

Resources for Health and Equity

Dear Friends,

As protests in support of Black lives continue internationally while we manage a global pandemic alongside frightening economic hardship, many of us in the non-profit sector are looking for guidance, examples, money, and various other kinds of support. We have adapted programs to meet our communities' shifting needs at lightning-speed. As a sector, we are doing all we can to meet payroll and to keep ourselves and those we care for safe. We are having deeper and more personal conversations with colleagues, leaving ourselves vulnerable. We are determining daily how to make the most of our own skills, talents, life experience, privilege, time, connections, and resources.

We may feel we have a lot to give, with fresh energy and motivation, or we may feel completely depleted. We are learning together, and leaning on one another. I've said it before and I will keep saying it: We are in this together.

Mutual aid communities have sprung up all over -- like [Chicago COVID-19 Hardship and Help](#) -- and you may have read by now that the top 10 books on [The New York Times's Combined Print & E-Book Nonfiction](#) bestseller list are about racism. I find this encouraging, particularly as we approach Juneteenth, which [PBS describes here](#) as "the most popular annual celebration of emancipation from slavery in the United States." PHIMC will be closed this Friday, June 19, to respect the day and the needs of staff.

But first, we have gathered the resources below to support our collective work.

To stay up to date on COVID-19 information 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

- [The COVID-19 Immigrant Family Support Project](#) launched by Illinois Department of Human

Services, Office of Welcoming Centers for Immigrant and Refugee Services, Illinois Immigration Funder Collaborative, and Illinois Coalition for Immigrant and Refugee Rights, will provide pandemic-related emergency assistance funding to Illinois immigrants - regardless of immigration status. The fund is for people facing unemployment, loss of income, medical costs, and food and housing insecurity as a direct result of COVID-19. The criteria are: being an Illinois resident; experiencing an income disruption due to the COVID-19 pandemic, including job loss and reduction in hours; and not being eligible for federal stimulus or unemployment insurance.

- [State Telehealth Laws and Reimbursement Program Policies](#) are summarized by the Public Health Institute.
- A **Community Youth Employment Program** was announced recently by Governor JB Pritzker. Youth will acquire skills and receive paid work experience that will help them enter and advance in the workforce. This program will be implemented and managed by Illinois Department of Human Services-funded youth services organizations across Illinois. Qualifications, activities, and other information can be found [here](#).
- The Illinois Department of Public Health announced that [community-based testing sites](#) are open to all - regardless of symptoms, or lack thereof.

ILLINOIS COVID-19 COMMUNITY BASED TESTING SITES

Harwood Heights

6959 W Forest Preserve Dr.
Chicago, IL
7AM-3PM

Peoria Fulton St. Parking

601-699 Franklin St.
Peoria, IL
8AM-4PM

South Holland

15800 State St.
South Holland, IL
8AM-4PM

Aurora

1650 Premium Outlet Blvd.
Aurora, IL
8AM-4PM

Rockford

1601 Parkview Av.
Rockford, IL
8AM-4PM

Waukegan

102 W. Water St.
Waukegan, IL
8AM-4PM

East St. Louis

101 Jackie Joyner Kersee Center
E. St. Louis, IL
8AM-4PM

Chatham Theater

210 W 87th St
Chicago, IL
8AM-4PM

Market Place

Bloomington

1106 Interstate Dr.
Bloomington, IL
9AM-5PM

**Market Place
Shopping Center**

2000 N Neil St
Champaign, IL
8AM-4PM

Rolling Meadows

2901 Central Rd
Rolling Meadows, IL
730AM-3:30PM



ILLINOIS DEPARTMENT OF PUBLIC HEALTH

IDPH

PROTECTING HEALTH, IMPROVING LIVES

WWW.DPH.ILLINOIS.GOV/TESTING

- Through the **Chicago Resiliency Fund** the City of Chicago is offering \$1,000 in cash to Chicagoans ineligible for federal stimulus checks. Eligible households include undocumented immigrants, "mixed-status" families, dependent adults, and ex-offenders returning to their communities. To be eligible, recipients must be Chicagoans who have not received federal stimulus checks. Applications will begin to be accepted on June 22, and more information is available [here](#).
- **My Block, My Hood, My City** funds and organizes efforts to repair small businesses impacted by looting in Chicago. It also provides COVID-19 aid to seniors.
- **The American Heart Association of Metro Chicago** is accepting expressions of interest for the second round of their **Social Impact Fund**. They are looking to support sustainable solutions to the underlying social determinants of health challenges that are causing the COVID-19 virus to disproportionately impact minority communities on the West and South Side of Chicago. Applicant may be a company, organization, or individual, and must be operating within the following zip codes: 60651, 60620 and 60628. The solution must impact the residents within the West or Southside of Chicago.
 - They are hosting an information session on **Thursday, June 18** at 10am. [Register here](#).
 - Deadline to submit an expression of interest is **July 10**.

Mental Wellness Resources

- The CDC offers tips [here](#) for coping with stress, caring for ourselves and our communities, and prioritizing our mental health. They remind us that everyone reacts differently to stressful situations and offer ideas for people who have been directly impacted by COVID-19, including children.
- UNICEF offers six strategies for teens facing a new (temporary) normal, in "[How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)" based on a conversation with expert adolescent psychologist, best-selling author and monthly New York Times columnist Dr. Lisa Damour.

