



2026 RESOURCES & OPPORTUNITIES MENU

VERSION 3.0



arrowleaf[®]

Growth. Community. Transformation.

WHAT DOES ARROWLEAF DO?

Arrowleaf provides resources and opportunities that build well-being for Southern Illinoisans throughout their lives so they can reach their potential and help our communities thrive. Our work is focused on three areas essential to well-being and strong communities: Behavioral Health, Community Collaboration, and Developmental Services.



Behavioral Health

Arrowleaf's Behavioral Health area of focus provides an array of programs and services that build well-being for individuals throughout our region by helping them navigate the challenges that can come up at different points in their lives.

Community Collaboration

Arrowleaf's Community Collaboration area of focus includes a wide range of resources and opportunities that connect people with other resources in our communities, strengthen our services in our other areas of focus, and make Southern Illinois more vibrant for all of us.

Developmental Services

Arrowleaf's Developmental Services area of focus offers programs and services that support individuals living with intellectual or developmental disabilities in Southern Illinois.

SERVING SOUTHERN ILLINOIS

Arrowleaf works alongside individuals, families, schools, healthcare providers, community organizations, and other local partners to respond to the needs of Southern Illinois communities. Our programs are designed to support people throughout different stages of life, from children and youth to adults and seniors.

Because individual needs are rarely limited to one area of life, Arrowleaf works to connect people with the combination of services, supports, and community resources that can help them move toward greater stability, independence, and well-being.

HOW CAN WE HELP

Someone may connect with Arrowleaf for one service and discover additional resources that can support other needs in their life. Depending on the individual, Arrowleaf may be able to help with behavioral health treatment, crisis support, housing, substance use recovery, food and basic needs, developmental services, youth and family supports, healthcare navigation, employment opportunities, or connections to other community resources.

Our goal is not simply to provide individual programs, but to help people navigate resources and opportunities that support their overall well-being.

BEHAVIORAL HEALTH AREA OF FOCUS

Community-Based

Certified Community Behavioral Health Clinic: provides comprehensive, coordinated mental health and substance use services, including crisis care, treatment, recovery supports, and connections to community resources for people of all ages. The program also includes a Veterans Council. The Council connects veterans and members of the armed forces with peer support, group services, behavioral health care, and assistance navigating veteran benefits.

Child Advocacy Center Assistance: provides emotional support, resources, and referrals via mental health professionals to children and families who have received a forensic interview at the local Child Advocacy Center.

Crisis Response & Intervention Services: are available 24/7, help people of all ages deal with immediate stressors, minimize the negative effects of physical or mental health challenges, and cope with a loss of functioning in any area of life.

Community Support Team: provides intensive community-based mental health services for adults at risk of institutionalization who need increased support to remain stable in the community.

Employee Assistance Program: provides confidential behavioral health counseling and support services for Arrowleaf employees and their eligible family members, helping them address personal, emotional, family, or other life challenges that may impact their overall well-being.

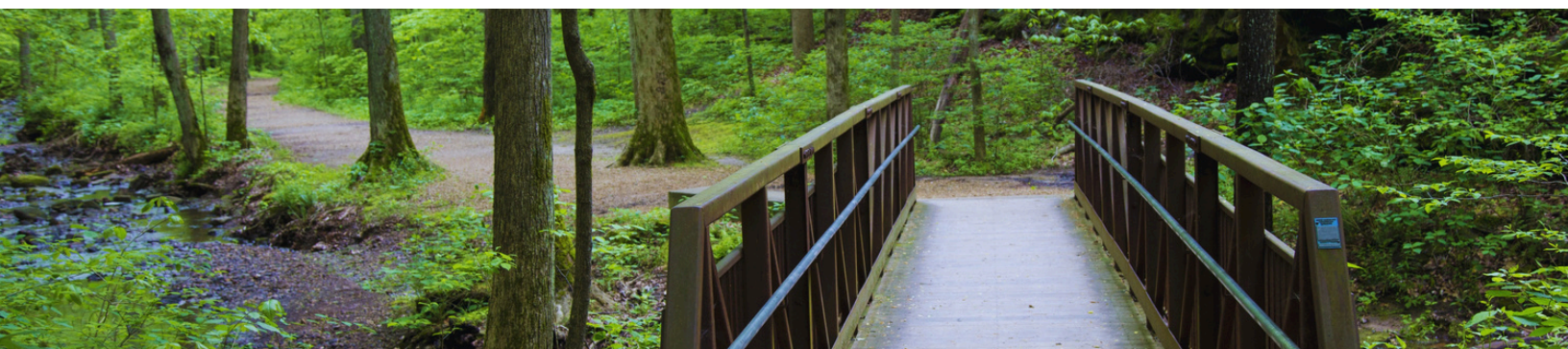
Intensive Placement Stabilization: helps young people involved with the DCFS system (Department of Child and Family Services) build stability and reduce the number of foster placements and moves through mental health services.

Mental Health Juvenile Justice: functions as a point of contact between the Illinois Juvenile Justice System, probation, schools, and the community. The program helps build these collaborative relationships to identify and obtain referrals of youth with or at risk for mental health concerns in Union County.

