



PHOTO: OLGA LOPEZ

THE TOXIC STRESS OF IMMIGRANT FAMILY SEPARATION: A LIFELONG IMPACT FOR CHILDREN

By Rebecca Vonderlack-Navarro PhD, José Marco-Paredes, Erika Méndez, Rocío Velazquez-Kato

When María Santos (pseudonym)¹ leaves her home every morning and drives her car, a terrible thought crosses her mind. Moving into traffic, her discomfort only grows. This mother of two is not worried about getting into a car accident, but in confronting law enforcement. Like millions of undocumented parents across the country,² when Ms. Santos leaves home she does not know if she will ever see her children again. Any encounter with police could lead to her detention and deportation to Mexico, her home country. Ms. Santos cannot afford to lose her children. At the same time, her children, especially her youngest four-year-old Jorge, cannot afford to lose his mother: he was recently diagnosed with autism spectrum disorder. “We’ve lived with fear. I try not to stress out, but if I get caught, where are they going to take my kids?” she laments.

In light of a series of executive orders and policy proposals delivered by the current federal administration intended to escalate efforts to detain and deport undocumented immigrants,¹ lawyers are recommending undocumented parents to name a legal authority for their children. In the instance parents are deported, their youngest children face difficulties reuniting with their parents, as children under 5 are not allowed to fly alone. “How am I going to give legal authority over my kids to someone I don’t know? Besides, I don’t know anyone who is not undocumented,” claims Ms. Santos.

¹ All parent names used in this document are pseudonyms in an effort to protect the privacy of those individuals.

² Through the brief, the term undocumented is used to designate immigrants who do not have legal status in this country. It is important to note that not all immigrants are undocumented.

Ms. Santos is one of millions of undocumented parents who suffer from intensified anxiety and depression as a result of fear, powerlessness, isolation, and uncertainty. As research indicates, their children, while mostly US-born citizens, are not immune to their parents' trauma and mental well-being.ⁱⁱ Children being separated from their parents, or the fear of this occurrence, can cause detrimental toxic stress. Toxic stress is defined as an "intense, repetitive or prolonged adversity without an adult's intervention."ⁱⁱⁱ These circumstances pose lifelong consequences for young children. Specifically analyzing the hardship of potential and real family separation not only affects immigrants, but extends more broadly to communities as a whole.^{iv}

This document provides: an overview of current policies impacting immigrant families, an analysis of Illinois Latino and immigrant demographics, and a brief summary of current research regarding healthy early childhood development and how stress can negatively affect infant mental health. This is followed by a community spotlight highlighting how a Chicago southwest side neighborhood is supporting some of its members. The Forum has also included a resource list that aims to integrate a broad set of referral resources for immigrant communities in crisis. The list is available in both English and Spanish.

Current Immigration Policies: An Overview

A core of the President's political campaign was to enforce stricter immigration laws that would result in an increase of arrests and deportations of undocumented immigrants. According to the Migration Policy Institute (2018), changes are "dramatically reshaping the system by which removable noncitizens are arrested, detained and deported."^v

Punitive policies toward undocumented immigrants are not new with this administration; they began to intensify under former president Obama. His government is responsible for a record number of 438,000 deportations in 2013 alone. He deported over 2.5 million people during his tenure — more than any other president.^{vi} However, with the advent of the current administration, arrests and fear in some immigrant communities has turned from bad to worse with promised escalations in deportations, inflamed rhetoric, especially toward Mexican immigrants and the construction of a border wall.^{vii}

In early 2018, the President signed a series of executive orders that threatened the rights of immigrants and refugees within and beyond the US: Border security and immigration enforcement policies, like increasing the number of border patrol agents and limiting access to asylum; interior enforcement, that aims to forbid "sanctuary" jurisdictions from receiving federal grants; and the suspension of visas to certain countries.^{viii}

Another planned executive order promises to create a chilling effect to immigrants throughout the US. A draft executive order expanding the definition of who is considered a "Public Charge" was leaked in January 2017. This term is used by U.S. immigration officials to refer to a person who is considered likely to become primarily dependent on government subsistence. An immigrant found likely to become a "public charge" may be denied admission to the US or lawful permanent resident status, also known as a "green card." The proposed rule will likely broaden the array of services and benefits that determine if an individual is a public charge. Some include: Temporary Assistance for Needy Families, TANF benefits (non-cash assistance for child care, transportation, pregnancy prevention or after school programs), health programs like Medicare or the Children's Health Insurance Program

(CHIP), nutritional programs like the Supplemental Nutrition Assistance Program (SNAP) or the Women, Infants, and Children program (WIC), among others. If enacted, these new rules would force families to choose between essential basic needs and keeping their families together.^{ix}

Current policies, along with hostile rhetoric, can pose dire consequences for undocumented families. The threat of deportation and the lack of knowledge about social service eligibility often inhibits undocumented parents from looking for help from government services.^x Subsidies for childcare and food, along with insurance to access mental health supports, are often not accessed by the families most in need.^{xi} Such fears are only exacerbated by punitive immigration policies, increases in immigrant arrests, and hostile political rhetoric that has legitimized xenophobia.^{xii}

Within Illinois, the political climate only increases difficulties faced by many immigrant communities that, on a daily basis, face a confluence of hardships stemming from poverty and mixed legal status. These adversities present dire consequences for many children growing up in immigrant households.

Latino Children in Mixed Status Immigrant Families in Illinois: The Demographics

One-in-four Illinois children are being raised in immigrant families. Of these children, 92 percent are US citizens.^{xiv} While not all immigrants are undocumented, there are an estimated 511,000 in the state.^{xv} There are as many as 200,000 children in the US that have parents who are protected under Deferred Action for Childhood Arrivals (DACA). A little more than one-quarter of DACA recipients have at least one US-born child.^{xvi}

Mixed Legal Status Families: families with at least one member with a different citizenship or immigration status. Throughout the brief the term is used to refer to families that have at least one undocumented parent.^{xiii}

While not all Latinos are immigrants, there is a definite link between the growth in the Illinois Latino community and immigration trends during the late 1990s and early 2000s.^{xvii} Currently, immigrants from Latin American countries make up to 46% of the immigrant community.^{xviii} By far, the largest percentage of them come from Mexico. An estimated one-in-three children born to immigrants have at least one undocumented parent; among children in the Mexican immigrant community in Illinois, this number spikes to roughly half.^{xix}

To be explored in the next section, conditions influencing the mental health and well-being of immigrant families and their young children are of no small matter. Research is clear: chronic toxic stress threatens the future development of young children.^{xx}

What Young Children Need to Thrive: A Review of the Research

The earliest years of life are the building blocks for later success. These initial environments and relationships in a child's life establish the foundation for future emotional, social, and academic learning. Children depend on them for a safe place to learn and grow.^{xxi}

Studies characterize a positive stimulating environment as "predictable routines in safe, clearly defined environments; respectful responses; and consistent guidance provide the kind of care that strengthens self-regulation."^{xxii} When caregivers

provide young children with skill encouragement, positive involvement, and monitoring, they are reinforcing positive modeling of behaviors and values.

In contrast, chronic stress can leave a permanent mark on a child's brain and create long-term damage to the healthy development of children. Under



extreme duress, like the separation of children from their parents that is taking place at the southern border, a child experiences behavioral responses such as hypervigilance, anxiety, and avoidance. These reactions are detrimental to their bodies' ability to regulate the nervous system and alters behavior. For example, sleep deprivation can increase anxiety, alter mood, and affect cognitive functioning.^{xxiii}

Toxic stress can develop long-term consequences in the physical and mental health of these children. Some of the health-damaging behaviors can include overeating, poor sleep, smoking, and drinking, as well as heart disease, obesity, and depression.^{xxiv} Jack Shonkoff directs the Center for the Developing Child at Harvard University. According to Shonkoff (2018):

"The bigger danger to children are the long-term consequences, and the longer they're separated from their mothers, the greater risks become."^{xxv}

Stress in Young Children in Mixed Status Immigrant Families

Children often have an acute awareness of the risks associated with a family member's immigration status. Research has shown that for children from immigrant families who have witnessed heavy handed enforcement or immigration raids, such experiences can challenge their ability to cope with any other health issues.^{xxvi} Some of these health issues can include asthma, allergies, developmental delays, obesity, and a myriad of other detrimental health concerns. Immigration raids can even be harmful to children before they are born: Latino babies born 37 weeks following a 2008 federal immigration raid in Postville, Iowa, had a 24% greater risk of lower birth weight than babies born the prior year. Such outcomes are associated with increased long-term physical and mental health risks and can even result in infant mortality.^{xxvii}

