



CASAP

Coalition for Asian Substance Abuse Prevention

THE OFFICIAL CASAP DECEMBER QUARTERLY NEWSLETTER 2020

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Dear CASAP Member,

Thank you all who attended our last CASAP meeting!

Please look through this quarterly newsletter for substance use news, counseling resources, community updates, and coalition activities.

It is CASAP's mission to prevent substance use and improve health

outcomes among Asian Americans in Chicago through community partnerships and capacity building, needs and resource assessment, strategic planning, and culturally appropriate prevention implementation and evaluation.

At your service,
Nishita Conjeevaram
Program Manager Asian Health Coalition



Self-Care During the Pandemic

COVID-19 pandemic could be overwhelming and stressful for people. Social distancing and quarantine can make you feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

For more information, check out the following links:

- <https://www.activeminds.org/about-mental-health/self-care/>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://thekennedyforumillinois.org/free-60-minute-webinar-to-help-manage-stress-during-covid-19-protocols/>

Post-Thanksgiving Wave of Coronavirus Infections

Illinois health officials on Monday announced the total number of known infections in Illinois to 796,264 and the statewide confirmed death toll to 13,343 since the start of the pandemic. The long holiday weekend comes at a precarious time for Chicago and Illinois in the battle against the virus, although increases in both new cases and positivity rates have leveled off in recent days after rapid gains throughout October and early November.

Pritzker in the spring issued a stay-at-home order that was in effect into June, but the state has never fully reopened. Beginning on November 16, the Mayor of the City of Chicago, Lori E. Lightfoot, as well as the Commissioner of Health for the City of Chicago, Dr. Allison Arwady, advise all residents of Chicago to stay at home in response to the rapid rise of COVID-19 cases and hospitalizations in the city.

Recently, the FDA set to deliberate Thursday on Pfizer's vaccine for the coronavirus. If approved, the vaccine could be available within days nationwide. Illinois is set to receive 109,000 doses, with 23,000 of that for Chicago. "Now, that's a fraction of what we will need," Mayor Lori Lightfoot said on Face the Nation Sunday. "But we've been working with our hospital partners to identify those within their workforce who are going to be front of the queue to get the early doses of the vaccine."

COVID-19 Mental Health Self-Care Strategies

Maintain Calm State

Limit time watching the news. Maintain a sense of balance.

Connect with Others

Interact with positive people. Studies show that loneliness can lead to a stress response which decreases immunity.

Reduce Stress

Stress causes increased cortisol levels, limiting the body's ability to fight off disease. Try regular meditation, proper breathing techniques, etc.

Build Immunity through Self-Care

Exercise, get 7+ hours of sleep

Eat Healthy Foods

Practice Gratitude

Purposefully replace fearful thinking with thoughts of what you are grateful for.

Journaling

Create a safe place in which to vent about fears and frustrations. Journaling about what you are grateful for can help put you in a more positive mindset.

Practice Good Hygiene

Handwashing for 20 seconds; cover your mouth with your elbow when coughing or sneezing.

Use Humor!



Viral/Antigen Test

Measures the genetic material of the virus. Nasal swabs must be done correctly. New, faster test can provide results in minutes.

Where to Get Tested for COVID-19 in Chicago

The City of Chicago announced a citywide eligibility expansion for residents to get tested for COVID-19 at City-run testing sites and is encouraging anyone who has had a recent high-risk exposure to be tested. Here are some sites near our community:

Alivio: Pilsen (M-Sa, 8:30AM-12:30PM)

966 W. 21st Street, Chicago, IL 60608

- Appointment Required.
- No referral needed.
- No cost for uninsured patients.
- If you are insured, your insurance plan will be charged.
- Languages Offered: English and Spanish
- Website or COVID Hotline: www.aliviomedicalcenter.org
- 773-254-1400

Loop Medical Center (M-F, 7AM-5PM; Sa 8AM-12PM)

1921 South Michigan Avenue, Chicago, IL 60616

- Requirements: COVID-19 testing: per CDC/IDPH guidelines, Antibody testing: must be symptom free for 1 week.
- Appointment required.
- Please visit: <https://15632.portal.athenahealth.com>
- Website or COVID Hotline: www.loopmedicalcenter.com
- 312-414-1088
- Languages Offered: Spanish, Serbian, Polish, Arabic

