

Ask Dr. Arwady

May 17, 2022

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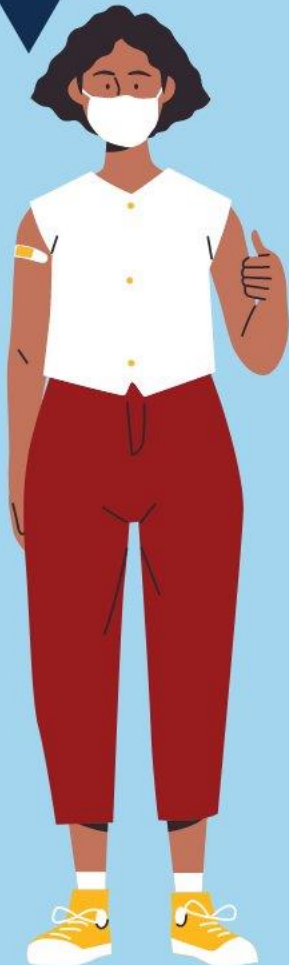
Chicago's COVID-19
community level is

MEDIUM

LOW

MEDIUM

HIGH



**MASKS ARE NOW
STRONGLY
RECOMMENDED
INDOORS**

Low

Limited impact
on healthcare
system, low levels
of severe illness

Medium

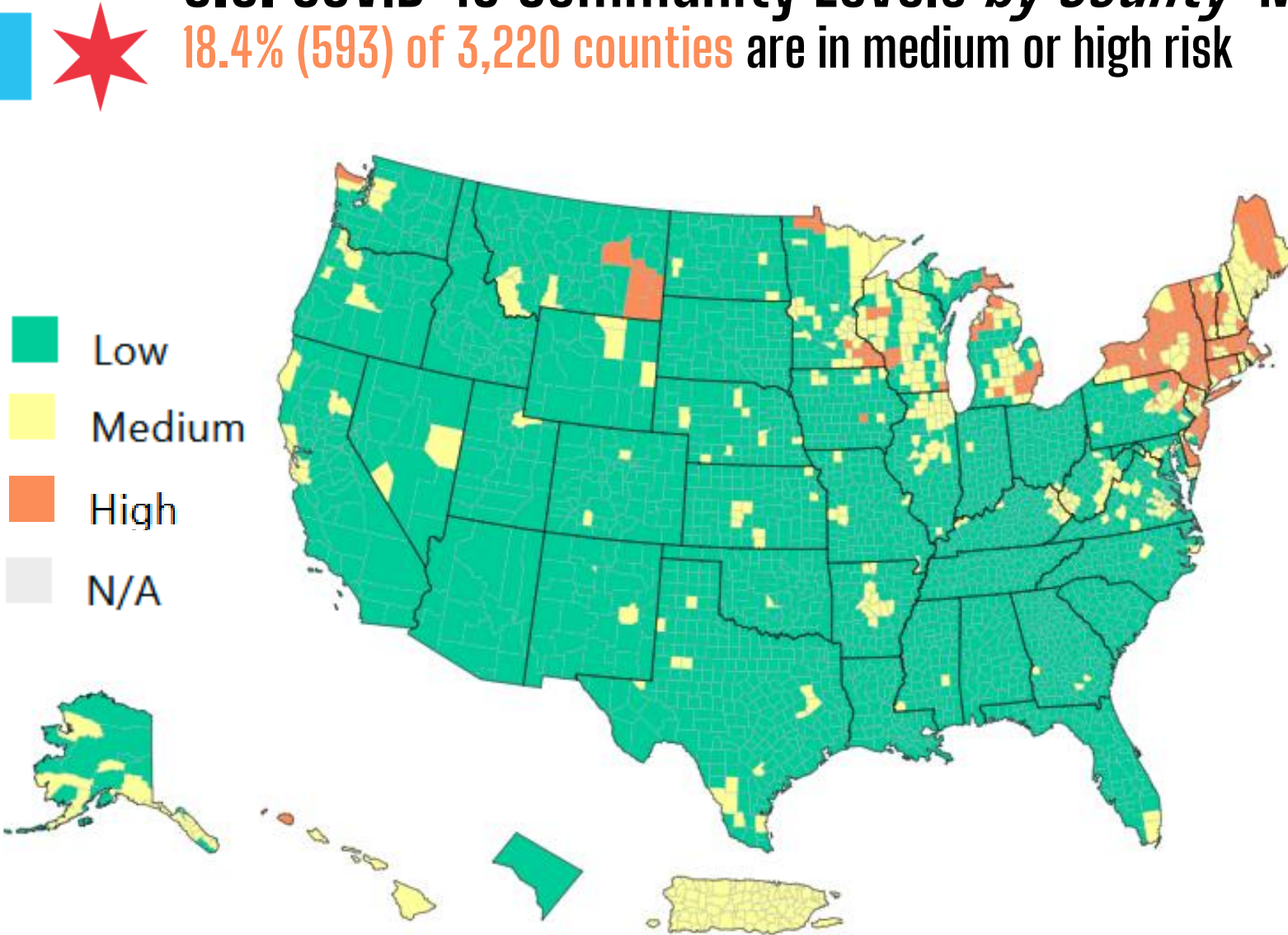
Some impact on
healthcare system,
more people with
severe illness