Surveys conducted in this current immigration climate have found that Latino children are experiencing heightened separation anxiety when taken to school or to the pediatrician's office. This heightened anxiety also leads to a child's sleep deprivation, changes in mood, and altered eating behaviors which have direct adverse implications for their health and development.^{xxviii}

Due to stressors, children of undocumented parents, by the age of two, can tend to demonstrate lower levels of language and cognitive development.^{xxix} These are essential precursors to literacy and later academic success.^{xxx}

Overall, research contends that punitive immigration policies are harmful to the health and well-being of children in immigrant families.^{xxxI}

Latino Immigrant Parents and Communities Under Stress

The experiences of the Latino Policy Forum and its community-based organization partners are in line with the current research: immigrant parents are reluctant to send children to school, allow them to play outside, or to seek any type of social service for fear their information will be shared with Immigration Customs and Enforcement (ICE) officials. Families living in a chronic state of hyper-vigilance and elevated stress levels stand in strong contradiction to the safe, healthy, and stimulating environments young children need to thrive and be ready for kindergarten.^{xxxII}

After noticing a steep decline in attendance, Chicago Public Schools took swift action to protect its students. In January of 2017, Chief Educational Officer Janice Jackson collaborated with the district’s legal department to in-service more than 500 school administrators on ways to protect students should ICE agents appear on site. Administrators were given specific guidance on how to deter ICE agents from entering school buildings and to contact the district’s Legal Department.^{xxxIII}

Families across the city were made aware of the efforts the district was employing on their behalf. Chicago is not alone. Throughout Illinois, communities are responding with school meetings, community based supports, and amplified communications to create emergency plans for families should a member be deported.^{xxxIV} For example, Loyola University Chicago School of Law created a

preparedness planning guide ([click here for Spanish version](#)) for those mixed-status families. The guide is intended to inform families of their options if a member is deported or detained.

Overall, various Latino communities are rising to the challenge of today’s hostile, xenophobic political climate and building comprehensive supports to reduce social-isolation, foster community well-being, and give special attention to how infants and toddlers are supported.

Community Spotlight: Saint Anthony Hospital: Community Wellness Program, Southwest Chicago

The Brighton Park is a predominately Latino neighborhood located on the southwest side of Chicago. It exemplifies the commonplace stressors mentioned above: one-in-three community members are under the age of 19; nearly 75% of households are low-income; and many residents live in mixed legal status families.^{xxxV}



In 2014, an innovative partnership began when Saint Anthony Hospital and Brighton Park Neighborhood Council administered an initial Community Health Survey to 378 community members to identify and support resident emotional well-being. Forty-six percent of immigrant adults reported depression, 25% parental stressors, and 38% feelings of anxiety as issues they experience with great frequency or intensity.

58% of respondents would consider counseling, yet they found high cost, absence of available services, limited information, and lack of insurance as insurmountable hurdles. “The main barrier to mental health services is cost, not stigma. We have to change the dominant discourse that blames people,” said Dr. Arturo Carrillo, author of the study.

Dr. Carrillo is the mental health manager for the Saint Anthony Hospital Community Wellness Program, an initiative to provide services,

SAINT ANTHONY HOSPITAL: COMMUNITY WELLNESS PROGRAM



Source: Carrillo, A.; Estrada, M.; Briseño, S.; Aviles, G.; (2016) Saint Anthony Hospital and Brighton Park Neighborhood Council.

There is a common misperception that immigrants do not access mental health services due to social stigma. The survey highlighted a finding that is quite the contrary: availability of services and financial constraints are what limit access to emotional supports. For many undocumented parents a \$20 co-pay can create a significant barrier. In fact,

information, and assistance to anyone who cannot afford the cost in Chicago Southside neighborhoods like Little Village, Brighton Park or North Lawndale. “Before [the presidential] elections we had parenting education workshops, but after elections, families were asking for help to deal with anxiety at home.”

Therapist and social worker of the same program, Tatiana Rohner, expressed how harmful the current federal climate has been for the children of immigrants. “We have to support the parents on how to communicate with their children about what is happening. Teachers at school were warning us about how the post-election atmosphere was affecting the children.”

This dual-generation approach is the one Saint Anthony Hospital has implemented in Brighton Park. It aims to align and coordinate services that serve both parents and their children together.

The study conducted by Dr. Carrillo also provided impetus for a broader scan of Latino communities throughout the southwest side of the city. The second study included a coalition of various community-based organizations (BPNC, Enlace Chicago, Pilsen Alliance, Southwest Organizing Project, and Union Impact Center), community members, and mental health providers. Among 2,859 adults

surveyed across 10-community areas, the study found 49% of respondents reported depression, and 27% had experienced trauma. Eighty percent of respondents desired counseling. The most significant reported barrier to access was cost of services (57%).

Brighton Park Neighborhood was well aware that the mental health of parents and caregivers would directly influence the well-being and development of young children. As a result, the Saint Anthony Hospital extended its community wellness program in Brighton Park by offering its comprehensive set of services across the continuum of birth to adulthood. Some of these linguistically and culturally responsive services include connecting parents to early childhood services, counseling adults experiencing stress and anxiety, general health education or teaching positive discipline and conflict resolution skills. All of the above aim to care for parents and children simultaneously.

Dual-generation approaches: A series of interventions that intentionally work with caregivers/parents and children simultaneously to improve family outcomes. The philosophy of such approaches believe that children exist within the context of their home environment and their success is largely defined by the progress and achievement of adult caregivers. The goal of this approach is to provide families with the tools needed to overcome challenges linked to poverty and inadequate social supports. The strategy employed by this approach is grounded in the ability to move families and communities toward economic stability through education, workforce training, and support services.^{xxxvi} For immigrant families, the dual-generation approach is most successful when programming offers, “basic English language and literacy development as well as U.S. culture and systems knowledge.”^{xxxvii} The Migration Policy Institute reports that the services for immigrant families, “must be distinctly valued and prioritized.”^{xxxviii} Best practices for programmatic success can include:

- Culturally and linguistically competent workforce
- Building the social capital of immigrant families and leading with an asset-based lens
- Grown your own” initiatives to cultivate a workforce that is from and connected to the community
- Employing an assessment and management tool that addresses the multiple needs of immigrant families

In addition to this, Saint Anthony's Community Wellness Program created a family night to encourage current and former participants to come together in efforts to reduce social isolation, in light of recent reports of ICE raids. During these family gatherings over 100 participants attended to share food, stories, and learn more about community resources, such as legal referrals and know your rights trainings. The community spirit is alive and will thrive despite these uncertain times.

"Our idea is to create a center, a space where people can feel comfortable and can gather to talk about their problems and share resources," explains Mariela Estrada, former Director of Organizing at the Brighton Park Neighborhood Council and co-author of the study

Early intervention services with children and their families can positively influence the course of children's development and buffer them from the harms of negative experiences related to social inequities.^{XXXX}

Brighton Park Neighborhood is an exemplar of collective impact, in which a comprehensive approach to community mental health treats the whole child, and views families as integral partners. The model, as explained by Dr. Carrillo, starts by attending to individual problems and highlighting the consequential impact on the children. "It links the person to the family and society."

The same model encourages leaders to mentor other members so that the social safety reaches those in most need. "We give them information and the necessary tools so they feel empowered to create healing spaces for their community," says Dr. Carrillo. Despite all the barriers undocumented immigrants face when accessing mental health services and basic well-being, Brighton Park has set an example of resilience.

Supporting Infants and Toddlers Birth - 3 Years of age

Saint Anthony Hospital offers other free services to support both children and their parents in a

"Resilience also has to do with mental health. For those being oppressed, for those being attacked, to come together and resist is part of personal, emotional, social, and community well-being. Connecting people to those spaces of participation is part of our therapy. People must feel empowered, they have to be able to fight fear and find the support they need, so they can resist as a united community"

— DR. ARTHURO CARRILLO

dual-generation approach. "How can you help children from 0 to 3 if you don't help first parents?" says Dr. Carrillo. Some of these programs are the Developmental Support Project and the ACT against violence workshops, where parents learn how to reduce violence in their child's lives. These workshops have become more important given the stress many undocumented parents face. "We find mothers who have been treated poorly, who are frustrated, and who are under elevated levels of stress and anxiety," explains Tatiana Rohner. Luz Morales is one of the mothers that attended this program. "My son Brandon was very wild, he always talked back to me, and if you took a toy from him, he would get angry and fight for everything... (I learned) you should talk to him and explain things so he understands, because hitting is very bad for him. Now I treat him differently," says Ms. Morales.

