

Sangamon County Recovery Oriented Systems of Care (ROSC) Council

Community Needs Assessment & Strategic Plan



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Introduction & Methods

Sangamon County ROSC began developing this community assessment and strategic plan in September 2024, by compiling background information and reviewing various community-level assessments already conducted by other agencies. From October-November 2024, the ROSC updated the community resource list and created the asset map linked in this document. From December 2024 - February 2025, the ROSC disseminated the community survey and collected responses. In February and March 2025, the ROSC analyzed the community survey responses and compiled the final goals and objectives described in the strategic plan.

Data Sources

To conduct this community needs assessment and strategic plan, Sangamon County ROSC utilized the data and findings from other community assessments conducted in the county over the last 3-5 years as a baseline. These assessments include:

- 2021 Sangamon County Citizen Survey, conducted by the Institute for Legal, Legislative, and Policy Studies & The Center for State Policy and Leadership
- 2024 HSHS St. John's Hospital Community Health Needs Assessment
- 2022-2024 Sangamon County Community Health Implementation Plan, Springfield Memorial Hospital

We also utilized community-level data from:

- US Census Bureau
- Illinois Department of Public Health
- Sangamon County Coroner's Office
- Sangamon County Government, Department of Zoning
- Heartland Housed homelessness and PIT count data
- Springfield Sangamon Growth Alliance

Resource List

To compile the Resource List, the Sangamon County ROSC Coordinator referenced previous ROSC resource lists and other community resources, contacted ROSC members to verify or confirm information, and called or emailed every resource on the published list to ensure all information was accurate. The Resource List was put into a Google Map to create the Asset Map, categorized by resource type.

Community Survey

Sangamon County ROSC staff created the community survey based on 10 questions provided by the Illinois Department of Human Services Division of Substance Use Prevention and Recovery (IDHS/SUPR), as well as additional questions created by the ROSC staff and council members. The survey was reviewed by the council and IDHS/SUPR before release. The survey was published online on Survey Monkey from December 2, 2024 – February 21, 2025, and paper copies were printed and distributed throughout the community by outreach organizations. These paper copies were distributed to the following organizations: Black Sheep Tattoo (30 distributed, 12 returned), Gateway Foundation- residential treatment center (50 distributed, 37 returned), SIU MAR Clinic (30 distributed, 8 returned), Helping Hands (50 distributed, 35 returned), and Washington St. Mission (30 distributed, 23 returned). In addition to the paper copies, a flyer with a QR code linked to Survey Monkey was made and distributed across social media (Facebook), as well as emailed or provided to organizations including: Heartland Housed / Continuum (included in their weekly email newsletter), Gateway Foundation-outpatient treatment, The Phoenix Center, Pawnee Police Department, Pawnee High School (staff and student body), Auburn High School (staff and student body), Sangamon County Sheriff's Department, Sangamon County Problem Solving Courts (Mental Health Recovery Court, Drug Court, Veterans Treatment Court- for all involved i.e. judges, probation officers, participants), University of Illinois at Springfield SLACK channel, and the Sangamon County Department of Public Health.

Focus Groups

Two Sangamon County ROSC staff conducted two focus groups to support the community survey effort. The first focus group occurred on January 16, 2025, and included nine people (male and female) experiencing homelessness with behavioral health needs. The second group occurred on February 5, 2025, and included eight people (all male) in a Springfield-area sober living home. The ROSC staff modified the community survey questions to fit a focus group setting, and each group lasted for about one hour. Participants received a \$25 Visa gift card for participating. The groups were not recorded, and participant names and personal information was not recorded to maintain anonymity. One of the ROSC staff moderated the groups, and the other took notes on the responses. These notes are summarized in the Community Survey section below.

Community Description

Background and Demographics

Sangamon County is in Central Illinois and home to the state capital in Springfield. Springfield is the largest city in the county, followed by Chatham, Sherman, Auburn, Rochester, and Riverton. There are a total of 29 cities in Sangamon County, which is the 9th largest county in Illinois by total area.

	Population	% of County
Sangamon County	196,343	100.0%
Springfield	113,273	57.7%
Chatham	14,377	7.3%
Sherman	4,673	2.4%
Auburn	4,574	2.3%
Rochester	3,863	1.9%
Riverton	3,532	1.8%



Left: Sangamon County shown in red on the map of Illinois. Right: zoning map of Sangamon County illustrates that population is centralized around Springfield, with outlying areas highly rural and agricultural.

Sangamon County is comprised of approximately 82,193 total households, with an average family size of 3.03 people. Compared to the entire state, a higher proportion of Sangamon County residents are white (77.4% Sangamon County, 58.3% Illinois) and a lower percentage are Hispanic (2.7% Sangamon County, 18.2% Illinois). A significantly lower percentage of Sangamon County residents report speaking a language other than English at home, compared to the state as a whole (5.4% Sangamon County, 23.9% Illinois).

Income, educational attainment, unemployment, and poverty rates in Sangamon County are roughly representative of the state.

	Sangamon County	Illinois
Average age (years)	40.6	39.1
% of population under age 18	21.7%	21.6%
% of population 18-24 years	8.4%	9.3%
% of population 25-44 years	24.5%	26.7%
% of population 45-64 years	25.3%	25.2%
% of population 65 years and older	19.4%	17.2%
% Black/African American	13.2%	14.1%
% White	77.4%	58.3%
% American Indian or Alaska Native	0.25%	0.12%
% Asian	2.2%	5.8%
% Two or more races	5.9%	3.2%
% Hispanic	2.7%	18.2%
% Speak language other than English at home	5.4%	23.9%
Median household income	\$73,784	\$76,708
Poverty rate	11.1%	11.9%
% Unemployed	2.8%	3.1%
High school degree or less	27.5%	25.3%
Some College, no degree	20.8%	18.9%
Associate's Degree	9.9%	8.1%
Bachelor's Degree	23.6%	22.8%
Graduate or Professional Degree	14.4%	15.5%

Sources:

Census Bureau: <https://data.census.gov/table/ACSST1Y2022.S0101?g=050XX00US17167> ;
<https://data.census.gov/table/DECENNIALDHC2020.P9?q=Sangamon County race> ; Census Bureau
<https://data.census.gov/profile/Sangamon County, Illinois?g=050XX00US17167#education>
Sangamon County Zoning:
<https://sangis.maps.arcgis.com/apps/webappviewer/index.html?id=c9f106e3f1b1439fba694c2b9c22195a>

Housing & Homelessness

Housing Stock & Price

As of the 2020 Census, Sangamon County had a total of 92,982 housing units. Nearly 10% (9.2%, n=8,579) of these units were vacant. A plurality of these vacant units (n=3,589) were for rent at the time of the census. The majority of housing units (83.1%, n= 77,296) were situated in urban areas of Sangamon County, with just 16.9% of units located in rural areas of the county.

Notably, while median household income in Sangamon County between 2018-2022 is roughly 91% of the state median income, median gross rent in Sangamon County is just 79% that of the state as a whole.

	Sangamon County	Illinois
Median household income 2018-2022	\$71,653	\$78,433
Median gross rent 2018-2022	\$927/month	\$1,179/month

Perhaps partially reflecting an increased affordability for some, homeownership in Sangamon County (73.9%) is higher than the statewide rate (67.1%).

Sources:

Census Bureau: [U.S. Census Bureau QuickFacts: Sangamon County, Illinois](https://data.census.gov/quickfacts/Sangamon County, Illinois)

Homelessness

As of August 2024, Heartland Housed reports that 592 people in Sangamon County are experiencing homelessness. The 2023 Point in Time Count for the County found 306 persons experiencing homelessness, 6.5% (n=20) experiencing unsheltered homelessness, 19.3% (n=59) under the age of 18, and 10.8% (n=33) experiencing chronic homelessness.

These PIT Count data show that Black/African American individuals are overrepresented in the population of people experiencing homelessness in the county. While 13.2% of the county is Black, 45.4% of the population experiencing homelessness is Black.

Sangamon County 2023 PIT Count - Demographics		
Demographics	Number	% of total (n=306)
Youth (under age 18)	59	19.3%
Age 18-24	26	8.5%
Age 25-54	148	48.4%
Age 55+	73	23.9%
Female	125	40.8%
Male	180	58.8%
Transgender	1	0.33%
Hispanic/Latino	20	6.5%
American Indian, Alaska Native, Indigenous	4	1.3%
Asian or Asian American	1	0.33%
Black, African American, or African	139	45.4%
Native Hawaiian or Pacific Islander	1	0.33%
White	140	45.8%
Multiple Races	21	6.9%

Sources:

Heartland Housed Dashboard: [Built for Zero Community Dashboard \(heartlandhoused.org\)](https://heartlandhoused.org/)

2023 Sangamon County PIT Count: [SKM_C36823050109090 \(lrsws.co\)](https://lrsws.co/SKM_C36823050109090)

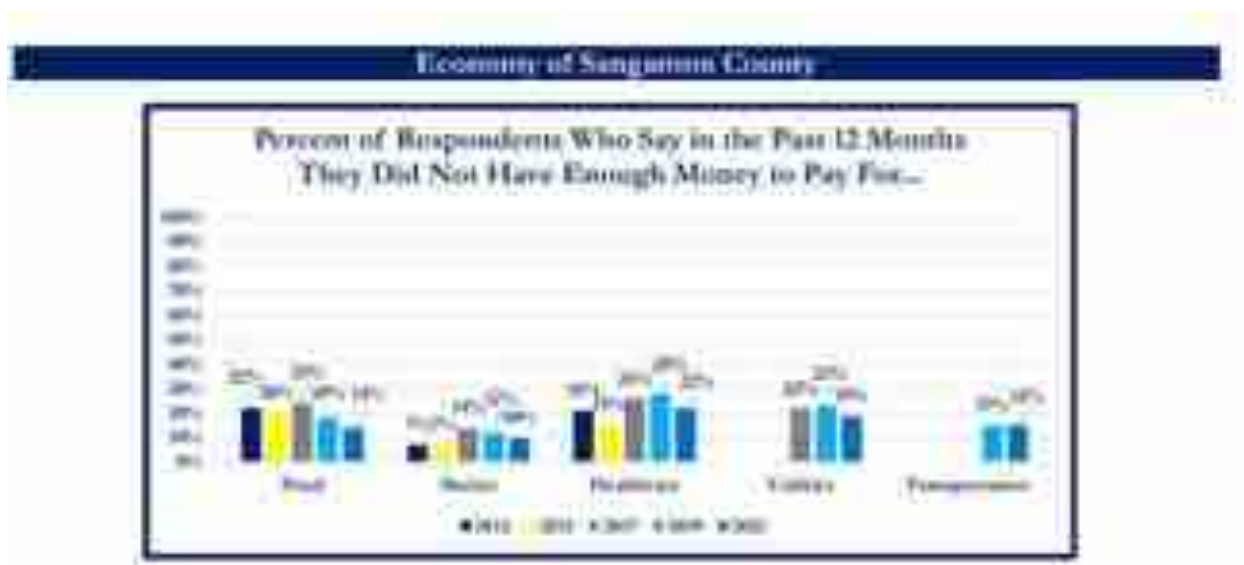
Economy

The most common employment sectors for residents of Sangamon County are Health Care & Social Assistance (17,070 people), Public Administration (12,137 people), and Retail Trade (9,290 people). The State of Illinois is a major employer in the county, with over 17,000 employees.

More than 1 in 10 individuals in Sangamon County live below the poverty line, a rate similar to the state of Illinois. In 2023, 20.9% of children in Sangamon County were living below the federal poverty line.

	Sangamon County	Illinois
Median household income	\$73,784	\$76,708
Poverty rate	11.1%	11.9%
% Unemployed	2.8%	3.1%

According to the 2021 Sangamon County Community Survey, between 10-22% of the population reported that they did not have enough money for basic necessities like food, shelter, and healthcare:



Sources:

Census Bureau- [Sangamon County, IL | Data USA](https://datausa.io/profile/geo/sangamon-county-il#:~:text=12.9%25%20of%20the%20population%20for,and%20then%20Females%2035%20%2D%2044.) ; <https://datausa.io/profile/geo/sangamon-county-il#:~:text=12.9%25%20of%20the%20population%20for,and%20then%20Females%2035%20%2D%2044.>
 Major employers- <https://www.thriveinspi.org/doing-business-in-spi/major-employers/>
 Sangamon County Citizen Survey 2021- https://www.uis.edu/sites/default/files/inline-images/2021_Citizens_Survey_Report_092421.pdf

Public Health & Healthcare

Compared to the state, more people in Sangamon County have some form of health insurance. However, rural areas of the county may often face barriers to accessing geographically proximate healthcare, specialty care, and other services more readily available in urban areas. According to the Community Health Implementation Plan 2022-2024 completed by the Sangamon County Health Department and Memorial Health, “Thousands of patients come to Springfield annually for quality specialty care and surgery that is not available in their own communities.”

	Sangamon County	Illinois
Without health insurance	3.4%	6.6%

In 2022-2024 Springfield Memorial Hospital, HSHS, and the Sangamon County Health Department collaborated to conduct a survey assessing gaps in health care within Sangamon County. Community members responded indicating the following barriers to accessing healthcare:

- Lack of insurance, particularly for families with mixed-immigration status

- Lack of culturally competent, diverse providers and those who speak their primary language
- Transportation
- Housing and safe living conditions, including lack of kitchens, heating and cooling, and landlord accessibility
- Economic instability
- Food insecurity

In 2021, most residents rated their quality of life as fair (54%) in the County Citizen Survey. However, 45% reported that their physical health was not good on at least one day in the past month, and 56% reported that their mental health was not good in the same time period:



Sources:

HSHS Community Health Needs Assessment- https://www.hshs.org/getmedia/6be3eccc-931b-485f-a863-8a90508434d9/CHNA_report_SJS_DY_2024_FINAL.pdf

Sangamon County Citizen Survey 2021- https://www.uis.edu/sites/default/files/inline-images/2021_Citizens_Survey_Report_092421.pdf

Sangamon County Community Health Implementation Plan 2022-2024, Springfield Memorial Hospital - [CHIP-Sangamon-County-SMH-22-24.pdf](https://www.sangamoncounty.org/files/2022/04/CHIP-Sangamon-County-SMH-22-24.pdf)

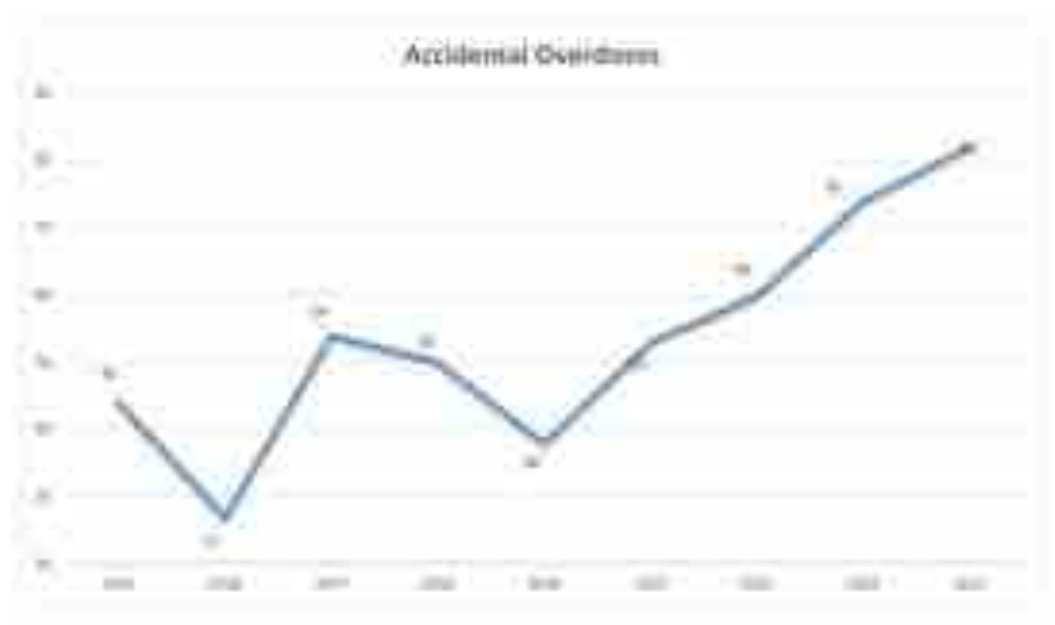
Overdose & Substance Use Disorder

Findings from the 2024 Community Health Needs Assessment indicate that behavioral health needs are a worsening concern in Sangamon County:

“Depression, anxiety and suicidal ideation have seen a steady upward trend which has been exacerbated by the pandemic. Accidental drug overdose deaths have continued to

rise in Sangamon County since the beginning of 2020. According to county coroner reports, substances such as heroin, alprazolam, alcohol and fentanyl have been leading culprits in drug overdose deaths. The county also has higher rates of hospitalization due to opioids and heroin compared to other counties in the state.”

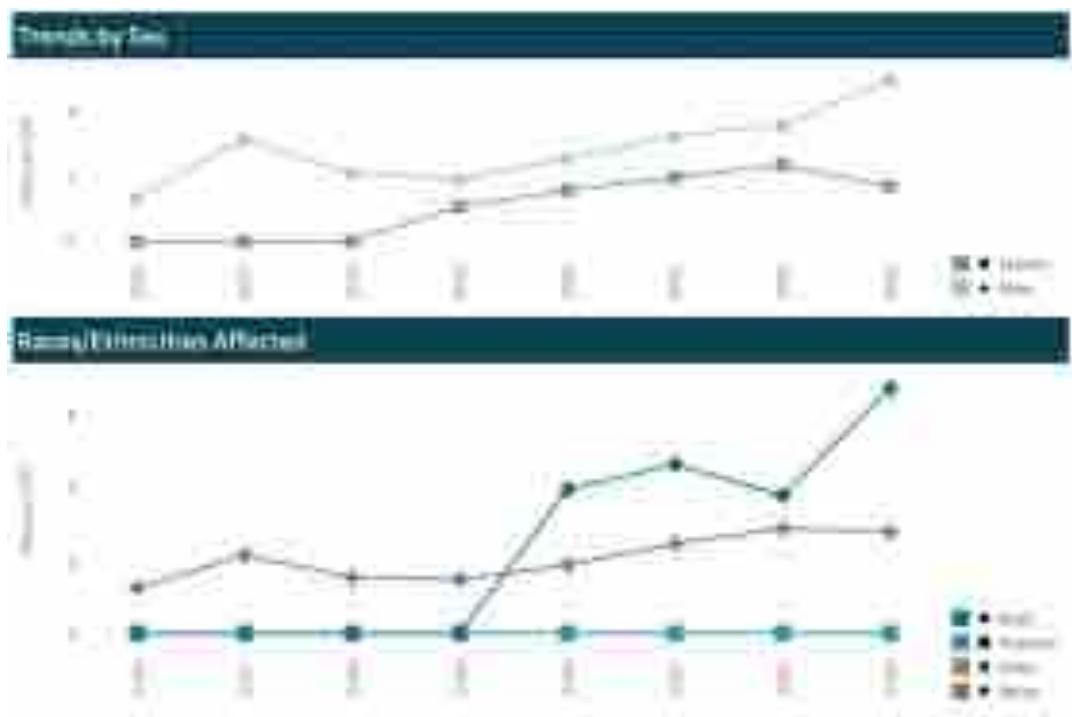
According to the Sangamon County Coroner, there were 82 fatal overdoses in the county in 2023, an increase of 10.8% over the previous year and a continuation of an upward trend in fatal overdoses in the county since 2019. According to the Coroner, 62% of these deaths in 2023 involved fentanyl.



Source:

Sangamon County Fatal Accidental Overdoses, reported by Sangamon County Coroner:
<https://sangamonil.gov/departments/a-c/coroner/statistics>

Compared to other Illinois counties, the overdose fatality rate in Sangamon County is high (3.3 per 10,000 population) and is in fact higher than the statewide rate (2.7 per 10,000). Indeed, Sangamon County is one of the few counties in the state that saw an increase from 2022- 2023 in the number and rate of fatal overdoses. According to IDPH data, Black communities and males in Sangamon County are most impacted by fatal overdose.



