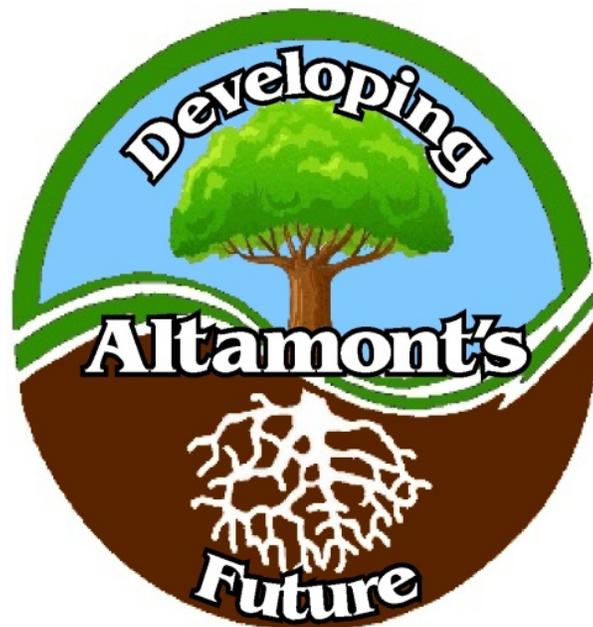


2013

# FAMILY RESOURCE DIRECTORY



*Originally created by Nancy Meyer, 2012  
Edited for use by Family Friendly Committee of  
Developing Altamont's Future, 2013*

*Updates, changes, suggestions may be sent to [effinghambbbs@consolidated.net](mailto:effinghambbbs@consolidated.net).*

## COUNSELING/CRISIS MANAGEMENT (INCLUDING CHILD WELFARE)

### **CASA of Effingham County**

104 N. 4<sup>th</sup> St., Effingham, IL 62401

**Phone:** (217) 342-2266

**Website:** <http://casaofeffinghamcounty.com/home>

**Services:** Organization dedicated to providing highly trained volunteers to advocate for the best interests of abused and neglected children in the Effingham County Circuit Court System. CASA Volunteers work cooperatively with the Effingham County Circuit Court System to make independent recommendations to the court concerning the child's well-being.

### **Catholic Charities Organization**

Effingham, IL 62401

**Phone:** (217) 857-1458

**Services:** Provides MedAssist (Chronic illnesses with no insurance), Food Pantry, Counseling, Emergency Assistance (Rent & Utility Assistance, Transient Transportation, Emergency Medication Assistance), SHR Resale Shoppe (used clothing and furniture) and Ramblin' Rose Bus (school supplies and clothing).

### **Department of Children and Family Services**

406 E. Monroe, Springfield, IL 62701

**Phone:** (217) 785-2509

**Child Abuse Hotline:** 800-25-ABUSE

**Website:** <http://www.state.il.us/dcfs/index.shtml>

**Services:** Child protection services, adoption and foster care, day care and early childhood. Visit website for comprehensive listings of all branches of DCFS.

### **One Hope United**

Effingham, IL 62401

**Phone:** (217) 347-5880

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

**Services:** Child welfare issues including counseling, crisis intervention for teens, extended family services. Director: Nikki Quandt, email: [nquandt@kidshopeunited.org](mailto:nquandt@kidshopeunited.org)

### **Heartland Human Services**

1200 N. Fourth St., Effingham, IL 62401

**Phone:** (217) 342-7179

**Website:** <http://www.heartlandhs.org/index.htm>

**Services:** Mental Health, Substance Abuse and Family counseling services. DUI Evaluations, Psychiatric Service, and referral needs for families in crisis. Executive Director: Jeff Bloemker, email: [JBloemker@heartlandhs.org](mailto:JBloemker@heartlandhs.org)

### **S.A.F.E., Sexual Assault and Family Emergencies**

1108 S. Willow St., PO Box 1641, Effingham, IL 62401

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

**Phone:** (217) 342-6623 or 1-800-625-1414

**Services:** SAFE serves Effingham county residents with group and individual counseling, provides representatives to speak and educate children in schools, and acts as a medical legal advocate for victims of sexual assault and their families.

**SWAN, Stopping Women Abuse Now**

Effingham, IL 62401

**Phone:** (217) 342-4526 or (888) 715-6260

**Services:** Provides emergency and on-going assistance in protection for victims of domestic violence; assistance with legal documents such as emergency orders of protection and other supportive services for victims.

