

SAFE AND HEALTHY LIVING:

A Resource List for Immigrant Families



SAFE AND HEALTHY LIVING

A RESOURCE LIST FOR IMMIGRANT FAMILIES

Over the course of the last few years, the State of Illinois has experienced cuts to social services vital to a community's survival. Shortages in service have been compounded by the contentious immigration climate, inciting fear amongst communities across the state. This list is meant to highlight the resilience and resourcefulness that many communities have leveraged despite being confronted with such challenges. For them, resilience is beyond surviving, it's thriving. The Forum does not endorse or recommend any particular service provider. What is offered is a list for general information purposes.

Resource List Development Process:

The potential for detention or deportation incites uncertainty for many immigrant families and their children in regards to job, food, and housing security. The majority of resources and services listed are cost friendly, if not free, and is culturally and linguistically responsive to the needs of Latinos.

The list compiles relevant resources identified by the Forum's immigration, education, and housing departments. Additionally, the Forum received consent from various partner organizations to reference services relevant to immigrant and refugee communities.

In April of 2016, the Illinois Coalition for Immigrant and Refugee Rights (ICIRR) released an immigration services directory that lists services and a healthcare assistance guidance for Illinois that helped to inform this list. Additionally, the Forum included resources developed by the *You are not Alone* campaign; they provide guidance on culturally sensitive mental health services, emergency services, and self-care strategies. This campaign draws from the work of several organizations and coalitions which includes but is not limited to: Lurie's Hospital, One Chicago, Coalition for Immigrant Mental Health/ICRR, the Illinois Child Trauma Coalition (ICTC), and the Illinois Department of Human Services.

Below is a summary of the content:

PART ONE: Meeting your Immediate Needs

This section identifies resources and services related to immigration services directory, detention centers, continuums of care, housing, and food pantries. Information provides location, whether it is free of cost, if it is available in Spanish, and how to get in contact with service provider.

PART TWO: Planning for Long-term

This section highlights the importance of developing healthy strategies to manage stress. Resources include detailed self-care strategies, links to materials that aid families with young children who may have experienced trauma, mental health services, and emergency care.

TABLE OF CONTENTS

MENTAL HEALTH PROVIDERS

04

SELF CARE

07

ADDITIONAL RESOURCES: MENTAL HEALTH

07

DIRECTORY OF LEGAL RESOURCES

11

ADDITIONAL RESOURCES: LEGAL

14

DETENTION CENTERS AND SCHEDULE

15

HOUSING ASSISTANCE

20

FOOD PANTRIES









22

MENTAL HEALTH: PROVIDERS AND SERVICES


The Forum does not endorse or recommend any particular service provider, but we offer this as general information. The following service providers were identified by the Illinois Childhood Trauma Coalition (ICTC). The coalition has created a broad network of agencies that work with children and families.

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		ALIVIO MEDICAL CENTER 2355 S. Western Ave Chicago, IL 60608 Phone Number: (773) 650-1201 Services: Therapy for adults, children, and adolescents / family therapy	Chicago
		ERIE NEIGHBORHOOD HOUSE: PROYECTO CUÍDATE 4225 W. 25th St Chicago, IL 60623 Phone Number: (773) 542-7617 ext.31 Services: Therapy for adults, children, and adolescents / parenting classes	Chicago
		CENTRO DE SALUD ESPERANZA 2001 S. California Chicago, IL 60608 Phone Number: (773) 584-6200 Services: Therapy for adults, children, and adolescents	Chicago
		HOSPITAL MOUNT SINAI 2653 W. Ogden, Floor 2 Chicago, IL 60608 Phone Number: (773) 257-5300 Services: Therapy for adults, children, and adolescents / family therapy	Chicago
		PROGRAMA BIENESTAR COMUNITARIO DE HOSPITAL SAINT ANTHONY 2826 W. Cermak Rd Chicago, IL 60623 Phone Number: (773) 523-5079	Chicago
		ANN & ROBERT LURIE CHILDREN'S HOSPITAL OF CHICAGO 225 E. Chicago Chicago, IL 60611 Phone Number: (312) 227-6039 Services: family therapy, therapy, intervention of a crisis, urgent care	Chicago
		ARAB AMERICAN FAMILY SERVICES 9044 S. Octavia Bridgeview, IL Phone Number : (708) 599-2237 Services: family therapy, therapy, intervention of a crisis, urgent care Note: Need referral from DCFS	Bridgeview

MENTAL HEALTH: PROVIDERS AND SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
	 ESPAÑOL	BARR-HARRIS CHILDREN'S GRIEF CENTER, CHICAGO INSTITUTE FOR PSYCHOANALYSIS 122 S. Michigan Ave. Suite 300 Chicago, IL 60603 Phone Number: (312) 922-7474 Note: Need referral from DCFS	Chicago
	 ESPAÑOL	CASA CENTRAL 1349 N. California Chicago, IL Phone Number: (773) 645-2376 Servicios: Terapia Familiar y terapia de juego para niños Nota: necesita tener un hijo entre la edad 0 a 5	Chicago
	 ESPAÑOL	HEARTLAND ALLIANCE 4822 N. Broadway Chicago, IL Phone Number: (773) 830-5439 Services: family therapy, therapy, intervention of a crisis, and urgent care	Chicago
	 ESPAÑOL	MARJORIE KOVIAR CENTER 1331 W. Albion Chicago, IL 60626 Phone Number: (773) 381-4070 Services: Therapy, Family Therapy, and Medication Evaluation	Chicago
	 ESPAÑOL	OUNCE OF PREVENTION 4859 S. Wabash Chicago, IL Phone Number: (773) 496-5407 Services: Short-term therapy and mental health consultation	Chicago
		CHILDREN'S RESEARCH TRIANGLE 70 E Lake Street, Suite 1300 Chicago, IL 60601 Phone Number: 312-726-4011 Services: Consultation Developmental consultation, Screening, Infant Massage, Parent Education, and Therapy	Chicago

