

32nd Annual



# 2020: Sharpening our Vision During Challenging Times



## DCFS LATINO ADVISORY COUNCIL FAMILY INSTITUTE DAY VIRTUAL EVENT

**FRIDAY, OCTOBER 23, 2020**

The Illinois Department of Children and Family Services Latino Advisory Council  
in collaboration with the University of Illinois at Chicago

Marc. D. Smith, Acting Director – Illinois Department of Children and Family Services

Creasia Finney Hairston, Ph D, Dean and Professor – University of Illinois at Chicago

Nancy Rodríguez, Chairperson – DCFS Latino Advisory Council

Juanita Calderón, Chairperson – LAC Family Institute Planning Committee

Daniel Ibarra Fitzgerald, DCFS Chief of Affirmative Action

José Javier López, DCFS Office of Latino Services

Illinois Department of  
**DCFS**  
Children & Family Services





2020: Sharpening our Vision  
During Challenging Times



**The Illinois Department Children and  
Family Services Latino Advisory Council  
2020 Institute Day Exhibitor Directory**

**Amita Presence Behavioral Health**

**Be Smart**

**Chicago Youth Center ESI**

**Cold vs Flu IDPH Flier English and Spanish**

**Jane Addams School of Social Work**

**NICASA Gambling and DV Services**

**Saint Joseph After School Program**

**Regional Transit Authority (RTA)**

**Seguin Foster Care**

**Sherry Cobbins, Life Coach**

**Shriner's Hospitals for Chicago**

**Sinai Community Institute**

**Troton College Access to Literacy**

**Tuesday's Child**

**Please visit the Latino Advisory Council Website to access past Newsletters and Conference Materials. We hope you enjoy the Institute!**

[https://www2.illinois.gov/dcfs/aboutus/policy/Pages/com\\_communications\\_LAC.aspx](https://www2.illinois.gov/dcfs/aboutus/policy/Pages/com_communications_LAC.aspx)

## **Schedule a Virtual Appointment with An AMITA Health Provider Today**

### OUTPATIENT SERVICES UPDATE

AMITA Health Behavioral Medicine Institute has continued to increase virtual behavioral health services at over 50 sites of care throughout the Chicagoland region.

The COVID-19 pandemic has been one of the most challenging times for the provision of health and human services. Please know that we value the safety of patients, families, and our associates above all else during this challenging time.



### Virtual Appointments Available for New and Established Clients

Our outpatient sites are accepting appointments and available to serve patients with a variety of mental health and substance abuse issues. Our team of expert clinicians are ready to guide you through this stressful period through a virtual platform that is easy to access through any device with video or audio capabilities. Individual, marital, and family therapy are available as well as appointments for medication management. We are offering virtual groups as well for treatment of anxiety, ADHD, parenting, and more. Services are available in Spanish.

Most insurance carriers are covering telehealth care during the COVID-19 Pandemic. AMITA Health accepts many health plans. The AMITA Health Central Access Department will help guide you. We are also providing staggered appointments on site.

**Help is one phone call away, call 708-410-0615 to connect with a clinical intake advisor.**

### Outpatient Locations

**If interested in a particular location please call 708-410-0615:**

AMITA Health-ProCare Centers 1414 Main St., Melrose Park, IL

AMITA Health-Our Lady of Mount Carmel Community Center 1123 N. 23<sup>rd</sup> Ave. Melrose Park, IL

AMITA Health-Center for Wellness 9855 W. Roosevelt Rd. Westchester, IL

AMITA Health-Mercy Medical Center Outpatient Behavioral Health 1325 N. Highland Ave., Aurora, IL

**24 Hour Crisis Line 708-681-HELP (4357)**



Each year in the United States, nearly 300 children aged 17 and under gain access to a firearm and unintentionally shoot themselves or someone else. Nearly 500 more die by suicide with a gun. We have the power to prevent tragedies like these from happening. The Be Smart campaign has the SMART framework to help parents and adults prevent child gun deaths and injuries. Together, we can protect kids.

- Secure** all guns in your home and vehicles
- Model** responsible behavior around guns
- Ask** about the presence of unsecured guns
- Recognize** the roll of guns in suicide
- Tell** your peers to Be SMART

## Who we are

The Be SMART campaign raises awareness that secure gun storage—storing guns locked, unloaded and separate from ammunition—can save children’s lives. Be SMART emphasizes that it’s an adult responsibility to keep kids from accessing guns, and that every adult can play a role in keeping kids and communities safer. Be Smart for Kids is a 501 c3.

## Why is this important

With millions of children at home, we must make sure firearms are stored securely. The COVID-19 crisis has created new challenges for parents. Kids are spending more time at home and the boredom and isolation they may be feeling pose additional risks to their safety. Securing all guns in the home—storing them locked and unloaded—can save your child’s life. Since March there has been a drastic increase in guns sales nationwide and in Illinois. Conversations need to be happening about firearms in the home.

## What do we offer

Volunteers with Be Smart for Kids can give a 20-30 minute presentation about the campaign and how to have conversations with our children, friends and family about firearms. We also participate in conferences and have educational materials that can be distributed. We have both Spanish and English presenters and our educational material are in Spanish and English. We educate all adults about the importance of safe storage, about the role of guns in suicide and how important it is to ask about the presence of firearms in homes that children visit.

**Asumir que los niños y adolescentes pueden encontrar armas. Almacene las armas de fuego **bloqueadas, descargadas y separadas** de las municiones.**



BeSMARTforKids.org

**As families practice social distancing due to Covid-19, many children and teens are isolated, anxious and bored. Assume children and teens can find guns. Store firearms **locked, unloaded and separate** from ammunition.**



BeSMARTforKids.org

For more information or to schedule a presentation please contact

[besmartillinois@gmail.com](mailto:besmartillinois@gmail.com)

Education

Support

Initiative

CONTACT US:

(O): 773-731-0444

(C): 312-515-8193

(F) 773-731-4177

(E):

[piotr.wojnicz@illinois.gov](mailto:piotr.wojnicz@illinois.gov)

Chicago Youth Centers (CYC) runs the Education Support Initiative (ESI) Program for youth in foster care (ages 6-18).

Every day our Outreach Workers are mentoring, tutoring, and motivating foster kids to stay on track to graduate, get jobs, and transition successfully into adulthood.

(O): 773-731-0444

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Support

Initiative

## CYC-Education Support Initiative (ESI) Referral Form

**Directions: This form must be completed by the child's DCFS or POS caseworker or foster parent to begin the ESI referral process.**

**ESI Program Criteria Check List:**

Youth is a youth in care\*.
   
  Youth is in need of educational and social support.  
  
 Youth is between the ages of 6-19 years old (K-12<sup>th</sup> grades)\*\*
   
  Youth is in need of placement stability.

\* All clients *MUST* be in care of DCFS. \*\* The only exception to this age range is if there is a foster/bio sibling of our primary client.

