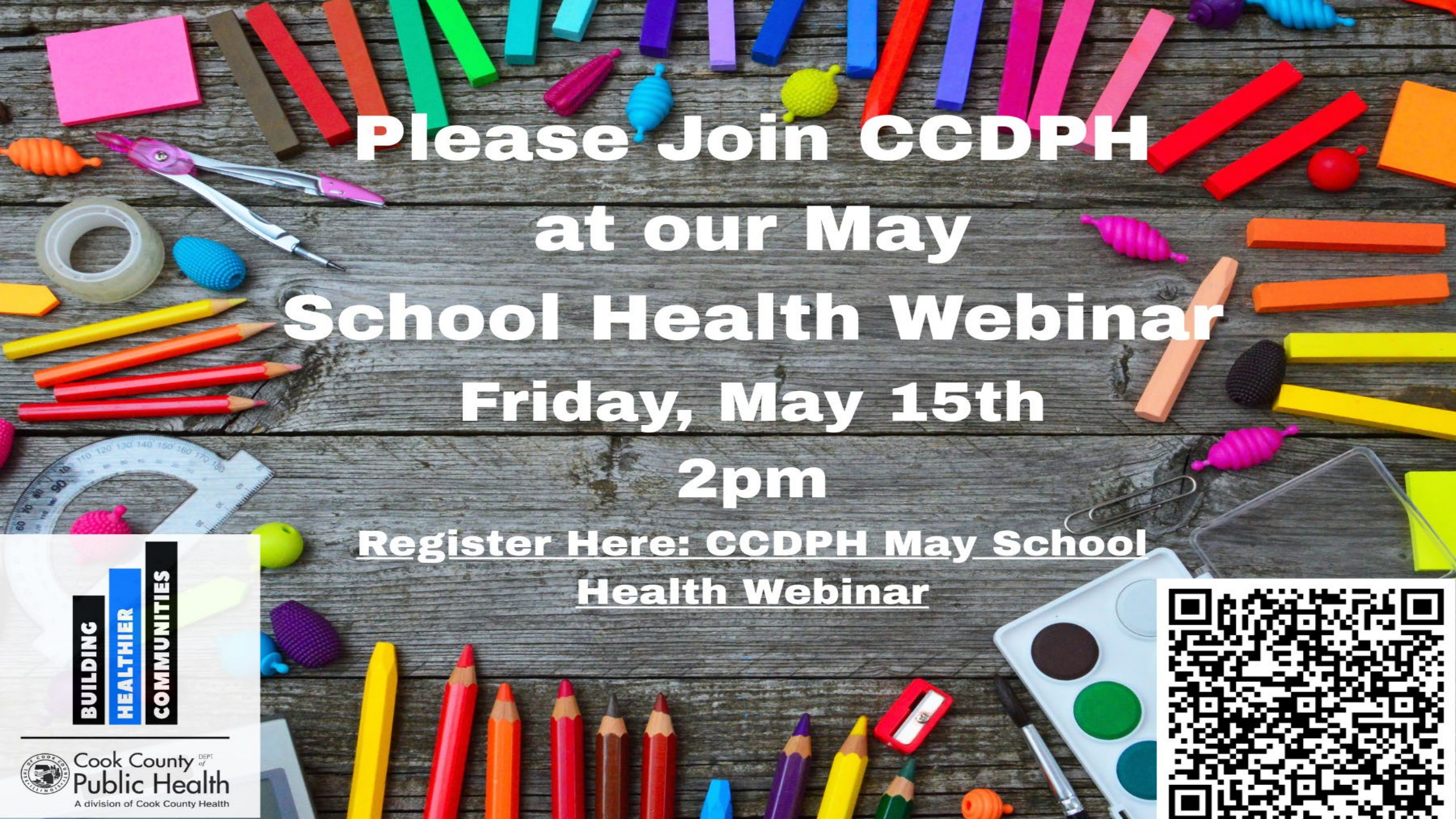
ANNOUNCEMENTS

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



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





**Please Join CCDPH
at our May
School Health Webinar
Friday, May 15th
2pm**

**Register Here: CCDPH May 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 \(cookcountypublichealth.org\)](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](#)

DATA AMBASSADOR WORKSHOP TOOLKIT



**DATA AMBASSADOR SERIES
WORKSHOP TOOLKIT**

**Becoming a
Data Ambassador**

- Navigates the suburban Cook County Health Atlas
- Learn basics of health equity and population health
- Apply and explain population health data in real-world settings

CCDPH Resources

CCDPH Asthma and Allergy Resources for Suburban Cook Schools

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

Other Epi-Pen and Albuterol Resources



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

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



2026 Clean Air School Symposium



May 5, 2026



Free, Virtual

Join the American Lung Association in a virtual symposium covering indoor air quality (IAQ) and energy efficiency topics relevant for K-12 schools.

Agenda

- 10:00 AM: The Case for IAQ
- 10:50 AM: The Intersection of IAQ and Energy Efficiency
- 11:25 AM: Voices from the Field - a Panel Discussion
- 12:05 PM: Taking Action: 6 Key Drivers
- 12:35 PM: How to Make it Happen - Resources for Schools
- 12:50 PM: Voices from the Field - a Panel Discussion
- 1:30 PM: Closing Remarks and Adjourn

**Times listed in Central Time*

LEARN MORE



Why Attend?

Attendees will gain tools for improving IAQ and energy efficiency, understand impacts of IAQ on health and draw inspiration from peer schools who share their experience working on IAQ. Any school staff, including administrators, operations and facility teams, teachers, or school nurses should attend, along with governmental or non-profit agencies supporting healthy school environments.

Questions? Contact CASC@Lung.org

Pre-Order: Asthma Caregiver's Handbook

What is the Handbook?

The Asthma Caregiver's Handbook is a compendium of resources for parents, guardians, and other caregivers of children with asthma. The Handbook includes 19 chapters organized into 4 sections, plus appendices.

- Basic information about asthma and the respiratory system.
- How to manage asthma symptoms, asthma action plans, treatment, and triggers.
- Provides caregivers with guidance for talking to their child about asthma; empowering their child's self-care.
- How caregivers can care for themselves, tips from other caregivers, and a doctor's answers to common questions.
- The appendices are rich with tools and resources ranging from a day care provider checklist and how to clean spacers and inhalers to children's activities.



ASTHMA
CAREGIVER'S
HANDBOOK

How can I get a free copy of the Handbook for my patients?

Respiratory Health Association will be making the Asthma Caregiver's Handbooks available at no cost to nurse practitioners, pediatricians, and asthma specialists. It is our hope they will provide a copy to parents and caregivers of newly diagnosed children with asthma and other families they believe might benefit from the information.

To get copies of the Handbook, please order [here](#). Shipping is free for providers in Illinois.

If you prefer to access this Handbook online, please go to

<https://asthmacaregivershandbook.org/>

RespHealth.org/Asthma



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.





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

**Saturday, April 25,
2026
9am-3pm**

**Space is
limited. Reservations
required.**

**Call (708) 709-3707 to
schedule an
appointment.**



Healthy Smiles Day

**Free Dental
Exams for
Children**

 **Prairie State College**



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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
- CIMPAR-IDPH Clinic Request Form

Mental Health Resources



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EASILY ACCESSIBLE MENTAL HEALTH RESOURCES

SUBURBAN COOK COUNTY

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

MENTAL HEALTH HOTLINES

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

988 Suicide and Crisis Lifeline

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

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

NAMI Chicago Helpline

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

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

The Trevor Project

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

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



2.1.1

Get Connected. Get Help.™

English | [Español](#)

[Get Help](#)

[Partner with Us](#)

[About Us](#)

[Donate](#)



[Call 211](#)

