



Celebrating the 3rd Annual LAC Professional Development Day at UIC



June 2019, Latino Advisory Council members and participants (left to right): Doug Washington, Jose Alex Medina, Beatriz Medina, Mercedes Martinez, Azalea Mejía, Julia Monzón, Evelyn Martínez, Liliana Romero, Beatriz Ramirez (rear) José Garcia, Sylvia Fonseca, Yeni Rojas, Patricia Aguilar (rear), Jennifer Contreras, Miriam Mojica, Nancy Rodríguez, José J. Lopéz



HELLO EVERYONE!

The year 2020 has been a tough year for everyone. Even so, there are no obstacles we cannot overcome. We

build strength and resilience each time we fight through every obstacle. We continue to move forward in completing tasks and reaching our goals. Whatever we do, we do it for the children and families we serve and for the well-being of our DCFS and private agency staff. Continue your work in advocating on behalf of others and in guiding others.

The Latino Advisory Council

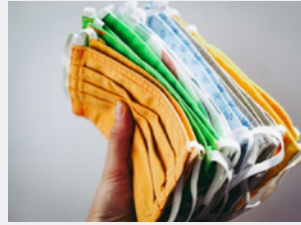
completed a resource guide that includes resources for COVID-19. Our collective outreach by many shows that we have advocated for equality and inclusivity in recruitment and hiring, promotion, retention, timely filling of vacancies and language needs. There has been a bigger focus and analysis of DCFS statistical data which influenced the creation of new data documents to better track frontline worker caseloads and compliance with the BH Consent Decree. We continue to meet with the African American and Asian American Advisory councils to discuss joint issues and work on new projects together. We have shifted our monthly meetings to WebEx and Zoom virtual meetings, making it easier for you to participate and to maintain compliance with CDC COVID-19 guidelines.

Our monthly meetings are open to the public which includes all of you. We meet every third Wednesday from 9 am to 12:30 pm. The dates, times and virtual information can be found the D-Net or the DCFS website. You can also contact me and inquire by email to nancy.rodriguez@illinois.gov. In conjunction with Loyola University we are hosting our 4th Annual Professional Development Day on August 14, 2020 from 1 to 5 pm via Zoom and are working to finalize our Family Institute Day event which we expect to be virtual as well. The safety and well-being of the children that DCFS serves is of primary concern. Keep in touch and keep us informed.

Best Regards,

Nancy Rodríguez,
Latino Advisory Council Chair

COVID-19 at-a-Glance



Cloth masks



Surgical masks

By Sydnie Juárez

The COVID-19 virus is transmitted through the air, droplets and direct contact.

The recommended PPE (Personal Protective Equipment):

1. Mask to protect your lungs. If you don't have access, make one from a scarf/handkerchief. Just cover your face. Don't smoke. Smoking increases your risks.
2. Gloves can be helpful, just remember to change them once you touch anything that is contaminated. If you don't you risk contaminating clean items around you. Remove before eating.
3. Washing your hands can be better than the use of gloves, as people feel they are "safe" in gloves. Frequent hand washing is the best method of reducing exposure. Don't touch your face unless you just washed your hands.

Social distancing is helpful, but not enough. Please exercise as many good habits as possible. I hope these few recommendations will assist you in staying healthy.

WHO SHOULD AND SHOULD NOT WEAR A MASK?

According to the American Academy of Pediatrics (AAP), almost all children should wear a mask, with the following exceptions:

- Newborns, babies, and toddlers under age 2 should not wear a mask, because they could suffocate.
- If the available mask is a choking or strangulation hazard for a given child, it should not be worn. This is more likely to affect children with behavioral or developmental conditions.
- Children with medical conditions, such as those who have difficulty breathing with a mask or those who cannot physically remove a mask, should not wear a mask.
- Children who are unable to stop touching the mask (or face while wearing a mask) should not wear one, since repeatedly touching the mask or face will increase the risk of infection. Again, this is more likely to affect children with behavioral or developmental conditions, as well as some very young children.