High

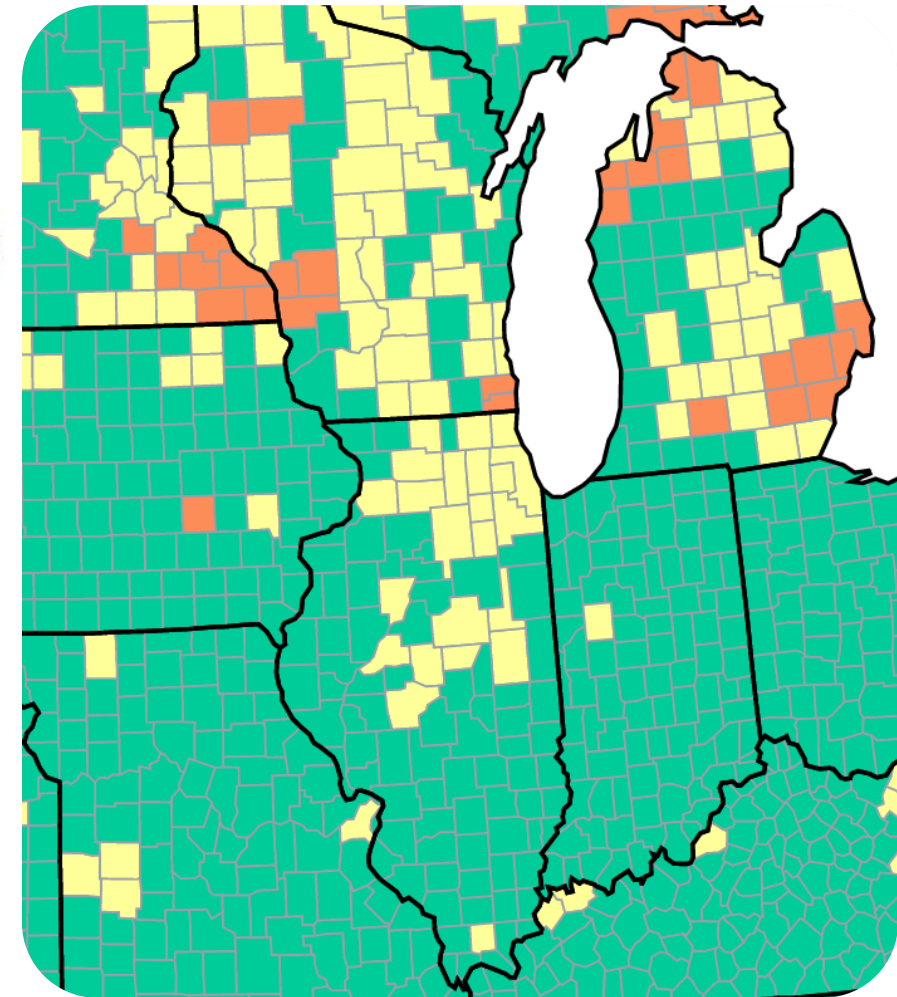
High potential for
healthcare system
strain; high level of
severe illness

U.S. COVID-19 Community Levels *by County* Map

18.4% (593) of 3,220 counties are in medium or high risk



Evanston announced being at "High" (even though Cook County is not).



COVID-19 TRAVEL ADVISORY

5/13/2022

According to the CDC's weekly COVID-19 Community Level advisory, **18.4 percent (593)** of the 3,220 counties within the U.S. and Puerto Rico have COVID-19 levels that are “medium” to “high.”

ALL travelers should check the CDC map so they know whether the areas they are traveling to are low, medium, or high risk for COVID-19.

FOR MEDIUM RISK

We recommend wearing a mask in indoor public places.

FOR HIGH RISK

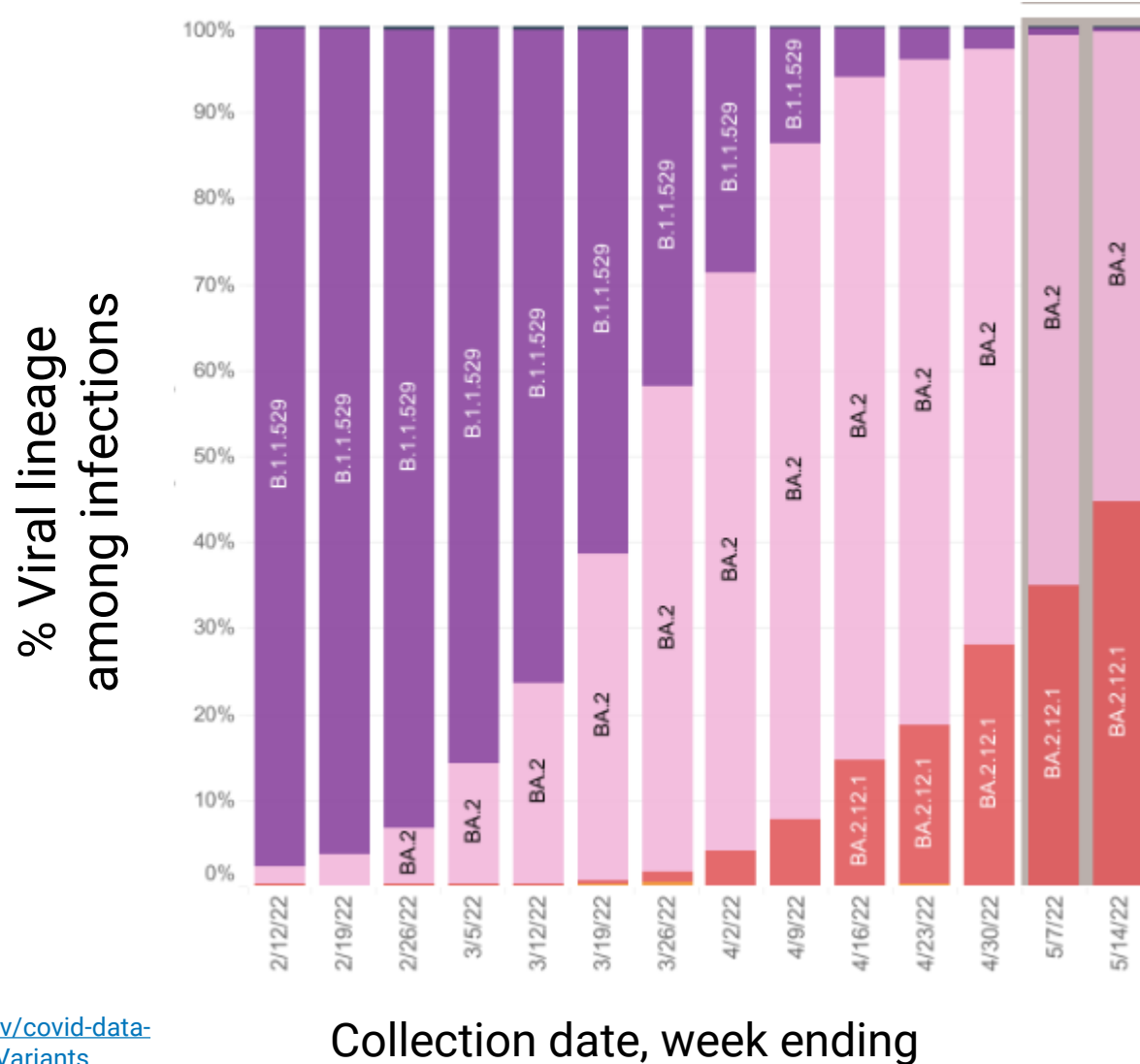
Wear a mask in indoor public places.