UI Health Pilsen COVID Evaluation Clinic (M-F, 8AM-5PM)

1713 S. Ashland Ave., Chicago, IL 60608

- Appointment required.
- New or established UI Health patients are welcome.
- Website or COVID Hotline: 1-866-600-CARE
- Languages Offered: Language Line

Get more information about testing sites:

<https://dph.illinois.gov/testing>

Two Tests for COVID-19

Two kinds of tests are available for COVID-19:

- An **viral test** tells you if you have a current infection.

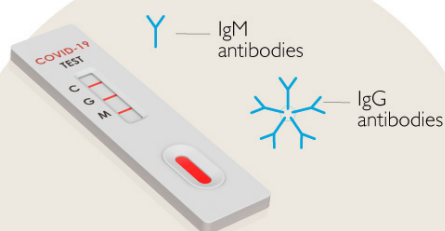
Click the link to learn more:

<https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

- An **antibody test** might tell you if you had a past infection.

Click the link to learn more:

<https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>



Antibody Test

Determines prior infection by detecting immune cells. The test can show whether the infection was recent or occurred weeks or even months earlier. Antibodies are thought to protect against repeat infections.



First Youth Advisory Board

This year, CASAP has initiated a Youth Advisory Board (YAB) to bring the youth sector to the forefront of our coalition's work and to empower youth to lead social change projects in the communities we serve. We have recruited 12 youth that participated in our Youth ACT summer leadership program to join the YAB.

Over the last two months, our four Work Groups have finalized their logic models for social change projects and they will present their revised proposals in our upcoming CASAP Quarterly Meeting!

Let's get to know our wonderful board members and their fantastic work!

Community & Environment Work Group

Our Community and Environment Work Group focuses on underage drinking in high school students. They aim to decrease the amount of students who drink alcohol and increase youths' perceived risks of drinking through hosting town halls specifically for parents and hanging posters around places where parents tend to go.

Brianna Anthony

I am Brianna Anthony, an 11th grade student at Whitney Young. As a Youth Advisory Board Member, I am most excited to work together with students around Chicago to provide a better perspective to understand our youths' struggles in order to create more specific and helpful programs.



Mandy Zhang

Hello, I'm Mandy Zhang and I'm a junior at Walter Payton High School. Being part of the Youth Advisory Board this year, I'm looking forward to collaborating with fellow peers to find solutions to growing issues, such as teen drinking, and building a better community for all.

Nerelly Mendoza

11th Grade Student
Albert G. Lane Technical High School
Through this program I hope to get valuable leadership skills that can help me become a leader in school, home or in the near future. Though I love my community, I see things that can change for the better.

Policy & Advocacy Work Group

Our Policy and Advocacy Work Group aims to motivate peers to help others stop using e-cigarettes and to empower youth to advocate for policy changes of e-cigarettes. They will host virtual educational workshops in schools and prevent teens from obtaining e-cigarettes from local stores by working with store owners.

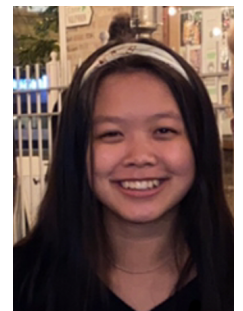


Miranda Liu

My name is Miranda Liu and I am a junior at Whitney Young. As a Youth Advisory Board member, I am most excited to collaborate with others who share the same passion for creating positive change.

Lisa Kwan

Hi, my name is Lisa Kwan. I am currently a senior at Walter Payton. As a Youth Advisory Board member, I am most excited about promoting the well-being of teens alike by restricting the availability of e-cigarettes and educating teens about the dangers of such.



Grace Li

Hi, my name is Grace Li. I am currently a senior at Walter Payton. I am apart of the policy and advocacy work group in the youth advisory board. I am so excited to work with other teens and the community on promoting healthy lifestyles for teens by spreading awareness of the harms of using e-cigarettes.

