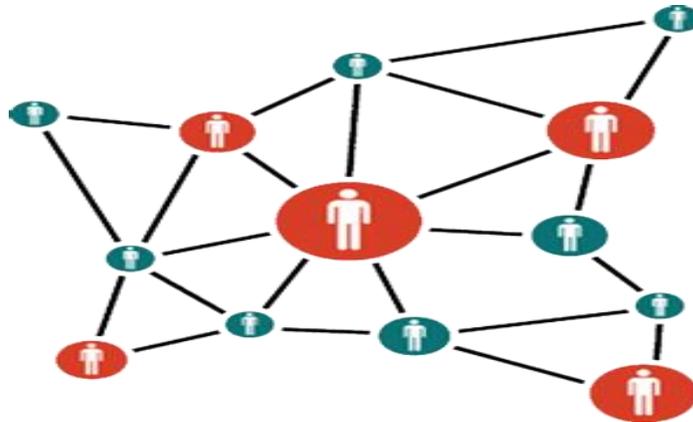




Recovery-Oriented Systems of Care (ROSC)

Randolph County Resources



WASHINGTON COUNTY, IL RESOURCE GUIDE

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ANCHOR AGENCIES OFFERING MULTIPLE SERVICES

Caresline (for youth up to age 21).....(800) 345-9049

National Crisis Lifeline..... TEXT or CALL 988

Veteran’s Crisis LineDIAL 988, then press 1

Call 4 Calm Services: free anonymous program that reduces barriers to seeking mental health services.
Text “TALK” to 552020 or “HABLAR” to 552020 to receive a return call within 24 hours

ComWell

For over 50 years, ComWell has provided behavioral health and developmental disability services to people of all ages. (Private insurance, Medicaid, Medicare or self-pay)

24 Hour Crisis Line.....(888) 855-0034

Contact Info & Hours: Monday-Thursday 8:00 a.m.-5:00 p.m., Friday 8:00 a.m.-4:00 p.m.

**Individual office hours may vary*

Locations: 618-282-6233

Red Bud: 10257 State Route 3, Red Bud, IL 62278

Chester: 2517 State St., Chester, IL 62233

Sparta: 104 Northtown Dr., Sparta, IL 62286

Okawville: 109 West Elm St., Okawville, IL 62271

Website: <https://comwell.us/>

Services:

Same-Day Assessment: readily available mental health and substance misuse assessment to identify best type of services for adults and youth including counseling, psychiatric, and case management.

Hours: Monday-Thursday

8:00 a.m.-3:00 p.m

Mobile Crisis Response: confidential crisis services and referrals to appropriate community resources. Crisis defined as someone experiencing hopelessness, delusions, thoughts of self-harm or thoughts of harm to self or others. This program operates 24/7/365 and can be accessed by contacting the 24/7 crisis hotline at:

..... (888) 855-0034

Developmental Disability Services

- CILA (Community Integrated Living Arrangement) (*Chester and Sparta*)

Services: 24-hour supervised residential facility for adults with intellectual & developmental disabilities.

- **Community Day Service Program (*Red Bud*):** for people with developmental disabilities and intellectual disabilities such as Autism, Cerebral Palsy and Down syndrome; services include community day services, sheltered employment and residential services.

Behavioral Health Services: provides a wide range of professional behavioral health and intellectual disabilities services

- **Counseling Services:** available for Mental Health challenges. Help individuals, couples and families with life's challenges.
- **School Based Services:** Mental Health services for children and adolescents meeting clients where they are in schools.
- **Substance Use Disorder Services:** individual and Intensive Outpatient Program services providing weekly to nine hours a week counseling services and case management services to assist with recovery
- **Psychiatric Services:** Psychiatric Nurse Practitioners that evaluate and treat a wide range of mental health concerns for children, adolescents, and adults.
- **Medication Assisted Treatment:** substance use recovery assisted through the use of medication and monitored by a Medical Doctor.

- Melmar (101 Melmar Court) (Sparta): 24-hour supervised residential facility for adults age 18 and over with a diagnosis of severe and persistent chronic mental illness. The program is designed to increase independent living skills and to facilitate community integration or reintegration.

Case Management Services: Assistance with meeting basic needs and life's difficulties both in the office, community, and in the home.

- **Partnership with Randolph County Housing Authority and local hospitals:** our collaboration with RCHA gives us the opportunity to bridge gaps and form connections with other resources in the region such as Nursing Homes, Assisted Living Facilities, Hospitals, and various other agencies. We have partnership both within and outside of Randolph County.

- **Healthy Communities Alliance:** organization of individuals from Randolph & Washington counties seeking to increase awareness and education to enhance physical and mental well-being through community partnerships

Website: <https://comwell.us/healthy-communities-alliance/>

Email: allianceinfo@comwell.us

Washington County Health Department

Contact: 177 S. Washington St., Nashville, IL (618) 327-3644

Website: <https://www.washingtonco.illinois.gov/health-department/>

Services: providing services to promote and protect the health of the people of Washington Co.

- **Environmental:** Routine inspection and complaint investigation of: food service establishments and providers, private sewage and water well systems, non-community water, closed-loop wells, mosquito and vector surveillance and control.
- **Maternal Child Health:** family case management, high-risk infants, Supplemental Nutrition Assistance Program
- **Health Protection and Promotion:** immunizations, lead poisoning prevention, communicable disease investigation, response to public health emergencies.

BCMW Community Services*

Serving Bond, Clinton, Marion, & Washington Counties

Contact:

Central Office, 909 E. Rexford, Centralia, IL (618) 532-7388

Hours: Monday-Friday, 8:00 am – 4:00 pm

Bond Co. Outreach Office, 502 South 3rd St., Greenville, IL (618) 664-3309

Hours: Monday-Thursday, 8:00 am – 4:00 pm

Clinton Co. Outreach Office, 625 N. 2nd St., Breese, IL (618) 526-7123

Hours: Monday-Thursday, 8:00 am – 4:00 pm

Website: <https://www.bcmwcommunityservices.org>

Services:

- **Community Services Block Grant (CSBG):** provides a variety of services to low-income individuals who have encountered a hardship in the past 90 days
- **Energy Assistance:** includes Low Income Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP), and Warm Neighbors Cool Friends
- **Meals for Seniors:** Project Bread provides congregate meals and/or home delivered meals to senior citizens

Locations:

Golden Age Senior Center, 308 N. Locust St., Centralia, IL (618) 533-1073

Salem Seniors Plus/Nutrition, 1300 W. Broadway, Ste. 26, Salem, IL ... (618) 548-5225

- **Housing Support:** programs include Permanent Housing Rapid Re-Housing, Homeless Prevention Program, Emergency & Transitional Housing Program and Rapid Re-housing.
- **Head Start:** is a federally funded, comprehensive child development program that strives to promote a rich, nurturing and learning environment for families.

Center Locations:

Centralia Center, 1101 South Locust, Centralia (618) 545-0180

Breese Center, 25 North Main, Breese (618) 526-2419

Salem Center, Business Center South #30, Salem (618) 548-1020

Benton Center, 510 Joplin, Benton (618) 439-6550

CZR, 4877 State Hwy 148, Room 107, Mulkeytown (618) 596-2121

W. Frankfort Center, 104 N. Short St., West Frankfort (618) 937-2375

- **Home Repairs:** the Home Repair & Accessibility Program assists low-income homeowners with funds for vital health and safety repairs and accessibility improvements.
- **Weatherization:** enables low-income families to reduce their energy bills by making their homes more energy efficient.

Chestnut Health Systems*

Website: <https://www.chestnut.org/>

Contact/Locations:

12 North 64th St., Belleville, IL (618) 397-0900

Services:

- **Adult Addiction Treatment:** intensive outpatient and outpatient
- **Adolescent Addiction Treatment:** intensive outpatient and outpatient

- **Adult Mental Health Treatment:** crisis intervention, life changes such as marriage, divorce, parenthood, etc., psychiatric services, supported/supervised residential, and Chestnut Opportunities (Adult group services)
 - **Chestnut Family Health Center** (Community-based health center): primary care/preventative services, disease management, medication-assisted treatment (MAT), treatment of acute and chronic illnesses, laboratory, Genoa Pharmacy and psychiatric services
 - **Children and Youth Mental Health Treatment:** outpatient, psychiatric services, co-occurring disorders and community support services
- 50 Northgate Industrial Dr., Granite City, IL (618) 877-4420

Services:

- **Adult Addiction Treatment:** assessment and screening, DUI evaluations, gambling, housing programs, intensive outpatient, medically monitored detox, medication-assisted treatment (MAT) and outpatient
- **Adult Mental Health:** crisis residential, crisis intervention, individual and family counseling, outpatient, psychiatric services, supported/supervised residential, Chestnut Opportunities (Adult group services), community support services, services for older adults
- **Children and Youth Mental Health:** co-occurring disorders, community support services, outpatient and psychiatric
- **Chestnut Family Health Center** (Community-based health center): primary care/preventative services, disease management, medication-assisted treatment (MAT), treatment of acute and chronic illnesses, laboratory, Genoa Pharmacy and psychiatric services
- **Prevention Services:** social norm campaigns, projects and coalition involvement and training and youth programs.

Department of Human Services (DHS)*

For Cash, SNAP & Medical Assistance visit ABE.Illinois.gov or call..... (833) 234-6343

Contact:

- Marion County, 800 S. Locust St., Centralia, IL (618) 532-1966
- Jefferson County, 333 Potomac Blvd Ste. F, Mt. Vernon, IL (618) 242-1040
- St. Clair County, 225 N. 9th St., East St. Louis, IL (618) 583-2300

Website: <https://www.dhs.state.il.us/page.aspx>

Services: receives applications for assistance including the following:

- **Temporary Assistance for Needy (TANF):** provides temporary financial assistance for pregnant women and families with one or more dependent children. TANF provides financial assistance to help pay for food, shelter, utilities and expenses other than medical.
- **Aid to the Aged, Blind and Disabled (AABD):** provides cash assistance for individuals over 65 years old, blind or disabled
- **Earnfare:** designed to provide adults who receive SNAP & volunteer an opportunity to gain valuable work experience, earn cash assistance and become self-sufficient
- **Earned Income Tax Credit (EITC):** if you work & meet eligibility requirements, you could claim the EITC to reduce your federal income taxes and get a bigger refund.
- **Supplemental Nutrition Assistance Program (SNAP):** helps low-income people and families buy the food they need for good health. Benefits are provided on the Illinois Link Card.
- **Medical Assistance Program:** provides medical assistance to individuals who meet eligibility criteria.

Hoyleton Youth & Family Services*

Serving Clinton, Monroe, Perry, Randolph, St. Clair & Washington Counties

Contact:

Hoyleton FH campus, 8 Executive Dr, Ste 200, Fairview Heights, IL (618) 688-4727
 Puentes De Esperanza, 8 Executive Dr, Ste 200, Fairview Heights, IL (618) 398-0557
 Lehre Haus, 300 N. Church St., Belleville, IL (618) 416-7337
 Hoyleton Children’s Home, 350 N. Main St, Hoyleton, IL (618) 493-7382

Website: <https://hoyleton.org/>

Services:

- **Counseling Care:** youth & adult counseling, community outpatient, wraparound program, evidence-based intervention and school-based counseling
- **Foster Care & Placement:** foster care and permanency services
- **Young Adult Care:** services for individuals and families
- **Community Outreach:** substance abuse prevention, violence prevention and teen pregnancy prevention
- **Pathways to Success**
- **Hispanic Community Support:** family and community resources
- **Therapeutic Residential Care:** for moderate to severe developmental delays
- **Mobile Crisis Response**
- **Client Career Assistance Scholarship**
- **Hager House**
Contact: 900 Royal Heights Rd., Ste. 3150, Belleville, IL (618) 416-7337
Services: expecting/parenting mother program is a transitional living program for young women ages 17-21 who are under DCFS guardianship.
- **HALO – Healing and Loving Oneself:** community care service for survivors of human trafficking ages 11-25

National Alliance on Mental Illness of Southwestern Illinois (NAMI SWI)*

HELPLINE: (800) 273-8255

Contact Gateway Regional Medical Center, 2100 Madison Ave., 4th Floor, Granite City, IL:
 (618) 798-9788

Website: <https://namiswi.org/>

Services: provides free education and support programs for persons with mental illnesses and their families; provides a voice for people affected by mental illnesses by advocating for them with public and private policy makers for better legislation and more effective mental health treatment options

SUPPORT GROUPS:

Available weekly via Zoom. Go to the NAMI SWI website for dates and times.

- **Family Support Group** - for families and friends of persons diagnosed with severe and persistent mental illness
- **NAMI Connection Recovery** - support group open to all adults with mental illness regardless of diagnosis

NAMI CLASSES:

- **NAMI Basic** – available online, teaches fundamentals of caring for you, your family and your child with mental illness
- **NAMI Peer-to-Peer** - education course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness
- **NAMI Family-to-Family/Familia-a-Familia** - family education program designed to foster learning, healing and empowerment among family members and close friends of individuals with serious brain disorders (mental illness)
- **NAMI Homefront** – available online, educational program for families, caregivers and friends of military service members and vets with mental health conditions

211 PATH** Dial 211

Website: <https://www.navigaterresources.net/path/>

Services: PATH's online database is available to anyone looking for basic needs, crisis and

mental health services, financial assistance, health care, support groups, etc. Coverage area includes Washington County

ADOPTION SERVICES/FOSTER FAMILIES

Kimberly Kuhlengel Jones Attorney at Law

Contact: 1070 N. Mill St., Nashville, IL (618) 327-3093

Website: kuhlengel@att.net

Services: Attorney at Law with emphasis on adoption, private, agency, related, DCFS

Foster Family Services of Southern Illinois*

Contact: 1821 West Main, Carbondale, IL (618) 529-5888

Website: <https://ffrcsi.org/>

Services: Help foster care families get clothing, bedding, baby items, etc.

