



Southern Seven Health
Department and Head Start



**Directory of Programs
and
Services**

October 2012

www.southern7.org

WELCOME TO SOUTHERN 7 HEALTH DEPARTMENT.....	5
ABOUT THE SEVEN COUNTIES.....	5
OUR MISSION.....	6
COMMUNICABLE DISEASE.....	7
Program Descriptions.....	7
Tuberculosis (TB).....	7
Sexually Transmitted Diseases (STD)	8
AIDS/HIV.....	8
Fees.....	8
ENVIRONMENTAL HEALTH.....	9
Program Descriptions.....	9
Food Service Sanitation.....	9
Private Sewage Disposal & Water Supply System Programs.....	9
Vector Control Program.....	10
Health & Safety Activities.....	10
Radon Program.....	10
Tattoo Program.....	11
Fees.....	11
Program Staff.....	11
HEALTH EDUCATION.....	12
Program Descriptions.....	12
Cancer Prevention and Control Community Initiative.....	12
Coalition for a Healthier Community.....	12
Coordinated School Health.....	13
Illinois CATCH onto Health Consortium.....	13
Illinois Tobacco Free Communities.....	13
Teen Pregnancy Prevention Program.....	14

We Choose Health.....	14
Program Staff.....	14
GENERAL NURSING SERVICES.....	15
Program Description.....	15
Fees.....	15
Program Staff.....	15
WOMEN'S HEALTH SERVICES.....	16
Program Description.....	16
Family Planning.....	16
Women's Health.....	16
Pregnancy Testing.....	17
Illinois Breast and Cervical Cancer Program.....	17
Fees.....	17
Program Staff.....	17
NETWORK OF COMPREHENSIVE SERVICES.....	18
Program Description.....	18
Family Case Management (FCM).....	18
Well Child/EPST.....	19
HealthWorks of Illinois.....	19
Lead Program.....	19
Eligibility.....	20
Enrollment.....	20
Program Staff.....	20
ALL KIDS / FAMILYCARE / MOMS & BABIES.....	21
Program Descriptions.....	21
All Kids.....	21
FamilyCare.....	21
Moms & Babies.....	21
Program Staff.....	21

Table of Contents (continued)

ALL KIDS PREMIUMS AND OUT OF POCKET COSTS.....	22
WOMEN, INFANTS, CHILDREN.....	24
Program Description.....	24
Food Coupons.....	24
Farmers Market Nutrition Program.....	24
Nutrition Information.....	25
Breastfeeding Support.....	25
Eligibility.....	25
WIC INCOME ELIGIBILITY GUIDELINES.....	26
Enrollment.....	26
Program Staff.....	26
EARLY CHILDHOOD DIVISION.....	27
Early Head Start/ Head Start/ Home Base.....	27
Program Description.....	27
Traditional Head Start.....	27
Early Head Start.....	27
Home Base.....	27
Education.....	28
Nutrition.....	28
Health.....	29
Special Needs.....	30
Family Partnerships.....	30
Eligibility.....	31
Enrollment.....	31
Program Staff.....	31
PUBLIC HEALTH CLINIC LOCATIONS.....	32
EARLY HEAD START/HEAD START LOCATIONS.....	34

Welcome to Southern Seven Health Department

Public Health has had a presence in southernmost Illinois for over 50 years. Minutes from meetings which are on file at our administrative office indicate that as far back as the early 1930's, personnel from the State of Illinois were working with local communities to provide the basic public health services we often take for granted such as safe drinking water, controlling communicable diseases (in those days it was tuberculosis and polio), and helping women have healthy babies. When we are doing our job, it's easy to forget why public health is so important, but next time you drink a glass of water or eat in a restaurant, remember how our job is protecting your health.

As an agency, we actually got our start in 1945 when the Bi-County Health Defense Zone Health Department was created for Alexander and Pulaski Counties. In those days, the biggest threat to the public health was tuberculosis. In 1946, the residents of the two counties favorably approved a referendum vote and local funding began to support public health. In that same year, a referendum was also passed in Massac, Johnson, Pope and Hardin counties which created the Quadri-County Health Department. It wasn't until more than ten years later that Union County residents passed a referendum and joined Bi-County Health Zone, thus renaming it Tri-County Health Department.

The Quadri and Tri County Health Departments generally operated separately until 1979 when their respective boards voted to legally consolidate, primarily to operate more efficiently. Southern Seven Health Department, as we are now known, came into existence on July 1, 1979. We are governed by a 28 member Board of Health with four (4) members from each of the seven counties as is required by Illinois Statutes. Our board members are appointed by the commissioners of each county.

[About The Seven Counties](#)

The seven counties served by Southern 7 Health Department cover 2003 square miles, which is slightly larger than the state of Delaware. We cover more geographic area than any other health department in the State of Illinois. According to the 2010 census, there were 69,000 people living in the seven counties.

To support the services we provide in the communities within the seven county area, we secure funding from a variety of sources. Some of our funding comes from local property tax revenues, while other sources include the state and federal government. In addition, fees are also charged for many of our services; however, no one is denied basic public health services due to an inability to pay. Funding from the Illinois Department of Public Health provides partial funding for basic public health services and we are required to maintain Certification Status as a Public Health Department to continue to receive these funds.

We also receive a variety of state grants which allow us to not only provide basic services, but other community services not typically offered by public health departments.

In 1993, the size of Southern 7 nearly doubled when we were awarded the grant for the Head Start Program for the seven county area. The addition of this program has not only increased our size, but expanded our capabilities, and ability to reach and serve the entire seven county population.

This booklet has been put together to give you more information about the many services we provide at Southern Seven for you, your family and your community. The Board of Health and the staff of Southern Seven are very proud of the comprehensive array of programs and services we have to offer you.

[Our Mission](#)

The Mission Statement of Southern 7 Health Department is:

“To promote a safe and healthy environment by providing preventive health care, family support services and child development programs.”