**Information:**

Child's Name \_\_\_\_\_  
 DCFS ID \_\_\_\_\_ Date of Referral \_\_\_\_\_  
 Child's DOB \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_  
 Child's Permanency Goal \_\_\_\_\_  
 Child's Primary Language \_\_\_\_\_  
 Foster Parent(s) Name \_\_\_\_\_  
 Child's Address \_\_\_\_\_ Zip \_\_\_\_\_  
 Primary Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_  
 Foster Parent's Email \_\_\_\_\_  
 Foster Parent Primary Language \_\_\_\_\_  
 How Long in this placement? \_\_\_\_\_ Mo \_\_\_\_\_ Yrs Number of Previous Placements \_\_\_\_\_  
 Caseworker Agency \_\_\_\_\_  
 Caseworker Name \_\_\_\_\_  
 Caseworker Phone \_\_\_\_\_ Fax \_\_\_\_\_  
 Caseworker Email \_\_\_\_\_  
 Supervisor Name \_\_\_\_\_  
 Supervisor Phone \_\_\_\_\_ Fax \_\_\_\_\_  
 Supervisor Email \_\_\_\_\_  
 Agency Address \_\_\_\_\_

**CURRENT SETTING (check/circle)**

- Home of Relative
- DCFS or POS Foster Home
- Specialized Foster Home
- Residential Facility
- Group Home
- Other: (Please specify) \_\_\_\_\_

**EDUCATION INFORMATION**

School \_\_\_\_\_  
 Grade level \_\_\_\_\_  
 Academic Status: Excellent (A's) Good (B's) Fair (C's)  
    Below Average (D's) Failing (F's)  
 Special Education     Yes             No  
 IEP:                             Yes             No



CYC Office use only

Date referral received \_\_\_\_\_

DCFS approval \_\_\_\_\_

CW contacted on \_\_\_\_\_

Assigned to OW \_\_\_\_\_

Date assigned \_\_\_\_\_



**DCFS INFORMATION:**

**14 Day Notice of Placement change has been issued**  Yes  No

**Is Placement considered stable?**  Yes  No

**Is the foster family aware of this referral yet?**  Yes  No

**Rationale for Referral:**

Briefly describe the presenting issues that have caused you to seek assistance from Chicago Youth Centers' ESI Program. Please state specifically what you are seeking from ESI (pertinent documentation may also be attached). Include why the referral is being made now:

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**Please list what other programs and services this child is currently participating in:**

Services	Agency	Contact info (if known)

Caseworker Signature/Foster Parent Signature:

\*Please circle who is signing

Date

**Additional Information Requested:**

- Initial Social History/Comprehensive Assessment/Addendums
- Release(s) of Information (needed for release of confidential information)

**Submitting the Form**

Please fax completed form to ESI Program Fax: (773) 731-4177  
or email: [piotr.wojnicz@illinois.gov](mailto:piotr.wojnicz@illinois.gov)  
Questions? Call (312) 515-8193



# COVID-19 Know the Difference

## Is it a COLD **or** FLU **or** COVID-19?

Signs and Symptoms	COLD	FLU	COVID-19
Symptom onset	Gradual	2 days	2-14 days
Body Aches	Slight	Common	Common
Cough	Common	Common	Common
Diarrhea	Rare	Sometimes	Sometimes
Fatigue/Weakness	Sometimes	Common	Common
Fever/Chills/Shaking	Rare	Common	Common
Loss of Taste or Smell	Never	Never	Sometimes
Shortness of breath or Difficulty Breathing	Rare	Common	Common
Stuffy nose	Common	Common	Rare
Sneezing	Common	Sometimes	Rare
Sore throat	Common	Common	Common
Headache	Rare	Common	Common



# COVID-19 Conocer la Diferencia

## ¿Es un Resfriado Influenza COVID-19?

Signos y Síntomas	RESFRIADO	INFLUENZA	COVID-19
Inicio de síntomas	Gradual	2 días	2-14 días
Dolores de Cuerpo	Ligera	Común	Común
Tos	Común	Común	Común
Diarrea	Raro	Algunas veces	Algunas veces
Fatiga/Debilidad	Algunas veces	Común	Común
Fiebre/Escalofríos/ Temblores	Raro	Común	Común
Perdido de Sabor u Olor	Nunca	Nunca	Algunas veces
Dificultad para Respirar	Raro	Común	Común
Nariz Congestionada	Común	Común	Raro
Estornudar	Común	Algunas veces	Raro
Dolor de Garganta	Común	Común	Común
Dolor de Cabeza	Raro	Común	Común



<https://socialwork.uic.edu/msw-agent-social-change-landing/>

### **Become a Social Worker**

Jane Addams College of Social Work is the place for people who are committed to advocating for vulnerable populations living in urban communities.

At Jane Addams you will build on your passion for justice, gaining the skills and knowledge to serve individuals, families and communities who experience marginalization or poverty.

You will become an **Agent of Social Change**, with the power to help transform our society and advance social, racial and economic justice.

### **The Jane Addams Difference**

US News ranks Jane Addams in the **Top 10%** of graduate social work programs in the nation.

Our faculty include researchers and scholars who are leaders in their field and internationally recognized.

One-third of our students and over one-half of our full-time faculty are from underrepresented racial and ethnic groups.

The pursuit of social justice informs everything we do, from the curriculum, to research, to community engagement.

### **Why Get an MSW Degree?**

If you have an accredited bachelor's degree, a Master of Social Work (MSW) degree will provide new career options and advancement while you make a positive difference in the world.

The masters-level education emphasizes advanced clinical practice, research and policy, rooted in an understanding of structural and systemic inequities.

You can select a specialization that prepares you for work with children & families, in mental health, in schools, or in organizations and community practice.

**Are you ready to be an Agent of Social Change?  
Request more info below!**

## Social Workers Are Agents of Social Change



I help families stay together when a parent has been incarcerated.



I work with young adults who have experienced violence in their communities.



I'm a community activist, working for equal access to resources and opportunity.



I help people with addiction find proper treatment and support.



I assist veterans who suffer from post-traumatic stress disorder.



I assist formerly incarcerated people in their transition back to the community.



I help kids in public school find their own strengths and make a path to their future.



I work in the community to promote health and well-being for families.

## The Social Work Program at UIC Jane Addams

### Program Overview

The Master of Social Work (MSW) program at Jane Addams College of Social Work will give you the knowledge, skills and practical experience that you need to make positive change in underserved and disadvantaged communities.

### Specializations

Choose one of four MSW specializations:

- Child and Family
- Mental Health
- Organization and Community Practice
- School Social Work

### Training Enhancements

Additional training that can prepare you for work with these vulnerable populations:

- Young people with mental health issues
- People with behavioral health needs
- Court-involved youth with disabilities

### Program Options

- Advanced Standing (1 year)
- Full Time (2 years)
- PM-Extended Study (3 years)
- Joint MSW/MPH program with the UIC School of Public Health (3 years)

### MSW Requirements

- Bachelor's Degree
- GPA of 2.75 or higher
- Statistics
- Social & Behavioral Courses
- Official Transcripts
- Resume
- Personal Statement
- References

### MSW Application Dates and Deadlines

Applications open September 15, 2020.

Applications must be completed by January 15, 2021.

