Ask Dr. Arwady

May 17, 2022
Jessica Newsome, Director of Behavior Health, Alternatives, Inc.
Alicia Martinez, Violence Prevention Manager, Enlace Chicago
Chicago's COVID-19 community level is **MEDIUM**

**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%)

Collection date, week ending

https://covid.cdc.gov/covid-data-tracker/#circulatingVariants
SARS-CoV-2 Variant Surveillance, United States

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

Omicron BA.2 (50.9%)
Omicron BA.2.12 (47.5%)
Omicron B.1.1 (1.5%)

https://covid.cdc.gov/covid-data-tracker/#circulatingVariants
## Chicago’s COVID-19 Risk Level is MEDIUM

<table>
<thead>
<tr>
<th>Metrics</th>
<th>Chicago</th>
<th>Cook County (including City of Chicago)</th>
<th>Proportion of staffed inpatient beds occupied by COVID-19 patients (7-day average)</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Cases (Per 100,000 people in last 7 days)</td>
<td>303</td>
<td>338</td>
<td>3.9%</td>
</tr>
<tr>
<td>New COVID-19 admissions per 100,000 population (7-day total)</td>
<td></td>
<td></td>
<td>4.9 Adam</td>
</tr>
<tr>
<td>Proportion of staffed inpatient beds occupied by COVID-19 patients</td>
<td></td>
<td></td>
<td>2.5%</td>
</tr>
</tbody>
</table>

[GOAL is <200]  
[GOAL is <10]  
[GOAL is <10%]

*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.

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.

Chi.gov/coviddash
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.
At all COVID-19 Community Levels, the Chicago Department of Public Health continues to recommend the following:
WHEN SHOULD I GET MY FIRST BOOSTER DOSE?

- 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

Chicago Vaccination by Race/Ethnicity

Data current as of May 16, 2022

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

Or you can call 1-800-232-0233

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
CHICAGO, WE HEAR YOU.

WE'RE HERE FOR YOU.

MENTALHEALTH.CHICAGO.GOV
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
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

2,059 young people served in FY22

98% program participants who report an increase in problem solving skills

102 Chicago Public Schools and community locations served

391 Youth received therapy services

2/3 POC board and staff

alternativesyouth.org/impactreport
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