LAC MEMBERSHIP

Officers:

Chairperson
Nancy Rodríguez
nancy.rodriguez@illinois.gov

Past Chairperson:
Juanita Calderón
juanita.calderon@illinois.gov

Chair-Elect
Julia Monzón
julia.monzon@illinois.gov

Co-Scribes
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Evelyn Martínez

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Jennifer Contreras
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Office of Latino Services

Director's Liason:

Daniel Fitzgerald
Chief of Affirmative Action

Committees:

Child Safety & Permanency
Community Risk Reduction & Staffing
Data Validity & Disproportionality
Strategic Communications
POS Committee
Latino Family Institute
Professional Development Day

Contact Julia Monzón at
julia.monzon@illinois.gov
if interested in becoming a member.

COVID-19 at-a-Glance (cont)



WHAT TYPE OF MASK SHOULD MY CHILD WEAR?

Most children can wear a simple cloth mask, either homemade or purchased online. Once again, the purpose of these masks is to protect others more than the wearer of the mask. The mask acts a barrier to collect your child's secretions and germs.

The AAP recommends that children who are medically complex and immune compromised attempt to wear a more protective mask, such as a surgical mask or N95, if possible. However, these types of masks are currently challenging to obtain, especially in pediatric sizes. Commercial-grade N95 masks are not small enough to fit the faces of most young children. Surgical masks are disposable and should not be reused repeatedly, so a large quantity must be obtained.

There are a number of masks available online in pediatric sizes that include extra filtration like that found in an approved surgical or N95 mask, but most have not been tested and some may not afford any more extra protection than a cloth mask.

If your child has or obtains a mask with an exhalation valve or other one-way valve, note that this type of mask will NOT protect others since it emits

exhaled air. It is recommended that this type of mask be covered by an additional cloth or surgical mask to protect others.

WHEN SHOULD A MASK BE WORN?

Masks should be worn whenever your child is in public and unable to consistently maintain six feet of distance from others. If you are staying at home except for essential tasks, masks are only needed when visiting doctors, going to grocery stores, on public transportation, and in other crowded locations. Masks are not needed at home or in wide-open outdoor spaces.

In areas of the country where you are allowed in more locations, it is still best to keep your child at home as much as possible. Don't depend on a mask to keep your child safe in a crowded public area.

HOW SHOULD I HANDLE THE MASK?

Before putting on a mask, wash your hands and wash the mask. Place the mask on your child's face and ensure that

it fits well enough to snugly cover the nose and mouth. If your child is unable to breathe, the material may be too thick or the mask too tight. Make sure BOTH the nose and mouth are covered. The nose must be covered, as germs can be sneezed or blown out of the nose as well as the mouth.

Most importantly, DO NOT TOUCH the mask while your child is wearing it, and instruct your child not to touch it. Touching a mask exposes a person to any germs that have accumulated on the outside of the mask. Not touching the mask can be very hard for many children, and even for adults.

When your child is done wearing the mask, remove it from the back using the bands, without touching the front or cloth parts of the mask. Immediately wash the mask and your hands. If you are unable to wash your mask, bag it in a brown or sealable plastic bag and allow to sit for as long as possible, preferably several days. <https://complexchild.org/articles/covid/masks101/>



DISINFECTING VS. SANITIZING

You might be surprised to learn that, even though people tend to use the terms interchangeably, there's a legal difference. In the United States, sanitizers are agents that destroy 99.999 percent of bacteria in 30 seconds during the Official Detergent Sanitizer Test (a public health test). A good way to understand the logic behind this test is to think of a bartender washing glasses. He'll have to kill as many germs as possible in a short time to be able to put the glasses away quickly.

On the other hand, disinfectants are products that destroy all organisms in 10 minutes during the AOAC Use Dilution Test, a test regulated by the EPA to determine the efficiency of disinfectants. In a hospital situation it's more important to kill all germs even if it takes longer rather than to kill most of them quickly.

So, sanitizing is a chemical process that lessens and even kills germs on surfaces to make them safe for contact. Usually you sanitize in kitchens and other areas that come into contact with food. For example, you sanitize dishes and utensils after using them. You also sanitize toys that children put in their mouths.

Disinfecting requires a stronger solution to destroy germs rather than simply reduce them. You might disinfect areas where you change a baby's diaper. Hospitals disinfect areas that have come into contact with blood or other body fluids.