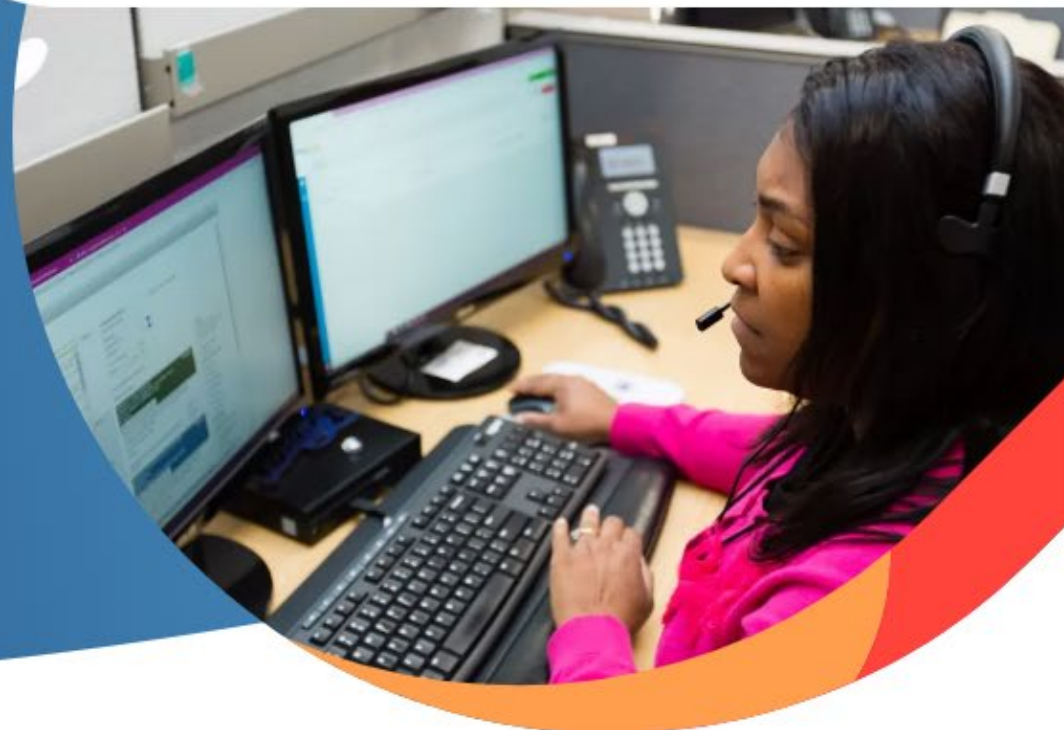
Help starts here

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



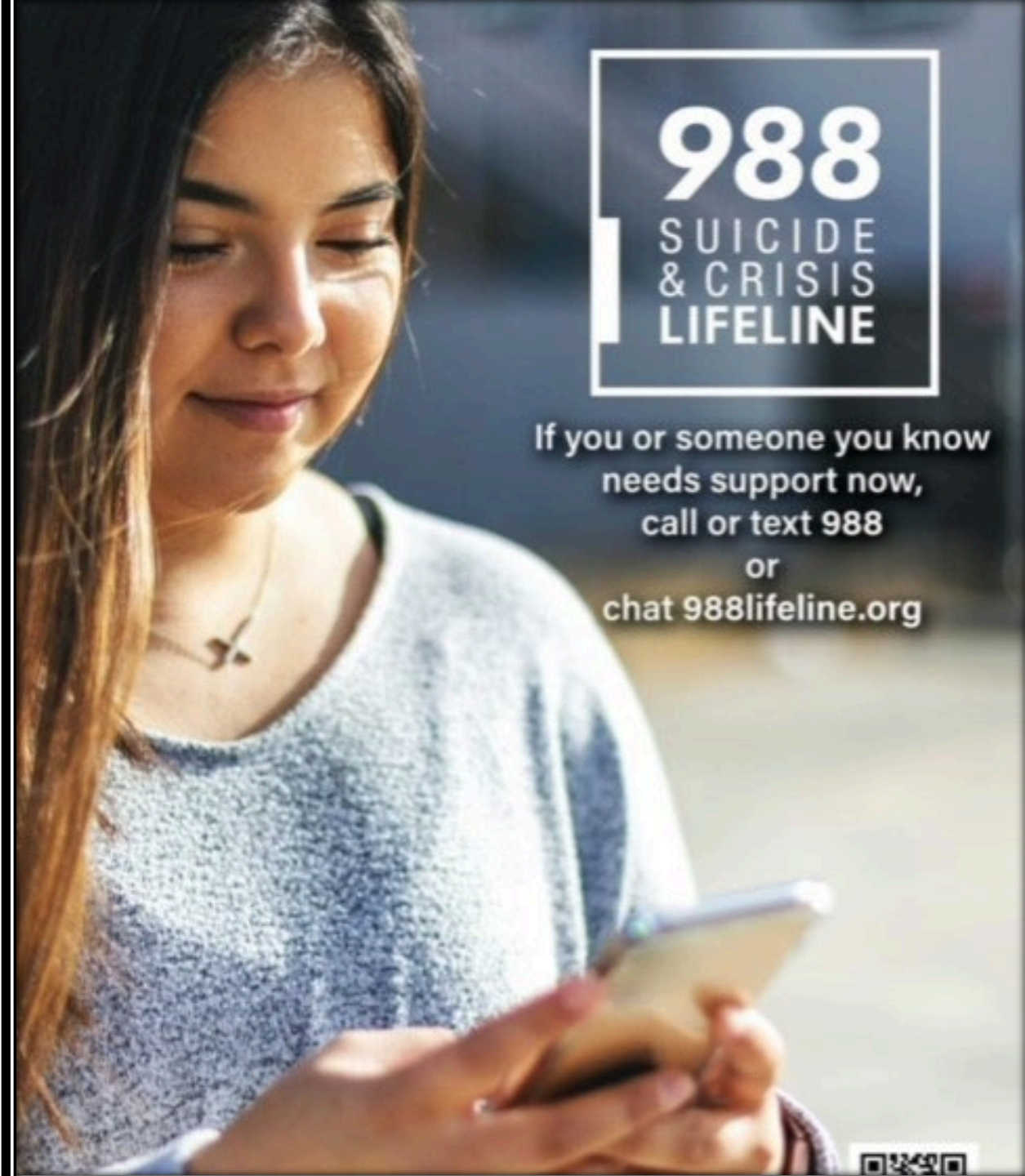
988 Suicide and Crisis Lifeline



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988
SUICIDE
& CRISIS
LIFELINE

If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org





Hey teachers!

Need mental health resources for your classroom?

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



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SPRING 2026 FAMILY-TO-FAMILY

MARCH 24 - MAY 19

TUESDAYS

6:00 - 8:30 PM

NORTHFIELD COMMUNITY CHURCH
(400 WAGNER ROAD, NORTHFIELD, IL 60093)

REGISTER TODAY!





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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:

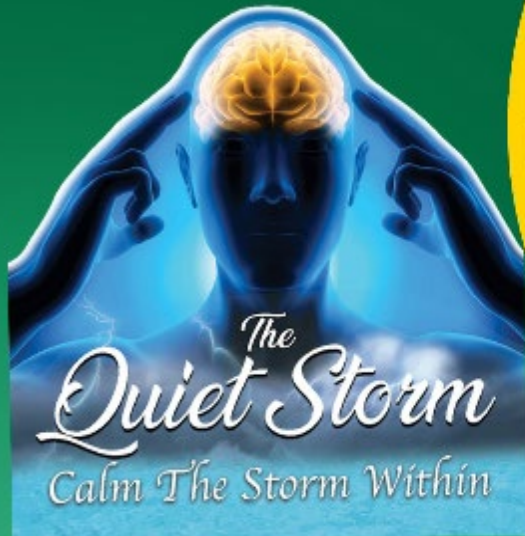
Southwest Center
10537 South Roberts Road
Palos Hills, Illinois 60465

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

families **m**powered 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

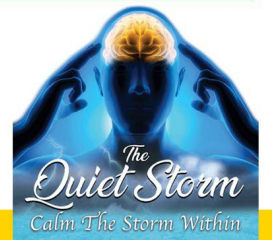
Questions? We're here to help!

 Crisis Hotline: 800-261-8905

 Link-option.com

Office Contact: 708-991-2513

 : quietstormlivingroom



COOK COUNTY
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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



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.



Interested?



SCAN ME




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Contact us!

 Kimberly Skoczelas

Mental Health Services for Youth



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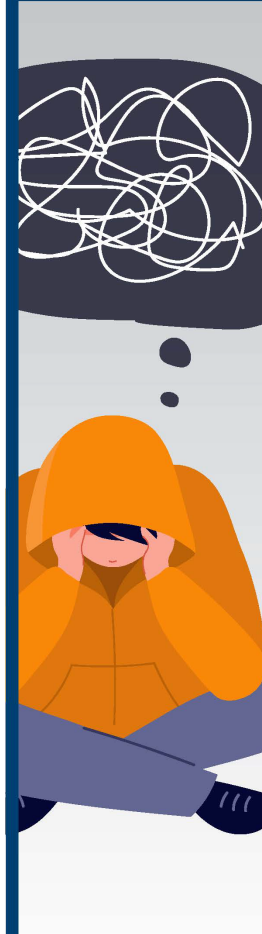
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Sertoma Centre Community Mental Health and Counseling



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):

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



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MaineStay Youth and Family Services

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

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



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Provident Scholarship Fund 2026

Application Open: March 12
Applications Due: April 19

The Provident Scholarship Fund builds on Provident Hospital's rich history, dating back to founder Dr. Daniel Hale Williams, to uplift and support diversity in health care. The Provident Scholarship Fund is a collaboration between Cook County Health, the Health Foundation of Cook County and Cook County government and its Project Rainbow initiative which aims to inform, impact and inspire students and families across the County. Scholarships will support awardees who are from, and dedicated to serving, underrepresented communities in Cook County.