Communicable Disease

Program Descriptions

One important thing we do in public health is protect residents of the seven counties from diseases. Communicable diseases include several dangerous diseases which can be spread from one person to another. Diseases such as tuberculosis, AIDS, and other sexually transmitted diseases are considered communicable disease. One of the ways public health protects the community is by making sure that people, who are contagious, seek and follow through with treatment. A good example of such a disease is tuberculosis (TB), which can be spread from one person to another through coughing. It is very important for the health of the community that someone with TB is treated. It is also important that anyone who has had close contact with an individual who has tuberculosis get tested and treated, if necessary.

Of course, we do not follow-up on every disease that is contagious such as colds or strep throat, but schools and medical providers are required to report the number of patients they treat for about 40 different communicable diseases. Some of the diseases which are reported include, meningitis, measles, food poisoning, polio, cholera, sexually transmitted diseases (STD's), hepatitis, Legionnaires' disease, lyme disease, rabies, and leprosy. As you can see, the types of diseases which are reported are both dangerous and contagious. Through the reporting of these diseases, we can take the action necessary to keep them from spreading throughout the community and assure that those who are exposed or infected receive the medical care they need.

Tuberculosis (TB)

Our nurses investigate every case of TB as well as persons who have had close contact with someone who has active TB. People who have had contact are referred for TB skin testing, clinical evaluation and other culturing as necessary. Through local tax levies residents in all seven counties are able to receive testing, diagnosis and treatment for TB. The nurses at any Southern 7 clinic can help you receive the testing and treatment you need. In addition, TB skin tests are available at any Southern 7 office; please call for an appointment with our nursing staff.

Sexually Transmitted Diseases (STD)

Southern 7 Health Department is fortunate to have a Nurse Practitioner on staff with specialized training in the area of family planning. In addition, several of our Public Health nurses have received advanced training in the area of STD testing, diagnosis and treatment. Our Nurse Practitioner has been thoroughly trained in the area of Sexually Transmitted Diseases and any person, who thinks they may have a STD, can receive an examination for diagnosis and treatment. STD clinics are held at all of our clinic sites; however, patients need to call beforehand for an appointment. We also offer STD screenings through our family planning clinics which are held at each clinic site. Any person with a positive lab report for an STD is notified in a confidential manner of the need to return to our office for treatment. Treatment of any persons who may have been exposed to an STD is also strongly recommended.

AIDS/HIV

At Southern 7 we provide a variety of services related to AIDS and HIV. To begin with, we offer comprehensive health education about how a person can contract HIV and ways to protect oneself from infection. We also offer confidential HIV testing and counseling services. Persons coming in for testing also receive health education and counseling regarding their HIV status, disease prevention and precautions necessary to assure the disease is not spread to others. Anyone testing positive for HIV will be offered referral into a case management system, where they will be assisted with medication, finding a physician, etc...

Fees

Please contact your local Health Department clinic or visit our web site at www.southern7.org for current fees that may apply.



Environmental Health

Program Descriptions

One important area of public health is environmental health which is often overlooked unless a problem arises. Through our Environmental Health Programs we keep more residents healthy, than through all our other programs combined. Most people take it for granted that they won't get sick when they go out to eat or get a drink from the tap, but without the environmental health programs, it could be a different story.

Food Service Sanitation Program

Through the food service sanitation program our Environmental Health staff conducts regular inspections of all food service establishments. This means that the restaurants you eat at in the southern seven counties in Illinois have safe food handling practices and employees have received training in how to keep the food they prepare for you free of disease and bacteria. Restaurants, deli counters, booths at county fairs and other places selling food are required by county ordinances to go through the process of securing a food service permit. In the event of an outbreak of food borne illness (food poisoning) our staff would conduct an investigation into how the illness was caused so additional people do not get sick.

Private Sewage Disposal & Water Supply System Programs

In a rural area such as the southern seven counties, many homes, businesses and schools do not have access to municipal or city water and sewage disposal systems. Our water and sewer programs not only assure that sewage systems are designed according to code, but that neither your health nor the environment is jeopardized.

Through the private sewage disposal program, our environmental staff license and provide training to contractors, inspect and license pumper trucks, review sewage system applications, issue construction permits, and assist in the design of sewage disposal systems. When the public registers a complaint regarding sewage disposal it is our responsibility to not only conduct an investigation, but carry out any enforcement activities which are warranted based upon county ordinances.

In the private water supply system program, our environmental health staff conducts water supply inspections in accordance with the Illinois Water Well Construction Code, the Illinois Pump Installation Code and the Illinois Drinking Water Systems Code. This is accomplished through the collection of a water sample which is sent to the state health department lab for laboratory analysis and interpretation of the results. Our trained staff is also available to conduct water supply samples for analysis from non-community and new drinking water supply wells. If you're building a new home or business and will be drilling a well, it is important that you give the Environmental Health staff member in your county office a call in order to apply for a water well permit. Our staff will also conduct an inspection of your well once it is completed. As with some of our other programs, our office is also responsible for carrying out enforcement activities in regard to non-community water supplies.

Vector Control Program

Through a grant from the Illinois Department of Public Health, our Environmental Health staff is able to use gravid traps to collect female household mosquitoes (*Culex Pippins*) which are tested for three mosquito carrying diseases. Household mosquitoes are the primary vector of the West Nile Virus. Using a Vect Test Kit, the staff tests the mosquitoes for West Nile, St. Louis Encephalitis, and Eastern Encephalitis and if a positive result is returned, the staff will conduct larviciding and adulticiding activities to eliminate the current mosquitoes and future mosquitoes in that area. This will help ensure the safety of the public.

Health & Safety Activities

Everyone who enters one of our buildings is safer due to the health and safety activities which are lead by our Environmental Health staff. Each Clinic Site and Head Start Center has a safety committee charged with assuring that our facilities are safe for our customers, students and staff. Our facilities under go regular safety inspections and follow ups are conducted to ensure that recommendations and standards are met.

Radon Program

Radon is a colorless, odorless, radioactive gas in the soil that comes from naturally occurring uranium in the soil. This gas can build up in your home and has been shown to cause lung cancer. Radon can enter your home due to air pressure and temperature differences between inside and outside the home. The only way to know if you have radon in your home is to test for it. Radon test kits may be available at various places such as hardware or home improvement stores or from various agencies.

