# TRI-COUNTY OPPORTUNITIES COUNCIL

**Community Action Agency** 



Serving the 9 Counties of Bureau, Carroll, LaSalle, Lee, Marshall, Ogle, Putnam, Stark, and Whiteside Illinois

# RESOURCE BOOK Carroll County

Carroll County Courthouse 301 North Main Street Mount Carroll IL 61053 815-244-0272 www.carrollcountyil.gov

Building opportunities to transform communities.









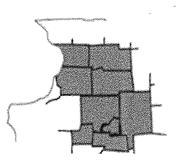






# Tri-County Opportunities Council Mission Statement

Tri-County Opportunities Council will investigate the impact of poverty throughout our nine-county service area and will work, in partnership with individuals, families and communities to provide opportunities that supports movement towards stability and self-sufficiency.



### Community Services Block Grant Program (CSBG)

- Provides comprehensive needs assessments, information and referrals and numerous case management programs to eligible customers to obtain self-sufficiency for employment, youth, education, housing, medical, and emergency needs.
- Offers various housing programs to those facing homelessness or on the verge of becoming homeless.
   In addition, case management is provided to ensure housing is affordable and sustained to prevent future homelessness.
- Annually awards educational scholarships to income-eligible service area residents attending an Illinois institution of higher learning.
- Bureau County Food Pantry provides food to meet meal gaps to families residing in Bureau County.

### Foster Grandparent Program

- Provides meaningful volunteer opportunities for those in the lower income range who are 55 years old and older.
- Offers supportive person-to-person services to at-risk children with special or exceptional needs in reading, math, spelling, art and other constructive projects.

### Head Start/Early Head Start Program

- The EHS/HS programs are federal programs that provides comprehensive early childhood education, health, nutrition, and parent engagement services to children from birth to 5 years of age, expectant mothers, and their families.
- The program's services and resources are designed to foster stable family relationships, heighten family resiliency, enhance children's physical and emotional well-being, and establish an environment to develop skills toward school readiness and a love of life-long learning.
- Families must meet the eligibility criteria established by the federal government.

### Low-Income Energy Assistance (LIHEAP)

- LIHEAP makes a one-time payment to the utility company, bills must be in the name of the person applying.
- LIHEAP Furnace Program Repair or replace furnaces to homeowners who are current on their mortgage and taxes and be within the LIHEAP guidelines.
- PIPP The Percentage of Income Payment Plan (PIPP) is designed to help client's pay their own bill
  with a manageable budget bill. Eligibility for this program included being within the LIHEAP guidelines
  and must have a participating utility company, such as, Ameren, Com-Ed, and Nicor.
- Com-Ed Hardship helps households that may be having a hardship crisis situation. Income guidelines are 200% of poverty level.
- Neighbor to Neighbor helps households with utility assistance. Income guidelines are 300% of poverty level.

### Illinois Home Weatherization Program

• Make homes more energy efficient, provide safe heating equipment, if needed, replace furnace, and provide clients with safety equipment.

### **Rental Housing**

• Provides decent, safe, and affordable housing to low-income clients.



If you or someone you care about feels overwhelmed with emotions like sadness, depression, or anxiety, or you want to harm yourself or others call 911 or one of the national crisis resources below.

### IF THERE IS AN EMERGENCY, CALL 911

### NATIONAL CRISIS RESOURCES

Suicide and Crisis Lifeline (24 hour) call or text 988

### National Suicide Prevention Lifeline 1-200-273-TALK (8255)

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interest in mantal health treatment referrals can call the Lifeline. Callers relate to a professional nearby who will talk with them about what they are feeling or connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7days/week.

### Crisis Text Line: "MHFA" to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

### **Lifeline Crisis Chat**

Visit <u>crisischat.org</u> to chat online with crisis centers around the United States.

### The Trevor Project 1-866-4887386 or text "START to 678678 thetrevorproject.org

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgement free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline 1-800-985-5990 or text "TalkWithUs" to 66746 <a href="mailto:samhsa.gov/find-help/disaster-distress-helpline">samhsa.gov/find-help/disaster-distress-helpline</a> SAMHSA's Disaster Distress Helpline provides 24/7, 356 day a year crisis counseling and support to people experiencing emotional distress related to natural or human cause disasters.