Both methods are a step up from regular cleaning because cleaning only removes visible dirt. When you sanitize or disinfect, you are removing potentially harmful bacteria that might not be visible to the naked eye.

<https://home.howstuffworks.com/home-improvement/household-hints-tips/cleaning-organizing/disinfecting-vs-sanitizing.htm>

A Workshop to Remember

By: Jennifer M. Contreras

One of the many great workshops that were available at the Latino Advisory Council Professional Development Day of 2019 held at University of Illinois in Chicago was “*Sanai Behavior Health Battling Burnout*” by Beatriz Medina, PSY. D. Many professionals have a difficult time with separating work life from our personal life which can lead to burnout. In this workshop, Dr. Medina taught us how to begin our day with focusing on ourselves and our health before we attempt to tackle our workday. As participants walked into the workshop room, a diffuser was on, spreading a calming scent to bring serenity into the room. Prior to the workshop beginning, Dr. Medina asked participants to ensure that phones were off and to not worry about what they have to do after the workshop, but instead focus on the here and now.

The participants were asked to stand and move to different areas of the room, depending on the answers to the questions asked. Some of the questions were: if they had breakfast this morning, if they were rushing out of the home to get to work, if they worked out, etc. Organizing your day, having a balanced breakfast and



Dr. Beatriz Medina teaching “Sanai Behavior Health Battling Burnout”

planning ahead were some basic steps that Dr. Beatriz encouraged participants to do as part of their efforts to remain healthy and avoid burnout. Dr. Medina talked about vicarious trauma that professionals may experience through their personal life and/or work life and how hard it is to separate the two. Some of the things Dr. Beatriz recommended for this were seeking professional help like therapy or talking to someone you can trust about your issues. Statistics were shared by Dr. Beatriz to show the benefits of seeking help to avoid burnout.

Dr. Beatriz ended the workshop with a meditation activity. This was my favorite part of the workshop. Dr. Beatriz talked

us through the exercise that took us to a soothing, calm, pleasant and magical place. It allowed us to be at this place with one or many of our favorite people. At my magical favorite place, I was in a jungle with a waterfall near the turquoise blue ocean with my late father and late nephews along with my immediate family. We were eating, dancing and celebrating life again. It brought happy tears to my eyes that I was able to relive and add new moments with them. This workshop taught me that when I feel down, sad, stressed or just miss my loved ones, I can go to this magical place again to visit with them and make more happy memories.

2019 Professional Development Day Gallery



*Daniel Fitzgerald,
Chief of Affirmative Action*



*Robert A. Barish, MD, MBA
UIC Vice Chancellor of Health Affairs*



*Alex Medina,
IAHSE President*



*Nancy Rodriguez,
DCFS LAC Chair*



One For One Chicago

HELPING TEENS LIVING IN STRUGGLING COMMUNITIES WITH HIGH RATES OF VIOLENT CRIME AND JOBLESSNESS, FIND A POSITIVE PATH FORWARD.

By Meghan Olson and Gina Doctor

There are many challenges for young people within Chicago communities suffering from high rates of violence, crime and joblessness. “One For One” is a non-profit organization whose solution to these problems is to provide employment opportunities and high-touch mentorship throughout the year. Their mission is to foster transformative connections that help youth navigate a positive path forward.

This summer, a couple of DCFS young adults in the One For One program were accepted into their flagship summer internship program, The Keeping Grounded Greenhouse Program. The program, in partnership with Herban Produce, a non-profit urban farm in Garfield Park, provides paid summer internships to high school students where they get hands-on horticulture, urban farming experience and valuable career readiness skills in a safe and nurturing environment.



On site therapeutic group for Young Adults

“Time and time again, we see the value that comes from providing consistent opportunities and resources to our young adults. Their self-esteem, confidence and ability to make good choices is evident,” said “One For One” Founder and Executive Director Meghan Olson. “At the end of the day, we are really here to offer hope, which can’t be underestimated.”