Media Campaign Work Group

Our Media Campaign Work Group focuses on mental health issues in youth and their goal is to reduce youth depression among Chicago AAPI high school students by 0.5% throughout this year's program. They plan to use social media platforms and hold workshops where they bring in guest speakers to educate AAPI youth about mental health and how to properly reach out for help and resources.

Nadia Vehovc

My name is Nadia Vehovc and I am currently a junior at Walter Payton College Prep in Chicago's gold coast. My favorite activities include working out, reading, traveling, and hanging out with my dog. I am also currently working with the CASAP coalition as a group leader of the media campaign. We are working to help fix mental health disparities among the AAPI population in Chicago, specifically Bridgeport. I look forward to working further with the CASAP coalition to implement this project and see change in our community!



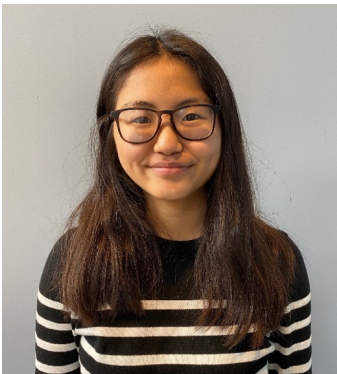
Ryan Tsang

Hello my name is Ryan Tsang and I am a current junior at Jones College Prep. I joined Youth ACT in September of 2020 and I am with the Media Campaign Group! I have a wide range of music tastes and have a huge passion for technology and the internet -hence why I am in the Media Campaign Group. This picture was taken in Navy Pier before quarantine has started and is my favorite place to come sit, eat, and relax with my friends and family outside of getting on my computer and learning new things of course!



Tenzin Kunsang

My name is Tenzin (she/her) and I'm a senior at Jones College Prep. I look forward to learning about the interface of health and policy. I hope to use the resources provided by the Asian Health Coalition to enact local and global change. In my free time, I love facilitating cross-cultural dialogue, trying new foods, and being outdoors in Chicago's frigid weather (40 degree weather is where it's at!).

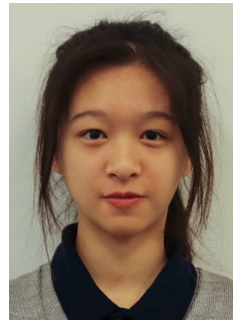


Prevention Education Work Group

Our Prevention Education Work Group is committed to reducing marijuana use among high school seniors in Illinois through Zoom workshops focused on teaching participants of the consequences of substance use, resisting social influences to use drugs, and how guardians of high school seniors can be apart of the prevention. They will connect with local high schools and nonprofit organizations to develop Life Skills Training.

Jiayi Zhang

12th Grade
The Noble Academy
The most exciting thing about being a YAB member is that I can promote effective solutions in youth aspects among health problems around our community and also develop my team leadership skill when we work together.



Chloe Ng

Hello, my name is Chloe Ng; I am a senior at Jones College Prep! As a Youth Advisory Board member, I am excited to work with non-profit organizations that help marginalized communities.



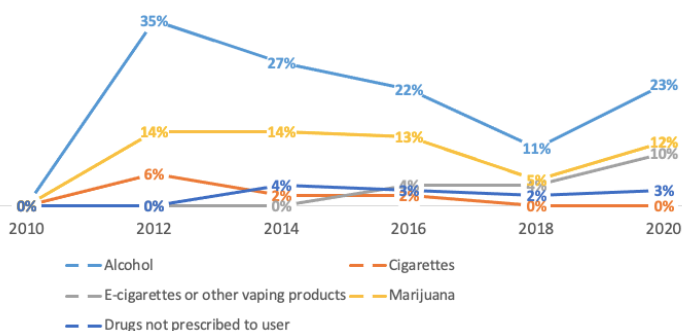
Quincy Fields

10th Grade Student
Whitney M. Young High School
I would like to see major changes in racism and stereotyping because these issues can stem off to other major social issues like violence which creates a bigger problem. I also want to see many people of different races to just come together and to cooperate with each other without any type of hatred.