Veterans Crisis Lifeline (24 hour) call or text 988 + 1

Illinois Mental Health and Substance Abuse Hotline 866-210-1303

Illinois Helpline for Opioids & Other Substances 1833-234-6343 or text "HELP" to 833234

Illinois Department of Human Services (IDHS) Division of Alcoholism and Substance Abuse, Referral Routing Services (24 hour) Hotline 1-800-662-4357 or 1-866-213-0548

Illinois Warm Line: support services by phone for you or a family member with mental health or substance abuse challenges. Monday-Saturday 8:00am-8:00pm (except holidays) 1-866-359-7953

Alcoholics Anonymous www.aa.org or 1-800-839-1686

National Domestic Violence Hotline (24 hour) 1-800-799-7233

IDHS Domestic Violence Victim Services (24 hour) 1-877-TO END DV (863-6338), 1-877-863-6339 (TTY)

National Runaway Safeline (24 hour) 1-800 RUNAWAY (786-2929) or text 66008

Problem Gambling 1-800-GAMBLER (426-2537) or text GAMBLER to 833234

SAFE2HELP offers Illinois student a safe, confidential way to share information that might prevent suicides, bullying, school violence or other threats to school safety (24 hour) 1-844-4SAFEIL (72-3345), text SAFE2 to 723345 <a href="mailto:safe2helpil.com">safe2helpil.com</a>

Illinois Armed Forces Legal Aid Hotline Monday-Friday 9:00am-4:30pm 1-855-IL AFLAN (452-3526)

Illinois Court Help connects you to the information you need to go to court, the service is free. Call or text 1-833-411-1121 <u>ilcourthelp.gov</u>

### FINDING A BEHAVIORAL HEALTH PROVIDER

The National Council for Behavioral Health <a href="mailto:thenationalcouncil.org/get-involved/members/">thenationalcouncil.org/get-involved/members/</a> Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

### Substance Abuse and Mental Health Services Administration samhsa.gov/find-help

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether they provide services for youth, payment options (private insurance, cash or something else), languages spoken etc.

### ADDITIONAL RESOURCES FOR MENTAL HEALTH FIRST AIDERS

Mental Health First Aid US mentalhealthfirstaid.org/mental-health-resources/

The Mental Health First Aid website has additional resources related to the most common mental disorders.

Child Welfare Information Gateway's Mandatory Reporters of Child abuse and Neglect: Summary of State Laws <a href="mailto:childwelfare.gov/topics/systemwide/laws-policies/state/">childwelfare.gov/topics/systemwide/laws-policies/state/</a>

The Summary will also tell you whether you are required to report by law and specific statute information for a particular state.

### FITNESS/COMPETENCEY EVALUATORS

### Dr. Jayne Braden Braden Counseling Center

951 S. 7<sup>th</sup> Street Suite G Rochelle IL 61068 815-561-8855

### Dr. Jayne Braden Braden Counseling Center 2600 Dekalb Avenue

Suite J Sycamore IL 60178 815-787-9000

### Dr. Kyle Cushing

2721 Glenwood Court Rockford IL 61101 815-519-6499

### Dr. Matthew Finn

111 N. 6<sup>th</sup> Street Rockford IL 61110 815-968-5342

### Dr. Robert Meyer

715 West Judd Street Woodstock IL 60098 815-444-9999

### Dr. Robert Meyer

6090 Strathmoor Drive Suite 1 Rockford IL 61107 815-444-9999

### PARENTING PROGRAMS USED IN 15<sup>TH</sup> CIRCUIT (compliance with Rule 924)

### Diel Counseling, Inc.

Online Program 217-348-8384

www.dielcounseling.com

### **Du Page County Family Center**

"Online Co-Parenting Education" www.dupageco.org/familycenter

### **Freeport Health Network**

Freeport, IL 815-599-7300 www.fhn.org

### Parents and Children Together (PACT)

Rockford, IL 815-877-7228

www.familymatters-pact.com

### **ACEonline, LLC**

954-372-0695

www.ParentingClassDivorce.com

### **Believe In The Children**

"Active Parenting"
Forreston, IL
815-837-1500
Katie Kalina
katie.kalina@believeinthechildren.org
www.beleiveinthechildren.org