Source:

Illinois Department of Public Health Opioid Data Dashboard, Sangamon County Data
<https://dph.illinois.gov/topics-services/opioids/idph-data-dashboard/overdoses.html>

Resource List/Asset Map

The Sangamon County ROSC has developed a list of community resources related to substance use disorder, recovery, and general social and economic supports. This list is maintained and updated by the ROSC and kept on the public-facing Sangamon County ROSC website: <https://www.sangamoncorosc.org/community-resource-guide-resource-map>

As of September 2024, this resource list includes 347 service providers and community resources in the following categories:

- Transportation
- Counseling and Behavioral Health
- Medical, Vision, and Dental Care
- Clothing and Furniture Resources
- Court and Legal Services
- Education
- Children and Youth Services
- Spirituality
- MAR Providers
- Harm Reduction
- Employment
- Housing
- Food
- Childcare
- Recreation
- Support Groups

Resource Guide: <https://docs.google.com/spreadsheets/d/1KprxmMf24EsZc6V35nP-H8B6xBBCxaWfX2cD3B1Wc2l/edit?usp=sharing>

Resource Google Map:

<https://www.google.com/maps/d/u/1/edit?mid=1oPSS5VcAz3E22XSkNQGjuriiXCkaAQA&usp=sharing>

**See Appendix III for complete list of resources*



Community Needs Assessment & Gap Analysis

Summary

The Sangamon County ROSC conducted a community survey between December 2, 2024 – February 21, 2025. The goals of the community survey were:

1. Measure general community awareness of existing substance use, recovery, and other support services resources
2. Identify barriers to accessing existing resources
3. Identify gaps in community resources available

The survey process included two components:

1. General community survey – offered in paper format & online*
 - a. Target: 300 responses, with rough breakdown mirroring County demographics
 - b. Actual: 243 responses, demographics described below and displayed visually in Appendix II
2. Semi-structured focus groups with people with lived experience
 - a. Target: 2 focus groups with at least 3 individuals in each:
 - People experiencing homelessness & struggling with substance use
 - People in treatment and/or recovery
 - b. Actual: 2 focus groups completed:
 - Focus group 1: 9 participants, comprised of people experiencing homelessness & substance use needs or SUD.
 - Focus group 2: 8 participants, comprised of people identifying as being in recovery and residing in a sober living home.

**See Appendix I for survey questions and format*

Survey Results

Demographics & Characteristics of Respondents

Of the 243 survey responses, between 175-187 respondents (about 75%) answered the optional questions about their demographics. In general, respondents' characteristics mirror countywide demographics, with some key exceptions:

- Survey responses reflect an underrepresentation of people under age 24 and over age 65
- Survey responses reflect an underrepresentation of males

- Survey responses reflect an underrepresentation of Asian respondents
- Survey responses reflect an overrepresentation of people in recovery from a substance use disorder or mental health condition

Survey Respondent demographic data shows:

- Most respondents report an annual income level below \$100,000, with modal income level falling between \$50,000-\$99,000 (35% of respondents)
- 50% of respondents are female, 44% are male, 4% prefer not to identify, 1% are gender fluid, and 0.5% are nonbinary
- Most respondents are between ages 25-64, with most common age group 35-44 years (30% of respondents)
- 92% of respondents report residing in Sangamon County. The 8% of respondents not living in Sangamon report living in nearby counties (Cass, Morgan, Menard, Christian)
- 5% of respondents are Hispanic/Latino, 85% are not Hispanic/Latino, and 10% prefer not to report this
- 70% of respondents are white, 14% are Black/African American, 5% are two or more races, 0.5% are Asian, 0.5% are American Indian or Alaska Native, and 10% prefer not to report this
- 91% of respondents report speaking English at home. Of those reporting a different language, most common were: Spanish and Polish
- 50% of respondents report being in recovery from a substance use disorder and/or mental health condition

**See Appendix III for visual representation of survey respondents' demographic data*

Stigma & Perception of Substance Use & Evidence-Based Interventions

Key Findings:

The majority of respondents agree that people with **behavioral health conditions deserve respect**, although this belief differs by type of behavioral health condition:

- A greater percentage agree with this sentiment regarding mental illness, compared to substance use disorders (93% vs. 83%), and a greater percentage strongly agree with this sentiment regarding mental illness, compared to substance use disorder.

While a majority of respondents (66%) agree that **medication assisted recovery** (MAR) is an effective treatment for substance use disorder, a sizeable minority (25%) are neutral about this.

- In comparison, significantly fewer respondents (48%) agree that **harm reduction services** are effective at reducing the risks of substance use, and a larger minority (27%) disagree with this statement.

The vast majority of respondents (88%) agree that there should be **more government funding** for mental health and substance use treatment services.

Summary of all responses:

- 83% of respondents agree or strongly agree that “people who use drugs deserve respect”
 - 14% neither agree nor disagree
 - 3% disagree or strongly disagree
- 93% of respondents agree or strongly agree that “people with mental illness deserve respect”
 - 4% neither agree nor disagree
 - 3% disagree or strongly disagree
- 66% of respondents agree or strongly agree that MAR is an “effective treatment for substance use disorders”
 - 25% neither agree nor disagree
 - 9% disagree or strongly disagree
- 48% of respondents agree or strongly agree that harm reduction services “reduce the risks of drug use”
 - 25% neither agree nor disagree
 - 27% disagree or strongly disagree
- 88% of respondents agree or strongly agree that “We should increase government funding for treatment options for mental health and substance use disorders”
 - 8% neither agree nor disagree
 - 3% disagree or strongly disagree

Perception of Availability of Services

Key Findings:

Respondents were split on their perceptions of availability and accessibility of services in Sangamon County.

- A significant minority believe it is difficult to find **MAR treatment** (38%) and **mental health or substance use treatment** (44%),
 - A nearly equal 41% believe it is not difficult to find mental health or substance use treatment

- A smaller number (24%) believe it is not difficult to find MAR treatment
- A small number (24%) of respondents believe it is difficult to find **harm reduction services** and a plurality (44%) expressed that it is not difficult to find harm reduction services in the community.

In terms of accessibility of services, about 40-45% agree and 40-45% disagree that both mental health and substance use treatment is accessible to everyone regardless of barriers like insurance, income, etc. This represents a nearly even split, with 16% of respondents neutral on these questions. However, perception of accessibility of harm reduction services is more skewed, with more respondents reporting that it is not difficult to find these services.

Summary of all responses:

- 38% of respondents agree or strongly agree that it is difficult to find a healthcare provider who offers MAR in the community
 - 38% neither agree nor disagree
 - 24% disagree or strongly disagree
- 44% of respondents agree or strongly agree that it is difficult to find mental health or substance use treatment services in the community
 - 15% neither agree nor disagree
 - 41% disagree or strongly disagree
- 24% of respondents agree or strongly agree that it is difficult to find harm reduction services in the community
 - 32% neither agree nor disagree
 - 44% disagree or strongly disagree
- 39% of respondents agree or strongly agree that “everyone in my community can get help for mental health regardless of income level, insurance status, race, ethnicity, primary language, disabilities, gender identity, sexual orientation, or citizenship status”
 - 16% neither agree nor disagree
 - 45% disagree or strongly disagree
- 44% of respondents agree or strongly agree that “everyone in my community can get help for substance use regardless of income level, insurance status, race, ethnicity, primary language, disabilities, gender identity, sexual orientation, or citizenship status”
 - 17% neither agree nor disagree
 - 39% disagree or strongly disagree

Awareness of Resources

When asked concretely how many resources they were aware of in each of the service categories below, several trends emerged:

- Respondents were aware of the fewest services for youth, compared to adult services
- In general, awareness of mental health-related services was lower than awareness of substance use-related services
- Almost half (49%) of respondents were aware of 3 or more support groups for people in recovery from SUD, but many fewer (13%) were aware of 3 or more support groups for people with a mental health condition
 - A majority (59%) were aware of 0 support groups for family members of someone with a mental health condition, compared to 26% for family members of someone with a substance use disorder
- While a majority (76%) of respondents were aware of several resources for safe, sober community events, a significant minority (24%) were aware of 0 of these resources
- Nearly 1/3 of respondents (29%) were unaware of any resources for peer support services
- Nearly half (49%) of respondents were unaware of any resources for people exiting incarceration with substance use needs, and a majority (62%) were unaware of any resources for this population related to mental health

Summary of all responses, ranked by weighted average (highest awareness levels to lowest):

	Aware of 0 resources	Aware of 1-2 resources	Aware of 3+ resources	Weighted average
Support groups for people in recovery from SUDs	12%	39%	49%	2.37
Outpatient treatment for adults with an SUD	8%	59%	32%	2.24
Recovery housing	20%	42%	38%	2.19
Harm reduction resources to help people who use drugs	15%	59%	26%	2.12
Residential treatment for adults with SUD	12%	69%	19%	2.07
Safe, sober community events or activities for people in recovery and their communities	24%	46%	30%	2.07
Outpatient mental health treatment for adults	14%	66%	20%	2.06

MAR for people with OUD	17%	63%	20%	2.03
Recovery community organizations	28%	43%	29%	2.00
Support groups for family members of people with substance use disorders.	26%	49%	25%	1.99
Peer recovery support services	29%	46%	25%	1.96
Inpatient mental health treatment for adults	22%	64%	14%	1.93
Withdrawal management (“detox”) resources for adults with a substance use disorder.	35%	52%	13%	1.78
Behavioral health crisis response services	33%	60%	7%	1.74
Outpatient mental health treatment for youth (under age 18)	40%	50%	10%	1.70
Inpatient mental health treatment for youth (under 18)	40%	53%	7%	1.67
Support groups for people with a mental health condition	47%	40%	13%	1.66
Substance use support services for people who are incarcerated and/or leaving incarceration	49%	42%	9%	1.61
Outpatient treatment for youth (under 18) with a substance use disorder	52%	41%	7%	1.55
Support groups for family members of people with mental health conditions	59%	34%	7%	1.47
Withdrawal management (“detox”) resources for youth (under 18) with a substance use disorder.	61%	32%	7%	1.46
Residential treatment for youth (under 18) with a substance use disorder.	58%	38%	4%	1.45
Mental health supports for people who are incarcerated and/or leaving incarceration	62%	33%	5%	1.44

When asked about their knowledge of how to access services, most respondents agreed that they know how to access both mental health and substance use treatment in Sangamon County.

- Knowledge of how to access substance use treatment was slightly higher than knowledge of how to access mental health treatment.
- While a majority (56%) of respondents indicated that they know how to access peer support services, knowledge of how to access this service was lower than knowledge of how to access treatment services.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I know how to access mental health treatment in Sangamon County.	32%	38%	11%	11%	8%
I know how to access substance use treatment in Sangamon County	39%	40%	10%	5%	5%
I know how to access peer recovery supports in Sangamon County	28%	28%	19%	15%	9%

When it comes to naloxone, nearly all respondents (96%) know what it is, and a smaller majority (74%) know where to access it at no cost.

- 76% of respondents report knowing how to use naloxone in the event of an overdose.
 - 17% of respondents report that they do not know how to do this.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I know what naloxone (Narcan) is	65%	27%	7%	1%	0.5%
I know where I can access naloxone (Narcan) at no cost.	50%	22%	10%	12%	4%
I know how to use naloxone (Narcan) to reverse an overdose.	50%	26%	7%	13%	4%

When asked to rank common barriers in terms of how strongly they impact respondents' own ability to access behavioral health and/or recovery services in our community, several trends emerged:

- **Waitlists, income and insurance limitations, and stigma** were the most common barriers to accessing behavioral health services
 - 62% of respondents indicated that waitlists strongly or somewhat impact their ability to access behavioral health services in their community.
 - 57% of respondents reported that an inability to pay for services strongly or somewhat impeded their access.
 - 21% of respondents said that stigma *strongly* impacts their ability to access services and 44% said that it strongly or somewhat impacts their ability to access services.

- Language barriers were the least common barriers reported by respondents. However, 18% of respondents did indicate that language barriers strongly or somewhat limit their access to behavioral health services.

Summary of all responses, ranked by highest percentage of respondents reporting the factor “strongly” impacts their ability to access services:

	Strongly	Somewhat	Rarely	Never	Not Applicable
Waitlist to access services	33%	29%	12%	14%	12%
Inability to pay for services	28%	29%	15%	16%	13%
Stigma	21%	23%	20%	21%	14%
Lack of insurance	19%	26%	15%	21%	19%
Transportation	15%	22%	14%	32%	17%
Hours of operation	15%	25%	25%	21%	13%
Childcare	14%	19%	8%	22%	37%
Culturally responsive care not available	13%	17%	14%	26%	30%
Geographic distance	12%	23%	19%	31%	16%
Ability of location to accommodate physical disability or limited mobility	10%	14%	16%	25%	35%
Only in-person services offered	10%	26%	20%	23%	20%
Only telehealth services offered	8%	22%	25%	23%	23%
Language barrier	5%	13%	15%	38%	29%

Respondents were asked what else they would like to say about barriers to accessing behavioral health treatment and recovery supports in Sangamon County. These qualitative open-ended responses are summarized below.

- Transportation and waitlists were echoed by many people across both questions.
- A common theme was that people with state insurance may have to wait longer or have fewer options for treatment services.
- Specific populations like LGBTQIA+ and BIPOC groups were identified as needing specialized supports and services that providers in the county do not currently offer.
- A lack of awareness of existing resources related to peer support was identified by many respondents.

Barriers to Accessing Behavioral Health Treatment	Barriers to Accessing Recovery Support Services
<i>Financial Barriers:</i>	<i>Logistical/Accessibility Barriers:</i>

<ul style="list-style-type: none"> • Therapy requires large co-pays • People with state insurance have fewer mental health treatment options and longer waits • Insurance companies deny claims and limit treatment time • Uncertainty around where to find free or low-cost resources <p><i>Logistical & Wait Time Barriers:</i></p> <ul style="list-style-type: none"> • Transportation is a big barrier • Hours of operation are inconvenient – need more evening/weekend hours • Can be difficult for people with disabilities to access services • The wait time for long term mental health help is a deterrent • Hours of operation very difficult for people who work during the day <p><i>Housing & Homelessness:</i></p> <ul style="list-style-type: none"> • Housing is needed, including transitional housing • Homelessness is a barrier • Want more info on transitional living <p><i>Lack of Services:</i></p> <ul style="list-style-type: none"> • There are not enough beds in treatment facilities • Urgent need for detox services in the county • More mental health services should be provided in long term care • The living room at Memorial Behavioral Health should reopen • The services we (do) have are understaffed and burnt out • Limited EMDR services • There are not enough beds in treatment areas for people who are from underserved/low-income communities. These facilities sometimes offer sub-par services. • We need more mental health services provided for long term care • Need more peer support roles • Facilities that can provide specialized care for LGBTQIA+ population are lacking <p><i>Stigma:</i></p>	<ul style="list-style-type: none"> • Lack of childcare for mutual aid support groups • Many recovery support groups meet in churches, which may not feel accessible or safe for some people • Transportation is a big barrier • Waitlists are a big problem <p><i>Housing & Homelessness:</i></p> <ul style="list-style-type: none"> • Housing resources are needed • More help for people experiencing homelessness • Housing- recovery housing options are limited and not accessible due to lack of finances and funding help <p><i>Awareness of Resources:</i></p> <ul style="list-style-type: none"> • General community has almost no information on how to navigate these systems • Should advertise services more • Resources lists need to be more frequently updated • Not enough information out there, no advertisements for the places that are willing to help • Uncertain about where services are actually located • Community at large has little to no info on their options for recovery or how to navigate the system <p><i>Lack of Services:</i></p> <ul style="list-style-type: none"> • Need more support groups like SMART recovery • Treatment programs that do not address dual diagnosis make it harder on people • Need support for families • Need for outreach to BIPOC communities that builds trust and is respectful <p><i>Stigma:</i></p> <ul style="list-style-type: none"> • Major stigma exists within our healthcare systems. • Factors like past experiences of discrimination. • There are enough charitable organizations, but most are so underfunded that they can't afford to
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<ul style="list-style-type: none"> Difficulties in identifying and communicating distress, stigmatizing beliefs, shame, a preference for self-reliance, and anticipation that help will be helpful. 	use time to collaborate with other agencies.
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Finally, respondents were asked to reflect on what they see as the biggest assets and strengths in the community related to behavioral health. Some respondents listed specific agencies or programs, which are all included in the list below.

Biggest Assets & Strengths in the Community Related to Behavioral Health
<p>Specific providers/programs:</p> <ul style="list-style-type: none"> 12-step groups, including AA and NA Sangamon County Department of Public Health Gateway Foundation Family Guidance Centers The Phoenix Center SIU SIU Integrated Wellness - The Warmline is huge and hardly advertised Lincoln Prairie Behavioral Health Center Oxford House (sober living) Helping Hands Sangamon County ROSC The transitional housing program offered by Fifth Street Renaissance Workfare program through Capital Township Access Dental & Orthotics walk-in dental program <p>General Assets:</p> <ul style="list-style-type: none"> The recovery community Outreach programs Sangamon is a large community with two large hospitals and an adolescent behavioral health facility Hotlines Religion/faith-based services Some successful housing programs More telehealth available recently

Focus Group Data

Focus Group 1 at Washington St. Mission (Jan. 15, 2025)

The focus group consisting of 9 individuals (6 men and 3 women, between the ages of 25-65) highlighted challenges among the unhoused population in accessing safer use

supplies, treatment, and support for those facing substance use disorder and mental health challenges. Key findings include:

- **Safer Use Supplies:** 44% reported struggling to obtain syringes or testing kits, with 89% often relying on used supplies. There's demand for more "vending machines" and better supply access.
- **Naloxone (Narcan) Awareness:** 89% were familiar with Naloxone (Narcan), mostly learned through treatment, with the MAR van (FGC's medication van) as a common source for free Narcan.
- **Treatment Access:** Long waitlists, insurance barriers, and co-pays make access to residential treatment more difficult, but participants perceive residential treatment as more effective than outpatient. Participants noted that outpatient treatment services seemed more accessible but less effective. Mental health support / treatment is lacking.
- **Barriers:** Participants described mental health instability, stigma, lack of trust in government programs, and transportation issues as preventing access to help. Participants felt judged by service providers (especially healthcare providers, emergency departments), especially if unhoused.
- **Support Groups:** Participants noted that these are available at places like The Mission and AA/NA meetings, but stigma and group size can be intimidating.
- **Stigma & Improvements:** Participants report discrimination based on appearance and associations. They called for more outreach, empathy, Narcan availability, shelters, and programs for women, the elderly, and those with prior convictions.

In conclusion, more community support, access to resources, and understanding (empathy) are needed to improve services for individuals within the unhoused community who are facing substance use and mental health challenges.

Focus Group 2 at Sober Living Home in Springfield (Feb. 5, 2025)

The focus group, consisting of 8 individuals (8 men, between the ages of 26-50) who identified as being in recovery from substance use and/or mental health conditions, highlighted both key resources and barriers regarding recovery within Sangamon County:

- **Substance Use and Mental Health Resources:** Participants reported access to sober living homes (100%), 12-step meetings (100%), and treatment centers like Gateway Foundation and Family Guidance Centers (75%). Mental health services were reportedly available through SIU Medicine (37.5%) and Memorial Behavioral Health (12.5%).

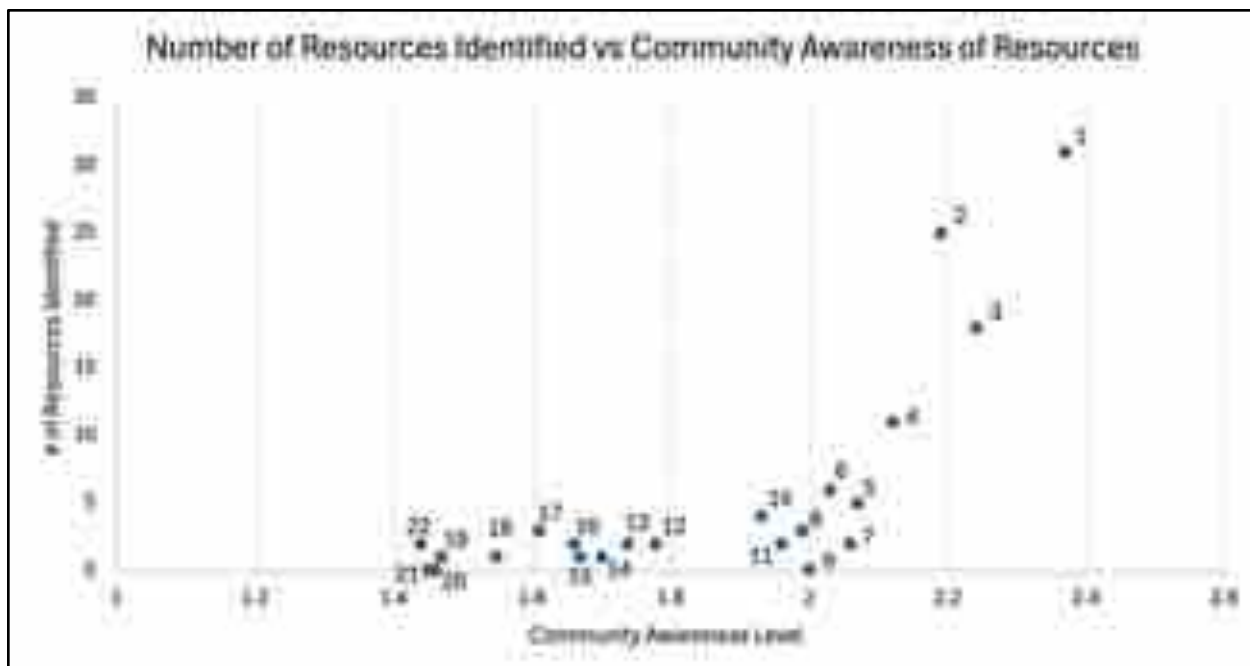
- **Naloxone (Narcan) Awareness:** All participants knew about Naloxone (Narcan), with many first exposed through treatment services or their experiences with addiction. Free Narcan was reportedly available at Oxford Houses (100%) and SIU Medicine (25%). All participants were trained on Naloxone (Narcan) administration as part of their house orientation.
- **Treatment Access:** Participants reported barriers including long wait times (100%), lack of detox facilities (50%), and poor communication between agencies (100%). Some noted that demand for residential treatment increases when weather gets colder, which in turn makes access harder in winter months (25%).
- **Support Groups and Stigma:** AA/NA meetings and sober living homes were accessible, but stigma was experienced in job applications (12.5%) and interviews (50%).
- **Improvements Needed:** Participants called for more funding (100%), better communication between organizations (100%), streamlined access to treatment (75%), and more sober living homes (62.5%).