“I like the structure it gives me on a schedule and it helps me interact and find new opportunities.” —Vincent, DCFS

“Being a kid in the hood, my opportunities are cut short. At first, I was only focused on completing the task at hand. But as I began to form meaningful relationships with the team, I realized I was growing and helping others grow as well. “One For One” is a great program and it saved my life.”

—Joseph, UCAN resident

For more information on One For One Chicago and their work, visit:

www.oneforonechicago.org

2019 Professional Development Day Gallery (cont)



*Julia Monzón, LCSW
Trauma 101 presentation*



(left to right) Daizy Salgado, Onr Hope United; Yeni Rojas, DCFS; Jennifer Contreras, National Youth Advocate Program; Ariana Delgado, UIC College of Social Work student

The POS Collaboration Committee

*By Jennifer Contreras
and Daizy Salgado*

The Latino Advisory Council Purchase of Service (POS) Committee has evolved into the POS Collaboration Committee! The committee is a partnership of a variety of non-profit organizations. The POS collaboration working committee members are professional Latino/bilingual workers in the social service field. Our main objective is to address bilingual services provided to the children and families we serve, as well as our bilingual staff. One of our goals is to discuss hiring and retention to ensure that the bilingual staff is certified to work with Latino families. This certification will help us move towards a uniform standard bilingual pay for qualified staff. Another goal is to identify bilingual homes for our youth in care so that children do not lose their



identity and culture.

The larger body of POS Collaboration Committee which includes agency directors and other stakeholders meets quarterly to network, take on these challenging topics and come up with solutions to our goals. The committee is then able to report these issues back to the Latino Advisory Counsel and the director of The Department of Children and Family Services. This POS

collaboration committee is modeled after the former Latino Consortium. The Latino Consortium mainly focused on identifying bilingual foster homes for our children and making sure there were bilingual positions available to serve our bilingual families. There are 15-20 organizations that take part in this collaboration, however we look forward to welcoming and partnering with many new organizations that work with our children and youth in care.

The POS Collaboration Committee has already accomplished its goal of planning and holding an annual professional development conference. We look forward to our fourth annual Professional Development Day which will be held virtually in partnership with Loyola University.

2019 Professional Development Day Gallery (cont)



(foreground left to right) Damaris Acevedo, Association House; Sylvia Fonseca, José Garcia, Juanita Calderon



Jesús Rubio, Casa Central; Ana Gonzalez, DCFS



Mercedes Martinez, MD, Chicago Reid Mental Health Center, "Depression and Anxiety" workshop discussion



Azalea Mejias, José Javier Lopez, Jennifer Contreras

From the Office of Affirmative Action

By Julia Monzón



Daniel Ibarra Fitzgerald

We are proud to congratulate Daniel Ibarra Fitzgerald Chief of Affirmative Action for his inclusion in the recent edition of *Negocios Now Who's Who of greater Chicagoland*.

Negocios Now

is a Hispanic business publication based in Chicago with national distribution founded by Clemente Nicado, former international correspondent and one of the founders of *HOY*, the *Chicago Tribune Hispanic* daily newspaper.

Fifty Hispanic leaders from different types of organizations ranging from medical and government to entrepreneurs and non-profits were featured with pictures and bios for the work that they have done and promoted during the coronavirus 2019 pandemic.

The Latino Advisory Council shares this recognition in part with the development the COVID19 Resource Directory which has already been updated since we first compiled it. Daniel spearheaded this effort, galvanizing the council into action.

The directory lists many resources for Spanish-speaking families in different service areas such as food pantries and COVID-19 testing sites. To receive an English and Spanish version of the Directory please email Julia Monzon, julia.monzon@illinois.gov or Jose J.

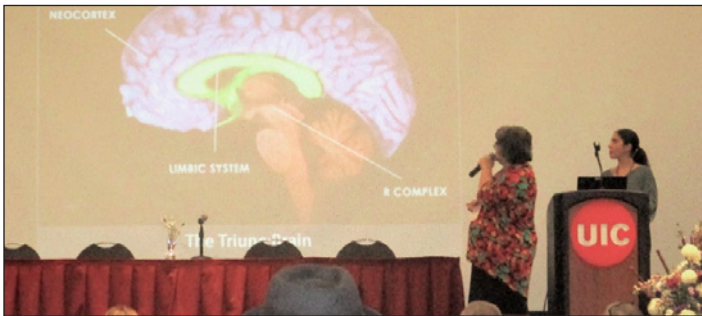
Lopez, jose.j.lopez@illinois.gov. We welcome your comments and any timely additions to the directory as we continue to update the resources.