**Be an Agent of Social Change  
Become a Social Worker**

### LEARN MORE

Go to: [socialworkuic.edu](http://socialworkuic.edu)

### QUESTIONS?

Contact our Office of Admissions at:  
[jaddams-msw@uic.edu](mailto:jaddams-msw@uic.edu) or (312) 998-3218



Jane Addams College of Social Work  
University of Illinois Chicago  
1040 West Harrison Street (MC 300)  
Chicago, Illinois 60607

ADDRESS SERVICE REQUESTED



Be An Advocate



Serve Your Community



Make Positive Change



Make A Difference



Stand For Social Justice



Transform Your Neighborhood



Be an Agent of Social Change  
Become a Social Worker



Master of Social Work Program

University of Illinois Chicago  
Jane Addams College of Social Work



UNIVERSITY OF ILLINOIS CHICAGO

[socialworkuic.edu](http://socialworkuic.edu)

**MISSION:** TRANSFORMING ONE LIFE AT A TIME THROUGH OUR BEHAVIORAL AND SOCIAL HEALTH SERVICES.

**VISION:** STRENGTHEN THE COMMUNITIES WE SERVE BY BEING THE PREMIER BEHAVIORAL AND SOCIAL HEALTH SERVICES PROVIDER.

**VALUES:** ADVOCACY, SERVICE, INCLUSIVITY, INTEGRITY, AND COMPASSION.

FOR MORE INFORMATION,  
TO MAKE AN APPOINTMENT,  
OR SCHEDULE A PRESENTATION  
(847)546-6450

[WWW.NICASA.ORG](http://WWW.NICASA.ORG)  
[INFO@NICASA.ORG](mailto:INFO@NICASA.ORG)

[WWW.NICASA.ORG/PROBLEM-GAMBLING-AND-SPORTS-BETTING-SERVICES/GAMBLINGSERVICES@NICASA.ORG](http://WWW.NICASA.ORG/PROBLEM-GAMBLING-AND-SPORTS-BETTING-SERVICES/GAMBLINGSERVICES@NICASA.ORG)

[WWW.WEKNOWTHEFEELING.ORG](http://WWW.WEKNOWTHEFEELING.ORG)  
1-800-GAMBLER

**HEADQUARTERS  
COUNSELING AND PREVENTION SERVICES**  
31979 N. FISH LAKE ROAD  
ROUND LAKE, IL 60073  
(847)546-6450

**WAUKEGAN OFFICE  
COUNSELING AND PREVENTION SERVICES**  
1113 GREENWOOD AVENUE  
WAUKEGAN, IL 60087  
(847)244-4434

**JUDY H. FRIED CENTER  
FAMILY ADVOCACY CENTER**  
2031 DUGDALE ROAD  
NORTH CHICAGO, IL 60064  
(847)785-8660

**BRIDGE HOUSE  
RESIDENTIAL SERVICES**  
3016 GRAND AVENUE  
WAUKEGAN, IL 60085  
(847)662-4124

**BUFFALO GROVE OFFICE  
COUNSELING SERVICES**  
2900 MAIN STREET  
BUFFALO GROVE, IL 60089  
(847)634-6422

**MUNDELEIN OFFICE  
COUNSELING SERVICES**  
1401 S. LAKE STREET  
MUNDELEIN, IL 60060  
(847)546-6450

**ZION OFFICE  
COUNSELING SERVICES**  
1015 27TH STREET  
ZION, IL 60099  
(847)244-4434

**HIGHLAND PARK OFFICE  
COUNSELING SERVICES**  
1724 1ST STREET  
HIGHLAND PARK, IL 60035  
(847)433-1303

**ARCH PROGRAM**  
202 S. GENESEE STREET  
WAUKEGAN, IL 60085  
(847)652-9440



**Nicasa**  
*Behavioral Health Services*

**Gambling Awareness and  
Counseling Services**

*Building Brighter Futures*

## WHO WE ARE

Counseling professionals with specialized training in preventing and treating gambling disorder.

Presenters with local, statewide, and national speaking experience.

Leaders in awareness and advocacy.

An organization neutral on the subject of legal gambling, committed to preventing and treating problem gambling.



## WHO WE HELP

Individuals, families, and communities impacted by gambling, since 2002!

3,000+ participants in educational workshops since 2017!

Individuals looking to learn responsible gambling strategies.

People who want to quit gambling.

Businesses or groups looking to learn and collaborate on addressing the social costs of problem gambling.

**YOUR LIFE DOES NOT  
GET BETTER BY  
CHANCE, IT GETS  
BETTER BY CHANGE.**

**~JIM ROHN**



Funding provided in whole or in part by the Illinois Department of Human Services Division of Substance Use Prevention

## HOW WE HELP



### SERVICES

- Free Consultation
- Self-Exclusion
- Education
  - Including Safer Sports Betting
- Counseling
  - Individual, Family, and Group

### COMPLEMENTARY SERVICES

- Substance Abuse Counseling
- Mental Health Therapy
- Family Advocacy and Education
- Connection to Supportive Services

### AWARENESS

- Workshops
- Materials
- Free Training
- Available to Any Interested Business or Group

Services are provided in English and Spanish (other languages available upon request)

# Problem Gambling and Domestic Violence

**Financial problems caused by gambling can increase stress in the home.**



**25-50% of problem gamblers' spouses have been abused.**

-National Resource Council, 1999

**Emergency Room study showed risk of intimate partner violence increased when partner had a gambling problem.**

-Muellman et. al, 2002

- **For many women, gambling venues are a refuge from violence, and gambling becomes a method of escape.**
- **People with gambling problems can themselves be the victims of domestic violence, when a significant other or loved one finds out about money that has been lost.**
- **Financial adversity caused by gambling can add to domestic violence victims feeling unable to leave an unsafe situation.**

## **Signs of a Gambling Problem:**

- Spending a lot of time thinking about gambling
- Needing to increase your bets to get the same excitement
- Lying to friends or family about gambling
- Chasing losses
- Needing others to bail you out of financial problems due to gambling
- Having a hard time cutting back or quitting
- Gambling to escape personal problems
- Gambling causing problems at work or home
- Being restless or irritable when not gambling

**There is help!** Nicasa offers free consultations to anyone concerned about their gambling, or that of a loved one.

Call **847-546-6450** or email **gamblingservices@nicasa.org**.

In addition, **1(800) GAMBLER** is a 24-hour hotline that can connect to treatment, support, or other resources. Helpline staff can also be reached by texting ILGAMB to 53342, or by live chat at [www.weknowthefeeling.org](http://www.weknowthefeeling.org).



**MISIÓN:** TRANSFORMANDO LAS VIDAS UNO POR UNO POR PROVEER NUESTROS SERVICIOS DE SALUD MENTAL Y SERVICIOS SOCIALES

**VISIÓN:** REFORZAR LAS COMUNIDADES QUE SERVIMOS POR SER EL PROVEEDOR SUPERIOR DE LOS SERVICIOS DE LA SALUD MENTAL Y LOS SERVICIOS SOCIALES.

**VALORES:** APOYO, SERVICIO, INCLUSIÓN, HONESTIDAD, Y COMPASIÓN.

PARA MÁS INFORMACIÓN,  
PARA HACER UNA CITA,  
O PROGRAMAR UNA  
PRESENTACIÓN  
(847)546-6450  
[WWW.NICASA.ORG](http://WWW.NICASA.ORG)  
[INFO@NICASA.ORG](mailto:INFO@NICASA.ORG)

[WWW.NICASA.ORG/PROBLEM-GAMBLING-AND-SPORTS-BETTING-SERVICES/](http://WWW.NICASA.ORG/PROBLEM-GAMBLING-AND-SPORTS-BETTING-SERVICES/)  
[GAMBLINGSERVICES@NICASA.ORG](mailto:GAMBLINGSERVICES@NICASA.ORG)

[WWW.WEKNOWTHEFEELING.ORG](http://WWW.WEKNOWTHEFEELING.ORG)  
1-800-GAMBLER

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**SERVICIOS DE CONSEJERÍA Y PREVENCIÓN**  
31979 N. FISH LAKE ROAD  
ROUND LAKE, IL 60073  
(847)546-6450

**OFICINA DE WAUKEGAN**  
**SERVICIOS DE CONSEJERÍA Y PREVENCIÓN**  
1113 GREENWOOD AVENUE  
WAUKEGAN, IL 60087  
(847)244-4434

**EL CENTRO DE JUDY H. FRIED**  
**EL CENTRO DE APOYO FAMILIAR**  
2031 DUGDALE ROAD  
NORTH CHICAGO, IL 60064  
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HIGHLAND PARK, IL 60035  
(847)433-1303

**PROGRAMA DE ARCH**  
202 S. GENESEE STREET  
WAUKEGAN, IL 60085  
(847)652-9440



**Behavioral Health Services**

**Conocimiento de Apuestas  
Problemáticas y Servicios  
de Consejería**

*Construyendo Futuros Brillantes*

# ¿QUIÉNES SOMOS?

Consejeros profesionales con entrenamiento especializado para prevenir y tratar al trastorno del juego y apostar.