Overall, improvements in funding, coordination, and outreach are needed to enhance recovery resources and reduce stigma.

Gap Analysis

The ROSC team compared the number and type of resources identified in the community resource list/map (see Appendix III) to the awareness of resources reported by survey respondents. To measure and capture an aggregate awareness level from respondents for each service category, we used a weighted average compiled across response categories (“Aware of 0 resources” = 1; “Aware of 1-2 resources” = 2; “Aware of 3+ resources” = 3). We then presented this comparison visually (see graph below) to capture possible mismatches between awareness and true resource levels, as well as alignment between awareness and resources. Our hypothesis was that two types of gaps would emerge from this analysis:

1. **Gaps in Knowledge of Existing Resources** – resources exist in the County, but survey respondents express little to no knowledge of these resources
2. **Gaps in Resources** – few resources actually exist in the County to meet this identified need



Legend			
1- Support groups for people in recovery from SUD	5- Adult residential SUD treatment	12- Adult withdrawal management for SUD	18- Youth outpatient SUD treatment
2- Recovery housing	6- MAR for OUD	13- Behavioral health crisis response services	19- Support groups for family members of people with a MH condition
3- Adult outpatient SUD treatment	7- Adult outpatient MH treatment	14- Youth outpatient MH treatment	20- Youth withdrawal management for SUD
4- Harm reduction resources	8- Support groups for family members of people with SUD	15- Youth inpatient MH treatment	21- Youth residential SUD treatment
	9- Recovery community orgs	16- Support groups for people with a MH condition	22- Mental health supports for people who are incarcerated or leaving incarceration
	10- Adult inpatient MH treatment	17- Substance use support services for people who are incarcerated or leaving incarceration	
	11- Peer recovery supports		

Gaps in knowledge of existing resources:

The analysis revealed that for the most part, awareness of resources and existence of resources align closely. For example, awareness of support groups and outpatient SUD treatment for adults was relatively high, and there are (relative to other services) a high number of resources already available in the county for these services.

The analysis did not reveal any stark knowledge gaps, where resources are high but knowledge of them is low. The analysis did identify the opposite: several resource types that had relatively high awareness, but a lower number of actual resources:

- Residential SUD treatment for adults – 5 sites identified, awareness level 2.07
- Outpatient mental health treatment for adults – 2 sites identified, awareness level 2.06
- Recovery community organizations – 0 sites identified, awareness level 2.02
- MAR for people with opioid use disorder – 6 sites identified, awareness level 2.01

For the residential, outpatient mental health, and MAR resources, we suspect that awareness is high despite relatively few resources available because these services are provided by larger, well-known behavioral health providers in the county. This finding echoes results of the focus groups as well as the qualitative responses to the survey.

Regarding recovery community organizations, we hypothesize that the community may not know what a “recovery community organization” is specifically but believe that any organization that provides SUD treatment or recovery services falls into this category.

Gaps in resources:

In terms of true gaps in services, several clear trends emerged:

1. **Youth services-** Services for people under the age of 18 are lacking in the community, and survey respondents’ awareness of these services is also low. This includes:
 - a. Adolescent outpatient SUD treatment – 1 site
 - i. This is notable, compared to 18 sites where outpatient adult treatment is provided for SUD
 - b. Adolescent inpatient mental health treatment – 1 site
 - c. Adolescent residential SUD treatment – 0 providers
2. **Support groups-** While support groups for people with SUD (like AA, NA, etc.) are relatively common in the county, support groups for specific sub-populations are rare, and awareness of these resources is low:
 - a. Support groups for family members of people with an SUD – 3 resources identified
 - b. Support groups for people with a mental health condition- 2 resources identified
 - c. Support groups for family members of people with a mental health condition- 1 resource identified

3. **Services related to incarceration-** Sangamon County Jail serves many people with SUD and/or mental health needs, but awareness of and existence of resources related to supporting people currently incarcerated or exiting incarceration is low

Finally, we stratify our findings in a SWOT analysis. Strengths and weaknesses were clearly identified by focus group and survey respondents and were largely supported by the resource mapping completed by the ROSC team.

<p style="text-align: center;">Strengths</p> <ul style="list-style-type: none"> – Recovery housing availability – Existence of large, well-known and liked behavioral health providers: SIU, FGC, Gateway as well as hospital systems – Support groups: most respondents indicated that they are aware of several support groups for people with SUD, and the asset mapping process identified over 30 such groups in the County, indicating alignment between knowledge of resources and existence of these resources – Narcan: Knowledge of how to use naloxone (Narcan) and accessibility of this resource is high – Strong and growing ROSC counsel that continues to provide ROSC events that are inclusive of families 	<p style="text-align: center;">Weaknesses</p> <ul style="list-style-type: none"> – Lack of youth services – Lack of support groups for families, people with mental health conditions – Very few services for people who are incarcerated or exiting incarceration – Availability of service providers who can offer evidence-based group support, and are able to volunteer time
<p style="text-align: center;">Opportunities</p> <ul style="list-style-type: none"> – Education regarding SUD / mental health – opportunity to address stigma – Education about existing resources in the community – some resources exist but awareness is sometimes low – Increase availability of Narcan - awareness is high but knowledge of where to access is lower – Increase education around evidence base for harm reduction, and expand beyond just Narcan – Growing ROSC council with active members and abundant creativity is driving community events 	<p style="text-align: center;">Threats</p> <ul style="list-style-type: none"> – Lack of funding for resources (particularly youth and mental health) – Agencies feel spread thin across programming, difficult to innovate or expand – Stigma around SUD / MH – Low willingness to participate or engage from community members and organizations with available resources, organizations, or community – Financial and structural barriers to collaboration and innovation across agencies, which can hinder interagency collaboration

Strategic Plan

The community assessment, survey data, and gap analysis reinforce that Sangamon County has serious needs related to improving access to behavioral health and recovery support resources. At the same time, the community has several important strengths that provide life-saving care and hope for people with substance use disorders and/or mental health conditions. In response to the findings described in this assessment, the Sangamon County ROSC will work to achieve the following over the next three years:

Goal 1: Facilitate improvements to youth substance use disorder services in Sangamon County		
<i>Objective</i>	<i>Deadline</i>	<i>Performance Measure</i>
Coordinate with the five identified youth-serving agencies in the county to develop marketing materials related to their services, disseminate throughout the community	8/1/25	At least 3 separate marketing materials created (social media, brochures, etc.) advertising youth behavioral health services in the county
Conduct a targeted assessment of youth-serving providers AND current adult outpatient SUD providers to identify barriers to initiating youth SUD treatment and/or recovery supports at their organization	12/1/25	At least 5 interviews held with youth-serving providers and 5 interviews held with adult outpatient providers.
Identify at least one host organization that can provide or collaborate with others to provide a youth recovery support group in the county	2/1/26	At least 1 partner identified
Goal 2: Strengthen partnerships that produce a greater diversity of behavioral health support groups and events for families		
<i>Objective</i>	<i>Deadline</i>	<i>Performance Measure</i>
Host at least 5 ROSC events annually focused on supporting and/or engaging family members of people with SUDs	Annual	At least 5 events held each year
Create working group that includes representatives of large behavioral health providers to try to establish a regular family support group for family members of people with mental health conditions	12/31/25	At least 3 meetings held with working group
Goal 3: Improve systemic silos between mental health and substance use disorder providers and systems of care		
<i>Objective</i>	<i>Deadline</i>	<i>Performance Measure</i>
Conduct in-person outreach to local mental health organizations to learn more about their services and engage them about SUD services available	4/1/26	At least 4 mental health organizations or providers engaged, resource guides provided to each
Hold at least 2 ROSC events each year that focus on co-occurring mental health conditions and SUD, and recovery supports tailored to co-occurring disorders	Annual	At least 2 events held each year
Hold a provider resource fair and working session that emphasizes breaking down silos between and within behavioral health systems of care	4/1/27	One resource fair held with at least 10 unique organizations present

Goal 4: Enhance access to behavioral health resources for people in the criminal-legal system		
<i>Objective</i>	<i>Deadline</i>	<i>Performance Measure</i>
Create a resource bundle for individuals being released from carceral settings, work with local ROSC entities to include harm reduction resources like testing strips and safer use supplies	1/1/26	One complete resource bundle of behavioral health and related resources that is provided to local jails and carceral settings
Coordinate with community partners to identify volunteers to provide AA and NA groups within Sangamon County Jail for men and women	1/1/26	At least 3 volunteers identified and connected with Sangamon County Jail to meet this need
Goal 5: Grow the capacity of the Sangamon County ROSC to meet the needs of the community		
<i>Objective</i>	<i>Deadline</i>	<i>Performance Measure</i>
Proactively engage at least 5 youth-serving organizations and invite them to join the ROSC council	8/1/25	At least 5 organizations engaged, at least 2 send representatives to a ROSC meeting
Develop a ROSC newsletter that includes upcoming events, community resources, etc.	1/1/26	Distribute newsletter at least once every two months starting 11/1/25
Building off of successful community events, create a “Recovery Volunteers” list of people in recovery willing to volunteer at events, host support groups, speak at events, etc.	1/1/26	Recovery Volunteers program established and initial list of volunteers created by 1/1/26

Communications & Outreach Plan

Communication Goals:

This communication plan delineates Sangamon County ROSC's communication and outreach plan to further the overarching goals of ROSC. The plan is based on four key communication goals that describe WHY we communicate. The information to be communicated (WHAT) is specific to each goal and the ROSC will use different methods of communication (HOW) to disseminate this information to the community.

Communication Goals (WHY)	Information to be Communicated (WHAT)	Methods of Communication (HOW)
Increase ROSC membership	<ul style="list-style-type: none"> - What is ROSC - How and why to join ROSC - ROSC Strategic Plan 	<ul style="list-style-type: none"> - Monthly ROSC Meeting - Monthly ROSC New Member Orientation
Enhance frequency and quality of resource networking and collaboration across organizations and stakeholders that support recovery	<ul style="list-style-type: none"> - Resources available (resource guide, etc.) - Monthly meeting notes & agendas - Opportunities for collaboration to meet specific service gaps, participate in events, etc. 	<ul style="list-style-type: none"> - Continually updated website - Active social media pages - Monthly meeting notes & agenda sent to listserv
Improve recovery support services in the county	<ul style="list-style-type: none"> - Results of needs assessment survey and strategy plan - Information about upcoming events, activities that support recovery 	<ul style="list-style-type: none"> - Monthly meetings to include updates on needs assessment data - Flyers, brochures on upcoming events and activities - Social media posts about events and resources - 5 Presentations on Strategic Plan
Decrease stigma related to substance use and mental health	<ul style="list-style-type: none"> - Positive, evidence-based messages about people with behavioral health conditions and/or in recovery 	<ul style="list-style-type: none"> - Social media posts with resources, promotion of appropriate language - Share data from community needs survey related to stigma attitudes

		and incorporate findings into 5 Strategic Plan presentations
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SWOT Analysis:

On October 8, 2024, the Sangamon County ROSC Outreach Committee collaborated on a SWOT Analysis related to our communication goals:

<p>Strengths</p> <ul style="list-style-type: none"> - Presence of many different types of organizations that provide recovery support - Have a wide variety of recovery capital - Large city with larger-scale resources present in the county - People with lived experience driving the ROSC mission and leadership - Very regular community events in and around Springfield, including seasonal events - Local health department has active OEND program, and is very invested in overdose prevention and recovery supports - Countywide local free newspaper/news source (Illinois Times)- can put events on the community calendar at no cost 	<p>Weaknesses</p> <ul style="list-style-type: none"> - Local media outlets exist, but they often ask for payment to run stories - Many different approaches to recovery/recovery supports in the community, sometimes this negatively impacts collaboration- lack of understanding about multiple paths to recovery - Have struggled to engage with faith leaders holistically and sustainably – have not had a tangible process or product - Lack of resources for people incarcerated and exiting incarceration
<p>Opportunities</p> <ul style="list-style-type: none"> - We have a few ROSC members who have connections to resources beyond the county - Have larger businesses willing to donate food/resources at no cost - Educational institutions in the county providing behavioral health workforce and expertise - ROSC is getting better at asking people what their passions/interests/skills are, and then connecting them to the right places to leverage that - ROSC now has 1 full-time staff wholly dedicated to the program, allows for more initiatives, events, follow-up, etc. 	<p>Threats</p> <ul style="list-style-type: none"> - Community not accepting that there is a problem in the community, which makes engagement harder --> systemic denial - Volunteers are pulled in many directions, it can be hard to commit to ROSC or volunteer time for recovery-related activities/events

Methods of Communication:

1. Website
 - a. Sangamon County ROSC maintains a website (<https://www.sangamoncorosc.org>) which includes our mission, vision, and values as well as Zoom links for meetings, resource list and printable resources, a list of collaborating organizations with links to those organization websites, and a video wall of people in recovery telling their stories. ROSC uses this website to maintain updated information about the activities of the ROSC and ensure community members have access to our meeting links.
2. Social media
 - a. Sangamon County ROSC maintains a Facebook page (<https://www.facebook.com/SangCoROSC>) that we use to promote ROSC meetings, events, and resources. The ROSC also uses this page to promote the events and resources provided by community organizations.
3. Monthly meetings are held on Zoom on the 4th Tuesday of each month at 9am
 - a. Agenda for meetings is sent before each meeting to the entire ROSC listserv
 - b. Recordings are kept by FGC staff and can be provided to ROSC members to view meetings as needed or desired
 - c. Notes from each meeting are sent within 24 hours after the completion of each meeting to the entire ROSC listserv
4. Print media
 - a. The ROSC Coordinator regularly creates flyers and brochures for ROSC as well as specific ROSC-related events and activities. These are disseminated via email, social media, and in person to organizations and individuals across the county.
5. Strategic Plan presentations
 - a. This fiscal year, the ROSC will conduct a minimum of 5 presentations on the strategic plan. These will be tailored to specific groups and will occur either virtually or in-person.
6. Individual outreach & site visits
 - a. The ROSC Coordinator regularly visits individuals at organizations or community-based sites to share resources, meet to discuss events and needs, and further ROSC goals.
7. Community event attendance & networking
 - a. The ROSC Coordinator regularly attends community events with ROSC materials to promote ROSC and network with other providers and community members.

Communication Goal	Objective	Lead staff	Deadline	Target Audience	Method of Communication
Increase ROSC membership	Update the ROSC brochure explaining ROSC	ROSC Program Manager	10/1/24 <i>Completed</i>	- Community organizations	Printed and digital brochure

	Mission and Goals, and distribute to community.			in Sangamon County - People in recovery	(dissemination via email, website)
Increase ROSC membership	Maintain an updated ROSC website.	ROSC Program Manager	Ongoing	- General public in Sangamon County	Website
Increase ROSC membership	Attend a minimum of two (2) community events each quarter to promote ROSC.	ROSC Coordinator	Quarterly	- Community organizations in Sangamon County - People in recovery	In-person tabling and engagement
Increase ROSC membership	Hold a monthly New Member Orientation Meeting.	ROSC Coordinator	Monthly	- Individuals actively interested in joining ROSC who want more information	Individual outreach and virtual meeting
Enhance frequency and quality of resource networking and collaboration across organizations and stakeholders that support recovery	Maintain an updated ROSC listserv, including a monthly audit of valid/invalid email addresses.	ROSC Program manager	Ongoing	- Current members of ROSC	Email
Enhance frequency and quality of resource networking and collaboration across organizations and stakeholders that support recovery	Include time on every monthly ROSC meeting for community updates and a dedicated community presentation.	ROSC Coordinator	Monthly at the monthly meeting	- Current members of ROSC - Attendees of ROSC meetings	Virtual networking on monthly meeting
Enhance frequency and quality of resource networking and collaboration across organizations and stakeholders that support recovery	Send monthly meeting agenda, notes, and presentation(s) to entire listserv within 24 hours of the meeting.	ROSC Program manager	Within 24 hours of each meeting held on the 4 th Friday of every month	- Current members of ROSC - All individuals on the ROSC listserv	Email
Enhance frequency and quality of resource networking and	Maintain page on ROSC website with list of all organizations that	ROSC Program Manager	Ongoing	- General community members and providers	Website directory

collaboration across organizations and stakeholders that support recovery	are members of the ROSC, including their logo and link to their website.				
Enhance frequency and quality of resource networking and collaboration across organizations and stakeholders that support recovery	Promote at least one community organization and/or event on the ROSC Facebook page each week	ROSC Coordinator	Weekly	<ul style="list-style-type: none"> - General community members - Providers and community organizations 	Social media posts
Improve recovery support services in the county	Provide ongoing updates on results from community survey on each monthly ROSC meeting	VP of Outreach	Monthly between 11/1/24 – 1/31/25 <i>Completed</i>	<ul style="list-style-type: none"> - ROSC members 	Virtual discussion during meeting of survey results
Improve recovery support services in the county	Post findings from the community needs assessment on the ROSC website.	ROSC Program Manager	3/1/25 <i>Completed</i>	<ul style="list-style-type: none"> - General public 	Data posted to website
Improve recovery support services in the county	Conduct a minimum of five (5) community presentations on the results of the community survey and the strategic plan.	ROSC Coordinator, VP of Outreach	6/30/25	Presentations tailored to specific groups: <ul style="list-style-type: none"> - ROSC members - Business community - Youth-serving providers & schools - Judicial/law enforcement sector - Homeless services & housing providers 	In-person and/or virtual presentations accompanied by slide deck with findings and strategic plan
Decrease stigma related to substance use and mental health	Provide stigma-reduction resources and/or information via ROSC social media at least 2 times/month	ROSC Coordinator	Ongoing	<ul style="list-style-type: none"> - General public 	Social media posts

Decrease stigma related to substance use and mental health	Share findings related to the community needs assessment stigma questions on the ROSC Facebook page via a minimum of six (6) distinct posts sharing the data.	ROSC Coordinator	3/1/25 – 6/30/25	- General public	Social media posts
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Appendix I: Community Survey

Sangamon County ROSC Community Survey

This survey is released by the Sangamon County Recovery Oriented Systems of Care (ROSC) Coalition, to determine awareness of and gaps in services related to substance use, mental health, and recovery support programs in Sangamon County. The survey is anonymous, and all questions are optional. Sangamon County ROSC will publish the results of the survey in early 2025.

For questions related to the survey, reach out to: sangamoncountyrosc@gmail.com

This survey is open to all residents of Sangamon County. The survey is available between October 1 – November 15, 2024.

[Optional demographic characteristics]

Zip code:

Gender identity: Female/Male/Nonbinary/Transgender

Age group: Under 18, 18-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75+

Ethnicity: Non-Hispanic, Hispanic

Race: American Indian/Native American, Asian, African American/Black, White, Native Hawaiian/Pacific Islander, Multiple

Do you have personal lived experience of a mental health condition and/or substance use disorder? Yes/No

Section 1: Awareness & Access

Consider community resources in Sangamon County that support residents' mental health and substance use needs.

Rate the following statements on a scale from 1 (strongly disagree) to 5 (strongly agree)

Mental Health

1. I am aware of resources in Sangamon County to help adults struggling with a mental health condition or needs.
2. I am aware of resources in Sangamon County to help children (under 18 years) struggling with a mental health condition or needs.
3. I am aware of resources in Sangamon County to support family members of someone with a mental health condition.

4. In my community, there are enough outpatient mental health providers and services to support adults with mental health conditions or needs so that they can immediately access services without delay.
5. In my community, there are enough outpatient mental health providers and services to support children (under 18 years) with mental health needs.
6. In my community, there are enough inpatient mental health services to support adults with mental health needs.
7. In my community, there are enough inpatient mental health services to support children (under 18 years) with mental health needs.
8. If I needed to access mental health services for myself or a loved one, I would know where to go.

Substance Use

To what extent, if at all, are you aware of the existence of the following resources in Sangamon County? (1-5 scale)

1. Harm reduction resources to help people who use drugs (ex: safer drug use education, syringe service programs, peer supports, etc.).
2. Outpatient (individual/group counseling, medication therapies) treatment resources for adults with a substance use disorder.
3. Withdrawal management ("detox") and/or residential treatment resources for adults with a substance use disorder.
4. Outpatient (individual/group counseling, medication therapies) treatment resources for youth (under 18 years) with a substance use disorder.
5. Withdrawal management ("detox") and/or residential treatment resources for youth (under 18 years) with a substance use disorder.
6. Medication assisted recovery (methadone, buprenorphine (Suboxone), naltrexone (Vivitrol)) treatment options for people with opioid use disorder.
7. Support groups for people in recovery from substance use disorders and/or their families.