Mental Health Awareness Training: provides evidence-based and evidence-informed training that builds community awareness, knowledge, confidence, and skills to safely respond to individuals experiencing mental health issues.

Outpatient Fitness Restoration: provides outpatient mental health services and fitness education to non-dangerous defendants who are adjudicated unfit to stand trial.

Psychiatric & Nursing Services: help patients of all ages struggling with mental illness and mental health challenges build well-being by pairing them with a team of specialists, including a psychiatrist and registered nurse, who work together to prevent, assess, diagnose, treat, and rehabilitate mental illness.



Residential

Forensic Permanent Supportive Housing: provides temporary housing and supportive services for justice-involved adults with mental health needs.

Garden Apartments of Vienna: helps individuals living with intellectual and/or developmental disabilities and those ages 62+ access stable housing by providing one-bedroom apartments with rental assistance.

Housing First: assists adults with mental illness who are homeless or exiting a State Operated Psychiatric Hospital (SOPH), with little to no financial resources, in identifying and accessing housing opportunities through the provision of rental and transitional assistance and supports.

Projects for Assistance in Transition from Homelessness: helps adults experiencing homelessness or marginal housing and those living with significant mental illness transition to more stable housing by coordinating services that help them address their individual needs.

Permanent Supportive Housing Support Services: helps adults with serious mental illness or disabilities live independently in their own homes or apartments by providing community-based case management.

Project ReLeaf: provides housing and supportive services for individuals and families impacted by victimization, helping participants establish safe, stable housing while connecting them with individualized resources that promote long-term stability, independence, and recovery.

Supervised Residential: provides adults living with substantial levels of mental illness or disability with 24/7 services through recovery-oriented community residential facilities.

Supportive Housing: provides adults living with moderate levels of mental illness or disability with 24/7 services to help them transition to self-sufficiency or a less restrictive residential setting.

Substance Use & Recovery

Building Recovery through Integrated, Digital, and Geographic Equity: helps make substance use services more accessible across rural Southern Illinois by connecting individuals with community-based and telehealth options.

DUI Evaluation & DUI Risk Education: assesses alcohol and drug use and related public safety risk for DUI defendants and provides education and recommended treatment based on their level of risk.

Supplies, Access, Facilitation, and Education: provides adults impacted by substance use with harm reduction supplies, peer support, transportation and temporary lodging assistance, and connections to treatment, healthcare, and other community resources.

Strategic Prevention Framework: works to prevent substance misuse through education, outreach, harm reduction, peer support, service linkage, and other prevention efforts, with emphasis on populations at increased risk.

Substance Use Prevention & Recovery: provides those impacted by substance misuse and their families with intervention, recovery support, and treatment services that focus on the unique needs of the individual and the community.





COMMUNITY COLLABORATION AREA OF FOCUS

Youth & Family-Focused

Comprehensive Community-Based Youth Services: helps young people ages 10 to 17 and their families minimize involvement in the child welfare and/or juvenile justice system through stabilization and support services.

Community Youth Services: helps youth ages 11 to 24 in Johnson County reach their full potential and strengthens communities through the facilitation of life skills training, community resource projects, career readiness training, and other youth-led initiatives.

Family Advocacy Center: helps children and parents/caregivers who have DCFS involvement (or are likely to have DCFS involvement) stay together by strengthening and safeguarding the functioning of families, preventing substitute placement, promoting family reunification, stabilizing foster care placements, facilitating youth development, and ensuring the safety and well-being of children.

Holiday Wish: helps families who are dealing with a crisis as a result of medical issues, unemployment, homelessness, or other difficult circumstances access in-kind donations that make it possible for them to celebrate the winter holidays.

Little Leaves Learning Center: provides high-quality child care and early learning opportunities that support children's development, prepare them for future success, and meet the needs of working families in our community.

Substance Use Prevention Services: helps students 11 to 18 learn about substance use and misuse through a prevention-oriented curriculum and community-wide awareness-building activities that aim to reduce the prevalence of substance misuse in our communities.

STOP School Violence: partners with schools and communities to reduce student violence and crisis escalation through prevention education, early identification, youth leadership and mentoring, school safety activities, and connections to supportive resources.

Youth Employment: provides paid, hands-on work opportunities that help young people build job skills, confidence, and experience at community-based sites such as The Scoop Station, Clyffe Cafe, and Dixon Springs State Park Pool & Concession.

Adult & Community Access

Medical Respite: provides short-term, 24/7 care and a safe place to heal for individuals experiencing homelessness who are too ill or injured to recover on the streets but do not require hospitalization.

Garden Apartments of Anna: provides safe, affordable housing for seniors, individuals with disabilities, veterans, and households with extremely low incomes, supporting greater stability and independence.

Recovery-Oriented Systems of Care: brings community members and organizations together to support substance use and mental health recovery through community education, stigma reduction, prevention activities, community engagement, coalition building, and ongoing recovery-focused collaboration.

Southern Illinois Rural Healthcare Services Outreach/Whole Health: helps adults improve their health and navigate chronic health conditions through care coordination, nutrition services, and education focused on healthy choices, healthcare navigation, and evidence-based practices.