Presentadores con experiencia local, estatal, y nacional de discursos y presentaciones.

Líderes de conocimiento y apoyo con el juego y las apuestas.

Una organización que se mantiene neutral en la legalización de apuestas legítimas, comprometida a prevenir y tratar al trastorno del juego y apostar.



# ¿CÓMO AYUDAMOS?



## SERVICIOS

Consulta Gratis  
Programa de Exclusión para Prohibirle de Entrar a Lugares Donde Uno Puede Apostar  
Educación

Incluyendo Información sobre las Apuestas y los Deportes  
Consejería Individual, de Familia, y en Grupo

## SERVICIOS COMPLEMENTARIOS

Consejería de Abuso de Sustancias  
Terapia para la Salud Mental  
Apoyo para Familias e Educación  
Conexión con Servicios de Apoyo

## CONOCIMIENTO

Talleres  
Materiales  
Entrenamiento Gratis  
Disponible para Educar a los Negocios y Grupos que Quieren Aprender Más

Proveemos servicios en español e inglés (puede pedir otros idiomas también)

# ¿A QUIÉN AYUDAMOS?

Individuos, familias, y comunidades afectados por las problemas del juego y apostar, desde 2002!

3,000+ personas participaron en talleres educacionales desde 2017!

Individuos que quieren aprender como jugar y apostar con estrategias responsables y seguridad emocional.

Personas que quieren dejar de apostar.

Negocios o grupos que quieren aprender más y trabajar juntos para confrontarse el costo social del juego y las apuestas problemáticas.

SU VIDA NO SE MEJORE  
POR CASUALIDAD,  
SINO POR CAMBIO.

~JIM ROHN



Funding provided in whole or in part by the Illinois Department of Human Services Division of Substance Use Prevention

# Problemas de las Apuestas y



## Violencia Doméstica

**Problemas financieros causados por el juego y las apuestas pueden aumentar el estrés que uno tiene en la casa.**



- **Para muchas mujeres, lugares donde uno puede apostar son un refugio de la violencia, y el juego se pone como una forma de escape de los problemas.**
- **Personas que apuestan y son adictos al juego pueden ser víctimas de la violencia doméstica cuando su pareja u otras familiares se dan cuenta de todo el dinero que han perdido.**
- **Abuso financiero puede pasar cuando una persona con problemas de apostar busca más dinero para jugar.**

**25-50% de los esposos de personas que son adictos al juego han sido abusados.**

-National Resource Council, 1999

**Investigaciones en salas de emergencia muestran que el riesgo de violencia doméstica entre esposos o parejas crece cuando uno de las personas está adicto al juego.**

-Muellman et. al, 2002

### Señales de Problemas con el Juego:

- Pasando mucho tiempo pensando en el juego y sus próximas apuestas
- La necesidad de subir sus apuestas para sentir la misma emoción que antes
- Mintiendo a los amigos o la familia sobre su participación en el juego y la cantidad de sus apuestas
- Sigue jugando aunque ha perdido, el ciclo de pérdidas
- Necesita que otras personas le ayuden con problemas financieros que resulten por su participación en el juego
- Tiene dificultades en bajar la frecuencia de jugar o dejar de apostar completamente
- Aposta para evitar problemas personales
- Las apuestas causan problemas en el trabajo o la casa
- Usted es inquieto, nervioso, e irritable cuando no está apostando

**¡Hay Servicios y Ayuda!** Nicasa Behavioral Health Services ofrece consultas gratis para cualquier persona que está preocupada por su propio comportamiento con las apuestas y el juego, o para alguien familiar. Puede llamar para la consulta y servicios a **847-546-6450**.

Otro recurso es **1(800) GAMBLER**, una línea de ayuda que está disponible 24 horas al día para ayudar a las personas que son adictos al juego y las apuestas, o sus familiares, con tratamiento, apoyo, y otros recursos. También puede contactar la línea de ayuda por mandar un mensaje de texto con ILGAMB a 53342, o por empezar una conversación en vivo cuando visita

[www.illinoisalliance.org](http://www.illinoisalliance.org)

[www.nicasa.org](http://www.nicasa.org)

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Our objective is to understand the health experiences of Latino children and youth with developmental disabilities and their families. This study will help us learn about your eating, physical activity, and health behaviors, so we can create better ways to support the health of Latino families like yours.

---

### Project Team

**Yolanda Suarez-Balcazar, PhD**  
**Mansha Mirza, PhD, OTR/L**

**Sandy Magaña, Ph.D.**  
**Sandra Vanegas, Ph.D.**  
**Deborah Parra-Medina, PhD**  
**Vanessa Errisuriz, PhD**  
**Weiwen Zeng, MS.**  
**Zully Guerra, MSSW**

Department of Occupational Therapy,  
University of Illinois at Chicago in  
collaboration with  
Steve Hicks School of Social Work

**PODER: Promoting Obesity Prevention  
among Children with Developmental  
Disabilities and Families through  
Engaged Research**  
University of Texas at Austin  
Steve Hicks School of Social Work  
1925 San Jacinto Bl.  
Austin, TX 78712

University of Illinois at Chicago  
Department of Occupational Therapy  
(312) 355- 0525  
E-mail: [mmirza2@uic.edu](mailto:mmirza2@uic.edu),  
[ysuarez@uic.edu](mailto:ysuarez@uic.edu)  
Mansha Mirza, PhD, OTR/L  
Yolanda Suarez-Balcazar, PhD  
Principal Investigators

**PODER**  
Promoting Obesity  
Prevention among Children  
with Developmental  
Disabilities and Families  
through Engaged Research



**PODER**

*An invitation to participate in the  
research study, PODER*  
Promoting Obesity Prevention  
among Children with  
Developmental Disabilities and  
Families through Engaged Research

UT Austin IRB Approved  
6/3/2020

## Purpose

The purpose of the study is to understand more about eating, physical activity, and health behaviors in Latino families who have a child with a developmental disability. We are doing this study because children with developmental disabilities are at high risk of being overweight and their family members may also have health needs. We do not know enough about the health of Latino children with developmental disabilities and their families, or how to support them. This study will help us learn about you and your child's health so we can create better ways to support the health of Latino families like yours.

## Frequently Asked Questions

### Who may participate in the study?

Latina Mothers or female guardians who have a child with a developmental disability (autism, Down syndrome, or intellectual disability) who is able to walk and between the ages of 6-17. The child will also be a participant.

