

# WASHINGTON COUNTY, ILLINOIS



# RESOURCE GUIDE 2023



*Bringing people and services together.*



# WASHINGTON COUNTY, IL RESOURCE GUIDE

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## ANCHOR AGENCIES OFFERING MULTIPLE SERVICES

### BCMw (Bond, Clinton, Marion, Washington County Services)

#### Contact Information:

Central Office, 909 E. Rexford, Centralia, IL 62801 ..... (618) 532-7388

Hours: Monday-Friday, 8:00 a.m. – 4:00 p.m.

Washington Co. Office, 455 S. Washington St., Nashville, IL 62263 ..... (618) 327-8476

Hours: Monday-Thursday, 8:00 a.m. – 4:00 p.m.

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

#### Services:

- **Crisis Based Services:** provide a range of services to assist low-income people in attaining skills, knowledge and self-sufficiency.
- **Energy Assistance:** includes Low Income Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP), Warm Neighbors Cool Friends and Fresh Start.
- **Project BREAD:** provides congregate meals and/or home delivered meals to senior citizens
- **Transitional Housing:** is a supportive housing program for homeless families.
- **Head Start:** is a child development program serving three and four-year old children from low-income families and actively recruits and enrolls children with disabilities.
- **Housing Rehabilitation:** is a program funded by the Illinois Housing Development Authority which uses funds to complete major rehabilitation work on owner-occupied properties in need of repair.
- **Weatherization:** enables low-income families to reduce their energy bills by making their homes more energy efficient.

### ComWell

(Private Insurance, Medicaid, Medicare or Self-pay)

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

#### Contact Information:

109 W. Elm St., Okawville, IL 62271 ..... (618) 243-2091

2517 State St., Chester, IL 62233 ..... (618) 826-4547

10257 State Route 3, Red Bud, IL 62278 ..... (618) 282-6233

104 Northtown Dr., Sparta, IL 62286 ..... (618) 443-3045

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

#### Services:

- **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.
- **Children & Families Services:** Comprehensive Community Based Youth Services (CCBYS) provide services that stabilize families and help resolve issues that can lead to a crisis situation.
- **Counseling Services:** help individuals, couples and families with life’s challenges, including substance misuse and recovery; includes emergency counseling 24/7 for individuals contemplating suicide; board certified Psychiatrist to provide evaluations and medication management, Children First educational classes for divorcing couples; and DUI services.
- **Mental Health Services** provide a wide range of professional behavioral health and intellectual disabilities services.
- **Healthy Communities Alliance (the Alliance)** “A community coalition” with the Mission of increasing awareness and education to enhance physical and mental well-being through community partnerships in Southern Illinois.
  - Recovery:** John Reith ..... [jreith@comwell.us](mailto:jreith@comwell.us) ..... (618) 282-2265 ext 105
  - Prevention:** Dennis Trask ..... [dtrask@comwell.us](mailto:dtrask@comwell.us) ..... (618) 954-0552
- **Mental Health Services:** ComWell counselors help individuals, couples, and families with life’s challenges.

- **Substance Use Counseling:** Counselors specialize in treating persons who misuse drugs or alcohol.
- **Educational Services:** Offers Children First educational classes that explore the effects of divorce on children and teaches divorcing parents how to co-parent.
- **Services for Adults with Development Disabilities:** Community Day Services program supports individuals with developmental disabilities and intellectual disabilities such as autism, cerebral palsy and Down syndrome.
- **Residential Services:** ComWell provides residential services for individuals living with severe and persistent mental illness as well as individuals with intellectual and developmental disabilities.

## Department of Human Services

**After Hours Crisis Number** ..... (800) 828-7422

### Contact Information:

Washington County, 450 N. Kaskaskia St., Nashville, IL 62263 ..... (618) 242-1040

Jefferson County, 333 Potomac Blvd Ste F, Mt. Vernon, IL 62864 ..... (618) 242-1040

St. Clair County, 601 S. High St., Belleville, IL 62220 ..... (618) 235-5300

Marion County, 800 S. Locust St., Centralia, IL 62801 ..... (618) 532-1966

**Hours:** Monday-Friday 8:30 a.m.-5:00 p.m.

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

**Services:** receives applications by fax, mail or in person for:

- Temporary Assistance for Needy Families (TANF),
- Aid to the Aged, Blind and Disabled (AABD),
- Earnfare, and Earned Income Tax Credit (EITC),
- Supplemental Nutrition Assistance Program (SNAP) and
- medical assistance

## Washington County Health Department

**Contact Information:** 177 S. Washington St., Nashville, IL 62263.....(618) 327-3644

**Services:** Providing services to promote and protect the health of the people of Washington Co. through:

- **Environmental:** Routine inspection and complaint investigation of: food service establishments and providers, private sewage and waterwell systems, non-community water, closed-loop wells, mosquito and vector surveillance and control.
- **Maternal Child Health:** Family Case Management, High-Risk infants, Supplemental Nutrition Program
- **Health Protection and Promotion:** Immunizations, Lead Poisoning Prevention, Communicable Disease investigation, Response to Public Health Emergencies.

## Centerstone Agencies of Illinois

(Medicaid, Medicare & most private insurance)

**Contact Information:** ..... (855) 608-3560

12 North 64<sup>th</sup> St., Belleville, IL 62223..... (618) 397-0900

110 Rottingham Ct., Ste. B, Edwardsville, IL 62025..... (618) 877-4420

50 Northgate Industrial Dr., Granite City, IL 62040..... (618) 877-4420

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

**Services:** Counseling, Addiction Recovery, Children/Family Services, Crisis/Urgent Mental Health Care, Mental Health Counseling, Forensic Evaluation, Housing for Adults with Serious Mental Illness and/or Intellectual or Developmental Disabilities, Short-Term Inpatient Stay, Military, Pharmacy, Mental Health Primary Care, Psychiatric Care, Social Services, Vocational & Workplace Services, Autism Services, Depression.

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

**HELPLINE:** ..... (800) 273-8255

**Contact Information:** Gateway Regional Medical Center, 2100 Madison Ave., 4<sup>th</sup> Floor,  
Granite City, IL 62040 ..... (618) 798-9788

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

**Services:** Provide free education and support programs for persons with mental illnesses and their families; provide 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:**

- **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** - 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** - educational program for families, caregivers and friends of military service members and vets with mental health conditions

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### **Supportive Services for Veteran Families**

Provide eligible Veteran families with outreach, case management and assistance in obtaining VA and other benefits, which may include health care services, daily living services, personal financial planning, transportation services, fiduciary and payee services, legal services, child care services and housing counseling.

**Contact Information:** The Salvation Army, 401 NE Adams St., Peoria, IL 61603.. (618) 363-1924

**Website:** <https://www.voa.org/supportive-services-for-veteran-families>

## **#211 United Way Help Line**

**Contact Information:** ..... Dial 211

**Website:** <https://www.211helps.org/>

**Services:** One phone number, one place to find help. Assistance Paying Bills, Finding Food, Crisis and Emergency care, COVID-19, Disaster Recovery, Housing and Utility expenses, Food Programs and Benefits, Health Care Expenses, Mental Health, and Substance use issues.