National Health Corps Chicago: Host Sites Needed

Have you considered applying to be a host site for our National Health Corps AmeriCorps program?

Administered by PHIMC, National Health Corps Chicago's mission is to improve access to health services and education in underserved communities in Chicago, and we are still seeking host sites for the 2020-2021 service term.

Benefits of Hosting AmeriCorps Members:

- A consistent member with a strong skill set for up to 11 months increases organizational capacity to address critical needs.
- Support for host site supervisors and ongoing technical assistance from PHIMC program staff.
- Networking and collaboration opportunities with other host site organizations.
- Member training and professional development from PHIMC program staff and outside experts, including motivational interviewing, trauma informed care, conflict resolution, and communication skill building.

Questions? Please complete our [Intent to Apply survey](#) if interested and reach out to Alisha Jani, Project Manager for NHC Chicago, at alisha.jani@phimc.org. She can share more about our program and our focus areas for 2020-2021, which include increasing nutrition/physical activity, increasing quality of life for older adults, and reducing prescription overuse.

We also invite you to visit the [NHC Chicago website](#).

Working Towards an Anti-Racist Society

State of Illinois

- Governor JB Pritzker and Lieutenant Governor Juliana Stratton issued [aproclamation](#) on behalf of the administration naming June 9, 2020 as a day to honor George Floyd and other Black people who have suffered violence and police violence due to white supremacy and racism. The proclamation also names Breonna Taylor and Ahmaud Arbery, and acknowledges the "countless others whose memories we cannot allow time to erase."

Tools

- Community Catalyst released a racial equity toolkit entitled "[Racial Equity in State and Local COVID-19 Responses Checklist](#)," which includes sections on access and quality, coverage and affordability, and social determinants of health.
- [Mapping Our Social Change Roles in Times of Crisis](#) by Deepa Iyer of the Building Movement Project begins, "I am a rapid responder but over the past few weeks as the coronavirus pandemic has spread across the world, I have felt disoriented and lost." This tool can help us to find direction.
- [A BLM x Social Change Roles Reading List](#) by Aliya Nealy says of the mapping exercise above, "I decided to sit with it and I was so moved at the simplicity and depth of the roles. I quickly saw the framework make its way around social media, which was a sign to me that people were also trying to find their lane and their work after the murder of George Floyd and eruption of protests."

Training

- **Morten Group's** new [Equity Institute Online Offerings](#) include Racial Healing Listening Sessions and multiple training opportunities.
- [Praxis Group](#) facilitates groups aimed at reflection, affirmation, and equity. Their team centers queer people, transgender and nonbinary people, people of color, women, and femmes. Among their offerings, they address whiteness and anti-racism.

Resources for White People

- [Interrogating Whiteness](#): "We contribute to our collective journey toward racial justice through dismantling white supremacy. We understand that white folks need to hold white folks accountable in order to move through white fragility and break white solidarity. We believe this is a necessary, not sufficient, part of the collective journey."
- [Opportunities for White People in the Fight for Racial Justice](#) is a mostly anonymous website with concrete action ideas and reputable resource links for white people moving out of their comfort zones.

ANTI-RACISM: FIXED TO GROWTH MINDSET

@HOLISTICALLYGRACE

FIXED - COMFORT

"I DON'T KNOW WHERE TO START OR WHAT TO SAY"

"I DON'T WANT TO GET IT WRONG OR GET CALLED OUT"

"IT WON'T MAKE A DIFFERENCE WHAT I DO, NOTHING IS GOING TO CHANGE"

"I DON'T GET INVOLVED IN POLITICS. I DON'T HAVE TIME"

GROWTH - COURAGE

"FIRST I WILL LISTEN/READ/WATCH. I WILL SPEAK AGAINST INJUSTICE"

"I WILL MAKE MISTAKES, NO DOUBT ABOUT IT. I WILL BE GRATEFUL FOR THE LESSON"

"THINGS HAPPEN WHEN I TAKE RISKS AND BECOME PART OF SOMETHING BIGGER"

"THIS IS A HUMAN RIGHTS ISSUE. THIS MATTERS, I WILL MAKE TIME"

Created by [@holisticallygrace](#)

Thank you, Lash.

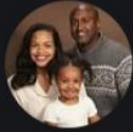
[This Is What I Want To Tell My White Professors When They Ask, 'How Are You Today?'](#)

"My entire experience in higher education has involved centering my professors' and colleagues' white comfort, often at the expense of my own mental wellness."

~ by LaShyra "Lash" Nolen, former National Health Corps Chicago member, on Huffington Post

THANK YOU

Thank you to everyone on the front lines working in and with our communities in Illinois.



Katrice Saunders



Jun 12 at 2:36 PM • Washington D.C. • 🌐



Last week, D.C. mayor **Muriel Bowser** had the words **Black Lives Matter** painted on 16th street in front of the White House. We wanted to be a part of this history. At 5:30am, we went down to Black Lives Matter Plaza to record this video. Kaitlyn improvised and skated beautifully to “Rise Up” by Andra Day. Thanks **Vernon Davis** for lending your camera and talent! To watch Kaitlyn’s skating progress videos, visit [@the.skate.kid](#) on Instagram. **#blacklivesmatter #blm Diversify Ice Foundation Mayor Bowser**

❤️👍🤔 45K

7K Comments • 65K Shares • 2.3M Views

[Watch Kaitlyn Here.](#)

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