### What will you ask me to do?

You will be asked to complete three phone interviews. During interviews you will answer questions about you and your child's health. Between the second and third visit you and your children will wear a small item on your waistband that tells us how much you move during the week. You will be asked to wear the activity monitor for 12 hours/day for 7 days. The interviews will take 2 hours each for a total of 6 hours. You will receive \$25 for your time after each interview for a total of \$75.

### What kind of questions will we ask?

We will ask questions about you and your child's health, eating habits, physical activity levels, your family support and what it is like at your home.

### What are the benefits and risks of participating in this study?

There is a risk that you might experience the inconvenience of arranging phone appointments or may feel emotional sharing your personal experiences. You may have a small amount of discomfort wearing the accelerometer (this is a small item that goes on your waistband and helps us know how much you and your child move).

Although you will not directly benefit from being in this study, others might benefit because this study will help us know how to better support the healthy habits of families like yours.

### How will the results of this study be used?

We will analyze the data collected about eating, physical activity, and health behaviors, so that we can create better ways to support the health of Latino families like yours. We will share this information through reports with researchers, policy makers, organizations, and families.

## Are You Interested in Participating in the PODER Study?

(Mark with a ✓)

\_\_\_ Yes, I have a child with autism, down syndrome, or intellectual disability who can walk and is between 6 and 17 years old. We are both of Latin American descent, and I am interested in participating and receiving more information.

Please fill out the information below or share your contact information online to find out more and let us know of your interest. Please go directly to: <https://is.gd/PODERstudy>

\_\_\_\_\_  
Name of Parent

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Phone number during the day

(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Phone number during the evening

\_\_\_\_\_  
Email Address

**Please send us this form or**

**Mansha Mirza and Yolanda Suarez-  
Balcazar, Investigators**

University of Illinois at Chicago  
Department of Occupational Therapy  
1919 W. Taylor St. Chicago, IL 60612

Phone: (312) 355- 0525

Email: [mmirza2@uic.edu](mailto:mmirza2@uic.edu); [ysuarez@uic.edu](mailto:ysuarez@uic.edu)

Nuestro objetivo es comprender las experiencias de salud de los niños/as y jóvenes Latinos con discapacidades del desarrollo y sus familias. Este estudio nos ayudara a aprender sobre su alimentación, actividad física y comportamientos de salud, para que podamos crear mejores formas de apoyar la salud de las familias Latinas como la suya.

Grupo del Proyecto

Yolanda Suarez-Balcazar, PhD  
Mansha Mirza, PhD, OTR/L  
Sandy Magaña, Ph.D.  
Sandra Vanegas, Ph.D.  
Deborah Parra-Medina, PhD  
Vanessa Errisuriz, PhD  
Weiwen Zeng, MS.  
Zully Guerra, MSSW

Department of Occupational Therapy,  
University of Illinois at Chicago  
(Departamento de Terapia Ocupacional) en  
colaboración con  
Steve Hicks School of Social Work  
(Steve Hicks Escuela de Trabajo Social)  
& Latino Research Institute  
University of Texas at Austin (Instituto  
de Investigación Latino)

**PODER: Promover la prevención de la  
obesidad entre los niños/as con  
discapacidades del desarrollo y las  
familias a través de investigaciones  
comprometidas**  
University of Texas at Austin  
Steve Hicks School of Social Work  
1925 San Jacinto Bl.  
Austin, TX 78712

University of Illinois at Chicago  
Department of Occupational Therapy  
(312) 355-0525  
Correos electrónicos:  
mmirza2@uic.edu, ysuarez@uic.edu  
Mansha Mirza, PhD, OTR/L  
Yolanda Suarez-Balcazar, PhD  
Investigadoras Principales

PODER

Promover la prevención de la  
obesidad entre los niños/as  
con discapacidades del  
desarrollo y las familias a  
través de investigaciones  
comprometidas



**PODER**

*Una invitación para participar en el  
estudio, PODER*  
***Promover la prevención de la  
obesidad entre los niños/as  
con discapacidades del  
desarrollo y las familias a  
través de investigaciones  
comprometidas***  
Aprobado por UT Austin IRB  
6/17/2020

## Propósito

El propósito del estudio es comprender más sobre la alimentación, la actividad física y los comportamientos de salud en las familias Latinas que tienen un hijo/a con una discapacidad del desarrollo. Estamos haciendo este estudio porque los niños/as con discapacidades del desarrollo tienen un alto riesgo de sobrepeso y los miembros de su familia también pueden tener necesidades de salud. No sabemos lo suficiente sobre la salud de los niños/as Latinos con discapacidades del desarrollo y sus familias, ni como apoyarlos. Este estudio nos ayudara a conocer su salud y la de su hijo/a para que podamos crear mejores formas de apoyar la salud de las familias Latinas como la suya.

## Preguntas Frecuentes

### ¿Quien puede participar en el estudio?

Madres Latinas o guardianes femeninas que tienen un hijo/a con una discapacidad del desarrollo (autismo, síndrome de Down o discapacidad intelectual) que puede caminar y tiene entre 6 y 17 años. El niño/a también será un participante.

### ¿Qué me pedirá que haga?

Se le pedirá que haga tres entrevistas telefónicas. En estas entrevistas, responderá preguntas sobre usted y la salud de su hijo. Entre la segunda y la tercera entrevista, usted y sus hijos llevarán un pequeño artículo en la cintura que nos indica cuánto se mueve durante la semana. Se le pedirá que use el monitor de actividad física durante 7 días, 12 horas al día. Las entrevistas durarán 2 horas cada una por un total de 6 horas.

Por su tiempo, recibirá \$25 después de cada entrevista por un total de \$75.

### ¿Qué tipo de preguntas haremos?

Le haremos preguntas sobre su salud y la de su hijo(a), los hábitos alimenticios, los niveles de actividad física, el apoyo de su familia y como es su hogar.

### ¿Cuáles son los beneficios y los riesgos de participar en este estudio?

Existe el riesgo de que pueda experimentar el inconveniente de programar citas o sentirse emocional al compartir sus experiencias personales. Es posible que tenga una pequeña molestia al usar el acelerómetro (este es un monitor pequeño que se coloca en la cintura y nos ayuda a saber cuanto usted y su hijo(a) se mueven).

Aunque no se beneficiara directamente de participar en este estudio, otros podrían beneficiarse porque este estudio nos ayudara a saber como apoyar mejor los hábitos saludables de familias como la suya.

### ¿Cómo se utilizarán los resultados de este estudio?

Analizaremos los datos recopilados sobre alimentación, actividad física y compartimientos de salud, para poder crear mejores formas de apoyar la salud de las familias Latinas como la suya. Compartiremos esta información a través de informes con investigadores, formuladores de políticas, organizaciones y familias.

¿Esta interesada en participar en el estudio PODER?

(Marque con una ✓)

\_\_\_ Si, tengo un niño/a con autismo, síndrome de Down o discapacidad intelectual que puede caminar y tiene entre 6 a 17 años. Ambos somos de etnicidad Latino/Hispano y estoy interesado en participar y recibir mas información.

