



Night of Noise, Pandemic Resources, Partner Shout-Outs, and PHIMC Opportunities

Dear Friends,

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

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 Resources

Federal

- **HRSA COVID-19 FAQs for Ryan White & Global HIV/AIDS Programs** - This [COVID-19 FAQ page](#) by Health Resources and Services Administration (HRSA) provides information on CARES Act funding for Ryan White HIV/AIDS Program recipients, HRSA HIV/AIDS Bureau grant recipient resources, and additional resources and links for both HIV/AIDS service providers and people living with HIV.

Illinois

- An **Illinois COVID-19 Response Fund** has been established for nonprofit organizations across the state which serve individuals, families, and communities hit hardest by COVID-19. This fund is a collaboration between United Way of Illinois, Alliance of Illinois Community Foundations, and the Office of Governor JB Pritzker. To learn more or to make a donation, [visit their website](#). To express interest in applying for a grant, [complete this interest form](#).

Chicago

- **Chicago Health App** - Chicago Department of Public Health (CDPH) launched 'Chi COVID Coach', a mobile-friendly, web-based application designed to support residents during the COVID-19 pandemic and beyond. This forward-thinking app was built in partnership with Google and MTX. It allows CDPH to communicate directly with Chicago residents who may be COVID-19 positive or experiencing symptoms, providing important information and guidance.

Registration is free and you do not need to download anything on your phone to use it. Learn more at [Chicago.gov/COVIDCOACH](https://www.chicago.gov/COVIDCOACH).

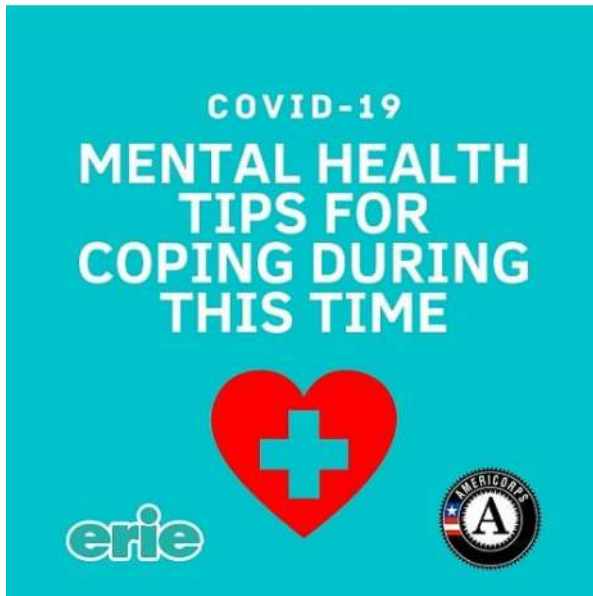
- **Stay Home. Hit Play.** Mayor Lori E. Lightfoot and Citadel just launched [Stay Home. Hit Play.](https://www.HitPlayChicago.org), a weekly video series that brings engaging, educational programming from Chicago institutions to students and families across the city. Viewers take virtual field trips to places like the Shedd Aquarium, the Field Museum, the DuSable Museum of African American History, and many others. All segments and related student worksheets will be available at www.HitPlayChicago.org.
- **Survey: The City of Chicago's COVID-19 Racial Equity Rapid Response Team** has created this [community impact survey](#) to learn how the COVID-19 pandemic is impacting Chicagoans. They are especially interested in hearing from people living in Austin, Auburn Gresham, and South Shore. Survey responses will be used to inform interventions and supports, direct services, and infrastructural steps.

Thank you to AIDS Foundation of Chicago, Chicago Department of Public Health, and Forefront for making us aware of the resources listed above.