## **ADOPTION SERVICES/FOSTER FAMILIES**

### **Foster Family Services of Southern Illinois**

**Contact Information:** 1821 West Main, Carbondale, IL 62901 ..... (618) 529-5888

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

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

### **Kimberly Kuhlengel Jones Attorney at Law**

**Contact Information:** 1070 N. Mill St., Nashville, IL 62263 ..... (618) 327-3093

**Website:** [kuhlengel@att.net](mailto:kuhlengel@att.net)

**Services:** Attorney at Law with Emphasis on Adoption, Private, Agency, Related, DCFS.

## **Lutheran Child and Family Services of Illinois**

**Contact Information:** 317 W. Main St., Belleville, IL 62220 ..... (618) 234-8904

**Services:** Counseling, adoptive and custody studies, child welfare, foster parent training, emergency assistance, insurance assessment, prisoner and family ministry, divorce mediation.

## **ALZHEIMER'S SUPPORT**

### **Alzheimer Support**

**Contact Information:** 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 Randolph County 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 Randolph County area that are best equipped to provide care for their loved ones.

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

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

**Services:** Provide current, comprehensive and unbiased information.

### **Alzheimer's Care (Lavender Ridge Mt. Vernon)**

**Contact Information:** Alzheimer's In-patient Care Facility 1400 South 34<sup>th</sup> St., Mt. Vernon, IL 62864 ..... (618) 242-4050

**Services:** Alzheimer's In-patient Care Facility.

### **Cedarhurst Assisted Living and Memory Care**

**Contact Information:**

13887 Progress Dr., Breese, IL 62230 ..... (618) 268-3223

1827 E. McCord St., Centralia, IL 62801 ..... (618) 268-3139

**Services:** offering assisted living, memory care and respite care.

### **Friendship Manor Rehabilitation & Healthcare**

**Contact Information:** 485 S. Friendship Dr., Nashville, IL 62263 ..... (618) 327-3041

**Website:** [www.friendshiphc.com](http://www.friendshiphc.com)

**Services:** offering rehabilitation and healthcare services.

**National Institute on Aging—Alzheimers ..... (800) 438-4380**

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

**Services:** Provide current, comprehensive and unbiased information.

## **ANIMALS**

**Animal Abuse Hotline ..... (757) 622-7382**

**Animal Control—Washington County ..... (618) 327-4800**

**Contact Information:** 17990 Richview Rd., Nashville, IL 62263 ..... (618) 327-9471

## **AUTISM**

### **Center for Autism and Related Disorders**

**Contact Information:** 634 N. Main St. #4, O'Fallon, IL 62269 ..... (618) 726-5870

**Website:** <https://www.beaminghealth.com>

**Services:** One of the world's largest organizations using Applied Behavior Analysis in the treatment of Autism Spectrum Disorder. The clinic offers clinic, home, community and telehealth based services, based around the individualized recommendation. Services include speech therapy, ABA therapy, Early Intervention, Social Skills Training, and Physical Therapy.

### **Center for Autism Spectrum Disorders**

**Contact Information:** Southern Illinois University, 625 Wham Dr., Rm 124, Carbondale, IL 62901 ..... (618) 453-7130

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

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

### **Illinois Center for Autism (Belleville)**

**Contact Information:** 1306 Wabash Ave., Belleville, IL 62220 ..... (618) 416-7100

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

**Services:** A not-for-profit community based mental health treatment and educational agency dedicated to serving people with autism spectrum disorder. Referrals are made through school districts, hospitals, doctors, and the Department of Human Services. Our goal is to educate children and adults with autism to help them achieve their highest level of independence in their home, school, and community.

### **The Autism Clinic at Hope**

**Contact Information:**

145 Springfield Ct., O'Fallon, IL 62269 ..... (217) 525-8332

3022 S. Park Ave. Ste. B, Herrin, IL 62948 ..... (217) 525-8332

4559 Benes Ave., Glen Carbon, IL 62034 ..... (217) 525-8332

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

**Services:** Offer training, advice and support that parents and other family members need; offer the full spectrum of services from birth to age 18.

## **CANCER**

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

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

### **Chemotherapy and Infusion Center**

**Contact Information:** HSHS St. Elizabeth's Hospital, 321 Regency Park, O'Fallon, IL 62269 ..... (618) 416-7970

**Services:** Comprehensive medical oncology, hematology, and radiation oncology. Diagnostic imaging, laboratory, and pharmacy services also available.

**Illinois Breast and Cervical Cancer Program (IBCCP)** ..... (815) 972-7250

**Services:** IDPH program provides free mammograms, breast exams, pelvic exams and Pap tests to eligible women.

**National Cancer Institute** ..... (800) 4-CANCER

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

### **Siteman Cancer Center**

**Contact Information:** 1418 Cross St., Shiloh, IL 62269 ..... (314) 747-7222

**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.

## **CELL PHONE**

**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

**Contact Information:** .....(800) 232-4636

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

**Services:** Online educational resources with information on disease, symptoms, diagnosis, and Treatments,

## **CHILD ABUSE**

**Childhelp National Child Abuse Hotline** ..... (800) 422-4453

**Contact Information:** ..... (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.

**Illinois Department of Children and Family Services Child Abuse Reporting Hotline.** (800) 252-2873

**Prevent Child Abuse Illinois**..... (217) 522-1128

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

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

## **CHILD ADVOCACY**

**Amy Schultz Child Advocacy Center**

**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.

**Contact Information:**

203 W. St. Louis St., Nashville, IL 62263 ..... (618) 242-2100

500 Fairfield Rd., Mt. Vernon, IL 62864 ..... (618) 242-2100

**St. Clair County Child Advocacy Center**

**Contact Information:** 300 W. Main St. #3, Belleville, IL 62220..... (618) 277-1134

**Website:** <https://www.stclairchildadvocacycenter.org>

**Services:** We are a team of specially trained interviewers, case managers and counselors ready to provide your child and your family complete support throughout the healing process. We are a non-profit organization that provides a safe, child friendly environment for conducting forensic interviews and medical evaluation. We assist with investigations of sexual and serious physical abuse of children, as well as with interviews of children who have witnessed violent crimes.

## **CHILD CARE**

**BCMw Head Start**

See information under Anchor Agencies

**Christy's Toyland**

**Contact Information:** 577 S. Grand St., Nashville, IL 62263..... (618) 327-9080

**Crayon Castle**

**Contact Information:** 224 S. Bryan St., Nashville, IL 62263 ..... (618) 327-9380



**Happy Days Preschool (Grace United Methodist Church)**

**Contact Information:** 250 N. Mill St., Nashville, IL 62263.....(618) 327-8407

**Immanuel Lutheran Church Wee Care**

**Contact information:** 606 South Hanover St., Okawville, IL 62271..... (618)-243-6216

**Just Us Kids**

**Contact information:** 834 Darmstadt St., St. Libory, IL 62282 ..... (618) 768-4275

**CHILD & FAMILY SERVICES**

**Butterfly Dreams Alliance** (Youth Mental Health) ..... (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. Visit our website for more information!! Custom-made presentations for community, law enforcement, educators, healthcare, and teens.

**Community Link**

**Contact Information:**

Admin Office & Production Workshop: 1665 N. 4<sup>th</sup> St., Breese, IL 62230 ..(618) 526-8800

First Step & Family Support: 955 N. Plum St., Breese, IL 62230.....(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.

**Illinois Cares Line:** 24/ ..... (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 Children and Family Services** (Springfield) ..... (217) 785-2509

**Contact Information:**

Carlyle Office, 559 12<sup>th</sup> St., Carlyle, IL 62231 .....(618) 594-4541

Belleville Office, 1220 Centreville Ave. #101, Belleville, IL 62220..... (618) 257-7500

Mt. Vernon Office, 321 A Withers Dr., Mt. Vernon, IL 62864..... (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
- DCFS Academic Internship, University Partnership and Shadow Program

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

#### **Kaskaskia Special Education District - Birth to Five Program**

**Contact Information:** Central Office, 224 South Locust St., Centralia, IL 62801.. (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** 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.

