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## **Safe Path Survivor Resources**

**General: 563-326-9191**

**24 Hr. Crisis 309-797-1777 OR 563-**

**326-9191**

<http://famres.org/>

2800 Eastern Avenue

Davenport, IA 52803

Our mission is to create a community free of violence through education, counseling, prevention, and advocacy.

## **Quad Cities Rape/Sexual Assault Counseling Program**

**General: 309-797-6534**

**24 Hr. Crisis 309-797-1777**

<http://famres.org/>

1521 47th Avenue

Moline, IL 61265

(Serves Rock Island, Mercer, and Henry County)

Rape and domestic violence are crimes of violence motivated by a need to show power or to express anger against another person. Violence thrives on shame, secrecy, and silence. Thousands of people are served by Safe Path Survivor Resources each year. If you or a loved one are ever in doubt, call us and we will help you through whatever you are experiencing. If you have been raped or sexually assaulted, we are here for you.

# University of Illinois College of Medicine at Rockford

## CAMPUS RESOURCES

**Student Health and Wellness  
Center & Counseling Services**  
**815-395-5870**

<http://rockford.medicine.uic.edu/education/md-student-services-and-support/student-health-wellness/>

1601 Parkview Ave., room N115 first floor, north building  
Rockford, IL 61104

Monday: 8 a.m. to 4 p.m. open through lunch

Tuesday: closed

Wednesday: 9 a.m. to 7 p.m. open through lunch

Thursday: 8 a.m. to 4 p.m. open through lunch

Friday: 8 a.m. to 10 a.m. laboratory services

Same day appointments and evening hours available.

University Student Health and Wellness at Parkview serves all registered students at the University of Illinois Rockford campus, including those enrolled in medical biotechnology, medicine, nursing, pharmacy, and public health.

**L.P. Johnson  
Family Health Center**  
**815-972-1000**

<http://rockford.medicine.uic.edu/patient-care/l-p-johnson-family-health-center/family-health-center-faculty/>

1221 E State St.  
Rockford, IL 61104

The L.P. Johnson Family Health Center (FHC) is a comprehensive family medicine teaching facility associated with the University Of Illinois College Of Medicine at Rockford Family Medicine Residency Program.

We proudly offer university-level: General wellness, acute and chronic care for all ages, women's health; including OB, endometrial biopsies, colposcopies, preventive and prenatal care. Smoking cessation counseling, joint injections, minor wound care, behavioral health services, on-site lab, EKG and stress testing.

# University of Illinois College of Medicine at Rockford

## CAMPUS RESOURCES

**Family Counseling Services**  
**815-962-5585**

<http://www.familycounselingrockford.org>

210 N Longwood St  
Rockford, IL 61107

Family Counseling Services provides professional counseling for a broad spectrum of challenges and concerns that you may face. You may be dealing with family stresses as a result of a job loss. Perhaps your child is trying to cope with cyber bullying issues that are becoming prevalent on social media sites. Or maybe a loved one is fighting with a clinical issue such as depression or anxiety.

**Alcoholics Anonymous**  
**815-968-0333**

<http://rockfordaa.org>

4040 Charles St, Suite 210  
Rockford, IL 61108

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**OSF Saint Anthony  
Medical Center**  
**815-226-2000**

<https://www.osfhealthcare.org/saint-anthony/>

5666 E State Street  
Rockford, IL 61108

OSF Saint Anthony Medical Center in Rockford, Ill., has been committed to providing the highest quality care for more than 100 years. OSF Saint Anthony is a 254-bed tertiary care facility on a 100-acre campus on the east side of Rockford. Patients from a 10-county area come to us for medical services, including the Level I Trauma Center, Illinois Neurological Institute, Center for Cancer Care, cardiovascular services, surgical services and more. Always check to make sure your insurance is accepted ahead of time.

# University of Illinois at Springfield

## UNIVERSITY RESOURCES

Where can I seek help?

Several University and local services are available to help students and employees who have problems with alcohol or other drugs.

**Human Resources  
(Employees)  
217-206-6652**

<https://www.uis.edu/humanresources/>  
HRB, Rm 30

**Counseling Center  
(Students)  
217-206-7122**

<https://www.uis.edu/counselingcenter/>  
SAB, Rm 64

Be sure to check whether your health insurance, including student health insurance or your family's health insurance, covers any charges for private therapists.

# University of Illinois at Springfield

## COMMUNITY RESOURCES

**Gateway Foundation**  
**877-505-4673**

<http://recovergateway.org>

2200 Lake Victoria Drive  
Springfield, IL 62703

Gateway Alcohol & Drug Treatment Centers specializes in providing substance abuse treatment to help you, or someone you love get life back on track.

# University of Illinois at Springfield

## SUPPORT GROUPS

There are no fees or dues for these groups, which meet anonymously to discuss and resolve problems common to members.

**Alcoholics Anonymous**  
**217-525-5795 (24 hours)**

<http://aaspringfield.org/>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**Alanon/Alateen**

<http://www.siafg.org/district-19.html>

This is a recovery group for family members of alcoholics and teen alcoholics. Access the website above to take a self-test to determine if Al-Anon/Alateen is right for you or find meetings in several cities in Northern Illinois.

**Narcotics Anonymous**  
**800-539-0475 (24 hours)**

<http://www.ltdana.com>

This group pursues recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.



# University of Illinois at Urbana-Champaign

## UNIVERSITY RESOURCES

**Counseling Center**  
**217-333-3704**

<https://counselingcenter.illinois.edu>  
206 Turner Student Services Building  
610 East John Street  
Champaign, IL 61820

Individual and group counseling for students with substance abuse problems. Consultation with any student, staff, or faculty member concerned about a student's substance abuse problem.