To what extent, if at all, do you agree with the following statements? (1-5 scale, + Don't know/Not sure)

1. In Sangamon County there are enough of the following resources to support community need:
 - a. harm reduction resources to help people who use drugs.

- b. outpatient substance use disorder treatment services for adults.
 - c. outpatient substance use disorder treatment services for youth (under 18 years).
 - d. withdrawal management (“detox”) and/or residential substance use disorder treatment services for adults.
 - e. withdrawal management (“detox”) and/or residential substance use disorder treatment services for youth (under 18 years).
 - f. support groups for people in recovery from substance use disorder.
 - g. safe, sober social activities for individuals and families to participate in.
2. I know what naloxone (Narcan) is.
 3. I know where I can access naloxone (Narcan) at no cost.
 4. In my community, individuals often have to wait on a waitlist for substance use disorder treatment services.
 5. If I needed to access substance use disorder treatment services in Sangamon County, I would know where to go.
 6. Individuals have timely access to the substance use disorder services and supports that are most helpful for them.

Considering both mental health and substance use-related resources in Sangamon County: (open-ended questions)

1. What would you say are our community’s greatest assets or resources?
2. What would you like to see in the community that doesn’t exist now? Or what could be improved on?

Section 2: Barriers & Facilitators to Access

To what extent, if at all, are each of the following barriers to accessing substance use and/or mental health treatment services in Sangamon County: (1-5 scale)

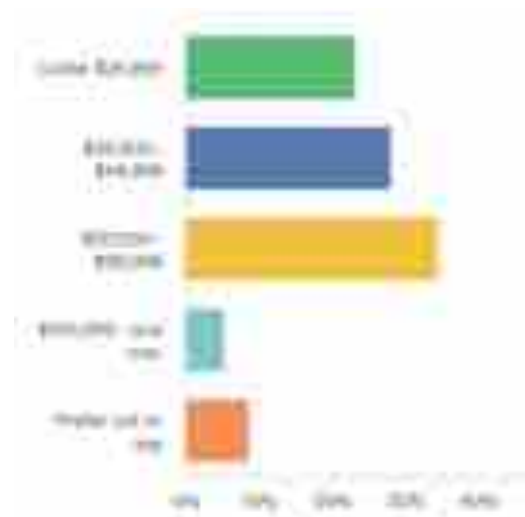
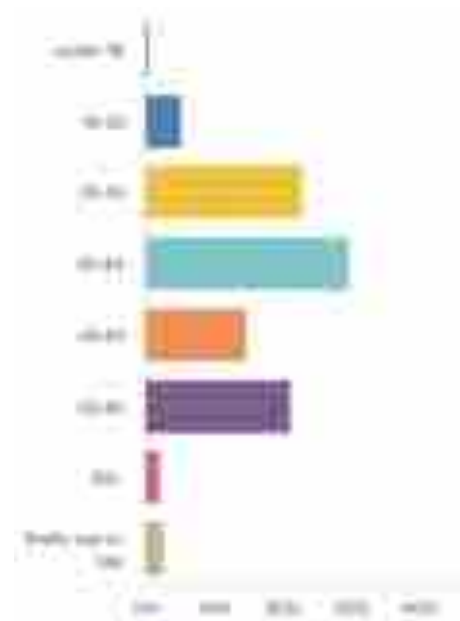
- Lack of insurance/inability to pay
- Language spoken at treatment provider
- Transportation
- Distance to treatment provider
- Hours of operation
- Childcare
- Ability of treatment provider to accommodate physical disability or limited mobility

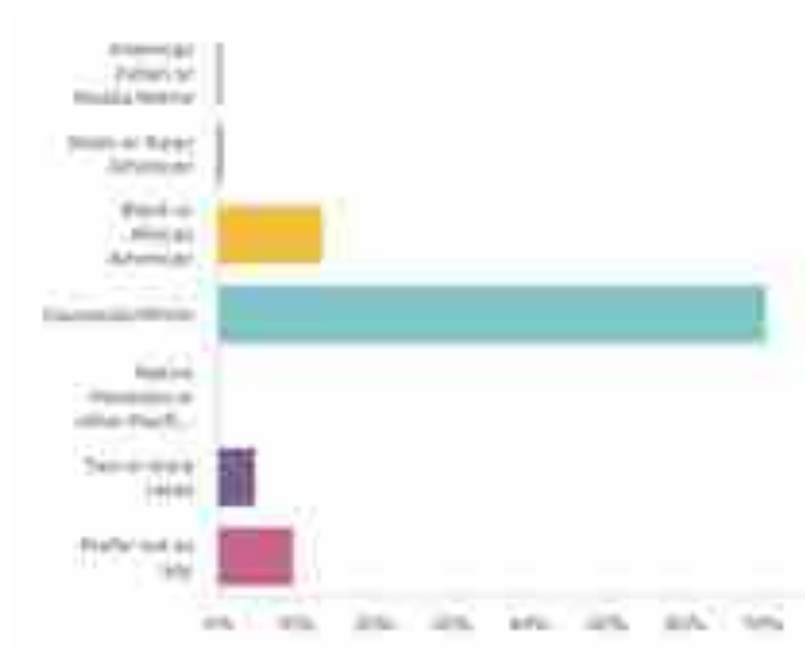
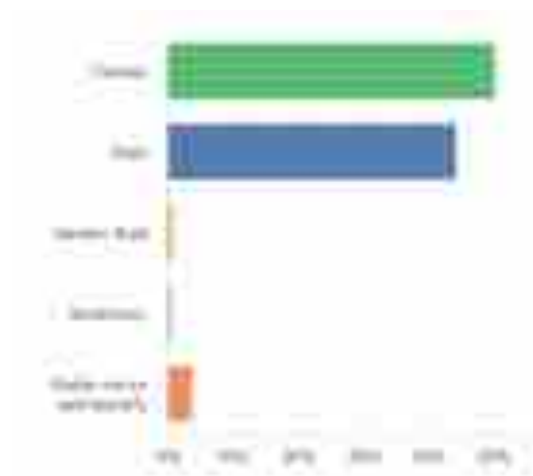
- Waitlist to enter treatment
- Culturally responsive care not available
- Telehealth desired but not available

1. What are the biggest barriers for individuals in Sangamon County to access substance use and/or mental health treatment and recovery support services?
2. What would you like to see Sangamon County do to address these barriers?

Appendix II: Survey Response Demographics

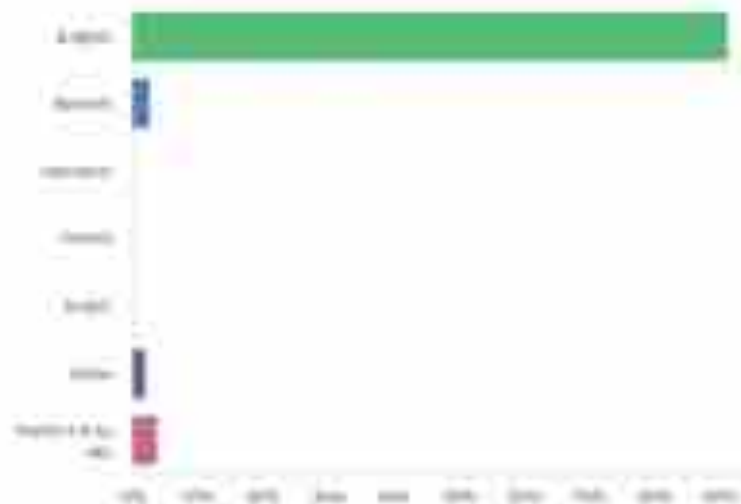
Total responses: 243





Primary Language Spoken at Home

Accession: 100 | Response: 45



Are you in recovery from a substance use disorder(s) or mental health condition(s)?

