

STEPHENSON COUNTY HEALTH DEPARTMENT
10 W. Linden Street, Freeport, IL 61032
www.stephensonhealth.com
815/235-8271 **email:schd@aeroinc.net**



Programs & Services Directory - February 28, 2020

Public Health Family Services:

- **All Our Kids Network (AOK)** is a community-based collaboration of 35 agencies that is committed to developing a high-quality, well-coordinated, easily accessible system of supports that will promote positive growth and development for all children ages birth through eight and their families, and assure that children enter school ready and able to learn. The get involved, or to learn how your family, program, or agency can benefit, call **Dana Keim at 815/599-8404**, or visit our **website:www.aok-nwil.com**.
- **Women, Infants and Children (WIC)** is a food assistance program for low-to-medium income families that helps pregnant women, new mothers, and young children eat well and stay healthy. WIC provides special checks to buy healthy food, such as: milk, juice, eggs, cheese, cereal and more! Certified Lactation Specialists (CLS), nurses, and breastfeeding peer counselors are available to assist with breast feeding questions and provide support to lactating mothers. For more information, call **815/235-8360**.
- **Family Case Management** provides support to families in Stephenson County by providing health education information and by making linkages/referrals to community partners. This support is designed to assist families in becoming self-sufficient. Teen parents receive added support to complete their education. Parents of high-risk infants work with nurses to ensure their children are getting the best start possible, and all children are screened to determine that their development is on target. For more information, call **Julia Marynus at 815/235-8394**.
- **Healthy Families Illinois** provides intensive home-visiting to young parents, new parents, and their families; helping them to transition into the world of parenthood. Child-parent activities and parenting education assists young parents in learning more about their new life roles and the impact they have on their child as they are raising them. For more information, call **Julia Marynus at 815/235-8394**.
- **Coordinated Intake** offers all families who are receiving maternal-child health and family services the ability to take advantage of a home visiting program in community. The goal is finding the program that is the best fit for the family and assisting them in locating resources and reaching family and individual life goals - very similar to a life coach. For more information, call **Julia Marynus at 815/235-8394 or Barbara Davis at 815/235-8356**.
- **Community Based Doula Program** offers a birth assistant who work with young parents, new parents and their families as they prepare for delivery. Doulas assist in completing a birth wish/plan prior to delivery and provide education on newborn care. Doula staff are certified in infant massage, and also provide prenatal class instruction to young expectant parents. For more information, call **Julia Marynus at 815/235-8394**.

- **Illinois Family Connects** is a pilot project supported by the Governor's Office of Early Childhood Development, and the Illinois State Board of Education, and the Ounce of Prevention; local partners include healthcare providers FHN and SSM - Health/Monroe Clinic. All Stephenson County residents who deliver a baby are offered a free in-home nurse home visit courtesy of Illinois Family Connects. Having a new baby affects many areas of a family's life. Illinois Family Connects nurses are trained to answer all kinds of questions and knowledgeable about the wealth of resources available in the community. For more information call **Julia Marynus at 815/235-8994 or Becky Moore at 815/599-8421.**

Primary Care:

- **FHN Community Healthcare Center** in partnership with the Stephenson County Health Department, provides primary health care services, including: medications, health education, and diagnosis and treatment of common and/or acute illnesses, as well as management of chronic health problems by a physician or nurse practitioner. For more information or to make an appointment, call **815/599-8414.**

Children's Dental Services:

- **Children's Dental Services** offered by Park City Dental of Rockford and are available at the health department. For more information or to make an appointment, **call 815/708-6556.**

Public Health Nursing Services:

- **HIV/AIDS/STD** counseling, testing, referral and partner notification offers a range of services to prevent and control disease and promote public health, including diagnosis, treatment, and health education in a confidential setting. For more information, call **815/235-8271.**
- **TB Skin Tests** are available for \$15. For more information, call **815/235-8271.**
- **The Family Planning Program** serves women of reproductive age in a confidential clinic setting through the provision of low-cost STD screenings, health education, counseling, and contraceptives. (Donations are encouraged.) For more information, or to make an appointment call **815/235-8271.**
- **Low-cost immunizations** are provided at regular and special clinics for a range of childhood diseases and to prevent the spread of influenza each year in vulnerable and at-risk populations. In addition, the health department assists emergency, public safety, health and other public service personnel by administering Hepatitis B vaccines. For more information or to make an appointment, call **815/235-8271.**

The department maintains continuous **surveillance and reporting of all infectious diseases**, regularly monitors other key community health indicators, and develops plans in collaboration with community partners to address identified priority health concerns. For more information, call **815/235-8271.**

- **Community Health Screening Program (CHSP):**The Stephenson County Health Department now offers many different types of blood-draw and other laboratory tests at greatly reduced rates, payable at the time of service. Call **815/235-8271** for more information on the variety of lab tests we perform and their costs.

Women's Health Services:

- **Illinois Breast and Cervical Cancer Program (IBCCP)** provides free mammograms for women ages 40 to 64 and free clinical breast/pelvic exams, Pap tests, and HPV tests for women ages 35 to 64 who are uninsured or underinsured. This program includes case management, education, and outreach efforts. For more information or to make an appointment, call **Well Women Program at 1-866-590-8499**.
- **WISEWOMAN Cardiovascular Program** is for women between the ages of 35 and 64 who are currently enrolled in the IBCCP Program. All participants receive a free total lipid profile with glucose and a health history, and are eligible to receive free health coaching sessions to incorporate nutrition and physical activity into a more healthy lifestyle. Optional memberships to TOPS and Weight Watchers are available at no cost to the participants. For more information, contact the **Well Woman Program at 1-866-590-8499**.
- **Win With Wellness**

The Heart Improvement Project (HIP), is a FREE, two-year project, under the Win With Wellness Initiative, that provides wellness programs to lower cardiovascular disease risk in Stephenson and Carroll counties. Adult men and women living or working in Stephenson and Carroll Counties are eligible of the project. Participants must join a required program:

Take Off Pounds Sensibly (TOPS), weekly meetings and weight-ins that promote healthy eating, physical activity and support healthy weight loss.