**Lutheran Child and Family Services**

726 Filmore, Vandalia, IL 62471

**Phone:** (217) 347-7513 or 1-800-363-5237

**Services:** Operates the MOMS Program (mentors for parents).

**The Wellness Loft**

Effingham, IL 62401

**Phone:** (217) 347-5118

**Services:** Provides counseling and mental health services, including children.

*(See also Family Life Pregnancy Center under Health Assistance)*

**EDUCATION AND LITERACY**

**C.E.F.S. Headstart**

Effingham, IL 62401

**Phone:** (217) 342-2193

**Services:** Head Start, preschool and early childhood services ages birth -5 years-old.

**C.E.F.S. Literacy**

Effingham, IL 62401

**Phone:** (217) 347-7033

**Services:** Literacy program for eligible adults over 17 years-old receive one-on-one or small group tutoring in the English language, or preparation in all subjects for meeting GED requirements.

**Eastern Illinois Area of Special Education**

**Website:** <http://www.eiase.com/index.php/programs>

**Phone:** (217) 348-7700

**Services:** Provides evaluative and educational needs for children with disabilities in 29 districts, ages 3-21. Specializing in autism, behavior disorders, developmental disabilities, and learning disabilities coupled with emotional disorders.

**Family Matters Parent Training and Information Center**

Effingham, IL 62401

**Phone:** Toll Free 866-436-7842

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

**Services:** Assist parents of children with disabilities to be informed participants in the special education process, assist students with disabilities to understand their rights and responsibilities and supply information to teachers and other professionals who provide special education and related services to children with disabilities.

**Kluthe Center**

Effingham, IL 62401

**Phone: (217) 540-3555****Website: <http://www.lakeland.cc.il.us/kluthe/>**

**Services:** College extension center of Lakeland Community College, Mattoon, IL. Variety of certified and two-year degree programs as well as on-line learning and distance learning. Career- counseling and financial assistance guidance available.

**Pathways, Lakeland College GED program**

Effingham, IL 62401

**Phone: (217) 540-3530**

**Services:** An alternative education program targeting at risk youth which provides GED instruction in small groups, as well as high school diploma programs for adolescents who qualify. Director: Althea Pendergast, email: [apenderg@lakeland.cc.il.us](mailto:apenderg@lakeland.cc.il.us)

**Regional Office of Education # 3, Bond, Fayette, Effingham counties**

Effingham, IL 62401

**Phone: (217) 342-4363**

**Services:** For further information regarding schools and education in Effingham county, Illinois.

**Sylvan Learning Center**

Effingham, IL 62401

**Phone: (217) 342-0204****Website: <http://local.ingenio.com/Service/Sylvan-Learning-Center/11177850>**

**Services:** Trained and certified tutors to assist children with attaining grade-level comprehension in the subjects of math, reading and writing. Preparation for SAT and ACT testing.

**Partners in Adult Literacy****Phone: (217) 235-0361 ext. 244**

**Services:** Assistance with adult literacy and GED. Sponsored by Lake Land College. Contact: Patsy Wurl

**EMPLOYMENT INFORMATION****Illinois Department of Employment Security**

Illinois Worknet Center, Effingham, IL

**Phone: (217) 342-4382**

**Services:** Unemployment services, dislocated workers referrals, job coaching and resume building.

**Lake Land College's Career Services Manager (CSM)**

Mattoon, IL 61938

**Phone: (217) 234-5457****Website: <http://www.lakelandcollege.edu/careerservices/>**

**Services:** The Career Services Manager (CSM) used at Lake Land College allows employers and businesses to sign up for an account and post job openings, all for free. The database currently has over 1400 current and former Lake Land College student users. Additionally, if a company is looking for employees or interns from a specific field, we can help by reaching out to those programs and students directly.

### **Effingham Chamber of Commerce**

Effingham, IL 62401

**Phone:** Toll Free (217) 342-4147

**Website:** <http://effinghamchamber.org/welcome.htm>

**Services:** Extensive information about the Effingham area and employers/business opportunities in the area. Offers job-seekers the ability to place an on-line resume on the website, and contains information for job seekers.