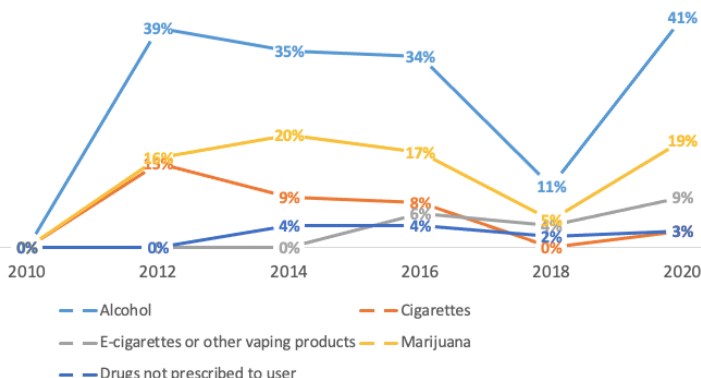


10-Year Trends in Data of Illinois Youth Survey

OVERALL SUBSTANCE USE IN THE PAST 30 DAYS AMONG 10TH GRADE YOUTH

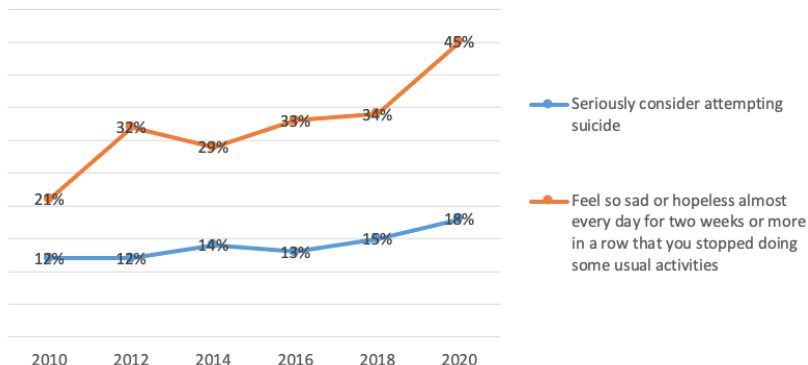


OVERALL SUBSTANCE USE IN THE PAST 30 DAYS AMONG 12TH GRADE YOUTH



These are the data trends from the Illinois Youth Survey over the past 8 years. Our Youth Advisory Board members use these local data as their evidence to set project goals and support the implementation of their projects. As we can see, the assessment of overall substance use started in 2012 and there were significant decreases for all substances except e-cigarettes during 8 years. Due to the pandemic, Illinois Youth Survey had a lower participation rate this year so the data tend to be skewed to some extent. However, the increasing rates of using substances in 2020 might also relate to youths' unstable mental health status during this tough time.

Mental Health Status in the Past 12 Months Among 10th Grade Youth



The data trends for youths' mental health are strikingly increasing. Using 10th-grade students as an example, 45% of students felt so sad or hopeless almost every day, and 18% of students have seriously considered attempting suicide in 2020.

Partner Organization

Here is the announcement of our partners at Respiratory Health Association (RHA). Check out for this amazing opportunity!



E-cigarette and Vaping Prevention

Staff and Caregiver Education

This virtual training is designed to educate adults about e-cigarettes and vaping, with the goal of preventing student use of these products.

Audience: Parents, guardians, teachers, and staff

Length: 30-60 minutes with the flexibility to adapt presentation length based on schedules and availability

Format: Virtual Powerpoint presentation with Q&A session

Topics include:

- Overview of e-cigarettes
- Nicotine addiction and teens
- Chemicals in e-cigarettes
- Health effects of e-cigarette use
- Targeted marketing by e-cigarette companies
- Signs of e-cigarette use
- Resources and what schools can do

For more information or to schedule a program, contact Mary Rosenwinkel at mrosenwinkel@resphealth.org or 312-628-0227.



**Are you a medical professional, social
service practitioner, or student who
wants to work with Chinatown youths?**

Email nishita@asianhealth.org

Asian Smokers Quitline

English: 1-800-QUIT-NOW

Chinese: 1-800-838-8917 (Mandarin and Cantonese)

Korean : 1-800-556-5564

Vietnamese: 1-800-778-8440

Website: <http://asiansmokersquitline.org/>

Illinois Tobacco Quitline

Phone: 1-866-QUIT-YES

Website: <http://www.quityes.org/>



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