MENTAL HEALTH: PROVIDERS AND SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		COMMUNITY RESOURCE CENTER 421 W. Main St. Vandalia, IL 62471	Chicago
		PATHWAYS PSYCHOLOGY SERVICES 4255 Westbrook Drive Unit 206 Aurora, Illinois 60504 Phone Number: (630) 581-2374 Spanish-Speaking Provider: Maria M Lopez	Aurora
		LEYDEN DUPAGE COUNSELING SERVICES 2000 West Galena, Suite 308 Aurora, Illinois 60506 Phone Number: (877) 453-3411	Aurora
		ROSECRANCE BERRY CAMPUS 8616 Northern Ave Rockford, Illinois 61107	Rockford
		PORTRAIT HEALTH CENTERS - COUNSELING SERVICES 62 S. Madison Street Oswego, Illinois 60543 Payment: Insurance or sliding scale OR PORTRAIT HEALTH CENTERS - COUNSELING SERVICES 175 E. Hawthorn Pkwy #235 Vernon Hills, IL 60061 Fee: Insurance or sliding scale	Oswego/ Vernon Hills
		LIVE OAKS 1300 W. Belmont Ave. Suite 400 Chicago, IL 60657 Phone Number: (773) 880-1310 Fee: Sliding scale from \$35-\$160	Chicago
		CICERO FAMILY SERVICE: FAMILY AND MENTAL HEALTH 5341 Cermak Rd, Cicero, IL 60804 Phone Number: (708) 656-6430	Cicero
		PATHWAYS PSYCHOLOGY SERVICES 4255 Westbrook Drive Unit 206 Aurora, Illinois 60504 Phone Number: (630) 581-2374 Spanish-Speaking Counselor: María M López	Aurora

SELF CARE

Mental health is a critical aspect of health. It is important to identify situations and circumstances that generate chronic stress and find strategies that help manage that stress.

Chronic Stress: Any stress that the body is subjected to for a prolonged period or on a single occasion with prolonged negative effects.

Resources for Children and Adolescents

NAME AND RESOURCE DETAILS
<p>CRISIS TEXT LINE Website : http://www.crisistextline.org</p>
<p>NATIONAL SUICIDE PREVENTION LIFELINE Website: www.suicidepreventionlifeline.org Phone Number: 1 (800) 273-8255</p>
<p>TO WRITE WITH LOVE ON THEIR ARMS Website: http://twloha.com</p>
<p>CARES CRISIS LINE, SASS SERVICES Website: http://www.dhs.state.il.us/page.aspx?item=64971 Phone Number : 1 (800) 345-9049 or (773) 523-4504</p>
<p>CRISIS/EMERGENCY MENTAL HEALTH PROVIDERS ACROSS ILLINOIS Website: http://www.dhs.state.il.us/page.aspx?item=30893</p>

Resources for Parents and Families

NAME AND RESOURCE DETAILS						
<p>LOOK THROUGH THEIR EYES Website: www.lookthroughtheireyes.org</p>						
<p>CHILD MIND INSTITUTE Website: http://childmind.org/article/youre-worried-suicide</p>						
<p>CITY OF CHICAGO - OFFICE OF NEW AMERICANS AND 311 CITY SERVICES Website: http://www.cityofchicago.org/city/en/depts/mayor/provders/office_of_new_americans.html and 311</p>						
<p>ANN & ROBERT H. LURIE CHILDREN'S HOSPITAL OF CHICAGO Website: www.luriechildrens.org KIDS DOC Phone Number: 1 (800) 543-7362</p>						
<p>MOUNT SINAI HOSPITAL BRIGHTPATH Two Locations:</p> <table border="0"> <tr> <td>Under the Rainbow</td> <td>St. Casimir Center</td> </tr> <tr> <td>1500 S. California</td> <td>2601 W. Marquette</td> </tr> <tr> <td>Phone Number: (773) 257-4750</td> <td>Phone Number: (773) 565-2550</td> </tr> </table>	Under the Rainbow	St. Casimir Center	1500 S. California	2601 W. Marquette	Phone Number: (773) 257-4750	Phone Number: (773) 565-2550
Under the Rainbow	St. Casimir Center					
1500 S. California	2601 W. Marquette					
Phone Number: (773) 257-4750	Phone Number: (773) 565-2550					
<p>You Are Not Alone: Supporting Dreamers and Families of Undocumented Status (Facebook live)</p>						
<p>You Are Not Alone: A Webinar on Mental Health Resources for Marginalized Youth and Families (Webinar)</p>						
<p>Luriechildrens.org/youarenotalone</p>						

Self-Care Assessment Worksheet

Using the scale below, rate the following areas in terms of frequency.

After completing the assessment, choose one item from each area that will actively work for improvement. The objective is to identify areas for improvement and develop strategies to alleviate stress based on your needs.