Supportive Living Program: helps adults age 65+ live independently by providing them with housing in an apartment-style setting that emphasizes privacy and autonomy, while also offering services that support their health and well-being and providing a little extra assistance with the activities of daily life.

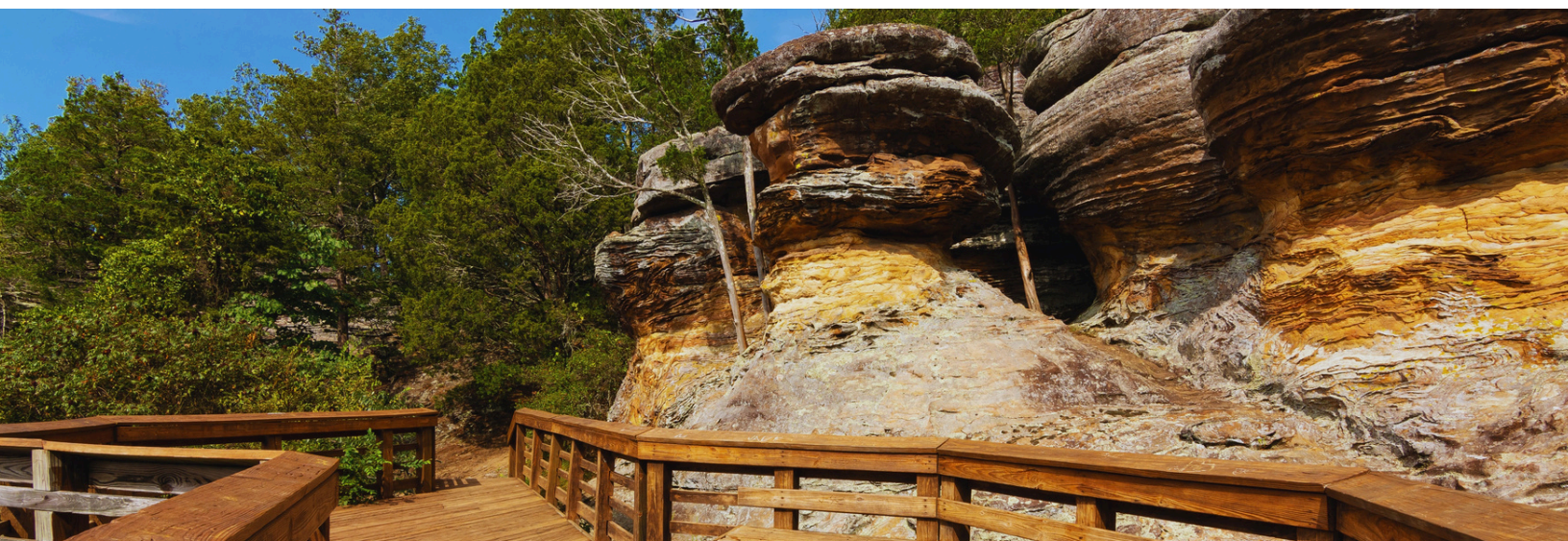
DEVELOPMENTAL SERVICES AREA OF FOCUS

Community Day Services: helps adults living with intellectual and/or developmental disabilities develop and enhance daily adaptive living skills and economic self-sufficiency through out-of-home training designed to foster appropriate behavior, greater independence, and personal choice.

Community Integrated Living Arrangement: helps adults living with intellectual and/or developmental disabilities build well-being by providing them with a living arrangement where 8 or fewer unrelated adults live together with 24/7 support and access to individualized habilitation services under the direction of a community support team.

Community Integrated Employment: provides individuals with disabilities opportunities to gain meaningful, paid work experience in integrated community settings alongside people of all abilities. Employment opportunities include Clyffe Cafe, Riverbend Canteen, and Crafting Change, where participants build job skills, confidence, and greater independence.

Home-Based Services: helps individuals living with intellectual and/or developmental disabilities to remain living in their family home or a home of their own while receiving services that help build their well-being, along with a monthly allocation that can be used to purchase services from authorized community agencies or a Personal Support Worker of their choosing.





WHAT ARROWLEAF MEANS TO US

Our name, Arrowleaf, holds a lot of meaning in our community. The arrowleaf plant is indigenous to Southern Illinois and the Shawnee National Forest region. Thriving in adverse conditions of sand and gravel, this plant is both beautiful and resilient, just like the people we work with who overcome adversity and find ways to fulfill their potential despite the challenges they face.



arrowleaf®

OUR MISSION

Arrowleaf's mission is to help all Southern Illinoisans reach their full potential. We provide resources and opportunities that support individuals of all ages so they can thrive, make our communities more vibrant, and build economic prosperity that benefits everyone.

OUR VISION

We envision a Southern Illinois where all individuals are contributing to a community that is safe and vibrant for everyone.

CONTACT US

300 Red Bud Lane

PO Box 1328

Vienna, IL 62995

Office Hours: 8:30 am - 4:30 pm,
evenings by appointment

618.658.3079

618.658.2611 - 24/7 Crisis Hotline

myarrowleaf.org