Ms. Morales also benefitted from Little Explorers, an interactive parent-child group that meets once a week for two hours at St. Agnes Church in La Villita. "Many parents are isolated because they have no extended family living with them, and therefore no one to speak to. The children are exposed to long hours of electronic devices instead of being with others.

Some of them show language developmental or behavioral problems,” explains María Dolores Vaca, Family Support Supervisor. (The goals of this program are to socialize, provide parents with tools to support their young children, and advance the development of those with special needs.)

In fact, providing comprehensive prevention and intervention services to families has the potential to redirect the developmental trajectories of children exposed to adversities and also break the cycle of poverty.^{xxxx}

Mental health professionals like Dr. Carrillo, however, think the broader social system is broken and work in immigrant communities is far from over. Across the state community providers have been intensely distressed by the Illinois budget stalemate. A 2017 United Way survey of 463 human service employers agencies across the state reveals that 46% of agencies have had to decrease the number of clients they serve.^{xxxxi}

As the federal climate continues to be hostile toward immigrants coupled with a state budget impasse that devastated social services throughout the state, the mental health of immigrant families and the consequences for young children remains deeply concerning: “The city is promoting mental healthcare through its Chicago Is With You Taskforce. That’s perfect, but the truth is the mental health clinic we had in Back of the Yards was the first to shut its doors. It offered services at no cost to those who couldn’t afford it. Six clinics have closed by now,” regrets Carrillo.

Conclusions

Children and their families’ experiences are inextricably linked to community vitality. Approaches that address parents and children, as demonstrated by Saint Anthony Hospital’s integrated services, are crucial for creating the supportive and stimulating environments children need for optimal development. In addition, wide accessibility of services offered

regardless of ability to pay or legal status along with being linguistically and culturally responsive are fundamental to supporting individual well-being.

The Latino Policy Forum has created a resource list that aims to aggregate a sampling of services and programs offered throughout the state (see appendix or go on-line: Safe and Healthy Living: A Resource List for Immigrant Families). This resource, available in Spanish and English, provides the following: community services (mental health providers, emergency housing services, detention center information, emergency housing services, and food pantries), legal resources, and a self-care assessment tool. It also provides a plan of action, should a family member be detained or deported, that can be tailored to meet diverse needs.

The Forum is proud to work with numerous stakeholders and community partners to stand strong in battling against the various executive orders and policy proposals that endanger the health, safety, and development of young children in immigrant families. Illinois — and the nation at large — is dependent on a thriving future of all children.



SAFE AND HEALTHY LIVING

A RESOURCE LIST FOR IMMIGRANT FAMILIES

Over the course of the last few years, the State of Illinois has experienced cuts to social services vital to a community's survival. Shortages in service have been compounded by the contentious immigration climate, inciting fear amongst communities across the state. This list is meant to highlight the resilience and resourcefulness that many communities have leveraged despite being confronted with such challenges. For them, resilience is beyond surviving, it's thriving. The Forum does not endorse or recommend any particular service provider. What is offered is a list for general information purposes.

Resource List Development Process:

The potential for detention or deportation incites uncertainty for many immigrant families and their children in regards to job, food, and housing security. The majority of resources and services listed are cost friendly, if not free, and is culturally and linguistically responsive to the needs of Latinos.

The list compiles relevant resources identified by the Forum's immigration, education, and housing departments. Additionally, the Forum received consent from various partner organizations to reference services relevant to immigrant and refugee communities.

In April of 2016, the Illinois Coalition for Immigrant and Refugee Rights (ICIRR) released an immigration services directory that lists services and a healthcare assistance guidance for Illinois that helped to inform this list. Additionally, the Forum included resources developed by the *You are not Alone* campaign; they provide guidance on culturally sensitive mental health services, emergency services, and self-care strategies. This campaign draws from the work of several organizations and coalitions which includes but is not limited to: Lurie's Hospital, One Chicago, Coalition for Immigrant Mental Health/ICRR, the Illinois Child Trauma Coalition (ICTC), and the Illinois Department of Human Services.

Below is a summary of the content:

PART ONE: Meeting your Immediate Needs

This section identifies resources and services related to immigration services directory, detention centers, continuums of care, housing, and food pantries. Information provides location, whether it is free of cost, if it is available in Spanish, and how to get in contact with service provider.

PART TWO: Planning for Long-term

This section highlights the importance of developing healthy strategies to manage stress. Resources include detailed self-care strategies, links to materials that aid families with young children who may have experienced trauma, mental health services, and emergency care.

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MENTAL HEALTH: PROVIDERS AND SERVICES

The Forum does not endorse or recommend any particular service provider, but we offer this as general information. The following service providers were identified by the Illinois Childhood Trauma Coalition (ICTC). The coalition has created a broad network of agencies that work with children and families.

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
	 ESPAÑOL	ALIVIO MEDICAL CENTER 2355 S. Western Ave Chicago, IL 60608 Phone Number: (773) 650-1201 Services: Therapy for adults, children, and adolescents / family therapy	Chicago
	 ESPAÑOL	ERIE NEIGHBORHOOD HOUSE: PROYECTO CUÍDATE 4225 W. 25th St Chicago, IL 60623 Phone Number: (773) 542-7617 ext.31 Services: Therapy for adults, children, and adolescents / parenting classes	Chicago
	 ESPAÑOL	CENTRO DE SALUD ESPERANZA 2001 S. California Chicago, IL 60608 Phone Number: (773) 584-6200 Services: Therapy for adults, children, and adolescents	Chicago
	 ESPAÑOL	HOSPITAL MOUNT SINAI 2653 W. Ogden, Floor 2 Chicago, IL 60608 Phone Number: (773) 257-5300 Services: Therapy for adults, children, and adolescents / family therapy	Chicago
	 ESPAÑOL	PROGRAMA BIENESTAR COMUNITARIO DE HOSPITAL SAINT ANTHONY 2826 W. Cermak Rd Chicago, IL 60623 Phone Number: (773) 523-5079	Chicago
	 ESPAÑOL	ANN & ROBERT LURIE CHILDREN'S HOSPITAL OF CHICAGO 225 E. Chicago Chicago, IL 60611 Phone Number: (312) 227-6039 Services: family therapy, therapy, intervention of a crisis, urgent care	Chicago
	 ESPAÑOL	ARAB AMERICAN FAMILY SERVICES 9044 S. Octavia Bridgeview, IL Phone Number : (708) 599-2237 Services: family therapy, therapy, intervention of a crisis, urgent care Note: Need referral from DCFS	Bridgeview

MENTAL HEALTH: PROVIDERS AND SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
	ESPAÑOL	BARR-HARRIS CHILDREN'S GRIEF CENTER, CHICAGO INSTITUTE FOR PSYCHOANALYSIS 122 S. Michigan Ave. Suite 300 Chicago, IL 60603 Phone Number: (312) 922-7474 Note: Need referral from DCFS	Chicago
	ESPAÑOL	CASA CENTRAL 1349 N. California Chicago, IL Phone Number: (773) 645-2376 Servicios: Terapia Familiar y terapia de juego para niños Nota: necesita tener un hijo entre la edad 0 a 5	Chicago
FREE	ESPAÑOL	HEARTLAND ALLIANCE 4822 N. Broadway Chicago, IL Phone Number: (773) 830-5439 Services: family therapy, therapy, intervention of a crisis, and urgent care	Chicago
FREE	ESPAÑOL	MARJORIE KOVIAR CENTER 1331 W. Albion Chicago, IL 60626 Phone Number: (773) 381-4070 Services: Therapy, Family Therapy, and Medication Evaluation	Chicago
FREE	ESPAÑOL	OUNCE OF PREVENTION 4859 S. Wabash Chicago, IL Phone Number: (773) 496-5407 Services: Short-term therapy and mental health consultation	Chicago
		CHILDREN'S RESEARCH TRIANGLE 70 E Lake Street, Suite 1300 Chicago, IL 60601 Phone Number: 312-726-4011 Services: Consultation Developmental consultation, Screening, Infant Massage, Parent Education, and Therapy	Chicago