Accession: 100 | Response: 100



Appendix III: Resource List

	A	B	C	D	E	F	
1	RESOURCE	ORGANIZATION	ADDRESS & PHONE	HOURS OF OPERATION	WEBSITE	DESCRIPTION OF RESOURCES OFFERED	
2	FOOD	Abundant Faith Manna Store	301 W Reynolds Springfield, IL 62703 [P: (217) 585-4000]	Tuesday 4:30-6:30 PM	www.abundantfaith.org/manna-storehouse/	Food Pantry for Community Members	
3		Auburn, IL Food Pantry	165 E Washington St. Auburn, IL 62615 [P: (217) 971-7557]	Monday 12:30-2:30 PM	N/A	Food Pantry for Community Members	
4		Ball Chatham Food Pantry	18355 E Walnut St. Chatham, IL 62629 [P: (217) 697-4663]	By Appointment Only	www.chathampresbyterian.com/food-pantry	Food Pantry for pre-approved community members; Phone intake required beforehand	
5		Daily Bread Program for Seniors	701 W Mason Springfield, IL 62702 [P: (217) 528-4035 ext. 123]	M-F 8:00 AM-5:00 PM	www.springfieldsej.org/nutrition.htm	Assistance applying for SNAP, ALL KIDS, MEDICAID, MEDICARE, TANF	
6		Divernon UMC Food Pantry	5035 2nd St. Divernon, IL 62530 [P: (217) 628-3530]	M 5-7:00 PM (Winter 5-6:30 PM)	www.divernonunitedmethodistchurch.com	Food Pantry for Community Members	
7		Fifth Street Renaissance	1315 N 5th St Springfield, IL 62702 [P: (217) 544-5040]	M-Thurs 9:00 AM-4:00 PM	www.fr-sara.org	Micro Pantry for community, & Additional Pantry assisting needs of clients who are HIV+	
8		Freedom in Holiness Mission	1430 S Loveland Ave. Springfield, IL 62703 [P: (217) 522-2527]	3rd Wed 10-11:30 AM/2nd & 4th Wed 2:30-3:30 PM	N/A	Food Pantry for Community Members	
9		Good Shepherd Lutheran	500 S Sherman Blvd. Sherman, IL 62684 [P: (217) 496-3149]	By Appointment Only	https://www.gslcms.org/	Food Pantry for Community Members	
10		Grace Lutheran	714 East Capitol Ave. Springfield, IL 62701 [P: (217) 522-3965]	Mon, Tue, Thurs 11:00 AM-1:00 PM	www.gracelutheran-springfield.org/food-pantry	Food Pantry for Community Members	
11		Holy Family Food Pantry	120 S 11th St. Springfield, IL 62703 [P: (217) 524-5551]	M,W,F 9-11:30 AM & 3rd Wed 2:30-5:00 PM	www.cc.dio.org/locations/springfield	Food Pantry for community members (located at Catholic Charities)	
12		Illinois Hunger Coalition	[P: (800) 359-2165] Hotline	M-F 9:00 AM-5:00 PM	www.ilhunger.org	Assistance applying for SNAP, ALL KIDS, MEDICAID, MEDICARE, TANF	
13		Kumler Outreach Ministries	303 N Grand Ave East, Springfield, IL [P: (217) 523-2269]	M-F 9:00 AM-12:00 PM	www.kumlerministries.net/?page=20ld-9	Food Pantry- Prior referral required from another social service agency	
14		Loami Area Pantry	106 S Main St. Loami, IL 62661 [P: (217) 624-9900]	Wednesdays 5:00-7:00 PM	N/A	Food Pantry for Community Members	
15		Meals on Wheels-Senior Services	701 W Mason Springfield, IL 62702 [P: (217) 528-4035 ext. 124]	M-F 11:15 AM-1:00 PM	www.centralillinois.org/nutrition.htm	Home-delivered meals focused on physician prescribed, specialty dietary needs	
16		Mini O'Beirne-Basic Needs Pantry	1011 N 7th St, Springfield, IL 62702 [P: (217) 525-6800] (Access to pantry at Nursery side door)	Daily: 8:00 AM-'Dark'	www.miniobeirne.org/services-4	Helps families with diapers, wipes, formula and other children's items	
17			1600 E Clear Lake Ave. Springfield, IL 62703 [P: (217) 525-2196]	M, W, F 9:00 AM-3:00 PM	www.centralusa.salvationarmy.org/springfield/cu-re-hunger/	Food Pantry for Community Members	
18		Springfield Township	3298 Terminal Avenue, Springfield, IL [P: (217) 525-1464]	Monday-Thursday 8:00 AM-5:00 PM	www.springfield-township.com	Food Referral letters, referrals to other Social Service Agencies	
19				M-F 8-9 AM, 10:30 AM-1:30 PM			
20		St John's Breadline	430 N 5th St. Springfield, IL 62702 [P: (217) 528-6098]	Sat-Sun & Holidays 10:30 AM-1:30 PM	www.cc.dio.org/programs/st-johns-breadline	Serves daily free, hot, and nutritious meals	
21		St Martin De Porres	1725 S Grand Ave E Springfield, IL [P: (217) 299-7921]	W, Thur, Sat. 9:00 AM-11:00 AM	www.stmartindeporres217.org	Provides free food to Community Members in Need	
22	HOUSING	WIC Office	2833 S Grand Ave E, Springfield, IL 62703 [P: (217) 535-3100]	Mon-Fri 8:00 AM-1:00 AM; 1:00-3:00 PM	www.dhs.state.il.us/page.aspx?item=30513%20	food assistance for Women, Infants, children, pregnant women and new mothers	
23		Abundant Faith Supportive Services	2641 E Cook St, Springfield, IL 62703 [P: (217) 527-1006]	Mon-Fri 9:00 AM-5:00 PM	www.abundantfaith.org/supportive-services/	Offering outreach, case management, and supportive housing units	
24		Beerlahai Roi Women's Ministries	3128 Superior Dr, Springfield, IL 62707 [P: (217) 698-4194]	By Appointment Only	www.beerlahairoi.com	Supportive housing for pregnant women 18 YO and older	
25		Contact Ministries	1100 E Adams St. Springfield, IL 62703 [P: (217) 753-3939]	Office-Mon-Thurs 9:00 AM-1:00 PM	www.contactministries.com	Emergency (crisis) shelter for women and women w/children of all ages (up to age 17)	
26		Fifth Street Renaissance	1315 N 5th St Springfield, IL 62702 [P: (217) 544-5040]	Mon-Fri 9:00 AM-4:00 PM	www.fr-sara.org/adults	Housing Advocacy, Case Management, Transitional, and Permanent Housing Programs	
27		Halfway Home	930 S 11th Street Springfield, IL 62703 [P: (773) 354-5094]	By Appointment Only	N/A	Transitional Housing	
28		Helping Hands of Springfield	2200 Shale St. Springfield, IL 62703 [P: (217) 522-0048]	Mon-Fri 8:30 AM-5:00 PM	www.helpinghandsofspringfield.org	Housing Focused emergency shelter, Case management, rapid rehousing, payee program	
29		Inner City Mission	714 N 7th St. Springfield, IL 62702 [P: (217) 525-3940]	24/7	www.innercitymission.net	Shelter for Families, Single women, Women with children, Single Men with children.	
30		Kalimba Houses-Aramis	829 South 4th St. Springfield, IL [P: Kenny (217) 441-5551]	N/A	www.kalimbahousecorp.com	Sober Living House for Males	
31		Kalimba Houses- Ash	1210 E. Ash St. Springfield, IL [P: Kenny (217) 441-5551]	N/A	www.kalimbahousecorp.com	Sober Living House for Males	
32		Pae Kalimba	1936 S 5th St Springfield, IL [P: Charles (217) 679-5940]	N/A	www.kalimbahousecorp.com	Sober Living House for Males	
33		Kalimba Houses- Renae	702 S English Springfield, IL [P: Taylor (217) 935-0598]	N/A	www.kalimbahousecorp.com	Sober Living House for Women	
34		Kalimba Houses-Delphnia	1703 S 7th St Springfield, IL [P: Taylor (217) 303-0598]	N/A	www.kalimbahousecorp.com	Sober Living House for Women	
35		Kalimba Houses-Azera	441 W Canedy St Springfield, IL [P: Taylor (217) 303-0598]	N/A	www.kalimbahousecorp.com	Sober Living House for Women	
36		Satya- Oxford House INC	143 Exmore Dr Springfield, IL [P: (217) 371-7205]	N/A	www.oxfordvacancies.com	Sober Living House for Women	
37		Accord- Oxford House INC	2428 Cahokia Dr. Springfield, IL [P: Tehya (217) 685-6769]	N/A	www.oxfordvacancies.com	Sober Living House for Men	
38		Apollo 2- Oxford House INC	550 S State St. Springfield, IL [P: James (217) 303-1331]	N/A	www.oxfordvacancies.com	Sober Living House for Men	
39		Assiduum- Oxford House INC	1770 Chatham Rd, Springfield, IL 62704	N/A	www.oxfordvacancies.com	Sober Living House for Men	
40		Brookhills- Oxford House INC	3609 W lles Ave [P: Taylor (217) 370-8465]	N/A	www.oxfordvacancies.com	Sober Living House for Women and Children	
41		Enos- Oxford House INC	1058 N 6th St Springfield, IL [P: Travis (217) 622-1701]	N/A	www.oxfordvacancies.com	Sober Living House for Males	
42		Nobleman- Oxford House INC	1809 Noble Ave Springfield, IL 62704 [P: Jeremy (217) 772-3126]	N/A	www.oxfordvacancies.com	Sober Living House for Males	
43		Panther Creek- Oxford House INC	3300 Ellendale Dr Springfield, IL [P: Tay (217) 991-2743]	N/A	www.oxfordvacancies.com	Sober Living House for Males	
44		Southern View-Oxford House INC	3325 S 1st St Springfield, IL [P: Freddy (217) 741-0391]	N/A	www.oxfordvacancies.com	Sober Living House for Males	
45		M.E.R.C.Y Communities, INC	1344 N 5th St, Springfield, IL 62702 [P: (217) 753-1358] [P: Charles (217) 622-4637 (Men's House)] [P: Sally: (217) 622-3712 (Women's house)]	Mon-Fri 8:30 AM-4:00 PM	www.mercycommunities.org	Housing for unhoused, or at-risk women with children, over the age of eighteen with one or more children.	
46		North End Clean Transitional Living		N/A	N/A	Sober Living Houses for Male and Females (Separate Houses)	
47		The Phoenix Center	109 E Lawrence Ave. Springfield, IL 62704 [P: (217) 528-5253]	Mon-Fri 8:30 AM-4:30 PM	www.phoenixcenterspringfield.org/billys-house-transitional-housing/	Housing for unhoused individuals who are HIV+ & Housing for LGBTQ individuals	
48		Sojourn Shelter & Services INC.	1800 Westchester Blvd, Springfield, IL [P: (217) 726-5100]	24/7	N/A	Housing for Domestic Violence Survivors, Emergency Shelter, other Social Services	
49			1115 N. 5th St. Springfield, IL & 1210 N. 6th St. Springfield, IL [P: Mike (217) 816-4601 (Men's Houses)] 1712 S Whittier Springfield, IL [P: Christine (217) 717-5638] (Women's House)]	N/A	www.itus212soberliving.com	Sober Living Houses for Male and Females (Separate Houses)	
50		Unity House-Sober Living	912 W Washington St. Springfield IL 1017 N. 1st St. Springfield, IL 814 N. 6th St Springfield, IL 610 E. Ridgely Springfield, IL [P: Craig (217) 971-9294]	N/A	N/A	Sober Living Houses for Males	
51		Youth Service Bureau	2901 Normandy Rd, Springfield, IL 62703 [P: (217) 529-8300]	Mon-Fri 8:00 AM-4:00 PM	www.ysbi.com	Unhoused Youth Program; Group Home; Community Apartments; Case Management	
52		Heartland Housed	Address N/A [P: (217) 801-9033]	N/A	www.heartlandhoused.org/	Heartland Continuum of Care serves as the primary HUD designated body designated to develop, coordinate, and implement long range plans meeting the needs of unhoused persons within the Heartland of our beloved Springfield, Illinois community.	
53	Employment	Capital Township Workfare Program	2833 South Grand Ave. E Springfield, IL [P: (217) 525-1736]	Mon-Fri 8:30 AM-4:30 PM	www.sangamonil.gov/departments/s-z/treasurer/capital-township/general-assistance	9 Month Program providing temporary employment for jobless adults with no other income.	
54		Illinois Dept of Employment Security	1300 S 9th St. Springfield, IL 62703 [P: (217) 558-0401]	Mon-Fri 8:30 AM-4:00 PM	www.ides.illinois.gov	Administers state unemployment benefits, runs the employment service and Illinois Job Bank, and publishes labor market information.	
55		Express Employment Professionals	3000 Professional Dr, Springfield, IL 62703 [P: (217) 528-3000]	Mon-Fri 7:30 AM-5:30 PM	www.expresspros.com/springfield/il/	Employment firm helping job seekers find work with a wide variety of local businesses.	
56		Land of Lincoln Workforce Alliance	1300 S 9th St. Springfield, IL 62703 [P: (217) 524-5996]	Mon-Fri 8:30 AM-5:00 PM	www.worknet20.org	Training and education, career services, Internet job search opportunities, step-by-step resources, and other tools	
57		Lincoln Land Workforce Institute	5250 Shepherd Rd Springfield, IL 62703 [P: (217) 786-2292]	Mon-Fri 8:00 AM-5:00 PM	www.llwc.edu/get-training-enter-workforce	Career training programs, classes, career certifications	
58		Manpower	2719 W Monroe St Ste A, Springfield, IL 62704 [P: (217) 528-2323]	Mon-Fri 8:00 AM-5:00 PM	www.manpowerillinois.com	Temporary and Permanent Staffing Agency	
59		Springfield Urban League	100 N 11th St Springfield, IL 62703 [P: (217) 789-0830]	Mon-Fri 8:30 AM-5:00 PM	www.springfieldul.org/programs/workforce-development-training	Workforce Development and Training	
60		Wooden It Be Lovely	501 S Douglas Ave Springfield, IL 62704 [P: (217) 606-5307]	N/A	www.woodenitbelovelylove/about	Non-profit org designed to give women in need unique and empowering employment and job training, enriching relationships, and housing.	
61	MAR PROVIDERS	Veteran's Assistance Commission	901 S 11th St, Springfield, IL 62703 [P: (217) 753-6680]	Mon-Thur 8:00 AM-12 PM & 1-5 PM AM-1:00 PM	Friday: 8:00 AM-1:00 PM	www.myvac.org/information/va-work-study-program/	VA Work Study Program
62		Central Counties Health Centers	2239 E Cook St, Springfield, IL 62703 [P: (217) 788-2300]	Mon, Tue, Thurs, Fri 8 AM-5 PM 10:00 AM-7 PM & Sat. 9 AM-1 PM	Wed:	www.centralcounties.org	General Health Care and MAR services; Buprenorphine & Vivitrol
63		Family Guidance Centers INC	120 N 11th St, Springfield, IL 62703 [P: (217) 588-9858]	Mon-Fri 8:00 AM-4:30 PM		www.fgcinc.org/medication-assisted-treatment-mat/	MAR Services; Methadone, Buprenorphine, Vivitrol, Mobile MAR unit
64		Gateway Foundation	2323 Adlai Stevenson Dr, Springfield, IL 62703 2200 Lake Victoria Dr, Springfield, IL 62703 [P: (855) 586-3912] [P: (855) 496-1830]	Mon-Thur 8:30 AM-9 PM & Friday 9 AM-5 PM		www.gatewayfoundation.org/programs-services/programs/medication-assisted-treatment-program/	MAR Services; Methadone, Buprenorphine, Vivitrol & Detox Unit
65		Rose Medical Association Inc	3535 Mayflower Blvd Springfield, IL 62711 [P: (217) 670-0654]	Mon-Sat 6:00 AM-11:00 AM		www.rosemedical.org/	MAR Services; Methadone and Buprenorphine
66		Medmark Treatment Centers	1227 S 9th St Springfield, IL 62703 [P: (217) 858-4340]	Mon-Fri 5:30 AM-2:00 PM & Sat 7:00 AM-11:00 AM		www.medmark.com/locations/illinois/springfield	MAR Services; Methadone
67		SIU Medicated Assisted Recovery	319 E. Madison St., Springfield, IL 62702 [P: (217) 545-4781]	Mon-Fri 8:00 AM-4:30 PM		www.slumed.org/treatment/medication-assisted-recovery-mar	MAR Services; Suboxone, Sublocade, Brixadi, Vivotrol
68	HARM REDUCTION	Family Guidance Centers INC	120 N 11th St, Springfield, IL 62703 [P: (217) 588-9858]	Mon-Fri 8:00 AM-4:30 PM		www.fgcinc.org	MAR Services, Distributes Naloxone + Xylazine and Fentanyl Testing Strips, condoms, etc
69		Gateway Foundation	2323 Adlai Stevenson Dr, Springfield, IL 62703 2200 Lake Victoria Dr, Springfield, IL 62703 [P: (855) 586-3912] [P: (855) 496-1830]	Mon-Thur 8:30 AM-9 PM & Friday 9 AM-5 PM		www.gatewayfoundation.org	Detox Services, MAR services
70		Phoenix Center	109 E Lawrence Ave Springfield, IL 62704 [P: (217) 528-5253]	Office: M-F 8:30 AM-4:30 PM Syringe Exchange Hours: Mon-Thur 9:00 AM-4:30 PM	Testing & 9:00 AM-4:30 PM	www.phoenixcenterspringfield.org	Distributes Naloxone, Xylazine and Fentanyl Testing Strips, condoms, Safe syringe exchange, HIV and STD testing, PrEP, Shari Project
71		Sangamon County Health Dept	2833 S Grand Ave E Springfield, IL 62703 [P: (217) 535-3100]	M 8:30 AM-6:00 PM ; Tue-Fri 8:30 AM-3:45 PM		www.sangamonil.gov/departments/m-r/public-health/home	STD testing, treatment, and education; PrEP, Pregnancy testing, Medication and Sharps disposal, Naloxone Distribution
72		Fifth Street Renaissance	1315 N 5th St, Springfield, IL 62702 [P: (217) 544-5040]	Monday-Thursday 9:00 AM-4:00 PM		www.fr-sara.org	STD and HIV testing + education, Naloxone distribution, overdose education, syringe exchange, condoms distribution, mobile testing services, other harm reduction supplies
73		Intricate Minds	619 N Grand Ave E, Springfield, IL 62703 [P: (217) 670-3520]	Monday-Thursday 12-8 PM		www.facebook.com/p/intricate-Minds-61554189538298/	Clean Syringe supply, period products, condom distribution, pregnancy testing, Plan B, and Sexual Health classes, HIV and HEP C testing, covid tests
74		SIU MAR SERVICES	319 E. Madison St., Springfield, IL 62702 [P: (217) 545-4781]	Mon-Friday 8 AM-4:30 PM		www.slumed.org/treatment/medication-assisted-recovery-mar	MAR Services: Suboxone, Sublocade, Brixadi, Vivitrol, Daily Support Groups, individual therapy, EMDR Trauma Therapy
75		Planned Parenthood	601 N. Bruns, Springfield, IL 62702 [P: (217) 546-1060]	Mon & Tue 8 AM-4 PM; Wed 10 AM-5 PM; AM-6 PM; Fri 8 Am-1 PM	Thurs 10	www.plannedparenthood.org/health-center/illinois/springfield/62702/springfield-health-center-3284-90430?utm_campaign=springfield-health-center&utm_medium=organic&utm_source=local-listing	Sexual education, pregnancy testing, Birth Control, STD testing, emergency contraception, abortion services, HIV services
76	Counseling/ Behavioral Health						
77		ABC Counseling & Family Services	2160 S 6th St Springfield, IL 62703 [P: (217) 528-9820]	Mon-Thur 8 AM-5 PM; Friday- 8 AM-1 PM		www.abccounseling.org	Sexual abuse counseling for youth, Adoption Service provider, resources for unplanned pregnancies, education for parents and community members.
78		Pregnancy Care Center of Springfield	700 N 7th St B, Springfield, IL 62702 [P: (217) 525-5630]	Tue-Thurs 9 AM-4:30 PM		www.springfieldpregnancycare.org	Counseling services for pregnant women and expecting Fathers; Support for parenting, adoption, Post-Partum depression, relationship issues, and grief support for infant loss.
79		Family Service Center	919 S Spring St, Springfield, IL 62704 [P: (217) 528-8406]	Mon-Fri 9 AM-4 PM		www.service2families.com	Counseling Services & adoption and Fostering services
80		Family Guidance Centers INC	120 N 11th St, Springfield, IL 62703 [P: (217) 588-9858] 2924 Stanton St Springfield, IL 62703	Mon-Fri 8 AM-4:30 PM		www.fgcinc.org	Inpatient and outpatient SUD Counseling
81		Gateway Foundation	2323 Adlai Stevenson Dr, Springfield, IL 62703 2200 Lake Victoria Dr, Springfield, IL 62703 [P: (855) 586-3912] [P: (855) 496-1830]	Mon-Thur 8:30 AM-9 PM & Friday 9 AM-5 PM		www.gatewayfoundation.org/locations/springfield/?utm_source=google&utm_medium=organic&utm_campaign=GMB_Springfield	Addiction Therapy Services
82		Lutheran Child and Family Services	400 S 9th St Suite 202, Springfield, IL 62701 [P: (217) 544-4631]	Mon-Fri 8:30 AM-4:30 PM		www.lcfs.org/program/counseling/	Counseling Services for children, parent, families in child welfare
83		Memorial Behavioral Health Center	710 N 8th St Springfield, IL 62702 [P: (217) 525-1064]; 901 N 1st St #225 Springfield, IL 62702 [P: (217) 788-4066] Mobile Crisis Response [P: (217) 788-7070]	Mon-Fri 8:00 AM-5:00 PM Mobile Crisis Response 24/7		www.memorial.health/medical-services/behavioral-health/v	Counseling Services and intensive CBT outpatient Partial Hospitalization Program; 24/7 Mobile Crisis Response Team
84		Prairie Center Against Sexual Assault	3 W Old State Capitol Plaza, Springfield, IL 62701 [P: (217) 744-2560]	Mon-Fri 9:00 AM-6:00 PM		www.prairiecassa.org	Counseling Services for survivors of sexual abuse; Adult and children
85		SIU Survivor Recovery Center	401 N Walnut St. Springfield, IL 62702 [P: (217) 545-7815]	Mon-Fri 8:30 AM-4:30 PM		www.slumed.org/buildings/walnut-building/survivor-recovery-center?utm_source=gmb&utm_medium=Yext	Psychiatry, Trauma Informed Yoga + Individual, family, and group therapy for survivors of crime; domestic violence, gang violence, sexual abuse, human trafficking.
86		Pure Haven Family Resource Center	215 W S Grand Ave E Suite B, Springfield, IL 62702 [P: (217) 679-4009]	Mon-Wed 1-4 PM; Thursday 1-5 PM		www.purehaven.org	Christian-Based Counseling and workshops & Domestic Violence Survivor advocacy
87		Living Hope Counseling Center	2200 S. 6th St Springfield, IL 62703 [P: (217) 698-7150]	Mon-Fri 9 AM-5 PM & Saturday 9 AM-1 PM		www.livinghopecounselingcenter.org	Faith Based Counseling services- Individual counseling, couples counseling, child and teen counseling, Addiction Counseling
88		Youth Service Bureau	2901 Normandy Rd, Springfield, IL 62703 [P: (217) 529-8300]	Mon-Fri 8 AM-4:00 PM		www.ysbi.com	For Youth; 24 Hr Crisis Intervention, Individual and Family Counseling, Outreach, Emergency Shelter
89		Lincoln Prairie Behavioral Center	5230 S 6th Street Frontage Rd E, Springfield, IL 62703 [P: (217) 985-1180]	Open 24/7		www.lincolnpriairiebh.com	Inpatient and Outpatient mental health services for children and youth; child and teen therapy groups, psychiatry and counseling
90		SIU Child and Adolescent Psychiatry	319 E Madison St Floor 2, Springfield, IL 62702 [P: 217-545-8000]	Mon-Fri 8:00 AM-4:30 PM		www.slumed.org/buildings/centrum-building/siu-child-adolescent-psychiatry?utm_source=gmb&utm_medium=Yext	Child Psychiatry and Behavioral Health Services
91		SIU Adult Psychiatry	319 E Madison St Springfield, IL 62702 3rd Floor [P: (217) 545-8000]	Mon-Fri 8:00 AM-4:30 PM		www.slumed.org/buildings/centrum-building/siu-psychiatry	Adult Psychiatric Services
92		Intricate Minds	619 N Grand Ave E, Springfield, IL 62703 [P: (217) 670-3520]	Mon-Thurs 12:00 PM-8:00 PM		www.facebook.com/p/intricate-Minds-61554189538298/	Mutual Aid support groups; free individual and group therapy
93		Behavioral Health Center of Illinois	1220 S 7th St, Springfield, IL 62703 [P: (217) 679-5379]	Mon-Fri 9:00 AM-5:00 PM		www.behavioralhealth.center	Individual Counseling, Couple's counseling, Psychotherapy, psychological testing, psychiatric diagnosis; Child, Adolescent, and Adult services
94		Memorial Specialty Care Psychiatry & Behavioral Health	3225 Hedley Rd Springfield, IL 62711 [P: (217) 726-7300]	Mon-Fri 8 AM-4:30 PM		www.memorial.health/memorial-specialty-care-psychiatry-behavioral-health-clinic/overview/	Counseling services, Psychiatry services, case management, crisis intervention
95	Court and legal Services	Catholic Charities Legal Services	120 S 11th St Springfield, IL 62703 [P: (217) 523-4551]	Mon-Fri 9 AM-4 PM		www.cc.dio.org/programs/catholic-charities-legal-services	Assists people in Springfield with little to no income in obtaining Pro bono legal assistance from area attorneys in specialized fields while also providing compassion, empathy, and a listening ear to all who come seeking help.
96		Land of Lincoln Legal Aid	3085 Adlai Stevenson Dr Ste. 202, Springfield, IL 62703 [P: (217) 529-8400]	Mon-Fri 9 AM-12 PM; 1:00-5:00 PM		www.lincollegal.org	free legal aid to families and individuals in need
97		Sangamon County Public Defender	200 S 9th St # 301B, Springfield, IL 62701 [P: (217) 753-6699]	Mon-Fri 8:30 AM-4:30 PM		www.sangamonil.gov/departments/m-r/public-defender	Free legal representation in criminal and related proceedings
98		Sangamon County Court Services	200 S 9th St #38, Springfield, IL 62701 [P: (217) 753-6780]	Mon-Fri 8:00 AM-4:30 PM		www.sangamonil.gov/departments/m-r/probation-and-court-services	Probation and court services, Administration, Adult Services, Juvenile Services, and Detention Services.
99		Legal Advice and Referral Center	Address N/A (Hotline) [P: (877) 342-7891]	Mon-Thurs 9:00 AM-4:00 PM; Friday 9 AM-1:30 PM		www.lincollegal.org/contact-us/	Hotline to assist individuals with applying for legal services
100		Eviction & Fresh Start Project	Address N/A (Hotline) [P: (855) 601-9474]	Mon-Fri 9:00 AM-4:00 PM		www.lincollegal.org/contact-us/	Hotline to assist individuals with applying for legal services related to eviction
101		IL Court Help- Legal Aid Self Help Center	Address N/A (Hotline and Website) [P: (833) 411-1121]	Hotline Hours: Mon-Fri 8:30 AM-3:00 PM		www.ilcourthelp.gov/hc/en-us	Court guides connecting individuals with local legal aid
102	Clothing & Furniture Resources	Contact Ministries- Basement Boutique	1100 E Adams St, Springfield, IL 62703 [P: (217) 753-3939] EXT 10	Boutique [Wednesday 9 am-12 pm *Appointment only.] Mon-Thurs 9 AM-1:00 Red Carts items outside		www.contactministries.com/basement-boutique/	Basement boutique- Supplying women in need with gently used clothing, bedding, towels, household items, baby items and small appliances. & Free item giveaway outside in red carts on designated days
103		Fifth Street Renaissance	1315 N 5th St Springfield, IL 62702 [P: (217) 544-5040]	N/A		www.fr-sara.org/programs-and-services	Provides clothing and household items to clients in need. 1 visit per month-per client
104		Freedom in Holiness Mission	1430 S Loveland Ave. Springfield, IL 62703 [P: (217) 522-				