Hoyleton Youth & Family Services*

See information under Anchor Agencies

Lutheran Child and Family Services of Illinois*

Contact:

LCFS Program office: 711 Insight Ave., O'Fallon, IL (618) 234-8904

Services: Adoption, Birth parent services, Counseling and Foster care

LCFS Program office: 618 S. 42nd St., Mt. Vernon, IL (618) 242-3284

Services: Counseling, Extended family support & Foster care

Southern Thirty Adolescent Center (618) 242-2238

Services: 30-day short-term emergency shelter care facility for youth in SI

Camp Wartburg, 5705 LRC Road, Waterloo, IL (618) 939-7715

Services: After school care, Day camp, Outdoor education, Retreat and meeting facilities & Summer camps

ALCOHOL MISUSE & RECOVERY

For a current list of Alcohol Support Groups, call (618) 282-6233 ext.105
or send email to allianceinfo@comwell.us

Alcoholic Rehabilitation Community Home (ARCH)*

Contact: 1313 21st Street, Granite City, IL (618) 877-4987

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

Services: ARCH is a Level III.1 extended care residential treatment center providing individualized care for men struggling with substance use disorders.

Gateway Foundation*

Contact: (888) 706-2239

Website: <https://www.gatewayfoundation.org/>

Services: Residential inpatient, outpatient substance use, outpatient alcoholism, intensive outpatient, drug and alcohol withdrawal, partial hospitalization program & sober living homes

New Vision at OSF Saint Anthony’s Health Center*

Contact: 1 St. Anthony’s Way, Alton, IL (618) 358-0200
Website: <https://www.specialcarecorp.com/locations/alton-illinois/>
Services: medically supervised, hospital-based service for adults experiencing impending or active withdrawal from alcohol, prescription medications and/or certain drugs

Al-Anon/Al-A-Teen**

Contact: (800) 344-2666
Website: <https://al-anon.org/>
Services: providing help and hope for families and friends of alcoholics
Website: <https://al-anon.org/newcomers/teen-corner-alateen/>
Services: a place for teens affected by someone else’s alcoholism

Alcoholics Anonymous – Find AA Meetings**

Contact:Hotline (800) 934-9518
Website: <https://www.aa.org/>
Services: Call hotline to help you stay sober, for information on meetings and AA services, to find treatment programs for alcohol abuse, if you are a friend or family member of an alcoholic, or if you are an AA member who has relapsed
Website

See “SUBSTANCE MISUSE & RECOVERY” for additional resources.

ALZHEIMER’S SUPPORT

Friendship Manor Rehabilitation & Healthcare

Contact: 485 S. Friendship Dr., Nashville, IL (618) 327-3041
Website: www.friendshiphc.com

Cedarhurst of Centralia*

Contact: 1827 E. McCord St., Centralia, IL (618) 268-3139
Website: https://www.assistedlivingcenter.com/facilities/il/centralia/cedarhurst-of-centralia-62801/#facility_location
Services: assisted living and memory care

Cedarhurst Senior Living*

Contact:
13887 Progress Dr., Breese, IL (618) 247-5454
220 Field Crossing Dr., Highland, IL (618) 414-3994
3450 Village Ln., Granite City, IL (618) 424-4431
903 N. Moreland Rd., Bethalto, IL (618) 248-4225
Website: <https://www.cedarhurstliving.com/>
Services: assisted living and memory care

StoneBridge Senior Living – Memory Care*

Contact: 1400 South 34th St., Mt. Vernon, IL (618) 242-4050
Services: personalized Alzheimer’s and Dementia care including nutrition, stimulation, spirituality, relaxation, creative expression, exercise and medical management

Alzheimer Support**

Contact: Memory Care Specialist 24/7 Helpline (888) 595-9951

Website: <https://www.alzheimersupport.com/memory-care/illinois/>

Services: Alzheimer support is a free service that assists Illinois families who have loved ones with Alzheimer's disease or dementia. Through the free search tool and database of Alzheimer's care facilities, families in need of care for their loved ones can locate licensed care homes and communities in the specific area that are best equipped to provide care for their loved ones.

Alzheimer's Association (Southern Illinois)** Helpline (800) 272-3900

Website: <https://www.alz.org/illinois>

Services: leading the way to end Alzheimer's and all other dementia by accelerating global Research, driving risk reduction and early detection, and maximizing quality care and support

National Institute on Aging—Alzheimer's** (800) 438-4380

Website: <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>

Services: provide current, comprehensive and unbiased information.

ANIMALS

Animal Control—Washington County

Contact: 17990 Richview Rd., Nashville, IL (618) 327-9471

Hours: Monday-Saturday 8:00 am-1:00 pm

Spenners Spray and Neuter

Contact: (618) 314-0734

Email: Mel.spenner@gmail.com

Hours: Monday-Friday 9:00 am-5:00 pm

AUTISM

Center for Autism and Related Disorders (CARD)*

Contact: 634 N. Main St. #4, O'Fallon, IL (618) 726-5870

Website: <https://centerforautism.com/>

Services: include early intervention, school age and adolescent programs, CARD ABA programs and parent resources

Southern IL University - Center for Autism Spectrum Disorders*

Contact: So IL University, 625 Wham Dr, Carbondale, IL (618) 453-7130

Website: <https://casd.siu.edu/>

Services: autism screenings, diagnostic assessments and therapy for children with autism and their families.

University of IL, Chicago's Division of Specialized Care for Children, IL Center for Autism*

Contact: (800) 322-3722

Services: ICA provides education, advocacy, social skills, life skills and vocational training and resources to children ages 3 to 22 in its Special Education Program, individuals 22 and older in its Adult Services Program, and their families in its Client Family Support Services Programs.

Website: https://dsc.uic.edu/dsc_resource/illinois-center-for-autism/

Local office: 548 South Ruby Lane, Fairview Heights, IL (618) 398-7500

Services: school program, client/family support and adult services

Website: <https://illinoiscenterforautism.org/>

The Autism Clinic at Hope*

Contact:.....
145 Springfield Ct., O'Fallon, IL (217) 525-8332
3022 S. Park Ave. & 2315 N. Park, Herrin, IL (217) 525-8332
4559 Benes Ave., Glen Carbon, IL (217) 525-8332

Website: <https://www.theautismclinic.org/>

Services: provide intervention services through the Preschool ABA program, as well as behavior assessment and treatment. Providing school consultations, resource portal and community trainings.

The Autism Program of Illinois (TAP)**

Website: <https://tap-illinois.org/>

Services: TAP provides a variety of services and resources throughout the state of IL. Website includes a referral portal to connect you to the nearest service provider.

BRAIN INJURY SERVICES, SUPPORT & TREATMENT

Brain Injury Association of Illinois*

Contact: P.O. Box 70, Palos Heights, IL 60463..... (312) 726-5699

Website: <https://www.biaill.org>
<https://www.braininjurytoolbox.com> Brain Injury Toolbox – educational materials

Services: Statewide non-profit organization providing an information & resource call center, education and programs and services to individuals who have sustained a brain injury, family members/caregivers, rehabilitation professionals and the community at large.

Brain Injury Foundation of St. Louis*

Contact: 7850 Manchester Road, St. Louis, MO (800) 699-6443 OR (314) 645-7230

Website: <https://www.bifstl.org>

Services: it is the mission of the Brain Injury Foundation of St. Louis to provide innovative community based solutions to meet the specific social and vocational needs of individuals with brain injuries.

Brain Injury and Stroke Support Group

Contact: The Christian Life Center, 1901 N, Park Avenue, Herrin, IL (618) 942-2171

Missouri Brain & Spine*

Contact: 141 Chesterfield Business Pkwy, Chesterfield, MO (636) 778-4300

Website: <https://mobrainandspine.com>

Services: our multi-disciplinary approach includes a cooperative patient management team comprised of experts from the fields of neurology, neuroscience, functional neurology,

psychology, physical & occupational rehabilitation, chiropractic and speech & language therapy to serve your health needs.

NeuroRestorative*

Contact: (800) 743-6802
Locations:
1050 N. Reed Station Rd., Carbondale, IL
1271 E. Walnut St., Carbondale, IL (618) 790-4800
Website: <https://www.neurorestorative.com>
Services: Children & adolescent programs, Day treatment, Neurobehavioral, Neurorehabilitation, Outpatient, Respite, and Supported living

The Rehabilitation Institute*

Missouri Contact: 4455 Duncan Ave., St. Louis, MO (314) 658-3800
Website: <https://encompasshealth.com/rehabinstitutes/>
Southern Illinois Contact: 2351 Frank Scott Pkwy E, Shiloh, IL (618) 206-7600
Website: <https://encompasshealth.com/locations/shilohrehab/our-programs/neuro>
Services: let our rehabilitation experts create a custom care plan to help you regain as much function as possible after a brain injury.

Washington University and Barnes-Jewish Neurology & Neurosurgery Center*

Contact: 4921 Parkview Pl #6-C, St. Louis, MO (314) 362-1408
Website: <https://www.barnesjewish.org/Medical-Services/Neurology-Neurosurgery/Brain-and-Head-Injuries>
Services: faculty at Barnes-Jewish & Washington University Neuroscience Center offer comprehensive treatment to all levels and stages of traumatic brain injury.

Brain Injury Association of America**

Website: <https://www.biausa.org>
Services: BIAA's mission is to advance awareness, research, treatment and education to improve the quality of life for all people affected by brain injury

CANCER

Cancer Care Center of O'Fallon*

Referral from primary physician is required

Contact: HSHS St. Elizabeth's Hospital, 321 Regency Park, O'Fallon, IL (618) 416-7970
Services: comprehensive medical oncology, hematology, and radiation oncology.
Diagnostic imaging, laboratory, and pharmacy services also available.

St. Clair County Health Dept. IL Breast and Cervical Cancer Program (IBCCP)*

Contact: (217) 782-4977
Services: IDPH program provides free mammograms, breast exams, pelvic exams and Pap tests to eligible women.

Metro East Dermatology & Skin Cancer Center*

Contact: 331 Regency Park, O'Fallon, IL (618) 7622-7546

Siteman Cancer Center*

Contact: 1418 Cross St., Shiloh, IL (618) 607-1340

Website: <https://www.siteman.wustl.edu/visiting/illinois/>

Services: offering convenient access to nationally recognized cancer care, including clinical trials for residents of Southern and central Illinois and beyond.

American Cancer Society Helpline** (800) 227-2345

Website: <https://www.cancer.org>

National Cancer Institute** (800) 422-6237

Hours: Monday-Friday 9:00 am-9:00 pm ET

Website: <https://www.cancer.gov>

CELL PHONES

Safe Cell** (800) 723-3546

Website: <https://www.safelinkwireless.com>

Services: free cell phone and minutes program

CENTER FOR DISEASE CONTROL AND PREVENTION

US Center for Disease Control and Prevention (CDC)** (800) 232-4636

Website: <https://www.cdc.gov>

Services: online educational resources with information on disease, symptoms, diagnosis and treatment

CHILD ABUSE

Childhelp National Child Abuse Hotline**

Contact: (800) 4-A-Child (800) 422-4453

Website: <https://www.childhelp.org/>

Services: if you are being hurt, know someone who might be hurting, or are afraid you might hurt another, call or text the hotline; services include crisis intervention, information and referrals to thousands of emergency, social service and support resources. All calls are confidential.

IL Department of Children and Family Services Child Abuse Reporting Hotline**

Contact: (800) 252-2873

Website: <https://dcfs.illinois.gov/>

Services: call if you suspect a child has been harmed or is at risk of being harmed by abuse or neglect

Prevent Child Abuse Illinois**

Contact: (217) 522-1129

Website: <https://www.preventchildabuseillinois.org>

Services: Organization actively involved in prevention education and public awareness, community outreach, public policy advocacy, and promotion of prevention.

CHILD ADVOCACY

Amy Schultz Child Advocacy Center

Serving Jefferson, Marion, Washington, Wayne, Hamilton, Clinton & Clay Counties

Contact: 500 Fairfield Rd., Mt. Vernon, IL (618) 244-2100

Website: <https://amycenter.org>

Services: The Amy Schulz Child Advocacy Center and our partners are the front-line responders to reports of sexual abuse, as well as reports of severe physical abuse of children. We provide children with a safe place to share their story in their own words with experts who will listen to them, protect them, and help them heal.

CHILD CARE

Christy's Toyland

Contact: 577 S. Grand St., Nashville, IL (618) 327-9080

Crayon Castle

Contact: 224 S. Bryan St., Nashville, IL..... (618) 327-9380

Happy Days Preschool (Grace United Methodist Church)

Contact: 250 N. Mill St., Nashville, IL (618) 327-8407

Immanuel Lutheran Church Wee Care

Contact: 606 South Hanover St., Okawville, IL (618)-243-6161

Jodie's Day Care

Contact: 7420 IL-177, Okawville, IL (618)-243-3343

BCMW - Head Start*

See information under Anchor Agencies

Just Us Kids*

Contact: 834 Darmstadt St., St. Libory, IL (618) 768-4275

CHILD & FAMILY SERVICES

4-H University of Illinois Extension (Nashville)

Contact (618) 327-8881

Services/Programs: Helping people, businesses, and communities find answers to grand challenges

- **4-H Youth Development:** Youth ages 5-18 completing hands-on projects in areas such as health, science, agriculture and citizenship in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.
- **Commercial Agriculture:** Forming a powerful source of information and insight for agricultural producers in our region through the expertise of local educational specialists combined with resources of the statewide Illinois Extension system.
- **Community & Economic Development:** Helping community leaders, residents and communities build capacity to make timely and effective decisions, to use information wisely, and to engage the entire community in working together better. Extension educators design and deliver education programs and technical assistance in a variety of settings, including workshops, small group consultations, and online tools and resources.
- **Energy & Environment:** Providing answers to questions regarding environmental stewardship through best practices information based on peer-reviewed science.
- **Family Life:** Connecting families of all stages with information and resources that are based on sound science and best practices.
- **Horticulture:** Supplying a vast collection of resources addressing horticultural interests.
- **Illinois Nutrition Education Programs:** Providing nutrition education to individuals and Families through the Supplemental Nutrition Assistance Program (SNAP).
- **Leadership & Local Government:** Delivering educational opportunities designed to specifically address current issues that many local governments encounter, with particular emphasis on policymaking and leadership.
- **Local Foods & Small Farms:** Providing information and insight into how fruits, vegetables, and food products move through their life cycle and including information on other topics such as the use of pesticides during the growing season and the practice of composting food waste.
- **Nutrition and Wellness:** Helping families live their best lives through understanding wellness topics such as food safety, nutrition, and chronic disease prevention and management.
- **Schools Online:** Sharing educational resources for parents and teachers to help students understand important information about topics that touch their everyday lives.