"The Provident Scholarship has supported my education, eased financial stress, and allowed me to stay focused on my clinical training and future career in nursing. I couldn't be more grateful for the support."

Omayra Oliver, Allied Health Scholarship Recipient.

Health Professionals Scholarship \$20,000

The Health Professionals Scholarship provides scholarships to medical students and students in graduate-level clinical and behavioral health academic programs. Students are eligible for an award of \$20,000.

Allied Health Scholarship \$10,000

The Allied Health Scholarship provides awards to individuals pursuing allied health careers such as: nursing, behavioral health, and students in select qualified certification programs. Students are eligible for an award of \$10,000.

the children's museum
in oak lawn
A 501c(3) Non-Profit Organization



Connecting Families to Local Services for Young Children

In partnership with Birth to Five Illinois: Region 1-B-C (Cook County South) Finding the right support for your child can feel overwhelming, but we're here to help. The Early Childhood Resource Hub is a community-driven directory designed to connect families with trusted services for children ages 0-5.

Whether you're looking for pediatric care, early education, therapy services, or parenting support, this hub provides a centralized place to find the resources you need.

Find a service near you.

Service Provider? You can use the QR code or link to add your organization.



www.cmoaklawn.org/resource-hub

**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!



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.



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Please visit the new...
Catholic Charities Curbside Pantry

Beginning Tuesday, January 27, 2026
Tuesdays and Thursdays,
10 a.m. to 2 p.m.

Victory Christian International Ministries
10 Hemlock St.
Park Forest, Illinois

Please visit our website for updated locations and schedules at www.catholiccharities.net/GetFood

If you have questions, or require additional resources, please call the Charities Resource Hub at (312) 655-7700 or email us at gethelp@catholiccharities.net.

It's a privilege for Catholic Charities to serve you!

SOUTHEAST PARKING SIDE

Pantry Selections

- Milk
- Eggs
- Fresh produce*
- Fresh fruit*
- Frozen Chicken and Fish
- Canned foods
- Apple & grape juice
- Dry milk
- Oatmeal & cereal
- Rice
- Pasta
- Peanut butter
- Instant potatoes
- Applesauce
- Dry beans
- Spaghetti sauce

*When available

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



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FOOD PANTRY

3PM
MON
7PM

10AM
WED
2PM



DISTRIBUTION ENTRANCE

ENTRANCE and parking are on the North side of the building. Take Vollmer Road east to Glenwood Road, and follow the service road past the Chicago Hgts. Park District Golf Course, and approach our building with the "PANTRY ENTRANCE: SIGN.



ACTIVE FOOD PANTRY LOCATIONS IN MAYWOOD

Vision of Restoration, Inc. Pantry

1405 Madison St

Tues 9a – 11a

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

708-344-3774

Second Baptist Church Pantry

436 S 13th Ave

Wednesdays 11a – 1p

(First 4 Wednesdays each month)

708-343-0073

Quinn Center of St. Eulalia

1832 S 8th Ave – Door 4

Community Dinner

1st, 3rd, & 5th Tuesdays (5:30p – 6:30p)

Outdoor Meal Distribution

2nd & 4th Tuesdays (4:30p = 6p)

708-397-6111

C.T. Baker Performing Arts Center

401 S 5th Ave

Saturdays 8a – 10a

630-930-0517

Maywood Community S.D.A. Church

1901 S 19th Ave

Tues 5p – 7p

630-550-3223

Miracle Revival Cathedral Pantry

2010 St Charles Rd

2nd–5th Thursdays 12p – 2p

Emergency food: Tue–Fri 11a – 2p

708-865-2999

The Proviso Pantry

1112 N 9th Ave, Melrose Park, IL 60160

Saturdays 8a – 10a

708-356-6743

Emergency & Support Lines

Greater Chicago Food Depository — 773-247-3663

Proviso Township Office — 708-449-4301

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

LOCAL FOOD PANTRIES

TOGETHER, WE CAN PUT FOOD ON THE TABLE

LIVING GRACE CHURCH Thursdays @ 11am - 1pm

20100 Lakewood Ave , Lynwood, IL 60411

708-895-5690 – living-grace.org



CORNERSTONE COMMUNITY DEVELOPMENT CORPS

Thursdays @ 9am - 12pm

943 E Lincoln Hwy, Ford Heights, IL 60411

708-251-4750 – www.cornerstone-cdc.org



GRACE UCC Saturdays @ 10am - 12pm

2500 223rd St, Sauk Village, IL 60411

708-758-6700 – grucc.org/grace-ucc-food-pantry



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

425 S Halsted St, Chicago Heights, IL 60411

708-754-9400 – bloomtownship.org/177/Food-Pantry



EMMANUEL CHRISTIAN REFORMED CHURCH

Saturdays @ 10am - 12pm

22515 Torrence Ave, Sauk Village, IL 60411

708-758-3343 – emmanuelcrc.com/food-pantry



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



Cook County DEPT. of
Public Health

A division of Cook County Health

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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 1^a y 3^a semana de cada mes.

OTRAS LOCACIONES: BANCODEALIMENTOSCHICAGO.ORG

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



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List of South Suburban Food Pantries



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**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

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HEALTHIER
COMMUNITIES**

FREE Public Clothing Closets!



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

St. John's Lutheran Church

4247 183rd St.
Country Club Hills, IL 60478

4th Saturday
9am - 11am

First Reformed Church

15924 South Park Ave.
South Holland, IL 60473

4th Thursday
4pm - 6pm

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

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COMMUNITIES



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



OPENS DOORS OF
POSSIBILITY AND
EMPOWERMENT

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

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.



WWW.CEDAORG.NET

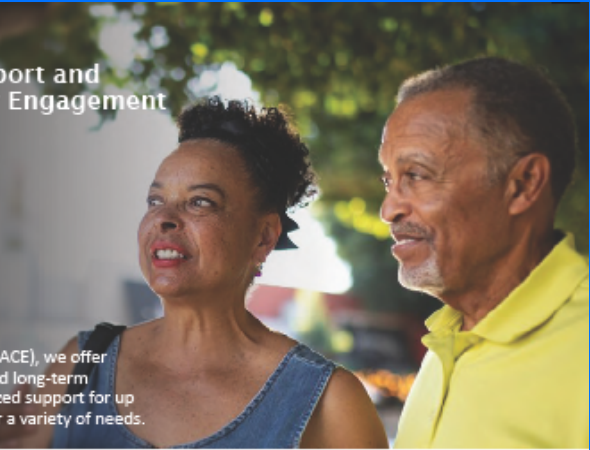


Family Support and
Community Engagement

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.



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

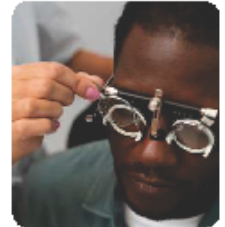
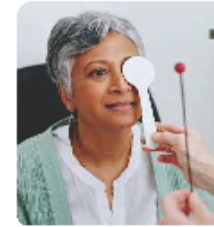


This program proudly serves residents of suburban Cook County.

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



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.



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

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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

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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

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Community Events



Connected Classrooms & Communities



This professional learning session bridges educator and parent insights to explore how shared perspectives can deepen school-family connections. Through collaborative activity and discussion, participants reflect on practical ways to support communication, engagement, and student well-being. The session offers simple, relationship-centered strategies that educators can apply.

28
April

Let's bridge educator and family insights!

Register Now

- April 28, 2026 3:45- 5:15 PM
- Zoom
- Presenter: [Destiny Kelly, PhD](#)

For assistance, please email dkelly@partnership4resilience.org



[Tinyurl.com/Connected2026](https://tinyurl.com/Connected2026)

1.5 PDHs and CEUs provided by:







Be Strong Families Parent Café

Weathering the Storm

Connect, share, and learn from other parents and caregivers in a safe and supportive environment.