	A	B	C	D	E	F
125		Memorial Care Urgent Care on South Sixth	2950 S 6th St, Springfield, IL 62703 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/medical-services/urgent-care/	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc
126		Memorial Care Urgent Care in Chatham	101 E. Plummer Blvd, Chatham, IL 62629 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/memorial-care-urgent-care-in-chatham/overview/	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc
127		Memorial Care Urgent Care on Koke Mill	3132 Old Jacksonville Rd Springfield, IL 62704 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/memorial-care-urgent-care-on-koke-mill/overview/	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc
128		Memorial Care Urgent Care on N. Dirksen	3220 Atlanta St, Springfield, IL 62707 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/memorial-care-north-dirksen-urgent-care/overview/?y_source=1_MjMOMDEwOTENZElWVwY2F0aW9uLnRpdGduQ3D	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc
129		Nurse Family Partnership- SIU	401 N walnut Springfield, IL 62794 [P: (217) 545-0175]	Mon-Fri 8 AM-4:30 PM	www.siumed.edu/communitycare/nurse-family-partnership	Free service for women who are pregnant with their first baby. Connects women to a registered nurse who will provide support, advice and information about healthy pregnancy and parenting.
130		Healthy Families Illinois	2833 South Grand Ave East Springfield, IL 62703 [P: (217) 535-3102] Ext 3770	M 8:30 AM-6:00 PM ; Tue-Fri 8:30 AM-3:45 PM	www.sangamonil.gov/departments/m-r/public-health/health-services#7712	Free home visiting program for eligible first and second time parents. Giving parents the tools and resources to create healthy, nurturing environments for their children.
131		Phoenix Center	109 E Lawrence Ave Springfield, IL 62704 [P: (217) 528-5253]	Monday-Thursday 9 a.m. to 4:30 p.m. or by appointment	www.phoenixcenterspringfield.org/free-testing/	HIV/STD Testing
132		Safe Haven Hospice	1999 Wabash Ave Ste 202 Springfield, IL 62704 [P: (855) 879-4096]	24/7	N/A	Provides end-of-life services in the home
133		Fifth Street Renaissance	1315 N 5th St, Springfield, IL 62702 [P: (217) 544-5040]	Monday-Thursday 9:00 AM-4:00 PM	www.fsr-sara.org/programs-and-services	HIV/STD Testing and Health Education
134		DHS Family Community Resource Center in Sangamon County	600 E Ash St, Building 500, 1st Floor Springfield, IL 62703 [P: (217) 782-0400]	Mon-Friday 8:30 AM-4:30 PM	www.illinois.gov	Early intervention assessments for developmental delays, family case management, medical education to pregnant women, coordination of health and social services
135		Sangamon County Dept of Public Health	2833 South Grand Ave East Springfield, IL 62703 [P: (217) 535-3102]	M 8:30 AM-6:00 PM ; Tue-Fri 8:30 AM-3:45 PM	www.sangamonil.gov/departments/m-r/public-health/home	STD testing, STD education, vaccines, treatment of STD's, Walk in Clinic, immunizations, school/sports and pre-employment physicals, flu shots, pregnancy testing, TB testing, Walk in Flu clinic, Breast feeding support, WIC, Free mammograms and gynecology services for underinsured women, etc.
136		Access Dental and Orthodontics	2633 Chatham Rd, Springfield, IL 62704 [P: (217) 971-3432]	Mon-Fri 9 AM-5:00 PM	www.accessdentalclinics.com/locations/illinois/springfield-il-on-chatham-rd/	Affordable cosmetic dentist in Springfield IL accepts most major insurance plans, including PPO, DPO, Medicaid, and Medicare + payment plans
137		Familia Dental	802 N 9th St, Springfield, IL 62702 [P: (217) 679-2896]	Mon-Fri 9 AM-6 PM; Sat 9 AM-4 PM	www.familialdental.com/locations/illinois/springfield/	Dental Care provider accepting Medicaid, Private Insurance, and Payment Plans
138		Vision Care Associates	2741 Prairie Crossing Dr, Springfield, IL 62711 [P: (217) 800-272-7393] 121 N Grand Ave W, Springfield, IL 62702 [P: (217) 528-3233]	Mon-Thurs 7 AM-6 PM; Friday 9 AM-5 PM; Sat (Prairie Crossing Location only) 8 AM-12 PM	www.vision-care.com/home	Eye Exams & vision care accepting most private insurances
139		Bard Optical	3055 Wabash Ave, Springfield, IL 62704 [P: (217) 393-8534]; 2409 N Dirksen Pkwy, Springfield, IL 62702 [P: (217) 393-8509]	Mon-Fri 9 AM-6 PM; Sat 9 AM-1 PM	www.bardoptical.com	Eye Exams & vision care, accepting Medicare, Medicaid, and most private insurances, Contacts and Eyeglasses provider
140		Galley Eye Clinic	1401 S Koke Mill Rd, Springfield, IL 62711 [P: (217) 529-3937]	Mon-Fri 8 AM-5 PM; 1st Sat of the month 8:30 AM-12 PM	www.galleyeyeclinic.com	Eye Exams & vision care accepting Medicare and most private insurances
141		Vision Center (Located in Walmart)	3401 Freedom Dr, Springfield, IL 62704 [P: (217) 793-2020]	Mon-Fri 9 AM-7 PM; Sat 9 AM-6 PM	www.walmart.com/cp/vision-centers/1078944?pvaid=OMNISRV_D_1_GLOBAL_Nav_ServicesNav_VC_1078944_SuperDepartment_VisionCenter_VisionHome_1332399668	Eye Exams, Eyeglasses and Contacts provider. Accepts Molina, Kids Connect, IL Partnership cards, and most major insurances.
142	Transportation	Access Sangamon	928 S. Ninth St Springfield, IL 62703 [P: (217) 522-8594]	Mon-Fri 6:15 AM-12 AM; Sat 6:15 AM-6 PM [Closed on holidays]	www.smtd.org/accessapp	Paratransit service transportation for persons with disabilities who are unable to use the SMTD fixed-route bus service. Individuals with disabilities must apply to become eligible to use the service
143		R Squared Transport	1700 S. Spring St. Springfield, IL 62704 [P: (217) 525-9069, (217) 891-4238, or (217) 622-9073 (evenings and weekends)]	N/A	www.easysaccessspringfield.org/visitor-info/getting-Around/#---text=Access%20Springfield%20SMTD%20928%20S.%20Ninth%20St.%20Springfield.%20IL%2062703	Wheelchair accessible vans and mini-vans that will accommodate either 1 or 2 passengers in wheelchairs and 3 in seats. Requests to be made 24 hr in advance; cash or check payment only.
144		Senior Services of Central Illinois- Senior Transport	701 W Mason St, Springfield, IL 62702 [P: (217) 528-4035] EXT 128	Mon-Fri 7:30 AM-4:30 PM	www.centralillinoiseniors.org/transportation.htm	Transportation for individuals 60 years of age and over, as well as individuals 18 and over with a disability, living in Sangamon County. Vehicles are wheelchair accessible; Transportation is provided to rural county participants on a weekly basis. Suggested Donation of \$2.50/one way ride for individuals 60+, and a required fee of \$2.50 for individuals under the age of 60 with a disability.
145		Aetna Transportation	320 W. Washington St Springfield, IL 62767 [P: 1-866-212-2851]	Mon-Sat 8 AM-6 PM	www.aetnabetterhealth.com/illinois/members/cp/transportation	Rides to health care visits or to the pharmacy; to be requested 3 days prior to appointment
		American Cancer Society	687 E Linton, Springfield, IL, 62703 [P: (217) 523-4503; (1-800) 227-2345]	Mon-Fri 8:30 AM-5 PM	www.cancer.org/support-programs-and-services/road-to-recovery.html	Transportation for individuals with Cancer; Patients must be traveling to a cancer-related medical appointment
147		Amtrak	100 N Third St, Springfield, IL 62701 [P: (800) 872-7245]	Daily 8 AM-10:00 PM	www.amtrak.com/stations/spi	Train Station/Travel via train; Discounted tickets for seniors, students, passengers with disabilities, veterans, active military and their immediate family, children, etc
148		Angel Flight Central	10 Richards Rd, Kansas City, MO 64116 [P: (866) 569-9464]	Mon-Fri 8:30am-4:00pm	www.angelflightcentral.org/about-us#---text=Every%20year,%20Angel%20Flight%20Central%20(AFC)%20volunteer%20pilots%20and%20supporters	Free flights throughout the Midwest for families who need access to specialized health care, camps for special needs, disaster response efforts, and other compassionate reasons
149		AgeLinc- Area Agency on Aging for Lincolnland	2731 S MacArthur Blvd, Springfield, IL 62704 [P: (217) 787-9234]	Mon-Fri 8 AM-12 PM; 1-4 PM	www.agelinc.org	Senior transportation assistance. (For individuals 60 YO and older)
150		Blue Cross Blue Shield of IL- MediCare	3405 Liberty Dr, Springfield, IL 62704 [P: 1-877-833-3148]	Mon-Fri 8 AM-6 PM	www.bcbstil.com/bccbp/benefits-and-coverage/transportation-services	Blue Cross Community Health Plans (BCHP) offers members free transportation for medical needs. I.e free rides to and from doctor's office, a health care facility, pharmacy, or BCBH-sponsored event
151		Central Illinois HIV Care Connect-SIU Medicine	410 N Walnut St Springfield IL, 62794 [P: 217-545-7683]	Mon-Fri 8-4:30 PM	www.hivcareconnect.com/region-3-central-illinois/	Provides Client mileage reimbursement program for those traveling to appointments related to care
152		Transdev (Formerly First Transit)	Helpline [P: 1-877-725-0569]	N/A	www.hfs.illinois.gov/medicalclients/medicaltransportationnonemergency.html	Medical transportation helpline for medicaid recipients not enrolled in a Managed Care Organization
153		HSHS St John's Caregiver Interfaith Volunteer Services	800 E. Carpenter St. Springfield, IL 62769 [P: (217) 757-6621]	N/A	www.hshs.org/st-johns/services/caregiver-interfaith-volunteer-services-(civs)	Providing transportation to and from medical appointments for existing care-receivers --free of charge to older adults (60 years of age and older) in Springfield, Chatham, Rochester and Sherman regardless of income; Call to schedule ride 3 days in advance
154		Greyhound Bus Stop	111 S 11th St, Springfield, IL 62703 [P: (800) 231-2222]	24/7	www.greyhound.com/bus/springfield-il/springfield-smtd-transfer-center?utm_source=google_maps&utm_medium=organic	Affordable bus travel
155		Lifeline Pilots	[P: (800) 822-7972]	Mon-Fri 9 AM-4:30 PM	www.facebook.com/lifelinepilotsusa	Free flights in the Midwest for medical needs; Must have a financial or medical need for assistance
156		Meridian Healthcare-Transportation Services	[P: 866-796-1165]	Mon-Fri 8 AM-5 PM	www.mmp.ilmeridian.com	Provides non emergent transportation to Dr's appointments, pharmacies, WIC offices; also offers gas reimbursement
157		Molina Healthcare- Transportation Services	[P: (844) 644-4354]	Mon-Fri 8 AM-5 PM	www.molinahealthcare.com/members/il/en-us/tp/medicaid/overwv/covered/services/transport.aspx	Non emergent medical transportation. Transport to Dr's appointments, medical facilities, pharmacies, WIC office, therapy; Schedule transportation 72 hrs in advance
158		Lincoln Yellow Cab Inc	1530 Wabash Ave, Springfield, IL 62704 [P: (217) 698-4498]	24/7	N/A	Local Taxi Service
159		Sangamon Mass Transit District	928 S 9th St, Springfield, IL 62703 [P: (217) 522-5531]	Office Hours: Mon-Fri 8 AM-4:30 PM	www.smtd.org	Local Bus Lines in Springfield il
160		Sangamon Menard Area Regional Transit (SMART)	1800 E. Adams Springfield, IL 62702 [P: (217) 679-5009]	Mon-Fri 7:30 AM-4 PM	www.sangamonil.gov/departments/s-z/smart	Safe, reliable and cost effective Rural Public Transportation; one end of the trip, origin or destination must be in the rural area
161	Education	Fishes and Loaves Vocational and Literacy Center	3519 Sheffield Road, Springfield, IL 62703 [P: (217) 529-3333]	N/A	www.fishesloaves.org	Offers multiple adult literacy programs & on site Certified Nursing Assistant Program
162		Garvey Tubman Cultural Arts and Research Center	1319 S 13th St, Springfield, IL 62703 [P: (217) 816-0820]	Tues-Fri 11 AM-4 PM	www.facebook.com/people/Garvey-Tubman-Cultural-Arts-Research-Center/100063273247895/	Provides facilitated instruction with professional artist and music classes to assist supporting emerging artist's minds. Empowering creativity, showcasing, prepare for marketing, and sales. We accept applications for students ages 5-13
163		Lincoln Land Community College	5250 Shepherd Rd, Springfield, IL 62703 [P: (217) 786-2200; (217) 786-2785]	Mon-Fri 8 AM-5 PM	www.llcc.edu	Local community college offering 'on-campus' and online courses crediting towards college degrees, adult education and literacy, Trades and Workforce Career Training; Certificates and degrees; different payment options- financial aid, scholarships
164		Compass for Kids	1201 S 4th St, Springfield, IL 62703 [P: (217) 691-8103]	Mon-Fri 9 AM-4 PM	www.compassforkids.org	After-school and summer programs-providing resources, academic and social-emotional support to underserved children in Springfield Public Schools
165		Sangamon County Regional Office of Education	2201 S. Dirksen Pkwy Springfield, IL 62703 [P: (217) 753-6620]	Mon-Fri 8 AM-4:30 PM	www.sangamonil.gov/departments/m-r/regional-office-of-education	GED Testing Program, Work permits, Teacher's certificates, Health/Life safety inspections, Truancy case workers
166		Sangamon County Dept of Community Resources	2833 S Grand Ave E, Springfield, IL 62703 [P: (217) 535-3102]	Mon-Fri 8 AM-4:30 PM	www.sangamonil.gov/departments/a-c/community-resources	Illinois Worknet Training Center, job training, assistance for displaced workers and job training through the Workforce Investment Act; referrals that promote economic stability and /or self-motivation. Assist with GED Test Vouchers
167		Land of Lincoln Workforce Alliance	1300 S 9th St, Springfield, IL 62703 [P: (217) 524-5996]	Mon-Fri 8:30 AM-5:00 PM	www.worknet20.org	Funding for job training for dislocated workers; or individuals with low income
168		Lincoln's Challenge Academy	100 N 11th St, Springfield, IL 62703 [P: (217) 528-7875]	Mon-Fri 8 AM-5 PM	www.lincolnschallenge.org/the-academy/	Military school for at risk youth; Tuition at no cost-The Academy combines classroom instruction, service to community, life skills, job skills, computer literacy, physical training, and challenging individual and team activities into one unique experience; Highschool diplomas, GED class, CPR training, Computer classes, food handler certificate, nutrition classes
169		Habitat for Humanity- Homeownership class	2744 S 6th St, Springfield, IL [P: 217-523-2710]	Classes at varying times; call for times	www.habitatsangamon.com/homeownership	Home Ownership Program Informational Sessions/education; home ownership opportunities to families who are unable to obtain conventional home financing
170		Lincoln Library	326 S. 7th Street Springfield, IL 62701 [P: (217) 753-4900]	Mon-Wed 10 AM-8 PM; Thurs-Sat 10 AM-5 PM; Sun 1-5 PM (Open sundays Oct-April)	www.lincolnlibrary.info	Extensive collection of literature; Brainfuse program- virtual live tutoring, a 24-hour writing assignment review, study groups; Research resources, homeschooling resources, parent and educator resources, educational events
171		Springfield Park District	2500 S 11th St Springfield, IL 62703 [P: (217) 544-1751]	Mon-Fri 8 AM-4:30 PM (Administrative Office)	www.springfieldparks.org/activities-and-events/program-activity-overview/	Educational and Recreational Programs/Classes
172		Springfield Urban League	100 N 11th St Springfield, IL 62703 [P: (217) 789-0830]	Mon-Fri 8:30 AM-5:00 PM	www.springfieldul.org/programs-training	Community Technology Training Center, Community Health Training Center, Early and Head Start Programs- academic, social, mental, health, and nutritional education to children of low income families. Robotics program for youth.
173		University of Illinois Springfield	One University Plaza, Springfield, IL 62703 [P: (217) 206-6600]	Mon-Fri 8:00 AM-5:00 PM	www.uiis.edu	Public local university; applications available for financial aid programs and scholarships to pay for courses; on-campus and online courses; Bachelors, Undergraduate, Master's Degree, and Graduate Certificate Programs
174		Parents As Teachers	3063 Fiat Ave Springfield, IL 62703 [P: (217) 525-3315]	N/A	www.sps186.org/page/parents-as-teachers/ www.sylvanlearning.com/locations/us/il/springfield-ld-tutoring/springfield/?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=3204	FREE parent education program in the Springfield Public School District for prenatal families and families with children ages 0-3; Program increases parent knowledge of early childhood development and improve parent practices, Provide early detection of developmental delays and health issues of children, Prevent child abuse and neglect, Increase children's school readiness and success.
175		Sylvan Learning of Springfield	2735 S 6th St, Springfield, IL 62703 [P: (217) 280-8963]	Mon-Thurs 10 AM-8 PM; Fri & Sat 9 AM-1 PM; Sunday 12-3 PM	www.achildcare.org	Personalized tutoring services, homework support, Test preparation, Teaching study skills, academic camps; Payment plans available
176	Child Care	Community Child Care Connection	2801 W Lawrence Ave, Springfield, IL 62701 [P: (217) 525-2805]	Mon 8 AM-4 PM; Wed 8 AM-12 PM; Fri 8 AM-4 PM		Child Care Assistance Program; assists low-income families with child care payments
177		Springfield Urban League- Early Head Start & Head Start	770 E Apple Orchard Rd Springfield, IL 62703 [P: (217) 528-0899]; 1108 E Cook St Springfield, IL 62703 [P: (217) 528-0893]	Mon-Fri 8:30 AM-5 PM	www.springfieldul.org/program/head-start	Early Head Start (EHS) Program- academic, social, mental, health, and nutritional education program for children (0-3 years of age) and their families of low income; Center base or home base program. Head Start program- low income preschool children (3-5 yrs of age)
178		Mini O Beirne Crisis Nursery	1011 N 7th St, Springfield, IL 62702 [P: (217) 525-6800]	24/7	www.miniobeirne.org	Crisis childcare; Stress breaks for recovery after medical care, death in the family, and personal time for parents; Childcare in case of temporary loss of regular child care; childcare for persons affected by domestic violence or being unhoused; Childcare for court and medical appointments
179		Safe Families for Children	700 North 7th St, Suite A Springfield, IL 62702 [P: (217) 953-1141]	N/A	www.springfield.safe-families.org	Safe Families for Children hosts vulnerable children Keep children safe during a family crisis such as homelessness, hospitalization, or domestic violence in an effort to prevent child abuse and/or neglect. Reunite families and reduce the number of children entering the child welfare system. Alternative to foster care, where appropriate.
180		Home Day Care Providers Association	914 S 5th St, Springfield, IL 62703 [P: (217) 788-1959]	Mon-Fri 9 AM-6 PM	www.springfieldhomedaycares.wordpress.com	Professional association of licensed home and group home day care providers
181		Springfield Urban League- Wee Grow Before and After Care Program	1108 East Cook St Springfield, IL 62703 [P: (217) 528-0893]	Mon-Fri 6:45am-8:45am; 3:30pm -5:30pm	www.springfieldul.org/programs/wee-grow	Wrap around program for working parents or who are enrolled in school. Provides care before and after Head Start /Early Head Start hours and is open throughout the summer, when traditional Head Start is not in session. Financial Assistance Available for qualifying individuals
182	Recreation	Abraham Lincoln Presidential Library and Museum	212 N 6th St, Springfield, IL 62701 [P: (217) 558-8844]	Daily 9 AM-5 PM	www.presidentialtncol.illinois.gov	Museum about President Abraham Lincoln and The Civil War. Immersive displays, historical artifacts, immersive experiential theater, Holavision® theater, theatre shows and productions, gift shop, research library, Illinois gallery.
183		Auburn Community Center	118 N 5th St Auburn, IL 62615: [P: (217) 438-6151] Ext 2304 1. Convention Center Plaza, Springfield, IL 62701 [P: (217) 788-8800]	Monday-Friday from 7:30 a.m. to 4:00 p.m.	www.auburnillinois.us/our-community	available to rent for special occasions, such as baby or bridal showers, family gatherings, birthday parties, and group meetings
184		Bank of Springfield Center		Office Mon-Fri 9 AM-4:30 PM	www.theboscenter.com	Convention center and event arena; conferences, trade shows, circuses, sporting events, concerts
185		Chatham Community Center	109 W Mulberry St, Chatham, IL 62629 [P: (217) 483-2488]	N/A	www.chathamil.gov/business/chatham-community-center	Available to rent for special occasions, such as baby or bridal showers, family gatherings, birthday parties, and group meetings; Game Room and Gym also available
186		Caritas Bingo Hall Association	909 E Converse St, Springfield, IL 62702 [P: (217) 523-3021]	Tues-Sat 4-9 PM; Sunday 10 AM-3 PM	www.facebook.com/CaritasBingoHall/	Bingo Hall; Cafeteria available
187		Eisenhower Aquatic Center	2351 E Cornell Ave, Springfield, IL 62703 [P: (217) 525-8847]	Office Hours: Mon-Fri 8am - 4pm	www.springfieldparks.org/locations/42/eisenhower-indoor-pool/springfield/facility-details#tab=4tab1	Heated indoor swimming pools, swimming lessons, aerobic classes, host birthday parties
188		FitClub	3631 S 6th St Springfield, IL [P: (217) 787-8348]; 2811 W Lawrence Ave [P: (217) 787-1111]; E Sangamon Ave [P: (217) 788-8250]	24/7	www.fitclub.net	Gym; Fitness Classes, Group and Personal Training, Free Childcare during workouts, free-weights, cardio equipment, Pool and Aqua classes, Nutritional Counseling, Parkinson's Group personal Training, Free trials offered
189		YMCA of Springfield	601 N 4th St Springfield, IL 62702 [P: (217) 544-9846]; 4550 W lles Ave Springfield, IL 62711 [P: (217) 679-1625]	4th St location hours: Mon-Thurs 5 AM-8 PM, Fri 5 AM-7 PM, Sat 7 AM-4 PM, Sun 1-5 PM lles Location hours: Mon-Thurs 5 AM-8 PM, Fri 5 AM-7 PM, Sat 7 AM-4 PM, Sun 8 AM-12 PM	www.springfieldymca.org	Gym; fitness classes, personal training. Free childcare during workouts, Swimming Lessons, Swim team, Sports, Kids Summer camp, Scholarship programs for membership
190		Planet Fitness	1756 Wabash Ave Springfield, IL 62704 [P: (217) 546-4910] 1879 E Sangamon Ave Springfield, IL 62702 [P: (217) 408-4878]	Mon-Thurs open 24 hours; Fri 12 AM-10 PM; Sat 7 AM-7 PM; Sunday 7 AM-12 AM	www.planetfitness.com	Gym with low cost gym memberships, fitness classes, fitness trainers available, variety of equipment
191		Lincoln Library	326 S 7th St, Springfield, IL 62701 [P: (217) 753-4900]	Mon-Wed 10 AM-8 PM; Thurs-Sat 10 Am-5 PM	www.lincolnlibrary.info	Borrow books, movies, games, electronics, musical instruments with library card; meeting room rental available, wifi and mobile hotspots, book clubs, crafting events, educational events/classes,
192		Pure Performance Fitness Center	320 S 4th St, Springfield, IL 62701 [P: (217) 891-0691]	24/7	www.pureperformancefitnesscenter.com	Gym; Personalized fitness plan, small group coaching, personal trainers
193		Rochester Public Library & Community Center	1 Community Dr, Rochester, IL 62563 [P: (217) 498-8454]	Mon-Thurs 10 AM-7 PM; Fri 10 AM-5 PM; Sat 10 AM-4 PM	www.rochesterilibrary.org	Book Borrowing, book clubs, social events, craft classes, technology classes, "Story Time" for kids, Knitting and Crochet groups, and more
194		Springfield Art Association/ Edwards Place Historical Home	700 North 4th Street Springfield, IL 62702 [P: (217) 523-2631]	Mon-Fri 9 AM-5 PM; Sat 10 AM-3 PM	www.springfieldart.org/about.html	Community Based Non-profit that promotes and supports visual arts; open studio, art galleries, art camps, art classes, art outreach, school workshops, events and festivals, space rental, community events
195		The Salvation Army Community Center	1600 Clear Lake Ave, Springfield, IL 62703 [P: (217) 525-2196]	Daily 8 AM-9 PM	www.facebook.com/TheSalvationArmyGym/	Sports leagues and events
196		Springfield Civic Garden Club	Meeting Address: 533 S Walnut St Springfield, IL 62704 [P: N/A]	Scheduled monthly meetings and events; see Website	www.sgcc-il.org	Local Garden Club
197		Springfield Park District	2500 S 11th St, Springfield, IL 62703 [P: (217) 544-1751]	Mon-Fri 8 AM-4:30 PM	www.springfieldparks.org	Municipal Government Agency over several local public parks; provides accessible, memoraral recreational opportunities that enrich the community
198		Springfield Racquet and Fitness Center	3725 Chatham Rd, Springfield, IL 62704 [P: (217) 787-2460]	Mon-Thurs 6 AM-10 PM; Fri 6 AM-9 PM; Sat & Sun 7 AM-7 PM	www.springfieldracquetandfitness.com	Full service indoor tennis, pickleball, and fitness facility
199		The Pharmacy Gallery and Art Space	623 E Adams St, Springfield, IL 62701 [P: N/A]	Friday and Saturday 12-6 PM	www.pharmacygallery.com	Art and Music events; Art gallery
200		The Recreation and Athletic Center	Richard Wright Dr, Springfield, IL 62703 [P: (217) 206-7103]	Mon-Thurs 7 AM-11 PM; Fri 7 AM-9 PM; Sat 10 AM-9 PM; Sun 1-9 PM	www.uiis.edu/campusrec/facilities/recreation-and-athletic-center-trac	Indoor sports, general fitness areas, free weights, multipurpose room, racquet ball and Squash courts, Arena, Golf simulator; Must be UIS student or TRAC member
201		Skyzone	3454 Liberty Dr, Springfield, IL 62704 [P: (217) 331-6600]	Tues		