Birth to Five Program - Kaskaskia Special Education District*

Contact: Central Office, 224 South Locust St., Centralia, IL (618) 532-4721

Website: <https://www.ksed801.com>

Services: Serving Schools in Clinton, Marion & Washington Counties. We operate the following programs:

- **Early Head Start**, a federally funded program of prenatal services and children’s home based services.
- **Early Intervention**, a state funded program of services for children with developmental delays or disabilities.
- **Infant mental health services**, identify children at-risk for developmental delays and/or for social-emotional and mental health problems.
- **Community services**, include offering parent workshops on Dr. Harvey Karp’s Happiest Baby on the Block and Happiest Toddler of the Block at St. Joseph’s Hospital.
- **Developmental screenings**, are conducted annually through local school districts and child care centers, as well as by parent/guardian request. All screenings are free of charge.

Birth to Five Illinois – Region 13*

Contact: 971 Fairfax St., Carlyle, IL (309) 345-1801 or (309) 393-2527

Website: <https://birthtofiveil.com/region13>

Services: working to identify why families are not able to access early childhood and related services and working as a platform to advise what is best for children’s future with full and equitable access to services needed.

Butterfly Dreams Alliance (Youth Mental Health)*

Contact: 135 N. Oak St., Breese, IL..... (618) 304-7438

Website: <https://www.butterflydreamsalliance.org>

Services: Butterfly Dreams Alliance, NFP, a registered charitable trust community outreach organization. Child abuse, family violence, sexual harm & human trafficking awareness, prevention, support & peer-based recovery/rebuilding strategies. Custom-made presentations for community, law enforcement, educators, healthcare, and teens.

Community Link*

Contact:

Admin Office & Production Workshop: 1665 N. 4th St., Breese, IL (618) 526-8800

First Step & Family Support: 955 N. Plum St., Breese, IL (618) 526-8830

Website: <https://www.commlink.org>

Services:

Assisting Pregnant Moms, Infants, and Toddlers

- The 1st Step Early Head Start program is a no cost, federally funded, comprehensive home-based program for expectant mothers and for children birth to 3 years old who reside in Clinton County and Washington County in Illinois.

Hoyleton Youth & Family Services*

*See information under Anchor Agencies

Illinois Department of Children and Family Services (Springfield) * (217) 785-2509

To report suspected child abuse or neglect..... (800) 252-2873

Contact:

Belleville Office, 7650 Magna Dr., Suite 125,, Belleville, IL (618) 257-7500

Centralia Office, 800 S. Locust, Centralia, IL..... (618) 532-1966

Mt. Vernon Office, 321 A Withers Dr., Mt. Vernon, IL (618) 244-8400

Services:

- Illinois Department of Children & Family Services Family First Prevention Services Act Title IV-E Prevention Plan (10/26/21)
- Managed Care Transition – Health Plan Information for Current and Former Youth in Care
- Child Welfare Medicaid Managed Care Implementation Advisory Workgroup
- Provide foster care and day care licensing

Lutheran Child and Family Services (Belleville)*

Contact: 711 Insight Ave. O’Fallon, IL (618) 234-8904

Website: www.opencounseling.com

Services: Lutheran Child and Family Services of Illinois provides Group therapy, Cognitive behavioral therapy and Individual psychotherapy. It specializes in treatment of children/adolescents, adults and seniors 65 or older. Lutheran Child and Family services of Illinois also supports LGBT and persons who have experienced trauma. Some other services offered by Lutheran Child And Family Services of Illinois include family psychoeducation, court-ordered outpatient treatment and therapeutic foster care.

One Hope United *

Contact: 1400 E. McCord St., Centralia, IL (618) 532-4311

Website: www.onehopeunited.org

Services: education, setting children up for success, child and family services, supporting and strengthening families, behavioral health, emotional and mental wellbeing, residential

programs, creating homes where young people thrive.

University of IL – Chicago’s Division of Specialized Care for Children (800) 322-3722

Contact/local office:

St. Clair Regional Office, 1734 Corporate Crossing, Ste #1, O’Fallon, IL (618) 624-0538

Hours: Monday-Friday 8:00 am-4:30 pm

Website: <https://dscc.uic.edu/>

Services: provides FREE care coordination for families of children with special healthcare needs.

Illinois Cares Line** 24/7 (800) 345-9049

Services: If your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families, call the 24-hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional.

Illinois Department of Human Services (SNAP, TANF, WIC)**

Contact: (800) 843-6154 or (618) 242-1040

Website: <https://www.dhs.state.il.us/page.aspx>

Services:

- **(SNAP) Supplemental Nutrition Assistance Program:** helps low-income individuals and families buy the food they need for good health
- **(TANF) Temporary Assistance for Needy Families:** provides temporary financial assistance for pregnant women and families with one or more dependent children
- **(WIC) Women, Infants and Children:** is a special supplemental nutrition program administered by DHS; it provides healthy foods as well as education and counseling services
- **(IWC) Illinois Welcome Centers:** provide comprehensive service centers for the integration of refugees in Illinois

Love is Respect** (866) 331-9474

Website: <https://www.loveisrespect.org/>

Services: Providing support for teens, young adults and their loved ones seeking help, resources or information related to healthy relationships and dating abuse.

National Parent & Youth Helpline** (855) 427-2736

Website: <https://nationalparentyouthhelpline.org/>

Services: Real life help from real live people. If you are struggling as a parent, caregiver or youth, the helpline is here to provide vital support. It is a judgment-free, compassionate space for those in need of immediate emotional support 24 hours a day, 7 days a week.

COMPUTERS AND TECHNOLOGY ASSISTANCE

PCs for People* (618)-215-3787

Website: <https://www.pcsforpeople.org/eligibility/>

Services: provide affordable computers, computer repair and low-cost internet to individuals below the 200% poverty level or who are currently enrolled in an income-based government assistance program.

CRISIS & HELP LINES

ComWell 24-hour Crisis Line..... (888) 855-0034
*See information under Anchor Agencies

988 Suicide & Crisis Hotline**

Contact:..... # 988
..... Military Veterans #988 & press 1
Website: <https://988lifeline.org/>
Services: The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

CARES Line**

Contact: (800) 345-9049
Services: a telephone service handling mental health crisis calls for children and youth in Illinois. It can connect families to SASS, a program that provides intensive mental health services.

Crisis Text Line**

Contact: Text HOME to 741741 from anywhere at any time for any type of crisis
Website: <https://www.crisistextline.org/>
Services: **Crisis Text Line** provides free, 24/7 support via text message. We're here for everything: anxiety, depression, suicide, school. Text HOME to 741741.

Illinois Warm Line** (866) 359-7953

Services: A support line for persons with mental health and/or substance use challenges, their families, friends and community members. Trained Wellness Support Specialists who personally live out recovery will provide support to you while also helping families better understand the recovery process.

The HOPE Line** Free Live Chats 24 hrs a day (800) 784-2433

Website: <http://www.hopeline.com/>
Services: Helping students and young adults in crisis by offering sound advice and a safe place to connect. Topics include relationships, trauma, addiction, self-care, sex and mental health.

DENTAL CARE

Dental Center of Nashville (Dr. Jason Gladson)

Contact: 17900 Exchange Ave, Nashville, IL (618) 327-4422

Family Dentistry (Dr. John Skorczewski)

Contact: 1267 S. Mill St., Nashville, IL (618) 327-4348

Nashville Dental Arts

Contact: 520 E. St. Louis St., Nashville, IL (618) 327-4315

SIU Dental School*

Accepts Medicaid
Contact: Clinic: 195 University Park Dr., Edwardsville, IL (618) 650-5781

DIABETES

Washington County Hospital – Nutritional Education (618) 327-8236
*See information under Anchor Agencies

American Diabetes Association** (800) DIABETES or toll free (888) 342-2383
Website: <https://www.diabetes.org/>
Services: Nationwide hotline allows callers to get answers to questions about diabetes

Children with Diabetes**
Website: <https://childrenwithdiabetes.com/>
Services: Online information for children and adults with diabetes.

IL Department of Public Health: Diabetes Prevention and Control** (217) 782-4977
Website: <http://www.idph.state.il.us/diabetes/>
Services: Online information for diabetics

DISABILITY RESOURCES

ComWell
*See information under Anchor Agencies

Community Integration Services (Belleville)* (618) 310-1549
Website: <https://www.nationaldisabilitybenefits.org/>
Services: Check if you qualify in 1 Min - Apply For SSDI today.

Community Link*

Contact:
Admin Office & Production Workshop: 1665 N. 4th St., Breese, IL..... (618) 526-8800
West Developmental Training: 8510 Old U.S. Hwy 50, Breese, IL (618) 526-8800
Metro Developmental Training & Production Workshop: 9815 Bunkum Road, Fairview Heights, IL (618) 397-1655

Website: <https://www.commlink.org>

Services:

- **Adult Day Services:**
Community Link's Adult Day Services are person-centered, individualized, promote personal growth and encompass a variety of skill building opportunities for persons 18 and older who have a developmental disability. Learning opportunities are available in the areas of life skills, vocational and work supports. The programs ensure quality services through accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF) and licensure surveys by the Illinois Department of Human Services as well as utilizing input from persons served and other stakeholders for program improvements.
- **Community Services:**
Community Link offers a variety of services and supports for people with disabilities residing in their own homes, with family or in one of Community Link's residential homes. The array of services is designed to provide assistance and supports based upon individual needs as well as preferences. Supports may include help with home living skills, medication management, budgeting assistance, including assistance with social security, Medicaid and food stamps, limited transportation, and recreational and leisure activities.

Division of Specialized Care for Children (DSCC)*

Serving Bond, Calhoun, Jersey, Madison, McCoupin, Monroe, Montgomery, Randolph, St. Clair and Washington counties.

Contact: 1734 Corporate Crossing, Ste. 1, O'Fallon, IL (618) 624-0508

Website: <https://dsc.c.uic.edu/office/st-clair-regional-office/>

Services: Case management and financial assistance for families and children with special needs

Hoyleton Youth & Family Services*

*See information under Anchor Agencies

IMPACT CIL*

Contact: 2735 E. Broadway, Alton, IL (618) 462-1411

Website: <https://www.impactcil.org>

Services: INCIL is the statewide association for Illinois' 22 Centers for Independent Living (CILs). Through the centers, persons with disabilities in Illinois are empowered with the knowledge and skills to make their own life choices and pursue their own goals of self-sufficiency and full participation in their communities. A Center for Independent Living (CIL) is a non-residential, community based organization, which provides resource and advocacy services to persons with disabilities. CILs differ from traditional service agencies in many ways, the first being that they are staffed and governed primarily by persons with disabilities. Federal and State laws, which define CILs mandate that at least 51% of staff and board are persons with disabilities. This brings a positive perspective based on personal experience with disability and an understanding of issues and barriers faced, and the potential for success.

Linc Inc.*

Contact: #15 Emerald Terrace, Swansea, IL (618) 235-9988

Hours: Monday-Thursday, 8:00 a.m.-5:00 p.m.

Website: <https://www.lincinc.org/>

Services: Opening doors for individuals with disabilities through education, advocacy and independent living.

Promise Home Works* (314) 200-3855

Services: "Promise Home Works is a veteran-owned and local St. Louis construction company that remodels homes to make them accessible to people who have trouble walking or moving about their homes. We provide bathroom remodels, curbless showers, barrier-free showers, walk-in showers, tub-to-shower conversions, roll-in showers, walk-in tubs, wheelchair ramps, stair lifts, chair lifts, ceiling lifts and even grab bars. Our experts perform home safety assessments and recommend all possible solutions for safely living at home. We strive to make homes and bathrooms accessible to people having challenges with mobility."

DOMESTIC VIOLENCE

Stopping Woman Abuse Now (SWAN)*24 HOUR CRISIS LINE (888) 715-6260

Help available in 16 central & southern counties in IL

Contact: Admin office, 120 S. Fair St, Ste 2, Olney, IL (618) 879-2214

Website: <https://www.swandvhl.org/>

Services: Shelter and housing programs for victims of domestic violence & homelessness, parenting groups, support groups and intervention counseling for domestic violence abuser, long-term care Ombudsman program, legal advocacy & Order of Protection assistance

Violence Prevention Center Southwestern Illinois (O'Fallon)* (618) 235-0892

Website: <https://www.vpcswi.org>

Services: The Violence Prevention Center of Southwestern Illinois works to eliminate domestic violence in the lives of individuals and society as a whole. Offering a 24-hour hotline, counseling, legal advocacy, emergency shelter, and community education to empower survivors of domestic violence to find safety and create lasting peace. Specialties: Teen dating, Social services, Crisis hotline, Domestic violence, Healthy relationship, LGBTQIA, Partner violence and Intimate partner violence

Illinois Coalition Against Domestic Violence** (877) 863-6338

Services: Locate a service provider near you. All listed providers operate a 24/7 confidential phone line where you'll find trained advocates who can provide support, information and resources. They can also talk to you about safety planning, child custody laws, Orders of Protection, and more.

National Domestic Violence Hotline**

Contact: (800) 799-7233

Website: <https://www.thehotline.org/>

Services: National Domestic Violence Hotline provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. We also provide support to friends and family members who are concerned about a loved one.

