



## COVID-19 Resources, National Prevention Week, Harm Reduction, and more

Dear Friends,

Thank you for your commitment to health and well-being in Illinois communities.

As we continue to shelter-in-place, I know that many of us are juggling commitments to family and work, and striving to educate ourselves about COVID-19 without becoming overwhelmed. I also know that amidst the uncertainty, non-profits continue to serve our communities and artists continue to create. It is not always easy, but it is happening.

If you are looking for something to do this weekend - and really, who isn't? - I encourage you to join me this Saturday, May 16, at 7:00 p.m. Central for **Night of Noise: It's a New Day**, an annual variety show which lifts up the talents of artists committed to supporting LGBTQ+ and allied young people. Tickets are \$50. Details are available at [bit.ly/NON20](https://bit.ly/NON20), and are also below.

Will you join me?

To stay up to date on the latest COVID-19 information, local issues, and resources, please visit the [State of Illinois](#) and/or the [City of Chicago](#) Coronavirus Response Center.



Sincerely,

Karen A. Reitan  
President & Chief Executive Officer

## COVID-19 News & Resources

- **Pandemic EBT (P-EBT) SNAP Benefits** are available to non-SNAP households. The program is not based on household income, resources, or citizenship. The only eligibility factor is that your child(ren) attends a school that participates in the National School Lunch Program and are eligible to receive free or reduced-priced meals when they are in school. Apply online at [ABE.illinois.gov](https://abe.illinois.gov). If you apply online, include your social security number if you have one as it may expedite the processing of your application. There is also a [paper application](#) which you can email to

DHS.FCS.PEBT@illinois.gov or mail to Central Scan Unit, P.O. Box 19138, Springfield, IL 62763, as noted at the bottom of the paper application form.

- **Cashing Your Stimulus Check** - Illinois Department of Professional and Financial Regulation (IDFPR) announced new options for unbanked Illinoisans seeking to cash their stimulus checks without incurring check cashing fees. Wells Fargo, JPMorgan Chase, U.S. Bank, Fifth Third, and First Midwest, as well as others, are willing to provide non-customers in Illinois with check cashing options in order to ensure these funds go toward the food, housing, and necessities that people need during this difficult time. Individuals interested in these options should contact the banks listed above, or email IDFPR at ILBanks@illinois.gov to set up an appointment.
- **Cleaning Service for Older Adults in Chicago** - The [Heavy Duty Chore and Short Term Chore Services for Older Adults](#), provided via Chicago Department of Family and Support Services, is a one-time intensive cleaning service for older adults, 60 years old and above, whose living conditions pose a threat to their health, safety and well-being. This can include trash removal, window and appliance cleaning, moving heavy furniture, and packing. To sign up for the program, older residents should call the Information & Assistance Hotline at 312-744-4016, Monday through Friday, 9 a.m. to 5 p.m. To learn about other services available for older adults through Chicago's Family and Support Services, [visit their website](#).
- **Chicago Addresses Disparities** - Mayor Lightfoot and Chicago Department of Public Health (CDPH) remain committed to addressing the health disparities exacerbated by the COVID-19 outbreak, including [new data showing the disproportionate impact on Chicago's Latinx community](#). As part of a robust response plan, the City has formed a partnership with SEIU Local 1, UNITE HERE Local 1, and the Construction and General Laborers' District Council of Chicago and Vicinity to better protect essential workers and engage the most impacted communities.

*Thank you to Chicago Department of Public Health and Illinois Department of Human Services for making us aware of the resources and information above.*



## Mental Wellness Tips for Sheltering in Place

*Did you know...? May is [Mental Health Month](#).*

- **Centers for Disease Control and Prevention (CDC)** provide these tips for [Mental Health and Coping During COVID-19](#).
- **Substance Use Disorder (SUD) Allies** and **National Health Corps (NHC) Chicago** AmeriCorps members hosted by Erie Family Health Centers offer weekly tips to care for our mental health during this time:

1. BE KIND TO YOURSELF
2. REACH OUT TO OTHERS  
FOR SOCIAL SUPPORT
3. GET EXERCISE
4. CREATE A SCHEDULE AND  
DO YOUR BEST TO STICK  
TO IT
5. ASK FOR HELP IF YOU NEED  
IT



[@eriefamily](#) on Instagram

## Harm Reduction During COVID-19

As part of PHIMC's behavioral health portfolio, we manage outreach for [Illinois Helpline for Opioids and Other Substances](#), a central referral system for the state of Illinois to connect people to substance use disorder services throughout the state. Available 24 hours a day and always confidential, the Helpline can be used to find resources for yourself or someone else.

We recently worked with DuPage County Health Department to get Helpline materials to them, and were excited to hear how they have shifted operations to meet client needs during the pandemic.

### ***Partner Spotlight:***

[DuPage County Health Department](#) is doing curbside pickup for Narcan and other harm reduction supplies to allow for physical distancing during COVID-19. The Health Department made adjustments to training and dissemination of Narcan in late March due to COVID-19. All

first responder and community Narcan pick-ups are now happening curbside with virtual training via Microsoft Teams or Zoom. They also began shipping Narcan directly to methadone clinics when necessary.

*To request a speaker or Helpline materials, please reach out to Bryan Gooding, Prevention Coordinator, at [bryan.gooding@phimc.org](mailto:bryan.gooding@phimc.org).*

## National Prevention Week May 10-16, 2020

National Prevention Week (NPW) recognizes the important work being done in communities throughout the year, and raises awareness about the importance of substance use prevention and positive mental health.

We are grateful for our Substance Use Disorder Services/Medical-Assisted Treatment partners and SUD Allies AmeriCorps Members who conduct invaluable direct services across all levels of care.

For more information on how to get involved in NPW this week and year-round, visit the website for [Substance Abuse and Mental Health Services Association \(SAMSHA\)](https://www.samhsa.gov).



*SUD Allies Members continue their service throughout Chicago while sheltering in place.*

## Night of Noise: It's a New Day May 16, 2020 - 7:00 p.m. CST

Be sure to buy your ticket to [\*\*\*Night of Noise: It's a New Day\*\*\*](#), our annual variety show, which will be held virtually this Saturday, May 16, 2020 from 7:00 until 8:15 p.m. CST via Zoom! Night of Noise, traditionally held in late April, marks the end of a Day of Silence, wherein students in over 10,000 middle schools, high schools, and universities worldwide take a day-long vow of silence to honor those in the LGBTQ+ community who can't speak for themselves.

We hope you'll join us in support of LGBTQ+ students in Illinois. Tickets are \$50.00 - [get yours today!](#)

Your \$50 ticket helps cover expenses such as the cost of a sponsorship for a student [Genders and Sexualities Alliance \(GSA\)](#) to jump-start their LGBTQ+ library from home, or a training opportunity for an Illinois Safe Schools Alliance Youth Committee member to build leadership skills, or one meeting of the School Health Access Collaborative (SHAC). Help us keep working with our youth during shelter-in-place while also taking in a great show!

Even if you cannot make the show, please consider [making a donation](#). Any amount significant to you is significant to us. Thank you!

**Night of Noise**  
*It's a New Day*

Saturday, May 16, 2020  
7:00 p.m. CST

bitly/NON20 for updates  
and to buy your ticket

PHMC ALLIANCE

**Vic Wynter**

**Aimy Tien**

**Mykele Deville**

**McKenzie Chinn**

**Nico Quinn**

**Brill Barrett**

**June**



WE ARE NOT ALL IN  
THE SAME BOAT  
BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACH OTHER  
#DONTJUDGE #BEKIND

*Thank you for working to support our communities.*

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