#### **Lutheran Child and Family Services (Belleville)**

**Contact Information:** 317 W. Main St., Belleville, IL 62220..... (618) 234-8904

**Website:** [www.opencounseling.com](http://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 Information:** 1400 E. McCord St., Centralia, IL 62801 ..... (618) 532-4311

**Website:** [www.onehopeunited.org](http://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.

#### **4-H University of Illinois Extension (Nashville) ..... (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.

## COMPUTERS AND TECHNOLOGY ASSISTANCE

**John Bochantin** (Local Computer Repair) ..... (618)-314-5742

**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

**ComWell** 24-hour Crisis Line..... (888) 855-0034

\*See information under Anchor Agencies

**Crisis Text Line:** Text HOME 741741 from anywhere at any time for any type of Crisis..... HOME 741741

**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.

## DENTAL CARE

**Dental Center of Nashville** (Dr. Jason Gladson)

**Contact Information:** 17900 Exchange Ave, Nashville, IL 62263..... (618) 327-4422

**Family Dentistry** (Dr. John Skorczewski)

**Contact Information:** 1267 S. Mill St., Nashville, IL 62263..... (618) 327-4348

**Nashville Dental Arts**

**Contact Information:** 520 E. St. Louis St., Nashville, IL 62263 ..... (618) 327-4315

**SIU Dental School** (Accepts Medicaid)

**Contact Information:** Clinic: 195 University Park Dr., Edwardsville, IL 62025 .... (618) 650-5781

## DIABETES

**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.

**Illinois Department of Public Health: Diabetes Prevention and Control** ..... (217) 782-4977

**Website:** <http://www.idph.state.il.us/diabetes/>

**Services:** Online information for diabetics

**Washington County Hospital Diabetes Support Group** ..... (618) 327-8236

\*See information under Anchor Agencies

## **DISABILITY RESOURCES**

**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 Information:**

Admin Office & Production Workshop: 1665 N. 4<sup>th</sup> St., Breese, IL 62230...(618) 526-8800

West Developmental Training: 8510 Old U.S. Hwy 50, Breese, IL 62230...(618) 526-8800

Metro Developmental Training & Production Workshop: 9815 Bunkum Road, Fairview ....  
Heights, IL 62208..... (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.

### **ComWell**

\*See information under Anchor Agencies

### **Division of Specialized Care for Children (DSCC) O'Fallon**

**Contact Information:** 1734 Corporate Crossing, Ste. 1, O'Fallon, IL 62226 ..... (618) 624-0508

**Website:** <https://dsccl.uic.edu/office/st-clair-regional-office/>

**Services:** Case management and financial assistance for families and children with special needs covering Bond, Calhoun, Jersey, Madison, McCoupin, Monroe, Montgomery, Randolph, St. Clair and Washington counties.

### **IMPACT CIL**

**Contact Information:** 2735 E. Broadway, Alton, IL 62002 ..... (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. (Swansea)**

**Contact Information:** #15 Emerald Terrace, Swansea, IL 62226..... (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**

#### **Illinois Domestic Violence Hotline.....TTY (800) 787-3224 ..... (877) 863-6338**

#### **National Domestic Violence Hotline..... (800) 799-7233**

**Services:** Here to listen without judgment and help you begin to address what's going on in your relationship; free 24/7.

#### **People Against Violent Environments (PAVE) ..... (800) 924-8444**

Provides domestic violence service and assistance. 24/7 Phone Service

**Services:** Counseling, coordination for emergency shelter, court advocacy (Orders of Protection per IDBA), aid for food or other short term assistance.

All State Financial Grant Program for those in domestic violence Batterer's Group for those in Bond County and other counties outside of the eligible counties listed below; it is a protocol group and satisfies the requirements for court mandated programs for batterers. Counties served: Jefferson, Fayette, Marion, Clinton, Washington. Cost is free for victims and their children. Fee for Batterer's group is based on a sliding scale.

#### **Sexual Assault and Family Emergencies (SAFE)..... 24 HOUR HOTLINE ..... (800) 625-1414**

**Services:** SAFE's mission is to provide education to the community, advocacy for individuals and families, and empowerment to heal from sexual violence and other traumatic experiences.

ALL services are provided free of charge.

#### **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, Intimate Partner Violence, Legal Advocacy, Non-Profit, and Donations.

## EDUCATION

### EARLY/ALTERNATIVE/SPECIAL NEEDS

#### Community Link

##### Contact Information:

Admin Office & Production Workshop: 1665 N. 4<sup>th</sup> St., Breese, IL 62230 ..(618) 526-8800

First Step & Family Support: 955 N. Plum St., Breese, IL 62230 ..... (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

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

#### Kaskaskia Special Education District - Birth to Five Program

- **Contact Information:** Central Office, 224 South Locust St., Centralia, IL 62801 . (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.

#### GED/OTHER

##### Kaskaskia College – Nashville Learning Center

**Contact Information:** 17869 Exchange Ave., Nashville, IL 62263..... (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 Information:** 1710 Broadway St., Mt. Vernon, IL 62864 ..... (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 Information:** 2500 Carlyle Ave., Belleville, IL 62221 ..... (618) 282-6682

**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 Information:** 606 S. Hanover St., Okawville, IL 62271 ..... (618) 243-6142

**St. Ann School**  
**Contact Information:** 675 S. Mill St., Nashville, IL 62263..... (618) 327-8741

**Trinity Lutheran School**  
**Contact Information:** 155 N. Main St., Hoyleton, IL 62803..... (618) 493-7754

**Trinity St. John Lutheran School**  
**Contact Information:** 680 W. Walnut St., Nashville, IL 62263 ..... (618) 327-8561

**PUBLIC SCHOOLS**

**Ashley Grade School**  
**Contact Information:** 450 N. 3<sup>rd</sup> St., Ashley, IL 62808..... (618) 485-6611

**Coulterville School District**  
**Contact Information:** 101 West Grant St., Coulterville, IL 62237 ..... (618) 758-2881

**Irvington Public School**  
**Contact Information:** 500 E. Superior St., Irvington, IL 62848 ..... (618) 249-6439

**Nashville School District #49**  
**Contact Information:** 750 E. Gorman St., Nashville, IL 62263 ..... (618) 327-3055

**Nashville Community High School**  
**Contact Information:** 1300 S. Mill St., Nashville, IL 62263..... (618) 327-8286

**Okawville Grade School**  
**Contact Information:** 400 S. Hanover St., Okawville, IL 62271 ..... (618) 243-6157

**Okawville Jr/Sr High School**  
**Contact Information:** 400 S. Hanover St., Okawville, IL 62271 ..... (618) 243-5201

**SECONDARY SCHOOLS**

**John A Logan College**  
**Contact Information:** 700 Logan College Dr., Carterville, IL 62918 ..... (618) 985-2828  
**Website:** <https://www.jalc.edu>  
**Services:** public community college.

**Kaskaskia College**  
**Contact Information:** 27210 College Rd., Centralia, IL 62801 ..... (618) 545-3000  
**Website:** <https://www.kaskaskia.edu>  
**Services:** public community college.

**McKendree University**  
**Contact Information:** 701 College Rd., Lebanon, IL 62254..... (618) 537-4481  
**Website:** <https://www.mckendree.edu>  
**Services:** private university offering a variety of undergraduate and graduate programs.