MENTAL HEALTH: PROVIDERS AND SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		COMMUNITY RESOURCE CENTER 421 W. Main St. Vandalia, IL 62471	Chicago
		PATHWAYS PSYCHOLOGY SERVICES 4255 Westbrook Drive Unit 206 Aurora, Illinois 60504 Phone Number: (630) 581-2374 Spanish-Speaking Provider: Maria M Lopez	Aurora
		LEYDEN DUPAGE COUNSELING SERVICES 2000 West Galena, Suite 308 Aurora, Illinois 60506 Phone Number: (877) 453-3411	Aurora
		ROSECRANCE BERRY CAMPUS 8616 Northern Ave Rockford, Illinois 61107	Rockford
		PORTRAIT HEALTH CENTERS - COUNSELING SERVICES 62 S. Madison Street Oswego, Illinois 60543 Payment: Insurance or sliding scale OR PORTRAIT HEALTH CENTERS - COUNSELING SERVICES 175 E. Hawthorn Pkwy #235 Vernon Hills, IL 60061 Fee: Insurance or sliding scale	Oswego/ Vernon Hills
		LIVE OAKS 1300 W. Belmont Ave. Suite 400 Chicago, IL 60657 Phone Number: (773) 880-1310 Fee: Sliding scale from \$35-\$160	Chicago
		CICERO FAMILY SERVICE: FAMILY AND MENTAL HEALTH 5341 Cermak Rd, Cicero, IL 60804 Phone Number: (708) 656-6430	Cicero
		PATHWAYS PSYCHOLOGY SERVICES 4255 Westbrook Drive Unit 206 Aurora, Illinois 60504 Phone Number: (630) 581-2374 Spanish-Speaking Counselor: María M López	Aurora

SELF CARE

Mental health is a critical aspect of health. It is important to identify situations and circumstances that generate chronic stress and find strategies that help manage that stress.

Chronic Stress: Any stress that the body is subjected to for a prolonged period or on a single occasion with prolonged negative effects.

Resources for Children and Adolescents

NAME AND RESOURCE DETAILS
<p>CRISIS TEXT LINE Website : http://www.crisistextline.org</p>
<p>NATIONAL SUICIDE PREVENTION LIFELINE Website: www.suicidepreventionlifeline.org Phone Number: 1 (800) 273-8255</p>
<p>TO WRITE WITH LOVE ON THEIR ARMS Website: http://twloha.com</p>
<p>CARES CRISIS LINE, SASS SERVICES Website: http://www.dhs.state.il.us/page.aspx?item=64971 Phone Number : 1 (800) 345-9049 or (773) 523-4504</p>
<p>CRISIS/EMERGENCY MENTAL HEALTH PROVIDERS ACROSS ILLINOIS Website: http://www.dhs.state.il.us/page.aspx?item=30893</p>

Resources for Parents and Families

NAME AND RESOURCE DETAILS		
<p>LOOK THROUGH THEIR EYES Website: www.lookthroughtheireyes.org</p>		
<p>CHILD MIND INSTITUTE Website: http://childmind.org/article/youre-worried-suicide</p>		
<p>CITY OF CHICAGO - OFFICE OF NEW AMERICANS AND 311 CITY SERVICES Website: http://www.cityofchicago.org/city/en/depts/mayor/provders/office_of_new_americans.html and 311</p>		
<p>ANN & ROBERT H. LURIE CHILDREN'S HOSPITAL OF CHICAGO Website: www.luriechildrens.org KIDS DOC Phone Number: 1 (800) 543-7362</p>		
<p>MOUNT SINAI HOSPITAL BRIGHTPATH Two Locations:</p> <table border="0"> <tr> <td>Under the Rainbow 1500 S. California Phone Number: (773) 257-4750</td> <td>St. Casimir Center 2601 W. Marquette Phone Number: (773) 565-2550</td> </tr> </table>	Under the Rainbow 1500 S. California Phone Number: (773) 257-4750	St. Casimir Center 2601 W. Marquette Phone Number: (773) 565-2550
Under the Rainbow 1500 S. California Phone Number: (773) 257-4750	St. Casimir Center 2601 W. Marquette Phone Number: (773) 565-2550	
<p>You Are Not Alone: Supporting Dreamers and Families of Undocumented Status (Facebook live)</p>		
<p>You Are Not Alone: A Webinar on Mental Health Resources for Marginalized Youth and Families (Webinar) Luriechildrens.org/youarenotalone</p>		

Self-Care Assessment Worksheet

Using the scale below, rate the following areas in terms of frequency.

After completing the assessment, choose one item from each area that will actively work for improvement. The objective is to identify areas for improvement and develop strategies to alleviate stress based on your needs.

4 = Frequently 3 = Occasionally 2 = Rarely 1 = Never

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from telephones
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience — listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving from others
- Be curious
- Say “no” to extra responsibilities sometimes
- Other:

SELF-CARE ASSESSMENT WORKSHEET (Continued)

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests
- Play with children
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)
- Other:

SELF-CARE ASSESSMENT WORKSHEET (Continued)

Workplace or Professional Self-Care

- Take a break during the workday (e.g. lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your clients and colleagues
- Balance your caseload so that no one day or part of a day is “too much”
- Arrange your work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

Balance

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play, and rest

Self-Care Strategies

(Compiled by V. Quiñonez, PsyD)

- 1** Maintain your normal routine and engage in healthy activities as a way to provide balance in your life and induce feelings of well-being.
- 2** Practice acceptance and take care of yourself by walking, meditating, listening to music, or whatever activity you find helpful.
- 3** Practice reflection and pay attention to your own reactions to stress, like a tightening of the muscles of your throat. If you can identify your own reactions to stress, you can then address them.
- 4** Engage in healthy communications and socialize in your community. By sharing experiences, you may feel good about yourself.
- 5** Limit your consumption of news and social media, like Facebook or Twitter, if you feel distressed.
- 6** Make a list of 10 to 15 things you are grateful for – such as your health or your family – to remind you of the people and things that provide you with strength and support.

DIRECTORY OF LEGAL RESOURCES

The following information was selected from the Immigration and Customs Enforcement Agency and the Immigrant Justice Organization. More can be found at the following website(s):











<https://www.ice.gov/detention-facility/jefferson-county-justice-center>

<https://www.ice.gov/detention-facility/pulaski-county-detention-center>

<http://immigrantjustice.org/sites/immigrantjustice.org/files/Chicago%20ICE%20Detention%20Facilities%20Contact%20Information%20July%202012.pdf>

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		ILLINOIS COALITION FOR IMMIGRANT AND REFUGEE RIGHTS (ICIRR) Family Support Website: http://www.icirr.org/our-work/1/details/19/red-de-apoyo-familiar Family Support Number: (1-855-435-7693) English/Spanish/Korean/Polish	
		LEGAL ASSISTANCE FOUNDATION OF METROPOLITAN CHICAGO 120 S. LaSalle , Suite # 900 Chicago, IL 60603 Phone Number: (312) 341-1070	Chicago
		HISPANIC LAWYERS ASSOCIATION OF ILLINOIS 321 South Plymouth Court, Suite #600 Chicago, IL 60604 Phone Number: (312) 554-2045 Immigration	Chicago
		CHICAGO LEGAL CLINIC PRO BONO PROGRAM 2938 E 91st St Chicago, IL 60617 Phone Number: (773) 731-1762	Chicago
		CENTRO ROMERO 6216 N. Clark St. Chicago, IL 60660 Phone Number: : (773) 508-5300 Website: www.charityadvantage.com/centroromero	Chicago
		LATINOS PROGRESANDO 3047 West Cermak Road Chicago, IL 60623 Phone Number: (773) 542-7077	Chicago
		CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO 1400 S. Austin Blvd. Cicero, IL 60804 Phone Number: (708) 222-1491	Cicero
		OUR LADY OF GUADALUPE SHRINE 1170 N. River Rd. Des Plaines, IL 60016 Phone: (312) 427-7078	Des Plaines
		CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO 671 S. Lewis Waukegan, IL 60085 Phone Number: (847) 782-4000	Waukegan

