



Trauma Response and Intervention Movement

Responding to, Recovering from, Reducing and Removing Trauma and Violence 8-Blocks at a time

SUMMER FESTIVAL HIGHLIGHTS

August 22 we gathered at Harmony Community Church and hosted our annual summer festival, one block at a time to promote physical distancing.

Those who attended met with community resource providers, connected with neighbors, won gift cards, were given a sack lunch, and even got a little dancing in.

A hot summer day couldn't keep our residents away.



Thank you to all our Vendors and Community Partners that helped make this event a success.

CLEAN UP ON CENTRAL PARK

The residents of Central Park Avenue were tired of the trash in their neighborhood and wanted to do something about it. Tracy Daniel and Bernita Cooper (8-Block Leaders) listened. An organized plan was put into action. The first step was to put out a call to 311 as a group on July 26, 2020. The residents called asking the city to clean and cut the vacant lots, to assist with getting rid of rodents, fix street lights and so on. Some of the concerns were answered but it was not enough.

On August 8, 2020, Central Park initiated a massive clean-up of the 1600 and 1800 blocks. The residents were asked to come out and ensure that they cleaned in front of their homes and those that could, to assist the elderly and disabled. Residents also cleaned vacant lots and in front of abandoned buildings. Floyd Vaughn III (8-Block Leader) cut the grass that lined the sidewalks. Residents used whatever supplies they had in their homes to clean.

The clean-up was so successful that a request was made to extend the clean-up through the end of September, every Saturday from 9:00-11:00 am. This time The Department of Streets and Sanitation donated hand sanitizer, gloves, masks and durable garbage bags at the request of Lonnie Williams. A special thanks to the seniors and those that took the time to clean lots and help others. You are truly appreciated. This clean-up effort continues.



Covid Testing and Flu Shots

Monday, October 19th, TR⁴IM and I AM ABLE Center for Family Development, Inc. hosted a free COVID-19 testing event in partnership with Walgreens at Roosevelt and Homan. Nearly 500 people came out and were provided a free COVID-19 test. Walgreens offered free flu shots inside their store for those that wanted them.

This event was organized through CORE: Community Organized Relief Effort. CORE is providing free COVID testing in Chicago in partnership with the City of Chicago, Rainbow Push Coalition, and Curative. CORE is operating COVID-19 test sites across the city to increase testing availability to communities impacted by the pandemic. For more information about upcoming mobil testing sites, go to www.coreresponse.org



How Do I Reduce or Prevent Stress for My Family?

COVID-19 has put many parents in the difficult situation of having to balance working from home while also managing their children’s remote learning. To reduce or prevent extra stress, look for ways to establish boundaries.

- Create a daily routine. It doesn’t have to be a strict schedule, but make sure you establish regular times to eat, work and relax.
- Set aside time for quality time with your kids. We’re around our families more often these days, but for many of us, the quality of our time together has gone down. Make sure to set aside time just to enjoy each other’s company.
- Do self care activities as a family. Ideas listed on back page.

How Do I Help My Child Manage Stress?

When you see your child is stressed, be an active listener. Rather than waiting for your child to reach out to you, reach out to them. Reassure them that it’s normal to feel stressed, and tell them that you’re there to support them. If your child doesn’t want to talk after you reach out, that’s OK – give them space. By reaching out to them, you’ve shown them you’re there for them when they’re ready.

When your child comes to you with concerns, start with just listening. As parents, it’s natural to want to comfort your child by telling them everything is OK. But in this situation, that can inadvertently invalidate your child’s feelings.

After listening to your child’s concerns, see if there’s something they can do today to help them feel better. We can’t make the pandemic go away, but is there something small they can change or do to make them feel better right now, that could provide them some relief.

When Should I Seek Help for Myself or My Child?

While a certain amount of stress is normal, there are some symptoms that could be a sign you or your child may benefit from further treatment. If you or your child are experiencing any of the symptoms listed to the right, or if you would benefit from talking to someone, contact the TR4IM office to connect to a community provider.