Southern 7 Health Department has received funding to offer Radon Test Kits at a reduced rate the public. A list of radon measurement professionals and sources of radon test kits and testing can be found on [IEMA's website](#). They do not endorse any company and simply provide the list as a service to the residents of Illinois. IEMA also [guidelines for measuring radon in the home](#).

Tattoo Program

The Tattoo and Body Piercing Establishment Registration Act became effective July 1, 2007. The Illinois Body Art Program is to ensure public health, safety and welfare and provide a safe and adequate blood supply.

Illegal body artists' information can be turned in to Illinois Department of Public Health or Southern 7 Health Department.

As a reminder, piercing under the age of 18 can only be done with a parental/guardian signed consent form. Any person 18 years old or older caught tattooing anyone under the age of 18 can be charged with a Class A misdemeanor. No consent can be allowed. Tongue splitting is illegal to be performed in Illinois unless done by a licensed medical professional licensed to practice medicine in all it's branches in the State of Illinois.

Here are a few things Southern 7 Health Department inspects:

- * A copy of 77 Ill. Adm. Coded 797 maintained on site
- * Posted Registration Certificate
- * Hygiene of artist to insure no broken skin, rashes or Infections
- * Previous records for client's eligible age
- * Proper waste receptacles
- * Employee/Body Artist information
- * Business Information
- * Emergency Procedures
- * Equipment

Fees

Funding from our local health services grant partially supports the operation of these programs, however, some fees are charged for some services. Please contact your local Health Department clinic or on our web site at www.southern7.org for current fees.

Program Staff

An Environmental Health Staff Member is available at each of our clinic sites. Locations and phone numbers can be found at the back of this directory.

Health Education

Program Descriptions

An important service provided by Southern Seven Health Department includes health information, health education, and health promotion. The intent is to reduce health risks and promote better health of all ages. Health information, health education, and health promotion is done through partnerships with schools, worksites, agencies, and groups within the seven counties. Southern Seven supports evidence-based programming toward meeting goals for Healthy People 2020.

Public health knowledge is so vital in today's world. While many people understand how the decisions they make affect their health, many others are still learning how to make healthier choices. For example, chronic disease has some risk factors beyond one's control like family history, race, and age. There are also risk factors within one's control; what you eat, how active you are, and whether or not you choose to smoke or expose yourself to secondhand smoke. Following are areas of programming offered in Health Education.

Cancer Prevention and Control Community Initiative

Southern Seven Health Department has joined with Illinois in addressing cancer at the local level. Cancer has been identified as one of the top three health priorities for S7 to address over the next five years (2011 – 2015). Some Southern Seven counties rank among the top ten highest counties in the state in some cancers. While smoking is the number one cause of lung cancer, smoking is also linked to other cancers. Smoking rates within each of our seven counties is over 25% with three counties over 30% while the state rate is below 18%. This community initiative is to increase education to promote prevention and increase early detection specifically for breast, cervical, and colorectal cancer. If we are to decrease cancer incidence and deaths, more education needs to be done to increase screening and decrease smoking. For some information locally and links for cancer go to www.hopelightproject.com.

Coalition for a Healthier Community

Southern Seven receives funding through the Department of Health & Human Services / Office of Women's Health by partnering with the Center for Research on Women and Gender at the University of Illinois at Chicago. The funding allows the coalition to address plans to reduce the cardiovascular disease (CVD) risk in the southern 7 counties of Illinois as well as other chronic disease risks, i.e. diabetes and cancer, identified through IPLAN (Illinois Project for Local Assessment of Needs). Funding supports Southern Seven to facilitate Heart Smart for Women programming. Heart Smart for Women is a twelve-week class

hosted by local churches to address behavior change and barriers to change. Churches who host receive support for maintenance activities planned monthly up to two years call Go Heart Smart. All are invited, including men.

Coordinated School Health

The purpose of Coordinated School Health is to promote collaboration between local health departments and school districts to implement the Centers for Disease Control & Prevention's eight components for a coordinated school health program model. A model which over time, is about keeping students healthy, reinforcing positive healthy behaviors, and making it clear that good health and learning go hand in hand. This approach is designed to help young people grow into healthy and productive adults by focusing on the physical, emotional, social, and educational development of students, kindergarten through 12th grades. To learn more about the Coordinated School Health approach check out the following link. www.cdc.gov/HealthyYouth/CSHP.

Illinois CATCH onto Health Consortium

CATCH onto Health! Promoting Health and Physical Activity in the Illinois Delta Region is evidence-based and targets health and increased physical activity to prevent and reduce obesity in children. The Coordinated Approach to Child Health (CATCH) program has demonstrated positive outcomes regarding the improvement of students' academic performance as well as behavioral and physiological factors. Increasing CATCH implementation is a collaborative effort with SIUC Center for Rural Health and Social Service Development as well as three Illinois Delta Region partners: Egyptian Health Department, Southern Illinois Healthcare, and Southern Seven Health Department. To learn more about CATCH check out the following links at www.catchontohealth.siuc.edu and www.catchinfo.org.

Illinois Tobacco Free Communities

Southern Seven receives funding through the Illinois Department of Public Health, Office of Health Promotion toward the reduction of tobacco use, the reduction of secondhand smoke exposure, enforcement of the Illinois Smoke Free Act, and cessation. Each model program has been selected because it represents a research based intervention which addresses one of the Centers for Disease and Control and Prevention (CDC) Healthy People 2020 objectives on tobacco.

Southern Seven provides education about tobacco / secondhand smoke and its effects throughout the seven counties. We also provide education and support toward the enforcement of the Smoke Free Illinois Act passed on January 1, 2008 with additional strength to the enforcement passed in February, 2009. Health Education staff will provide factual information about tobacco and its' effects. If you would like a presentation, please call our Community Health Education Director at the Administrative Office located in Ullin, IL.