EATING DISORDERS

Branz Nutrition Counseling*

Contact Info IL: 1161 Fortune Blvd Suite 200, Shiloh, IL (314) 804-1848

Contact Info MO: 10525 Big Bend Blvd, Kirkwood, MO (314) 804-1848

Website: <https://www.branznutritioncounseling.com>

Services: offering supportive space where you can receive compassionate care from Certified Eating Disorder Dietitians who are there to walk alongside your journey of health and healing.

Clementine St. Louis*

Contact: 7190 Christopher Dr., St. Louis, MO (833) 814-4620

Website: <https://www.clementineprograms.com>

Services: residential treatment program exclusively for adolescents of all genders seeking treatment for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, or ARFID

Embodied Self Counseling, Erin Grumley, LPC*

Contact: 7346 Manchester Road, Suite 202, Maplewood, MO (314) 789-3990

Website: <https://www.eringrumley.com>

Services: Health at Every Size (HAES) informed therapists understand that to address the food "stuff," we also need to address the things underneath.

McCallum Place*

Contact: 231 W. Lockwood Ave., Ste 202, Webster Groves, MO (844) 772-3216

Website: <https://www.mccallumplace.com>

Services: eating disorder treatment center for all genders, ages 10 and up; evidence-based comprehensive psychological, nutritional and medical care

McDaniel Nutrition Therapy*

Contact: 225 S. Meramec Ave Apt 204, St. Louis, MO (314) 530-7400

Website: <https://www.mcdanielnutrition.com>

Services: specializing in personalized and tailored nutrition for general wellness, disease management, weight loss, sports nutrition, family nutrition and corporate wellness

Saint Louis Behavioral Medicine Institute*

Contact: 331 Salem Place, Suite 225-A, Fairview Heights, IL..... (618) 825-0051

*New Patients Call (618) 825-0051

Website: <https://www.slbmi.com>

Services: providing comprehensive outpatient treatment for a variety of eating disorders and issues, including: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder (ARFID), Orthorexia, Other Specified Feeding or Eating Disorders (OSFED), Athletes and Eating Disorders, Body Image Disorders and Emotional Overeating.

St. Louis Eating Recovery Therapy*

Contact: 140 Prospect Ave, Ste L., Kirkwood, MO (314) 328-8646<https://anad.org/donate/>

Website: <https://www.eatingrecoverytherapy.com>

Services: providing individual and family therapy focused on eating disorder behaviors, body image, relationship with movement and more

Eating Disorders Helpline**

Contact: (888) 375-7767

Website: <https://anad.org/>

Services: free peer support community that is here to help anyone struggling with an eating disorder

Equip Health – Virtual Eating Disorder Care**

Contact: (855) 691-4744

Website: <https://www.equip.health>

Services: eating disorder treatment that works – delivered at home. Virtual, evidence-based care designed to achieve full recovery.

National Eating Disorder Association (NEDA) – Helpline**

Contact: (800) 931-2237

Hours: Monday-Thursday 9:00am-9 pm, Friday 9:00 am-5:00 pm Eastern Standard Time

Services: Non-profit dedicated to supporting individuals and families affected by eating disorders. Offering support, information, referrals and guidance about treatment options for either you or your loved one. For CRISIS, text NEDA to #741741 and a trained volunteer will get in touch with you.

EDUCATION

EARLY/ALTERNATIVE/SPECIAL NEEDS

Birth to Five Program - Kaskaskia Special Education District*

- **Contact:** Central Office, 224 South Locust St., Centralia, IL (618) 532-4721
- **Website:** <https://www.ksed801.com>
 - **Early Head Start**, a federally funded program of prenatal services and children’s home based services.
 - **Early Intervention**, a state funded program of services for children with developmental delays or disabilities.
 - **Infant mental health services** which identify children at-risk for developmental delays and/or for social-emotional and mental health problems.
 - **Community services** which include offering parent workshops on Dr. Harvey Karp’s Happiest Baby on the Block and Happiest Toddler of the Block at St. Joseph’s Hospital.
 - **Developmental screenings** which are conducted annually through local school districts and child care centers, as well as by parent/guardian request. All screenings are free of charge.

Community Link*

Contact: (618) 526-8830

Admin Office & Production Workshop: 1665 N. 4th St., Breese, IL

First Step & Family Support: 955 N. Plum St., Breese, IL

Website: <https://www.commlink.org>

Services:

Assisting Pregnant Moms, Infants, and Toddlers

- The 1st Step Early Head Start program is a no cost, federally funded, comprehensive home-based program for expectant mothers and for children birth to 3 years old

****Division of Specialized Care for Children (DSCC) (618) 624-0508**

GED/OTHER

Kaskaskia College – Nashville Learning Center*

Contact: 17869 Exchange Ave., Nashville, IL..... (618) 545-3485

Services: Adult literacy and ESL programs

MERS Goodwill WIOA Youth Program* (618) 444-8734

Services: assisting youth ages 16-24 with completing any educational goals they may have including tutoring, alternative secondary school offerings, high school equivalency, college enrollment and FAFSA assistance with possible financial assistance for school expenses.

Regional Office of Education #13 (Mt. Vernon)*

Contact: 1710 Broadway St., Mt. Vernon, IL (618) 244-8040

Website: <https://www.roe13.k12.il.us>

Services: providing high-quality education supports and community services that have a positive and measurable impact on student achievement, teacher performance, and school leadership.

Southwestern Illinois College – Youth Services*

Contact: 2500 Carlyle Ave., Belleville, IL (618) 282-2700

Website: <https://www.swic.edu>

Services: Youth Empowerment Support Services (YESS) a mentoring and empowerment program that helps individuals with obtaining a high school equivalency certificate. Programs also include the Summer Children’s Enrichment Program and College for Kids.

PRIVATE SCHOOLS

Immanuel Lutheran School

Contact: 606 S. Hanover St., Okawville, IL (618) 243-6142

Trinity Lutheran School
Contact: 155 N. Main St., Hoyleton, IL (618) 493-7754

Trinity St. John Lutheran School
Contact: 680 W. Walnut St., Nashville, IL (618) 327-8561

PUBLIC SCHOOLS

Ashley Grade School
Contact: 450 N. 3rd St., Ashley, IL (618) 485-6611

Irvington Public School
Contact: 500 E. Superior St., Irvington, IL (618) 249-6439

Nashville School District #49
Contact: 750 E. Gorman St., Nashville, IL (618) 327-3055

Nashville Community High School
Contact: 1300 S. Mill St., Nashville, IL (618) 327-8286

Oakdale Grade School
Contact: 280 E. Main, Oakdale, IL (618) 329-5292

Okawville Grade School
Contact: 400 S. Hanover St., Okawville, IL (618) 243-6157

Okawville Jr/Sr High School
Contact: 400 S. Hanover St., Okawville, IL (618) 243-5201

SECONDARY SCHOOLS

John A Logan College*
Contact: 700 Logan College Dr., Carterville, IL (618) 985-2828
Website: <https://www.jalc.edu>
Services: public community college

Kaskaskia College*
Contact: 27210 College Rd., Centralia, IL (618) 545-3000
Website: <https://www.kaskaskia.edu>
Services: public community college

McKendree University*
Contact: 701 College Rd., Lebanon, IL (618) 537-4481
Website: <https://www.mckendree.edu>
Services: private university offering a variety of undergraduate and graduate programs

Rend Lake College*
Contact: 468 North Ken Gray Pkwy, Ina, IL (618) 437-5321
Website: <https://www.rlc.edu>
Services: public community college

Southern Illinois University Carbondale*
Contact: 1263 Lincoln Dr., Carbondale, IL (618) 453-2121
Website: <https://www.siu.edu>
Services: public university

Southern Illinois University Edwardsville*

Contact: 6 Hairpin Dr., Edwardsville, IL (618) 650-370

Website: <https://www.siu.edu>

Services: public university

Southwestern Illinois College*

Contact: 2500 Carlyle Ave., Belleville, IL (618) 235-2700

Website: <https://www.swic.edu>

Services: public community college

EMPLOYMENT

AGENCIES

Innovative Staff Solutions

Contact: 238 East Adam St., Ste 3, Nashville, IL (618) 464-0084

Website: <https://staffsolutions.com/>

Placesmart Staffing

Contact: 12578 IL-127, Nashville, IL (618) 272-2171

Website: <https://psastaffing.com/>

Staff Management

Contact: 18310 Enterprise Ave., Nashville, IL (618) 327-9283

Website: <https://www.staffmanagement.com/>

StaffQuick

Contact: 450 Kaskaskia St, Suite A, Nashville, IL (618) 464-0250

Website: <https://staffquickjobs.com/>

Express Employment Professionals*

Contact:

1301 West Main St., Carbondale, IL (618) 457-1001

314 Fountains Pkwy, Ste B, Fairview Heights, IL (618) 726-2140

Website: <https://www.expresspros.com/>

Hire Level*

Contact:

3911 West Ernestine Dr., Marion, IL (618) 993-9675

5214 Chain of Rocks Road, Edwardsville, IL (618) 655-1212

Website: <https://hirelevel.com/>

SENIORS

MERS Goodwill – Senior Community Service Employment Program (SCSEP)* (888) 651-4177

Services: providing subsidized, service-based training for low-income persons 55 or older who are unemployed and have poor employment prospects

YOUTH

MERS Goodwill – WIOA Youth Program*

Contact: Career Center, 5720 N. Belt W. Suite 44, Belleville, IL..... (618) 257-1080
Services: assisting youth ages 16-24 with job readiness training, paid work experience, job search and application assistance, transportation to interview and financial assistance for work related expenses.

ENERGY ASSISTANCE

BCMW (Bond, Clinton, Marion, Washington Community Services)*

*See information under Anchor Agencies

EPILEPSY

Epilepsy Foundation of Greater Southern Illinois*

Contact: 100 Aviation Dr., Koziara Terminal, Ste. B., Mt. Vernon, IL (618) 244-6680
Website: <https://www.efgreatersil.org>
Services: offering client and family support services for individuals diagnosed with seizures. Low-cost neurological evaluations for clients up to age 18 who have a possible or diagnosed seizure disorder.

FARMING

SIU Medical School – Farm Family Resource* (833) 327-6767

Website: <https://www.siumed.org/farm>
Email: FarmFamilyResourceHelpline@mhsil.com
Services: the Farm Family Resource Initiative Helpline is a confidential service available 24/7 to all Illinois farm families. Individuals can receive support from trained professionals who understand the unique challenges faced by those in the agricultural sector. The helpline offers specialized assistance, including mental health resources and agriculture-related support.

FIRE DEPARTMENTS

Addieville Fire Department

Contact: South Center Street, Addieville, IL (618) 424-7965

Ashley Fire Protection District

Contact: 115 E. Madison St., Ashley, IL (618) 485-6678

Hoyleton Fire Protection District

Contact: 120 East Oak St., Hoyleton, IL (618) 493-7700

Irvington Fire Protection District

Contact: 706 S. 2nd St., Irvington, IL (618) 249-8110

Nashville Fire Protection District

Contact: 276 W. St. Louis St., Nashville, IL (618) 327-8423

New Minden Village Fire Department

Contact: 82 Front St., Nashville, IL (618) 478-5312

Okawville Fire Department

Contact: 1145 E. High St., Okawville, IL (618) 243-6141

FOOD ASSISTANCE

FOOD PANTRIES

Grace United Methodist Church

Contact: 250 N. Mill St., Nashville, IL (618) 327-8407 or (618) 314-0252
Hours: 2nd & 4th Tuesdays from 6:00-7:00 pm

United Church of Christ Food Pantries

Co-sponsored by St. John UCC & St. Peters UCC

Contact: Friedens UCC Church, 303 S. 3rd St., Irvington, IL (618) 918-7150

Hours: 1st & 5th Saturdays 9:00-11:00 am & 2nd, 3rd & 4th Sundays 11:00 am-1:00 pm

Contact: Zion UCC Church, 58 W. 1st St., Addieville, IL (618) 918-7150

Hours: Every Wednesday 5:00-7:00 pm

Tilden Food Pantry*

Contact: 701 N. Center St., Tilden, IL (618) 443-8178

Hours: 1st & 3rd Tuesdays 11:00 am-12:30 pm

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Department of Human Services*

*See information under Anchor Agencies

WOMEN, INFANTS, AND CHILDREN (WIC)

Washington County Health Department

*See information under Anchor Agencies

GAMBLING

Illinois Council on Problem Gambling** (800) 426- 2537

Website: <https://illinoisproblemgambling.org/>

Services: working to increase public awareness about gambling disorder and providing information and resources related to treatment for those with gambling disorder and their families

GOVERNMENT

Washington County Court House

Contact: 125 Elm St., Nashville, IL (618) 327-4800

Services:

- Appointed:
 - Animal Control – enforces state and local laws and ordinances to protect the safety and right of the public and the welfare of animals
 - E-911 – telephone communication network that connects emergency callers with the appropriate public response like police, fire or ambulance
 - Emergency Management – responsible for managing resources and acquiring assets during and after a disaster; also provides disaster preparation training
 - General Assistance – works with people who have pending Supplemental Security Income (SSI) cases
 - Health Department – see Washington County Health Department
 - Highway Department – responsible for county-designated roads, including planning, design, construction, maintenance, oiling and chipping, mowing, snow removal, engineering, collaboration with municipal and road district jurisdictions regarding road improvements and for collaboration with IDOT
 - Human Resources – coordinate IMRF retirement and investment programs, responsible for payment of all Washington County expenditures, coordinate health & life insurance for Washington County employees and responsible for courthouse, Sheriff's Office, Highway Department and General Assistance payroll
 - Zoning – gather and update information for development of the Geographic Information System (GIS); administrate and enforce the Washington County Zoning Ordinance, Floodplain Ordinance and Subdivision Ordinance as well as issue building permits, initial certificates of compliance and final certificates of compliance
- Elected:
 - Assessor - administers assessments of all real property in Washington County
 - County Board – Washington County's governing body
 - Circuit Clerk – official keeper of Washington County records; see website for filing fees
 - County Clerk – provides access to Vital Records - Birth Certificates, Marriage Certificates & Death Certificates, obtain Marriage License; access to Military Discharges & Genealogy Records
 - Land Records - deeds, mortgages, releases and assignments, property liens, as well as assorted federal, state and local liens. Other documents include veteran's discharge papers, corporation papers and instruments pertaining to the Uniform Commercial Code. The Recorder's office is also responsible for the recordation and storage of subdivision plats, land surveys and monument records.
 - Elections – serves as chief election authority; register to vote
 - Public Filings – register a business, notary public registry, statements of economic interests, or obtain a liquor license
 - Coroner – issue death certificates & investigate the circumstances surrounding unnatural death
 - Schools – Regional Office of Education (ROE) – teacher certification, professional development, health & life safety, General Equivalency Diploma (GED).
 - Sheriff – law enforcement department of Washington County
 - State's Attorney – represents the citizens of Washington County and serves as legal advisor
 - Treasurer – real estate and mobile home tax, mobile home tax certification.
- Judicial Circuit

Supplemental Security Income (SSI)*

Contact:

250 West Cherry St., Room 104, Carbondale, IL (618) 457-3618
1670 Lebanon Ave., Lake Christine Center, Belleville, IL (877) 405-0471

Website: <https://www.ssa.gov/>

Services: monthly income for people who are 65 or older, or blind, or have a disability, and who don't own much or have a lot of income; blind or disabled children may qualify.