DIRECTORY OF LEGAL SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
	 ESPAÑOL	CENTRO DE INFORMACIÓN 28 N. Grove Ave., Suite 200 Elgin, IL 60120 Phone Number: (847) 695-9050	Elgin
	 ESPAÑOL	MANO A MANO FAMILY RESOURCE CENTER 6 E. Main St. Round Lake Park, IL 60073 English: (847) 201-1521 Phone Number: (847) 201-1522	Round Lake Park
	 ESPAÑOL	CASA GUANAJUATO 1852 16th St. Moline, IL 61265 Phone Number: (309) 736-7727 Website: casaqc.org	Moline
	 ESPAÑOL	LA VOZ LATINA 4990 E. State St. Rockford, IL 61108 Phone Number: (815) 968-9681	Rockford
 FREE	 ESPAÑOL	ADMINISTER JUSTICE 1750 Grandstand Place, Suite 15 Elgin, IL 60123 Phone Number: (847) 844-1100 Website: www.administerjustice.org	Elgin
 FREE	 ESPAÑOL	ROCK VALLEY COLLEGE 303 N. Main Street Rockford IL 61101 Phone: (815) 921-2274 Website: www.rockvalleycollege.edu	Rockford
	 ESPAÑOL	SPANISH COMMUNITY CENTER 309 N. Eastern Avenue Joliet, IL 60432 Phone: 815-727-3683 Website: www.spanishcenter.org	Joliet
	 ESPAÑOL	ERIE NEIGHBORHOOD HOUSE 1347 W. Erie Chicago, IL 60642 Phone Number: (312) 666-3430 Website: eriehouse.org Immigration consultations on a walk-in (first-come, first-served) basis at the following sites: Tuesdays 8 AM, Saturdays 8:45 AM 1347 W Erie St Wednesdays 8:30 AM 1701 W Superior Fridays 8:30 AM 4225 W 25th St Note: Free Service provided to individuals and families who cannot afford service	Chicago

DIRECTORY OF LEGAL SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
	ESPAÑOL	<p>FAMILY FOCUS AURORA 550 Second Ave Aurora, IL 60505 Phone Number: (630) 256-7017 Website: www.family-focus.org</p> <p>Note: Free Service provided to individuals and families who cannot afford service</p>	Aurora
	ESPAÑOL	<p>CHICAGO VOLUNTEER LEGAL SERVICES FOUNDATION 33 North Dearborn Street Chicago, IL 60602 Phone Number: (312) 332-1624</p>	Chicago
FREE	ESPAÑOL	<p>JUSTICE FOR OUR NEIGHBORS</p> <p><i>Aurora Clinic</i> 551 S 4th St Aurora, IL 60505 Phone Number: (630) 391-6906 First Saturday of every month</p> <p>OR</p> <p><i>Chicago Clinic</i> 2120 N Mozart St Chicago, IL 60647 Phone Number: (872) 333-1211 Fourth Saturday of every month</p> <p>OR</p> <p><i>Rockford Clinic</i> 214 N Court St Rockford, IL 61103 Phone Number: (815) 408-0498 Fourth Sunday of every month</p>	Aurora, Chicago, Rockford
FREE	ESPAÑOL	<p>HIGHLAND PARK – HIGHWOOD LEGAL AID CLINIC 1830 Green Bay Road, PO Box 256 Highland Park, IL 60026 Phone Number: (847) 926-1867</p>	Highland Park
FREE	ESPAÑOL	<p>NATIONAL IMMIGRANT JUSTICE CENTER 208 S LaSalle St Suite 1300 Chicago, IL 60604 Phone Number: (312) 629-1960</p>	Chicago
	ESPAÑOL	<p>WEST SUBURBAN ACTION PROJECT (PASO) 3415 W North Ave Melrose Park, IL 60160 Phone: (708) 410-2000 Website: pasoaction.org</p>	Melrose Park

ADDITIONAL RESOURCES

NAME AND RESOURCE DETAILS
<p>IMMIGRATION AND CUSTOMS ENFORCEMENT FORMS OF THE UNITED STATES (Waiver of privacy to authorize disclosure to third parties, request for suspension of deportation or removal, change of address, appointment of lawyer, immigration bond, etc.) Available in Spanish Website: https://www.ice.gov/forms</p>
<p>GENERAL CONSULATE OF COLOMBIA 500 N Michigan Ave # 1950 Chicago, IL 60611 Phone Number: (312) 923-1196</p>
<p>GENERAL CONSULATE OF GUATEMALA 5559 N Elston Ave #100 Chicago, IL 60630 Phone Number: (312) 540-0781</p>
<p>GENERAL CONSULATE OF COSTA RICA 30 N Michigan Ave #1922 Chicago, IL 60602 Número Telefónico: (312) 470-0282</p>
<p>GENERAL CONSULATE OF MEXICO 204 S Ashland Ave Chicago, IL 60607 Phone Number: (312) 738-2383</p>
<p>GENERAL CONSULATE OF EL SALVADOR 177 N State St Chicago, IL 60601 Phone Number: (312) 332-1393</p>
<p>ILLINOIS MENTAL HEALTH TASK FORCE Ensures Access and information on Mental Health and Services for Immigrants and Refugees in Illinois Website : http://www.ilmh.org</p>
<p>ILLINOIS COALITION FOR IMMIGRANT AND REFUGEE RIGHTS An Organization that focuses on the rights of refugees and immigrants Website: http://www.icirr.org</p>
<p>ILLINOIS DREAM FUND Compilation of scholarships and grants available to undocumented students Website: www.illinoisdreamfund.org</p>
<p>NATIONAL IMMIGRANT JUSTICE CENTER Website: http://immigrantjustice.org</p>

DETENTION CENTERS AND SCHEDULES

The following information was referenced from the Immigration and Customs Enforcement Agency and the Immigrant Justice Organization. More information can be found at the following website(s):

<https://www.ice.gov/detention-facility/jefferson-county-justice-center>



<https://www.ice.gov/detention-facility/pulaski-county-detention-center>

<http://immigrantjustice.org/sites/immigrantjustice.org/files/Chicago%20ICE%20Detention%20Facilities%20Contact%20Information%20July%202012.pdf>

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>JEFFERSON COUNTY JUSTICE CENTER 911 Casey Avenue Mt Vernon, IL 62864 Phone Number: (618) 244-8015</p> <p>Visitation Schedule: Thursday, Saturday, and Sunday 10:30 AM-2:30 PM & 5:30- 9:30 PM</p> <p>Visitors should arrive 45 minutes for registration. Duration of visit is one hour.</p> <p>Requirements: Visitors under the age of 18 must be accompanied by another family member or a legally designated companion (18 years or older). For registration, you must bring government-issued identification Examples of government issued ID:</p> <ol style="list-style-type: none"> 1. Valid driver's license 2. Secretary of State valid Personal identification card (with photo) 3. Identification Card of the Armed Forces <p>To send mail, the following address is provided: Name of detainee, detainee number, detainee registration number</p> <p>Jefferson County Justice Center 911 Casey Avenue Mount Vernon, Illinois 62864 Adapted from : https://www.ice.gov/detention-facility/jefferson-county-justice-center</p>	<p>Mt. Vernon</p>

Adapted from: <https://www.ice.gov/detention-facility/jefferson-county-justice-center>

DETENTION CENTERS AND SCHEDULES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>TRI-COUNTY DETENTION CENTER 1026 Shawnee College Road Ullin, IL 62992 Phone Number: (618) 845-3512</p> <p>Visitation Schedule: Friday, 5- 9 PM Saturday and Sunday , 9- 11 AM & 1- 3PM</p> <p>Visitors should arrive 45 minutes for registration. Duration of visit is half an hour.</p> <p>Requirements: Visitors under the age of 18 must be accompanied by another family member or a legally designated companion (18 years or older). For registration, you must bring government-issued identification Examples of government issued ID: 1. Valid driver’s license 2. Secretary of State valid Personal identification card (with photo) 3. Identification Card of the Armed Forces</p> <p>To send mail, the following address is provided: Name of detainee, detainee number, detainee registration number</p> <p>Tri-County Detention Center 1026 Shawnee College Road Ullin, Illinois 62992</p>	<p>Ullin</p>

Adapted from: <https://www.ice.gov/doclib/dro/facilities/pdf/tricoil.pdf>

DETENTION CENTERS AND SCHEDULES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>MCHENRY COUNTY JAIL 222 N. Seminary Ave Woodstock, IL 60098 Phone Number: (815) 338-9396</p> <p>Visitation Schedule:</p> <p>Females: Sunday: 9 -11 AM Thursday: 9 -11 AM, 12:30 -1:30 PM, 2:30-3:30 PM, & 6 - 9 PM Saturday: 9 -11 AM</p> <p>Males: Sunday: 12:30 - 1:30 PM, 1:30-3:30 PM, & 6:30 - 9 PM Monday - Wednesday - Friday: 9 -11 AM, 12:30 -1:30 PM, 2:30-3:30 PM, & 6 - 9 PM Tuesday: 9 -11 AM, 12:30-1:30 PM, & 2:30-3:30 PM Friday: 9 -11 AM, 12:30 -1:30 PM, 2:30-3:30 PM, & 6 - 9 PM</p> <p>Requirements: Need to register online before hand/offer video visitation www.mchenrysheriff.org Max 2 visitors over the age of 17 with appropriate forms of identification</p> <p>To send mail, the following address is provided: Name of detainee, detainee number, booking number</p> <p>McHenry County Jail 222 N. Seminary Ave Woodstock, IL 60098</p>	<p>Woodstock</p>

Adapted from: <http://www.immigrationdetention.org/wiki/mchenry-county-jail/>

Juvenile Detention Centers

The Forum referenced a number of juvenile detention centers in Illinois identified by Northwestern's Center for Child Trauma Assessment, Services, and Interventions (CCTASI).

