

# United Way of Central Illinois

## 2023-2026 Health Investments

Activating and inspiring our community to get healthy and stay healthy

Total Health Investments: \$180,841



### Lutheran Child & Family Services

#### Counseling

LCFS' Counseling is a treatment initiative designed to support individuals with a wide range of needs. This program increases accessibility for underserved populations and expands the number of individuals who can receive vital treatment and attain stability. These services cater to children, adolescents, parents, caregivers, and families, emphasizing nurturing and delivering evidence-based, trauma-informed therapy through licensed clinicians.

By helping individuals harness their strengths and bolster their well-being, we enable them to lead fuller lives and contribute to safer, stronger communities. Services are available in-person or remotely, individually and in group settings. Our interventions are carefully selected to address mental health challenges and effectively treat trauma-related disorders. Furthermore, service provision is based on need, ensuring that individuals are not turned away due to an inability to pay.

### Senior Services of Central Illinois, Inc.

#### Senior Connection and Transport Program

In addition to addressing transportation needs of seniors aged 60 and over, this program aims to enhance knowledge and foster community connections to help seniors execute their personal health action plans. Regular training sessions for drivers on key senior health topics ensure they are well-informed and equipped to engage in meaningful conversations with passengers.

By capitalizing on the relationships built between drivers and seniors, drivers can refer seniors to necessary resources and follow up with them to ensure they were able to access and benefit from those referrals. This approach not only facilitates reliable transportation but also provides seniors with valuable information and connections to resources, empowering them to take charge of their health and well-being.



## **SIU Center for Family Medicine**

**CIRCLe 2-1-1**

The Community, Integrated Response Connection Leveraging 2-1-1 program aims to provide outreach services to underserved and marginalized populations, including individuals with severe and persistent mental illness, those experiencing homelessness and addiction, and residents of high-crime and high-violence neighborhoods. Community Health Workers collaborate with law enforcement and focus on engaging individuals, assisting in stabilization, fostering self-sufficiency, and facilitating connections with existing community programs.

This initiative plays a crucial role in improving access to healthcare as the CHWs act as liaisons between the community and healthcare system. They work with individuals to connect them with services, make sure they're reaching out for help, and ensure they keep their appointments. Together, this supports clients who might otherwise 'fall through the cracks.'

## **Springfield Public Schools, District 186**

**Peace Room**

Requested by student leadership as a proactive measure to address the diverse challenges and factors high school students, PEACE Rooms will be dedicated spaces within schools to provide a safe and neutral environment where students can work through their emotions and challenges with the support of mental health professionals.

This space will enable students to self-regulate during moments of intense emotions, process their feelings, regain focus, and return to class. The goal is to implement responsive restorative practices such as restorative conferences, peace circles, and peer juries. These practices help students understand the impact of conflicts or wrongdoing and guide them towards problem-solving, repairing harm, and restoration of relationships and community.

## **Springfield Urban League**

**Wellness on Wheels**

WoW is a mobile health clinic providing comprehensive care to underserved communities. With an emphasis on prevention, education, and access to healthcare, this program empowers individuals to take control of their health. Recognizing that urban communities face disproportionately higher rates of preventable diseases, this program aims to bridge the healthcare gap by providing vital services where they are needed most.

Low-income and marginalized communities are less likely to have a primary care provider, often because they face barriers to healthcare such as the cost of insurance. This program helps remove those barriers. Through its mobile approach, WoW brings healthcare directly to the community, promoting wellness and fostering healthier lives for all.