### **Express Employment Professionals**

Effingham, IL 62401

**Phone:** (217) 347-2224

**Website:** <https://jobs.expresspros.com/us/>

**Services:** Temporary employment agency links unemployed individuals to temporary/permanent job positions within the community, based on job skills and ability to perform job requirements.

### **Innovative Staff Solutions**

604 West Jefferson, Effingham, IL 62401

**Phone:** (217) 342-6999

**Services:** Temporary employment agency joined in partnerships with major factories in the surrounding area to employ job-seekers in open positions.

## **FINANCIAL ASSISTANCE**

### **American Red Cross**

1639 Main St., Alton, IL

**Phone:** (618) 465-7704

**Website:** <http://il-redcross.org/>

**Services:** Southern Region Illinois - Available funds for victims of natural disasters.

### **Fish Human Services**

708 S. Linden, Effingham, IL

**Phone:** Toll Free (217) 342-2200

**Services:** Emergency assistance, financial help for housing, utilities, medication and food; Christmas Store.

### **Effingham County Family, Community Resource Center (Public Aid)**

925 E. Fayette Ave., Effingham, IL 62401

**Phone:** (217) 342-4160

**Website:** <http://www2.illinois.gov/hfs/Pages/default.aspx>

**Services:** Provides assistance with guidelines and eligibility for Medicaid, Cash Assistance, Link.

### **Goodwill**

104 N. Keller Dr., Effingham, IL 62401

**Phone:** (217) 342-4160

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

**Services:** Provides personal and family support for immigrants, military families, individuals with criminal history records, people with disabilities and at-risk youth.

### **Social Security Administration**

1207 Network Centre, Suite 2, Effingham, IL 62401

**Phone:** 1-888-397-4543

**Services:** Assistance for individuals who may qualify for disability compensation, spousal and/or dependent compensation.

**USDA Rural Development**

2701 Banker St. Suite 103 A, Effingham, IL 62401

**Phone: (217) 347-7107**

**Services:** Assistance with housing loans for low income families. Grants are available to the elderly to update homes to meet standards.

**C.E.F.S. Outreach**

202 N Banker, Effingham, IL 62401

**Phone: (217) 347-7514**

**Services:** Emergency shelter, Food, Rental Assistance, Energy Assistance, Tax Preparation, Budgeting, etc.

**Project Child**

**Phone: 1-800-362-7257**

**Services:** Financial assistance to help with childcare for working families, assistance, provider list.

**Salvation Army**

1108 S Willow St, Effingham, IL 62401

**Phone: (217) 342-5434**

**Services:** Emergency Assistance. Office hours – Wednesdays and Thursdays 9am – 1pm

**St. Paul Evangelical Lutheran Church**

2293 E US Hwy 40, Altamont, IL 62411

**Phone: (618) 483-5249**

**Services:** Emergency assistance, food pantry, crisis counseling, family life education, widow's group, rural social science education.

**First Baptist Church**

Altamont, IL 62411

**Phone: (618) 483-3250**

**Services:** Utilities assistance for Altamont residents.

**Immanuel Lutheran Church**

Altamont, IL 62411

**Phone: (618) 483-6395**

**Services:** Gas and food vouchers for Altamont residents.

**Altamont Christian Church**

Altamont, IL 62411

**Phone: (618) 483-6018**

**Services:** Gas and food vouchers for Altamont residents.

**First United Methodist Church**

Altamont, IL 62411

**Phone: (618) 483-6036**

**Services:** Gas and food vouchers, food pantry for Altamont residents.

**FOOD PANTRIES**

*(See also Financial Assistance resources)*

**Calvary Baptist Church**

600 W. Fayette, Effingham, IL 62401

**Phone: (217) 342-6671****St. John's Lutheran Church**

901 W. Jefferson, Effingham, IL 62401

**Phone: (217) 342-4334****St. Paul Evangelical Lutheran Church**

2293 E. U.S. Hwy. 40, Altamont, IL

**Phone: (618) 483-5249****Smart Choice Food Program**

New Beginnings Church, Effingham, IL 62401

**Phone: (217) 642-3305****Services:** Monthly grocery bundle at discounted price.**Summer Café Lunch for Kids**

West Side School, 900 W Edgar, Effingham, IL 62401 (Monday – Friday 11am – 1pm)

AND Danks Christian Center, Edgewood, IL 62426 (Monday, Wednesday, Friday 11am – 1pm)