**Rend Lake College**  
**Contact Information:** 468 North Ken Gray Pkwy, Ina, IL 62846 ..... (618) 437-5321  
**Website:** <https://www.rlc.edu>  
**Services:** public community college.

**Southern Illinois University Carbondale**  
**Contact Information:** 1263 Lincoln Dr., Carbondale, IL 62901 ..... (618) 453-2121  
**Website:** <https://www.siu.edu>  
**Services:** public university.



**Southern Illinois University Edwardsville**

**Contact Information:** 6 Hairpin Dr., Edwardsville, IL 62026 ..... (618) 650-5555

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

**Services:** public university.

**Southwestern Illinois College**

**Contact Information:** 2500 Carlyle Ave., Belleville, IL 62221 ..... (618) 235-2700

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

**Services:** public community college.

**EMPLOYMENT****AGENCIES****Aerotek**

**Contact Information:** #8 Executive Dr. #160, Fairview IL 62269..... (618) 206-5155

**Website:** <https://www.aerotek.com/>

**Express Employment Professionals**

**Contact Information:**

1301 West Main St., Carbondale, IL 62901 ..... (618) 457-1001

314 Fountains Pkwy, Ste B, Fairview Heights, IL 62208 ..... (618) 726-2140

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

**Hire Level**

**Contact Information:**

3911 West Ernestine Dr., Marion, IL 62959..... (618) 993-9675

5214 Chain of Rocks Road, Edwardsville, IL 62025..... (618) 655-1212

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

**Labor Finders**

**Contact Information:** 131 Lincoln Pl, Ct #407/408, Belleville, IL 62221 ..... (618) 509-5825

**Website:** <https://www.laborfinders.com/>

**Midwest Recruiting Inc.**

**Contact Information:** 1310 Orchard St., Belleville, IL 62221 ..... (618) 233-6373

**Staff Management**

**Contact Information:** 18310 Enterprise Ave., Nashville, IL 62263 ..... (618) 327-9283

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

**StaffQuick**

**Contact Information:** 282 South Mill St., Nashville, IL 62263..... (618) 464-0250

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

**SENIORS**

**MERS Goodwill – Senior Community Service Employment Program (SCSEP)** ..... (618) 514-7782

**Services:** Assisting eligible seniors over age 55 gain employment by placing them in on-the-job training assignments with host agencies.

**YOUTH**

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

**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

### BCMWS (Bond, Clinton, Marion, Washington Community Services)

\*See information under Anchor Agencies

## EPILEPSY

### Epilepsy Foundation of Greater Southern Illinois

**Contact Information:** 100 Aviation Dr., Koziara Terminal, Ste. B., Mt. Vernon, IL 62864 ..... (618) 244-6680

**Website:** <https://www.efgreateril.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.

## FIRE DEPARTMENTS

### Addieville Fire Department

**Contact Information:** 416 S. Middle St., Addieville, IL 62214 ..... (618) 424-7965

### Ashley Fire Protection District

**Contact Information:** 115 E. Madison St., Ashley, IL 62808 ..... (618) 485-6678

### Hoyleton Fire Protection District

**Contact Information:** 120 East Oak St., Hoyleton, IL 62803 ..... (618) 493-7700

### Irvington Fire Protection District

**Contact Information:** 706 S. 2<sup>nd</sup> St., Irvington, IL 62848 ..... (618) 249-8110

### Nashville Fire Protection District

**Contact Information:** 276 W. St. Louis St., Nashville, IL 62263 ..... (618) 327-8423

**New Minden Village Fire Department** ..... (618) 478-5312

### Okawville Fire Department

**Contact Information:** 305 S. Front St., Okawville, IL 62271 ..... (618) 243-6141

## FOOD ASSISTANCE

### FOOD PANTRIES

#### Grace United Methodist Church

**Contact Information:** 250 N. Mill St., Nashville, IL 62263 ..... (618) 327-8407

#### St. John United Church of Christ

**Contact Information:** 9971 Plum Hill Church Rd., Nashville, IL 63363 ..... (618) 424-7829

#### St. Peters UCC

**Contact Information:** 102 Church St., Okawville, IL 62271 ..... (618) 243-5973

#### Tilden Food Pantry

**Contact Information:** 540 Pine St., Tilden, IL 62292 ..... (618) 317-5131

**UCC Food Pantry** ..... (618) 918-7150

**Contact Information:**

303 S. 3<sup>rd</sup> St., Irvington, IL 62848 ..... (618) 918-7150

58 W. 1<sup>st</sup> St., Addieville, IL 62214 ..... (618) 918-7150



## **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**

**We Know the Feeling** .....800-GAMBLER .. or text ILGAMB to 53342

**Website:** <https://weknowthefeeling.org/>

**Services:** For help, support and advice about gambling disorder.

## **GOVERNMENT**

### **Supplemental Security Income (SSI)**

#### **Contact Information:**

250 West Cherry St., Room 104, Carbondale, IL 62901 ..... (618) 457-3618

1670 Lebanon Ave., Lake Christine Center, Belleville, IL 62221 ..... (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.

### **Washington County Court House**

**Contact Information:** 125 Elm St., Nashville, IL 62263 ..... (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

## **GRIEF SERVICES**

### **Heartlinks Grief Center**

**Contact Information:** 5110 West Main St., Belleville, IL 62226 ..... (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**

### **Alexander Graham Bell**

**Contact Information:** ..... (202) 337-5220

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

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

### **All American Hearing (Mt. Vernon)**

**Contact Information:** 2419 Broadway St., Mt. Vernon, IL 62864 ..... (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 Information:** 416 E. 2<sup>nd</sup> St., Centralia, IL 62801 ..... (618) 532-8452

### **Beltone Hearing Aid Service**

**Contact Information:**

143 S. Washington St., Nashville, IL 62263 ..... (618) 242-4901

203 E. 3<sup>rd</sup> St., Centralia, IL 62801 ..... (618) 242-4901

**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.

#### **School for Hearing Impaired**

**Contact Information:** 801 East Reeves, Marion, IL 62959 ..... (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 Information:** Wham Bldg. Room 141, Carbondale, IL 62901 ..... (618) 453-2361

**Website:** [https://clinicalcenter.siu.edu/speech\\_services/](https://clinicalcenter.siu.edu/speech_services/)

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

#### **The National Hearing Aid Project** ..... (811) 333-8300

**Website:** <https://hearingaidnations.org/>

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

### **HEART**

#### **American Heart Association**

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

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

**Services:** Online information for individuals with heart disease.

### **HOME HEALTH**

#### **Addus Healthcare**

**Contact Information:** 2929 Broadway St. #7A, Mt. Vernon, IL 62864 ..... (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.

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

#### **Comfort at Home**

**Contact Information:** 160 S. 2<sup>nd</sup> St., New Memphis, IL 62266 ..... (618) 588-3014

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

**Services:** Caring companionship, Personal care, Light housekeeping, Errands & transportation, Meals, Miscellaneous, Medication management, Overnight services.

#### **Community Alternatives of Illinois (ResCare)**

**Contact Information:**

109 E. Broadway, Centralia, IL 62801 ..... (618) 533-3061

101 S. 33<sup>rd</sup> St., Mt. Vernon, IL 62864 ..... (618) 315-6410

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

#### **Cooperative Home Care**

**Contact Information:** 107 Lanaghan Dr., Fairview Heights, IL 62208 ..... (618) 394-5681

**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 Information:**

1911 W. 4<sup>th</sup> St., Centralia, IL 62801 ..... (618) 918-3998

4805 Broadway St., Ste B, Mt. Vernon, IL 62864 ..... (618) 244-7800

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

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

## **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.

## **Mederi Caretenders**

### **Contact Information:**

496 Memorial Dr., Breese, IL 62230 ..... (618) 526-8899

141 Market Pl #110, Fairview Heights, IL 62208 ..... (618) 277-8899

**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 Information:** 224 S. Main St., Edwardsville, IL 62025 ..... (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 Information:** 7 Executive Woods Ct A, Swansea, IL 62226 ..... (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.