Por favor complete la información a continuación o comparta su información de contacto en línea para obtener mas información y háganos saber su interés. Vaya directamente a:

<https://is.gd/PODERstudy>

Nombre de madre/guardián

Dirección

Ciudad

Estado

Código postal

(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Numero de teléfono durante el día

(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Numero de teléfono durante la noche

Correo electrónico

Por favor envíenos este formulario o contáctenos por teléfono o correo electrónico:

**Mansha Mirza and Yolanda Suarez-Balcazar, Investigators**

University of Illinois at Chicago  
Department of Occupational Therapy  
1919 W. Taylor St. Chicago, IL 60612

Teléfono: (312) 355- 0525

Correos Electrónicos: mmirza2@uic.edu;  
ysuarez@uic.edu



## Regional Transportation Authority (RTA)

The RTA believes in promoting travel independence and empowering customers with mobility options. The RTA's Mobility Management program helps customers with disabilities and older adults gain understanding of accessible transit in the RTA region.

### Services Include:

- Group Transit Orientation Presentations
- Provide transit information and RTA Program assistance at outreach events and resource fairs
- One-on-one Travel Training to individuals in their Communities

The RTA is now offering online presentations during the pandemic. Topics include:

- RTA's free Travel Training program
- Accessibility of Public Transit in RTA Region
- Accessible Trip Planning
- Riding CTA/Pace Buses, CTA 'L' & Metra Trains
- Ventra®
- RTA Ride Free and Reduced Fare programs
- Safety Tips
- Local Transit Options
- ADA Paratransit
- Taxis Access Program (TAP)
- COVID-19 Precautions and Updates

### Contact Information:

Candace Jones, Mobility Outreach Coordinator  
Phone: 312-913-3135  
Email: [JonesC@RTAChicago.org](mailto:JonesC@RTAChicago.org)  
Website: [www.RTAChicago.org](http://www.RTAChicago.org)







# St. Joseph Services

Developing Youth. Educating Adults. Transforming Communities.



**ENROLL NOW**

**After School Program  
E-Learning Assistance**

**Monday-Friday  
10 AM to 6 PM**

**Limited Space!**

**(773) 278-0485**  
[www.stjosephservices.org](http://www.stjosephservices.org)

## AFTER SCHOOL PROGRAM

**DOES YOUR CHILD NEED HELP WITH HOMEWORK OR E-LEARNING?**

St. Joseph Services is now enrolling for after school and e-learning assistance at our Humboldt Park location at St. Aloysius Monsignor Thiele Center. For more information, please contact Eva Leon, (773) 278-0485.



### After School Activities:

- ✓ STEAM Activities
- ✓ Service Learning Opportunities
- ✓ Arts and Crafts
- ✓ Homework Assistance

**St. Joseph Services**

**Located at:**

**St. Aloysius**

**1510 N. Claremont**

**Chicago, Illinois 60622**



CHICAGO DEPARTMENT OF  
**FAMILY & SUPPORT SERVICES**  
BUILD • SUPPORT • EMPOWER



# St. Joseph Services

Desarrollando Jóvenes. Educando Adultos. Transformando Comunidades.



INSCRIBASE AHORA

Programa Después de la Escuela  
Ayuda con las Clases en Línea

Lunes a Viernes  
10 AM to 6 PM

¡Espacio Limitado!

(773) 278-0485  
[www.stjosephservices.org](http://www.stjosephservices.org)

## PROGRAMA DESPUÉS DE LA ESCUELA

¿SU HIJO NECESITA AYUDA CON LAS TAREAS DE LA ESCUELA O CLASES EN LÍNEA?

St. Joseph Services, localizado en el Centro Monsignor Thiele, en Humboldt Park, tiene inscripciones abiertas para el programa después de la escuela y clases en línea. Para más información, por favor comuníquese con Eva Leon, (773) 278-0485.



### Actividades Después de La Escuela

- ✓ Actividades de STEAM
- ✓ Oportunidades de aprendizaje de servicio a la comunidad
- ✓ Manualidades
- ✓ Ayuda con la tarea

### St. Joseph Services

Localizado en:  
San. Aloysius  
1510 N. Claremont  
Chicago, Illinois 60622



Programa desarrollado por  
**FAMILY & SUPPORT SERVICES**  
Caring • Empowering • Inspiring



*Foster Parenting is not  
what you do for a living*

**IT'S WHAT YOU  
DO FOR A LIFE**

ucpseguin.org | 708.222.3564



[https://ucpseguin.org/childrens\\_services/foster\\_care.html](https://ucpseguin.org/childrens_services/foster_care.html)

# CHILDREN'S FOSTER CARE

**Looking for a career in foster parenting?  
Is this the opportunity you have been waiting for?**



## **GENERAL QUALIFICATIONS & STEPS TO A FOSTER CAREER:**

- Single | Married | Civil Union
- 21+ Mature Individuals
- Rent (must have Landord approval) | Own
- Driver License & Insurance
- DCFS Fingerprinting
- DCFS Home Study | Family Interview | Reference Checks
- Adequate Supervision Plan for Working Foster Parents
- UCP Seguin training | DCFS PRIDE training
- Compliance with DCFS 402 Licensing Standards
- Drug Screening
- Complete Adult, Infant and Child CPR, First Aid and Safety Care for Families Pass a Physical Examination

**WANT TO LEARN  
MORE?**

**CONTACT US**

Wendy McDaniel  
708.222.3564  
wmcdaniel@seguin.org

**A dream awaits you, the dignity of a Professional Foster Career.  
Generous monthly stipend and ongoing training!**

# Law of Intentionality

## Sherry A Cobbins

*Certified Coach, Teacher and Speaker with John C. Maxwell Team*



Do You Have a Growth Plan?

Are You Intentional In Achieving Your Goals?

What Is An Intentionality Mindset?

Together, we will explore how to effectively plan, pursue and work on setting goals.

Contact Info:  
Sherry A Cobbins  
[mscobbins35@gmail.com](mailto:mscobbins35@gmail.com)

# Pediatric Rehabilitation Services

Inpatient Neuro-Rehabilitation and Spinal Cord Injury Program



**Shriners Hospitals for Children®**  
Chicago

## Advantages of Rehabilitation Services at Shriners Hospitals for Children – Chicago

### Pediatric Focus

The Chicago Shriners Hospital offers the only onsite pediatric rehabilitation unit in a children's hospital in the Chicagoland area.

### Personal Attention

We are able to provide more hours of one-to-one therapy per day than other inpatient rehabilitation programs.

### Diverse Range of Pediatric Specialists

Our interdisciplinary team of physiatrists, orthopedists, therapists and other specialists has extensive training and expertise to meet the unique and varied needs of children under one roof.

### Supporting Services

Children in the rehabilitation program can also take advantage of onsite support including: pediatric intensive care unit, pediatric neurology, pediatric urology, pediatrician, hospitalist, imaging, laboratory services and more.

### Conditions We Treat

- Spinal cord injury
- Acute flaccid myelitis
- AIDP/CIDP
- Guillain Barre
- Multi-trauma
- Postop recovery with cerebral palsy or spina bifida
- Other neurologic conditions



### Inpatient Rehabilitation

A physiatrist-led interdisciplinary team helps the child recover from an injury or loss of function. Nurses, doctors and therapists work with families on personalized functional goals.

### Intensive Outpatient Rehabilitation

Intensive outpatient rehabilitation allows children to continue to receive high intensity therapy after the acute phase, when they are ready to return to the community.

### Outpatient Rehabilitation

Outpatient rehabilitation promotes continued improvement, and integration of skills in daily life.