Teen Pregnancy Prevention Program

The Adolescent Health Teen Pregnancy Prevention program offers “best practice” Abstinence based Sexuality Education. Teen Pregnancy Prevention curriculum and services are geared for adolescent girls and boys ages 10 – 18 or grades 5 through 12. The curriculum uses evidence based criteria in its effort to reduce first time teen pregnancy, sexually transmitted diseases, and HIV/AIDS. Southern Seven collaborates with schools and communities in improving the school's role of pregnancy prevention education and services. We also partner with communities in assessing and planning toward the reduction of first time teen pregnancies. Education in this area can be provided to youth, school personnel, parents and/or peer educators.

We Choose Health

New funding to address policy and environmental change in four areas: Coordinated School Health, Employee Wellness, Smoke Free Multi Housing and Smoke Free Outdoor Venues.

Program Staff

Many Southern Seven staff serves as leaders for our wide variety of Health Education programming. To schedule a presentation for your school, church, or community organization simply call the Southern Seven Health clinic in your community and our Office Associate will put you in touch with the appropriate staff member.

General Nursing Services

Program Description

In addition to all the programs and services offered by Southern 7, our nursing staff is available to provide a variety of health screenings, and other general nursing services. Some of the services provided include:

Hemoglobin	TB Skin Test
Childhood Immunizations	Blood Lead Screening
Adult Immunizations	Blood Glucose (Sugar)
Urinalysis	Temperature
Blood Pressure	Pulse Respirations
Height / Weight	Pregnancy Testing
Flu Shots	Pneumonia Shots
Blood Cholesterol/Lipid with TC/HDL	Ratio and Triglycerides

The above listed services are available on a walk-in basis, however, we strongly encourage you to call ahead to assure our nurse is available and keep your wait to a minimum. Our staff is also available to bring many of these services to your site, such as industrial plants, senior citizen centers, health fairs or schools.

In addition to the above services, some of our staff is certified by the Illinois Department of Public Health to conduct Hearing and Vision Screenings.

Fees

Please contact your local Health Department clinic or on our web site at www.southern7.org for current fees. Fees are generally revised each July.

Program Staff

Our clinical services are directed by our Director of Nursing, who is based at our administrative office located on the Rustic Campus of Shawnee Community College. If you would like additional information about our general nursing services, please contact the nurse or Office Associate at any of the clinic locations listed in the back of this directory.

Women's Health Services

Program Description

For many women, quality women's health services such as annual pelvic exams, and family planning or birth control are not easily affordable. To help meet this need Southern 7 offers women's health exams for those needing birth control, annual exams and other women's preventive health care. All of our women's health exams are conducted by a Certified Nurse Practitioner at each of our clinic locations on a scheduled basis. Several of our locations offer evening and/ or early morning clinics. You can schedule an appointment by calling any of the clinics listed in the back of this manual.

Family Planning

Women's health can be enhanced by planning and preparing for pregnancy and motherhood. It is important that we don't have our children too close together in age, both for the health of our bodies and our minds. It is also important that we are in good health when we become pregnant. Using a safe and effective family planning or birth control method is an excellent way to promote your health and the health of any children you may have. Our family planning clinics can provide the necessary physical exam as well as the birth control method you choose. In addition, our staff is available to discuss birth control options with you so you can make an informed decision. By federal law, Family Planning Clinics are open to patients of reproductive age. Though not required at this time, teens are encouraged to include their parents in their decision to seek family planning services. Teenagers requesting family planning services or pregnancy testing receive thorough information regarding their birth control choices and are encouraged to consider abstinence as a safe and effective method of birth control. Services for men are also available and include education, STD screenings, and treatment.

Women's Health

If you are beyond your child bearing years or have had a hysterectomy, you may not need to worry about pregnancy; however, it is still important for your health that you receive an annual female exam. If needed, our Nurse Practitioner can also provide hormone replacement therapy. Our Women's Health clinics are available on a monthly basis, and trained staff are available should you need a referral to a physician or any additional information.

Pregnancy Testing

Southern 7 offer pregnancy testing both through our family planning/women's health clinics and on a walk-in basis. Staff is available to provide options counseling.

Illinois Breast and Cervical Cancer Program

Southern 7 offers breast and cervical cancer screening through our Public Health Clinics or through referral to other providers. Through this service, women ages 35-64 who have no insurance may receive a free pelvic exam and Pap smear. Women ages 40-64 may receive a free pelvic exam, pap smear, clinical breast exam and mammogram. Other breast and cervical diagnostic services are also available through this program. To help serve our younger women who may need breast screenings, we receive a grant from the Susan G. Komen Foundation License Plates Saves Lives Fund. This grant provides mammograms and diagnostic mammograms to women under fifty.

Fees

Partial funding from the State of Illinois supports Family Planning services charged on a sliding fee schedule according to your income. The cost for an exam ranges from \$0 - \$182.20 (price include 3 months of birth control) depending on your income. In addition, we also accept some insurance, medical card and Illinois Healthy Women's Card for all family planning and women's health services. Women's Health clients will be charged a minimal fee. Pregnancy testing during the course of a family planning clinic will be charged on a sliding fee schedule according to income, while walk-in clients will be charged according to our current fee schedule.

Program Staff

Staff for our Women's Health Clinics includes our Family Planning Nurse Practitioners who travels to each of our clinic locations. Because our Nurse Practitioner is often out in the clinics, additional information about our Women's Health Services is available from any of our Public Health nurses who are located in each of our clinic sites.

Network of Comprehensive Services

Program Description

Our Network of Comprehensive Services is a system of support for families which includes a variety of programs within Southern 7. If you're pregnant or have children younger than 5 years old, we have something to offer you. All of the programs within the Network have one thing in common, the availability of assistance through case management. Our staff is trained in a variety of backgrounds. Some are nurses; others have special expertise in the area of infant and toddler development. Our nurses have expertise in the areas of prenatal care and helping parents with premature infants or babies with other types of medical challenges.