## **Sparta Community Hospital .....**

**Contact Information:** 818 E. Broadway St., Sparta, IL 62286 .....(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**

### **Contact Information:**

1049 W. Broadway, Centralia, IL 62801 ..... (618) 533-7886

605 N. 12<sup>th</sup> St., Mt. Vernon, IL 62864 ..... (618) 899-1631

**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 Information:** 4 S. Church St., Belleville, IL 62220 ..... (618) 257-2200

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

## **VNA Health Care**

### **Contact Information:**

1151 Kane St., Carlyle, IL 62231 ..... (618) 594-8000

1809 W. McCord St., Centralia, IL 62801 ..... (618) 533-2781

**Services:** Personal care, Medication management, Hospice, Transportation, Household help, Meal planning/prep, laundry, etc., House cleaning, Memory care, Medication reminders.

## **HOMELESS/EMERGENCY SHELTER**

### **Family Life**

**Contact Information:** 9749 E. Richview Rd., Mt. Vernon, IL 62864 ..... (618) 242-2002

**Services:** Shelter to help people get on their feet. Can help with IDs, jobs, vehicles & homes.

### **Good Samaritan House**

**Contact Information:** 1825 Delmar Avenue, Granite City, IL 62040 ..... (618) 300-7255

**Services:** Budgeting & Credit Repair, Employment & Job Coaching, Daily Life Skills, Parenting Groups, Health & Nutrition, Housing Search.

### **Lifeboat Alliance**

**Contact Information:** 1717 Jefferson Ave., Mt. Vernon, IL 62864 ..... (618) 244-4088

**Services:** Helping the Homeless weather life's storms

**People Against Violent Environments (PAVE)** ..... (800) 924-8444

**Services:** Women's Crisis Center. 24/7 Phone Service, Counseling, coordination for emergency shelter, court advocacy, aid for food or other short term assistance. Centralia and Clinton County.

### **Sexual Assault Family Emergencies (SAFE)**

**Contact Information:** 730 E. 2<sup>nd</sup> St., Centralia, IL 62801 ..... (618)-533-0475

**Services:** Sexual abuse, sexual assault, survivor options after an assault, counseling and advocacy for survivors, family & friends.

### **Violence Prevention Center**

Crisis Line ..... (618) 235-0892

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

**Services:** 24 Hour Emergency Hotline, Emergency Shelter, Counseling, Legal Advocacy, Prevention and Education.

## **HOSPICE**

### **BJC Hospice**

**Contact Information:** 1935 Belt Way Dr., St. Louis, MO 63114 ..... (314) 872-5050

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

**Services:** A team of physicians, nurses, social workers, chaplain, music therapist, hospice aide, grief therapist and volunteers allowing patients to live their last days with dignity and comfort.

### **Breeze Hospice**

**Contact Information:** 14 Park Place, Swansea, IL 62226 ..... (618) 416-6410

**Services:** Hospice physician care, Nurse case management, Medical-social services, Chaplain and spiritual counseling, Bereavement services, Dietary counseling, Hospice volunteers, Physical therapy, Occupational therapy, Speech-language pathology services.

### **Evelyn's House – BJC Hospice**

**Contact Information:** 1000 N. Mason Rd., Creve Coeur, MO 63141 ..... (314) 996-8100

**Services:** Offers warm and comfortable surroundings where guests and their families will receive compassionate and specialized end of life care. This house offers 16 private suites for adults, teens and children. Hospice specialized care team coordinates all services.

**Family Hospice (Belleville)**

**Contact Information:** 5110 W. Main St., Belleville, IL 62226 ..... (618) 277-1800

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

**Services:** Improving the quality of life as you face terminal illness. Family Hospice brings compassionate, professional care to individuals experiencing a terminal illness. We assist individuals in the communities we serve find meaning in the dying process by providing hospice care not just for the end of life but for all of life. Family Hospice is a non-profit, independent healthcare organization that helps guide patients and families through their journey, providing professional care, medications, equipment, supplies and many other support services.

**HSHS Home Care and Hospice (Belleville)**

**Contact Information:** 108 S. 3<sup>rd</sup> St., Belleville, IL 62220 ..... (800) 551-6566

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

**Services:** HSHS Home Care & Hospice Southern Illinois offers skilled health care services to patients in their homes, at the bed side in a medical or senior living community or in the hospital. Our focus is on the health needs of the individual. We provide home health care with physical therapy, occupational therapy and speech therapy along with skilled nursing care, medical social work services and more. Our hospice services offer supportive, compassionate care that brings peace, comfort and dignity to a patient on those last days of life."

**Hospice of Southern Illinois**

**Contact Information:** 305 S. Illinois St., Belleville, IL 62220 ..... (618) 235-1703

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

**Services:** Hospice care is available for patients who have been diagnosed with a terminal illness and have a prognosis of 6 months or less. It is at this time that comfort care and symptom management become the primary focus and curative treatment is no longer the patient's choice or option. Services include: Nursing care, Grief support, Volunteer programs, Pharmacy Residency programs, We Honor Veterans, Pet therapy. Our admission and social workers staff explore all potential sources of payment with the patient and/or their family to ensure the patient receives the most benefit from their insurance provider.

**SSM Hospice**

**Contact Information:** 10143 Paget Dr., St. Louis, MO 63132 ..... (314) 989-2800

**Website:** <https://www.hospice-services.cmac.ws>

**Services:** A special type of care for people who are facing serious illness and have a limited life expectancy. Our goal is to help patients achieve the best quality of life possible, manage Symptoms, pain and anxiety while providing emotional support and spiritual support for the patients and families.

**HOSPITALS****HSHS St. Elizabeth's Hospital**

**Contact Information:** 1 Saint Elizabeth Blvd., O'Fallon, IL 62269..... (618) 234-2120

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

**HSHS St. Joseph's Hospital**

**Contact Information:** 9515 Holy Cross Ln, Breese, IL 62230 ..... (618) 526-4511

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

**Memorial Hospital**

**Contact Information:** 4500 Memorial Dr., Belleville, IL 62226..... (618) 233-7750

**Website:** <https://www.memhosp.org>

**Memorial Hospital East – BJC HealthCare**

**Contact Information:** 1404 Cross St., Shiloh, IL 62269 ..... (618) 607-1000

**Website:** <https://www.bjc.org>

**SSM Good Samaritan Hospital**

**Contact Information:** 1 Good Samaritan Way, Mt. Vernon, IL 62864.....(618) 899-1469

**Website:** <https://www.ssmhealth.com>

**SSM St. Mary's Hospital**

**Contact Information:** 4103 S. Water Tower Pl., Mt. Vernon, IL 62864. .... (618) 244-3808

**Website:** <https://www.ssmhealth.com>

**Sparta Community Hospital**

**Contact Information:** 818 East Broadway St., Sparta, IL 62286. .... (618) 443-2177

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

**Washington County**

**Contact Information:** 705 S. Grand St., Nashville, IL 62263..... (618) 327-8236

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

**HOUSING****COUNSELING, HOMELESS ASSISTANCE, HOUSING PROGRAMS & RENT ASSISTANCE****BCMW (Bond, Clinton, Marion & Washington Counties Community Services)**