Travelers 5y+ who aren't up to date with their COVID vaccines should avoid travel. If they do travel to an orange county, upon return they should

- Stay home and quarantine for 5 days after travel
- Take a COVID test 3-5 days after return – if it is positive, stay home and follow CDC guidance

Variant Surveillance, Midwest Region: Continued evolution of more infectious Omicron subvariants

Omicron subvariant **BA.2** remains dominant strain in Midwest Region and entire U.S.



Omicron BA.2 (54.7%)

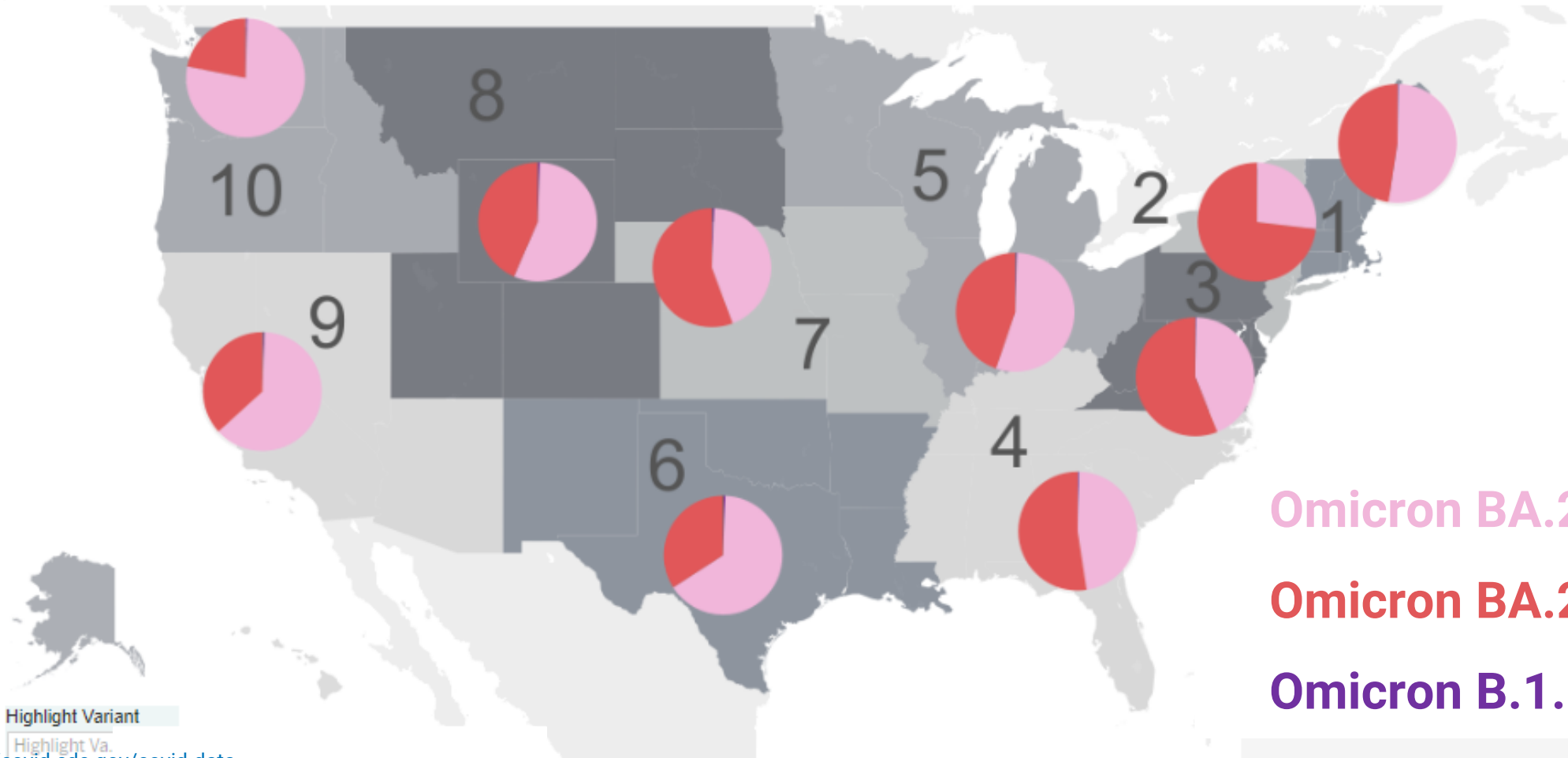
Omicron BA.2.12.1 (44.7%)

Omicron B.1.1 (0.4%)

Delta (0.0%)

★ SARS-CoV-2 Variant Surveillance, United States

United States: 5/8/2022 – 5/14/2022 NOWCAST



Chicago's COVID-19 Risk Level is **MEDIUM**



Metrics

	New Cases (Per 100,00 people in last 7 days) [GOAL is <200]	New COVID-19 admissions per 100,000 population (7-day total) [GOAL is <10]	Proportion of staffed inpatient beds occupied by COVID-19 patients (7-day average) [GOAL is <10%]
Chicago	303	4.9	3.9%
Cook County (including City of Chicago)	338	8.0	2.5%

Chicago metrics are calculated based on Chicago-level data (data as of 5/16/2022).