One of the most important things staff does is assist clients in linking with other services in the community. They are specially trained regarding other programs and services available in the seven counties and can help you access what you need. They can also assist in scheduling doctor appointments for you if you're pregnant and for your young child or infant. If you do not have a medical card and would like to see if you are eligible, our Office Associates and Case Managers can work with you to complete an application with the Illinois Department of Healthcare and Family Services for either a medical card or for the All Kids / Family Care / Moms & Babies Health Insurance Program.

The following list tells more about our specialized services and programs:

Family Case Management (FCM)

This service is primarily for pregnant women, infants and toddlers up to the age of 3 years. Our Family Case Management staff includes Registered Nurses who are able to answer your questions when it comes to the care you need during pregnancy or how to keep your baby healthy. Our staff will meet with you at least once during each trimester of your pregnancy and about every other month during your baby's first year (or until age 2 if your baby was in a high risk nursery or born early). When you meet with your Case Manager, you will receive pamphlets and handouts about caring for yourself during pregnancy or about caring for your baby. If you have questions about anything that happens during prenatal visits with your doctor or during your baby's appointments, our staff is available to help you get clear answers. In addition, our nursing staff can conduct a variety of medical screenings that are important for your healthy pregnancy, such as weight checks and blood pressure checks. We can also check your baby's weight, which is especially important for new babies or those born early. Because the Case Managers in this program also work in the WIC program, you can receive all your services during the same visit to our office.

Well Child/EPSTD

EPSTD stands for **Early Periodic Screening Diagnosis and Treatment**. In short, check ups to make sure your little one is growing well and staying healthy. Because children grow so much during the first 5 years, it is very important that their health is “checked up” on by a medical professional. At Southern 7, our registered nurses have taken extra classes on providing Well Child Check-ups for young children. For your convenience, we have included Well Child services with our FCM / WIC program so that your family can receive a variety of services in one trip to our office. Well Child Check Ups are recommended for all children at the following ages: 2 months, 4 months, 6 months, 9 months, 12 months, 18 months and 2 years. When your child comes for Well Child visits, he/she can also get their immunizations and developmental screenings.

HealthWorks of Illinois

When abused or neglected children are placed into foster care, it is important that their medical needs are well taken care of. The HealthWorks of Illinois Program, which is funded by the Department of Children & Family Services, assures a comprehensive health care system to meet these medical needs. Our HealthWorks Coordinator provides medical case management for children in foster care in all seven counties. This staff person assists foster parents in securing a physician who coordinates with the HealthWorks program. She also assists in securing dental and eye care and helps to answer medical questions for both the foster parents and the DCFS caseworkers. (The Coordinator providing HealthWorks services is based at our Pulaski County Clinic Site.)

Lead Program

One of the greatest environmental hazards young children face is exposure to lead. Most of us have heard about how eating paint chips are bad for children, but did you know lead can be in the soil, your pipes or become dust in the air when you do certain home repairs? When young children are exposed to lead, it can affect their ability to learn. Some children can become delayed and do not learn new things as quickly as their friends. Furthermore, lead interferes with the body's ability to absorb and use certain vitamins and minerals. Overall, it is such a dangerous thing to have in a child's system that the state requires a lead screening for all children before they can begin school. At Southern 7, we provide a lead screening for the children in our WIC program. This service is also available for any child living in the seven county area. If your child were to have a high level of lead in their system, our staff would provide you the support and follow-up you need to assure your child receives appropriate medical treatment.

Eligibility

Like many of the services offered by Southern Seven Health Department, not all of the programs within the NetWork have income guidelines. This list gives a quick reference of the basic eligibility requirements for each of the NetWork services.

Program/Service	Who's Eligible?
Family Case Management	Pregnant Women who are eligible for a medical card,* children up to age 3 who are eligible for a medical card,* Any infant that was in the High Risk nursery or with medical challenges up to age 2. *we can help you apply for a medical card with recently expanded income guidelines
Teen Parent Services (TPS)	Teen parents age 21 or younger who do not have a high school diploma or GED and whose families receive cash assistance from the State of Illinois (TANF), have a medical card, or receive All Kids.
HealthWorks of Illinois	Children who are in foster care or the custody of the Illinois Department of Children & Family Services.

Enrollment

If you are interested in signing up for any of our NetWork services, all you have to do is talk with one of the Office Associates at any Southern 7 Health Department Clinic (locations listed in back of directory). Be sure to ask if there is a Case Manager or Nurse available if you would like to get more information before you sign up. Our staff will be happy to talk further with you.

Program Staff

The services that make up the NetWork program are provided by staff based at each of our clinic locations. Case Managers, Nurses and Office Associates based at each clinic site can provide more information about any of the NetWork services.

All Kids / FamilyCare / Moms & Babies

Program Descriptions

All Kids / FamilyCare / Moms & Babies are State of Illinois Health Insurance programs that pay health care costs for eligible Illinois residents. Health care services are available at no cost or low-cost to participants, depending on which plan your family qualifies for. Privately insured children (who meet certain income guidelines) can keep their insurance and still be eligible for some All Kids plans. This may be beneficial to families who want to use All Kids to pay for services not covered by private insurance or to cover high deductible costs.

All Kids

All Kids is an Illinois program that gives **every child** age 18 or younger access to comprehensive, affordable health insurance. Every child deserves the chance to grow up healthy. All Kids is a complete health insurance program for your child. All Kids covers doctor visits, hospital stays, prescription drugs, vision care, dental care and eyeglasses. All Kids covers regular check-ups and immunizations. All Kids covers special services like medical equipment, speech therapy and physical therapy for children who need them. There are several different plans available under the All Kids program.

FamilyCare

Illinois FamilyCare Health Insurance covers parents, but there is a limit to how much income parents can have to qualify. FamilyCare pays health care costs for eligible children age 18 or younger and their parents. Certain relatives who are living with children in place of the children's parents may also be eligible, if they are financially responsible for the child – for example, a grandparent, aunt or uncle who are raising a grandchild, niece or nephew may be eligible.