### **Sinnissippi Centers**

"Meeting in the Middle" Dixon, IL 800-242-7642 www.sinnissippi.com

### **Online Parent Education Programs**

Michelle Muncy michelle@onlineparentingprograms.com 805-550-3663 www.onlineparentingprograms.com

### **Parenting Solutions, LLC**

PO Box 254 North Liberty, IA 52317 877-665-2120 www.parenting-solutions.org Classes held in Dubuque, IA

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### FAMILY LAW MEDIATORS 15TH JUDICIAL CIRCUIT

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### **BASIC NEEDS**

### **American Red Cross**

224 W. Galena Ave Freeport, IL 61032 PH: 815/233-0011

Provides disaster relief, support military families, health, and safety services.

### **Carroll County Help Center**

946 N. 4<sup>th</sup> Street Savanna, IL 61074 PH: 815/273-3173

Financial assistance for food, rent, electric, gas and medical assistance. Friday 10:00am-4:00pm & Saturdays 10:00am-2:00pm.

### **Helping Hands Food Pantry**

400 N. Main Ave Milledgeville, IL 61051 PH: 815/225-7134

Provides assistance with rent, utilities, food, gas, hotel/motel on occasion.

### Mt. Carroll Ministerial Association

216 S. Main Street Mt. Carroll, IL 61053 PH: 815/244-4342

Provides general assistance as needed.

### **Pitter Patter Pantry**

855 S. Mill & Rt. 64 Mt. Carroll, IL 61053 PH: 815/244-8855

Infant and small childrens items. Must be enrolled in WIC

### The Great River Outreach

P.O. Box 65 926 Viaduct Road Savanna, IL 61074 PH: 815/676-4545

Partners with agencies and organizations that currently provide help to individuals/ families with shelter, clothing, warm meals, emergency food, counseling

services and career opportunities. Monday — Friday 11:00am-1:00pm.

### The Salvation Army

926 Viaduct Savanna, IL 61074 PH: 815/273-2783

Provides major disaster relief, one-time emergency helps with water bills, food, clothing, bedding, health needs, gas, minor car repair, Christmas food baskets, toys.

### **CHILD CARE**

### **Child and Family Connections**

206 S. Galena Avenue, Suite 40 Freeport, IL 61032 PH: 815/297-1041

Provides early intervention services to families who have infants and toddlers up to age 3, who have concerns about how their child is developing.

### **Carroll County Right Steps to Parenting**

2215 Wacker Road Savanna, IL 61074 PH: 815/273-7750

Preschool for eligible children.

### Community Coordinated Child Care (4C's)

444 E Hillcrest Dr DeKalb, IL 60115 PH: 815/758-8149 www.four-c.org

Helps search and pay for child care services.

### **Little Sprouts Daycare & Preschool**

200 S. School Dr, Suite B Lanark, IL 61046 PH: 815/493-8316 www.littlesproutslanark.com/

6:00am-6:00pm, Monday-Friday

### Ms. Brandi's Daycare Center

706 Cedar Street Savanna, IL 61074 PH: 815/273-0301

6:00am-6:00pm, Monday-Friday; ages 3-12.

### **DISABILITIES**

### **Malcolm Eaton Enterprises**

570 W. Lamm Road Freeport, IL 61032 PH: 815/235-7181 www.malcolmeaton.org

Provides variety of programs; developmental training, community employment, vocational training services.

### **Northwest Special Education Cooperative**

310 West Street Elizabeth, IL 61028 815/599-1947 www.northwestcoop.com

Provides meaningful free, appropriate education for students who have special needs.

### **Rolling Hills Progress Center**

201 IL Route 64 Lanark, IL 61046 PH: 815/493-2321 www.rhpcinc.com

Provides vocational and activity services to Carroll County residents with developmental disabilities, mental illnesses, and physical disabilities.