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		ADAMS COUNTY JUVENILE DETENTION CENTER 200 N. 52nd Street Quincy, IL 62301 Phone Number: (217) 277-2233	Quincy
		CHAMPAIGN COUNTY DETENTION CENTER 400 Art Bartell Drive Urbana, IL 61802 Phone Number: (217) 384-3780	Urbana
		COOK COUNTY DETENTION CENTER 1100 South Hamilton Ave Chicago, IL 60612-4284 Phone Number: (312) 433-7102	Chicago
		FRANKLIN COUNTY JUVENILE DETENTION CENTER 409 East Washington Benton, IL 62812 Phone Number: (618) 438-2222	Benton
		KANE COUNTY JUVENILE DETENTION CENTER 37 W. 655, Rt. #38St. Charles, IL 60175 Phone Number: (630) 406-7480	St. Charles
		MARY DAVIS DETENTION HOME 1319 East Fifth Street Galesburg, IL 61401 Phone Number: (309) 343-5112	Galesburg
		HULSE DETENTION CENTER - LAKE COUNTY 25467 N. Milwaukee Ave. Vernon Hills, IL 60061 Phone Number: (847) 377-7825	Vernon Hills
		MADISON COUNTY DETENTION CENTER 100 West Fifth Ave. Edwardsville, IL 62025 Phone Number: (618) 692-1064	Edwardsville
		MCLEAN COUNTY DETENTION CENTER 903 North Main Street Normal, IL 61761 Phone Number: (309) 888-5550	Normal

Juvenile Detention Centers (Continued)



FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		LASALLE COUNTY DETENTION HOME 707 Etna Road Ottawa, IL 61350 Phone Number: (815) 434-8383	Ottawa
		PEORIA COUNTY DETENTION CENTER 223 N. Maxwell Road Peoria, IL 61604 Phone Number: (309) 697-8515	Peoria
		ST. CLAIR COUNTY DETENTION CENTER 9006 Lebanon Road Belleville, IL 62223 Phone Number: (618) 397-0766	Belleville
		SANGAMON COUNTY/CUSTODY SERVICES DIVISION 2201 S. Dirksen Parkway Springfield, IL 62703 Phone Number: (217) 753-6887	Springfield
		RIVER VALLEY JUSTICE CENTER, WILL COUNTY JUVENILE DETENTION CENTER 3200 W. McDonough St. Joliet, IL 60436 Phone Number: (815) 730-7100	Joliet
		VERMILION COUNTY JUVENILE DETENTION CENTER 150 Sager Danville, IL 61832 Phone Number: (217) 431-6691	Danville
		WINNEBAGO COUNTY JUVENILE DETENTION CENTER 5350 Northrock Drive Rockford, IL 61103 Phone Number: (815) 516-2980	Rockford

HOUSING ASSISTANCE





The following resources were identified from the housing and homelessness Continuum of Care directory listed by the U.S. department of Housing and Urban Development. **For more information, visit: <https://www.hud.gov/states/illinois/homeless/cocontacts>**

Additionally, the Forum referenced the Illinois Department of Human Services handbook for Brighter Futures. **For more information, visit: <https://www.illinois.gov/dcfs/brighterfutures/independence/Documents/Housing-Handbook.pdf> OR https://www.illinois.gov/dcfs/brighterfutures/independence/Documents/Housing-Handbook_Spanish.pdf**

Emergency Housing

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		CENTRAL ILLINOIS CONTINUUM OF CARE (COC) Karen Zangerle, Path Crisis Center: (309) 834-0244	Central Illinois
		CHICAGO COC Call 311; When prompted, press button 4 for "short-term help".	Chicago
		COOK COUNTY COC (excluding Chicago) Phone Number: (877) 426-6515	Cook County
		DECATUR COC Macon County Phone Number : (217) 362-7700 x 3014	Decatur
		DEKALB COC Phone Number: (815) 748-2060	DeKalb
		DUPAGE COC Phone Number : (630) 407-6500 (presione 0)	DuPage
		HEARTLAND COC Sangamon County Phone Number : (217) 753-3939	Sangamon
		HOMELESS ACTION COUNCIL Phone Number : (618) 277-6790 x3330	St. Clair
		JOLIET COC Phone Number : (815) 722-0722	Joliet

Emergency Housing (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		KANE COUNTY COC Phone Number : (847) 697-2380	Kane County
		LAKE COUNTY COC Phone Number : (847) 377-2475	Chicago
		MCHENRY COUNTY COC Call 311 for more information on emergency housing Northwestern CoC Phone Number : (309) 793-6391 x108 21	McHenry
		PEORIA AREA HOMELESS CONSORTIUM YMCA Phone Number : (309) 685-7655	Peoria
		ROCKFORD/WINNEBAGO COC Phone Number : (844) 710-6919	Rockford/ Winnebago
		URBANA/CHAMPAIGN COC Phone Numbers: (217) 384-2447 (217) 384-2306 x409	Urbana/ Champaign
		LA CASA NORTE 3533 W. North Ave Chicago, IL 60647 Phone Number : (773) 276-4900	Chicago
		SAN JOSE OBRERO 1856 S. Loomis Chicago, IL 60608 Phone Number : (312) 243- 4347	Chicago

Adapted from: https://www.illinois.gov/dcf/brighterfutures/independence/Documents/Housing-Handbook_Spanish.pdf














Affordable Housing

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		BICKERDIKE REDEVELOPMENT CORPORATION 2550 W. North Ave. Chicago, IL 60647 Phone Number: (773) 278-5668	Chicago
		HISPANIC HOUSING DEVELOPMENT CORPORATION 325 N. Wells Street, 8th floor Chicago, IL 60654 Phone Number: (312) 602-6500	Chicago
		THE RESURRECTION PROJECT 1818 S. Paulina Ave Chicago, IL 60608 Phone Number: (312) 666-1323	Chicago
















FOOD PANTRIES

The food pantries identified in the following section were selected from the Illinois Department of Human Services emergency food services. **For more information, please visit: <http://www.dhs.state.il.us/page.aspx?item=31245>.**















Additionally, the Forum referenced the directory of food banks, soup kitchens, and non-profit organizations who provide these services by cities in Illinois. **For more information, visit: <https://www.foodpantries.org/st/illinois>**

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		OLIVE BRANCH MISSION 2309 Packard Street Chicago, IL Phone Number: (773) 476-6200	Chicago
		NORTHERN ILLINOIS FOOD BANK 273 Dearborn Court Geneva, IL 9134 Phone Number: (630) 443-6910	Geneva
		NEW LIFE BILINGUAL FOOD PANTRY 468 Ann Street West Chicago, IL, 60186 Phone Number: (630) 231- 3315	West Chicago
		SALVATION ARMY ST. CHARLES 1710 S. 7th Avenue St. Charles, IL 60174 Phone Number: (630) 377- 2769 <i>Need to apply for food card prior (proof of residence and some form of photo ID)</i>	St. Charles
		NEIGHBORHOOD FOOD PANTRY AT WE GO TOGETHER 238 E. Hazel Street West Chicago, IL 60185 Phone Number: (630) 293-6060	West Chicago
		TWO RIVERS HEAD START AURORA 1661 Landmark Road Aurora, IL 60506 Phone Number: (630) 264-1444	Aurora
		MARIE WILKINSON FOUNDATION FOOD PANTRY 834 North Highland Ave. Aurora, IL 60506 Phone Number: (630) 897-5431	Aurora
		FOX VALLEY HISPANIC SDA PANTRY 505 E. New York Street Aurora, IL 60505 Phone Number: (630) 898-0410	Aurora