Phone: 773-840-8082 or www.tr4im.org

<https://www.conehealth.com/services/behavioral-health/parents-guide-to-managing-stress-while-remote-learning/>



Symptoms of Anxiety and Depression in both Adults and Children

- Trouble Sleeping
- Changes in appetite that impact weight (gain/loss)
- Loss of interest in activities you used to enjoy
- Trouble focusing
- Feeling sad or tearful more frequently
- Increased irritability
- Excessive worry and difficulty relaxing
- Lack of energy and persistent fatigue

Symptoms of Anxiety and Depression in Children

- Changes in grades, or difficulty in a school subject that used to be easy for them
- Physical symptoms, like stomachache, without another known cause
- Difficult focusing
- Avoiding activities they used to enjoy

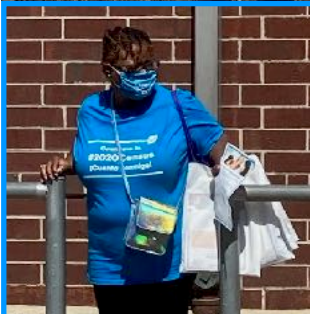
2020 CENSUS: ILLINOIS COUNT ME IN 2020

I AM ABLE Center for Family Development, Inc. along with TR4IM would like to celebrate the consistent efforts of the “What’s At Stake” 2020 Census Team.

The team walked the blocks, visited block club events, posted yard signs throughout the community. Through canvassing, the team passed out CENSUS 2020 information to residents across North Lawndale. I AM ABLE hosted a Census event at the Roosevelt location and the Census team was available at TR4IM’s Summer Festival where they shared information, answered questions and assisted residents to complete the Census.

This was a difficult year for the Census due to COVID. The 2020 Census Team ensured that North Lawndale residents were counted and will be represented!

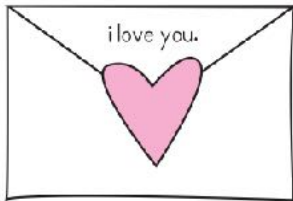
Thank you and Well Done to our TR4IM/ I AM ABLE/ Illinois Action for Children team!



Self-Care Activities for Families

Emotional

- Watch a good movie
- Write each other positive notes
- Verbalize and talk about feelings
- Draw self portraits
- Say, "I Love You"
- Spend time writing
- Have a Sing - A -Long
- Tell Jokes
- Try a new Craft



Physical

- Go for a walk
- Family bike ride
- Take a hike
- Roller Skating
- Play a Video Game
- Jump rope
- Kid's yoga
- Play kickball or tag
- Have a Dance Party



Spiritual

- A gratitude list
- Go outside
- Talk about forgiveness
- Write thank you's
- Volunteer
- Spend time Outside or with nature
- Practice Positive self-talk
- Plant a tree



Practical



- Clean up
- Declutter old toys
- Assign chores
- Make a grocery list
- Learn about money
- Homework/study
- Have a morning and night routine



Mental

- Read together
- Draw or write stories
- Kids meditation*
- Find shapes in clouds
- Practice belly breaths
- Make Vision Boards
- Create Mandalas*
- Make mindfulness jars*
- Play mind strength (memory) games



Social

- Play in the park
- FaceTime with relatives
- Have a family dinner
- Play boardgames
- Join a team
- Do a neighborhood food drive
- Have talks about friendship and how to be a friend.



TR4IM is a social cohesion model of Trauma Informed Care, sponsored by **I AM ABLE Center for Family Development, INC.**, and its collaborative network of partner agencies and North Lawndale residents. Residents from 16th-Ogden and Central Park to Ridgeway (TR4IM's first 8-block sector) can enroll in TR4IM's partner agency services by calling **773-840-8082** and through the website: **www.tr4im.org**.