Join our virtual Café to discuss challenges and successes, and to create strategies using your own wisdom and lived experiences for keeping your family strong.

Thursday, April 23
6:00pm – 8:00pm

Registration required by April 17.

Scan the QR code or visit

bit.ly/CookCountyParentCafe





Heart & Mind Family Wellness Day

May is Mental Health Awareness Month

 Learn, Connect, and Support Your Family's Well-being.

At this event, families can explore:

- Mental and Behavioral Health Support
- Outdoor and nature-based activities
- Early Learning, books, and family resources

RSVP at bit.ly/4c8i71X



Birth to Five Illinois: Region 1-B-C
Cook County (South)
www.birthtofiveil.com/region1bc

Questions? Contact Leah: larmour@birthtofiveil.com



**Saturday
May 9**
10:00am – 2:00pm
at
Richton Park
Community Center
4445 Sauk Trail
Richton Park, IL 60471



Día de Bienestar Familiar para el Corazón y la Mente

Mayo es el Mes de la Concientización sobre la Salud Mental

 Aprende, conéctate y apoya el bienestar de tu familia.

En este evento, las familias pueden explorar:

- Apoyo para la salud mental y el bienestar emocional
- Actividades al aire libre y en la naturaleza
- Aprendizaje temprano, libros y recursos para familias

RSVP en bit.ly/4c8i71X



Birth to Five Illinois: Región 1-B-C
Condado de Cook (Sur)
www.birthtofiveil.com/region1bc

¿Preguntas? Ponte en contacto con Leah: larmour@birthtofiveil.com



**Sábado
9 de mayo**
10:00am – 2:00pm
en el
Centro Comunitario
de Richton Park
4445 Sauk Trail
Richton Park, IL 60471



Introducing Healthy Endeavors for Kids

Healthy habits start early — and grow stronger when kids feel supported, curious and confident. Healthy Endeavors for Kids (HEK) is a **free, ready-to-use wellness curriculum** designed to help young people build lifelong healthy habits.



What's Included?

- 24 structured, 30-minute lesson plans
- Activities thoughtfully tailored for ages 5-13
- Printable lesson materials, knowledge checks and parent resources
- Facilitator setup instructions and supply lists
- All materials are available in English and Spanish

Ideal for anyone who works with children, including schools, park/recreation programs, after-school and youth programs, and community groups. **No health education experience needed!**

Use the Curriculum

- Scan the QR code or go to:
www.endeavorhealth.org/healthy-endeavors-for-kids
- Select lessons to download.
- Questions? Contact community@endeavorhealth.org

Launch Webinar

April 22, 2026
12–1 p.m.
Virtual | Free



Learn about the program and how to access the materials. **Scan the QR code to attend.**



Learn more about curriculum categories and lesson topics →

VILLAGE OF MAYWOOD ARE HIRING YOUTH FOR SUMMER JOBS

Youth ages 14 - 19 will be able to earn \$15 per hour this summer with the opportunity to work with several departments.

* Maywood Residents Only

- ✓ Public Works
- ✓ Building & Code
- ✓ Swimming Lifeguards
- ✓ Economics, Innovation, & Sustainability
- ✓ Community Engagement
- ✓ Administrative Offices
- ✓ Mayor's Office





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

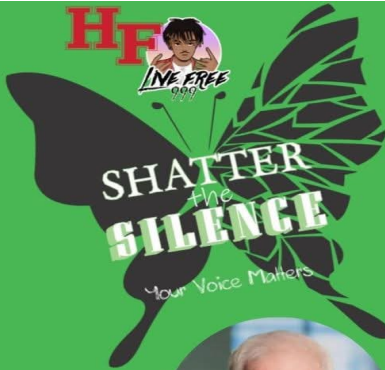
Youth Outdoor Ambassador Paid Internship

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



Join us for 2nd annual
**MENTAL HEALTH
 PANEL & PERFORMANCE**

Monday, April 20, 2026 6 p.m.-8 p.m.
Homewood-Flossmoor High School
 Performing Arts Center (PAC) Enter Door 9
 999 Kedzie Ave. Flossmoor, IL 60422



DR. DOUG BOLTON, PHD
 Clinical Psychologist,
 Author of Untethered



ELLION BRANCH
 Senior at HF High School,
 Bring Change 2 Mind



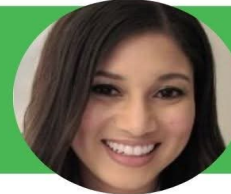
JENYA BURNS
 Senior at HF High School,
 Bring Change 2 Mind



TIM DAVIS
 Executive Director, Independence
 Treatment Center-Gateway Foundation



BIONCÉ FOXX
 Radio & TV Personality,
 Panel Moderator



DR. MISHA HARRIS, PSYD
 Director of Service & Learning
 Programs, Crisis Text Line



MORGAN LAWRENCE
 Junior at HF High School,
 Bring Change 2 Mind



KOFI SHUCK
 School Psychologist,
 HF High School



DR. LAUREN SMITH, PHD
 Director of Education and Engagement,
 NAMI Chicago



CARMELA WALLACE
 Founder,
 Live Free 999

FEATURING SPECIAL PERFORMANCES BY OUR VERY OWN HF STUDENTS!

THANK YOU TO OUR TABLE SPONSORS!

ANXIETY & STRESS CENTER
 Specialized care for people & relationships in trouble

bring change to mind
 15 years of talking about mental health

**Creative Approaches to
 Therapy Inc.**

ELEVATION
 Individual & Family Therapy, PLLC

Endeavor Health
 Your best health is our endeavor.

**AUNT
 MARTHA'S
 HEALTH &
 WELLNESS**

BRIDGING

**Healing Life
 COUNSELING**

NEXUS
 COUNSELING SERVICES LLC
 BE CONNECTED

**rosecrance
 THERAPIES**

**SERENITY
 yoga**

SunCloud Health
 YOUR VOICE. YOUR CHOICE. OUR TEAM

**Riveredge
 Hospital**

**CELEBRATING
 YOU MATTER**

TRANQUIL JOURNEY
 P.L.L.C.

**CELEBRATING
 YOU MATTER**
 10 YEARS OF EMPOWERING YOUTH

Understanding ADHD & Autism

for Parents & Educators



Friday, April 24th
3pm – 4:30pm

Join us for a discussion to break down ADHD & Autism. Learn how to recognize signs, navigate evaluation, treatment options and support children at home and in school.

Speakers:



Jasmin Ford
Psychiatric Mental Health
Nurse Practitioner



Dr. Mason Newell
Special Education Expert

Glenwood-Lynwood Public Library District
19901 Stony Island Ave, Lynwood, IL 60411
(708) 758-0090 ---- glpld.org



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

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COMMUNITIES



FREE AND OPEN TO THE PUBLIC

MENTAL HEALTH & WELLNESS FAIR



Bringing together professionals, organizations, and resources dedicated to improving mental health and wellness in our community.

DATE

Saturday April 25th, 2026

TIME

10 AM - 2 PM

LOCATION

16500 Woodlawn E Ave
South Holland, IL
60473



Participating Vendors:



1 5
QUINN CENTER
OF ST EULALIA

Raffle, giveaways,
resources, community
connections,
& health screenings

FREE!



2026 ANNUAL HEALTH & WELLNESS FAIR

- SAVE THE DATE -



11-3PM
SATURDAY, APRIL 25
1832 S 8TH AVE, MAYWOOD, IL

IN PARTNERSHIP WITH:



LOYOLA
UNIVERSITY CHICAGO

1 5
QUINN CENTER
OF ST EULALIA

Rifas, regalos, recursos,
conexiones con la
comunidad,
exámenes de salud

FREE!



2026 FERIA ANUAL DE SALUD Y BIENESTAR

- RESERVA LA FECHA -



11:00 a 15:00
SÁBADO 26 DE ABRIL
1832 S 8TH AVE, MAYWOOD, IL

EN COLABORACIÓN CON:



LOYOLA
UNIVERSITY CHICAGO



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

**BUILDING
HEALTHIER
COMMUNITIES**

Well-being as Practice in Times of Systemic Trauma



Friday, May 15

9AM - 1PM

415 Lexington St.
Door 8N - Maywood, IL



Supporting others starts with supporting yourself.

Join us for an in-person training designed for frontline staff serving immigrant and refugee communities. This interactive session will explore the impact of systemic trauma and secondary traumatic stress, while offering practical tools to strengthen well-being in your day-to-day work.