Cook County metrics are calculated by the CDC and posted on the CDC Community Levels website (data as of 5/12/2022).



COVID-19 Community Levels: What does this mean for Chicago?

- The CDC updates its COVID-19 Community Levels national map each week (typically on Thursday evenings), both City of Chicago and suburban Cook County daily data are combined into **one weekly case metric** for Cook County.
- **Hospitalization data**, in contrast, **reflect burden on the whole federally defined Health Service Area**, which includes hospitals in Cook, Lake, DuPage, and McHenry counties.
- CDPH continues to track and report COVID-19 hospital burden specifically for Chicago hospitals every day on its dashboard.
- Locally, Chicago will adjust its community level if EITHER the City or Cook County reach a Community Level threshold as determined by CDC.
 - **However, major mitigation changes (e.g. citywide indoor mask mandates) will be made based specifically on City of Chicago's COVID-19 hospital burden rather than the federally defined Health Service Area.**
 - CDPH will update this level on Fridays.



Chicago: Continued Gradual Rise in COVID-19 Cases

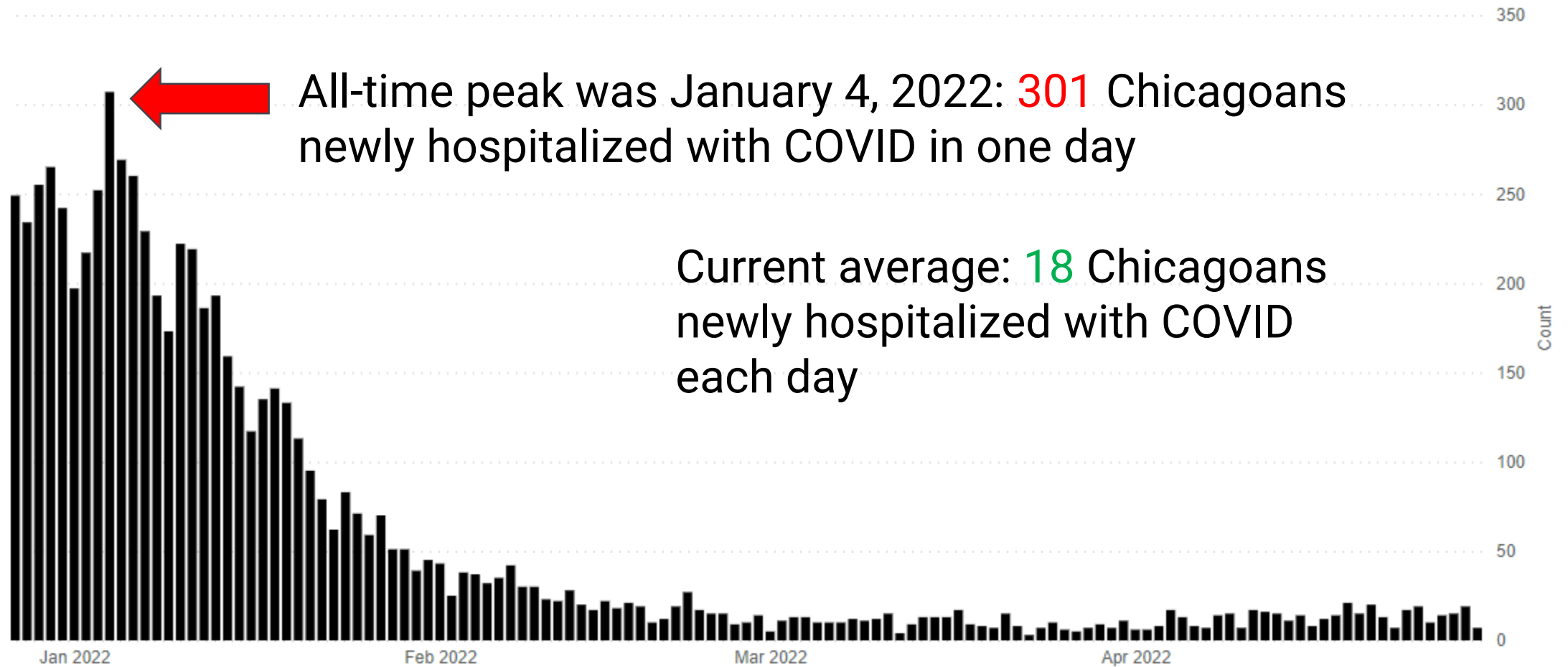
Many first-time and mild (even asymptomatic) COVID infections right now; relatively few hospitalizations or deaths.