GRIEF SERVICES

Heartlinks Grief Center*

Contact: 5110 West Main St., Belleville, IL (618) 277-1800

Website: <https://www.myheartlinks.com>

Services: Offer individual and family grief counseling for all ages, including support groups and community programs.

HEARING

Beltone Hearing Aid Service

Contact: (618) 242-4901

143 S. Washington St., Nashville, IL

203 E. 3rd St., Centralia, IL

All American Hearing (Mt. Vernon)*

Contact: 2419 Broadway St., Mt. Vernon, IL (618) 241-0478

Services: offering range of services from hearing consultations, tinnitus testing, ear cleaning, and hearing aid repair services.

Audio Hearing Aid Center of Centralia*

Contact: 416 E. 2nd St., Centralia, IL (618) 532-8452

School for Hearing Impaired*

Contact: 801 East Reeves, Marion, IL (618) 997-2472

Website: <http://www.wces.co/>

Services: schooling for hearing impaired children, autism and communication disorders aged 3-21; audiologist on staff to do hearing tests for children birth–21; referral from school district/tuition based from referring school district.

SIU Carbondale Clinical Center*

Contact: Wham Bldg. Room 141, Carbondale, IL (618) 453-2361

Website: https://clinicalcenter.siu.edu/speech_services/

Services: psychological evaluations, counseling, speech-language evaluations and therapy, hearing and central auditory processing evaluations and physical therapy.

Alexander Graham Bell** (202) 337-5220

Website: <http://www.agbell.org/DesktopDefault.aspx>

Services: for parents of children who are deaf or hard of hearing.

CaptionCall** (877) 557-2227

Website: <https://captioncall.com/>

Services: Federally funded program providing phone and services at no cost to benefit people with hearing loss.

Illinois Telecommunications Access Corporation (ITAC)** (800) 841-6167

Website: <https://www.itactty.org/>

Services: provide FREE phone equipment to Illinois residents who are deaf, hard of hearing, speech disabled or deaf-blind.

The National Hearing Aid Project** (816) 333-8300

Website: <https://hearingaiddonations.org/>

Services: provide hearing aids and hearing health services to low-income individuals.

HEART

American Heart Association**

Contact: Regional office/Springfield, IL (217) 698-3838

Website: <https://www.heart.org/>

Services: Online information for individuals with heart disease.

HISPANIC COMMUNITY

Hoyleton Youth & Family Services*

*See information under Anchor Agencies

HOME HEALTH

Addus Healthcare*

Contact: 2929 Broadway St. #7A, Mt. Vernon, IL (618) 244-4481

Services: personal care, light housekeeping, meal preparation, bathing, dressing, and grooming. Skilled nursing to serve your healthcare needs and supervise your healing. Physical therapy to improve your strength and range of motion. Occupational therapy focused on improving your activities of daily living. Speech therapy to assist when neuro-cognitive issues have arisen. Wound care to manage complex dressings and prevent infection.

Comfort at Home*

Contact: 160 S. 2nd St., New Memphis, IL (618) 588-3014

Website: <https://www.comfort-at-home.com>

Services: caring companionship, personal care, light housekeeping, errands & transportation, meals, miscellaneous, medication reminders, overnight services.

Community Alternatives of Illinois (ResCare)*

Contact: 109 E. Broadway, Centralia, IL (618) 533-3061

Services: offering adult foster care host home, group homes, home and community based services, and periodic and supported living services for intellectually & developmentally disabled. Medicaid waiver programs and private pay.

Cooperative Home Care*

Contact: 107 Lanaghan Dr., Fairview Heights, IL (618) 394-5681

Website: <https://cooperativehomecare.com>

Services: We accept every type of home care funding including Medicare, VA, health and long-term care insurances, worker's compensation, and self-pay. This means we can qualify you for every type of home care funding.

Help at Home*

Contact:

1911 W. 4th St., Centralia, IL (618) 918-3998

4805 Broadway St., Ste B, Mt. Vernon, IL (618) 244-7800

Website: <https://www.helpathome.com>

Services: providing in-home personal care services for seniors and people living with disabilities.

Mederi Caretenders*

Contact:

496 Memorial Dr., Breese, IL (618) 526-8899

141 Market Pl #110, Fairview Heights, IL (618) 277-8899

411 Watertower Pl., Suite A, Mt. Vernon, IL (618) 988-1840

Services: Senior advocates committed to providing home health care that looks beyond the obvious needs of seniors enabling them to live in their homes for as long as possible.

Morning Glory HomeCare*

Contact: 224 S. Main St., Edwardsville, IL (618) 692-6462

Website: <https://www.morninggloryhomecare.com>

Services: Help with caring for a loved one while you, the family caregiver, are at work, Short-term care for a loved one while you run errands, take a day off, or go on vacation, Meal planning and preparation, in accordance with any dietary restrictions. Light housekeeping and laundry, Running errands such as picking up groceries and prescriptions, or whatever the client needs, accompanied transportation to medical appointments, shopping, outings, and special events, Transfer and mobility assistance, Personal care needs such as bathing, showering, dressing, and grooming, Medication reminders, Friendly companionship to engage in favorite pastimes, exercising, taking walks, playing cards and games, or just reminiscing and sharing in conversations.

Southwestern Illinois Visiting Nurse Association (SIVNA)*

Contact: 7 Executive Woods Ct A, Swansea, IL (618) 310-1400

Website: <https://www.sivna.com>

Services: Brings top-notch medical care and support services right to your home. We work with your personal physician to develop an individualized care plan to enable you or your loved one to recover while in the comfort of your own home. For individuals age 60 & over, cook, clean, bathe, provide home delivered meals, adult day care and lifeline.

Sparta Community Hospital*

Contact: 818 E. Broadway St., Sparta, IL(618) 443-2177

Website: <https://www.spartahospital.com>

Services: providing services to essentially homebound people in need of skilled care and who reside within a 30-mile radius of Sparta.

St. Mary's Good Samaritan Inc. Home Health Services* (800) 924-2273

Contact:

1049 W. Broadway, Centralia, IL (618) 533-788
605 N. 12th St., Mt. Vernon, IL (618) 899-1631
2 Good Samaritan Way, Mt. Vernon, IL (618) 242-1516
1501 McPherson Ave., Centralia, IL **provides hospice (618) 899-1631

Website: <https://ssmhealth.com/services/health@-home>

Services: providing healthcare services to your home whether you are recovering from an injury or learning to manage a chronic illness or medical condition.

Visiting Angels*

Contact: 347 Covington Dr., Suite A, Waterloo, IL (618) 939-5800

Website: <https://visitingangels.com>

Services: Committed to helping seniors remain in their home or living facility. From 1-hour to 24-hour care. Discounts for veterans.

Caregiver Action Network** National Help Line (202) 454-3970

Life Alert-HELP** (800) 416-1634

Services: Life Alert ® is a medical alert system specifically designed to protect seniors and all family members in a home health emergency and can help seniors remain independent and possibly avoid a retirement home by sending help fast in the event of an emergency.

HOMELESS/EMERGENCY SHELTER

Family Life Shelter*

Contact: 12580 N. Sparrow Lane, Mt. Vernon, IL (618) 242-2002

Website: <https://familylifemtv.com/family-life-shelter>

Services: warming center and help with IDs, jobs, vehicles and homes

Good Samaritan House*

Contact: 1825 Delmar Avenue, Granite City, IL (618) 876-0607

Services: provide safe and temporary housing, basic human needs and supportive services to homeless women and children.

Lifeboat Alliance*

Contact: 1717 Jefferson Ave., Mt. Vernon, IL (618) 244-4088

Website: <https://www.lifeboatalliance.org/>

Services: Lifeboat Alliance serves as a place of refuge for men, women and families. Guests have access to caseworkers and are provided transportation for job interviews, work and medical appointments. Three meals a day are provided as well as access to a fully equipped laundry room.

HOMELESS SERVICES

BCMW Housing Support*

See information under Anchor Agencies

Regional Office of Education #13 (ROE)*

Serving Youth in Clinton, Jefferson, Marion and Washington Counties

Contact:

1710 Broadway, Mt. Vernon, IL (618) 244-8040

930 B Fairfax, Carlyle, IL (618) 594-2432

200 E. Schwartz St., Salem, IL (618) 548-3885

Website: <https://www.roe13.org>

HOSPICE

Ardent Hospice & Palliative Care*

Contact: 1669 Windham Way Ste C, O'Fallon, IL (618) 607-8110

Website: <https://ardenthapc.com/>

Services: Ardent's hospice philosophy is centered on providing patients with a full and meaningful life in their final days.

BJC Hospice*

Contact: 670 Mason Ridge Center Dr. Ste 300 St. Louis, MO (877) 227-8718

Website: <https://www.bjchospice.org>

Services: through compassionate care, we provide a circle of support that's centered on comfort, quality of life and the individual needs of each patient and family we serve.

Wings: the BJC pediatric hospice and palliative care program providing resources that allow children and their families to live each day to the fullest

Contact: (314) 872-5050

Website: <https://www.bjchospice.org/Wings>

Evelyn's House: 16 bed hospice house serving both adult and pediatric guests and their families

Contact: 1000 N. Mason Rd, Creve Coeur, MO (314) 996-8100

Website: <https://www.bjchospice.org/Evelyns-House>

Breeze Hospice*

Contact: 14 Park Place, Ste B, Swansea, IL (618) 416-6410

Website: <https://www.breezehospice.com/>

Services: offering hospice care to patients living at home, assisted living facilities, senior living or nursing homes

Family Hospice*

Serving St Clair, Madison, Monroe, Clinton, Randolph & Washington Counties

Contact: 5110 W. Main St., Belleville, IL (618) 277-1800

Website: <https://www.familyhospice.org>

Services: Improving the quality of life as you face terminal illness. Family Hospice helps guide patients and families through their journey providing professional care, medications, equipment, supplies and many other support services.

HSHS Home Care and Hospice*

Contact : see FIND CARE on website for specific locations

Website: <https://www.hshs.org/services/hospice>

Services: our interdisciplinary hospice team can help with and offer: nursing care, medical equipment, medications symptom control and pain relief, short-term hospital care as needed, home health aide services, social services, spiritual counseling, dietary counseling and grief counseling for the family for 13 months after the date of death.

Hospice of Southern Illinois*

Contact: 305 S. Illinois St., Belleville, IL (800) 233-1708

Website: <https://www.hospice.org>

Services: provide specialized care services for patients and families who are faced with a terminal illness. Our focus is on patient care including symptom management, emotional support and spiritual support.

SSM Healthy at Home Hospice Illinois*

Contact: 92 Good Samaritan Way, Ste 325, Mt. Vernon, IL (618) 242-1621

Website: <https://hospice.io/care/ssm-health-at-home-hospice-illinois-mount-vernon-il/>

Services: providing special care for people who are terminally ill. This involves a team-oriented approach that addresses the medical, physical, social, emotional and spiritual needs of the patient and patient's family.

HOSPITALS

Washington County

Contact: 705 S. Grand St., Nashville, IL (618) 327-8236

Website: <https://www.washingtoncountyhospital.org>

HSHS*

St. Elizabeth's Hospital

Contact: 1 Saint Elizabeth Blvd., O'Fallon, IL (618) 234-2120

Website: <https://www.hshs.org/StElizabets>

St. Joseph's Hospital

Contact: 9515 Holy Cross Ln, Breese, IL (618) 526-4511

Website: <https://www.hshs.org/StJosephsBreese>

BJC HealthCare*

Website: <https://memhosp.org/about-memorial/>

Memorial Hospital Belleville

Contact: 4500 Memorial Dr., Belleville, IL (618) 233-7750

Memorial Hospital Shiloh

Contact: 1404 Cross St., Shiloh, IL (618) 607-1000

Deaconess Illinois Crossroads*

Contact: 8 Doctors Park Road, Mt. Vernon, IL. (618) 244-5500

Website: <https://deaconessillinoiscrossroads.com/hospital-campus/>

Sparta Community Hospital*

Contact: 818 East Broadway St., Sparta, IL (618) 443-2177

Website: <https://spartahospital.com>

SSM Health*

St. Mary's Hospital Centralia

Contact: 400 N. Pleasant Ave., Centralia, IL (618) 436-8000

Website: <https://www.ssmhealth.com/locations/illinois/st-marys-hospital-centralia>

Good Samaritan Hospital Mt. Vernon

Contact: 1 Good Samaritan Way, Mt. Vernon, IL (618) 242-4600

Website: <https://www.ssmhealth.com/locations/illinois/good-samaritan-hospital-mt-vernon>

HOUSING

COUNSELING, HOMELESS ASSISTANCE, HOUSING PROGRAMS & RENT ASSISTANCE

Grace United Methodist Church

Contact: 250 N. Mill St., Nashville, IL (618) 327-8407

Services: Provide rent and/or utility assistance to low-income residents. May apply twice for assistance with a year apart.

