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## The New Norm

### Serving Those Most At Need During Covid -19

Dr. Karen White – Executive Director

The world as we know it made a drastic change mid-year 2020. We were stricken with a deadly virus (Covid-19) that disrupted homes, businesses, and communities. The Far Southside of Chicago was identified as the first area with positive COVID-19 cases which brought a halt to the businesses on this side of town. TEECH in-person services stopped March 17, 2020. However, we knew the importance of our services to our participants, the community, family, friends and organizations; so we as a team worked together to ensure our services would continue on the Far Southside of Chicago. TEECH's primary concern was the in-person services that are provided for the many individuals who attend and have completed our substance use and mental health services. This concern was quickly recognized by the State of Illinois who for the first time ever allowed agencies to implement Telehealth to continue services. The participants were more acceptable to the change than expected. They seemed excited to be included in the decision making on how and when we would conduct classes. They took on the responsibility for being on time, completing homework assignments and following the Shelter-In-Place Guidelines. TEECH was able to adapt to "The New Norm". TEECH was diligent in ensuring that personal protective equipment (PPE), gift cards, personal hygiene and food were provided to our participants

and the community. We also assisted the elderly with medication pickup, drop off and store runs. TEECH did not work alone, the organizations in the community came together as a whole to ensure all needs were met. This was a break from the norm that the Far Southside had adapted prior to the pandemic. The pandemic has increased the overdose of illicit drugs and prescription medications. So, we continued to provide overdose trainings and overdose medication giveaways. In addition, we continued distributing Census materials and getting the word out about the importance of being counted. The Far Southside of Chicago will resume services, but TEECH is aware that changes must be implemented to ensure those who enter into our building are safe. We will follow all guidelines as it pertains to keeping staff, participants and visitors safe when they enter into our building. Therefore, we will continuously sanitize throughout the day, take temperatures, provide PPE's to all who enter the building, and will have visible social distancing signs and information along with obtaining documentation for all who enters the building for contact tracing reasons. Because we continued to work within our communities during these trying times, TEECH was picked by the City of Chicago to receive PPE's to assist in our efforts to continue offering services in a safe manner.



# BREAKTHROUGH

## Success @ TEECH

TEECH Foundation's goal is for no person to walk out of our doors the way they walked in. We aim to provide them with the assistance, resources, education, tools and skills that is needed to walk with their heads up and get the same respect, courtesy, recognition and opportunities as everyone else in society.

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TEECH Foundation has worked extensively to get our PEERS hired in the communities where we provide ROSC services. A door finally opened, that allowed one of our PEERS to be hired at Mariano's on 95<sup>th</sup> and Western (Evergreen Park).

When our participants become employed, we continue to provide supportive services to assist them as they work to build a strong foundation.

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*For You!*

Resources are an instrumental part of TEECH, they allow us to provide appropriate services to our participants and create a robust toolkit within our community network. The following resources allowed us to continue meeting the needs presented to us during this pandemic.

### **ST. SABINA**

#### **TEAMWORK Englewood**

[https://www.aa.org/pages/en\\_US/online-intergroup](https://www.aa.org/pages/en_US/online-intergroup)

<https://unityrecovery.org/digital-recovery-meetings>

[https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources)

<https://aachats.org/> (you need to sign up with email to participate, these are not monitored by AA)

NA virtual and phone meetings: [https://www.na.org/?ID=virtual\\_meetings](https://www.na.org/?ID=virtual_meetings) (links for both on this page)

### **PHONE MEETINGS**

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

AA phone meetings via teleconference: <http://aaphonemeetings.org/> (can search by day/time and type of meeting)

Phone numbers: <https://www.na.org/meetingsearch/> (just search by your area code)

### **ADDITIONAL RESOURCES**

<https://neveraloneclub.org/>

<https://recoverycentersofamerica.com/recovery-resources-during-coronavirus/a-recipe-for-self-nurturing-in-times-of-stress/?fbclid=IwAR1vepdU2c-nURo1b06J7tL6Up2K8yX2Dd9kk46zCyfqz2GRX8eYgWf6peI>

<https://www.lionrockrecovery.com/>

<https://www.smartrecovery.org/community/>

<https://www.supportgroups.com/alcohol>



TEECH Foundation understood the rapid change that had to take place in order to continue with our mission and vision of serving. There were individuals who were diligent with ensuring services continued and we would like to applaud each of them:

#### **BOARD MEMBERS**

*Dr. Michelle Stewart,  
Stephanie Pruefer  
Ernest Abdullah*

#### **STAFF**

*Program Manager – De’Shara Shells  
Medical Director – Massie Isabell  
Website Designer – Ramona Randall  
PEER Coach – Henry Gilmore*

#### **CONTRIBUTORS**

*Illinois Department of Human Services  
Rev. Dr. Lawrence Cameron  
Dr. Bakahia Madison  
Rex Alexander  
Charles Diddia  
Ms. Terry*



## **CONTACT US**

Visit Us On The Web  
[www.teechfoundation1.org](http://www.teechfoundation1.org)

**LIKE US ON FACEBOOK**



#### **ADDRESS**

1750 W 103<sup>rd</sup>  
Chicago, Illinois 60643

#### **PHONE**

(312) 539-5263 or  
(773) 656-5567

#### **EMAIL**

*De’Shara Shells*  
[desharashells@teechfoundation.net](mailto:desharashells@teechfoundation.net)

*Dr. Karen White*  
[drkwhite@teechfoundation.net](mailto:drkwhite@teechfoundation.net)