**Current Daily
Average: 1,172
Prior Week: 922**



Good news: Chicago COVID-19 **hospitalizations** have risen slightly since early April, but remain near historic lows for pandemic overall

● Citywide



All-time peak was January 4, 2022: **301** Chicagoans newly hospitalized with COVID in one day

Current average: **18** Chicagoans newly hospitalized with COVID each day

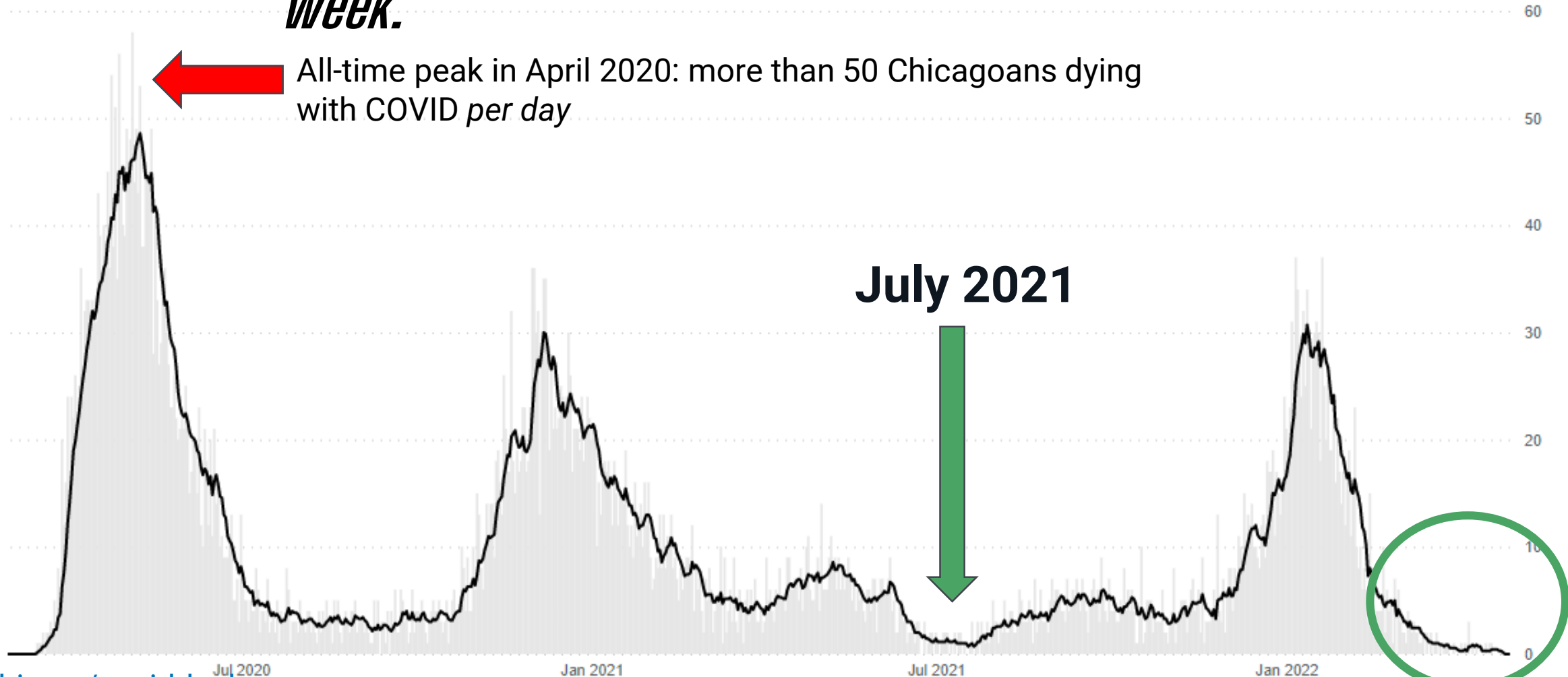
Great news: Fewer Chicagoans are now dying with COVID-19 than at **any** point in the pandemic.

Today, we are averaging 1-3 Chicagoans dying from COVID-19 *per week*.

← All-time peak in April 2020: more than 50 Chicagoans dying with COVID *per day*

July 2021

Chicago COVID-19 Deaths per day





At all COVID-19 Community Levels, the Chicago Department of Public Health continues to recommend the following:

HELP LIMIT THE SPREAD OF COVID-19

- Stay up to date with COVID-19 vaccines
- Wear a face mask in indoor public settings where vaccine status is not known
- Get tested if you have symptoms
- Follow all isolation and quarantine guidance, including wearing a face mask
- If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions





WHEN SHOULD I GET MY **FIRST BOOSTER DOSE?**

Soon to be 5+
FDA authorized
boosters for 5-
11y/o; CDC's
ACIP is expected
to meet on
Thursday

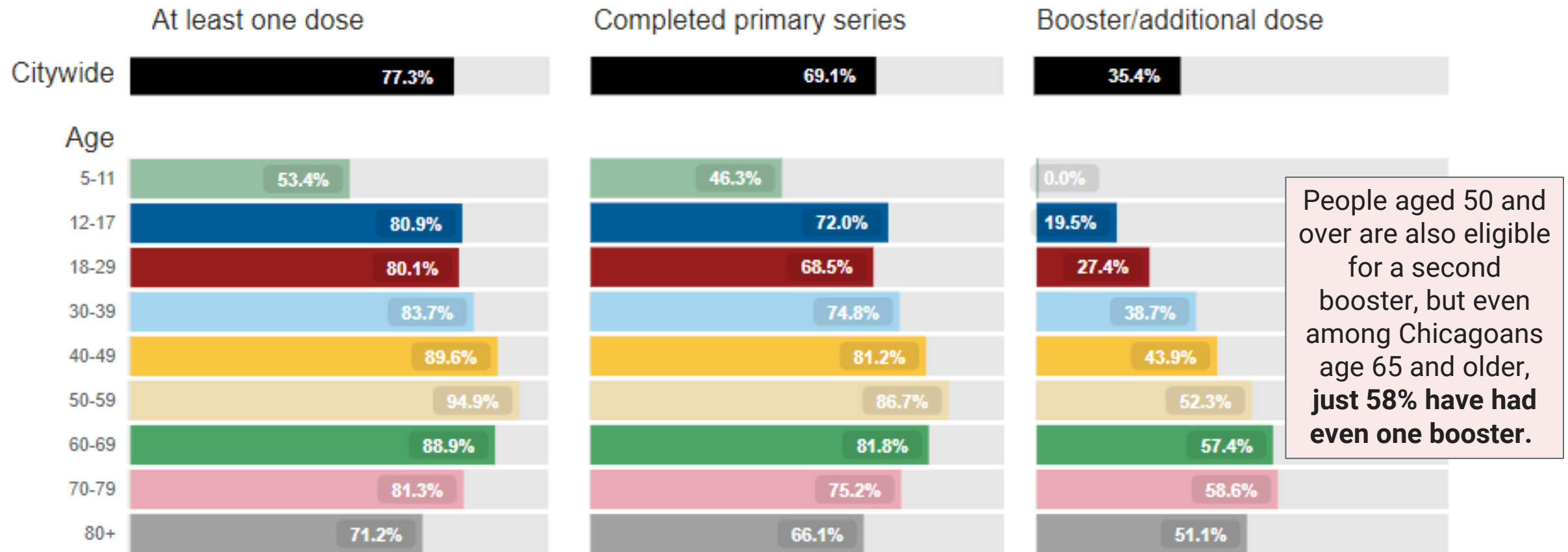
- Anyone **12y+** should get boosted:
- 5 months after your initial Pfizer (12+) or Moderna (18+) series
- 2 months after your initial J&J (18+) vaccination