BCMW (Bond, Clinton, Marion & Washington Counties Community Services)*

*See Information under anchor agencies

Marion County Housing Authority

Contact: 719 East Howard St., Centralia, IL (618) 532-1894

Website: <https://mchahomes.org/section-8/>

Services: Serving residents of Washington, Marion, Clinton and Fayette County through Section 8 program. Appointments are required to meet with staff.

LOW INCOME HOUSING

Village Apartments of Nashville

Contact: 790 S. Mill St., Nashville, IL (618) 327-3276

Okawville Height Apartments, Terra Properties

Contact: 304 N. Mill St., Okawville, IL..... (800) 736-8669

SENIOR HOUSING

Senior Apartments and Nutritional Site

Contact: 454 N. Hoffman St., Nashville, IL (618) 327-4078

HUMAN TRAFFICKING

Hoyleton Youth and Family Services – HALO*

See information under Anchor Agencies

Restoration 61* Helpline (773) 550-7239

Contact: 1001 N. Main, Harrisburg, IL (618) 841-6427

Website: <https://www.restoration61.org/>

Services: directly serve individuals impacted by exploitation and engage communities through education to develop strategies that disrupt the cycle of human trafficking

National Human Trafficking Hotline** (888) 373-7888

LGBTQIA+ SERVICES

Metro East PRIDE*

Contact: PO Box 794, Belleville, IL 62222

Website: <https://www.metroeastpride.org/>

Email: metroeastpride@gmail.com

Services: encouraging unity, celebrating diversity, promoting equality and advocating for inclusion of all persons on the LGBTQIA spectrum throughout Southwestern IL & Metropolitan St. Louis

PFLAG*

Contact: 115 West B St., Belleville, IL (618) 977-5078

Website: <https://pflag.org/chapter/belleville/>

Services: dedicated to supporting, educating and advocating for LGBTQ+ people and their families

Queer-Oriented Rural Resource Network (QORRN)*

Contact: 808 S. Main St., Ste. C, Columbia, IL (618) 604-5032

Website: <https://www.qornn.com/>

Services: dedicated to helping LGBTQ+ individuals in rural communities access the resources they need

Rainbow Café LGBTQ Center*

Contact: 118 N. Illinois Avenue, Carbondale, IL (618) 525-9922

Website: <https://www.rainbowcafe.org/>

Resource List: <https://www.rainbowcafe.org/resources.html>

Services: provides non-judgmental support and access to personal, community, spiritual, and health resources to LGBTQIA+ people in Southern Illinois. Rainbow Café is a welcoming, affirming environment for LGBTQIA+ people and their friends and families.

LGBT National Help Center**

Contact: (888) 843-4564

Website: <https://lgbthotline.org/>

Services: Serving the lesbian, gay, bisexual, transgender and queer communities by providing free and confidential peer support and local resources. All calls and online services are provided by highly trained LGBTQ volunteers.

The Trevor Project**

Contact: Available 24/7, 365 days a year (212) 695-8650

Website: <https://www.thetrevorproject.org/>

Services: National program providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth.

Trans Lifeline**

Contact: (877) 565-8860

Website: <https://translifeline.org/>

Services: Hotline is a peer support service run by trans people, for trans and questioning callers. If you are in crisis or just need someone to talk to, we will do our best to support you

LEGAL SERVICES

Coulson Elder Law*

Contact: 774 Sunset Blvd Suite 200, O'Fallon, IL (618) 632-7000

Website: <https://www.dentcoulsonelderlaw.com>

Services: Assist elderly, persons with special needs, Veterans, their caregivers and their families. Develop individual life care, estate, and asset preservation plans.

Land of Lincoln, Legal Aid* (618) 398-0958

Contact: Old National Bank Building, Third Floor, 509 South University Ave.,
Carbondale, IL (618) 457-7800

Administrative Office: Dorothy O. Cook Community Law Center, 8787 State Street, Suite 201..

East St. Louis, IL (618) 398-0574

Website: <https://lincolnlegal.org/>

Services: Free civil legal services to low-income persons and senior citizens in central and southern Illinois. Provides free legal aid to families and individuals in need.

Principal Financial Planning* (636) 205-0515

Services: Wide range of financial services including retirement, asset management and insurance through diverse family of financial services companies.

Veterans Legal Assistance Program*

Contact: 115 Douglas Dr., Carbondale, IL (618) 453-8280

Website: <https://law.siu.edu/academics/clinics/>

Services: Free legal assistance to Veterans in Southern Illinois who can't afford or do not have access to legal representation in the Appeals of Claims for compensation of service connected disabilities, pension, survivor benefits and education benefits.

LIBRARIES

Ashley Public Library

Contact: 70 N. 2nd St., Ashley, IL (618) 485-2295

Website: <https://www.ashleypubliclibrary.org>

Services: Books, large print books, magazines, DVDs, audio books, e-books, fax, copy, laminate, public access computers, and historical room.

Irvington Branch – Central Regional Library District

Contact: 208 S. 5th St., Irvington, IL (618) 249-8143

Nashville Illinois Public Library

Contact: 219 E Elm St., Nashville, IL (618) 327-3827

Website: <https://www.nashvillepl.com>

Services: Books, reference service, crafts & story times, fax, copy, scan, public access computers, e-books, homework resources and GFCLearnFree.org program.

Okawville Village Library

Contact: 304 N. Front St., Okawville, IL (618) 243-5201

LONG TERM CARE

Friendship Manor Healthcare Center

Contact: 4853 Friendship Dr., Nashville, IL (618) 327-3041

Website: <https://www.friendshipmanor.org>

Services: At Friendship Manor, a comfortable Skilled Nursing Facility in Friendship Dr. Nashville IL, our caring and experienced staff offers a warm, family-like environment. We believe that personalized care is the key to success in each life we touch. Rest assured that we incorporate the latest equipment, supplies and services available, but it's the personalized delivery of these services that allows us to stand out. Skilled Nursing Care, Rehabilitation, Respite Care, Dementia Care, Palliative Care/Hospice, Adult Day Care.

Washington County Hospital Extended Care (618) 327-2282

Contact: 705 S. Grand St., Nashville, IL (618) 327-8236

Website: <https://www.washingtoncountyhospital.org>

Services: Washington County Hospital provides caring, compassionate long term care for seniors on the Extended Care Wing. There are 28 beds available, including several private rooms. The Extended Care wing is staffed by Registered Nurses, Licensed Practical Nurses, Certified Nursing Assistants and other health care professionals, providing family-oriented care for residents. An interdisciplinary care team meets weekly to address each patient's needs. Support services include physical therapy, occupational therapy, speech therapy, an activity department, laboratory and diagnostic imaging, housekeeping and laundry services, meals and dietary consultation. Free cable TV is available in all patient rooms. Pastoral care is also available. A barber and beautician make regular visits. The daily activities offered addresses the intellectual, physical and social needs of the residents. The activities program is individualized for each resident and is based on past preferences and interests and present skill level. The Long Term Care wing is accredited by The Joint Commission.

Aviston Countryside Mano*

Contact: 450 W. 1st St., Aviston, IL (618) 228-7615

Website: <https://www.palladianmgt.com/aviston-countryside-manor/>

Services: Provides both short and long term care. Provides nursing care, Daily living conditions to feel like home, Dining choices, Recreational activities, and Special therapies as ordered.

Breese Nursing Home*

Contact: 1155 N. 1st St., Breese, IL (618) 526-4521

Website: <https://www.breesenursinghome.com>

Services: Breese Nursing Home is a skilled, long term care facility situated on four acres in

Breese, Illinois. We have a Five-Star Quality Rating from the Centers for Medicare & Medicaid Services (CMS). Facilities with a CMS Five-Star Rating are considered to have a “much above average” quality compared to other nursing home facilities in their State. Breese Nursing Home staff understands the importance of compassionate care and assisting the residents to attain and maintain their highest level of function.

Coulterville Rehabilitation and Health Care Center*

Contact: 13138 IL-13, Coulterville, IL (618) 758-2256

Website: <https://www.coultervillebytutera.com>

Services: We listen to what you want and like, and we do our best to meet your needs. We know the road to recovery can be long and sometimes bumpy, so we'll go out of our way to make your journey as smooth as possible. **ENRICHMENT:** Three meals daily, social events, spiritual services, live entertainment, pet therapy, health education classes. **CARE:** physical therapy, occupational therapy, and speech therapy, wound care, IV therapy, emergency response system, licensed nursing, and assistance with daily living.

Liberty Village of Centralia*

Contact: 1910 E. McCord St., Centralia, IL (618) 533-1200

Website: <https://www.libertyvillageofcentralia.com>

Services: Liberty Village of Centralia offers simply the finest in skilled nursing care. The skilled nursing facility has an attentive staff to meet each resident's individual needs. Centralia Manor is staffed by 24-hour licensed nursing professionals who monitor each resident's medical, mental and emotional needs and are dedicated to providing an exceptional quality of life to every resident.

MEDICAL CLINICS AND PHYSICIANS OFFICES

AST Primary Care (Hoyleton)

Contact: 28 N. Main St., Hoyleton, IL (618) 918-7777

Services: Family medical practice

SSM Health Medical Group

Contact: 17884 Exchange Ave., Nashville, IL (618) 327-8486

Hours: Monday-Thursday, 7:00 a.m.-5:00 p.m.; Friday, 7:00-4:30 p.m.

Services: Provide family medicine services for children and adults including basic preventative care services, diagnose and treat common illnesses and provide radiology and lab collection services on site.

Washington County Medical Group/RHC

Medical Group

Contact: 705 South Grand Avenue, Nashville, IL (618) 327-2225

Website: <https://www.washingtoncountyhospital.org/washington-county-medical-group/>

Hours: Monday-Friday, 7:30 a.m.-5:30 p.m.; Saturday, 8:00 a.m.-12:00 p.m.

Services: family practice, minor procedures, women's health, Medicare wellness visits, annual physicals (school & sport), DOT physicals, immigration physicals and immunizations.

Walk In Clinic

Contact: 1245 South Mill St., Nashville, IL (618) 327-2223

Hours: Tuesday & Thursday, 9:00 am – 1:00 pm

Services: offer quick treatment for minor illnesses and injuries for adults and children. Common

conditions treated include, but not limited to, cough, cold, strep throat or flu symptoms, ear infections, fever, insect bites or rashes, joint sprains, minor scrapes, cuts, painful urination and sinus symptoms.

HSHS St. Joseph's Outpatient Services (New Baden)*

Contact: 211 E. Hanover St., New Baden, IL (618) 588-7000
Services: Lab, x-ray and physical therapy

Sparta Community Hospital*

Convenient Care

Contact: 1300 North Market, Sparta, IL (618) 443-2177
Hours: Monday-Friday 9:00 am-7:00 pm, Saturday 9:00 am-4:00 pm, Sunday 9:00 am-2:00 pm
Website: <https://spartahospital.com/services/convenient-care/>

Coulterville Medical Center

Contact: 203 East Grant St., Coulterville, IL (618) 758-2331
Hours: Monday 8:30 am-5:00 pm, Tuesday-Friday 8:00 am-5:00 pm
Website: <https://spartahospital.com/locations/coulterville-medical-clinic/>

Marissa Medical Clinic

Contact: 521 C North Borders, Marissa, IL (618) 295-1591
Hours: Monday, Tuesday, Wednesday & Friday 8:30 am-5:00 pm, Thursday 8:00 am-4:00 pm
Website: <https://spartahospital.com/locations/marissa-medical-clinic/>

***Services for Coulterville & Marissa:** primary care and family medicine providing healthcare services to patients of all ages; treat minor urgent conditions such as injuries, infections, flu and sprains; and also manage chronic conditions such as diabetes and high blood pressure in addition to delivering preventative care and wellness guidance

Mobile Health Clinics

Contact: Various locations (618) 443-1362
Hours: please visit website for current schedule
Website: <https://spartahospital.com/locations/mobile-health-clinic/>

Services for Mobile Health Clinics: scheduled and walk-in primary care and family medicine providing healthcare services to patients of all ages. Treat minor urgent conditions such as injuries, infections, flu and sprains. Also, manage chronic conditions such as diabetes and high blood pressure and deliver preventative care and wellness guidance.

St. Mary's Good Samaritan Family Health Center*

Contact: 1441 W. Broadway, Centralia, IL (618) 532-9050

MEDICAL EQUIPMENT

Doehring's Pharmacy

Contact: 143 S. Washington St., Nashville, IL (618) 327-3214

Okawville Senior Center

Contact: 305 N. Nashville St., Okawville, IL (618) 243-6533

Medicine Shoppe*

Contact: 2339 Broadway St., Mt. Vernon, IL (618) 242-8776
Website: <https://www.mtvernonhealth.com>

St. John's Community Care*

Contact: 222 Goethe Ave., Collinsville, IL (618) 344-5008

MEDICAL INSURANCE

Affordable Care Act** (800) 318-2596

Website: <https://www2.illinois.gov/sites/getcovered/Pages/default.aspx>

Healthcare for Kids**

Kids Hotline TTY: (877) 204-1012 (866) ALL-KIDS or (866) 255-5437

Website: <https://www.illinois.gov/hfs/MedicalPrograms/AllKids/Pages/about.aspx>

IL Department of Insurance, Office of Consumer Health Insurance** .. (877) 527-9431

Website: <https://insurance.illinois.gov/default.html>

Services: File a complaint if you are having a problem with your state-regulated health plan.

Medicaid** (800) 843-6154

Website: <https://abe.illinois.gov/abe/access/>

<https://www.illinois.gov/hfs/MedicalClients/Pages/AbeBenefits.aspx>

Services: Federal and state programs that help with medical costs for people with limited income.

Medicare** (800) 633-4227

Website: <https://www.medicare.gov/>

Services: Federal program that provides health coverage for people over or under 65 or under 65 with a disability.