\*See Information under anchor agencies

**Grace United Methodist Church**

**Contact Information:** 250 N. Mill St., Nashville, IL 62263..... (618) 327-8407

**Services:** Provide rent and/or utility assistance to low-income residents, once per year.

**LOW INCOME HOUSING****Village Apartments of Nashville**

**Contact Information:** 790 S. Mill St., Nashville, IL 62263 ..... (314) 848-5111

**Okawville Apartments**

**Contact Information:** 304 N. Mill St., Okawville, IL 62271 ..... (618) 654-7033

**SENIOR HOUSING****Senior Apartments and Nutrition Center**

**Contact Information:** 454 N. Hoffman St., Nashville, IL 62263 .....(618) 327-4078

**HUMAN TRAFFICKING****Hoyleton Family Services - Youth & Family Services**

**Contact Information:** 350 N. Main St., Hoyletone, IL 62803 ..... (618) 688-4727

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

**Services:** Human Trafficking counseling services also available.

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

**LEGAL SERVICES****Coulson Elder Law**

**Contact Information:** 774 Sunset Blvd Suite 200, O'Fallon, IL 62269..... (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 Information:** Old National Bank Building, Third Floor, 509 South University Ave., Carbondale, IL 62901 ..... (618) 457-7800

**Administrative Office:** Dorothy O. Cook Community Law Center, 8787 State Street, Suite 201.. East St. Louis, IL 62203 ..... (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 Information:** 115 Douglas Dr., Carbondale, IL 62901 ..... (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 Information:** 70 N. 2<sup>nd</sup> St., Ashley, IL 62808 ..... (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.

**Coulterville Public Library**

**Contact Information:** 103 S. 4<sup>th</sup> St, Coulterville, IL 62237 ..... (618) 758-3013

**Website:** <https://www.coultervillepl.org>

**Services:** Books, free books, fishing poles for loan, book club, story hour, Lego club, fax, copy, free Wifi and public access computers

**Irvington Branch – Central Regional Library District**

**Contact Information:** 208 S. 5<sup>th</sup> St., Irvington, IL 62848 ..... (618) 249-8143

**Nashville Illinois Public Library**

**Contact Information:** 219 E Elm St., Nashville, IL 62263 ..... (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 Information:** 304 N. Front St., Okawville, IL 62271 ..... (618) 243-5201

## **LONG TERM CARE**

**Aviston Countryside Manor**

**Contact Information:** 450 W. 1<sup>st</sup> St., Aviston, IL 62216 ..... (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 Information:** 1155 N. 1<sup>st</sup> St., Breese, IL 62230 ..... (618) 526-7804

**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 Information:** 13138 IL-13, Coulterville, IL 62237 ..... (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, Assistance with daily living.

#### **Friendship Manor Healthcare Center**

**Contact Information:** 1209 21<sup>st</sup> Ave., Rock Island, IL 61201 ..... (618) 327-3042

**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.

#### **Liberty Village of Centralia**

**Contact Information:** 1910 E. McCord St., Centralia, IL 62801 ..... (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.

#### **Washington County Hospital Extended Care ..... (618) 327-8236**

**Contact Information:** 705 S. Grand St., Nashville, IL 62263 ..... 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.

## **MEDICAL CLINICS AND PHYSICIANS OFFICES**

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

**Contact Information:** 211 E. Hanover St., New Baden, IL 62265 ..... (618) 588-7000

**Services:** Lab, x-ray and physical therapy

### **SSM Health Medical Group**

**Contact Information:** 17884 Exchange Ave., Nashville, IL 62263 ..... (618) 327-8486

**Hours:** Monday-Friday, 7:00 a.m.-5:00 p.m.

**Services:** Provide family medicine services, care for children and adults, provide basic preventative care services, diagnose & treat common illness, provide radiology and lab collection.

### **St. Mary's Good Samaritan Family Health Center**

**Contact Information:** 1441 W. Broadway, Centralia, IL 62801 ..... (618) 532-9050

### **Washington County Hospital Medical Group & Walk In Clinic**

**Contact Information:** 705 South Grand Avenue, Nashville, IL 62263

**Medical Group** ..... (618) 327-2225

**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** ..... (618) 327-2223

**Hours:** Monday & Friday, 11:00 a.m. – 6:00 p.m.

Tuesday, Wednesday & Thursday, 10:00 a.m. – 5:00 p.m.

**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.

## **MEDICAL EQUIPMENT**

### **Doehring's Pharmacy**

**Contact Information:** 143 S. Washington St., Nashville, IL 62263 ..... (618) 327-3214

### **Medicine Shoppe**

**Contact Information:** 2339 Broadway St., Mt. Vernon, IL 62864 ..... (618) 242-8776

**Website:** <https://www.mtvernonhealth.com>

### **Okawville Senior Center**

**Contact Information:** 305 N. Nashville St., Okawville, IL 62271 ..... (618) 243-6533

### **St. John's Community Care**

**Contact Information:** 222 Goethe Ave., Collinsville, IL 62234 ..... (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>

**Illinois 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) MEDICARE

**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

### Centerstone

See information under Anchor Agencies

### Christian Hospital Recovery Center

(Private insurance and Medicare)

**Contact Information:** Medical Office Building 2, 11125 Dunn Road, St. Louis, MO 63136.....

..... (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 Information:** 505 South 8<sup>th</sup> St., East St. Louis, IL 62201..... (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.

### ComWell

See information under Anchor Agencies

### DHS Family Community Resource Center

See information under Anchor Agencies

### Egyptian Behavioral Health

**Contact Information:** 1412 US Hwy 45 N., Eldorado, IL 62930 ..... (618) 273-3326

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

**Services:** Youth and adult outpatient services.

#### **Farm Family Resource Initiative**

**Contact Info:**.....24/7 1-833-FARM-SOS ..... (833) 327-6767

**Website:** <https://www.siumed.edu/farm>

**Services:** The Southern Illinois University School of Medicine Center for Rural Health and Social Service Development (CRHSSD) is leading the effort to build a network of support and resources for Illinois farm families. The purpose of the initiative is to provide a range of resources including a helpline to assist with farmer and farm-related issues that include mental and physical health needs. Additionally, the initiative will offer ongoing outreach, education and training to rural clients and partners working to improve the health and safety of farm families.

#### **Lincoln Prairie Behavioral Health Center**

(No cost assessment)

**Contact Information:** 5230 South Sixth Street Frontage Rd E., Springfield, IL 62703 ..... (217) 585-1180

**Website:** <https://lincolnpairiebhc.com/>

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

#### **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.

#### **Gateway Foundation**

(Medicaid & private insurance)

**Contact Information:** 1080 East Park St., Carbondale, IL 62901 ..... (618) 529-1151 ext. 200

**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**

(Medicaid & other insurance)

**Contact Information:** 8 Executive Dr., Ste. 200, Fairview Heights, IL 62208 ..... (618) 688-4727

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

**Services:** Therapeutic residential treatment and foster care and resident living programs; crisis care; Puentes de Esperanza; and special education programs.

#### **Human Support Services (Waterloo)**

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

**Contact Information:** 988 N. Illinois Rt. 3, Waterloo, IL 62298 ..... (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.

#### **NAMI Southwestern Illinois**

See information under Anchor Agencies

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

**Contact Information:** 444 N. Pleasant Ave., Centralia, IL 62801 ..... (618) 436-5665

**Touchette Regional Hospital Centerville**

(Private insurance)

**Contact Information:** 5900 Bond Ave., Centerville, IL 62207 ..... (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.