**Services:** Free lunches for children up to age 18, no income requirements, no reservations required. Activities, cooking classes, educational programming and crafts provided. Adult lunches available for purchase (\$1) Open June – Mid July. Call (217) 857-1458 or (217) 540-1413 for more information.**HEALTH ASSISTANCE****Effingham County Health Department**

901 W. Virginia Ave., Effingham, IL 62401

**Phone: (217) 342-9237****Website:** <http://www.co.effingham.il.us/healthdepartment.html>**Services:** Array of services including family, maternal, pediatric, home health care, OT, PT, HIV/AIDS counseling, school health, animal health and environmental health. Visit the website for a comprehensive list of services.**Family Life Pregnancy Center**

605 Eden Ave., Effingham, IL 62401

**Phone: (217) 342-5433****Website:** <http://familylifepcc.org/about.html>**Services:** Pregnancy testing and education regarding pregnancy and fetal development, and educational services for pregnancy options.**Lincolnland Hospice of Sarah Bush Lincoln**

1000 Health Center Dr., Mattoon, IL

**Phone: Toll Free 1-800-454-4055****Website:** <http://www.sarahbush.org/patients-visitors/lincolnland-hospice-volunteer/>**Services:** Pregnancy testing and education regarding pregnancy and fetal development, and educational services for pregnancy options.**Planned Parenthood, Effingham Health Center**

500 N. Maple, Suite C, Effingham, IL 62401

**Phone: (217) 347-7920****Website:** <http://www.plannedparenthood.org/>

**Services:** Sexual and reproductive health issues such as abortion, birth control, HIV Testing, Morning-After pill, Men and Women's health care, STD testing treatment and vaccines, pregnancy testing. Walk-in services available for certain types of service.

**Poison Control Center**

**Hotline 1-800-222-1222**

**St. Anthony's Memorial Hospital**

503 N Maple, Effingham, IL 62401

**Phone: (217) 342-2121**

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

**Services:** Labor & Delivery, breastfeeding, newborn care, new brother/sister classes, nutrition, general hospital services. Call for complete listing of services available.

**Illinois Healthy Women**

State of Illinois

**Phone: 1-800-226-0768**

**Services:** Family planning, birth control program.

**Sarah Bush Lincoln Dental Services**

Serves large area, including Effingham County

**Phone: 1-877-511-2602**

**Services:** Dental services for women and children.

**HOUSING ASSISTANCE/AFFORDABLE OPTIONS**

**Effingham County Housing Authority**

215 N. Banker., Effingham, IL 62401

**Phone: (217) 342-3520**

**Services:** Apartment rental assistance to low income families or individuals. 1 – 4 bedroom units available in Effingham and surrounding communities.

**Lake Pointe Apartments**

1706 Ford Ave., Effingham, IL 62401

**Phone: (217) 342-5514**

**Services:** Apartment rent based on income, 1-3 bedroom units available.

**Slate Creek Apartments**

2301 Veterans Dr., Effingham, IL 62401

**Phone: (217) 347-5616**

**Services:** Income-based rent, seniors and those with disabilities.

**Village Apartments of Effingham**

101 Hendelmeyer Ave., Effingham, IL 62401

**Phone: (217) 347-0127**

**Services:** 1-2 bedroom apartments, income-based rent, for seniors. Handicapped and disabled available also. Family units up to 3 bedrooms with rent adjustment.

*(Also see C.E.F.S. and USDA Rural Development; call for information regarding programs for first-time home-buyers, and general assistance for low-income families who wish to buy a home.)*

## LEGAL SERVICES

### **Land of Lincoln Assistance Foundation Inc.**

80 Broadway Avenue, Suite 101, Mattoon, IL 61938

**Phone:** (217) 235-4063

**Services:** Legal services at reduced cost or income-based, and some pro-bono work depending on issues.

## LIBRARIES

### **Altamont Public Library**

121 W Washington, Altamont, IL 62411

**Phone:** (618) 483-5457

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

**Services:** Public library – check out books, videos for children and adults, computers available, etc. Hours: Mondays, Tuesdays, Wednesdays 2 – 7pm, Thursdays 5 – 8pm, Fridays 2 – 6pm, Saturdays 9am – 1pm.