Moms & Babies

Illinois Moms & Babies Health Insurance covers health care cost for eligible pregnant women who live in Illinois and their babies up to age 1.

For more information or to apply on line, go to www.alkids.com or you may apply at any Southern Seven Health Department clinic location. Southern Seven Health Department is an All Kids Application Agent.

Program Staff

The services that make up the NetWork program are provided by staff based at each of our clinic locations. Case Managers, Nurses and Office Associates based at each clinic site can provide more information about any of the NetWork services.

All Kids Premiums and Out-of-Pocket Co

To find out how much All Kids may cost

First, find your family size in the column of the chart below.

1. Look only at your family size row. Read across that row to find the cost box.
2. The box will be in the column of the cost type you want to know.
3. Read down that column to the cost box at the bottom. The cost box shows the Monthly Premium, the Maximum Out-of-Pocket, and the Maximum Co-Payment.

INCOME BOX * The income levels in this chart only apply to children. Please see the Family Income Chart for more information.

Family Size	All Kids Assist	All Kids Share
1	Up to \$1,238 per month	\$1,239 – 1,396 per month
2	Up to \$1,677 per month	\$1,678 – 1,891 per month
3	Up to \$2,116 per month	\$2,117 – 2,389 per month
4	Up to \$2,555 per month	\$2,556 – 2,881 per month
5	Up to \$2,994 per month	\$2,995 – 3,376 per month



COST BOX

	All Kids Assist	All Kids Share
Monthly Premium per child	None	None
Max Monthly Premium	N/A	N/A
Max Co-Payments per Year	No co-payments	\$100 per family for all services

*Maximum amount of co-payments is subject to change pending rulemaking.

Costs Vary by Monthly Income and Family Size

Cost you, follow these 4 simple steps:

“Family Size”. Be sure to count yourself.

the box where your family’s total monthly gross income falls.

All Kids plan that matches your income.

Monthly Premium per child, along with the maximum Monthly Premium for your family
 Payment per child, per year.

FamilyCare Income Guidelines for coverage available to parents and caretaker relatives.

All Kids Premium Level 1	All Kids Premium Level 2	All Kids Rebate
\$1,397 – 1,862 per month	\$1,863 – 2,793 per month	\$1,239 – 1,862 per month
\$1,892 – 2,522 per month	\$2,523 – 3,783 per month	\$1,678 – 2,522 per month
\$2,387 – 3,182 per month	\$3,183 – 4,773 per month	\$2,117 – 3,182 per month
\$2,882 – 3,842 per month	\$3,843 – 5,763 per month	\$2,556 – 3,842 per month
\$3,377 – 4,502 per month	\$4,503 – 6,753 per month	\$2,995 – 4,502 per month



All Kids Premium Level 1	All Kids Premium Level 2	All Kids Rebate
1 child: \$15 2 children: \$25 Each Additional Child: \$5 \$40 for 5 or more children	\$40 per child \$80 for 2 or more children	Benefits and cost sharing are set by the employer or private health insurance policy.
\$100 per family for all services	\$500 per child for hospital services	

All Kids Hotline 1-866-ALL-KIDS (1-866-255-5437)

Women, Infants, Children

Program Description

The Women, Infants, Children Program, commonly known as WIC, is a federally funded program that helps improve the health and nutritional status of pregnant women, infants, and children up to their 5th birthday. When you participate in WIC you receive coupons for many of the nutritious foods your body needs when you are pregnant or that your children need for them to grow strong and healthy. In addition to food coupons, WIC also includes an opportunity to learn more about good nutrition from our nurses as well as health screenings for you and your child. The WIC program includes the following services:

Food Coupons

Each month participants in WIC receive food coupons for the following types of foods: milk, cereal, juice, cheese, eggs, peanut butter, legumes (beans), carrots, tuna, pink salmon, whole grain bread, brown rice, soft corn tortillas, baby food (fruits, vegetables, meats), canned, frozen and fresh fruits and vegetables. Infants may also receive formula and breastfeeding mothers receive extra food. The amounts and types of foods vary depending on the age of the family members who participate in WIC. Food coupons are usually given for 3 months at a time.

Farmers Market Nutrition Program

WIC Clients enrolled in the Union County WIC Program are eligible to participate in the Illinois Farmers' Market Nutrition Program. The WIC Farmers Market Nutrition Program (WFMNP) provides participants in the WIC Program, except infants, with checks to purchase fresh fruits and vegetables at local farmers markets throughout the state. WIC participants receive these nutritious foods in addition to the regular WIC food package. The WFMNP is intended to improve the diet of WIC participants as well as provide an awareness of where farmers' markets are located. Farmers' markets offer a community resource of locally grown fresh fruits and vegetables as well as increase the number of customers using farmers' markets.

Nutrition Information

Not only does the WIC program provide nutritious food, but our staff also gives you information about how to incorporate WIC items into a complete and balanced diet. Medical science has proven how important good nutrition is to a long and healthy life; one of the main goals of WIC is to give you the information you need to give your children the best start to a lifetime of good health. Our staff will meet with you to take a look at your diet and how your children are doing once every 6 months. In addition, you will have an opportunity to participate in nutritional education sessions, (Self-Study Module, Group & Individual sessions Bulletin Board Education and Internet Nutrition Education, www.wichealth.org), designed especially for pregnant women and parents of young children.

Breastfeeding Support

WIC strongly encourages and supports breastfeeding mothers. Our WIC nursing staff includes several certified lactation consultants who have received extensive training and are available for one-on-one consultations. We also have Breastfeeding Peer Counselors who are everyday women who have breastfed and who want to help provide moms-to-be and new moms with information and encouragement. They will answer your questions and share their own personal experiences, so that you, too, can have a successful breastfeeding experience. They are available during and after business hours to answer any questions or concerns new moms may have. Our breastfeeding peer counselors have received training as certified lactation consultants.