**PHARMACIES AND DRUG TAKE-BACK LOCATIONS**

**Doehring's Pharmacy (& Drug Take Back)**

**Contact Information:** 143 S. Washington St., Nashville, IL 62263 ..... (618) 327-3214

**Nashville Pharmacy**

**Contact Information:** 154 E. Adams St., Nashville, IL 62263..... (618) 327-8522

**Okawville MediCenter Pharmacy**

**Contact Information:** 210 W. High St., Okawville, IL 62271 ..... (618) 243-1038

**PHYSICAL ACTIVITY**

**Access Healthcare and Wellness**

**Contact Information:** 1527 S. Mill St., Nashville, IL 62263 ..... (618) 327-3224

**Elite HIIT**

**Contact Information:** 1480 W. Main St., Nashville, IL 62263 ..... (618) 246-8315

**Website:** <https://elite-hiit.business.site>

**Nashville Fitness**

**Contact Information:** 9616 Commerce Ave., Nashville, IL 63363..... (618) 578-8631

**Nashville Municipal Golf Course**

**Contact Information:** 660 E. Memorial Dr., Nashville, IL 62263 ..... (618) 327-3821

**Nashville Memorial Park & Pool**

**Contact Information:** 604 E. Memorial Dr., Nashville, IL 62263 ..... (618) 327-8698

**Okawville Body Works**

**Contact Information:** 206 N. Hanover St., Okawville, IL 62271..... (618) 243-2639

**Roland Barkau Memorial Golf Course**

**Contact Information:** 1501 N. Waterworks Rd., Okawville, IL 62271 ..... (618) 243-6610

**Website:** <https://www.rbmgolfokawville.com>

**The Original Springs Hotel - Water Aerobics**

**Contact Information:** 506 N. Hanover St., Okawville, IL 62271 ..... (618) 768-4454

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

**PHYSICAL THERAPY AND CHIROPRACTIC**

**Bliss Therapy**

**Contact Information:** 1875 S. Lorene Dr., Nashville, IL 62263 ..... (618) 540-9736

**Brammeier Chiropractic**

**Contact Information:** 706 N. Hanover St., Okawville, IL 62271 ..... (618) 243-1144

**Live Well Massage by Stacey**

**Contact Information:** 1472 West St. Louis St., Nashville, IL 62263 ..... (618) 713-5893

**Modern Edge Salon and Spa**

**Contact Information:** 991 W. St. Louis St., Nashville, IL 62263 ..... (618) 327-8559

**Nashville Chiropractic**

**Contact Information:** 140 S. Mill St., Nashville, IL 62263 ..... (618) 327-2000

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

**Washington County Hospital Physical and Occupational Therapy**

**Contact Information:** 705 S. Grand St., Nashville, IL 62263 ..... (618) 327-2317

**POISON CONTROL**

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

**POLICE DEPARTMENTS****Ashley Police Department**

**Contact Information:** 474 W. Main St., Ashley, IL 62808 ..... (618) 485-2270

**Irvington Police Department**

**Contact Information:** 204 E. Huron St., Centralia, IL 62801 ..... (618) 249-6225

**Nashville Police Department**

**Contact Information:** 875 S. Mill St., Nashville, IL 62263 ..... (618) 327-8232

**Okawville Police Department**

**Contact Information:** 304 N. Front St., Okawville, IL 62271 ..... (618) 243-6121

**Washington County Sheriff's Office**

**Contact Information:** 245 N. Kaskaskia St., Nashville, IL 62263 ..... (618) 327-8274

**PREGNANCY****Community Link – Prenatal Services****Contact Information:**

Admin Office & Production Workshop: 1665 N. 4<sup>th</sup> St., Breese, IL 62230 ..(618) 526-8800

First Step & Family Support: 955 N. Plum St., Breese, IL 62230 ..... (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.

#### **Hager House – Hoyleton FS**

**Contact Information:** 900 Royal Heights Rd., Ste. 3150, Belleville, IL 62220 . (618) 416-7337  
**Services:** Expecting/parenting mother program is a transitional living program for young women ages 17-21 who are under DCFS guardianship.

#### **Planned Parenthood**

**Contact Information:** 317 Salem Place, Fairview Heights, IL 62208 ..... (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.

#### **RUNAWAY**

**National Runaway Safeline** ..... (800) RUNAWAY ..... (800) 786-2989  
**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**

##### **Age Smart Community Resources**

**Contact Information:**  
801 West State St., O'Fallon, IL 62269 ..... (618) 222-2561  
2365 County Rd., Belleville, IL 62221 ..... (618) 222-2561  
**Website:** <http://www.agesmart.org/>  
**Services:** Cover Bond, Clinton, Madison, Monroe, Randolph, St. Clair & Washington Counties. 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.

##### **Agency on Aging of Southwestern Illinois**

**Contact Information:** 2365 Country Rd., Belleville, IL 62221 ..... (800) 326-3221  
**Website:** <https://www.agingcare.com/>  
**Services:** Counseling sessions in homes of senior adults and meal delivery available.

**Elder Abuse Hotline** ..... (800) 222-8000

**Illinois Department on Aging** ..... TTY (888) 206-1327 ..... (866) 800-1409  
**Website:** <https://www2.illinois.gov/aging/Pages/default.aspx>  
**Services:** Report suspected abuse, neglect or financial exploitation of an adult age 60 or older or a person with disabilities age 18-59

##### **Nashville Nutritional Site**

**Contact Information:** 454 N. Hoffman St., Nashville, IL 62263 ..... (618) 327-4078



**Okawville Senior Center**

**Contact Information:** 305 N. Nashville St., Okawville, IL 62271 ..... (618) 243-6533

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

**Contact Information:** 201 North Church St., Belleville, IL 62220 ..... (618) 234-4410

**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.

**SEXUAL ABUSE**

**Call for Help: 24/7 Sexual Assault Crisis Line**..... (618) 397-0975

**Services:** Provide support through counseling, advocacy and community prevention services

**Illinois Rape Crisis Center**

**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.

**National Sexual Assault Hotline**.....(800) 656 HOPE ..... (800) 656-4673

**People Against Violent Environments (PAVE)**

(Centralia) (Clinton County) ..... (800) 924-8444

**Services:** PAVE provides domestic violence service and assistance. 24/7 phone services, counseling, Court advocacy (Orders of Protection) and can coordinator emergency shelter.

**Sexual Assault Family Emergencies (SAFE)**

**Contact Information:** 730 E. 2<sup>nd</sup> St., Centralia, IL 62801 ..... (618)-533-0475

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

**Services:** include information on sexual abuse, sexual assault and survivor options after an assault as well as counseling and advocacy for survivors and counseling for friends and family. All services are provided free of charge.

**The Women's Center, Inc.**..... 24-hour hotline ..... (800) 334-2094

**Contact Information:** 610 South Thompson St., Carbondale, IL 62901 ..... (618) 549-4807

**Website:** <https://www.thewomensctr.org>

**Services:** Supporting survivors of domestic and sexual violence (and their children) with shelter and education.

**SMOKING CESSATION****1-800-QuitNow**

**Contact Information:**

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://resphealth.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 Information:** .....(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 AND RECOVERY**

**Alcoholic Rehabilitation Community Home (ARCH)\***

(Meridian, sliding scale, self-pay)

**Contact Information:** 1313 21<sup>st</sup> St., Granite City, IL 62040 ..... (618) 877-4987

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

**Services:** Residential program for males 18 and over.

**Alcoholics Anonymous – Southern Illinois District 4** ..... Hotline (309) 839-9430

**Website:** <https://southernillinoisaa.org/>

**Services:** Serving Benton, Chester, Christopher, Coulterville, DuQuoin, Marissa, Nashville, Okawville, Pinckneyville, Sesser, Sparta, Tilden.