### **Helen Matthes Library**

100 E Market, Effingham, IL 62401

**Phone:** (217) 342-2464

**Website:** [www.effinghamlibrary.org](http://www.effinghamlibrary.org)

**Services:** Public library – check out books, videos for children and adults, computers available, etc. Classes for adults, activities for youth, teens, and adults including summer reading program. Library card not required for activities, Altamont card accepted for check-out items. Check out website for calendar of activities.

## SPECIAL NEEDS ASSISTANCE

### **ARC Community Support Systems**

618 W. Main St., Teutopolis, IL 62467

**Phone:** (217) 857-3186

**Website:** <http://www.arc-css.org/facilities.html>

**Services:** Counseling services, development training center, child and family connections, respite services, community employment services and children's programs for developmentally disabled individuals.

### **FAYCO Enterprises, Inc.**

1313 Sunset Dr., Vandalia, IL 62471

**Phone:** (618) 283-0638

**Website:** <http://fayco.org/>

**Services:** Medical and psychological evaluations for prospective clients, developmental employment training, day treatment centers and residential homes for developmentally disabled individuals 16 years old or older.

### **OFACIL, Opportunities for Access, Independent Living**

Effingham Satellite Office, 102 Greenview Dr., Effingham, IL

**Phone:** (217) 342-5521

**Website:** <http://ofacil.org/>

**Services:** Employment preparation, skills counseling, pharmaceutical procurement, adaptive equipment selection, disability awareness training, integrative services, free TTYs, free amplified phones, personal assistant program, advocates trained in reintegration services.

**Effingham County Committee on Aging (ECCOA)**

209 S Merchant, Effingham, IL 62401

**Phone: (217) 347-5569**

**Services:** Information, assistance, Community Care, nursing home screening, activities, insurance counseling, tax preparation, legal assistance, Elder Abuse, case management, Ombudsman, Grandparents Raising Grandchildren group.

**Division of Specialized Care for Children**

1102A Southwest St, Olney, IL

**Phone: (618) 395-8461 or 1-888-841-3232**

**Services:** Care coordination, diagnostic screening for children with specialized health needs, financial help with medical needs.

**Child and Family Connections**

1901 S 4<sup>th</sup> St, Ste 209, Effingham, IL 62401

**Phone: (217) 347-5601 or 1-888-459-5437**

**Services:** Family support, parent training for children with disabilities, workshops, early childhood intervention.

**Illinois Department of Rehabilitation Services**

Mattoon, IL

**Phone: (217) 235-3154**

**Services:** Home care services, vocational rehabilitation services, employment counseling and assistance for people with disabilities.

**The Autism Program**

Charleston, IL

**Phone: (217) 348-3869**

**Services:** Resources and assistance for children and families with autism and other challenges. Group activities and workshops, learning materials, daily living activity resources and materials. Also serves Effingham County.

**SUBSTANCE ABUSE**

**Diel Counseling Services**

444 S. Willow, Effingham, IL 62401

**Phone: (217) 347-7384**

**Website: <http://dielcounseling.com/>**

**Services:** Comprehensive services for substance abuse including individual and family counseling, DUI related services, and Children of Divorcing Parents classes.

**Effingham Assembly of God**

3200 S Banker, Effingham, IL 62401

**Phone: (217) 536-6099**

**Services:** Life recovery program for drug and alcohol abuse.

**Alcoholics and Narcotics Anonymous Support Groups**

NA/AA District 13

**Phone: 1-866-591-5867**

## NA

Immanuel Lutheran Church  
203 E Division St, Altamont, IL 62411

- Meets Sunday at 7p.m.

First Presbyterian Church  
600 W. Temple, Effingham, IL 62401

- Meets Monday at 7 p.m. (open)

Christ's Church  
2511 Veterans Dr, Effingham, IL 62401

- Meets Tuesday at 12.00 p.m. (open)
- Meets Thursday at 12:00 p.m.

## AA

Watson Civic Center  
806 W. Franklin, Watson, IL 62473

- Meets Sundays at 7 p.m. (open)
- Meets Saturdays at 8 p.m. (open)

First United Methodist Church  
308 N. 2nd St, Altamont, IL 62411

- Meets Mondays at 8 p.m. (open)

Centenary United Methodist Church  
203 E. Grove, Effingham, IL 62401

- Meets Tuesdays at 8 p.m. (open)
- Meets Wednesdays at 7 p.m.
- Meets Thursdays at 7 p.m. (open)
- Meets Fridays at 8 p.m. (closed)

## Al-ANON Group (offers help/hope to family and friends of alcoholics)

Centenary United Methodist Church  
203 E. Grove, Effingham, IL 62401

- Meets Mondays at 5 p.m.
- Meets Tuesdays at 8 p.m.