Eligibility

WIC is one of the programs at Southern 7 that has income eligibility criteria. The good news is that many families who earn too much to be eligible for a lot of programs **are** eligible for WIC. For 2012-2013, a family of four earning \$42,643 a year is still eligible for WIC. If you are pregnant, postpartum up to 1 year and breastfeeding, or have a child under the age of five, WIC can provide infant formula, nutritious food and important information about keeping your family healthy. Each year on July 1, the eligibility criteria changes, so if your income is on the borderline, it is a good idea to check back with the Office Associate at your county office.

WIC Income Eligibility Guidelines

(Effective from July 1, 2012 to June 30, 2013)

# in Household	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$20,665	\$1,723	\$862	\$795	\$388
2	\$27,991	\$2,333	\$1,167	\$1,077	\$539
3	\$35,317	\$2,944	\$1,472	\$1,359	\$680
4	\$42,643	\$3,554	\$1,777	\$1,641	\$821
5	\$49,969	\$4,165	\$2,083	\$1,922	\$961
6	\$57,295	\$4,775	\$2,388	\$2,204	\$1,102
7	\$64,621	\$5,386	\$2,693	\$2,486	\$1,243
8	\$71,947	\$5,996	\$2,998	\$2,768	\$1,384
Each Add'l Member Add	+\$7,326	+\$611	+\$306	+\$282	+\$141

To be eligible on the basis of income, applicants' gross income (i.e. before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines.

While most States use the maximum guidelines, States may set lower income limit standards. A person or certain family members who participate in other benefits programs such as the Food Stamp Program, Medicaid, or Temporary Assistance for Needy Families automatically meet the income eligibility requirement.

Enrollment

If you would like to sign up for WIC all you have to do is ask to speak to the Office Associate at any Southern 7 Health Department clinic site listed in the back of this directory.

Program Staff

The WIC program is coordinated by the Program Manager, based at our Massac County Office in Metropolis. Staff who work in the WIC program are based at each of our clinic locations. Staff in the WIC program includes Office Associates and Registered Nurses.

Early Childhood Division

Early Head Start/ Head Start/ Home Base

Program Description

Head Start and Early Head Start are federally funded programs for children ages 0-5. At Head Start we provide services that go well beyond the classroom. Head Start is a comprehensive program, with something for everyone in your family. Here is more about our program and the services included:

Tradition Head Start

This program is for children 3-5 years of age. Children attend Head Start for a half day or full day session (depending on the center) from August – April. Children attend five days a week and transportation is provided depending on location of residence. Families can have full-day care for their child during the school year by enrolling in both Head Start and Pre-K if available in your district. Head Start will work with families and Pre-K to coordinate a.m./p.m. session placement, transportation and meals for children in both programs. Head Start welcomes dual enrollment in all counties.

Early Head Start

Early Head Start is specially designed to meet the unique developmental needs of children between the ages of 6 weeks – 36 months. Early Head Start is offered at Cairo, Rustic and Mounds. Early Head Start is available throughout the entire calendar year at Rustic Head Start and one classroom at Cairo Head Start. The center based program is available at Cairo and Mounds during the months of August – April. These children receive Home Based Early Head Start services May – July. Rustic Head Start also has the option of daycare.

Home Base

Through weekly home visits, children and families receive all the services of Early Head Start, but in their homes. Home Base is offered for infants and children birth to 3 years of age. Each home visit is approximately 1 ½ hours in length and includes special activities for the child and parent together as well as a snack for everyone. Once each month, children will have an opportunity to participate in a cooking activity. Socialization Days are held twice each month, so children also have an opportunity to play with other children their own age. Transportation is available for these activities upon request.

Education

In Head Start and Early Head Start classrooms children learn through play, hands-on experiences and interaction with a primary care giver. Infants and toddlers receive ongoing care and attention through interactions with consistent primary care giver/teachers who receive specialized training in infant and toddler development and care. Infant and toddler classrooms are designed to provide an environment that stimulates their development and meets their varied eating and sleeping patterns. Pre-school classrooms are set up in “learning centers” such as reading, dramatic play (dress-up, puppets, playing house), hands-on math, science and others. Your child has an opportunity each day to spend time in activities of their choice. Some of the things your child learns about in Head Start include, social skills such as sharing and getting along with other children, pre-reading skills such as an enjoyment of books, dictating stories and becoming more familiar with the letters of the alphabet. Our education programs are designed especially for infants, toddlers, and pre-school age children and the unique manner in which they learn to help prepare them for their entry into the public school system.

Nutrition

At Head Start and Early Head Start we provide at least 2/3 of the nutrients your child needs each day. Our goal is to provide delicious food that is good for children in an atmosphere that is relaxed and enjoyable. We hope to promote healthy eating habits that nourish a child’s body, preserve his/her teen while at the same time develop an enjoyment of family mealtime. Meals are served family style, with children and staff eating together around the table. Mealtime also includes learning good table manners, helping children learn how to use silverware, serve themselves, pour drinks, and clear their plates.

The Early Head Start program is equipped to meet your infant’s unique nutritional needs including formula, the introduction of new foods and the transition to table food. If a child is breastfeeding, we can assure breast milk is provided in a warm and nurturing manner to your child.

Health

Each school year, children who attend Head Start and Early Head Start receive several very important health screenings. Specially trained staff screens children for any problems with their vision or hearing. All children are required to have a dental exam or screening within their first 90 days of enrollment in the program. Parents can take their child to their dentist, or for convenience, Head Start will either set up a day for a dentist to come into the Head Start center to do dental examinations or we will transport children to a local dental provider for the exams. If any problems are suspected after any of the screenings, you will be

contacted and our Parent Coordinator staff will assist you to get follow-up services for your child such as an appointment with an eye doctor, dentist, or hearing specialist. In our Early Head Start Program, our Teachers and Home Base Advocates will be completing dental screenings on the infants and toddlers.