4 = Frequently 3 = Occasionally 2 = Rarely 1 = Never

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from telephones
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience — listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving from others
- Be curious
- Say “no” to extra responsibilities sometimes
- Other:

SELF-CARE ASSESSMENT WORKSHEET (Continued)

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests
- Play with children
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)
- Other:

SELF-CARE ASSESSMENT WORKSHEET (Continued)

Workplace or Professional Self-Care

- Take a break during the workday (e.g. lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your clients and colleagues
- Balance your caseload so that no one day or part of a day is “too much”
- Arrange your work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

Balance

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play, and rest

Self-Care Strategies

(Compiled by V. Quiñonez, PsyD)

- 1** Maintain your normal routine and engage in healthy activities as a way to provide balance in your life and induce feelings of well-being.
- 2** Practice acceptance and take care of yourself by walking, meditating, listening to music, or whatever activity you find helpful.
- 3** Practice reflection and pay attention to your own reactions to stress, like a tightening of the muscles of your throat. If you can identify your own reactions to stress, you can then address them.
- 4** Engage in healthy communications and socialize in your community. By sharing experiences, you may feel good about yourself.
- 5** Limit your consumption of news and social media, like Facebook or Twitter, if you feel distressed.
- 6** Make a list of 10 to 15 things you are grateful for – such as your health or your family – to remind you of the people and things that provide you with strength and support.







DIRECTORY OF LEGAL RESOURCES

The following information was selected from the Immigration and Customs Enforcement Agency and the Immigrant Justice Organization. More can be found at the following website(s):











<https://www.ice.gov/detention-facility/jefferson-county-justice-center>

<https://www.ice.gov/detention-facility/pulaski-county-detention-center>










<http://immigrantjustice.org/sites/immigrantjustice.org/files/Chicago%20ICE%20Detention%20Facilities%20Contact%20Information%20July%202012.pdf>

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		ILLINOIS COALITION FOR IMMIGRANT AND REFUGEE RIGHTS (ICIRR) Family Support Website: http://www.icirr.org/our-work/1/details/19/red-de-apoyo-familiar Family Support Number: (1-855-435-7693) English/Spanish/Korean/Polish	
		LEGAL ASSISTANCE FOUNDATION OF METROPOLITAN CHICAGO 120 S. LaSalle , Suite # 900 Chicago, IL 60603 Phone Number: (312) 341-1070	Chicago
		HISPANIC LAWYERS ASSOCIATION OF ILLINOIS 321 South Plymouth Court, Suite #600 Chicago, IL 60604 Phone Number: (312) 554-2045 Immigration	Chicago
		CHICAGO LEGAL CLINIC PRO BONO PROGRAM 2938 E 91st St Chicago, IL 60617 Phone Number: (773) 731-1762	Chicago
		CENTRO ROMERO 6216 N. Clark St. Chicago, IL 60660 Phone Number: : (773) 508-5300 Website: www.charityadvantage.com/centroromero	Chicago
		LATINOS PROGRESANDO 3047 West Cermak Road Chicago, IL 60623 Phone Number: (773) 542-7077	Chicago
		CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO 1400 S. Austin Blvd. Cicero, IL 60804 Phone Number: (708) 222-1491	Cicero
		OUR LADY OF GUADALUPE SHRINE 1170 N. River Rd. Des Plaines, IL 60016 Phone: (312) 427-7078	Des Plaines
		CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO 671 S. Lewis Waukegan, IL 60085 Phone Number: (847) 782-4000	Waukegan

DIRECTORY OF LEGAL SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		CENTRO DE INFORMACIÓN 28 N. Grove Ave., Suite 200 Elgin, IL 60120 Phone Number: (847) 695-9050	Elgin
		MANO A MANO FAMILY RESOURCE CENTER 6 E. Main St. Round Lake Park, IL 60073 English: (847) 201-1521 Phone Number: (847) 201-1522	Round Lake Park
		CASA GUANAJUATO 1852 16th St. Moline, IL 61265 Phone Number: (309) 736-7727 Website: casaqc.org	Moline
		LA VOZ LATINA 4990 E. State St. Rockford, IL 61108 Phone Number: (815) 968-9681	Rockford
		ADMINISTER JUSTICE 1750 Grandstand Place, Suite 15 Elgin, IL 60123 Phone Number: (847) 844-1100 Website: www.administerjustice.org	Elgin
		ROCK VALLEY COLLEGE 303 N. Main Street Rockford IL 61101 Phone: (815) 921-2274 Website: www.rockvalleycollege.edu	Rockford
		SPANISH COMMUNITY CENTER 309 N. Eastern Avenue Joliet, IL 60432 Phone: 815-727-3683 Website: www.spanishcenter.org	Joliet
		ERIE NEIGHBORHOOD HOUSE 1347 W. Erie Chicago, IL 60642 Phone Number: (312) 666-3430 Website: eriehouse.org Immigration consultations on a walk-in (first-come, first-served) basis at the following sites: Tuesdays 8 AM, Saturdays 8:45 AM 1347 W Erie St Wednesdays 8:30 AM 1701 W Superior Fridays 8:30 AM 4225 W 25th St Note: Free Service provided to individuals and families who cannot afford service	Chicago