WHEN SHOULD I GET MY **SECOND BOOSTER DOSE?**

- The following groups **may choose to receive a second mRNA booster** 4 months after their first booster dose:
 - Individuals 12+ who are moderately or severely immunocompromised
 - Any adult 50+
 - People 18-49 who are not moderately or severely immunocompromised who received the Janssen vaccine for both primary and booster doses



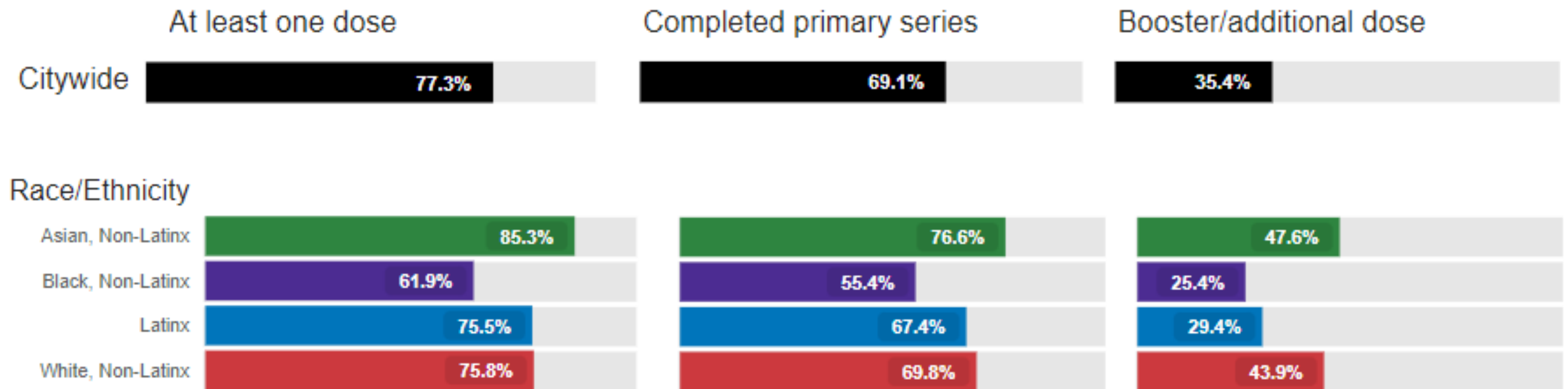
While 76% of Chicagoans age 12 and up have completed their primary COVID-19 vaccine series, just 41% have also had the recommended vaccine booster—despite recommendations that everyone age 12 and over receive a booster five months after completing the primary vaccine series



Data current as of May 16, 2022

<https://www.chicago.gov/city/en/sites/covid19-vaccine/home/vaccination-data-at-a-glance.html>

★ Chicago Vaccination by Race/Ethnicity



Data current as of May 16, 2022

<https://www.chicago.gov/city/en/sites/covid19-vaccine/home/vaccination-data-at-a-glance.html>

REMEMBER: IF YOU CATCH COVID-19

Regardless of vaccination status, stay home for 5 days. If your symptoms are resolving or gone by Day 5, you can leave your house but *you must continue to mask* while around others for Days 6-10.

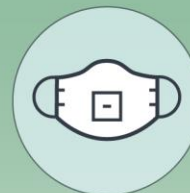


DAY 1-5
STAY AT HOME



DAY 5

ISOLATION ENDS
(IF NO/RESOLVING SYMPTOMS)



DAY 6-10
MASK IN PUBLIC SPACES





How to get your **FREE** at-home COVID-19 tests

1

VISIT COVIDtests.gov

2

Enter contact and shipping info

3

Review and place your order

**3rd round of
free at home
COVID tests
now available!**

Need a vaccine or a booster? Have questions?

visit **CHI.GOV/COVIDVAX**

or call **312-746-4835**



PROTECT
CHICAGO ★

MENTAL HEALTH AWARENESS MONTH 2022

**CHICAGO,
WE HEAR YOU.**



WE'RE HERE FOR YOU.

[MENTALHEALTH.CHICAGO.GOV](https://mentalhealth.chicago.gov)

Mayor Lightfoot's Framework for Mental Health Equity

Goal:

Strengthen Chicago's Mental Health Safety Net System to ensure all Chicagoans can receive care when and where they need it, regardless of ability to pay, immigration status, or health insurance.