MENTAL HEALTH

ComWell

See information under Anchor Agencies

Chestnut Health Systems*

See information under Anchor Agencies

Christian Hospital Recovery Center*

Contact: Medical Office Building 2, 11125 Dunn Road, St. Louis, MO (314) 953-8100

Website: <https://www.christianhospital.org/medical-services/mentalhealth>

Services: Offer assessment and testing, speech therapy services, chemical dependency & substance misuse treatment and treatment for chronic mental illness.

Comprehensive Behavioral Health Center*

(Discounts available based on family size & income)

Contact: 505 South 8th St., East St. Louis, IL (618) 482-7330

Website: <https://cbhc1.org/>

Services: Provide quality individualized essential services for people in need of emotional, rehabilitative and social support, on a 24-hour basis, in the least restrictive environment.

DHS Family Community Resource Center*

See information under Anchor Agencies

Egyptian Behavioral Health*

Contact: 1412 US Hwy 45 N., Eldorado, IL (618) 273-3326

Website: <https://egyptian.org/>

Services: Youth and adult outpatient services.

Gateway Foundation*

(Medicaid & private insurance)

Contact: 1080 East Park St., Carbondale, IL (618) 319-7495

Website: <https://www.gatewayfoundation.org/>

Services: primarily group counseling with some individual & family counseling; residential treatment for men, women, girls & boys; men's co-occurring program; outpatient counseling for age 12+; some transportation available for OP day group M-F; evening group available M-TH; risk education, DUI evaluations; After school OP program for youth age 12-18 M-F; MAT available; NAR NON group for families every other Monday night.

Hoyleton Youth & Family Services*

See information under Anchor Agencies

Human Support Services (Waterloo)*

(Private insurance, self-pay, Medicaid & Medicare)

Contact: 988 N. Illinois Rt. 3, Waterloo, IL (618) 939-4444

Website: <https://www.hss1.org/>

Services: Provide a wide range of professional behavioral health and intellectual disabilities services to meet the needs of Southern Illinois residents.

Lincoln Prairie Behavioral Health Center*

(No cost assessment)

Contact: 5230 South Sixth Street Frontage Rd E., Springfield, IL (217) 585-1180

Website: <https://lincolnprairiebhc.com/>

Services: Standalone facility providing psychiatric treatment to children and adolescents ages three-seventeen years.

NAMI Southwestern Illinois*

See information under Anchor Agencies

SSM Behavioral Health (St. Mary's Hospital) (Centralia)*

Contact: 444 N. Pleasant Ave., Centralia, IL (618) 436-5665

Touchette Regional Hospital Centerville*

(Private insurance)

Contact: 5900 Bond Ave., Centerville, IL (618) 332-3060

Website: <https://touchette.org/services/behavioral-health-and-wellness>

Services: Offer outpatient and inpatient care in a warm welcoming environment combined with dedicated clinical staff and evidence-based best practices.

Lutheran Child and Family Services of Illinois** (618) 234-8904

(Sliding fee discount; insurance not accepted)

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

Services: Foster care & adoption services; ages 3-adulthood, provide a variety of mental health services, individual and family therapy.

PHARMACIES AND DRUG TAKE-BACK LOCATIONS

Doehring's Pharmacy (& Drug Take Back)

Contact: 143 S. Washington St., Nashville, IL (618) 327-3214

Nashville Pharmacy

Contact: 154 E. Adams St., Nashville, IL (618) 327-8522

Okawville MediCenter Pharmacy

Contact: 210 W. High St., Okawville, IL (618) 243-1038

PHYSICAL ACTIVITY

Access Healthcare and Wellness

Contact: 1527 S. Mill St., Nashville, IL (618) 327-3224

Services: Chiropractic office & health club

Elite HIIT

Contact: 206 E. High St., Okawville, IL (618) 246-8315

Services: Crossfit Gym that also offers get fit classes, online classes, and personal training

Nashville Fitness

Contact: 9616 Commerce Ave., Nashville, IL (618) 578-8631

Services: Gym/Physical fitness center

Nashville Municipal Golf Course

Contact: 1098 John Forys Memorial Dr., Nashville, IL (618) 327-3821

Services: Well-kept 9 hole public course comprised of bent grass greens and Zoysia fairways, also the home of Hornette golf.

Nashville Memorial Park & Pool

Contact: 604 E. Memorial Dr., Nashville, IL (618) 314-5129

Services: Community outdoor swimming pool

Okawville Body Works

Contact: 206 N. Hanover St., Okawville, IL (618) 243-2639

Roland Barkau Memorial Golf Course

Contact: 1501 N. Waterworks Rd., Okawville, IL (618) 243-6610

Website: <https://www.rbmgorfokawville.com>

Services: 18 hole golf course offering 18 holes

The Original Springs Hotel – Spa Services

Contact: 506 N. Hanover St., Okawville, IL (618) 243-5458

Website: <https://www.theoriginalspringshotel.com>

PHYSICAL THERAPY AND CHIROPRACTIC

Access Healthcare and Wellness

Contact: 1527 S. Mill St., Nashville, IL (618) 327-3224

Services: Chiropractic office & health club

Brammeier Chiropractic LLC

Contact: 706 N. Hanover St., Okawville, IL (618) 243-1144

Services: Sports medicine, acupuncture

Live Well Massage by Stacey

Contact: 257 West Elm., Nashville, IL (618) 713-5893

Modern Edge Salon and Spa

Contact: 991 W. St. Louis St., Nashville, IL (618) 327-8559

Nashville Chiropractic

Contact: 140 S. Mill St., Nashville, IL (618) 327-2000

Services: Chiropractic, physical therapy, E-STIM and ultrasound

Website: <https://www.nashchiro.com>

Washington County Hospital Physical and Occupational Therapy

Contact: 705 S. Grand St., Nashville, IL (618) 327-2317

POISON CONTROL

Illinois Poison Control Center** (800) 222-1222

Website: <https://www.poison.org/contact-us>

POLICE DEPARTMENTS

Ashley Police Department

Contact: 474 W. Main St., Ashley, IL (618) 485-2270

Irvington Police Department

Contact: 204 E. Huron St., Irvington, IL (618) 249-6225

Nashville Police Department

Contact: 875 S. Mill St., Nashville, IL (618) 327-8232

Okawville Police Department

Contact: 304 N. Front St., Okawville, IL (618) 243-6121

Washington County Sheriff's Office

Contact: 245 N. Kaskaskia St., Nashville, IL (618) 327-8274

PREGNANCY

Community Link – a Head Start Program*

Contact:

Admin Office & Production Workshop: 1665 N. 4th St., Breese, IL (618) 526-8800

First Step & Family Support: 955 N. Plum St., Breese, IL (618) 526-8830

Website: <https://www.commlink.org>

Services:

Assisting Pregnant Moms, Infants, and Toddlers

- The 1st Step Early Head Start program is a no cost, federally funded, comprehensive home-based program for expectant mothers and for children birth to 3 years old who reside in Clinton County and Washington County in Illinois.

Prenatal Services

- EHS will assist women to access comprehensive prenatal and postpartum care and educate them about proper health and nutrition.
- Staff members will encourage parents to keep prenatal appointments, included medical and dental examinations.
- Mental health interventions and follow-up, as well as substance abuse prevention and treatment will be encouraged, when necessary.
- Prenatal education on fetal development, labor and delivery, and postpartum recovery will be provided.

Hoyleton Youth & Family Services – Hager House*

See information under Anchor Agencies

Planned Parenthood*

Contact: 317 Salem Place, Fairview Heights, IL (618) 277-6668

Website: <https://www.plannedparenthood.org/>

Services: Abortion, birth control, cancer, emergency contraception, gender identity, health & wellness, pregnancy, sexually transmitted infections (STDs), sex & relationships, sexual orientation, etc.

PREVENTION

ComWell – Healthy Communities Alliance

For effective drug misuse prevention resources, see

Website: <https://comwell.us/healthy-communities-alliance/>

Email: allianceinfo@comwell.us or **Call:** (618) 282-6233 ext. 126 or 178

Johnny’s Ambassadors**

Website: <https://johnnysambassadors.org/>

Information: Johnny’s Ambassadors educates parents, teens, and communities about the dangers of today’s potent THC products (marijuana, dabs, vapes, edibles) on adolescent brain development, psychosis and suicide.

One Choice Prevention**

Website: <https://onechoiceprevention.org>

Information: One Choice Prevention is an excellent general drug misuse prevention resource for parents and families

Partnership to End Addiction with Drug Guide**

Website: <https://drugfree.org>

Information: Partnership to end addiction is a comprehensive resource to help parents and caregivers effectively address alcohol and drug abuse with their teens and young adults.

Drug guide: a comprehensive and up-to-date source of drug information, including drug descriptions, slang, short-term and long-term effects, images and more.

Website: <https://drugfree.org/drugs/>

PRISON & JAIL SERVICES

ComWell

See information under Anchor Agencies

Illinois Department of Corrections*

Website: <https://idoc.illinois.gov/programs.html>

Services: provide a continuum of service for those committed to the Department of Corrections from the point of incarceration to discharge from parole.

Law and Grace Ministries*

Contact: 428 East A St., Belleville, IL (618) 235-6977

Website: https://www.freefood.org/il_62200_law-grace-ministries

Email: lawandgracebelleville@gmail.com

Services: a free ministry of Faith Baptist Church, serving the local criminal justice system to include prison/jail chaplains, law enforcement chaplains, helping parolees and families with transition assistance, a provision pantry, bus passes and prescription copays. Provide counseling services to include anger management, substance use, domestic violence prevention, and general family assistance counseling

Treatment Alternatives for Safe Communities (TASC)*

Contact: (855) 827-2444

Website: <https://www.centerforhealthandjustice.org/>

Services: offering clinical assessments, case management and recovery support for thousands of justice-involved adults and youth

Lutheran Social Services of Illinois**

A statewide social service provider

Contact: (847) 635-4600

Website: <https://www.lssi.org/services/prisoner-and-family-ministry/>

Services: providing prisoner & family ministry services to those who are incarcerated and their families as well as to individuals who have returned from prison to their communities

RECREATION

Nashville Memorial Park Pool

Contact: 604 E. Memorial Dr., Nashville, IL (618) 827-8698

Website: <https://www.centerforhealthandjustice.org/>

Storybook Hollow

Services: petting zoo and other family friendly activities

Contact: 9305 US Hwy 51, Ashley, IL (618) 231-2617

Washington County State Recreation Area

Contact: 18500 Conservation Dr., Nashville, IL (618) 327-3137

Services: 900 acre state-managed park offers a variety of outdoor activities including a large lake for fishing, boating and other water-based activities and a recreation area for picnicking, camping and hiking

RUNAWAY

National Runaway Safeline** (800) RUNAWAY (800) 786-2929

Website: <https://www.nationalrunawaysafeline.org/>

Services: Available 24/7 to listen and offer confidential, non-directive and non-judgmental support if you are thinking of running away from home, if you have a friend who has run away, or if you are a runaway ready to go home.

SENIOR SERVICES

Nashville Nutritional Site

Contact: 454 N. Hoffman St., Nashville, IL (618) 327-4078

Okawville Senior Center

Contact: 305 N. Nashville St., Okawville, IL (618) 243-6533

Age Smart Community Resources*

Covering Bond, Clinton, Madison, Monroe, Randolph, St. Clair & Washington Counties.

Contact:

7 Bronze Point, Suite B, Swansea, IL (618) 222-2561
2365 Country Rd., Belleville, IL (800) 326-3221

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

Services: When changes occur due to health, family dynamics, finances, etc., help is needed to make good decisions. Whether you need to find a service or learn about your options by talking with a professional, you've come to the right place. AgeSmart Community Resources works to help older adults remain independent in their homes and communities. Through planning, funding, responding to community needs and providing answers on aging, AgeSmart Community Resources helps people age well their way.

Comfort at Home Senior & Family Care*

Serving counties of Clinton, Washington, Madison, St. Clair, Bond and Marion

Contact: (618) 588-3014

Website: <https://comfort-at-home.com/>

Services: include caring companionship, personal care, light housekeeping, errands and transportation, meals, overnight services and other miscellaneous tasks.

Southwestern Illinois College – Programs and Services for Older Persons (PSOP)*

Contact: 2500 Carlyle Ave., Belleville, IL (618) 235-2700

Website: <http://www.swic.edu/psop>

Services: PSOP provides a variety of programs to seniors and their families including, but not limited to activities, advocacy, computer training, education, exercise, housing, hearing testing for ITAC, Senior Health Insurance Program (SHIP), senior companions, foster grandparents, Retired and Senior Volunteer Program (RSVP) travel, and more.

Adult Protective Services (APS) Illinois**24-hour (866) 800-1409

Website: <https://ilaging.illinois.gov/protectionadvocacy/abuse.html>

Services: Call to report suspected abuse, neglect, exploitation of and self-neglect of an older person.

Illinois Department on Aging** Senior Helpline.. (800) 252-8966

Website: <https://www2.illinois.gov/aging/Pages/default.aspx>

Services: contact the Senior Helpline, find resources for caregivers, locate services in your community, and renew your Medicaid coverage

SEXUAL ABUSE

Metro East Every Survivor Counts*

Sexual Assault Crisis Line 24/7 (618) 397-0975

Contact: 1 S. Church St., Ste 203, Belleville, IL

Website: <https://www.metroeasteverysurvivorcounts.org/>

Services: Provide in-person crisis support to survivors of sexual violence at a hospital, inform survivors of legal rights and assist them in navigating the legal system, provide counseling to survivors aged 4 and older and their significant others, provide education, workshops and trainings including school presentations.