DIRECTORY OF LEGAL SERVICES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>FAMILY FOCUS AURORA 550 Second Ave Aurora, IL 60505 Phone Number: (630) 256-7017 Website: www.family-focus.org</p> <p>Note: Free Service provided to individuals and families who cannot afford service</p>	Aurora
		<p>CHICAGO VOLUNTEER LEGAL SERVICES FOUNDATION 33 North Dearborn Street Chicago, IL 60602 Phone Number: (312) 332-1624</p>	Chicago
		<p>JUSTICE FOR OUR NEIGHBORS <i>Aurora Clinic</i> 551 S 4th St Aurora, IL 60505 Phone Number: (630) 391-6906 First Saturday of every month</p> <p>OR</p> <p><i>Chicago Clinic</i> 2120 N Mozart St Chicago, IL 60647 Phone Number: (872) 333-1211 Fourth Saturday of every month</p> <p>OR</p> <p><i>Rockford Clinic</i> 214 N Court St Rockford, IL 61103 Phone Number: (815) 408-0498 Fourth Sunday of every month</p>	Aurora, Chicago, Rockford
		<p>HIGHLAND PARK – HIGHWOOD LEGAL AID CLINIC 1830 Green Bay Road, PO Box 256 Highland Park, IL 60026 Phone Number: (847) 926-1867</p>	Highland Park
		<p>NATIONAL IMMIGRANT JUSTICE CENTER 208 S LaSalle St Suite 1300 Chicago, IL 60604 Phone Number: (312) 629-1960</p>	Chicago
		<p>WEST SUBURBAN ACTION PROJECT (PASO) 3415 W North Ave Melrose Park, IL 60160 Phone: (708) 410-2000 Website: pasoaction.org</p>	Melrose Park

ADDITIONAL RESOURCES

NAME AND RESOURCE DETAILS
<p>IMMIGRATION AND CUSTOMS ENFORCEMENT FORMS OF THE UNITED STATES (Waiver of privacy to authorize disclosure to third parties, request for suspension of deportation or removal, change of address, appointment of lawyer, immigration bond, etc.) Available in Spanish Website: https://www.ice.gov/forms</p>
<p>GENERAL CONSULATE OF COLOMBIA 500 N Michigan Ave # 1950 Chicago, IL 60611 Phone Number: (312) 923-1196</p>
<p>GENERAL CONSULATE OF GUATEMALA 5559 N Elston Ave #100 Chicago, IL 60630 Phone Number: (312) 540-0781</p>
<p>GENERAL CONSULATE OF COSTA RICA 30 N Michigan Ave #1922 Chicago, IL 60602 Número Telefónico: (312) 470-0282</p>
<p>GENERAL CONSULATE OF MEXICO 204 S Ashland Ave Chicago, IL 60607 Phone Number: (312) 738-2383</p>
<p>GENERAL CONSULATE OF EL SALVADOR 177 N State St Chicago, IL 60601 Phone Number: (312) 332-1393</p>
<p>ILLINOIS MENTAL HEALTH TASK FORCE Ensures Access and information on Mental Health and Services for Immigrants and Refugees in Illinois Website : http://www.ilmh.org</p>
<p>ILLINOIS COALITION FOR IMMIGRANT AND REFUGEE RIGHTS An Organization that focuses on the rights of refugees and immigrants Website: http://www.icirr.org</p>
<p>ILLINOIS DREAM FUND Compilation of scholarships and grants available to undocumented students Website: www.illinoisdreamfund.org</p>
<p>NATIONAL IMMIGRANT JUSTICE CENTER Website: http://immigrantjustice.org</p>

DETENTION CENTERS AND SCHEDULES

The following information was referenced from the Immigration and Customs Enforcement Agency and the Immigrant Justice Organization. More information can be found at the following website(s):

<https://www.ice.gov/detention-facility/jefferson-county-justice-center>

<https://www.ice.gov/detention-facility/pulaski-county-detention-center>

<http://immigrantjustice.org/sites/immigrantjustice.org/files/Chicago%20ICE%20Detention%20Facilities%20Contact%20Information%20July%202012.pdf>

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>JEFFERSON COUNTY JUSTICE CENTER 911 Casey Avenue Mt Vernon, IL 62864 Phone Number: (618) 244-8015</p> <p>Visitation Schedule: Thursday, Saturday, and Sunday 10:30 AM-2:30 PM & 5:30- 9:30 PM</p> <p>Visitors should arrive 45 minutes for registration. Duration of visit is one hour.</p> <p>Requirements: Visitors under the age of 18 must be accompanied by another family member or a legally designated companion (18 years or older). For registration, you must bring government-issued identification Examples of government issued ID: 1. Valid driver's license 2. Secretary of State valid Personal identification card (with photo) 3. Identification Card of the Armed Forces</p> <p>To send mail, the following address is provided: Name of detainee, detainee number, detainee registration number</p> <p>Jefferson County Justice Center 911 Casey Avenue Mount Vernon, Illinois 62864 Adapted from : https://www.ice.gov/detention-facility/jefferson-county-justice-center</p>	<p>Mt. Vernon</p>

Adapted from: <https://www.ice.gov/detention-facility/jefferson-county-justice-center>

DETENTION CENTERS AND SCHEDULES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>TRI-COUNTY DETENTION CENTER 1026 Shawnee College Road Ullin, IL 62992 Phone Number: (618) 845-3512</p> <p>Visitation Schedule: Friday, 5-9 PM Saturday and Sunday , 9- 11 AM & 1- 3PM</p> <p>Visitors should arrive 45 minutes for registration. Duration of visit is half an hour.</p> <p>Requirements: Visitors under the age of 18 must be accompanied by another family member or a legally designated companion (18 years or older). For registration, you must bring government-issued identification Examples of government issued ID: 1. Valid driver’s license 2. Secretary of State valid Personal identification card (with photo) 3. Identification Card of the Armed Forces</p> <p>To send mail, the following address is provided: Name of detainee, detainee number, detainee registration number</p> <p>Tri-County Detention Center 1026 Shawnee College Road Ullin, Illinois 62992</p>	<p>Ullin</p>