Pillars for Mental Health Equity

1

Expansion of publicly-funded outpatient mental health services

2

Coordination of Trauma-Informed victim services for persons impacted by violence

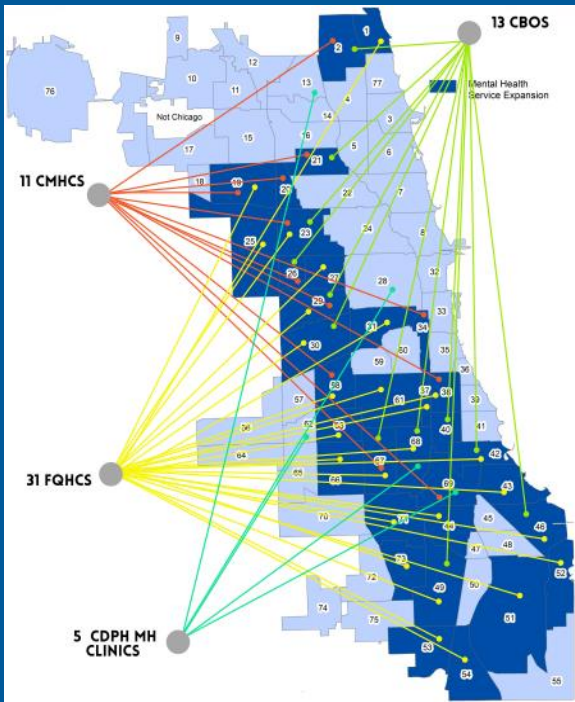
3

Expansion of crisis prevention and response programs for people living with serious mental illness and co-occurring disorders

4

Facilitation of Systems Coordination

Framework for Mental Health Equity: Pillar 1



Expansion of publicly-funded outpatient mental health services

- **2020 – 2021 Trauma-Informed Centers of Care Expansion**
 - 32 organizations were awarded **funds to expand mental health services that are *trauma-informed* and *integrative* in 35 identified community areas of high need** to individuals regardless of ability to pay, immigration status, or health insurance.

- Access Community Health Network
- Alivio Medical Center
- Alternatives, Inc.
- Apna Ghar, Inc. & Hamdard Health Center
- Asian Human Services, Inc.
- Aunt Martha's Health and Wellness
- Bobby E Wright Comprehensive Behavioral Health & Acclivus
- BUILD, Inc.
- Community Counseling Centers of Chicago (C4)
- Catholic Charities
- Chicago Family Health Center
- Enlace Chicago
- Erie Family Health Centers
- Erie Neighborhood House
- Esperanza Health Centers

- Habilitative Systems, Inc.
- Healthcare Alternative Systems
- Heartland Alliance Health
- Howard Brown Health & Thresholds
- Lakeview Pantry
- Lawndale Christian Health & I AM ABLE
- Lutheran Social Services Illinois
- Midwest Asian Health Association
- PCC Community Wellness
- PrimeCare Health
- Sinai Health System
- St. Bernard Hospital
- TCA Health
- Trilogy Behavioral Healthcare & Heartland Health Centers
- UIC Mile Square Health Center
- YWCA Metropolitan Chicago

Framework for Mental Health Equity: Pillar 1



Expansion of publicly-funded outpatient mental health services

- **Investment in 5 CDPH Mental Health Centers**
 - Renovated sites, including a new Lawndale location
 - Increased Psychiatric providers and services
 - Re-established Children and Adolescent services
 - Increased hours of Service from 4:30pm – 8:30pm
 - Increased utilization of telehealth services