**American Addiction Centers** ....24/7 hotline..... (855) 208-7552

**ComWell**

See information under Anchor Agencies

**Celebrate Recovery (Tri County First Pentecostal Church – Cutler)**

**Contact Information:** 301 Railroad St., Cutler, IL 62238 ..... (618) 497-2953

**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 Information:** 4801 Weldon Spring Parkway, St. Charles, MO 63304.....

..... (800) 345-5407 or (636) 441-7300

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

**Services:** Addiction recovery & TMS treatment for depression.

**Centerstone South**

**Contact Information:** 2311 South Illinois Ave., Carbondale, IL 62903 ..... (618) 457-6703

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

**Chestnut Health Systems**

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

**Contact Information:** 12 North 64<sup>th</sup> St., Belleville, IL 62223 ..... (618) 397-0900

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

**Services:** Substance use, depression, gambling addiction, financial debt.

**Comprehensive Behavioral Health Center of St. Clair County**

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

**Contact Information:** 505 South 8<sup>th</sup> St., East S. Louis, IL 62201 ..... (618) 482-7330

**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. Services offered 24 hours a day, 7 days per week.

**Gateway Foundation**

**Contact Information:**

600 West Lincoln Ave., Caseyville, IL 62232 ..... (618) 345-3970

1080 East Park St., Carbondale, IL 62901 ..... (618) 944-3805

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

**Services:** Outpatient treatment programs, addiction therapy service and other specialized Gateway programs.

**Illinois Helpline for Opioids and Other Substances** .....24/7 ..... (833) 234-6343

..... or text "HELP" to 833234

**Services:** Public resource for finding substance use treatment and recovery services in IL.

**Little Egypt Area of Narcotics Anonymous**

**Contact Information:** P.O. Box 1561, Mt. Vernon, IL 628964....24 Hour Helpline..(618) 322-3178

**Services:** Serving Southern Illinois communities of: Carbondale, Carterville, Centralia, DuQuoin, Christopher, Fairfield, Flora, Harrisburg, Herring, Marion, Mt. Vernon, Nashville, Salem, Sparta.

**Narcotics Anonymous**..... 24 Hour Help Line .....(618) 322-3178

Nashville ..... (618) 327-4326

**Services:** Meetings at UCC Church on Thursdays and Sundays 7:00-8:00pm.

**New Vision**

(Accept most insurance)

**Contact Information:** 2100 Madison Avenue, Granite City, IL 62040 ..... (618) 358-0200

**Website:** <https://www.specialcarecorp.com/>

**Services:** Inpatient medical stabilization and withdrawal management service for adults with drug, alcohol and related health issues.

**Perry County Counseling Services**

**Contact Information:** 1016 South Madison St. #A, DuQuoin, IL 62832 ..... (618) 542-4357

**Website:** <https://www.perrycountycounseling.com/>

**Substance Abuse & Mental Health Services Administration (SAMHSA)**

**Contact Information:** .....(800) 662-HELP (4357) ..... TDD (800) 487-4889

**Website:** <https://www.samhsa.gov/find-help/national-helpline>

**Services:** Free & confidential treatment referral hotline/Treatment Locator Tool.

**Take Action Today – Recovery Community Organization (RCO)** ..... (618) 212-3171

**Contact Information:** Email: [recovery@takeactiontoday.net](mailto:recovery@takeactiontoday.net)

**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 and/or homelessness.

## **SUICIDE PREVENTION**

### **ComWell**

See information under Anchor Agencies

**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.

**Suicide Prevention Hotline**..... (800) 784-2433

**Website:** <http://www.hopeline.com/>

## **TRANSPORTATION**

### **South Central Transit**

**Contact Information:** 1616 E. McCord St., Centralia, IL 62801 TTY 711 ..... (800) 660-7433

**Website:** <https://southcentraltransit.org>

**Services:** offering safe, reliable shuttle transportation through South Central Illinois for 30 years. Serving Clinton, Franklin, Jefferson, Marion, Perry and Washington Counties.

## **VETERANS**

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

### **Centerstone**

See information under Anchor Agencies

### **Department of Veterans Affairs Behavioral Medicine (Medicare)**

**Contact Information:** 2401 Main St., Marion, IL 62959 ..... (618) 997-5311

**Website:** <https://www.marion.va.gov/>

**Services:** Crisis and/or medical.

### **Illinois Department of Veteran's Affairs**

**Contact Information:** 4519 W. Main St., Belleville, IL 62222 ..... (618) 233-5140  
..... or (800) 4379824

**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 Information:** 2401 W. Main Street, Marion, IL 62959..... (618) 997-5311 ext. 54659  
Class is held 3<sup>rd</sup> Thursday of each month from 9:30 a.m.–11:30 a.m.

**Website:** [https://www.marion.va.gov/services/Diabetes\\_Education.asp](https://www.marion.va.gov/services/Diabetes_Education.asp)

**Services:** Diabetes - classes for veterans only.

### **Veterans Crisis Line**

**Contact Information:** .....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.

## **VISION**

### **BLIND**

#### **Department of Rehab Services/Bureau of Blind Services**

**Contact Information:** 333 Potomac Blvd., Ste. F, Mt. Vernon, IL 62864 ..... (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 Information:** 110 Lincoln Dr., Ste. 1003, Carbondale, IL 62901 ..... (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 Information:** 607 Greenbriar Road, Carterville, IL 62908 ..... (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 Information:** 250 E. Elm St., Nashville ..... (618) 327-3231

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

**Services:** Southern Illinois Optometry and Ophthalmology services.

#### **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.

#### **Clarkson Eye Care**

##### **Contact Information**

103 Clintonian Plz, Breese, IL 62230 ..... (618) 576-7447

408 W. 2<sup>nd</sup> St., Centralia, IL 62801 ..... (618) 532-5531

3000 Broadway St., Mt. Vernon, IL 62864 ..... (618) 816-0005

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

**Services:** full-service eye care center.

#### **Marion Eye Center**

##### **Contact Information:**

1180 W. St. Louis St., Nashville, IL 62263 ..... (618) 327-3900

203 Van Zant St., Chester, IL 62233 ..... (618) 826-5413

216 North Market St., Sparta, IL 62286 ..... (618) 443-2020

307 West Broadway, Steeleville, IL 62288 ..... (618) 965-2020

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

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

#### **National Eye Health Education Program ..... (301) 496-5248**

**Contact Information:** Email: 2020@nei.nih.gov

**Website:** <https://www.nei.nih.gov/>

**Services:** Provide online education and materials regarding eye health, disease and treatment.



This Washington County, IL Resource Guide is produced by Healthy Communities Alliance and circulated by the entities listed below. If errors are found or if additions are needed, please contact



[allianceinfo@comwell.us](mailto:allianceinfo@comwell.us) with the subject line “Washington County Resource Guide”. Please provide the below information to the listed email:

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.

Revisions will be made on an “as needed” basis. You can visit the websites of the facilities listed below to view a digital copy of this guide.



**Okawville Jr./Sr. High School**



**South Central Transit**

The Washington County Resource Guide is a publication of the ongoing work and contributions of those who believe in “Bringing People and Services Together” throughout Washington County and Southern Illinois. The Healthy Communities Alliance has played a valuable role in preparing and distributing this guide.

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