Adapted from: <https://www.ice.gov/doclib/dro/facilities/pdf/tricoil.pdf>

DETENTION CENTERS AND SCHEDULES (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>MCHENRY COUNTY JAIL 222 N. Seminary Ave Woodstock, IL 60098 Phone Number: (815) 338-9396</p> <p>Visitation Schedule:</p> <p>Females: Sunday: 9 -11 AM Thursday: 9 -11 AM, 12:30 -1:30 PM, 2:30-3:30 PM, & 6 - 9 PM Saturday: 9 -11 AM</p> <p>Males: Sunday: 12:30 - 1:30 PM, 1:30-3:30 PM, & 6:30 - 9 PM Monday - Wednesday - Friday: 9 -11 AM, 12:30 -1:30 PM, 2:30-3:30 PM, & 6 - 9 PM Tuesday: 9 -11 AM, 12:30-1:30 PM, & 2:30-3:30 PM Friday: 9 -11 AM, 12:30 -1:30 PM, 2:30-3:30 PM, & 6 - 9 PM</p> <p>Requirements: Need to register online before hand/offer video visitation www.mchenrysheriff.org Max 2 visitors over the age of 17 with appropriate forms of identification</p> <p>To send mail, the following address is provided: Name of detainee, detainee number, booking number</p> <p>McHenry County Jail 222 N. Seminary Ave Woodstock, IL 60098</p>	<p>Woodstock</p>

Adapted from: <http://www.immigrationdetention.org/wiki/mchenry-county-jail/>

Juvenile Detention Centers

The Forum referenced a number of juvenile detention centers in Illinois identified by Northwestern's Center for Child Trauma Assessment, Services, and Interventions (CCTAS).

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		ADAMS COUNTY JUVENILE DETENTION CENTER 200 N. 52nd Street Quincy, IL 62301 Phone Number: (217) 277-2233	Quincy
		CHAMPAIGN COUNTY DETENTION CENTER 400 Art Bartell Drive Urbana, IL 61802 Phone Number: (217) 384-3780	Urbana
		COOK COUNTY DETENTION CENTER 1100 South Hamilton Ave Chicago, IL 60612-4284 Phone Number: (312) 433-7102	Chicago
		FRANKLIN COUNTY JUVENILE DETENTION CENTER 409 East Washington Benton, IL 62812 Phone Number: (618) 438-2222	Benton
		KANE COUNTY JUVENILE DETENTION CENTER 37 W. 655, Rt. #38St. Charles, IL 60175 Phone Number: (630) 406-7480	St. Charles
		MARY DAVIS DETENTION HOME 1319 East Fifth Street Galesburg, IL 61401 Phone Number: (309) 343-5112	Galesburg
		HULSE DETENTION CENTER - LAKE COUNTY 25467 N. Milwaukee Ave. Vernon Hills, IL 60061 Phone Number: (847) 377-7825	Vernon Hills
		MADISON COUNTY DETENTION CENTER 100 West Fifth Ave. Edwardsville, IL 62025 Phone Number: (618) 692-1064	Edwardsville
		MCLEAN COUNTY DETENTION CENTER 903 North Main Street Normal, IL 61761 Phone Number: (309) 888-5550	Normal

Juvenile Detention Centers (Continued)



FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		LASALLE COUNTY DETENTION HOME 707 Etna Road Ottawa, IL 61350 Phone Number: (815) 434-8383	Ottawa
		PEORIA COUNTY DETENTION CENTER 223 N. Maxwell Road Peoria, IL 61604 Phone Number: (309) 697-8515	Peoria
		ST. CLAIR COUNTY DETENTION CENTER 9006 Lebanon Road Belleville, IL 62223 Phone Number: (618) 397-0766	Belleville
		SANGAMON COUNTY/CUSTODY SERVICES DIVISION 2201 S. Dirksen Parkway Springfield, IL 62703 Phone Number: (217) 753-6887	Springfield
		RIVER VALLEY JUSTICE CENTER, WILL COUNTY JUVENILE DETENTION CENTER 3200 W. McDonough St. Joliet, IL 60436 Phone Number: (815) 730-7100	Joliet
		VERMILION COUNTY JUVENILE DETENTION CENTER 150 Sager Danville, IL 61832 Phone Number: (217) 431-6691	Danville
		WINNEBAGO COUNTY JUVENILE DETENTION CENTER 5350 Northrock Drive Rockford, IL 61103 Phone Number: (815) 516-2980	Rockford

HOUSING ASSISTANCE





The following resources were identified from the housing and homelessness Continuum of Care directory listed by the U.S. department of Housing and Urban Development. **For more information, visit: <https://www.hud.gov/states/illinois/homeless/coccontacts>**

Additionally, the Forum referenced the Illinois Department of Human Services handbook for Brighter Futures. **For more information, visit: <https://www.illinois.gov/dcf/brighterfutures/independence/Documents/Housing-Handbook.pdf> OR https://www.illinois.gov/dcf/brighterfutures/independence/Documents/Housing-Handbook_Spanish.pdf**