## Substance Abuse Hotlines for Help:

1-800-999-9999 National Directory of Hotlines and Crisis Intervention Centers

1-800-662-HELP Drug and Alcohol Rehab/Treatment Referral Service

[Alcoholics Anonymous 24 hour helplines](#) by zip code

[Narcotics Anonymous hotlines and helplines](#)

1-800-356-9996 Al-Anon & Alateen crisis line

1-800-COCAINE National Cocaine Hotline, 24-hour counseling and referral

1-800-9-HEROIN National Heroin Hotline

1-888-MARIJUA National Marijuana Hotline

*(Also see Heartland Human Services listed under Counseling and Crisis Management; call for substance abuse programs)*

## TRANSPORTATION

### **Central Illinois Public Transportation (CIPT)**

1805 S. Banker St., Effingham, IL

**Phone:** (217) 342-2193 or 1-855-755-CIPT

**Services:** Provides a variety of transportation, including medical. One way trips in county \$1-\$2, suggested donation for passengers age 60 and over, monthly passes available. Reservations must be made 24 hours in advance. All vehicles are wheelchair accessible. Transportation hours 6am – 6pm, Dispatch hours 8:30am – 4:30pm.

### **Rides Mass Transit**

1200 W Poplar St, Harrisburg, IL

**Phone:** 1-877-667-6123

**Services:** Provides a variety of transportation, including medical. One way trips in county \$.75 to \$2, discounted tickets available, monthly passes available, seniors ride free with ID card. Saturday recreational trips. Wheelchair accessible vehicles available. Transportation hours: 6am – 6pm Monday through Saturday, Dispatch hours: 8am – 5pm Monday through Friday. Same day service may be available.

## VETERANS ASSISTANCE

### **Illinois Department of Veterans' Affairs, Veteran's Assistance Commission**

104 N. Fourth Street, Effingham, IL

**Phone:** (217) 342-8493

**Services:** Assisting and linking veterans to the proper offices to receive benefits.

### **American Legion**

110 N. Main St, Altamont, IL

200 W. Washinton Ave, Effingham, IL

**Phone:** (618) 322-9496

**Phone:** (217) 342-3655

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

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

**Services:** The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans. The American Legion is a nonpartisan, not-for-profit organization with great political influence perpetuated by its grass-roots involvement in the legislation process from local districts to Capitol Hill. Legionnaires' sense of obligation to community, state and nation drives an honest advocacy for veterans in Washington. The Legion stands behind the issues most important to the nation's veterans community, backed by resolutions passed by volunteer leadership.

### **VFW**

302 W. Cumberland Rd, Altamont, IL

2304 Veterans Dr., Effingham, IL

**Phone:** (618) 483-6344

**Phone:** (217) 342-3372

**Website:** <https://www.vfwil.org/Calendar.asp?show=department>

*(Calendar of Events)*

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

**Services:** Assisting and linking veterans to the proper offices to receive veteran's benefits, as well as advocating for change and improvements for veterans on a national level.

## YOUTH SERVICES

### **Mid-Illinois Big Brothers Big Sisters**

10421 N US Hwy 45, Effingham, IL

**Phone:** (217) 540-1413

**Website:** [www.joinssomethingbig.org](http://www.joinssomethingbig.org)

**Services:** One-on-one mentoring program for children ages 5-13. Children are matched with screened, trained adult volunteers from the community for the purpose of developing a relationship based on friendship, support, and encouragement. Programs available include: School-based program at Altamont Grade School and Community-based program (outside of school) that is county-wide. Call for more information.

### **Unit #40 Mentoring Program**

10421 N US Hwy 45, Effingham, IL

**Phone:** (217) 540-1413

**Services:** One-on-one mentoring program for Unit #40 students in grades 3-12. Children are matched with adult volunteers from the community for the purpose of developing a relationship based on friendship, support, and encouragement. Mentors and children meet at school once each week during the student's lunch hour. Call for more information.

*(See also "Counseling/Crisis Management", "Education/Literacy", "Libraries", and "Special Needs".)*