Can you believe how quickly the Summer flew by? It was great to see so many faces at our recent HCV Resource Fair, as well as our Take Flight College Send-Off and Resident Owned Businesses events. We’re looking forward to many more opportunities to support our HCV families in the coming months.

Speaking of support, have you heard about Chicago’s new Mental Health support network, UN[^*]SPOKEN? Visit mentalhealth.chicago.gov for more details and to find care near you, including providers who offer service regardless of income, ability to pay, insurance coverage or immigration status. We commend Mayor Lightfoot in her work to create a citywide network of trauma-informed care providers.

In this issue of Going Places, you’ll find information on recently updated CHA policies, setting routines and goals, upcoming webinars and Frequently Asked Questions about our Partners in Education program with the City Colleges of Chicago.

From all of us at CHA, we wish you a safe, healthy and happy end of Summer.

Regards,

Cheryl L. Burns
Chief Housing Choice Voucher Officer

Did You Know?

Guest Policy Updated as of August 1, 2022

The HCV Program Guest Policy has changed! A guest is defined as a person temporarily staying in the unit with the consent of the head of household or other adult household member. A guest may visit the family in an assisted unit for a total of 30 calendar days in a calendar year, however, each visit cannot exceed 14 consecutive calendar days. Participant families may request a time extension by contacting CHA.

Keep in mind that any guest who overstays this timeframe will be considered an unauthorized occupant and the family will be referred to the Program Integrity department and subject to enforcement actions.

Note: This policy change was made as part of the 2022 Administrative Plan update (approved by the CHA Board of Commissioners on July 17). You can read all of CHA’s current policies online by visiting www.thecha.org/about/plans-reports-and-policies.

Reminder: Family Obligations

Need a refresher on HCV rules and regulations, such as the Family Obligations? Want to learn more about the contracts and policies that all HCV property owners and participant families must follow? Watch the on-demand recording of our August webinar “How CHA Enforces HCV Program Rules” by visiting the HCV webinar library: gotostage.com/channel/chahcvparticipants.
Setting Routines & Goals by Listening to Yourself

With school back in session, there’s no better time of year to re-evaluate our everyday routines and goals. But when it comes to making personal changes, what works for some people doesn’t work for everyone! That’s why it’s critical that you listen to what your mind and body are telling you and adjust your expectations to fit your current capacity (including being honest with yourself about what that really looks like).

While this approach takes practice, it’s infinitely adaptable to any new routine, goal or resolution you might take on. So, as you set new routines and goals, ask yourself:

• Do you accept change better all at once, or in gradual increments? Do you have the capacity to take on more than one goal at a time? Do you need to build momentum by starting with small goals and working up to larger ones, or do you prefer to tackle your hardest challenges first?

• Are you a morning person, or a night owl? Do you often hit a mid-afternoon slump? Which complex tasks can you schedule during your most productive hours, and which simple tasks during your low-energy hours?

• Are you seeking more instant gratification, or are you willing to commit to delayed gratification? Are you able to visualize yourself achieving your goal, or do you look up to inspirational figures? Are there factors that may have assisted others in achieving the same goals that you have and/or lack?

• Do you need external support to achieve certain tasks, or are you less likely to do something if someone asks or expects you to? Do you prefer to work on mutual goals in a group, or by yourself? Are you driven by deadlines, or do they send you into a panic? Is achieving your goals a reward in itself, or do you need additional incentives to motivate you?

• What motivates you on hard days? Do you need multiple compelling sources of motivation, or a single point of focus? How can you structure your goals to ensure you are consistent in working toward them? If you take a "day off" will you lose significant progress?

• Are you working toward a goal with a finish line or are you developing habits that you hope to continue forever? How hard is it for you to start again once you hit that finish line?

Remember: There are no “right” answers to these questions, just answers that are right for you. If your goals and routines aren’t sticking, refer back to these key questions to help you determine why, and adjust course back toward success.

Finally, don’t forget to prioritize rest and recovery. Working on yourself is challenging, and progress is almost never a straight line. You’ve got this!

Looking for a goal-focused program that can also help you build financial assets? Check out CHA’s Family Self-Sufficiency (FSS) Program, where coaches provide support to HCV families making positive life changes. As participants achieve their personal goals, they accrue credits to a savings account (paid out at program graduation). Up to two adult household members can enroll per HCV family. To learn more, visit www.thecha.org/fss.