You can access the online edition of *Negocios Now* at:

<https://negociosnow.com/https://negociosnow.com/> or at the link below:

<https://www.ifoldsflip.com/i/1268405-whos-who-in-hispanic-chicago-2020/0?fbclid=IwAR3gDnjAZqHEp2w6Sfb3T2I6j-utMgUxbcADdIQz971gunV59lhF9QaK4w8>

2019 Professional Development Day Gallery (cont)



Julia Monzón, LCSW; Patricia Perez, Trauma 101



(foreground left to right) Azalea Mejia, Martha Cerda-Babbington, Vanessa Castro, DCFS



Janelle Wright and Lucia Moya, Pilsen Wellness Mental Health Center; Azalea Mejia, Julia Monzón, "The Truth about Self-Care"



Exhibitors: Serenity Shield; Youth and Family Guidance

Service Milestones

Congratulations

5 YEARS OF SERVICE

- Rosalva Acevedo, Chicago
- Lidia Davila, Harvey
- Laura Hernandez, Rockford
- Roberto Hernandez, Glen Ellyn
- Yadira Mazon, Chicago
- Susana Olivas, Galesburg
- Dulce Patron, Glen Ellyn
- Lorena Sanchez-Serrato, Harvey

10 YEARS OF SERVICE

- Karina Arteaga, Aurora
- Marielisa Jackson, Aurora
- Monica Sosa, Chicago

15 YEARS OF SERVICE

- José López, Chicago
- Beatriz Ramirez, Chicago
- Claudia Ramos, Aurora

20 YEARS OF SERVICE

- Jessica Furio, Glen Ellyn
- Cesario López, Chicago
- Gloria Navarro, Aurora
- Cecilio Perez, Springfield
- Larissa Rico, Aurora

25 YEARS OF SERVICE

- Jeanette Camarillo, Deerfield
- Julia Ramirez, Springfield
- Celia Valle, Aurora

35 YEARS OF SERVICE

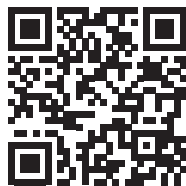
- Ana Campos, Chicago

RETIRING AFTER 39 YEARS OF SERVICE

- Milagros Rodríguez, Chicago

MSW DEGREE

- Lisa Bonilla, April 2020



312.814.6800

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NOTICIAS is brought to you by the Latino Advisory Council and the Illinois Department

of Children and Family Services. It is distributed to DCFS employees, POS agencies and agencies affiliated with DCFS. The newsletter includes articles pertinent to child welfare, Latino welfare issues and DCFS/ POS programs, and strives to be an informative source for staff by providing updates on new child welfare initiatives as well as upcoming events.

It is our hope to continue providing staff with a vehicle for the sharing of information. A major part of this endeavor is you! We are asking for your input, submission of articles and suggestions for improving Noticias. Articles related to your experiences with families and personal stories are also greatly appreciated.

Please submit articles, information about incoming events or news to: Julia Camacho Monzón, Strategic Communications Committee Chair julia.monzon@illinois.gov
1911 S. Indiana Ave. Chicago, IL 60616

Or to any of the Strategic Communication Committee members:

Julia Camacho Monzón, Editor, Chair; José J. López, Final Editor; Vanessa Castro, Former Scribe and Contributing Writer; Azalea Mejia, Scribe; Jennifer Contreras, Contributing Writer; Nancy Rodríguez, LAC Chair-Elect; Taylor Pierson, Contributing Writer

If you would like more information or would like to participate in one of the LAC subcommittees, please contact Nancy Rodriguez, LAC Chair at nancy.rodriguez@illinois.gov or any LAC member.

Special thanks to:

Daniel Fitzgerald, Chief of Affirmative Action; José J. López, DCFS Office of Latino Services; Bert Tijerina, graphic designer, Office of Communications