Registration is required. Lunch will be provided.

**Register Here
by May 8**



Cook County
Public Health
A division of Cook County Health

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COMMUNITIES**



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COMMUNITIES**

West40
connecting communities



COALITION FOR IMMIGRANT MENTAL HEALTH

FREE PARENT PRESENTATION

Vaping: **Real** Harm, **Real** Consequences

Wed, May 6

6:30PM - 7:30PM

Oak Lawn Public Library
9427 Raymond Ave. Oak Lawn, IL



Big tobacco is targeting youth. Here's what parents need to know.

Join us for an informative presentation all about vaping. You'll learn more about what is in an e-cigarette, the negative side effects of vaping, the ways big tobacco companies are using to successfully advertise to young people, how peers and culture influence their decision to vape, signs to look out for if your child is vaping, what you can do to help, and so much more.

[Registration is required.](#)

Allied Health Explorers Summer Camp

South Suburban College

June 25, 2026

9am-3pm

Current 6th and 7th grade students are invited to explore careers in pharmacy, ultrasound, EMT and phlebotomy! This free event will feature a special surprise guest and will take place on Thursday, June 25 from 9:00 a.m. to 3:00 p.m. Space is limited, and first come first served. [Click here to register.](#)



Communicable Disease Update



Cook County DEPT. of
Public Health

A division of Cook County Health

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COMMUNITIES

Communicable Disease in Cook County Update

4/17/26

Avi Joseph



Cook County DEPT. of
Public Health

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Respiratory Disease Update

Respiratory Dashboard – Key Points

For the week ending Apr 04, 2026:*

COVID-19

Activity Level: Minimal

Flu

Activity Level: Low

RSV

Activity Level: Low

Key Points

COVID-19, Influenza, RSV

- Flu and RSV activity remain low, and COVID-19 activity remains minimal.
- Most RSV indicators continued to decline this week, including RSV-associated hospital admissions, emergency department visits, ICU admissions, and test positivity. However, the values for most metrics are still above those seen at this time last year.
- Most flu indicators continue to plateau or trend down; however, emergency department visits remain elevated among school-aged children.
- Influenza testing shows that influenza B is now the dominant flu type circulating, which is typical for spring after influenza A activity has peaked.
- Most COVID-19 indicators declined this week, though ICU admissions continue to be reported weekly.

Is anything else going around?

- Test positivity for [common human coronaviruses](#) decreased this week but is still elevated above baseline. *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 and have exceeded last year's peak positivity. HMPV causes symptoms similar to other respiratory viruses but may linger longer.
- Our sentinel laboratories are also beginning to see increased detections of [rhinovirus/enterovirus](#), common cold viruses, as well as increases in the bacteria that causes [strep throat](#).

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](#)).
- Overall respiratory activity has likely peaked for this season, but several pathogens, including RSV, continue to circulate above baseline. IDPH has extended their [recommendation](#) for clinicians to offer infant RSV vaccination (originally recommended from October through March); clinicians should now continue to offer RSV vaccination to [eligible](#) children through April.

Percent of ED Visits Due to RSV

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

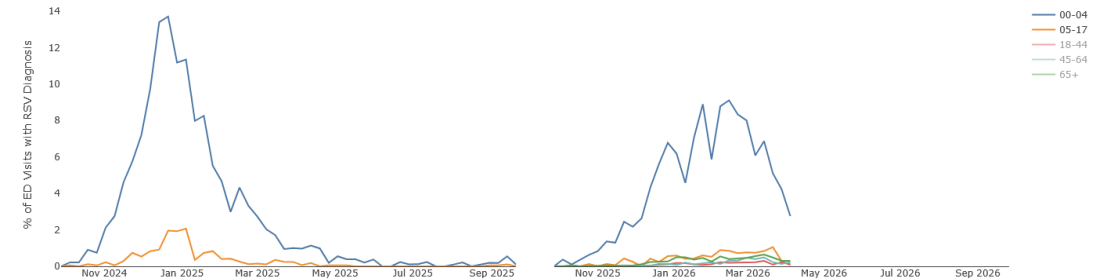
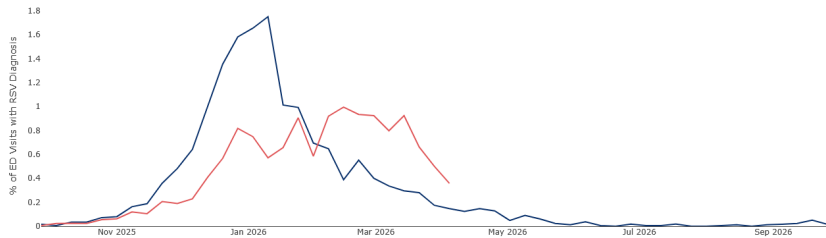
Select Virus of Interest*

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

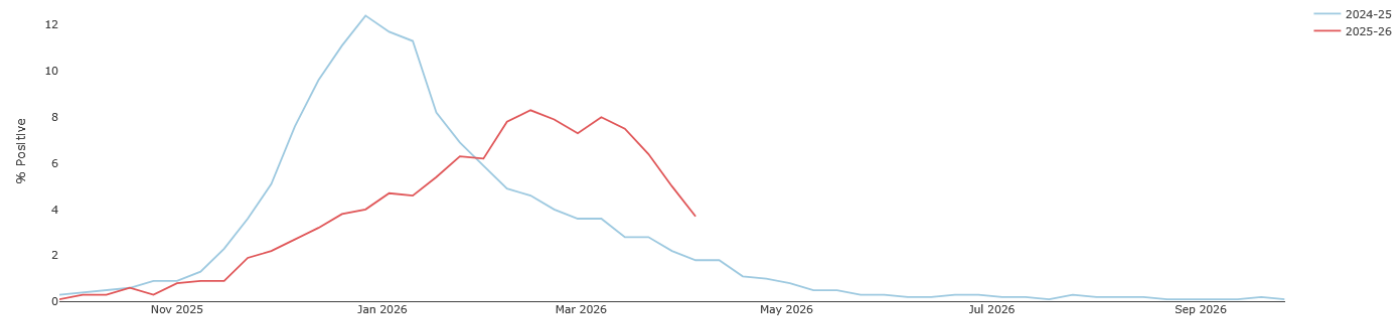
Includes results from antigen tests (e.g. rapid or point-of-care tests) and molecular tests (e.g. nucleic acid amplification tests) submitted by Cook County sentinel laboratories. Laboratories participating in our sentinel networks may change over time and vary across viral pathogens.

Select Virus of Interest

COVID-19 Flu RSV

Select Years of Interest

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



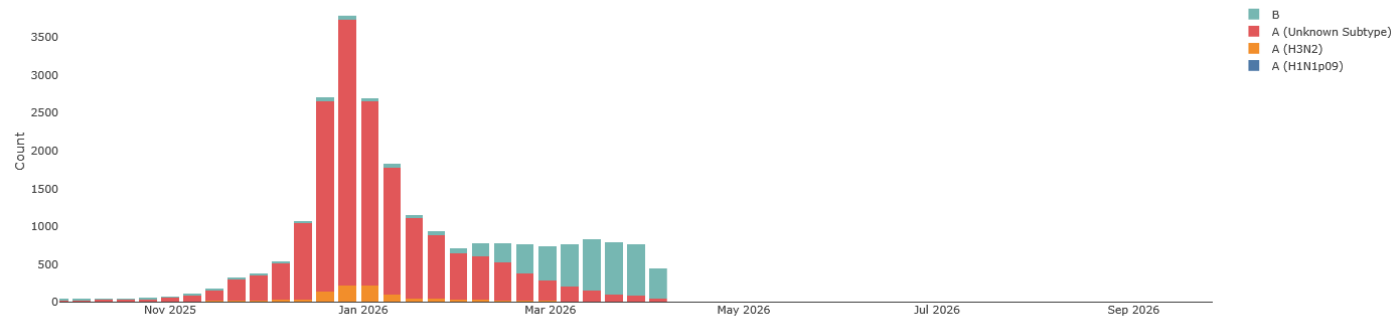
RSV Percent Positivity at Outpatient Labs

