



Remote Learning Community Resources

Updated as of April 23th 2020

- ❑ **Associate Principal, Scott Scholten**
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Administrative Assistant, Teresa Sotelo
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- ❑ **Vanguard Staff Directory-** [Link for VG staff directory](#)

- ❑ **Student Services -**
 - Patrick Kain, Counselor**
patrick.kain@d214.org (847) 718-7861

 - Natalia Negron, Counselor (Spanish Speaking)**
natalia.negron@d214.org (847) 718-7872

 - Connie Sosa, Social Worker (Spanish Speaking)**
connie.sosa@d214.org | (847) 718-7857

 - Cindee Martorano, Health Services/School Nurse**
cindee.martorano@d214.org | (847) 718-7814

We are available via the following methods:

- Email
- Zoom (video conferencing)
- Phone calls

Email to set-up an appointment

District 214 Links

- ❑ [D214.org](https://www.d214.org)
- ❑ [Link for Dist 214 Coronavirus Updates](#)
- ❑ **Schools** -<https://www.d214.org/about/schools-programs/>

- ❑ **Additional Resources and Supports during Remote Learning:**
 - ❑ BGHS: [Find resources to support you during Remote Learning](#)
 - ❑ EGHS: [EGHS School/Community Resources](#)
 - ❑ JHHS: [JHHS School/Community Resources](#)
 - ❑ PHS: [Resources for families](#)
 - ❑ RMHS: [RMHS Resources and Support](#)
 - ❑ WHS: [WHS Student Services: Remote Instruction Supports](#)

Covid-19 Information

- ❑ [Centers for Disease Control and Prevention](#)
- ❑ [World Health Organization](#)
- ❑ [Illinois Department of Public Health](#)
- ❑ [FACE COVID – How To Respond Effectively To The Corona Crisis](#)
- ❑ [Social Distancing](#)

Academic Support-Remote Instruction/SPARK

- ❑ Curriculum for all core classes is presented to students on the web-based SPARK platform. Vanguard teachers have the ability to customize the SPARK curriculum offerings to align with their objectives and State standards. (<https://vanguardil.sparkeducation.com/login>)
- ❑ The link attached is Vanguard's Remote Instruction Planning Schedule for our students.
https://docs.google.com/spreadsheets/d/1s3RcN_IVMsU9Gryn9-sPkk8TzmNW_dQ9HPrPBhQp0xo/edit#gid=0

Tutoring

- ❑ Arlington Heights Library Patrons: <https://www.ahml.info/teens/study>
- ❑ Mount Prospect Library Patrons: <https://mppl.org/index/tutor/>
- ❑ www.khanacademy.org: Content and resources, practice exercises, instructional videos, and personalized learning for a variety of levels and courses.
- ❑ <https://www.skooli.com/>
- ❑ <https://www.ted.com>
- ❑ Arlington Heights Library [Arlington Heights Library](#)
- ❑ [Des Plaines Public Library](#) Resources

Internet & Utility (Technical Support)

- ❑ **Comcast Internet Essentials:** will start a program allowing free 60 day access to families that qualify. To see if you qualify, you can call 1-855-846-8376. Even if it cannot be provided in our school closing time frame, this is a good service to get set up for the future.
<https://internetessentials.com/>
<https://www.xfinity.com/support/articles/disable-xfinity-wifi-home-hotspot>
- ❑ **T-Mobile Customers Unlimited Data 60 days** Increased data usage for T-Mobile/Metro customers Free international calling to landlines (and most cell phones) in most severely impacted countries.
<https://www.t-mobile.com/brand/ceo-update-covid-19>

❑ **ComEd Assistance Programs:**

https://www.comed.com/MyAccount/CustomerSupport/Pages/AssistancePrograms.aspx?utm_source=CareVanity&utm_medium=VanityURL&utm_campaign=CareVanityURL

<https://www.comed.com/News/Pages/NewsReleases/2020-03-13.aspx>

❑ **People's Gas:**

<https://www.wecenergygroup.com/home/message/pgl-safety-message.htm>

Help is Here.

