

SIH Community Health

SIH Community Benefits Department's Community Health Programs are designed for anyone residing in the lower 16 counties of Illinois. These evidence based initiatives focus on the SIH priority health issues; Social Determinants of Health, Behavioral Health and Chronic Disease Prevention, Management and Treatment.



Coalition Building

Healthy Southern Illinois Delta Network | HSIDN

Transforming Southern Illinois into a region that supports and enhances healthy living is a collaborative effort. One of the many goals of our work with community partners is to "Make the Healthy Choice the Easy Choice." SIH partners with Healthy Communities Coalitions in the lower 16 counties of Illinois to form the Healthy Southern Illinois Delta Network (HSIDN). By working together with many partners we know we will have better success in improving the

health of those in our area. SIH maintains a website with information about the HSIDN, a community health calendar, community and healthcare provider resources and much more.



hsidn.org

Social Determinants of Health

Outreach and Screening in Targeted Communities

Partnering with other SIH staff and community partners within the HSIDN to increase access to care by providing free community screenings, education, and resources. Community screenings offered include: blood pressures, height & weight (BMI), cholesterol & glucose testing, distribution of FIT kits, and consultation of on-site screening results.



Behavioral Health

Mental Health First Aid | Adult and Youth

Learn how to identify, understand and respond to people with signs and symptoms of a mental health crisis, mental illness, and substance use issues. This program teaches a 5-step action plan to offer initial help to adults by connecting them to appropriate professional help or self-help. Anyone can learn Mental Health First Aid.

Collaborating to Serve Individuals in Crisis

Partnering with Carbondale Police Department and many social service agencies to connect those experiencing mental health crises to community services.

Mission:

We are dedicated to improving the health and well-being of all people in the communities we serve

Vision:

Creating a healthy Southern Illinois made stronger by acts of caring that transform lives

Values:

*Respect
Integrity
Compassion
Collaboration
Stewardship
Accountability
Quality*

For more information, contact:

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Chronic Disease

Take Charge of Your Health: Live Well Be Well

Self-Management Workshops

Many people live with diabetes and chronic diseases every day, but you do not have to face them alone. SIH and our partners offer the Stanford University developed, Self Management Resource Center's **Diabetes Self-Management Program (DSMP)** and **Chronic Disease Self-Management Program (CDSMP)** in locations throughout southern Illinois.

The FREE 6 week programs are offered to help the participant develop skills to help improve overall health, increase physical activity, improve nutrition and much more.



hsidn.org/livewellbewell

Nutrition Education and Healthy Cooking Demonstrations

Assist to offer nutrition education and healthy cooking demonstration at sites targeting low-income individuals with the aim to increase nutrition education knowledge among those attending events.

Tobacco Cessation: Illinois Tobacco Quitline

Free QUIT services are available for all Illinoisans by calling the Illinois Tobacco Quitline. Make a change for a healthier life. Explore this free resource to become tobacco free.

You can quit — we can help.
1-866-QUIT-YES (1-866-784-8937)
TTY (1-800-501-1068)
quityes.org

Tobacco Cessation: Courage to Quit Program

Quitting smoking is a challenge you do not have to face alone. If quitting smoking is your goal, Respiratory Health Association's Courage to Quit® program can help you get there. Courage to Quit® is a stop smoking program that may be available to you one-on-one or as part of a group. Each session includes information, practice skills, and support to help you reach your smoke-free goal.

Trained and certified Courage to Quit® program leaders are committed to help you achieve your smoke-free goal. They come from different backgrounds, including nursing, social work, and community organizations. Leaders are not current smokers.

Courage to Quit® sessions help you make a personal quit smoking plan, identify your triggers to smoke and gain new skills to deal with those triggers. You will learn about quit smoking medication options and strategies to prevent relapse.



hsidn.org/couragetoquit

Prevent Diabetes Today Program

Do you have prediabetes? If so, consider the **Prevent Diabetes Today FREE** monthly sessions!

Each month classes are offered with subject matter experts. Topics are discussed to help you in your Diabetes Prevention Journey. Learn more about prediabetes and what it is, tips for health eating, coping skills, low impact physical activities to improve your health, and tips for better sleep to aid in your lifestyle changes. Classes are offered in Carbondale and Herrin locations.



hsidn.org/prevent-diabetes-program

Camp BETA

Camp BETA is a FREE overnight camp for youth with type 1 diabetes. Camp BETA is a collaboration between Southern Illinois Healthcare, the Diabetes Today Resource Team, the SIU Touch of Nature Environmental Center and the SIU Dietetic program with sponsorship from civic organizations, private companies, families, individuals and many more. The camp's continued success can be attributed to the hard work of many community members, parents, students, nurses, dietitians and volunteers.

hsidn.org/camp-beta