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214		Knight's Action Park	1700 Knights Recreation Dr, Springfield, IL 62711 [P: (217) 546-8881]	General office hours: Daily 9 AM-9 PM; Water Park-Summer: Amusement Park-Daily 9 AM-6 PM;	www.knightsactionpark.com	Water park with float river, wave pool, kids water attractions, various thrilling attractions, pedal boats: Amusement park with ferris wheel, Go Karts, mini golf, batting cages, driving range, large outdoor playground, arcade games, and more.
215		Route 66 Drive In Theatre	1700 Knights Recreation Dr, Springfield, IL 62711 [P: (217) 698-0066]	Open summer and early fall- Evenings	www.route66-drivein.com	Outdoor movie theater where patrons can watch films from the comfort of their own vehicles. Featuring two Large screens each playing different films; Concessions available for purchase
216		Lincoln Memorial Gardens and Nature Center	2301 E Lake Shore Drive Springfield, IL 62712 [P: (217) 529-1111]	Open Daily from Sunrise-Sunset	www.lincolnmemorialgarden.org	Hiking trails in wooded areas and lakeside, gardens, nature center, gift shop, events
217		Skateland South	1500 Knights Recreation Dr, Springfield, IL 62711 [P: (217) 546-4543]	Varying hours; see website for public skate times	www.skatelandsouth.com	Roller Skating rink with Arcade games and Prize store; concessions, birthday parties, and events
218		The Virden Community Center	101 W Jackson St, Virden, IL 62690 [P: (217) 965-5805]	Mon-Fri 8 AM-5 PM	www.virden.municipalimpact.com/community-center	event rental space
219		Southwind Park	4965 S 2nd St, Springfield, IL 62703 [P: (217) 585-2941]	Daily 6 AM-10:30 PM	www.springfieldparks.org/locations/36/southwind-park/springfield/location-details	Public community park; ADA accessible; playgrounds, walking paths, pavilions, fishing piers, gazebo, sports courts, sensory gardens, Erin's Pavilion-indoor event rental space
220		Centennial Park	5529 Bunker Hill Rd, Springfield, IL 62711 [P: (217) 544-1751] ext. 1004	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/9/centennial-park/springfield/location-details	walking paths, playgrounds, 100 ft high hill for sledding, picnic shelters, baseball fields, pet friendly-dog park, skateboarding park, tennis courts, outdoor fitness equipment
221		Iles Park	2000 S 6th St, Springfield, IL 62703 [P: (217) 544-1751 ext. 1004]	Daily 6 AM-10 PM	www.springfieldparks.org/locations/21/iles-park/springfield/location-details	local public park. Baseball fields, outdoor pavilions, pickleball, picnic areas, playgrounds, skatepark
222		Lincoln Park	1601 N 5th St, Springfield, IL 62702 [P: (217) 544-1751] ext. 1004	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/30/Lincoln%20Park/location-details	historic local public park; walking paths, gardens, soccer field, baseball fields, tennis courts, shuffleboard courts, horseshoe courts, The Nelson Recreation Center, stone pavilions, disc golf cou
223		Duncan Park	500 N MacArthur Blvd, Springfield, IL 62702 [P: (217) 544-1751] ext. 1004	Daily 5 AM-10:30 PM	www.springfieldparks.org/locations/12/duncan-park/springfield/location-details	local public park; walking paths, brick shelters, playground with zipline and musical instruments, pickleball courts, disc golf course, sledding hill, Bandshell musical performance space.
224		Enos Park	1000 North 7th Springfield, IL 62703 [P: (217) 544-1751] ext. 1004	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/14/Enos%20Park/location-details	local public park; playgrounds, walking paths, picnic shelter, pollinator garden
225		Carpenter Park	1 Carpenter Park Trl, Springfield, IL 62707 [P: (217) 544-1751] ext. 1004	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/8/carpenter-park/springfield/location-details	local public park; wooded area with hiking trails alongside The Sangamon River, nature trails, river rock trails, picnic tables
226		Union Square Park	500 E Madison St, Springfield, IL 62701 [P: (217) 558-8948]	Open Daily 8 Am-10 PM	www.presidentlincoln.illinois.gov/visit/whats-inside/venue-rentals/event-venues/union-square-park/	interurban park adjacent to Abraham Lincoln Presidential Library and Museum: Featuring bronze Lincoln Statues, garden,
227		Southern View Community Park	3483-3499 S 4th St, Southern View, IL 62703 [P: (217) 529-3352]	Open Daily 6 AM-2 PM	www.southernview.us/community-park	walking paths, playgrounds, tennis courts, several pavilions available for event rental
228		Comer Cox Park	301 Martin Luther King Dr, Springfield, IL 62703 [P: (217) 544-1751] ext. 1004	Open Daily 6 AM-10:30 PM	www.springfieldparks.org/locations/10/Comer%20Cox%20Park/location-details	local community park; splash pads, walking paths, outdoor fitness court, basketball courts, playground with rock climb wall, pollinator garden, picnic shelters, tennis courts, bike sports
229		Illinois State Fairgrounds	801 E Sangamon Ave, Springfield, IL 62706 [P: (217) 782-2172]	Mon 8:30 AM-7 PM; Tuesday-Fri 8:30 AM-4:30 PM; Annual IL State Fair event hours August 7 AM-12 AM; See website calendar for specific event times	www.statefair.illinois.gov/info.html	Year-round events and Expositions; Annual IL State Fair every summer, campground, demolition derby, concerts, motorcross events, automobile races, horse racing, parade in the summer, dog shows, indoor market events, model train shows etc. Sensory friendly exhibits
230		The Nelson Center	1601 N 5th St, Springfield, IL 62702 [P: (217) 753-2800]	Varying hours; see website and schedule for times	www.springfieldparks.org/locations/47/nelson-center-ice-rink/springfield/facility-details	Ice skating rink, Outdoor public pool, birthday party rentals, concessions, outdoor pavilion, ice sports, events
231		Lost Bridge Trail	Trail end points: Behind IL Dept of Transportation building on, South Dirksen Parkway (Springfield) and Walnut St. at SR 29 (Rochester) [P: (217) 544-1751]	Open Daily from Dawn to Dusk	https://www.springfieldparks.org/locations/61/lost-bridge-trail/springfield/location-details	Hiking Trail, stretching 5 miles from Springfield's eastside to Rochester, IL. Built on the old Baltimore and Ohio Railroad line, Asphalt surface trail, bordered by dense tree lines, woodland and prairie flowers, is open to trail users including walkers, runners, bicyclists, rollerbladers, strollers and wheelchairs.
232		Hoogland Center for the Arts	420 S 6th St, Springfield, IL 62701 [P: (217) 523-2787]	See tickets on website for specific show times	www.hcfta.org	Venue with plays and live theatre productions
233		Springfield Muni Opera	815 E Lake Shore Dr, Springfield, IL 62712 [P: (217) 793-6864]	See tickets on website for specific show times (Seasonally Spring/Summer)	www.themuni.org	Outdoor amphitheater with live theatre productions: plays and musicals. Discounted tickets for seniors, military, and students.
234		AMF Springfield Lanes	2660 W Lawrence Ave, Springfield, IL 62704 [P: (217) 787-6111]	Mon-Thurs 4-10 PM; Fri 4 PM-12 AM; Sat 11 AM-12 AM; Sun 11 AM-10 PM	www.amf.com/location/amf-springfield-lanes	Open bowling, bowling leagues, concessions
235		King Pin Lanes	3115 E Sangamon Ave, Springfield, IL 62702 [P: (217) 544-0838]	Mon-Thurs 9 AM-10 PM; Fri & Sat 9 AM-11 PM; Sun 9 AM-9 PM	www.kingpinlanesspringfield.com	Open bowling lanes, bowling leagues, restaurant service
236		AMC Classic Springfield 12	3141 Mercantile Dr, Springfield, IL 62711 [P: (217) 793-6440]	See website for specific showtimes	www.amctheatres.com/movie-theatres/springfield-il/amc-classic-springfield-12?utm_medium=organic&utm_source=google&utm_campaign=local	Indoor movie theatre; Concessions
237		AMC Springfield 8	2945 S Dirksen Pkwy, Springfield, IL 62703 [P: (217) 529-9448]	See website for specific showtimes	www.amctheatres.com/movie-theatres/springfield-il/amc-springfield-8?utm_medium=organic&utm_source=google&utm_campaign=local	Indoor movie theatre; Concessions
238		Creekside Arcade	1081 Jason Place Chatham, IL 62629 [P: (217) 483-8282]	Mon, Wed, Thurs, Fri, Sat, Sun 11 Am-9 PM	www.thecreeksidpub.com/creekside-arcade	Arcade games, Skee-ball, Prizes, Restaurant attached
239	Children/Youth	Family Service Center	919 S Spring St, Springfield, IL 62704 [P: (217) 528-8406]	Mon-Fri 9 AM-4:00 PM	www.service2families.com	Adoption and post-adoption services, foster care services; Resources for Adoptive parents/foster Caregivers and the children in their care
240		Better Birth Outcomes	2833 South Grand Ave East Springfield, IL 62703 [P: (217) 535-3102]	Mon 8:30-6 PM; Tues-Friday 8:30 AM-3:45 PM	www.dhs.state.il.us/page.aspx?item=118798	IDHS program providing case management, provides prenatal health education to pregnant women, linkage/enrollment in WIC, home visits, referrals for medical transport
241		Boys and Girls Club of Springfield	300 S 15th St, Springfield, IL 62703 [P: (217) 544-0548]	Mon-Fri 9 AM-6:30 PM	www.bgccil.org	Programs that help youth turn into leaders of tomorrow through education, career development, art, technology, fitness, life skills and character building.
242		Computer Banc	1545 N 11th St, Springfield, IL 62702 [P: (217) 528-9506]	Mon-Fri 9 AM-4 PM	www.computerbanc.org	Program providing 'At Risk' individuals and students in need with computers
243		Mini O Bierre Crisis Nursery	1011 N 7th St, Springfield, IL 62702 [P: (217) 525-6800]	24/7	www.miniobierre.org	Crisis childcare; Stress breaks for recovery after medical care, death in the family, and personal time for parents; Childcare in case of temporary loss of regular child care, childcare for persons affected by domestic violence or being unhoused, Childcare for court and medical appointments; Basic Needs Pantry
244		Bureau of All Kids	201 S Grand Ave E, Springfield, IL 62763 [P: (217) 524-7156]	Mon-Fri 8:30 AM-4:30 PM	www.hfs.illinois.gov/medicalprograms/allkids.html	Healthcare program for kids
245		Parent Help Line	Address-N/A (Helpline) [P: (888) 727-5889 or (217) 544-5808]	24/7	Helpline	24-hour service that advocates the prevention of physical, emotional and sexual child abuse
246		Sangamon County Child Advocacy Center	1101 E Monroe Springfield, IL 62703 [P: (217) 522-2241]	Mon-Fri 8:30 AM-4:30 PM	www.sangamonil.gov/departments/a-c/child-advocacy-center	Coordinated, multidisciplinary approach to child abuse investigations in Logan, Sangamon, Christian and Menard counties. Provides a safe, child focused setting for investigations of child abuse, ensure victims and their families receive quality services, and raise awareness in the community to combat child abuse.
247		SIU Pediatrics	400 N. 9th Street Springfield, IL 62702 [P: (217) 545-8000]	Mon-Fri 8:00 AM-4:30 PM; Walk-in clinic for existing clients-7:30-10 AM	www.siumed.org/buildings/women-and-childrens-clinic	lab and pharmacy; pediatric rehabilitation with an expanded therapy gym; pediatric cardiology services and diagnostic testing; mammography and other imaging tests; pediatric orthopedics and general surgery; maternal-fetal medicine for high-risk pregnancy care; pediatric multi-specialty clinic; as well as obstetrics and gynecology, walk-in clinic for non-emergent needs for pediatric clients
248		Parents As Teachers- District 186	3063 Flat Ave Springfield, IL 62703 [P: (217) 525-3315]	Mon-Fri 8:00 AM-4:30 PM	www.sps186.org/page/parents-as-teachers/	Free parent education program in the Springfield Public School District for prenatal families and families with children ages 0-3
249		Phoenix Center Youth Group	109 E Lawrence Ave, Springfield, IL 62704 [P: (217) 528-5253]	Fridays 6-8 PM (Sign up required before; on website)	www.phoenixcenterspringfield.org/lgbtqa-youth-group/	Support group for LGBTQIA (lesbian, gay, bisexual, transgender, questioning youth and allies) individuals ages 13-17. The purpose of the group is to provide a safe environment to meet people and make new friends and to learn about and discuss other issues of interest. This group meets every Friday night from 6-8 p.m.
250		Youth Service Bureau	2901 Normandy Rd, Springfield, IL 62703 [P: (217) 529-8300]	Mon-Fri 8:00 AM-4:00 PM	www.yjsbi.com	Comprehensive community based youth services, 24-hour crisis intervention, individual and family counseling, outreach, emergency shelter for youth, information and referral, and linkage to other agencies. Trained counselors provide youth with face to-face crisis intervention, individual, group, and family counseling. Unhoused Youth Program for ages 18-24 YO
251		The Outlet	3306 South 6th Rd, Springfield, IL 62703 2525 S 12th St, Springfield, IL 62703 [P: (217) 843-7475]	Mon-Thurs 4:30-7:30 PM	www.theoutletillinois.org	Mentorship programs providing youth males (Ages 8-22 YO) the emotional, educational, and spiritual passage from boyhood to manhood
252		Compass for Kids	1201 S 4th St, Springfield, IL 62703 [P: (217) 691-8103]	Mon-Fri 9 AM-4:00 PM	www.compassforkids.org	Club Compass-after-school elementary program focuses on social-emotional skill development, life skills, enrichment, and reading. The Youth Leadership Development Program (YLDP) for middle and high school alumni of Club Compass- Leadership development, college prep, prep for vocational / trade school, the military, and/or to enter the workforce. Summer Learning Camp available too
253		Rutledge Youth Foundation	151 Bruns Ln, Springfield, IL 62702 [P: (217) 525-7757]	Mon-Sat 8 AM-7:00 PM	www.rutledgeyouthfoundation.org	Foster Care programs, case management, Intensive Placement Services, Intact Family Services, Individual and family therapy to youth receiving case management services, as well as education, support, and therapy for biological parents and foster parents
254		Springfield Urban League	100 N 11th St, Springfield, IL 62703 [P: (217) 789-0830]	Monday-Friday 8:30 AM - 5:00 PM	www.springfieldul.org	Educational programs for Children; and Afterschool programs
255		The Parent Place	314 S Grand Ave W, Springfield, IL 62704 [P: (217) 753-8730]	Mon-Thurs 8:30 AM-5:00 PM; Fri 8:30 AM-12:00 PM	www.tppos.org	Providing Classes to Develop & Enhance Parenting Skills, Equipping Parents with Parenting Techniques and Support. Facilitating Child-Focused Mediation & Positive Co-Parenting, Diapers & Support for Babies & Their Families, Support for Grandparents Raising Grandchildren.
256		Garvey Tubman Cultural Arts and Research Center	1319 S 13th St, Springfield, IL 62703 [P: (217) 816-0820]	Tuesday-Friday 11 AM-5 PM	www.facebook.com/p/Garvey-Tubman-Cultural-Arts-Research-Center-100063273247895/	Provides facilitated instruction with professional artist and music classes to assist supporting emerging artist's minds. Empowering creativity, showcasing, prepare for marketing, and sales. We accept applications for students ages 5-13.
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265	Spirituality	The Salvation Army	1600 E. Clear Lake Ave, Springfield, IL 62703 [P: (217) 525-2196]	Sunday School: Sunday 9:15 AM; Sunday, 10:30 AM	www.centralusa.salvationarmy.org/springfield/	Christian Education, Worship services: Church, Women's Ministries, Men's Ministries, Sunday School, Children and Teen's Worship services,
266		Faith Coalition for the Common Good	2208 E Kansas St, Springfield 62703 [P: (217) 544-2297]	Call for hours for specific events	www.faithcoalition-il.org	A coalition of faith communities, community organizations and individuals working collaboratively for racial equity, civic engagement, a fair economy and participatory decision-making.
267		Ministerial Alliance of Springfield and Vicinity	919 S Wheeler, Springfield, Illinois 62703 [P: (217) 306-3533]	See website for specific events	www.springfieldministerialalliance.com	Serves Dozens of Churches, Ministries, & Non-Profits by helping these organizations combine their resources to extend the reach of christian based resources in Springfield and the Surrounding Communities
268		Abundant Faith Christian Center	2525 Taylor Ave, Springfield, IL 62703 [P: (217) 585-4000]	Tues 10 AM-4:30 PM; Wed 10 AM-6 PM; Thurs 10:30 AM-4:30 PM; Fri 10 AM-2 PM	www.abundantfaith.org	Adult ministries, Men's Ministries, Women's ministries, Marriage ministry, Seniors ministry, Young adult ministry, student ministries, music ministry, small groups; multiple campuses and online options available
269		BYO Church	2901 Sangamon Ave Springfield, 62702 [P: (217) 971-6078]	In-Person Service Saturdays 6:00 PM +Online Sermons see website for online sermon times	www.byochurch.com	A non-denominational christian church; ministry work, worship services, sermons in person and online; and events; recovery programs
270		Westside Christian Church	2850 Cider Mill Ln, Springfield, IL 62702 [P: (217) 793-2800]	Sunday Services: 8 AM, 9:30 AM, 11 AM; Office Hours- Mon, Tue, Thurs 8 AM-4:30 PM; Wed 8 AM-8 PM	www.wschurch.org/	A Christian church with in-person and online services; infant and children ministries, Pre-teen and teen ministries, various support groups, 12 step recovery group, "Buddies Ministry" to provide inclusion for those with special needs.
271		The Pentecostals of Springfield	2600 S MacArthur Blvd, Springfield, IL 62704 [P: (217) 544-4715]	Sunday 2-4:30PM, 6-8 PM; Tuesday 7 PM	www.tps.church/	Pentecostal Church; children's ministry, youth ministry, small groups; events
272		Holy City Church Missionary Baptist Church	1601 E Carpenter St, Springfield, IL 62702 [P: (217) 789-4567]	Mon-Fri 9 AM-5 PM; Sat & Sun 9 AM-6 PM	www.facebook.com/p/Holy-City-Missionary-Baptist-Church-100064567613299/	Baptist Church; in person sermons
273		Harvard Park Baptist Church	2401 S 9th St, Springfield, IL 62703 [P: (217) 522-6202]	Sunday 10:30 AM-12:00 PM	www.harvardparkbaptist.com	Worship Services, Sunday School, Monthly Potluck Dinner
274		Hope Presbyterian Church	2211 Wabash Ave, Springfield, IL 62704 [P: (217) 546-6951]	Office: Mon-Fri 9 AM-1 PM; Worship Services-Sun 9:30 AM	www.hopesofspringfield.org	In-person and online church sermons, Words of hope podcast, community outreach
275		Lakeside Christian Church	225 Toronto Rd, Springfield, IL 62711 [P: (217) 529-2513]	Sunday Services: 9 AM; 10:30 AM	www.lakesidechristian.com/Home	Worship services in-person and online; youth and children's ministries, faith based classes, events
276		Unity of Springfield	417 E Cordelia St, Springfield, IL 62703 [P: (217) 523-5897]	Sunday Services 10 AM	www.unityofspringfieldil.org	Unity self describes as a positive, practical, progressive approach to Christianity and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path.
277		Cherry Hills Church	2125 Woodside Rd Springfield, IL 62711 [P: (217) 546-4818]	Office: Mon-Thur 8:30 AM-4:30 PM; Fri 8:30 AM-3 PM; Sunday Services: 8 AM, 9:30 AM, 11:00 AM	www.cherryhillsfamily.org	Weekly worship services, children's and youth ministries
278		Radiant Church	3200 Shaler Rd, Springfield, IL 62707 [P: (217) 522-5632]	Sunday Service- 10 AM; Wed at 6:30 PM	www.radiantspringfield.com	weekly worship services/sermon, Bible Study
279		Destiny Church	1425 N 6th St, Springfield, IL 62702 [P: (217) 685-4124]	Office Hours: Mon-Fri 9 AM-4:30 PM; Sun 9-11:30 AM	www.destiny217.org	Non-denominational church; worship services, outreach ministries, nursery, children's and youth ministry, Women's ministries, men's ministries, events
280		Springfield Jewish Federation	1999 Wabash Ave #206, Springfield, IL 62704 [P: (217) 787-7141]	N/A	www.shalomspringfield.org	The Mission of the Jewish Federation of Springfield, Illinois is to serve the Jewish people locally, in Israel and throughout the world through coordinated fundraising, communitywide programming, social services and educational activities.
281		Temple B'rith Sholom	1004 S 4th St Springfield, IL 62703 [P: (217) 525-1360]	1st & 2nd Fri evenings of the month services at 5:30 PM 3rd, 4th and the occasional fifth Fridays services at 6:00 PM	www.templebrithsholom.com	Jewish Temple; Services with liturgy readings; children and family services 1st Fri of the month
282		Temple Israel	1140 W Governor St Springfield, IL 62704 [P: (217) 546-2841]		N/A	Temple Israel is a Conservative synagogue- self described as a warm, sociable congregation with members from diverse professional and religious backgrounds.
283		Chabad Jewish Center of Springfield	1045 Outer Park Dr, Springfield, IL 62704 [P: (773) 870-7770]	Sat- 10:30 AM Prayer Service, 11:30 Torah reading, 12:30 Kiddush lunch	www.chabadspringfield.com	Shabbos services and services on all Jewish holidays; events
284		Temple Petah Tikvah	2801 N Peoria Rd in Springfield, IL 62702 [P: (217) 528-8075]	Sat 10:30 AM-6:30 PM	www.petahtikvah.org	Messianic synagogue; Services, music, practices conducted according to those of the synagogue, Observance of Holy Days and Festivals, His Sabbath and customs of Judaism
285		Islamic Society of Greater Springfield	3000 Stanton St, Springfield, IL 62703 [P: (217) 529-8970]	Friday Prayer Service: Khutbah 1:15pm; Iqama 1:45pm **Additional service times updated on website under announcements	www.isogs.org	Serves as a community and religious hub for Muslims; provides full 5 daily, Jummah, Eid, Taraweeh, and Janazah prayers. Islamic and Quran studies classes, Community Halaga and interfaith events. Islamic funeral service advice and community outreach is also conducted.
286		An-Noor Islamic Community Center	3255 Mathers Rd, Springfield, IL 62711 [P: (217) 529-8970]	See website for specific events	www.isogs.org/an-noor-center/	Community Center holding interfaith events, after school programs, space to hold Eid prayers, Iftars and Taraweih prayers, hub for our Islamic education & events
287		Chinese Bible Church of Springfield	716 N Amos Ave, Springfield, IL 62702 [P: (217) 953-4579]	See website for service times: www.cbcsil.org/schedule	www.cbcsil.org	A non-denominational Chinese Christian church
288		Shri Mahalakshmi Temple- The Hindu Temple of Greater Springfield	1001 W Walnut St, Chatham, IL 62629 [P: (217) 697-8174]	See website for service times: www.springfieldtemple.org/#/home/default/b9b87cba-c59a-4fc7-b490-8ca32faaa39	www.springfieldtemple.org/#/home/default/b9b87cba-c59a-4fc7-b490-8ca32faaa39	Temple with daily worship services, religious education classes, study circles, discourses, celebration of Hindu festivals and religious activities, and cultural events, community service activities
289		Shree Swaminarayan Gurukul	3150 Chatham Rd, Springfield, IL 62704 [P: (217) 223-4567]	Daily 7 AM-12:00 PM; 4:00-7:30 PM	www.springfield.rajkotgurukul.org	Hindu Temple
290		Chanmyay Satyapathana Vihara	525 Bruns Ln, Springfield, IL 62702 [P: (217) 726-9601]; 9 Harriet Ln Springfield, IL 62702	Call for hours for specific services	www.chanmyayusa.org	Buddhist Temple; retreats, Buddha's Dhamma (teachings), meditation
291		Baha'i Center	1131 S 8th St, Springfield, IL 62703 [P: (217) 544-9595]	See website for service times: https://calendar.google.com/calendar/u/0/embed?src=springfieldbahaivents@gmail.com&ctz=America/Chicago	www.facebook.com/spfildibahai/about_details	Baha'i Faith: Devotionalis, Study circles, classes, Fireside discussions, interfaith devotions, events
292		Abraham Lincoln Unitarian Universalist Congregation	745 Woodside Rd, Springfield, IL 62711 [P: (217) 585-9550]	Sun 9:30 AM-12:30 PM; Tues & Wed 10 AM-5 PM; Thurs 10 AM-2 PM	www.aluuc.org	Sunday morning worship services; Spoken word, music, quiet time, fellowship, guest speakers, nursery care
293		The Church of Jesus Christ of Latter-day Saints	3601 Buckeye Dr, Springfield, IL 62712 [P: (217) 529-7844]	Office Hours: Daily 9 AM-6 PM	www.local.churchofjesuschrist.org/en/us/il/springfield/3601-buckeye-drive?utm_source=gmb&utm_medium=yext&utm_source=1_NjwOdgONDYnZEF1WxvY7fGwW9uLndfYnNpdGUk%3D	Sacrament meetings, songs, prayers, and sermons (or "talks") given by different members of the congregation
294		Kingdom Hall of Jehovah's Witnesses	3076 Normandy Rd, Springfield, IL 62703 [P: (217) 529-2409]; 4800 Old Jacksonville Rd, Springfield, IL 62711 [P: (217) 793-0188]	Sunday 9:30 AM & 12:30 PM; Tues & Thursday 7:00 PM	www.jw.org/en/	Worship meetings twice a week, biblical teachings, music and prayer
295		Springfield First Seventh-day Adventist Church	3300 W Jefferson St, Springfield, IL 62707 [P: (217) 787-7089]	Saturday 9:15 AM-8 PM; [Sat Worship services: 11:00 AM] Wednesday 6:15-8 PM	www.springfieldfirst.adventistchurch.org	worship services, bible study, prayer, sabbath school
296		Real Life Church	2701 Hermitage Rd, Springfield, IL 62703 [P: (217)			