FOOD PANTRIES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>HANDS OF HOPE FOOD PANTRY 5700 Bartels Road Hanover Park, IL 60133 Phone Number: (630) 671-1570</p> <p>Schedule: Tuesday, 4-7 PM</p> <p><i>Form of identification/proof of residence in the form of mail</i></p>	Hanover Park
		<p>COMMUNITY CRISIS CENTER 37 S. Geneva St. Elgin, IL 60120 Phone Number: (847) 697-2380</p> <p><i>No documentation required</i></p>	Elgin
		<p>CENTRO DE INFORMACIÓN- EMERGENCY FOOD PANTRY 28 N. Grove Suite 200 Elgin ,IL 60120 Phone Number: (847) 695-9050</p>	Elgin
		<p>CATHOLIC CHARITIES- THE VILLAGE OF SUMMIT St. Blase Church 6101 S. 75th Avenue Summit, IL Phone Number: (708) 563-2407</p> <p>Schedule: Monday, Thursday, & Friday 9 AM- 12 PM & 1 - 4 PM</p>	Summit
		<p>SANTA MARIA ADOLORATA 528 N. Ada St Chicago, IL 60642 Phone Number: (312) 421-3122</p> <p>Schedule: Friday, 7:30 - 9:30 AM</p>	Chicago
		<p>NORTHWESTERN SETTLEMENT HSE FOOD PANTRY 1400 W. Augusta Blvd Chicago, IL 60622 Phone Number: (773) 278-7471</p> <p>Schedule: Monday, Tuesday, & Thursday 9- 11 AM & 1- 3 PM</p>	Chicago
		<p>ST. PIUS PARISH PANTRY AND SOUP KITCHEN 1919 S. Ashland Ave Chicago, IL 60608 Phone Number: (312) 226-6161</p> <p>Food Pantry Schedule: Tuesday, 3- 6 PM</p> <p>Soup Kitchen Schedule: Monday, Friday, & Saturday 12:30 - 1:30PM</p>	Chicago
		<p>PILSEN LITTLE VILLAGE CMHC II 2319 S. Damen Ave Chicago ,IL 60608 Phone Number: (773) 579-0832</p> <p>Schedule: Friday, 10 AM- 12 PM</p>	Chicago

FOOD PANTRIES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>6TH GRACE PRESBYTERIAN CHURCH 600 E. 35th St Chicago, IL 60616 Phone Number: (312) 225-5300</p>	<p>Schedule: Third Tuesday of every month, 10 AM- 1 PM <i>Must register with the church's food pantry prior</i></p> <p>Chicago</p>
		<p>SAN LUCAS UCC (BOAT HOUSE) 1439 N. Sacramento Ave Chicago, IL 60622 Phone Number: (773) 227-5747</p>	<p>Schedule: Third Monday of each month, 10 AM- 12 PM</p> <p>Chicago</p>
		<p>AMOR DE DIOS 2356 S. Sawyer Ave. Chicago, IL 60623 Phone Number: (773) 521-3737</p>	<p>Schedule: Thursday, 3 – 7 PM</p> <p>Chicago</p>
		<p>ST. SYLVESTER PARISH 2915 W. Palmer St. Chicago, IL 60647 Phone Number: (773) 235-3646</p>	<p>Schedule: Wednesday, 9AM- 12 PM <i>Must reside in 60647 area code</i></p> <p>Chicago</p>
		<p>TSA: LA VILLITA CORPS 3621 W. 24th St Chicago, IL 60623 Phone Number: (773) 257-0700</p>	<p>Schedule: Wednesday, 10 AM- 12 PM & 3-5 PM</p> <p>Chicago</p>
		<p>CATHOLIC CHARITIES: CASA CATALINA 4537 S. Ashland Ave Chicago, IL 60609 Phone Number: (773) 376-9425</p>	<p>Schedule: Tuesday, 9:30 AM-2:30 PM Wednesday, 2 - 6 PM <i>Photo ID required</i></p> <p>Chicago</p>
		<p>HOWARD AREA COMMUNITY CENTER 7648 N. Paulina St. Chicago, IL 60626 Phone Number: (773) 262-6622</p>	<p>Schedule: Monday, 9-11 AM Thursday, 2 - 6 PM</p> <p>Chicago</p>

Appendices

^I Cervantes, Wendy and Christina Walker (2017) "Five Reasons Trump's Immigration Orders Harm Children." CLASP. Accessed on September 25, 2017: <http://www.clasp.org/resources-and-publications/publication-1/Five-Reasons-Immigration-Enforcement-Orders-Harm-Children.pdf>

^{II} Vargas, Edward, Gabriel Sanchez, and Melina Juarez (2017). "Fear by Association: Perceptions of Anti-immigrant Policy and Health Outcomes," *Journal of Health Politics, Policy, and Law*, Vol.42, No.3

^{III} How the Toxic Stress of Family Separation Can Harm a Child. PBS. <https://www.pbs.org/newshour/health/how-the-toxic-stress-of-family-separation-can-harm-a-child>

^{IV} Chaudry A, Capps R, Pedroza JM, Castañeda RM, Santos R, Scott MM. 2010. Facing our future: children in the aftermath of immigration enforcement. Washington, DC: Urban Institute.

^V Revving up the deportation machinery: Enforcement and Pushback Under Trump; Migration Policy Institute. Accessed May 30th. <https://www.migrationpolicy.org/sites/default/files/publications/ImmigrationEnforcement-FullReport-FINAL-WEB.pdf>

^{VI} Gonzales-Barrera, A.; Krogstad, Jens Manuel. U.S. Department of Homeland Security, Yearbook of Immigration Statistics: 2013 <https://www.dhs.gov/immigration-statistics/yearbook/2013>, Pew Research Center

^{VII} Lind, Dara (2017) "Fewer immigrants are being deported under Trump than under Obama". *Vox*. Accessed on December 13, 2017: <https://www.vox.com/policy-and-politics/2017/8/10/16119910/trump-deportations-obama>

^{VIII} President Trump's Executive Orders on Immigration and Refugees. Accessed May 30th . <http://cmsny.org/trumps-executive-orders-immigration-refugees/>

^{IX} The Washington Post, 2018: <https://apps.washingtonpost.com/g/documents/world/read-the-trump-administrations-draft-proposal-penalizing-immigrants-who-accept-almost-any-public-benefit/2841/>