**1-833-2-FIND-HELP
(1-833-234-6343)**

[Click here for HELP](#)

Call4Calm

***Illinois Department of Human Services Free and Anonymous
Support Line***

***Individuals who want to speak with a mental health
professional can text the word***

"TALK"

Or

"HABLAR" (for Spanish speakers) to 552-020.

→ Within 24 hours, that individual will receive a call from a mental health professional employed by a local community health center.

→ People can also text other terms, like “unemployment” or “food” or “shelter” to the same number to receive information on how to navigate and access supports and services

Food Assistance

- ❑ [Association of Homeless Advocates in the North/Northwest District \(AHAND\) Resources](#)
- ❑ [Breakfast and Lunch Sites](#)
- ❑ **Ceda Northwest:** 1300 Northwest Hwy Mount Prospect, IL 60056n847-392-2332
- ❑ [Food Finder](#) and [Nutrislice](#) have both developed solutions to increase nationwide access to these critical free meals. Food Finder will display USDA’s Meals for Kids locations on their web and mobile app, while Nutrislice is offering their mobile ordering and meal locator solutions for free to hundreds of schools nationwide.
- ❑ [Meals for Kids Site Finder](#)
- ❑ **Mobile Food Pantry Information:** [English](#) | [Spanish](#)
- ❑ [Northern Cook Intermediate Service Center \(NCISC\)](#)
- ❑ [NW Resource Guide](#) (includes information on Omni Youth Services and Lifespan)
- ❑ **Northwest Compass:**
<http://northwestcompass.org/how-we-help/food-connection/> (We continue offering food pantry - just curbside service. No documentation needed.)
Call Compass first before going in- 847-392-2344 ext: 410 Or email mrgomez@northwestcompass.org. Erik Nelson in charge of SNAP, medicaid and street outreach. 847-754-1446

- ❑ The USDA National Hunger Hotline is also available for anyone seeking food assistance. The hotline, operated by Hunger Free America, can be reached Monday through Friday between 7 a.m. to 10 p.m. ET at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842- 6273) (for Spanish).
- ❑ **Wheeling Township** 1616 N. Arlington Heights Rd. Arlington Heights, IL 60004 (847) 259-7730 Contact: Julie Villarreal Hours: Tuesday: 9am - 4:30pm; Wed/Thur: 9am - 1pm; Emergency M/F 9am - 4:30pm, W/Th 1 - 4:30pm Service Area: Residents of Wheeling Township
- ❑ Find **food assistance, help paying bills**, and other free or reduced cost programs, including new programs for the COVID-19 pandemic <https://findhelp.org/>

Community Resources

- ❑ [Cook County Resources website](#)
- ❑ **St. Edna Parish** : For Outreach Assistance call 847-398-3362 extension 323. Phones are being monitored. The Outreach Assistance office is open from 9-12 on Saturday mornings only.
<http://www.stedna.org/humanConcerns/socialOutreach/foodPantry>
2525 N. Arlington Heights Rd.
Arlington Heights, IL 60004 847-398-3362
- ❑ **CEDA - COVID-19 CRISIS PROGRAM** In response to the Coronavirus (COVID-19), CEDA's FsACE program has expanded in order to provide relief to Suburban Cook County communities with additional services. ✓
Water Bill Payments ✓ Telephone Bill Payment ✓ Child Care for Essential Workers ✓ Basic Essentials Assistance ✓ Medical Supply and Prescription Costs ✓ Emotional Counseling Services