### **EDUCATION**

### **Highland Community College Adult Education**

2998 W. Pearl City Road Freeport, IL 61032 PH: 815/599-3460 www.highland.cc.il.us/adulted/index.asp

GED preparation classes, ESL classes, one-on-one tutoring.

### **EMERGENCY SERVICES**

### **Riverview Center**

855 S. Mill Street Mt. Carroll, IL 61053 PH: 815/244-7772

Provides assistance to individuals who have been sexual abused and/or in a domestic violence situation.

### Tyler's Justice Center for Children

400 W. Front Ave Stockton, IL 61085 PH: 815/947-6030 www.tylersjusticecenter.org

Advocate for abused children; forensic interviews, advocacy, case management, access to specialized medical exams, community education.
8:30am-4:30pm, Monday-Friday

### **EMPLOYMENT**

### BEST (Business Equipment Skills Team), Inc.

301 N. Main Street Mt. Carroll, IL 61053 PH: 815/244-2522

Tuesday, Wednesday, Thursdays (by appointment only); education/career/employment assistance.

### **Furst Staffing**

112 S. Main Street Stockton, IL 61085 PH: 815/656-4490 www.furststaff.com

Assists applicants find entry level to skilled, industrial and office opportunities.

### **Sedona Staffing**

2418 Virginia Ave., Suite E Clinton, IA 52732 PH: 563/243-6788 www.sedonagroup.com

Employment opportunities to individuals; factory work, outside work, clerical, management.

### **TEMP Associates**

1801 S. 21<sup>st</sup> Street, Suite B Clinton, IA 52732 PH: 563/242-1078 www.tempassociates.com

Provides applicants with employment; professional, factory, maintenance, office workers.

### **FOOD**

### **Fulton/Thomson Food Pantry**

1114 3<sup>rd</sup> Street Fulton, IL 61252 PH: 815/589-3671

8:30am-11:30am, Thursdays

### Milledgeville/Chadwick Food Pantry

400 N. Main Ave Milledgeville, IL 61051 PH: 815/225-7682

The first Tuesday of each month, 9:00am-11:00am & 6:00pm-7:30pm. Families must live within the school boundaries of the Chadwick-Milledgeville.

### **Savanna Food Pantry**

118 S. 4<sup>th</sup> Street Savanna, IL 61074 PH: 815/275-1958

9:00am-12:00pm Tuesdays and Thursday

### Shannon & Lanark Food Pantry

109 E. Badger Street Shannon, IL 61078 PH: 815/821-4951

The 1st and 3rd Tuesday of the month from 2:00pm-4:00pm

### **Share Program**

400 N. Main Ave Milledgeville, IL 61051 PH: 815/225-7134

Provides monthly, low-cost food packages to those who volunteer in their community and want to stretch their food dollars.

### The Table

926 Viaduct Road Savanna, IL 61074 PH: 815/273-2783

Monday-Friday (dining room) free noon meals.
Individuals may make arrangements for carryout for a \$1.00 daily fee for containers.

### **HEALTH**

### **Carroll County Health Department**

822 S. Mill Street Mt. Carroll, IL 61053 PH: 815/244-8855 www.ccphd.org

### **Dental Dreams**

6215 E. State Street Rockford, IL 61102 PH: 815/399-7777

Accepts the Illinois Medical Card and other insurance plans.

### **Dental Connections**

2661 E. Stephenson Street Freeport, IL 61032 PH: 815/233-1215

Accepts the Illinois Medical Card and other insurance plans.

### Freeport Health Network (FHN)

2107 Chicago Avenue Savanna, IL 61074 PH: 815/273-3323 1120 Healthcare Drive Mt. Carroll, IL 61053 PH: 815/244-4181

602 W. Olympic Drive Lanark, IL

PH: 815/493-2831 www.fhn.org

Primary health clinic for individuals and families.

### **Well Women of Northwest Illinois**

10 W. Linden Street Freeport, IL 61032 PH: 815/590-8499

Provides FREE breast and cervical screenings for those who qualify.

### HOUSING

### **Carroll County Housing Authorities**

525 3<sup>rd</sup> Street Savanna, IL 61074 PH: 815/273-7081

www.affordablehousingonline.com

Provides apartments to families who meet income eligibility guidelines.