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310		Satipatthana Vipassana Association	9 Harriet Ln, Springfield, IL 62702 [P: (217) 726-9601] Located in: Chan Myae Monastery	Daily 3:30 AM-9:30 PM	www.chanmyayusa.org	Vipassana meditation, Retreats and special teachings as teachers become available to travel and stay at the Vihara, Buddha's Dhamma (teachings)
311		Yokore Yoga & Wellness	Three, Lawrence Square Suite 1, Springfield, IL 62704 [P: (217) 440-9026]	Call for class times	www.alignable.com/springfield-il/yokore-yoga-wellness	individual and small group classes in yoga and beyond
312		Jubilee Farm	6760 Old Jacksonville Road Springfield, IL [P: (217) 787-6927]	Varying seasonal hours; see website for current hours	www.jubileefarm.info	An oasis for spirituality, a special gift to those who seek solace and spiritual enrichment in nature. A setting where individuals and groups can nurture their spiritual and emotional growth. Walking trails, home to farm animals and wildlife, outdoor labyrinth, creek and ponds offer tranquil settings for reflection.
313		Villa Maria Retreat Center	1903 E Lake Shore Dr, Springfield, IL 62712 [P: (217) 529-2213]	Daily 7:30 AM-5 PM	www.villa.dio.org	The Villa Maria Catholic Life Center exists to serve the people of the Roman Catholic Diocese of Springfield in Illinois, its Bishop, parishes, offices, organizations and institutions. Villa Maria provides a setting for retreats, ministry and faith formation, meetings and workshops
314		Ahh Yoga	2201 W White Oaks Dr, Springfield IL 62704 [P: (217) 725-2373]	Visit website for schedule of classes	www.ahhyoga.net	Yoga, mindfulness and meditation class, workshops
315		Support Groups				
316		SIA 21 District 19 Alcoholic Anonymous	No Address; Website and phone number. [P: (217) 525-5795]	See website for different meeting times	www.aaspringfield.org	Website guide to local Alcoholics Anonymous meetings- Serving Springfield, Chatham, Petersburg, Virden-Girard & Mason City- 12 Step based support
317		Alano Hall	516 Bryn Mawr Blvd, Springfield, IL 62703 [P: (217) 789-0789]	See website for different meeting times	www.aaspringfield.org/?meeting=mid-morning-madness-3	Holds several Alcoholic's Anonymous Meetings daily; See Website for meeting times- 12 step based support
318		Easy Does It Club	514 N Walnut St, Springfield, IL 62702 [P: (217) 528-0332]	See website for different meeting times	www.aaspringfield.org/?meeting=friendship	Holds several Alcoholic's Anonymous Meetings daily; See Website for meeting times- 12 step based support
319		Discovery	313 W Cook St, Springfield, IL 62704 [P: (217) 544-9049]	See website for different meeting times	www.aaspringfield.org/?meeting=noon-group-discussion-last-friday-of-every-month-is-open-speaker	Holds several Alcoholic's Anonymous Meetings daily; See Website for meeting times- 12 step based support
320		The Salvation Army-Recovery Breakfast & Speaker Meeting	1600 E Clear Lake Ave, Springfield, IL 62703 [Located at the old "Gold's Gym" building 1st Floor]	The LAST Saturday of each month (except December); 8:00 AM	www.aaspringfield.org/?meeting=recovery-breakfast-speaker-meeting	Monthly Alcoholics Anonymous Meeting- Speaker meeting with breakfast served before speaker
321		We Agnostics-Art Association	700 N 4th St, Springfield, IL 62702 [Located in mixed media studio] [P: N/A]	Sunday 10:30 AM	www.aaspringfield.org/?meeting=we-agnostics	Weekly Secular Alcoholics Anonymous Meeting
322		Corner of 11th and Clay Street	930 S 11th St, Springfield, IL 62703 [P: N/A]	Sunday 5:00 PM	www.aaspringfield.org/?meeting=a-vision-for-you	Alcoholics Anonymous meeting-12 step based support
323		Free to Be Me	611 E Jackson St, Springfield, IL 62701 [Christ Episcopal Church] [P: N/A]	Sunday 7:00 PM	www.aaspringfield.org/?meeting=free-to-be-me	LGBTQ+ Alcoholics Anonymous meeting- 12 step based support
324		Presbyterian Church	1835 E Walnut St, Chatham, IL 62629 [P: N/A]	See website for different meeting times	www.aaspringfield.org/?meeting=happy-destiny	Several Alcoholics Anonymous meetings throughout the week- 12 step based support
325		Unity Church	417 E Cordelia St, Springfield, IL 62703, USA [P: N/A]	See website for different meeting times	www.aaspringfield.org/?meeting=women-of-worth	Several Alcoholics Anonymous meetings throughout the week- 12 step based support
326		Cherry and Bates	2100 S Bates Ave, Springfield, IL 62704 [First Congregational Church] Enter through the door that faces the parking lot. Meets in the basement at the end of the hall. [P: N/A]	Mon 7 PM; Thursday 7:30 PM	www.aaspringfield.org/?meeting=primary-purpose-2	Alcoholics Anonymous meetings 2 days a week- 12 step based support
327		Friends of Bill W.	IL-104 & 7th St, Pawnee, IL 62558 [P: N/A]	Tues 6 PM; Thurs 7 PM	www.aaspringfield.org/?meeting=friends-of-bill-w	Alcoholics Anonymous meetings 2 days a week- 12 step based support
328		Wizard's Wonders	1122 E Pine St, Springfield, IL 62703 [Second Timothy Baptist Church] [P: N/A]	Tues & Thurs 8 PM	www.aspringfield.org/?meeting=wizards-wonders	Alcoholics Anonymous meetings 2 days a week- 12 step based support
329		Serenity Group	600 W Birch St, New Berlin, IL 62670 [Central Baptist Church] [P: N/A]	Wednesday 7 PM	www.aaspringfield.org/?meeting=serenity-group	Weekly Alcoholics Anonymous meeting- 12 step based support
330		The Living the Dream Area of Narcotics Anonymous	Website and hotline guide to NA meetings [P: (800) 539 0475]	See website for different meeting times	http://ltdana.org/	Local Guide to Narcotics Anonymous Meetings (12 step based support)- The Living the Dream Area of Narcotics Anonymous (LTDANA) centers around Springfield and the surrounding cities of Jacksonville, Taylorville, Lincoln, Virden, Petersburg and Mechanicsburgh ; NA World service site: www.na.org
331		217 Group	217 North Grand West, Springfield, IL, 62702 [Entrance in Rear] [P: N/A]	Daily Meetings 7 PM	www.ltdana.org/local-meeting-schedule/	Daily Narcotics Anonymous meetings- 12 step based support
332		The Ties That Bind	2401 S. 9th St., Springfield, IL, 62703 [Harvard Baptist Church] [P: N/A]	Mondays 7 PM	www.http://ltdana.org/local-meeting-schedule/#	Weekly Narcotics Anonymous Meetings- 12 step based support
333		Free to Be Me	Thursday- 2450 Taylor Ave., Springfield, IL, 62703 Friday- 2401 S. 9th St., Springfield, IL, 62703 [Harvard Park Baptist Church- basement] [P: N/A]	Thursday 7 PM Friday 8 PM	www.ltdana.org/local-meeting-schedule/	2X Weekly Narcotics Anonymous Meetings- 12 step based support
334		Just For Tuesday- Springfield Based NA Zoom meeting	Zoom Meeting [Meeting ID: 730 5948 3134 Passcode: LTDNA] [P: N/A]	Tuesday 12:00 PM	https://us04web.zoom.us/j/73059483134?pwd=bqt3CVTH3jLAURbxNaMXady95Wufbk.1	Weekly Springfield-Based Narcotics Anonymous Zoom meeting- 12 step based support
335		Addicts Helping Addicts Group	704 7th St., Pawnee, IL, 62558 [Pawnee Food Pantry] [P: N/A]	Tuesday 7:30 PM	www.ltdana.org/local-meeting-schedule/	Weekly Narcotics Anonymous Meeting- 12 step based support
336		Free At Last	301 W Reynolds St Springfield, IL 62702 [P: (312) 834-3784]	Sunday 5:00 PM; Thursday 7 PM	www.illinoisareaca.org	2x Weekly Cocaine Anonymous Meetings- 12 step based support
337		Alanon Meetings	Local Website Guide to Al-Anon meetings [P: N/A]	See website for different meeting times	www.spi-alanon.weebly.com	Guide to local Al-anon meetings; Hybrid and in-person meetings; The Al-Anon Family Groups are a 12 step fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-anon believes alcoholism is a family illness and that changed attitudes can aid recovery.
338		Celebrate Recovery	2800 Stevenson Dr. Springfield, IL 62703 (First Church of God) [P: (217) 529-1902]	Tuesday evenings; Large Group meeting: 6:30 PM Open Share Groups: 7:30 PM	www.fcgspringfield.org/celebrate-recovery.html	A Christ-centered recovery program; Large group meetings, Open Share support groups. Support for variety of topics: substance-use disorder, gambling addiction, other types of addictions, divorce, abuse, abandonment, codependency, relationship issues, grief, anger, depression, etc
339		Illinois Problem Gambling Helpline	Address: N/A (Helpline) Call [1-800-426-2537] Text "GAMB" 833234	24/7	www.illinoisproblemgambling.org	24 hour helpline to connect individuals struggling with problem gambling with resources
340		Springfield Gamblers Anonymous	2211 Wabash Ave Springfield, IL 62704 (Hope Presbyterian Church) [P: N/A]	Sunday, Wednesday- 6:30 PM	www.gamblersanonymous.org/ga/locations/state/table/IL/Springfield/na/na/na/10?#gmap-nodemap-gmap0	12 Step based support group for struggles with gambling
341		HSHS Grief Support Group	800 E Capenter St Springfield, IL 62702 [P: (217) 525-5675] (Location: St. Clare Room next to Chapel)	Wednesdays 4:30 PM	www.hshs.org/st-johns/patients-guests/support-groups	Grief support for families and friends who have experienced the death of a loved one.
342		HSHS Survivors of Suicide (SOS) Support Group	800 E Capenter St Springfield, IL 62702 [P: (217) 525-5675] (Location: St. Clare Room next to Chapel)	Meets first and third Tuesdays of each month- 5:30 PM	www.hshs.org/st-johns/patients-guests/support-groups	Support group for family and friends of those who have had someone die by suicide.
343		HSHS Share Support Group	800 E Capenter St Springfield, IL 62702 [P: (217) 306-4653] (Location: St. Clare Room next to Chapel)	Meets first Wednesday of each month-7 PM	www.hshs.org/st-johns/patients-guests/support-groups	Support group for people who have experienced pregnancy loss, stillbirth or infant loss.
344		Art Therapy Group	4481 Ash Grove Drive Suite B Springfield, IL 62711 (Still Waters Counseling) [P: (217) 773-5975]	Contact to register for groups	www.stillwaterstherapy.org/services	Adult Art Therapy Groups; Children's art therapy group- This group incorporates mindfulness exercises and art creation to support attendees' mental health. Zero art experience is necessary, just an open heart to what may be created.
345		West Side Christian Church- 12 Step Group	2850 Cider Mill LN Springfield, IL 62702 (Upper Room; 2nd FLR) [P: (217) 793-2800]	Tuesdays- 6 PM	www.wschurch.org/page/414?EventOccurrenceId=6	12 Step Group welcomes anyone who is struggling with addiction or compulsive behaviors.
346		Phoenix Center Out East- Recovery Meeting	704 S Dirksen Pkwy Springfield, IL 62703 [Matt -P: (217) 441-1961]	Tuesdays- 6:30 PM	www.phoenixcenterspringfield.org/out-on-second-2/	Open meeting rooted in principles of all 12 Step programs, where all are welcome no matter where a person is in their journey
347		LGBTQ+ and Allies Young Adult Group	120 E Scarritt Springfield, IL 62704 [Phoenix Center Out on 2nd] Contact: andy.phoenixcenter@gmail.com [P: N/A]	2nd & 4th Mondays- 6 PM	www.phoenixcenterspringfield.org/out-on-second-2/	A drug and alcohol free, safe space, for young adults (18-26 YO) to be themselves and meet other young lgbtq+ folks. Snacks and coffee provided.
348		Step into Recovery Group	120 E Scarritt Springfield, IL 62704 [Phoenix Center Out on 2nd] Contact: outonsecond@gmail.com [P: N/A]	Thursdays 5:30 PM	www.phoenixcenterspringfield.org/event/step-into-recovery-group-2/2024-11-07/	This is a LGBTQ+ and allies 12-step recovery group. It is open to anyone struggling with alcohol, chemical, or process addictions. Process addictions are non-substance addictions such as gambling, eating, spending, and sex, that are defined by a compulsion to engage in a behavior.
349		Neurodiverse Group	120 E. Scarritt Springfield, IL 62704 [Phoenix Center Out on 2nd] Contact: outonsecond@gmail.com [P: N/A]	Second Tuesday of the month 5:30 pm	www.phoenixcenterspringfield.org/event/neurodiverse-group/2024-11-12/	Offers a safe and supportive space for lgbtq+ neurodivergent individuals to socialize, discuss their unique challenges, and build skills for personal growth and mindfulness. ND can include: Autism Spectrum Disorder Attention Deficit Disorder Tourette's & Tic Disorders Dyslexia Dyscalculia Synesthesia.
350		LGBTQ+ 'yOUTH Group'	109 East Lawrence Ave Springfield, IL 62704 [P: (217) 528-5253]	Fridays-6 PM	www.phoenixcenterspringfield.org/event/lgbtq-youth-group/2024-11-08/	A lesbian, gay, bisexual, transgender, questioning youth and allies support group. Individuals ages 13-17. The purpose of the group is to provide a safe environment to virtually meet people and make new friends and to learn about and discuss other issues of interest. in person and zoom; Sign up on website prior to meeting to recieve Zoom link.
351		TranSupport Group- Phoenix Center	[Contact: kate.hubbard1010@gmail.com] [P: N/A]	To get more information on the group, including dates and times, please complete the application on the Website	www.phoenixcenterspringfield.org/am-i-transgender/	The TranSupport Group is for individuals 18+ who are dealing with issues related to their gender identity and the transition process
352		Bi+ Group	[Contact: dean@inspectedby12.com] [P: N/A]	To get more information on the group, including dates and times, please complete the application on the Website	www.phoenixcenterspringfield.org/bisexual-group/	The Bi-Sexual Group is for bi-sexual adults. The purpose of the group is to bring individuals together to discuss issues, share services and information, and meet other like-minded people.
353		TransParent Group	Zoom- For Zoom link, Email: springfield.il@transparentusa.org [P: N/A]	6:30-8 pm the first Monday of the month	www.phoenixcenterspringfield.org/groups/	The TransParent Group is a virtual support group for parents of children who identify as transgender and/or gender non-binary. In this group you will find other parents dealing with the same issues, questions, and struggles as well as those looking for ways to better support their child(ren) and to advocate on their behalf.
354		Lincoln Land Down Syndrome Society	One North Old State Capitol Plaza, Suite 501 Springfield, IL 62701 [P: (217) 415-8716]	Contact to learn about scheduled monthly group	www.lldss.org	Lincoln Land Down Syndrome Society is a support network for families residing in and around Sangamon County to promote awareness, acceptance, inclusion and education of people with Down syndrome. LLDSS holds regular monthly meetings in Springfield at which there are general discussions amongst group members regarding their particular life experiences and the activities in which they and their family are involved. We also present programs and provide speakers regarding subjects which are of particular interest to our members, as well as other families having a member with disabilities other than Down syndrome.
355		Care Groups at Hope Evangelical Free Church Of Springfield	3000 Lenhart Rd. Springfield, IL 62711	Divorce Care Group- 2xmonth Monday- 6:30 PM Grief Care Group- Thursday-6 PM Recovery Care Group- Contact: szenk@myhope.church for different group times	www.myhope.church/care-groups	Care groups offer help and support for specific concerns or needs; including divorce care group, grief care group, recovery care group
356		April's Flowers	619 North Grand Ave East Springfield, IL 62703 (At Intricate Minds) [P: (217) 670-3520]	The 3rd Sunday every month- 8 PM	www.facebook.com/p/Intricate-Minds-61554189538298/	Support group for the children of people who use drugs and alcohol
357		Group Therapy at Intricate Minds	619 North Grand Ave East Springfield, IL 62703 (At Intricate Minds) [P: (217) 670-3520]	Thursdays 7 PM [Pre-registration required]	www.tinyurl.com/intricate-group	Weekly group therapy session focused on generational trauma