Alternatives' Impact



alternativesyouth.org/impactreport

2,059

young people served in FY22

98%

program participants who
report an increase in
problem solving skills

2/3

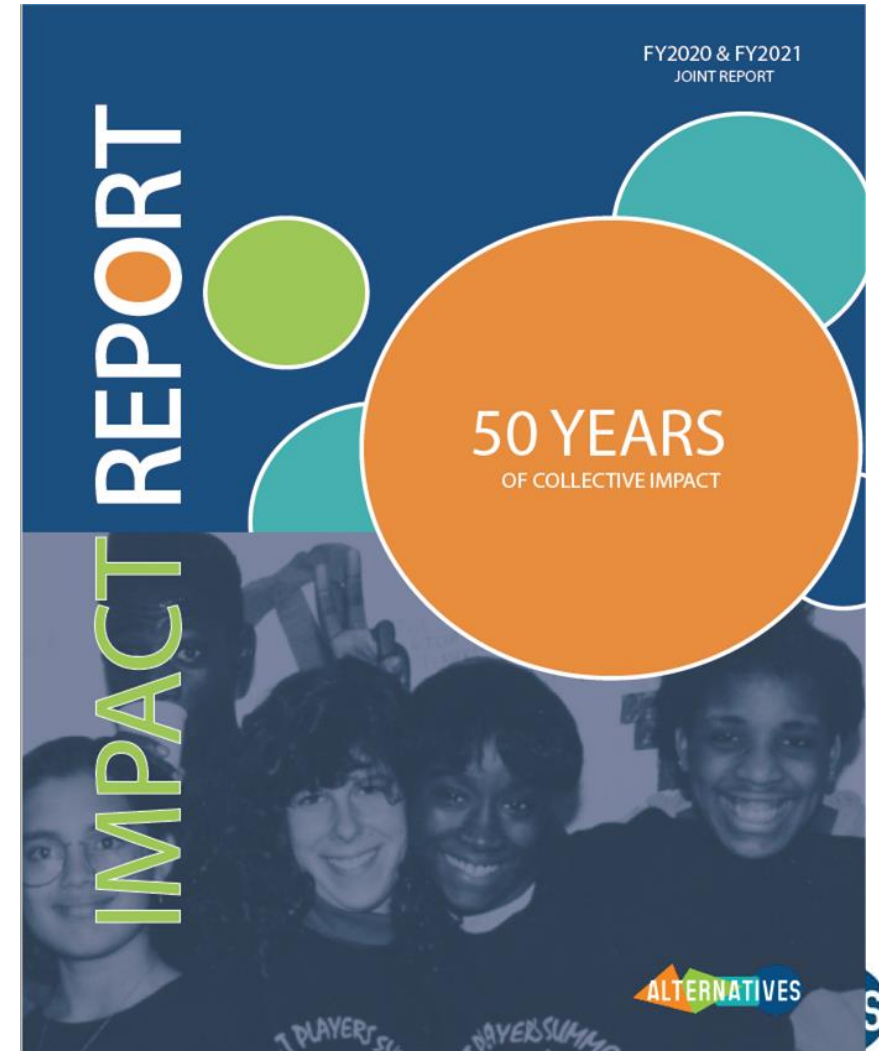
POC board and staff

102

Chicago Public Schools
and community locations
served

391

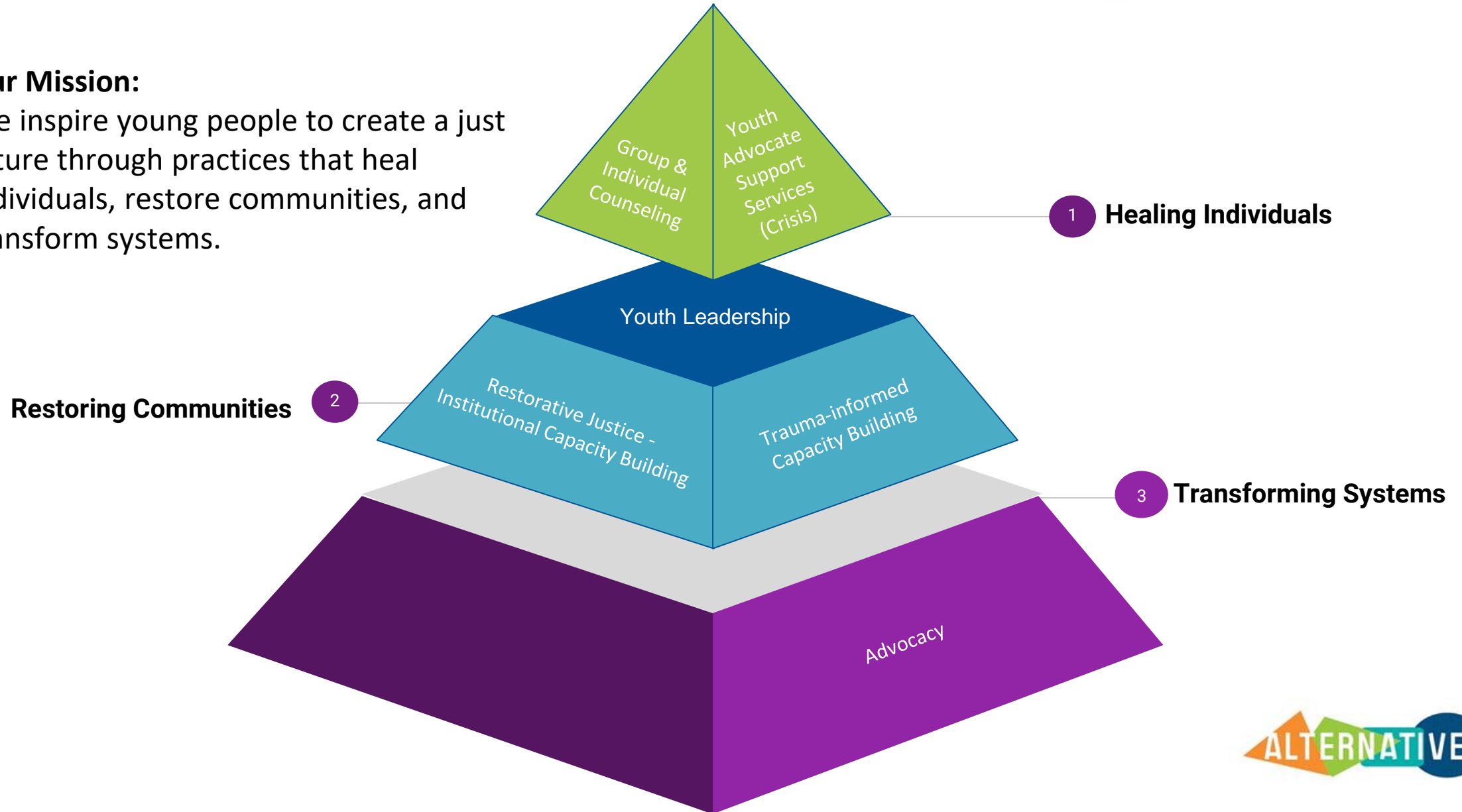
Youth received therapy
services



Alternatives Overview

Our Mission:

We inspire young people to create a just future through practices that heal individuals, restore communities, and transform systems.





Enlace Chicago

Enlace Chicago is a Community based organization that is dedicated to making a difference in the lives of Little Village residents through four key focus areas

- Education
- Health
- Organizing
- Violence Prevention



School Based Counselors

- School Based Counselors are masters-level clinical social workers that provide comprehensive, destigmatize mental health services in schools. They work with teachers, administrators and other school staff as well as partners and other family members to build the support networks that are so key for long- term youth development
- Last year, School Based Counselors served 43 students that attended 5 or more sessions throughout the year. School Based Counselors provided a total of 949.5 service hours during the year.



SBC expansion CDPH

- Allowed us expand our SBC team
 - 1 counselor per school to meet the unique needs of each individual school
- Continue to provide free mental health support to youth and families in the community
 - Low income families, undocumented families and ability to reach youth who otherwise would never be referred to mental health support
- Through our Community Health Workers we connect families to Primary medical homes and partner organizations that provide mental health support
- Multifaceted work through a trauma informed lense
 - Building an intentional network of FQHC's and CBO's