Special Needs

At Head Start we welcome infants, toddlers and pre-schoolers with special needs. Our classrooms are fully inclusive and children with special needs learn alongside their friends. We also have a staff person specially designated to assist you as you navigate the Early Intervention System or access Special Education in the public schools. We can assist you to get specialized services for your infant, toddler, or pre-schooler such as speech, physical therapy, or other medical specialists

Family Partnerships

Each Head Start center has a Parent Coordinator who can assist families in securing other services in the community such as medical care, energy assistance, housing, continuing education, transportation, and many others. Each school year, our Parent Coordinators will meet individually with parents to make sure that both our program and others in the community are meeting your needs. Families participating in Early Head Start will receive monthly home visits that include the services described above as well as information about infant and toddler development.

The Head Start Program understands that parents are the most important people at Head Start and Early Head Start. Parents are encouraged to participate in activities or volunteer at the center as often as they can. Each center has a parent group that meets once each month. Parent groups elect their own officers, policy council representative, and committee members. Parent groups have an opportunity to provide input into the operation of the center as well as plan special activities for the children. Over half of the representatives to the Policy Council are Head Start parents who are elected by their center parent group. The Policy Council is a very important aspect of Head Start and is responsible for approving new policies, personnel, budgets, and other critical program issues.

Eligibility

For Early Head Start, a child can be birth – 3 years (6 weeks for the center-based program). To be eligible for the traditional Head Start program, your child must be at least three years old and still be too young for Kindergarten. To be eligible, parent's income must also meet the Federal Poverty Guidelines, receive public assistance (TANF or SSI), child in foster care or if the family is homeless. Ten percent (10%) of the children in the program may come from families whose income exceeds the guidelines.

Enrollment

You can enroll your child in Early Head Start, Head Start or Home Base at any time throughout the year. If you are interested in applying, contact your local Head Start center or call the Administrative Office at 618-634-9340.

Program Staff

Each Head Start Center is supervised by a Site Supervisor who is based at the center and each center has a Parent Coordinator who is available to answer any questions. Center locations and phone numbers are listed in the back of this directory.



Public Health

ADMINISTRATION:

Southern Seven Health Department
37 Rustic Campus Drive
Ullin, IL 62992-2226
618-634-2298 618-634-9521
618-634-2345 618-634-2666
Fax: 618-634-9394

ALEXANDER COUNTY:

Southern Seven Health Department
3014 Elm Street
Cairo, IL 62914-1361
618-734-4168 618-734-4169
Fax: 618-734-3923

HARDIN COUNTY:

Southern Seven Health Department
5 Ferrell Road
PO Box 817
Rosiclare, IL 62982-0817
618-285-6564
Fax: 285-6218

JOHNSON COUNTY:

Southern Seven Health
515 ½ East Vine Street
Vienna, IL 62995
618-658-5041
618-658-9785
Fax: 618-658-2547
BCCP Fax: 618-658-2632

MASSAC COUNTY:

Southern Seven Health
1230 Commercial Park Road
PO Box 883
Metropolis, IL 62960-0133
618-524-2657
Fax: 618-524-2900

POPE COUNTY:

Southern Seven Health
205 Main Street
Golconda, IL 62938-0440
618-285-6215
Fax: 618-285-6218

Clinic Locations

Department	<p><u>PULASKI COUNTY:</u></p> <p>Southern Seven Health Department 37 Rustic Campus Drive Ullin, IL 62992-9727</p> <p>618-634-9406 618-634-9407</p> <p>618-634-9408</p> <p>Fax: 618-634-2656</p>
618-658-9700	
Department	<p><u>UNION COUNTY:</u></p> <p>Southern Seven Health Department 400 Public Square PO Box 78 Jonesboro, IL 62952-0078</p> <p>618-833-8562 618-833-8560</p> <p>Fax: 618-833-6393</p>
618-524-2658	
Department	
618-285-6564	

Early Head Start/

ADMINISTRATION

Southern Seven Head Start
37 Rustic Campus Drive
Ullin, IL 62992
618-634-9340 1-800-698-4820
Fax: 618-634-9394

ALEXANDER COUNTY:

Cairo Head Start
4115 Sycamore Street, Bldg. B
Cairo, IL 62914
618-734-4220 Fax: 618-734-1985

Egyptian Early Learning Center
20023 Diswood Road
Tamms, IL 62988-3234
618-776-5756 Fax: 618-776-5758

HARDIN COUNTY:

Hardin County Head Start
Rt 2, PO Box 313
Elizabethtown, IL 62931
618-287-9098 Fax: 618-287-9099

JOHNSON COUNTY:

Vienna Early Learning Ctr.
513 East Vine Street
Vienna, IL 62995
618-658-9229

Goreville Early Learning Ctr.
201 S. Ferne Clyffe Road
Goreville, IL 62939-2698
618-525-4737

MASSAC COUNTY:

Brookport Early Learning Ctr.
319 Ferry Street
Brookport, IL 62910
618-564-3805

Metropolis Early Learning Ctr.
416 E. Ninth Street
Metropolis, IL 62960
618-524-5222

POPE COUNTY:

Pope County Head Start
RR 2, Box 22
Golconda, IL 62938
618-683-2142

Head Start Locations

<p>Fax: 618-658-6064</p>	<p><u>PULASKI COUNTY:</u></p> <p>Mounds Head Start 327 North Reader PO Box 476 Mounds, IL 62964-0476 618-745-6703 Fax: 618-745-9418</p>
<p>Fax: (Vienna H.S. Fax #)</p>	<p>Rustic Campus Head Start 37 Rustic Campus Drive Ullin, IL 62992 618-634-9327 Fax: 618-634-9817</p>
<p>Fax: 618-564-3941</p>	<p><u>UNION COUNTY:</u></p> <p>Union County Early Learning Center – Anna Barnes Hall 1000 North Main Street Anna, IL 62906 618-8338932 Fax: 618-833-5845</p>
<p>Fax: 618-524-5322</p>	<p>Union County Early Learning Center – Jonesboro 309 Cook Avenue Jonesboro, IL 62952 618-833-5148</p>
<p>Fax: 618-683-2148</p>	<p>For more information or to enroll your child, call any center listed above or our Administrative Office.</p>



Southern Seven Health Department and Head

37 Rustic Campus Drive

Ullin, IL 62992

618-634-2297

Fax: 618-634-9394

www.southern7.org