**Counseling Center's  
Alcohol and Other Drugs  
Office (AODO)**  
**217-333-7557**

<https://counselingcenter.illinois.edu>

Workshops and education programs regarding alcohol and other drugs. Alcohol assessments and referrals for students.

**McKinley Mental Health Clinic**  
**217-333-2701**

<http://mckinley.illinois.edu>  
1109 S Lincoln Ave #313  
Urbana, IL 61801

McKinley Health Center serves the students at the University of Illinois at Urbana-Champaign. The Health Service Fee, which is paid as part of your enrollment, provides the funds to prepay many of your health care needs.

**Faculty/Staff Assistance  
Program**  
**217-244-5312**

<https://fsap.illinois.edu>

Confidential problem assessment, referral and follow-up. Community resource information.

**C-U MTD Safe Rides**  
**217-265-7433**

<https://www.cumtd.com/riding/saferides>

Safe rides is a limited MTD service that provides safe transportation for individuals who are generally traveling alone when no other means of safe transportation is available.

**UIPD Safe Walks**  
**217-333-1216**

<https://www.cumtd.com/go-green/walking>

Mobile app available.

# University of Illinois at Urbana-Champaign

## COMMUNITY RESOURCES

Be sure to check whether your student or family's health insurance covers any charges for private therapists.

**The Pavilion**  
**217-373-1700**

<https://www.pavilionhospital.com>

809 W. Church St.

Champaign, IL 61820

We provide a safe and nurturing environment where children, adolescents, adults and senior adults can find hope and healing from emotional, psychiatric and addictive diseases.

**Rosecrance Center**  
**217-328-4500**

**24-hour hotline 217-356-7576**

<http://www.prairie-center.org>

718 W Killarney St.

Urbana, IL 61801

801 N. Walnut Street (New Location)

Champaign, IL

Addiction can happen to anyone. It brings devastating consequences and leaves deep impacts on the lives of loved ones. Prairie Center is here for you.

# University of Illinois at Urbana-Champaign

## SUPPORT GROUPS

There are no fees or dues for these groups, which meet anonymously to discuss and resolve attendees' common problems.

**Alcoholics Anonymous**  
**217-373-4200**  
**(24 hours)**

<http://aa-eci.org/meetings/>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions

**Alanon/Alateen**

<http://www.siafg.org>

This is a recovery group for family members of alcoholics and teen alcoholics. Access the website above to take a self-test to determine if Alanon/Alateen is right for you or find meetings in several cities in Illinois.

**Narcotics Anonymous**  
**800-539-0475**  
**(24 hours)**

<http://www.ppana.org>

The Primary Purpose Area of Narcotics Anonymous serves Champaign, Urbana, Danville, Hoopston, Rantoul, and Tilton, Illinois. We hold regularly scheduled meetings within these cities. Any questions you might have about Narcotics Anonymous or this website can be directed to [request@ppana.org](mailto:request@ppana.org)

# Online Resources

Learn more about addiction and substance abuse at the following sites:

## **Addiction Intervention Resources**

<http://addiction-intervention.com>

## **Illinois Institute for Addiction Recovery**

<http://www.addictionrecov.org>

## **National Institute on Drug Abuse**

<https://www.drugabuse.gov/>

## **Substance Abuse and Mental Health Services Administration**

<http://www.samhsa.gov>

## **Drug Rehab**

<https://www.drugrehab.com/addiction/homelessness/>  
<https://www.drugrehab.com/support/>

# Glossary

Below is a description of selected terms used in this resource guide.

## **Alcohol Assessment**

This is an evaluation for an individual to determine if he/she has a problem with alcohol. Often in cases of DUI/DWI, courts mandate an individual to undergo an assessment as well as an education program as part of the sentencing.

An alcohol and drug assessment or evaluation may be a simple phone interview with a clinician, perhaps a face-to-face meeting with a counselor or even a more comprehensive process where an individual participates in a series of tests. Whatever the form, an assessment is the place to start in the treatment/rehab plan.

## **Confidential**

Information is kept private and will not be disclosed without the consent of the individual. For example, details disclosed during the individual counseling sessions are kept private by the counselor, including name.

## **Detoxification**

This is the treatment for addiction to drugs or alcohol intended to remove the toxic substances from the body as well as the physiological effects of the addictive substances.

## **Driving While Intoxicated/ Driving Under the Influence**

The criminal law offense of operating a vehicle after having consumed an amount of alcohol sufficient to raise one's blood alcohol content above a legal limit, commonly referred to by the acronym DWI. State statutes vary as to what that level is, but it ranges from .08 to .10. Also known as Driving Under the Influence (DUI), which, in some jurisdictions, means that the driver had a lower level of intoxication than DWI, but was still impaired. In some jurisdictions, the term driving while impaired is used.

**Outpatient Program**

Outpatient substance abuse treatment is provided in a licensed outpatient facility which provides regularly scheduled individual, group and/ or licensed family counseling. Services may be provided to patients discharged from a more intensive level of care, but are not necessarily limited to this.

**Residential/Inpatient Program**

These are programs in which individuals with substance abuse problems live on site in program housing as they undergo a course of individual and group activities and treatment. These are often group living environments, such as a converted apartment building or a single-family home. Although such facilities do not usually have restricted or secure exit and entry ways, residents may be required to follow strict rules to remain in the programs.

Such programs are usually for drug abusers who have not had success in other programs. It is also for those who want to avoid temptation and the stress of being around work, family and friends. These programs provide intense treatment and supervision opportunities, not to restrict the drug abuser, but to help them to succeed.

**Transitional Housing Program**

These are programs that provide housing, treatment, and appropriate support services to homeless persons with substance abuse problems and facilitates movement to independent living.

*Updated: 2019-2020  
Information is subject to change.*