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

Count of ICU Admissions due to COVID-19

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

ICU Admissions by Season

Select Virus of Interest

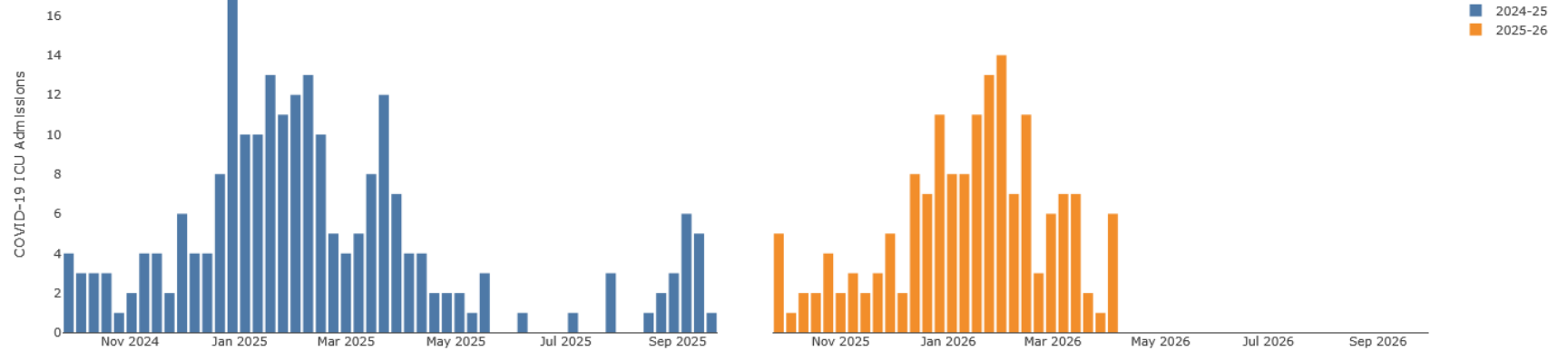
COVID-19 Flu RSV

Select Years of Interest

2025-26

2024-25

2023-24



Communicable Disease Hot Topic Round-up

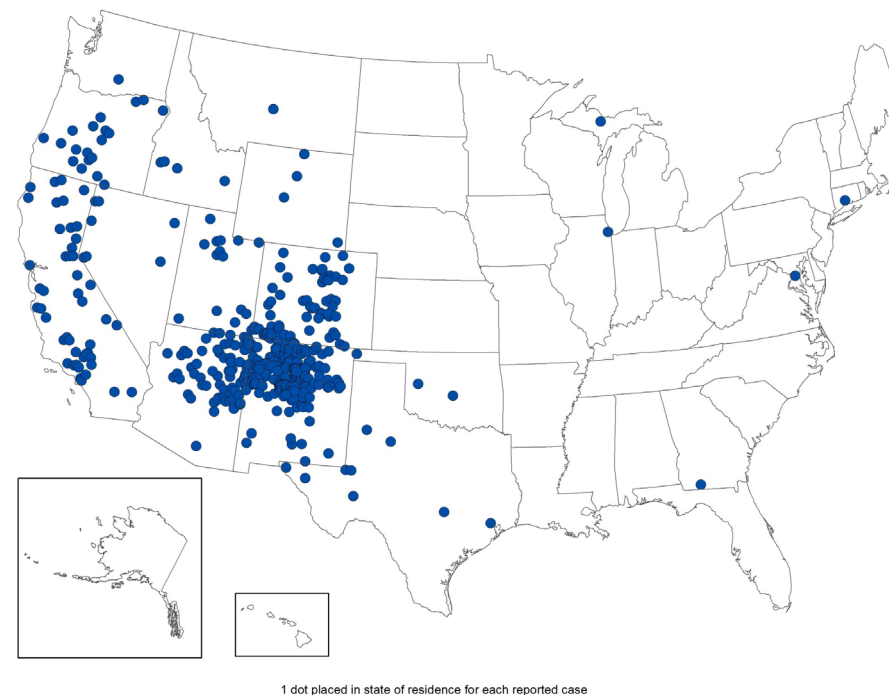
Plague Case in Arizona

- Arizona confirmed the first U.S. human plague case of the year earlier in April (the patient recovered)
- The U.S. averages 7 plague cases per year, mainly concentrated in Western states
 - Around 13% of plague cases are fatal
 - Over 80% of cases have taken the bubonic form (the infection proliferates in the lymph nodes)
- Plague is spread by the *Yersinia pestis* bacteria, transmitted by fleas and circulated among rodents
 - People usually get it after being bitten by a rodent flea or handling an infected animal
 - Person to person spread only occurs with pneumonic plague (as opposed to bubonic/septicemic)
- Symptoms include fever, headache, chills, and weakness, and otherwise depend on the type of plague
 - Bubonic symptoms include swollen painful lymph nodes, and often results from the bite of a flea
 - Septicemic symptoms include abdominal pain, shock, internal bleeding, and skin/tissue death
 - Pneumonic symptoms include rapidly developing pneumonia, shortness of breath, chest pain, cough, and bloody or watery mucus production
- Prevention: reduce rodent habitat/exposure, wear gloves when handling rodents, use insect repellent, practice flea control with pets

From “Black Death” to Routine Illness

- During the 14th century, plague killed 25 million people in Europe, or 1/3 of the population
- How did we go from that to never hearing about plague?
 - Quarantine (comes from Italian word quarantena, aka 40 days)
 - Institutionalized Public Health (death records, isolation hospitals, etc.)
 - Sanitation (sewage systems, clean water, waste removal)
 - Germ Theory (establishment of fleas and rodents as vectors of disease, rat eradication campaigns)
 - Antibiotics
 - Robust Disease Surveillance

Reported Cases of Human Plague, 1970-2023 (via CDC)

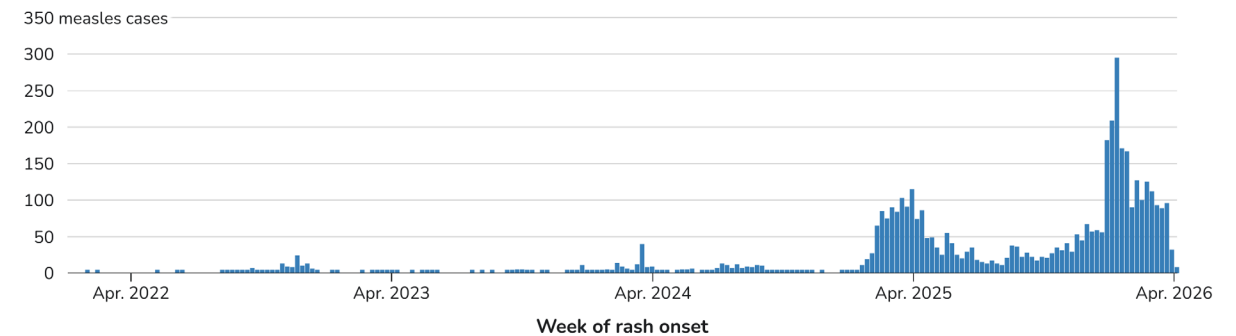


Measles Update

- The U.S. has already reached 1,748 measles cases in 2026 (2,287 in all of 2025, our worst year in decades)
- While the South Carolina outbreak has slowed down (997 cases between October 2025 and March 2026), Utah has now become the new epicenter
- There are worries that we will lose our measles elimination status, and that endemic transmission in the U.S. will become the norm

Weekly measles cases by rash onset date

2022–2026* (as of April 9, 2026)



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



Partnership for Resilience



Cook County DEPT. OF
Public Health

A division of Cook County Health

BUILDING
HEALTHIER
COMMUNITIES

Partnership for Resilience

Building Trauma-Responsive Schools, Families, & Communities

Destiny Kelly, PhD
Southland Project Organizer



WHO WE ARE



P4R exists to mitigate the impact of toxic stress in the lives of children, their families, and the communities where they live.



FOCUS

**Trauma-Responsive
Schools**



APPROACH

**Collaborative
Partnerships**



REACH

**Statewide
Illinois**



THE CHALLENGE

Trauma is in your classroom.

Adverse Childhood Experiences (ACEs) include abuse, family dysfunction, domestic violence, and more. They reshape how children's brains develop and how they respond to stress, affecting their ability to learn.

1 in 5

children experience
3+ ACEs

↑ ACEs

linked to chronic illness,
mental health challenges

Schools

are often the only space
students experience
support

HOW WE WORK



Professional Development

Training and providing coaching for educators



Community Schools Model

Connecting schools with health, social, and family services



Trauma-Responsive & Healing Centered

All work grounded in equity and social justice



Family Engagement

Centering families as essential partners in student success

OUR INITIATIVES

Southland Initiative

📍 South Suburbs of Chicago

Resilient Southern Illinois

📍 Southern Illinois Region

Springfield Resiliency Initiative

📍 Springfield

WHAT THIS MEANS FOR YOU



P4R partners with educators to build capacity, not add burden.