People Against Violent Environments (PAVE)*

Serving Centralia & Clinton Counties only in IL

Website: <https://www.shatteringthesilence.org/>

Services: Women's Crisis Center. 24/7 Phone Service, counseling, coordination for emergency shelter, court advocacy, aid for food or other short term assistance

Sexual Assault Family Emergencies (SAFE)* 24-hour Crisis Hotline ... (800) 625-1414

All services are provided free of charge

Serving Clinton, Marion, Washington & Wayne counties in Illinois

Contact: 730 E. 2nd St., Centralia, IL (618) 533-0475

Hours: Monday-Friday 8:30 am-4:00 pm

Website: <https://www.safecrisiscenter.org/>

Services: free services include medical/legal advocacy and counseling services for assault survivors, counseling services to any support person of a survivor, and education/training for the community

Survivor Empowerment Center* 24-hours Hotline (800) 334-2094

Contact: 610 South Thompson St., Carbondale, IL (618) 549-4807

Website: <https://www.empoweringsurvivors.org/>

Services: include all-inclusive survivor support, victim advocacy, and education and training.

Illinois Rape Crisis Center** 24-hour Hotline (800) 625-1414

Website: <https://icasa.org/crisis-centers>

Services: Find a Rape Crisis Center. Each center operates a 24-hour hotline that provides services every day of the year. Staff and volunteers provide counseling, education and advocacy for victims and their families regardless of age, race or income. The rape crisis centers conduct training and prevention programs for local schools, law enforcement, hospitals and civic groups.

RAINN National Sexual Assault Hotline**

Contact: (800) 656-4673

Website: <https://hotline.rainn.org/online>

Services: When you call, you will be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the Zip code of their current location to more accurately locate the nearest sexual assault service provider.

SMOKING CESSATION

1-800-QuitNow**

Contact:

English (800) 784-8669

Spanish (855) 335-3569

Website: <https://www.cdc.gov/tobacco/campaign>

Services: National router number directing caller to state quit line.

American Cancer Society – Quit for Life Program**

Website: <https://www.quitnow.net/mve/quitnow>

Services: 24/7 phone-based coaching and web-based learning support service to help smokers quit. Participants are matched with a quit coach who helps develop a personalized quit plan, provides guidance in choosing medicines and gives ongoing follow-up support.

Courage to Quit (Respiratory Health Association)**

Website: <https://resphhealth.org/what-we-offer/our-programs-initiatives/courage-to-quit/>

Services: Evidence-based group or individual tobacco treatment program for adults available in multiple formats; RHA's integrated tobacco intervention program.

Illinois Quitline**

Contact:(866) QUIT-YES (866) 784-8937

Hours: 7 days/week 7:00 a.m.-11:00 p.m.

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

Services: Receive individual counseling, advice, tips and encouragement. FREE.

Smokefree.gov**

Website: <https://smokefree.gov/>

Services: Provides information and professional assistance to support those who want to quit smoking; includes online step-by-step cessation guide.

SUBSTANCE MISUSE & RECOVERY

For a current list of Substance Abuse Support Groups, call (618) 282-6233 ext.105 or send email to allianceinfo@comwell.us

ComWell

See information under Anchor Agencies

Celebrate Recovery*

Website: <https://www.celebraterecovery.com/>

Services: 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind.

CenterPointe Hospital*

(Medicare, Medicaid, major insurance, self-pay)

Contact: 4801 Weldon Spring Parkway, St. Charles, MO (866) 486-1048

Website: <https://www.centerpointehospital.com/>

Services: adult inpatient, adult residential, aftercare support group, detox, electroconvulsive therapy (ECT), family support group, intensive outpatient program (IOP), medication assisted treatment (MAT), transcranial magnetic stimulation (TMS) and senior inpatient.

Centerstone South*

Multiple location in Illinois & Missouri: (877) 467-3123

Website: <https://centerstone.org/>

Services: addiction, crisis, counseling, residential, inpatient, medical & psychiatric, children & family, and military. Through the RCORP grant, also provides counseling services to students via telehealth regardless of the student's age or what, if any insurance they may have.

Chestnut Health Systems*

See information under Anchor Agencies

Comprehensive Behavioral Health Center of St. Clair County*

Contact: 505 South 8th St., East S. Louis, IL 62201 (618) 482-7330

Hours: Monday-Friday, 8:00 a.m.-5:00 p.m.

Website: <http://www.cbhc1.org/>

Services: Providing individualized essential services for people in need of emotional, rehabilitative and social support regarding mental illness, substance abuse and parenting teens.

Gateway Foundation*

Multiple Locations in Illinois (888) 706-2239

Website: <https://www.gatewayfoundation.org/>

Services: Residential inpatient, Outpatient substance use, Outpatient alcoholism, Intensive outpatient, Drug and alcohol withdrawal, Partial hospitalization program & Sober living homes

Illinois Recovery Center*

Contact: 1450 Caseyville Ave., Swansea, IL (618) 260-9802

Website: <https://illinoisrecoverycenter.com/>

Services: Drug and alcohol detox, residential/inpatient rehab, medication assisted treatment and more

Little Egypt Area of Narcotics Anonymous*

Serving Southern Illinois communities of: Carbondale, Carterville, Centralia, DuQuoin, Christopher, Fairfield, Flora, Harrisburg, Herring, Marion, Mt. Vernon, Nashville, Salem, Sparta
24 Hour Helpline.....(573) 367-5713

Contact: P.O. Box 1561, Mt. Vernon, IL 62864

Website: <https://www.littleegyptna.org/>

Memorial Hospital of Belleville – Medical Stabilization*

Contact: 4500 Memorial Drive, Belleville, IL (618) 257-5341

Website: <https://memhosp.org/medical-stabilization/>

Services: Medically supported detoxification services; peer recovery support; age 18+, can accept uninsured, Medicare/Medicaid plans and commercial insurance.

New Vision at OSF Saint Anthony’s Health Center*

Contact: 1 St. Anthony’s Way, Alton, IL (618) 358-0200

Website: <https://www.specialcarecorp.com/locations/alton-illinois/>

Services: medically supervised, hospital-based service for adults experiencing impending or active withdrawal from alcohol, prescription medications and/or certain drugs

Perry County Counseling Services*

Contact: 1016 South Madison St., DuQuoin, IL (618) 542-4357

Website: <https://perrycountycounselingcenter.org/>

Services: outpatient mental health treatment, substance use treatment, substance use prevention program, residential treatment, community support, employment and crisis intervention services

Take Action Today – Recovery Community Organization (RCO)*

Multiple Resource Center locations

Contact: (618) 212-3171

Website: <http://www.takeactiontoday.net/>

Services: Faith-based recovery organization created with purpose of fostering long-term recovery in the lives of people at risk of/or experiencing substance use disorder

Illinois Helpline for Opioids and Other Substances** (833) 234-6343
Services: Public resource for finding substance use treatment and recovery services in IL, open 24/7

Nar-Anon/Nar-A-Teen**
Contact: (800) 477-6291
Website: <https://www.nar-anon.org/>
Services: providing help and hope for families and friends of addicts
Website: <https://www.nar-anon.org/what-is-narateen>
Services: a place for teens affected by someone else's addiction

Smart Recovery**
Contact: (440) 951-5357
Website: <https://smartrecovery.org/>
Hours: Monday-Friday 8:00 am-4:00 pm Eastern time
Services: Support for any addictive behavior including drugs, alcohol, gambling, cigarettes, food, etc. SMART Recovery meetings are free and run weekly. Each SMART Recovery meeting is guided by a trained facilitator.

Substance Abuse & Mental Health Services Administration (SAMHSA)**
Contact: (800) 662-4357
Website: <https://www.samhsa.gov/find-help/national-helpline>
Services: Provides a free, confidential 24-hour information and treatment referral hotline for people and families affected by mental health disorders and behavioral addictions. Services are provided in English and Spanish.

SUICIDE

ComWell
*See information under Anchor Agencies

Friends for Survival** (800) 646-7322
Website: <https://friendsforsurvival.org/>
Services: A non-profit bereavement outreach organization available to those who are grieving a suicide death of a family member or friend. We also assist professionals who work with those grieving a suicide tragedy.

National Suicide Prevention Lifeline** (800) 273-8255
Services: Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones; available 24 hours a day; English and Spanish.

TRANSPORTATION

South Central Transit
Serving Clinton, Franklin, Jefferson, Marion, Perry and Washington Counties
Contact: 1616 E. McCord St., Centralia, IL TTY 711..... (618) 532-8076

Website: <https://southcentraltransit.org>

Services: offering safe, reliable shuttle transportation through South Central Illinois for 35 years.

UNITED STATES POSTAL SERVICE

Ask USPS:.....(800) 275-8777 TTY (877) 889-2457

Addieville Post Office

Contact: 226 N. Middle St., Addieville, IL (618) 424-7986

Retail Hours: M-F 7:00-11:00 am, Sat. 7:30–9:30 am

Ashley Post Office

Contact: 167 E. Jackson St., Ashley, IL (618) 485-6697

Retail Hours: M-F 7:45-11:00 am & 12:00-2:45 pm, Sat. 8:00–9:30 am

Hoyleton Post Office

Contact: 75 E. Saint Louis St., Hoyleton, IL (618) 493-6300

Retail Hours: M-F 8:00 am-12:00 pm, Sat. 8:00-9:30 am

Irvington Post Office

Contact: 108 N. 2nd St., Irvington, IL (618) 249-8352

Retail Hours: M-F 12:30-4:30 pm, Sat.

Nashville Post Office

Contact: 181 S. Kaskaskia St. Nashville, IL (618) 327-8148

Retail Hours: M-F 8:30 am-5:00 pm, Sat. 8:30–10:30 am

Oakdale Post Office

Contact: 21 E. 2nd St., Oakdale, IL (618) 329-5370

Retail Hours: M-F 8:00 am-12:00 pm, Sat. 7:30–9:45 am

Okawville Post Office

Contact: 113 E. Walnut St., Okawville, IL (618) 243-6183

Retail Hours: M-F 9:00 am–12:30 pm & 2:00-4:30 pm, Sat. 8:30 am–10:00 am

Richview Post Office

Contact: 218 S. Shannon Ave., Richview, IL (618) 249-8380

Retail Hours: M-F 8:00 am – 12:00 pm, Sat. 8:45 am – 10:30 am

VETERANS

American Veterans Care Connection* St. Louis..... (855) 610-4770

Centerstone*

*See information under Anchor Agencies

Department of Veterans Affairs Behavioral Medicine*

Contact: 2401 Main St., Marion, IL (618) 997-5311
Website: https://www.marion.va.gov/
Services: Crisis and/or medical.

Illinois Department of Veteran’s Affairs*

Contact: 4519 W. Main St., Belleville, IL (618) 233-5140 or (800) 437-9824
Website: https://www2.illinois.gov/veterans/Pages/default.aspx
Services: Veteran’s service member benefits, family member benefits, burials and memorials, careers and employment, housing assistance, pension, life insurance, education and training, records, health care and disability.

NAMI Southwestern Illinois*

*See information under Anchor agencies

VA Medical Center, Marion*

Contact: 2401 W. Main Street, Marion, IL (618) 997-5311 ext. 54659
Class is held 3rd Thursday of each month from 9:30 a.m.–11:30 a.m.
Website: https://www.marion.va.gov/services/Diabetes_Education.asp
Services: Diabetes - classes for veterans only.

Veterans Legal Assistance Program*

Contact: 115 Douglas Dr., Carbondale, IL (618) 453-8280
Website: https://law.siu.edu/academics/clinics/
Services: Free legal assistance to Veterans in Southern Illinois who can’t afford or do not have access to legal representation in the Appeals of Claims for compensation of service connected disabilities, pension, survivor benefits and education benefits.

Veterans Crisis Line** dial 988 and press 1

Contact: 24/7 (800) 273-8255
Website: https://www.veteranscrisisline.net/
Services: Free confidential support available 24/7 to all veterans, service members, National Guard, Reserve and their families and friends.



BLIND

Department of Rehab Services/Bureau of Blind Services*

Contact: 333 Potomac Blvd., Ste. F, Mt. Vernon, IL (618) 241-6893
Website: https://www.dhs.state.il.us/page.aspx?item=32305
Services: Help individuals who have visual impairments with training and job placement assistance.

Southern Illinois Radio - Information Service (SIRIS)*

Contact: 110 Lincoln Dr., Ste. 1003, Carbondale, IL (618) 453-2808

Website: <https://www.wsiu.org/?s=blind>

Services: Radio reading service for the blind and physically impaired includes local newspapers, magazines, novels, poems, etc.

Southern Illinois Talking Book Center*

Contact: 607 Greenbriar Road, Carterville, IL (618) 985-8375

Services: Library services for the print handicapped in Braille, cassette, books and magazines available for all ages.

GENERAL

Advanced Vision Care

Contact: 250 E. Elm St., Nashville (618) 327-3231

Website: <https://www.avcvisionsource.com>

Services: Southern Illinois Optometry and Ophthalmology services

Marion Eye Center

Contact:

1180 W. St. Louis St., Nashville, IL (618) 327-3900

203 Van Zant St., Chester, IL (618) 826-5413

216 North Market St., Sparta, IL (618) 443-2020

Website: <http://www.marioneye.com/>

Services: premium eye care extending from glasses to the most advanced laser surgeries.

Clarkson Eye Care*

Contact:

103 Clintonian Plz, Breese, IL (618) 576-7447

408 W. 2nd St., Centralia, IL (618) 532-5531

3000 Broadway St., Mt. Vernon, IL (618) 816-0005

Website: <https://www.clarksoneyecare.com>

Services: full-service eye care center

American Academy of Ophthalmology** (877) 887-6327

Website: <https://www.aao.org/eyecare-america>

Services: Provides online eye health information and access to medical eye care

National Eye Health Education Program** (301) 496-5248

Email: 2020@nei.nih.gov

Website: <https://www.nei.nih.gov/>

Services: Provide online education and materials regarding eye health, disease and treatment.

WEATHERIZATION

BCMW Weatherization*

*See information under Anchor Agencies



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1. Page of Error
2. Suggested Additional Information to Add
3. Name of Organization
4. Contact Information (Address, Phone Number, Email, Website)
5. Hours of Operation
6. List of Services or description of what this business/organization offers or does that fits in the scope of this Resource Guide.

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