Emergency Housing

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		CENTRAL ILLINOIS CONTINUUM OF CARE (COC) Karen Zangerle, Path Crisis Center: (309) 834-0244	Central Illinois
		CHICAGO COC Call 311; When prompted, press button 4 for “short-term help”.	Chicago
		COOK COUNTY COC (excluding Chicago) Phone Number: (877) 426-6515	Cook County
		DECATUR COC Macon County Phone Number : (217) 362-7700 x 3014	Decatur
		DEKALB COC Phone Number: (815) 748-2060	DeKalb
		DUPAGE COC Phone Number : (630) 407-6500 (presione 0)	DuPage
		HEARTLAND COC Sangamon County Phone Number : (217) 753-3939	Sangamon
		HOMELESS ACTION COUNCIL Phone Number : (618) 277-6790 x3330	St. Clair
		JOLIET COC Phone Number : (815) 722-0722	Joliet

Emergency Housing (Continued)

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		KANE COUNTY COC Phone Number : (847) 697-2380	Kane County
		LAKE COUNTY COC Phone Number : (847) 377-2475	Chicago
		MCHENRY COUNTY COC Call 311 for more information on emergency housing Northwestern CoC Phone Number : (309) 793-6391 x108 21	McHenry
		PEORIA AREA HOMELESS CONSORTIUM YMCA Phone Number : (309) 685-7655	Peoria
		ROCKFORD/WINNEBAGO COC Phone Number : (844) 710-6919	Rockford/ Winnebago
		URBANA/CHAMPAIGN COC Phone Numbers: (217) 384-2447 (217) 384-2306 x409	Urbana/ Champaign
		LA CASA NORTE 3533 W. North Ave Chicago, IL 60647 Phone Number : (773) 276-4900	Chicago
		SAN JOSE OBRERO 1856 S. Loomis Chicago, IL 60608 Phone Number : (312) 243- 4347	Chicago

Adapted from: https://www.illinois.gov/dcf/brighterfutures/independence/Documents/Housing-Handbook_Spanish.pdf














Affordable Housing

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		BICKERDIKE REDEVELOPMENT CORPORATION 2550 W. North Ave. Chicago, IL 60647 Phone Number: (773) 278-5668	Chicago
		HISPANIC HOUSING DEVELOPMENT CORPORATION 325 N. Wells Street, 8th floor Chicago, IL 60654 Phone Number: (312) 602-6500	Chicago
		THE RESURRECTION PROJECT 1818 S. Paulina Ave Chicago, IL 60608 Phone Number: (312) 666-1323	Chicago

FOOD PANTRIES

The food pantries identified in the following section were selected from the Illinois Department of Human Services emergency food services. **For more information, please visit: <http://www.dhs.state.il.us/page.aspx?item=31245>.**















Additionally, the Forum referenced the directory of food banks, soup kitchens, and non-profit organizations who provide these services by cities in Illinois. **For more information, visit: <https://www.foodpantries.org/st/illinois>**

FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		OLIVE BRANCH MISSION 2309 Packard Street Chicago, IL Phone Number: (773) 476-6200	Chicago
		NORTHERN ILLINOIS FOOD BANK 273 Dearborn Court Geneva, IL 9134 Phone Number: (630) 443-6910	Geneva
		NEW LIFE BILINGUAL FOOD PANTRY 468 Ann Street West Chicago, IL, 60186 Phone Number: (630) 231- 3315 Schedule: Tuesday, 4:15- 6:15 PM	West Chicago
		SALVATION ARMY ST. CHARLES 1710 S. 7th Avenue St. Charles, IL 60174 Phone Number: (630) 377- 2769 <i>Need to apply for food card prior (proof of residence and some form of photo ID)</i> Schedule: Monday-Friday, 10 AM-2 PM Tuesday, 5-7 PM	St. Charles
		NEIGHBORHOOD FOOD PANTRY AT WE GO TOGETHER 238 E. Hazel Street West Chicago, IL 60185 Phone Number: (630) 293-6060 Schedule: June-August Tuesday, 3:15- 4:45 PM	West Chicago
		TWO RIVERS HEAD START AURORA 1661 Landmark Road Aurora, IL 60506 Phone Number: (630) 264-1444 Schedule: Monday & Thursday, 9 -11 AM & 2- 4 PM Friday, 9 - 11 AM	Aurora
		MARIE WILKINSON FOUNDATION FOOD PANTRY 834 North Highland Ave. Aurora, IL 60506 Phone Number: (630) 897-5431 Schedule: Friday, 2-4 PM	Aurora
		FOX VALLEY HISPANIC SDA PANTRY 505 E. New York Street Aurora, IL 60505 Phone Number: (630) 898-0410 Schedule: Wednesday, 6- 8 PM	Aurora

FOOD PANTRIES (Continued)