Are You Insured through Medicaid?
Is your address up to date? Take a moment to be sure. The Illinois Department of Healthcare and Family Services (HFS) needs a current address to mail you important eligibility renewal forms, so that you keep your health insurance coverage.

Updating Your Address Is Easy.
Visit www2.illinois.gov/hfs/address to complete the form online anytime or call 877-805-5312 (open Monday - Friday, 7:45 AM - 4:30 PM). It only takes a few minutes to confirm or update your address.
FAQs: Partners in Education Program

Q: What is Partners in Education and how do I qualify?
A: HCV families can obtain a degree or certificate from the City Colleges of Chicago (CCC) at low or no cost! To qualify for enrollment, you must be a current HCV participant and have no previous debt with CCC. You must additionally attend a program information session and apply for financial aid.

Q: What costs does CHA cover?
A: Nearly every program offered by CCC can be covered in full, including remedial and GED prep courses, basic or advanced certificate programs and Associate Degree programs. The only program that exceeds CHA’s cost per student per year is the French Pastry School. After financial aid is applied, CHA’s program covers all remaining unmet costs, including, tuition, uniforms, books or exam fees. Costs are paid through non-transferable CCC vouchers and can be used at registration and the online bookstore.

Q: What if I have debt with CCC?
A: To participate in CHA’s Partners in Education Program, you must have no previous debt with CCC. However, CCC has launched a Fresh Start Initiative that waives prior debt for students who enroll with the goal of obtaining a degree or certificate! To qualify, students must have enrolled (or attempted to enroll) at CCC with a debt of $201+ before July 1, 2020. For more information, visit pages.ccc.edu/apply/freshstart.

Q: How do I get started with Partners in Education?
A: To learn more and enroll, attend a 60-minute informational webinar! These sessions are held most Wednesdays at 10 AM and 12 PM. To register for an info session online, visit www.thecha.org/partnersineducation.

Q: What free programming does CCC offer to all Chicagoans?
A: As part of the Future Ready program, CCC offers programs in high-demand fields at no cost to the student, regardless of their affiliation with CHA, educational background or immigration status. For more information, visit pages.ccc.edu/apply/futureready.

Neighborhood Spotlight

Long touted as the most diverse neighborhood in Chicago (and arguably the country), Albany Park is home to families speaking over 40 languages and representing dozens of cultures, including the largest Native American population in the Midwest. Accessible via the CTA Brown line and bound by the Chicago River to the North and East, Montrose Avenue to the South and Interstate 90/94 to the West, this community has evolved through waves of immigration from Europe, various Pacific Islands, Central America, the Middle East and East Africa. Plus, Albany Park is home to multiple beloved parks, gardens and riverwalks!

Neighborhood Resources & Community Organizations

First Nations Garden
Intersection of N. Pulaski Road & W. Wilson Avenue

North River Commission
northrivercommission.org | 773-478-0202

17th District Police — Comdr. Micheline Alexa
CAPS.017District@chicagopolice.org | 312-742-4410

33rd Ward — Ald. Rossana Rodríguez
33rdward.org | 773-840-7880

35th Ward — Ald. Carlos Ramirez-Rosa
aldermancarlosrosa.org | 773-887-3772

39th Ward — Ald. Samantha Nugent
aldermannugent.com | 773-736-5594
HCV Webinars: Online Learning Available All Year Round

CHA is invested in the success of HCV participant families. That’s why we’re excited to continue offering online educational workshops in 2022! HCV Webinars can be viewed from the comfort of your own home, office or even on-the-go using a computer, tablet or smartphone. Join us at one of our upcoming events, where we dive in to everything you need to know (but might not know to ask) about CHA’s HCV Program as well as helpful information for lifestyle planning.

For the full schedule or to register for any of the sessions (or view recordings of past sessions on-demand), visit www.thecha.org/hcvparticipantevents.

How to Search for Housing
Hear from CHA staff as they share tips and tricks for finding a great unit, in a great neighborhood. This session will also cover the multiple steps, deadlines and procedures to consider when moving as a HCV participant.

Tuesday, October 11
1 p.m. to 2:30 p.m.
Your Phone, Tablet or Computer

Preparing Your Property for Winter
Is your home ready for winter? Learn about the repairs and improvements you can make to your home or property that can help protect it from unpredictable weather elements, optimize energy and lower utility bills.

Tuesday, October 18
1 p.m. to 2:30 p.m.
Your Phone, Tablet or Computer