Mental Wellness Tips for Sheltering in Place

- [Parenting the Quaran-Teen! Tips and Resources for Parents](#), by JCFS Chicago's Response for Teens.
- **Call4Calm** - The Illinois Department of Human Services' Mental Health Division launched a free-of-charge emotional support text line, [Call4Calm](#), for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0. Call4Calm is free to use, and individuals will remain anonymous.
- **Substance Use Disorder (SUD) Allies and National Health Corps (NHC) Chicago AmeriCorps members** hosted by Erie Family Health Centers are now creating and posting weekly tips to care for our mental health during this time. This week's [Instagram](#) tip was about meditation:



5-MINUTE MEDITATION

1. Get into a comfortable position either sitting or lying down. Put one hand on your stomach and the other on your chest.
2. Begin to breathe deeply, in through your nose and out through your mouth. Feel your stomach rise and fall with each breath.
3. Inhale for 4 seconds. Hold your breath for 4 seconds. Exhale for 4 seconds. Feel your body getting more relaxed with each exhale.
4. If you are having many thoughts or your mind wanders, that's okay! Just try to gently bring your attention back to your breath.
5. Continue this for as long as you would like. This can be done anywhere!

Our Fiscal Clients are Making a Difference

One way PHIMC expands organizational capacity is through our Fiscal Management Services. This includes providing small and emerging nonprofits with the infrastructure, resources, and guidance they need to develop skills and build capacity for financial stability and sustainable long-term growth. Our fiscal clients continually inspire us with their work, and during this crisis, many of our partners and clients truly shine and we want to highlight their industrious leadership.

In the Spotlight:



Transformative Justice Law Project (TJLP) of Illinois is a group of radical activists, social workers, and organizers who provide support, advocacy, and free, holistic criminal legal services to poor and street-based transgender people in Illinois. They are deeply committed to the universal right of gender self-determination, prison abolition, and transformative justice.

Recently, through emergency grants from Crossroads Fund, Woods Fund, and the Fund for Trans Generations, TJLP in collaboration with SER El Cambio was able to provide direct cash assistance to more than 20 undocumented individuals and families who are either homeless or recently released from jail because of the COVID-19 crisis. TJLP stepped out of their everyday work to meet clients where they are and offer a safety net. They covered bills, cell phones, and basic necessities so that people with no other resources could access shelter, a hot meal, and other support services without putting their health at risk.

To learn more about PHIMC's Fiscal Management Services, please reach out to Donna Blackwell, Chief

AmeriCorps Member Applications

Substance Use Disorder (SUD) Allies and National Health Corps (NHC) Chicago are still accepting applications for the upcoming service term. These AmeriCorps programs provide individuals with the opportunity to gain hands-on experience in public health and to develop professionally. During the COVID-19 pandemic, member responsibilities will be adapted to align with the stay-at-home orders and other guidance from our public health authorities.

To apply for the program year beginning August 2020, visit bit.ly/AmeriCorpsPHIMC. Applications will be accepted until all positions are filled.



Professional Development: Creating Affirming Learning Environments

FREE VIRTUAL WORKSHOP



Illinois Safe Schools Alliance, now a program of PHIMC, seeks to promote safety, support, and healthy development for lesbian, gay, bisexual, transgender, and questioning (LGBTQ+) youth in Illinois schools and communities, through advocacy, education, youth organizing, and research. In light of COVID-19, we are expanding our webinar offerings to guide educators and adult allies in supporting LGBTQ+ young people.

Below are upcoming dates for the *Creating Affirming Learning Environments* workshop. This introductory workshop is geared towards classroom teachers and student support staff, and focuses on the experiences and needs of LGBTQ+ young people in school settings, both in the classroom and during online instruction.

Creating Affirming Learning Environments

We are offering the same free virtual workshop at multiple times. Please click on a link below to register for the day and time that works best for you.

- o Wednesday, May 6, 9 - 10 a.m. CST - [Register here](#).

- o Wednesday, May 13, 1 - 2 p.m. CST - [Register here](#).
- o Monday, May 18, 5 - 6 p.m. CST - [Register here](#).