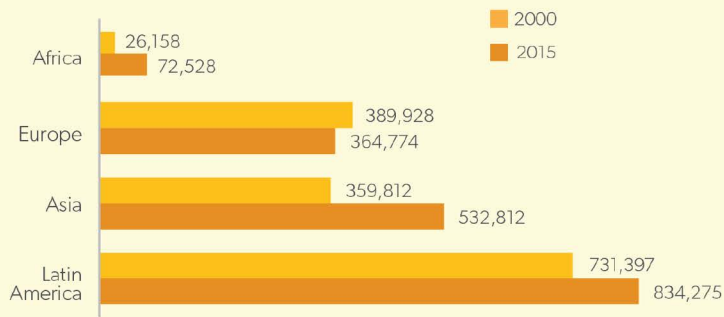
FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS	LOCATION
		<p>HANDS OF HOPE FOOD PANTRY 5700 Bartels Road Hanover Park, IL 60133 Phone Number: (630) 671-1570</p> <p>Schedule: Tuesday, 4-7 PM</p> <p><i>Form of identification/proof of residence in the form of mail</i></p>	Hanover Park
		<p>COMMUNITY CRISIS CENTER 37 S. Geneva St. Elgin, IL 60120 Phone Number: (847) 697-2380</p> <p><i>No documentation required</i></p>	Elgin
		<p>CENTRO DE INFORMACIÓN- EMERGENCY FOOD PANTRY 28 N. Grove Suite 200 Elgin, IL 60120 Phone Number: (847) 695-9050</p>	Elgin
		<p>CATHOLIC CHARITIES- THE VILLAGE OF SUMMIT St. Blase Church 6101 S. 75th Avenue Summit, IL Phone Number: (708) 563-2407</p> <p>Schedule: Monday, Thursday, & Friday 9 AM- 12 PM & 1 - 4 PM</p>	Summit
		<p>SANTA MARIA ADOLORATA 528 N. Ada St Chicago, IL 60642 Phone Number: (312) 421-3122</p> <p>Schedule: Friday, 7:30 - 9:30 AM</p>	Chicago
		<p>NORTHWESTERN SETTLEMENT HSE FOOD PANTRY 1400 W. Augusta Blvd Chicago, IL 60622 Phone Number: (773) 278-7471</p> <p>Schedule: Monday, Tuesday, & Thursday 9- 11 AM & 1- 3 PM</p>	Chicago
		<p>ST. PIUS PARISH PANTRY AND SOUP KITCHEN 1919 S. Ashland Ave Chicago, IL 60608 Phone Number: (312) 226-6161</p> <p>Food Pantry Schedule: Tuesday, 3- 6 PM Soup Kitchen Schedule: Monday, Friday, & Saturday 12:30 - 1:30PM</p>	Chicago
		<p>PILSEN LITTLE VILLAGE CMHC II 2319 S. Damen Ave Chicago, IL 60608 Phone Number: (773) 579-0832</p> <p>Schedule: Friday, 10 AM- 12 PM</p>	Chicago

FOOD PANTRIES (Continued)

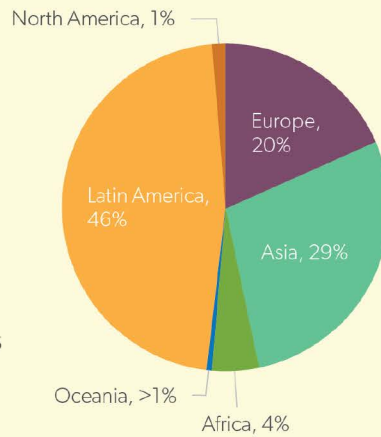
FREE SERVICE	¿SE HABLA ESPAÑOL?	NAME AND RESOURCE DETAILS		LOCATION
		6TH GRACE PRESBYTERIAN CHURCH 600 E. 35th St Chicago, IL 60616 Phone Number: (312) 225-5300	Schedule: Third Tuesday of every month, 10 AM- 1 PM <i>Must register with the church's food pantry prior</i>	Chicago
		SAN LUCAS UCC (BOAT HOUSE) 1439 N. Sacramento Ave Chicago, IL 60622 Phone Number: (773) 227-5747	Schedule: Third Monday of each month, 10 AM- 12 PM	Chicago
		AMOR DE DIOS 2356 S. Sawyer Ave. Chicago, IL 60623 Phone Number: (773) 521-3737	Schedule: Thursday, 3 – 7 PM	Chicago
		ST. SYLVESTER PARISH 2915 W. Palmer St. Chicago, IL 60647 Phone Number: (773) 235-3646	Schedule: Wednesday, 9AM- 12 PM <i>Must reside in 60647 area code</i>	Chicago
		TSA: LA VILLITA CORPS 3621 W. 24th St Chicago, IL 60623 Phone Number: (773) 257-0700	Schedule: Wednesday, 10 AM- 12 PM & 3-5 PM	Chicago
		CATHOLIC CHARITIES: CASA CATALINA 4537 S. Ashland Ave Chicago, IL 60609 Phone Number: (773) 376-9425	Schedule: Tuesday, 9:30 AM-2:30 PM Wednesday, 2 - 6 PM <i>Photo ID required</i>	Chicago
		HOWARD AREA COMMUNITY CENTER 7648 N. Paulina St. Chicago, IL 60626 Phone Number: (773) 262-6622	Schedule: Monday, 9 -11 AM Thursday, 2 - 6 PM	Chicago