Heart-To-Heart (HH), once a month, 30-minute interactive presentations on physical activity and healthy eating held at participating worksites and community organizations. For more information, please call **Holly Calcaterra at 815/599-8420**.

Community Health Education:

- **Community Health Promotion and Education** services are available to address major factors in ill health such as smoking and tobacco use, substance abuse, sedentary lifestyle, environmental hazards, family stress, nutrition, peer pressure, healthy relationships, STDs, HIV, abstinence, and sexuality education. Specific programs include:
 - The **Illinois Tobacco Quit Line Smoking Cessation Program** includes fee unlimited phone counseling. Free nicotine replacement products are also available for those who qualify. Or you can call **1-866-Quit-Yes**.
 - Together with the Freeport Police Department and the Stephenson County Sheriff's Department, we sponsor **Tobacco Compliance Checks** throughout Stephenson County. Compliance checks are completed three times a year.
 - Information on the **Smoke Free Illinois Act** or how to file a complaint can be found at **www.smoke-free.illinois.gov** or call **1.866.973.4646**.

- **Personal Safety for Kids** is a program offered to 5th graders where each student receives a handbook that features information about safety in the home, at school, in traffic, on the street, at play, and among strangers.
- **Adolescent Health:** One of the main goals of this program is to reduce the teen pregnancy rate in Stephenson County. In order to have a more rounded approach, this program has five different components: sexuality education, youth development, male involvement, parental involvement, and public awareness.
- **Illinois Tobacco-Free Communities Grant Program (ITFC)** is a program that offers tobacco prevention and control programs. The main goals of ITFC are to implement activities to enforce and promote the Smoke-Free Illinois Act (SFIA) and to educate businesses and health care facilities about the Illinois Tobacco Quitline.

For more information, a schedule of classes and times, or to schedule a presentation, call **Laura Youngblut at 815/235-8354.**

Vital Records:

- **Certified copies of official birth and death records** are available from the County Registrar for school, travel, insurance, inheritance, and identification purposes for a fee. For more information, call **815/235-8271**, or get application forms at **www.stephensonhealth.com**.

Emergency Response:

- **Emergency Preparedness & Response Program** works in collaboration with other agencies to provide comprehensive public health planning and response for all hazard disasters (natural or man-made) within the county. The program includes: community influenza surveillance; distribution of pharmaceuticals or vaccinations in the event of a bioterrorist attack or pandemic influenza; emergency planning for and tracking of populations with special needs; and recruiting, training, and retaining Northwest Illinois Medical Reserve Corps and other community volunteers. For more information, call **Scott Allshouse at 815/599-8431.**

Environmental Health Services:

- All **food establishments** in the county are licensed and routinely inspected to protect public health and assure sanitary conditions. Inspection scores are regularly reported to the public. For more information, call **Duane Eilders or Beth Gilmour at 815/599-0344.**
- **Food Service Sanitation Manager's Certification:** Classes are held periodically through the Health Department. For more details, contact **Beth Gilmour at 815/599-0344.**
- **Licensing of private sewage system installers and pumping contractors.** For more information, call **Ed Specht or Beth Gilmour at 815/599-0344.**
- Technical assistance, permits and inspections for new or repaired **wells and septic systems** are available to contractors and the general public, including water sampling and testing. The health department also conducts third party private water well and sewer system evaluations for real estate transactions, including water testing, and oversees the sealing the **sealing of abandoned water wells** in the county. For more information, call **Ed Specht at 815/599-0344.**
- **Nuisance conditions and complaints** the exist in unincorporated areas of the county are investigated and corrective actions are instituted. Nuisances include open dumping and burning,

dangerous and unsanitary buildings, dead and decaying animals, and noxious weeds. Failing private sewage systems throughout the county are also investigated and corrective actions instituted. For more information, call **Beth Gilmour or Ed Specht at 815/599-0344**.

- **West Nile Virus** surveillance, testing, reporting, and education are offered throughout Stephenson County. For more information, call **Beth Gilmour at 815/599-0344**.
- **Radon Test Kits** and information for home and business use are available at two locations. For more information, call **815/599-0344**.
- **Tanning and Body Art Establishments:** Businesses are inspected routinely and complaints are investigated with outcomes shared with the Illinois Department of Public Health (IDPH). SCHD enforces the codes; while IDPH licenses these Illinois establishments. For more information, contact **Ed Specht or Beth Gilmour at 815/599-0344**.
- **Mercury drop-off site:** No-fee mercury and/or mercury-containing-device drop-off sites In Freeport in conjunction with the Illinois Environmental Protection Agency [at 10 West Linden Street (for more information, call 815/235-8274) OR 295 West Lamm Road (for more information, call 815/599-0344)].

Affordable Care Act Program:

The SCHD Affordable Care Act Program Certified Application Counselor is able to assist Stephenson County residents enroll in health insurance. Please call **Janet Vrtol at 815/599-8439** to set up an appointment for healthcare insurance enrollment or to answer your questions about health insurance coverage. The **GetCoveredIllinois.gov** website offers self-enrollment and other tools for those people with computer access.