Please [visit this page](#) for an updated list of future webinar sessions, or to request a webinar for your organization that is more tailored to a specific audience or content.

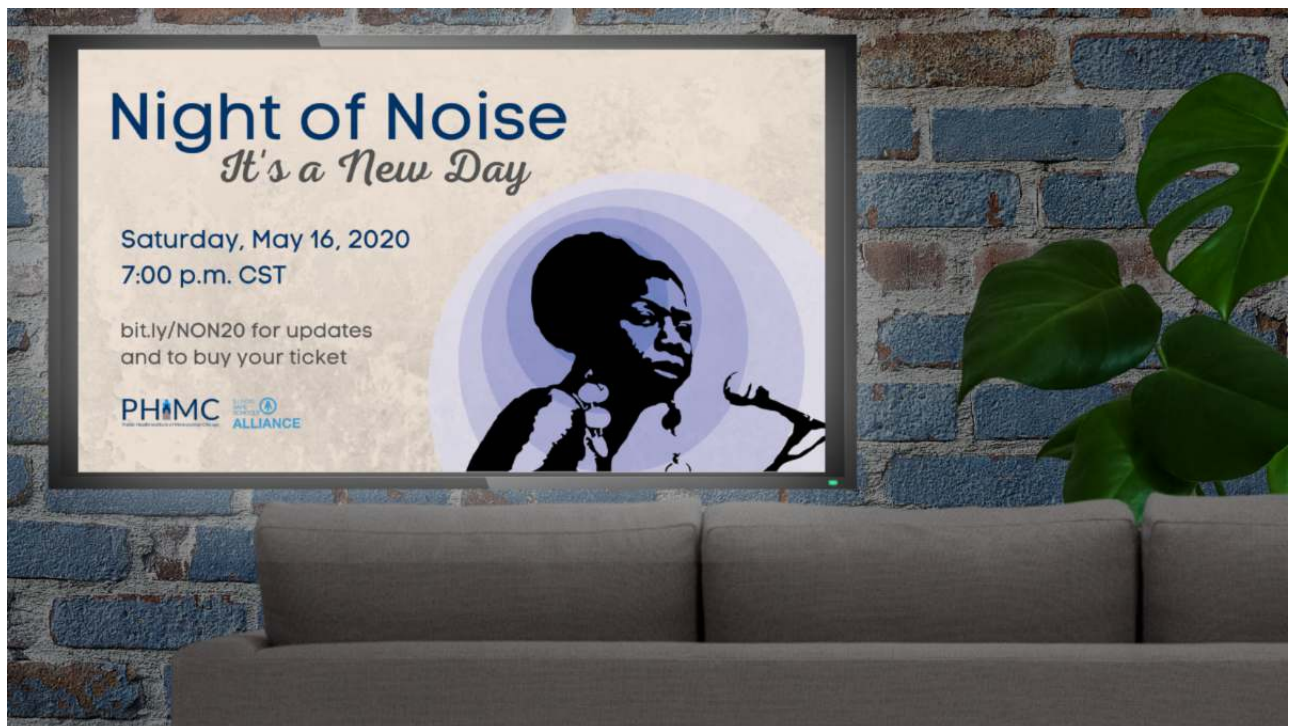
Night of Noise: It's a New Day

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

We're less than two weeks away from **Night of Noise: It's a New Day**, a variety show hosted annually by Illinois Safe Schools Alliance (Alliance). PHIMC is happy to carry on this tradition, now that the Alliance has joined the team!

This year's virtual performances will broadcast on Saturday, May 16, 2020 at 7:00 p.m. CST, and will include a live performance by About Face Youth Theatre. Tickets are \$50 and can be purchased at bit.ly/NON20.

Please join us to support PHIMC programs, including the continued work of Illinois Safe Schools Alliance to support LGBTQ+ young people during the pandemic.



Just for Fun

PHIMC's answer to the [Getty Museum Challenge](#):



Thank you for your work and support.

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