PD Workshops

Trauma-informed practices, SEL, and educator wellness



Community Referral Network

Connect students to health, mental health & family services



Action Planning Support

Coaches help your school build a trauma-responsive culture



Parent Mentor Program

Build parent leadership and support classrooms



LET'S WORK TOGETHER

Every child deserves to thrive at school.



P4R LinkTree



Connect with us to explore a partnership



Attend a P4R professional development workshop



Resilience • Supportive
SCHOOLS ILLINOIS

When Schools Thrive, Communities Thrive

Crissy Mombela, M.Ed.
Regional Liaison
Partnership for Resilience
April 2026

What is RSSI?

- **Free, voluntary, and school-driven** — no mandates, no one-size-fits-all; schools set their own path
- **Data-informed school improvement** — a 15-question screener generates a personalized data snapshot across four pillars: Mental Health, SEL, Trauma-Responsive & Healing-Centered, and Cultural Awareness, Responsiveness & Equity
- **Organizational culture IS academic progress** — RSSI is built on the evidence that when staff and students feel safe, supported, and connected, learning conditions improve
- **A one-stop hub for resources and coaching** — access to tailored tools, trainings, and SEL Hub support at **no cost** to your school or district



Get Connected

Complete the screener — Principals log into IWAS, find "RSSI Screener Survey 2025" under System Listing, and complete 15 questions to get started

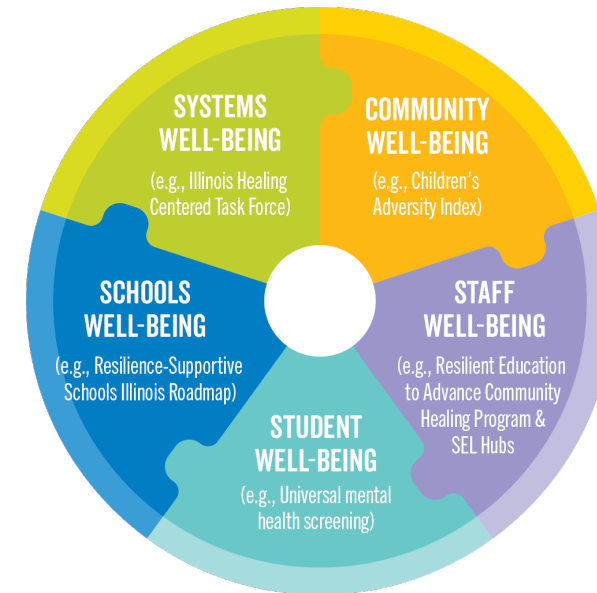
Explore the RSSI website — visit the platform to access your data snapshot, planning tools, and the full resource library

Request a coaching conversation — connect with a coach through Social Emotional Learning (SEL) Hub 1 or the RSSI Regional Liaison - Crissy Mombela

Questions? Reach out directly

Crissy Mombela, cmombela@partnership4resilience.org

Paula Kennedy, SEL Hub 1 Director,
pkennedy@dupageroe.org



Scan for Survey:



South Suburban Special Recreation Association



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

BUILDING
HEALTHIER
COMMUNITIES

SPECIAL RECREATION





WHAT IS A SPECIAL RECREATION ASSOCIATION?

A cooperative of park districts and villages that provide recreation programs including:

Sports & Fitness

Special Olympics

Social Clubs

Cultural Arts

Day Camp

Special Events

Weekend & Vacation Trips

Programs are offered for children, teens and adults with disabilities or special needs.

BACKGROUND

- Senator Harris Fawell introduced the legislation that enabled SRAs to be formed in 1969.
- Special legislation in Illinois enables park districts and villages to levy a special tax.
- Cooperatives can then be formed to provide services for individuals with disabilities or special needs.
- There are now more than 30 cooperative agencies throughout Illinois, serving more than 200 communities.



SSSRA HISTORY

- Formed in 1973 through the cooperation of Homewood-Flossmoor Park District, Olympia Fields Park District and Park Forest Recreation & Parks Department.
- SSSRA has grown to include 9 member districts.
- Our office is in Tinley Park, and we have programs throughout our member districts. We also offer virtual programs and special events.



SSSRA PROGRAMS



SSSRA currently offers over 40 programs and over 30 special events per season. This includes in-person and virtual options.



Programs are offered for all ages, including early childhood, youth, teens and adults.



A special series of programs are offered for individuals with severe and profound disabilities.



SSSRA PROGRAMS



A special selection of programs and special events, such as adapted sports, are offered for adults with physical disabilities.



Door-to-door transportation is available for programs and special events for adults with physical disabilities. This option is also available for our day camp participants.



Pick-up points for transportation are available for special events that are hosted in locations outside of our member districts.



EARLY CHILDHOOD & YOUTH

Early childhood and youth programs are designed for children ages 2-12.

- Swim Lessons
- Day Camp
- T-Ball
- Little Kickers Soccer
- Field Trips



SPECIAL OLYMPICS

- Basketball
- Bocce
- Bowling
- Golf
- Powerlifting
- Soccer
- Swimming
- Track & Field
- Volleyball





INCLUSION

- SSSRA provides inclusion services for all member districts.
- Participants who choose to participate in traditional programs offered by their park districts and recreation department receive support from SSSRA.
- Support includes observations, meeting with parents, providing behavior management, providing disability training or providing a 1:1 aide when needed.



MIND-BODY-BALANCE

—★ FOR VETERANS ★—

- A program designed for Veterans with an honorable discharge and a disability rating of 10% or higher.
- Provides 1 year membership to the Veteran, a personal training session option and monthly social activities.
- Injury does not have to be service related.

Program is offered at 4 fitness facilities including:

- Homewood-Flossmoor Racquet & Fitness Club
- Matteson Community Center
- Oak Forest Park District
- Tinley Fitness

OUTREACH



Special recreation associations regularly attend outreach events, including resource fairs, job fairs, and events hosted by local schools and libraries.



Special recreation associations also partner with local service organizations to raise awareness and reach more families.



FUNDRAISING & COMMUNITY SUPPORT



Special recreation associations host fundraising events throughout the year.



SSSRA events include the Ricky's Ride Motorcycle Run and the Putting with Purpose Mini Golf Outing. Proceeds from these events go towards SSSRA's Scholarship Program.



Special recreation associations may receive funding through grants.



Individuals and service organizations generously donate time and financial support.





STAFF

- Full-time program staff have backgrounds in Therapeutic Recreation or a related field such as Special Education, Adaptive Physical Education or Parks & Recreation.
- Team sizes vary depending on programs offered and number of communities served.
- Part-time staff includes drivers, Inclusion Aides, recreation leaders, day camp staff and interns.

CONTACT

19910 80th Avenue
Tinley Park, IL 60487

815.806.0384

815.806.0390 (FAX)

711 (Illinois Relay System)