### **LEGAL SERVICES**

### **Carroll County State's Attorney Office**

301 N. Main Street #206 Mt. Carroll, IL 61053 PH: 815/244-0290

### **CASA**

113 S. Peoria Avenue Dixon, IL 61021 PH: 815/288-1901 www.casaleecarroll.com

Assists with youth, legal services, advocate for abused/neglected children in juvenile court. Serves Carroll, Lee, Ogle counties.

### MENTAL HEALTH

### Sinnissippi Centers

1122 Healthcare Drive Mt. Carroll, IL 61053 PH: 815/244-1376 www.sinnissippi.com

To assist individuals and families by helping them lead happier, healthier, and more productive lives; to provide mental health services to those who are experiencing situational crises or emotional, school, work, or family problems, or who suffer from substance abuse problems or disabling mental illness.

### **RESOURCES**

### **Chadwick Public Library**

110 Main Street Chadwick, IL 61014 PH: 815/684-5215

### **Lanark Public Library**

111 S Broad Street Lanark, IL 61046 PH: 815/493-2166

### Mt. Carroll Public Library

208 N. Main Street Mt. Carroll, IL 61053 PH: 815/244-1751

### Savanna Public Library

326 3<sup>rd</sup> Street Savanna, IL 61074 PH: 815/273-3714

### Milledgeville Township Public Library

18 W. 5<sup>th</sup> Street Milledgeville, IL 61053 PH: 815/225-7572

### **York Township Public Library**

1005 W. Main Street Thomson, IL 61285 PH: 815/259-2480

### **SENIOR OUTREACH**

### **Carroll County Senior Service Organization**

17612 Benton Street Mt. Carroll, IL 61053 PH: 815/244-1800 www.ccsso.net

Provides information on senior issues, assist in obtaining benefits, provide Medicare SHIP counseling, and be involved in social educational programs.

# **Eastland Council of Churches Home Improvement Task Force**

14361 Brethren Road Lanark, IL 61046 PH: 815/535-4141

Provides financial assistance and volunteer labor for small home improvement projects to individuals 62 years or older and under an annual income of \$22,000

### Savanna Helping Savanna

502 3<sup>rd</sup> Street Savanna, IL 61074 PH: 815/590-1702

Provides senior citizens living in Savanna with yard clean-up, painting houses, etc.

### **SUBSTANCE ABUSE**

### **Alcoholics Anonymous**

First Presbyterian Church 502 3<sup>rd</sup> Street Savanna, IL 61074 PH: 815/273-2783

### **TOWNSHIPS/CITY OFFICIALS**

### Mt. Carroll Township

302 N. Main Street Mt. Carroll, IL 61053 PH: 815/244-4424 www.mtcarrollil.org/

### Savanna Police Department

333 Chicago Avenue Savanna, IL 61074 PH: 815/273-2246

### **TRANSPORTATION**

### **Carroll County Transit (CCT)**

17612 Benton Street
Mt. Carroll, IL 61053
PH: 855/702-7433 or 815/244-0011
After hours: 815/821-3776
transit@ccsso.net

We are an on-demand response, Door to Door public Transportation service administered by Carroll County. CCT provides rides to persons of all ages. Punch cards & student punch cards are available.

Transportation available Monday-Friday 6am-6pm. Office hours Monday-Friday 8am-2:30pm

### **VETERAN ASSISTANCE**

### **Carroll County Veterans Assistance**

Carroll County Courthouse 301 North Main Mt. Carroll, IL 61053 PH: 815/244-0226

### YOUTH

### Milledgeville Park District

320 N. Main Avenue Milledgeville, IL 6153 PH: 815/225-7912

### Savanna Park District

225 Bowen Street Savanna, IL 61074 PH: 815/273-4487

# University of IL Carroll County Extension Office

807 S. Clay Street Mt. Carroll, IL 61053 PH: 815/244-9444

Offers programs of 4H Development, Community Agriculture, Community and Economic Development, Consumer Economics, Environmental and Energy Stewardship, Family Life, Horticulture, Leadership and Local Government, and Nutrition/Wellness.

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