Medical & Mental Health Resources

- ❑ **Linden Oaks Behavioral Health Hospital/Northwest Community Hospital Update:** (<https://www.nch.org/home/covid-19-coronavirus>)
- ❑ **AMITA, Hoffman Estates:**
 - ❑ (<https://www.amitahealth.org/our-locations/hospitals/amita-health-alixian-brothers-behavioral-health-hospital-hoffman-estates/>)
- ❑ **Kenneth Young Center update:**
<https://www.kennethyoung.org/blog/client-communication-coronavirus-update>
- ❑ **Streamwood Behavioral Health - (630) 837-9000**
<https://streamwoodhospital.com/>
- ❑ **Chicago Behavioral Health - (866) 756-8600**
<https://chicagobehavioralhospital.com/>
- ❑ **Access Community Health Network:** "Primary Comprehensive Health Care Services" are available at Access/Genesis Center for Health and Empowerment, 1 North Broadway in Des Plaines (847) 298 - 3150 ----- and other site Access/ Northwest Family Health Center, 1120 N. Arlington Heights Rd. Arlington Heights IL 60004 (847) 342 - 1554 9:00 - 5:00 pm
- ❑ **OMNI Youth Services** OMNI is still open and continues to provide outpatient mental health services. ONMI currently offers services by telehealth, using either phone or video to complete sessions. The video sessions are currently being held on GoToMeeting, and can be accessed through phone app or computer browser. New referrals may call intake at (847) 353-1500 x1664 to schedule an assessment.
- ❑ **Homelessness / Food Pantries** [Association of Homeless Advocates in the North/Northwest District \(AHAND\) Resources](#)
- ❑ **Trevor Helpline (LGBTQ)** <https://www.thetrevorproject.org>
- ❑ **Wings Domestic Violence/Shelter and Hotline:** Local Hotline 847/221-5680, National Hotline 847/519-7820 <https://wingsprogram.com/>

Health Support

- ❑ Amita Health Center (Immediate Care) in Schaumburg - Call the number and ask to speak to a nurse, explain if you do not have a primary care doctor to call: 847-952-7447
- ❑ **Access Community Health Network:** Access/Genesis Center for Health and Empowerment, 1 North Broadway in Des Plaines (847) 298 - 3150
- ❑ **Access/ Northwest Family Health Center,** 1120 N. Arlington Heights Rd. Arlington Heights IL 60004 (847) 342 - 1554
- ❑ Free & Income Based Clinics Finder:
https://www.freeclinics.com/det/il_Northwest_Family_Health_Center

Crisis Intervention

- ❑ **Crisis Resource List:**
<https://namiccns.org/resources/crisis-resources-list/>
- ❑ **Digital Recovery/Substance Use Meetings:**
<https://unityrecovery.org/digital-recovery-meetings> 7 days a week, at 9am 12pm 3pm 9pm EST
- ❑ **FAIR Counseling:** 24 hour urgent “hotline” allows **current** FAIR patients and concerned parents to connect with FAIR staff regarding mental health, substance abuse support, and drug testing, Counselors typically call back within 15 minutes if they are not able to pick up immediately. The 24 hour hotline number is 224.201.5800. For families interested in beginning services at FAIR or learning more about FAIR programs, contact the main line, which is 847.359.5192.
Visit www.faircounseling.com for more information and other services.
- ❑ **NAMI Illinois helpline: 800-950-6264** (This is not a live helpline. Currently only responding to voice messages and emails). Text the word “NAMI” to 741-741 for an immediate response. Reach NAMI online at <https://www.nami.org/helpline>
- ❑ **Suicide Prevention Line: 800-273-8255**
- ❑ **Cook County Crisis Resource List:**
<https://namiccns.org/resources/crisis-resources-list/>

- ❑ Grief: The Dougy Center for Grieving <https://www.dougy.org/>
- ❑ Illinois Crisis Text Line: Text Home to 741741
- ❑ Illinois Department of Human Services Crisis Providers:
<http://www.dhs.state.il.us/page.aspx?item=30893>

**** **EMERGENCY-Call 911** ****

- **Suicide Prevention Hotline**
1-800-273-8255
- **National Domestic Violence Hotline**
800-799-SAFE
- **Illinois Coalition Against Sexual Assault**
(217)753-4117
- **U.S. Department of Health & Human Services**
National Drug Helpline: Call
1-800-662-HELP (4357)

*If you experience emotional distress for several days in a row and are unable to carry out normal responsibilities because of them, seek professional help: **The Disaster Distress Helpline, 1-800-985-5990**, 24/7, 365-day-a-year, toll-free, multilingual, and confidential crisis support service.*

*Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. **Call 1-800-985-5990 or text TalkWithUs to 66746** to connect with a crisis counselor.*