### Specialized Services

- Aquatic Therapy
- Feeding and swallowing therapy
- Constraint-Induced Movement Therapy
- Durable medical equipment
- Pediatric sports medicine
- Serial casting
- Scoliosis-specific exercises based on Schroth Method
- Robotic-assisted gait therapy
- Motion analysis center
- Wheelchair seating and positioning
- Wound care



### Specialized Pediatric Equipment

- AlterG treadmill
- ArmeoSpring
- Body-weight-assisted treadmill
- FES cycles
- Galileo vibration plate
- GameCycle
- H200 wireless hand rehabilitation system
- MOTOMed
- Myomo
- Planar seating system
- Reoambulator
- ReWalk
- SmartWheel
- Saabø ReJoyce
- Warm-water therapy pool



### The Pediatric Rehabilitation Specialists Since 1983

The groundwork for the pediatric rehabilitation program at Shriners Hospital for Children – Chicago, began as the nation's first pediatric spinal cord injury (SCI) rehabilitation program. Since then it has provided care to over 1,000 youth with SCI, earning national and international reputation for its leadership and pioneering research in the field. The vision for that program: assuring children and adolescents with SCI attain independence and participate fully in their communities, has since extended beyond that patient population, and today addresses a wide range of unique physical rehabilitation needs.

### Shriners Hospitals for Children – Chicago

2211 N. Oak Park Avenue  
Chicago, IL 60707  
[shrinerschicago.org](http://shrinerschicago.org)

### Do You Know a Child We May Be Able to Help?

To refer a patient, call:

**773-385-KIDS (5437)**

• Referrals may also be faxed to: 773-385-5505



# Servicios de Rehabilitación Pediátrica

Neuro-Rehabilitación para Pacientes Internos y Programa de Cuidado de Lesiones de Médula Espinal



**Shriners Hospitals for Children®**  
Chicago

Ventajas de los Servicios de Rehabilitación en el Hospital Shriners para Niños - Chicago

## Enfoque Pediátrico

El Hospital Shriners de Chicago ofrece la única unidad pediátrica de rehabilitación dentro de un hospital de pediatría en el área de Chicago.

### Atención Personal

Tenemos la capacidad de proveer más horas de terapia individualizada por día que otros programas de rehabilitación para pacientes internos.

### Una Gama Diversa de Especialistas Pediátricos

Nuestro equipo interdisciplinario de fisiatras, ortopedistas y otros especialistas cuentan con un entrenamiento extensivo y la experiencia para tratar las necesidades únicas y variadas de los niños bajo nuestro techo.

### Servicios de Apoyo

Los niños en el programa de rehabilitación pueden también tomar ventaja de los servicios de apoyo dentro de las instalaciones, estos incluyen: unidad pediátrica de cuidado intensivo, neurología pediátrica, urología pediátrica, médico pediatra, médico de asistencia hospitalaria, tecnología de imágenes, servicios de laboratorio y más.

### Condiciones que Tratamos

- Lesión de Médula Espinal
- Mielitis flácida aguda
- Polineuropatía Inflamatoria desmielinizante aguda (AIDP, por sus siglas en Inglés) / Polineuropatía Inflamatoria desmielinizante crónica (CIDP, por sus siglas en Inglés)
- Guillain-Barre
- Multi-trauma
- Recuperación post-operatoria con parálisis cerebral o espina bifida
- Otras condiciones neurológicas



### Rehabilitación para Pacientes Internos

El equipo médico interdisciplinario liderado por un fisiatra ayuda al niño/niña a recuperarse de una lesión o pérdida de la función. El personal de enfermería, médicos y terapeutas trabajan con las familias para crear metas funcionales personalizadas y aprenden sobre su cuidado.

### Rehabilitación Intensiva para Pacientes Externos

La rehabilitación intensiva para pacientes externos permite a los niños continuar recibiendo terapia de alta intensidad después de la fase aguda, cuando ya están listos para regresar a la comunidad.

### Rehabilitación para Pacientes Externos

La rehabilitación para pacientes externos promueve mejoras continuas y la integración de habilidades en la vida diaria.



### Servicios Especializados

- Terapia Acuática
- Terapia para comer y tragar
- Terapia de movimiento con limitación inducida
- Equipo médico durable
- Medicina del deporte pediátrica
- Enyesado an serio
- Ejercicios específicos para la escoliosis, basados en el método Schroth
- Terapia de la marcha asistida por robot
- Centro de análisis del movimiento
- Asientos y posicionamiento de sillas de ruedas
- Cuidado de las heridas



### Equipo Pediátrico Especializado

- Caminadora AlterG
- ArmoSpring
- Caminadora con apoyo del peso corporal
- Ciclos Estimulación Funcional Eléctrica
- Base vibratoria Galileo
- GameCycle
- Sistema inalámbrico de rehabilitación para la mano H200
- MOTMad
- Myomo
- Sistema de asiento plano
- Reoambulator
- ReWalk
- SmartWheel
- Saabo ReJoyce
- Terapia en piscina con agua caliente



### Los Especialistas en Rehabilitación Pediátrica desde 1983

El trabajo preliminar del programa de rehabilitación pediátrica en el Shriners Hospitals for Children - Chicago, comenzó como el primer programa a nivel nacional de rehabilitación pediátrica para el cuidado de las lesiones de médula espinal. Desde entonces ha proveído atención médica a más de 1000 adolescentes con lesión de médula espinal, adquiriendo su reputación a nivel nacional e internacional por su liderazgo y ser pioneros en el campo de la investigación. La visión de este programa: asegurar que niños y adolescentes con lesión de médula espinal logren alcanzar independencia y participen de lleno en la comunidad, y se ha extendido más allá de ese grupo de pacientes, y el día de hoy responde a una gran variedad de necesidades en rehabilitación física únicas.

**Shriners Hospitals for Children - Chicago**  
2211 N. Oak Park Avenue, Chicago, IL 60707  
[shrinerschicago.org](http://shrinerschicago.org)

¿Conoce a un Niño o una Niña a quien Podamos Ayudar?

Llámenos al  
**773-385-KIDS (5437)**

para hacer una cita o referir a un paciente.

► Puede mandar un referido por fax al:  
**773-385-5505**



## OVERVIEW

---

Sinai Community Institute (SCI) has a history of developing effective community-based health and social service programs to improve the health and well-being of its clients addressing social, economic and environmental factors. Approximately 14,000 families each year benefit from SCI's services, from infants to adolescents to adults.

## OUR GOAL

---

We utilize intensive case management to identify and eliminate barriers that impact the social well-being and health status of individuals, families and the community.

## HOW OUR SERVICES ARE PROVIDED

---

SCI uses trained professional and credentialed case managers to provide:

**COMPREHENSIVE IN-HOME ASSESSMENT WHICH INCLUDES:**

- Psycho/Socio/Financial Benefit/Educational Assessment
- Environmental Assessment
- Health History
- Risk Assessment(s): for example, safety, abuse, mental health, and cognitive



#### CARE PLANNING IMPLEMENTATION AND COORDINATION WHICH INCLUDES:

- Minimum of monthly home visits
- Monitoring establishment of services and referrals

#### CASE CLOSURE WHICH INCLUDES:

- Transition to the highest level of function possible
- Attain the best possible outcome
- Assure needs have been met

## SCI PROGRAMS, SERVICES, AND RESOURCES

---

#### SUPPORT STRONG HEALTHY FAMILIES

- Women, Infant and Children (W.I.C.)
- Sinai Adult Protective Services
- Family Case Management (FCM)
- Sinai Better Birth Outcomes (BBO)
- Health Works of Illinois (HWIL)
- Sinai Senior Centers

#### DEVELOP THE POTENTIAL OF CHILDREN AND YOUTH

- Early Childhood Development/Prevention Initiative
- Learn Together After school Program
- Once Summer Chicago Plus Program (OSC+)
- The Leadership Academy
- Restoring Individuals through Supportive Environments (R.I.S.E.)