www.sssra.org

info@sssra.org



American Red Cross

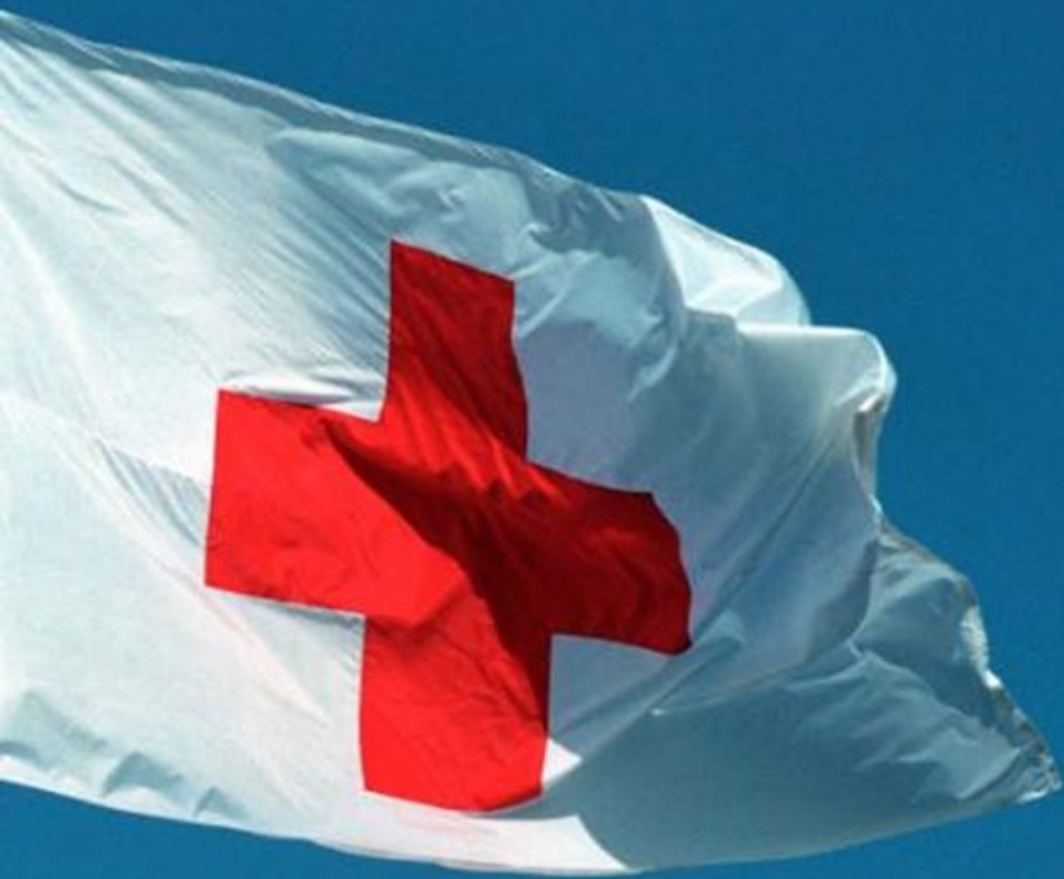


**American
Red Cross**

Presenter

- Tarae Cain, MPH
- Community Disaster Program Manager
- Illinois Chapter
- (312) 898- 2109
- tarae.cain2@redcross.org





Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.



**American
Red Cross**

American Red Cross of IL

5 Regional Chapters

- Central IL | Greater Chicago | IL River Valley Quad Cities & NW IL | South & West Central

Disaster Cycle Services (DCS)

- Prepare | Respond | Recover

Community Engagement

- Preparedness education | Outreach & partnerships | Community trust building

Additional Services

- Blood Services | Service to Armed Forces | Training Services | International Services
- 

About Our Disaster Work

We're there when people need us most.

Prepare



The Red Cross provides education and tools that make people and communities more resilient the next time they face disasters.

Respond



Whether a disaster affects one family or millions, the Red Cross provides hope and immediate necessities like shelter, food, relief items and health and mental health services.

Recover



As people start on the road toward recovery, the Red Cross remains a resource for families and communities.

DAT Response

- Help support your **immediate emergency needs** over the next couple of days
- Help you begin your long-term recovery planning.
- We can help provide financial assistance, spiritual services, health services and community resources from our partner agencies.



Only for emergency response organizations.

Please call 833-583-3111

GENERAL PUBLIC SHOULD USE 1-800-REDCROSS



Overview: Preparedness Programs

Prepare With Pedro

Red Cross Clubs

Home Fire Safety Campaign

Hands-Only CPR

Mass Care: Shelters

Prepare With Pedro

- Designed for kids K-2nd grade
- Uses storytelling and hands-on activities to teach students how to “be prepared” and “take action”



Red Cross Club

- Student-based club located at schools and on campuses
- Executive Board and members plan Red Cross mission-related activities
- Deliver lifesaving services of the Red Cross
 - Blood Drives
 - Disaster Preparedness
 - CPR & First Certification

Photo: Loyola University Chicago Red Cross Club, Sound The Alarm Elgin 2025





Home Fire Safety Campaign

- Sound the Alarm (STA)
- Installation of free Smoke Alarms
- Bed Shakers





HANDS-ONLY CPR

- Designed to teach individuals of all ages how to deliver lifesaving CPR care without rescue breaths.



Shelters

- Red Cross Shelters are stood up in response to disasters
- Events could include multi-unit apartment fire or flooding that impacts a community
- Shelters can be stood up in Churches, Community Centers, Schools, and other locations

**Want to request a
preparedness program
for your organization?**

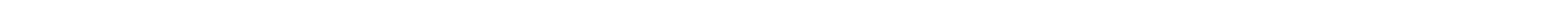
Scan the **QR** code for a
list of all **Red Cross IL**
programming!



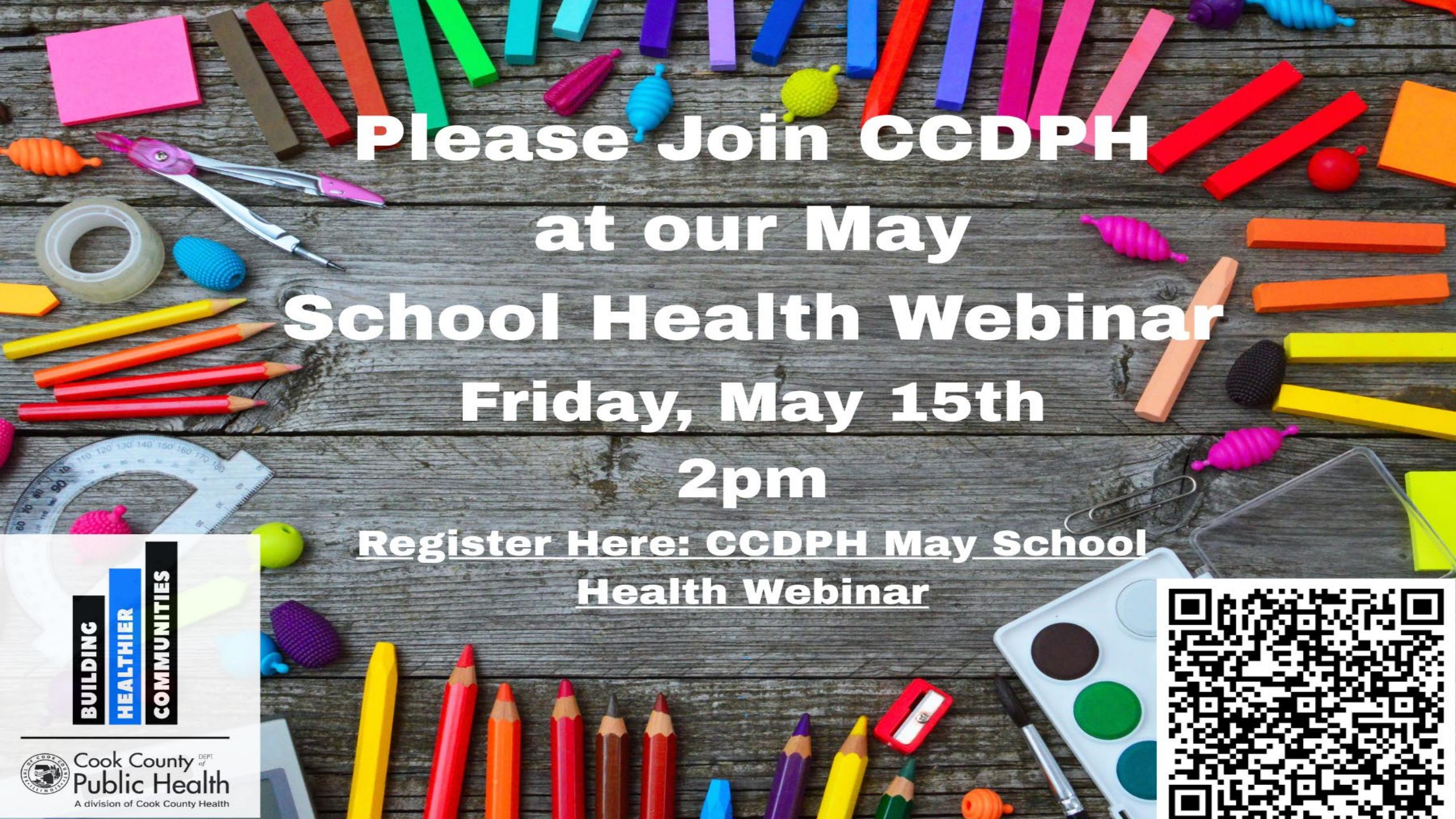
Thank you



**American
Red Cross**



Questions??



**Please Join CCDPH
at our May
School Health Webinar
Friday, May 15th
2pm**

**Register Here: CCDPH May School
Health Webinar**

**BUILDING
HEALTHIER
COMMUNITIES**



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



ANNOUNCEMENTS

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



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



Adjournment