Social / Emotional Supports

App for Social-Emotional Support (available free on student iPad through Self-Service, D214 Tech Support can Assist)

- Calm
- DreamyKid
- Stop, Breathe and Think Kids
- Smiling Mind
- Emotionary

Managing Stress and Anxiety: (click on links)

- [Stress and Coping](#)
- [Coping with Coronavirus Anxiety](#)
- [Teens during Coronavirus](#)
- [Taking Care of Your Emotional. Health](#)
- [How to Meditate with Anxiety](#)
- [Strategies to overcome Anxiety](#)

Parenting

- [Talking to Kids About the Coronavirus](#)
- [Coronavirus \(COVID-19\): How to Talk to Your Child \(for Parents\) - Nemours](#) (Parents: how to talk to your child)
- [Coronavirus \(COVID-19\): ¿Cómo hablar con su hijo sobre este virus? \(para Padres\) - Nemours KidsHealth](#) (Spanish version)
- [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource) (PDF in English, Spanish, Korean, Chinese, French)
- [Parent/Caregiver Guide to Helping Families Cope with the Corona Virus Disease 2019 \(Spanish\)](#): Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope.

Racism - (click on links below)

- [Countering Covid-19 Stigma and Racism](#)
- [How to respond to coronavirus racism](#)
- [Covid-19: your voices against stigma and discrimination](#)

Clothing Support

- ❑ **PATH:** <http://www.path-palatine.org/PATH/>
Palatine Assisting Through Hope provides food, clothing and other basic needs in the greater Palatine area
- ❑ **Journeys The Road Home** <https://www.journeystheroadhome.org/>
1140 E Northwest Highway
Palatine, Illinois 60074

Childcare

- ❑ **Northwest Suburban Daycare Center** _Low cost childcare based on income.
1755 Howard Ave. Des Plaines, IL 60018 (847) -299-5103
- ❑ **IL Action for Children** 312-823-1100 Experienced Parent Consultants are available to provide a free, customized list of child care referrals. Contact them at referrals@actforchildren.org or by calling 312.823.1100 and pressing option 3. Calls Accepted Mon,Tues,Thur 8:30AM - 4:30PM and Fri 8:30AM - 2:30PM
- ❑ **Children's Home and Aid Society** _Low cost childcare at 3 locations:
Schaumburg, Palatine and Elk Grove Village 721 S. Quentin Rd. Palatine, IL 60067 (847)-991-1030 AND 725 E. Schaumburg Rd., Schaumburg, IL 60194 (630) 671-2400

Unemployment and Community Resources

- ❑ **Illinois Department of Employment Security**
<https://www2.illinois.gov/ides/Pages/default.aspx>
- ❑ **Illinois Department of Human Services**
 - IDHS Family Community Resource Center and Division of Rehabilitation Services Offices
 - Emergency Food Relief (SNAP), cash assistance (TANF) and medical (Medicaid eligibility) applications
 - Vocational Rehabilitation services and Home Services
 - Closure Update as of 3/18/20:
<https://drive.google.com/file/d/1aZ3r5IS0mVwSDoFlhyZtu5UviGZIRYVX/view?usp=sharing>

Immigration and Legal Services

- ❑ Resources for immigrants during Covid 19
<https://www.informedimmigrant.com/guides/coronavirus/#>
- ❑ Covid19 Resources for Families in Illinois
<https://www.povertylaw.org/article/covid-19-resources-for-individuals-and-families-in-illinois/#immigrants>
- ❑ **Undocumented Resources** -Illinois Coalition for Immigrant and Refugee Rights (ICIRR) Community Resources
<https://www.icirr.org/community-resources>
- ❑ Illinois Legal Aid Website
<https://www.illinoislegalaid.org/about/our-work/blog/legal-issues-during-coronavirus-pandemic?page=1>
- ❑ North Suburban Legal Aid Clinic
<https://nslegalaid.org/>
- ❑ CALA (Immigration & Refugee) 872-267-2252
- ❑ Open Communities 847-501-5760
- ❑ Cook County Legal Aid Foundation 312-341-1070