IMMIGRATION, ILLINOIS

Foreign Born Population by Region, Year 2000 and 2015

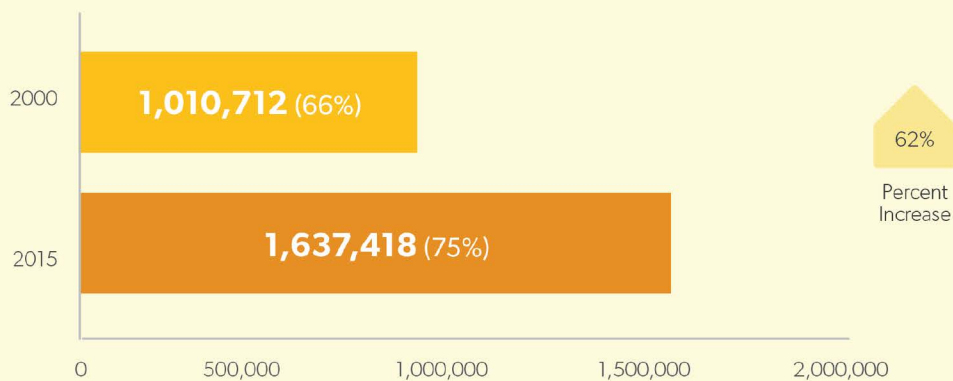


Proportion of Foreign Born by Region, Year 2015



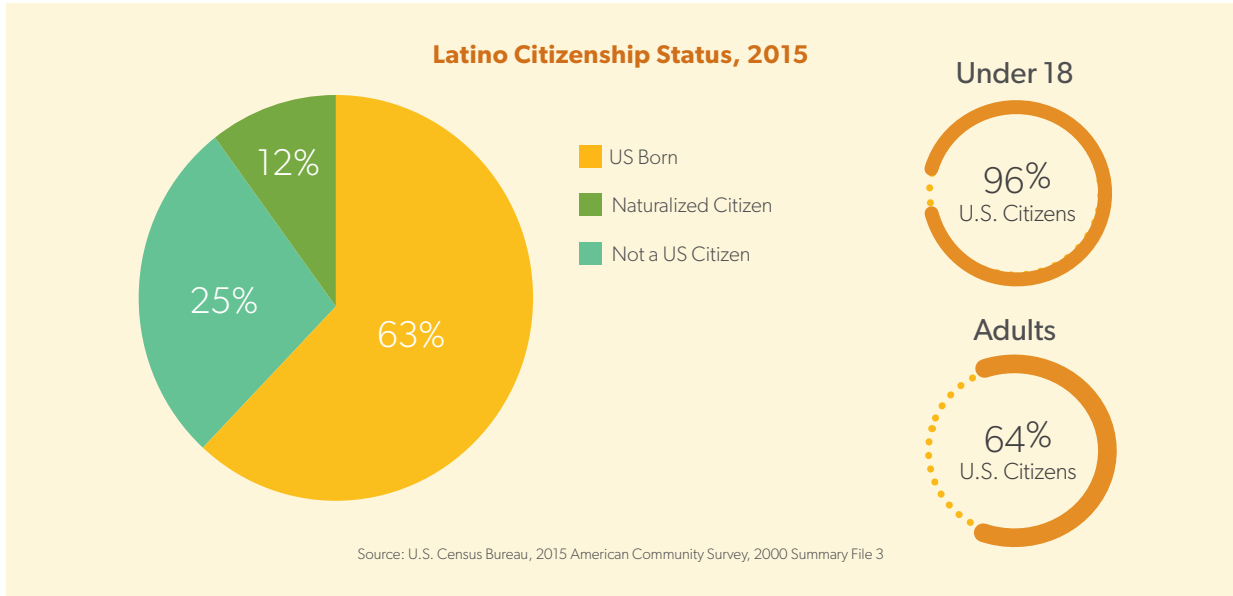
Source: U.S. Census Bureau, 2015 American Community Survey, 2000 Summary File 3

Latinos that are Citizens, 2000 - 2015

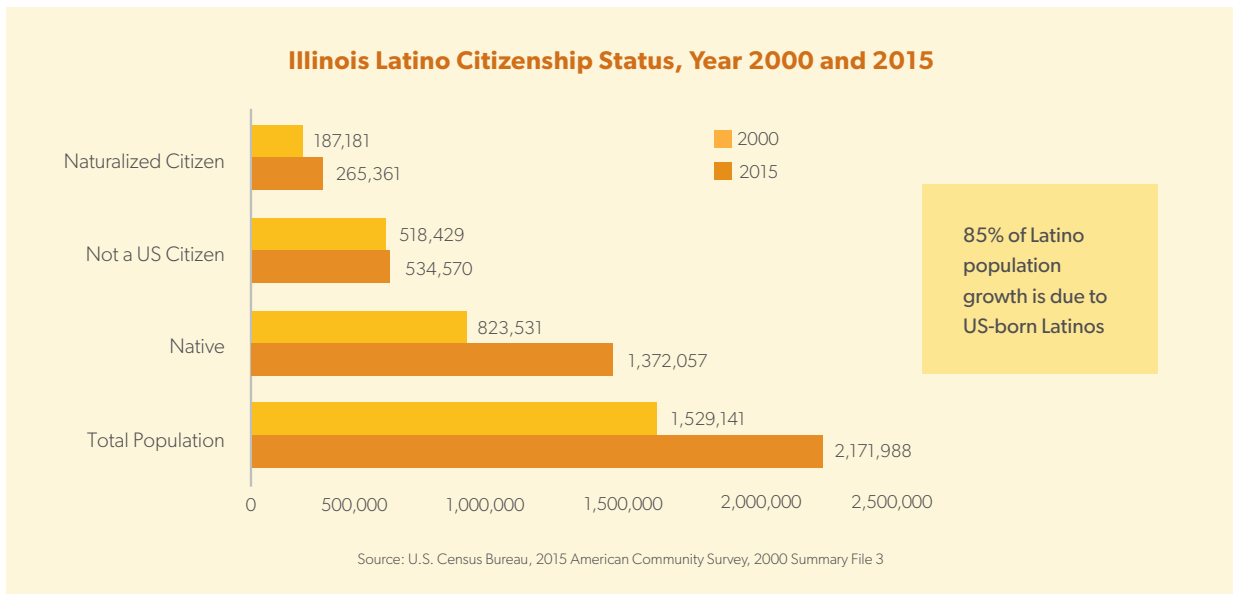


Source: U.S. Census Bureau, 2015 American Community Survey, 2000 Summary File 3

CITIZEN STATUS, LATINOS IN ILLINOIS, YEAR



IMMIGRATION, CITIZENSHIP STATUS





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