#### BUILD STRONG COMMUNITY PARTNERSHIPS

- Sinai Health Ministry Program
- Sinai Community Relations
- Sinai Volunteer and Community Services

#### ENHANCE ECONOMIC OPPORTUNITIES

- Workforce Development
- Sinai Technology Center

To learn about any of Sinai Community Institute's programs or services, please call 773.257.6508.



2653 West Ogden Avenue  
Chicago, IL 60608  
773.257.6508  
sinai.org

# READ TO SUCCEED

## TRITON COLLEGE

### ACCESS TO LITERACY PROGRAM



#### Improve your:

- Reading skills.
- Math skills.
- Writing skills.
- Homework help.
- Test-taking strategies.

#### You will receive:

- Trained tutors.
- One-on-one sessions.
- Live, online tutoring.
- Day and evening sessions.

## *Reading opens doors!*

The Triton College Access to Literacy Program offers free ESL and English tutoring to people in the community, 16 and older, who read, write or do math below a ninth grade level. Please pass this on to someone who wants to improve their life with the gift of reading.

**For more information, call (708) 456-0300, Ext. 3730.  
Se habla español.**



**Triton College**

It's about you.

2000 Fifth Ave., River Grove, IL 60171  
(708) 456-0300 | triton.edu | #WeRTriton

Triton College is an Equal Opportunity/Affirmative Action institution.

**“Tuesday’s Child helped change our lives, and this is a dream come true for our family!”**



### **A New Future**

“When we came to Tuesday’s Child, our whole world changed. The boys immediately took to their classroom and teachers. My husband and I began to use the Tuesday’s Child structure and discipline techniques at home, and they made such a difference with our children. Our boys also started speech therapy which brought them from mostly grunting with a few words, to speaking and even singing songs.

Our boys are now in preschool and their first day of school was a breeze! When they walked into school for the first time, they both sat down with a puzzle while other children were crying and clinging to their parents. I know this great behavior is due to Tuesday’s Child. Our boys continue to receive services at Tuesday’s Child and ***each day they continue to be better prepared for school and long-term success.***”

-Tuesday’s Child Alumni

### **Register Today**

For more information or to schedule an Intake Appointment, please call (312)767-7532  
[www.TuesdaysChildChicago.org](http://www.TuesdaysChildChicago.org)

### **About Tuesday’s Child**

#### **Mission Statement**

Tuesday’s Child enables families to thrive through positive parent training, inclusive behavioral classrooms and support services. Our proven model impacts home, school, and the community.

#### **History**

Originally founded in 1981 at Children’s Memorial Hospital, Tuesday’s Child is now an independent 501 (c)(3) nonprofit and has been providing high-quality services for over 30 years.

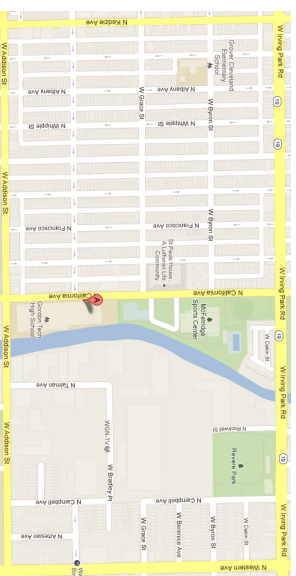
#### **Goals**

##### **At Tuesday’s Child parents learn to:**

- handle temper tantrums, hitting and sibling fights.
- successfully manage daily routines including mealtimes and bedtimes.
- prepare children for success in school.

##### **At Tuesday’s Child children learn to:**

- interact appropriately with others.
- cope with a variety of situations.
- recognize limits and follow directions.
- comply with daily routines.



Located in Gordon Tech High School at the Corner of Addison & California in Chicago.



# Tuesday’s Child

**Behavior Management Experts**



**Tuesday’s Child helps families address behavioral issues through individualized training for both parents and children.**

*Serving families with children 18 months to 6 years of age.*  
[www.TuesdaysChildChicago.org](http://www.TuesdaysChildChicago.org)



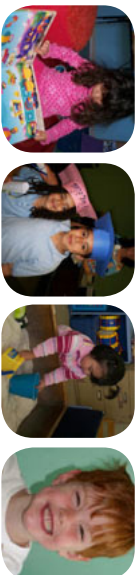
### **Tuesday’s Child**

c/o DePaul College Prep High School  
3633 N. California Ave. Chicago, IL 60618  
tel: (312)767-7532 | fax: (312)284-1696  
[www.TuesdaysChildChicago.org](http://www.TuesdaysChildChicago.org)



## Behavioral Intervention

Tuesday's Child helps families address behavioral issues through individualized training for both parents and children. Our evidence-based program centers on an individualized approach that enables our team to address each family's specific situation.



### Customized for Your Family

We are the only service for parents that combines clinical expertise with peer-to-peer support. Parents who have been through the program are an integral part of our team. Their practical, day-to-day experiences enhance the techniques taught by our professional staff and provide families with a sense of comfort that they are not alone in their challenges.



### The Program In Action

Parents work on individualized behavioral and goal planning activities, with group sessions led by a Clinical Psychologist and individual time with trained peer mentors. Tuesday's Child offers both weekday and Saturday programs and is offered in English and Spanish.

#### Dual-Services

While parents are in session, children receive services in the Child Center which uses the same developmentally appropriate, behavior management strategies taught to parents. Emphasis is placed on cooperating with the teacher and interactive games and play with peers.



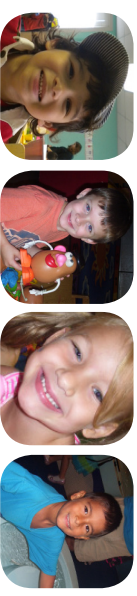
### The Proven Difference

Tuesday's Child has been helping parents bring out the best in their spirited children for over 30 years. When families struggle with behavioral challenges, solutions often cannot be found in books, DVDs or even seminars. We firmly believe that our unique combination makes the difference -- individualized parent coaching, peer-to-peer support and opportunities for children to practice their new behavioral skills in a classroom setting. Families who complete the program report that the techniques they learned have dramatically improved their children's behavior, daily lives and family relationships.



### Passion To Help Your Family

Our program participants find that our professional staff and parent trainers truly care about the families who come to Tuesday's Child. The passion they demonstrate is one of the reasons we have such a loyal and emphatic group of supporters who are an important part of our referral network. Our role is not to diagnose children with specific issues or disorders. Rather, we focus on improving the child's behavior and setting them up for success.



### Additional Services

Tuesday's Child offers additional services to community service organizations, families and children to assist them in addressing daily behavioral challenges including:

- Behavioral Support Child Center
- Therapeutic Summer Camp
- Speech & Occupational Therapy
- Outreach Parent Training
- Individual and Group Counseling
- Parent Support through the IEP Process
- Ongoing Workshops & Support Groups
- Professional Staff Training



### Register Today

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[www.TuesdaysChildChicago.org](http://www.TuesdaysChildChicago.org)