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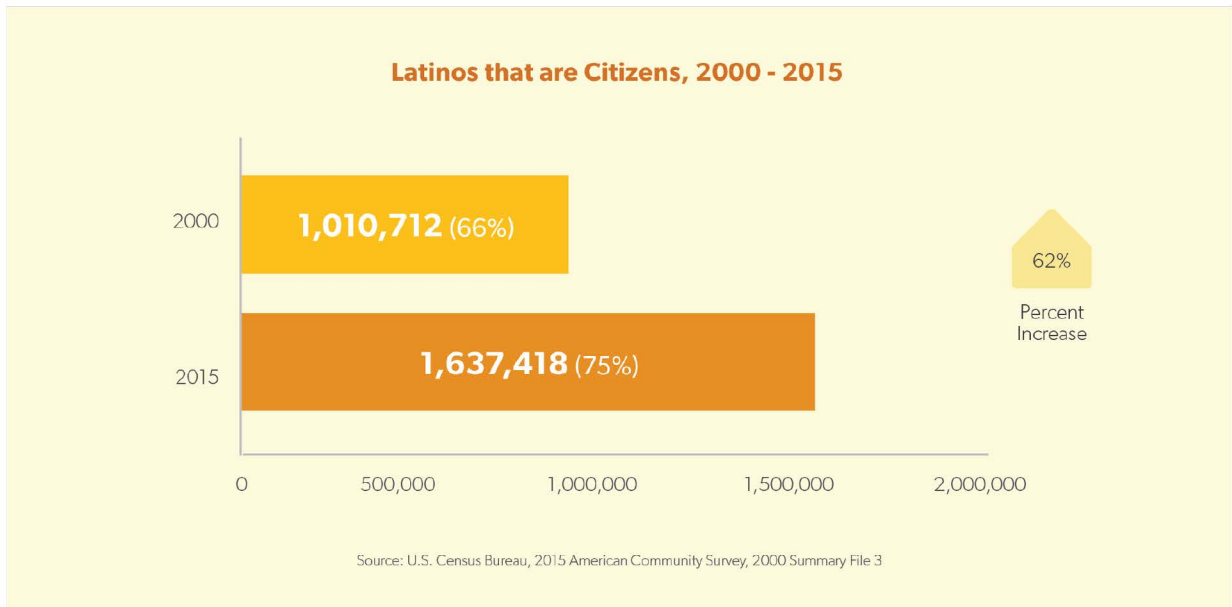
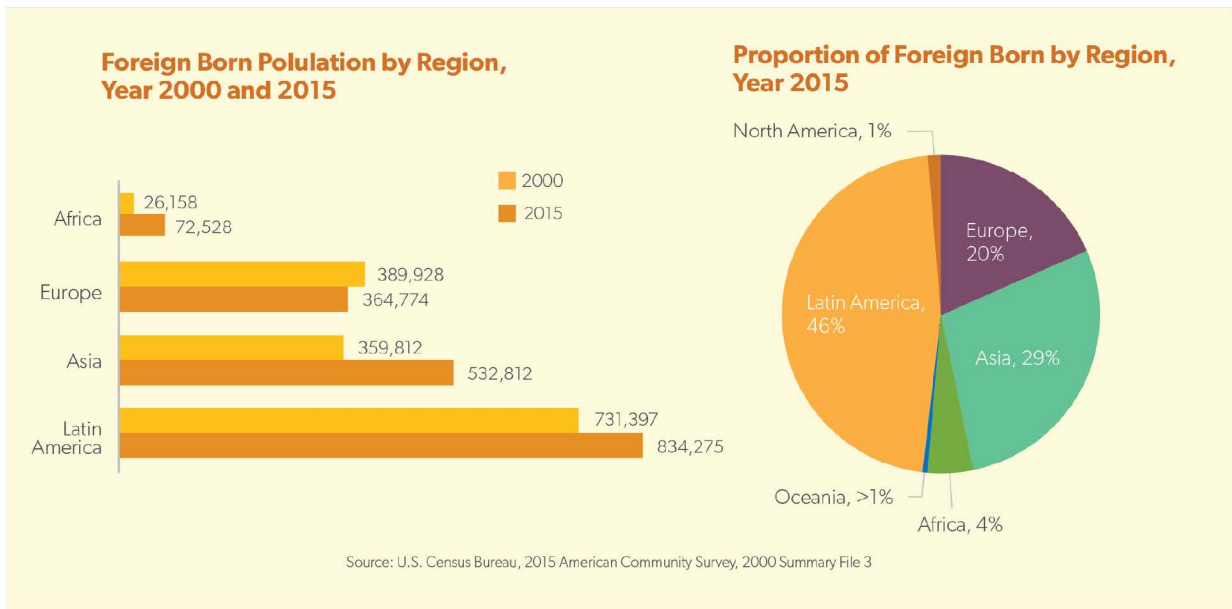
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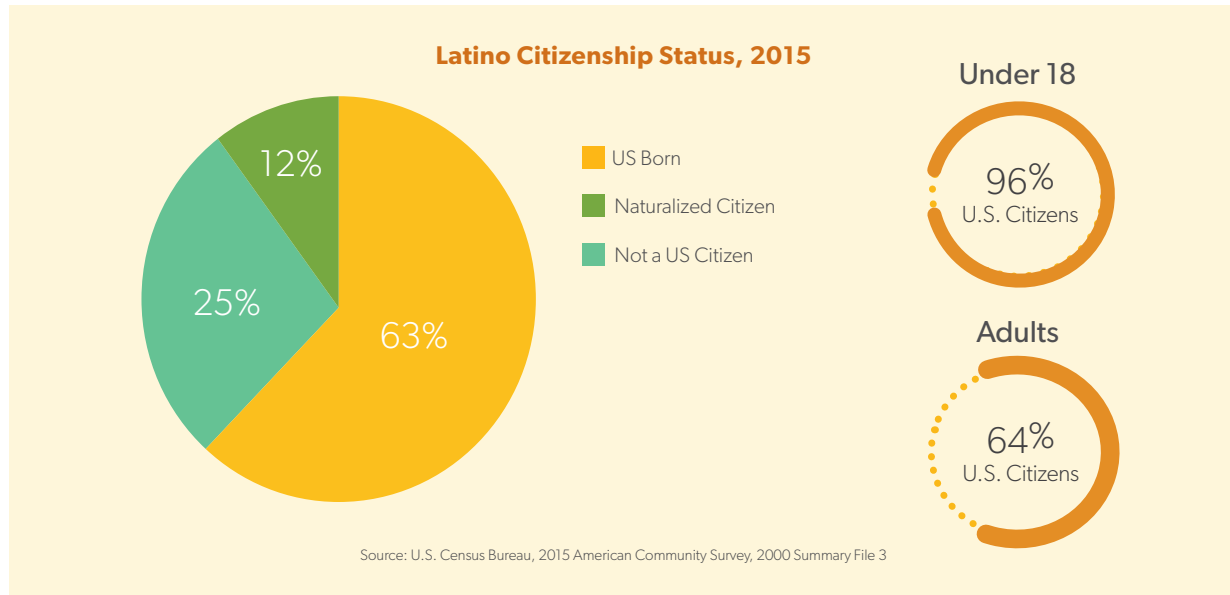
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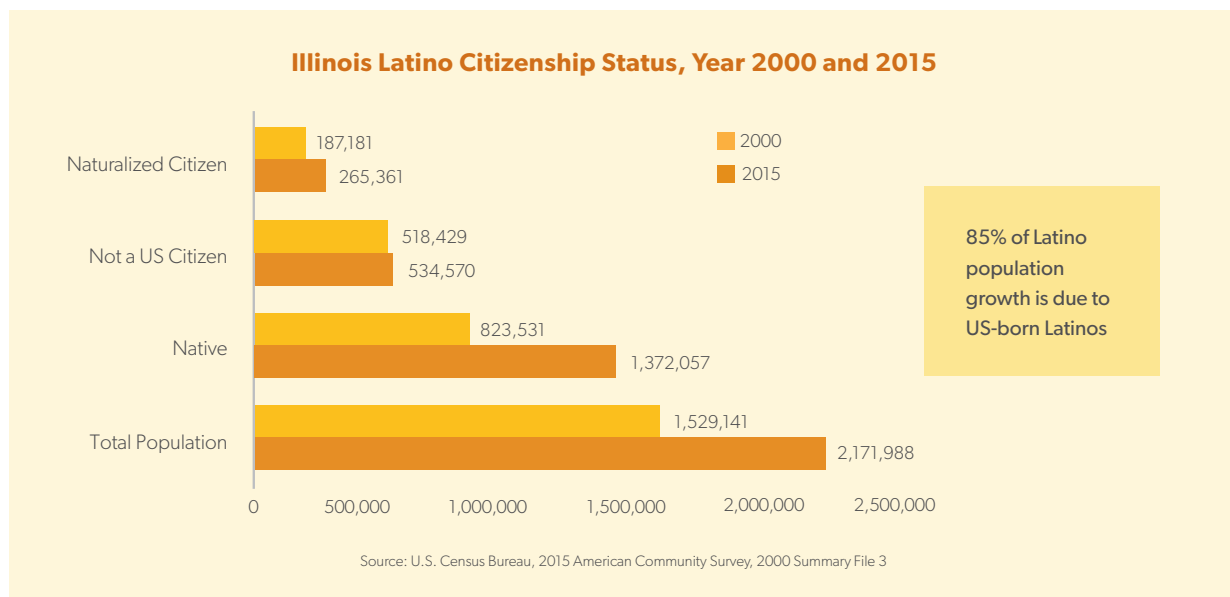
IMMIGRATION, ILLINOIS



CITIZEN STATUS, LATINOS IN ILLINOIS, YEAR



IMMIGRATION, CITIZENSHIP STATUS





ABOUT PODER

PODER is a series of periodic briefs that offers Latino-specific policy analysis to developments in housing, immigration, education, and other sectors, offering recommendations to promote equity and access for the Latino community and, in turn, enhancing opportunity for our society as a whole.

The views expressed in this report are explicitly those of the Latino Policy Forum and should not be taken to represent the views of any of our contributors, volunteers, committee members, or their affiliated organizations.

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