

## *Volunteer and Community Involvement*

### *Individuals and businesses can help through:*

- Monetary gifts
- In-kind donations — Christmas and birthday presents, recreational equipment, books, school supplies, videos, etc.
- Volunteer service on planning committees for fund raising events as well as service on LCFS' Mt. Vernon Community Council.

## *Referrals*

Referrals are made by the Illinois Department of Children and Family Services.

Referrals can be made to the Intake Counselor 24 hours a day, 7 days a week. Intake decisions can be made immediately.

### **Southern Thirty Adolescent Center**

17077 N. Illinois Highway 37  
Mt. Vernon, IL 62864  
(618) 242-2238  
Fax (618) 242-2279

Lutheran Child and Family Services of Illinois attracts, develops, mobilizes and provides resources to improve the well-being of children, individuals, families, congregations and communities so that their lives are improved.

LCFS is an officially recognized human care ministry of the Lutheran Church – Missouri Synod; licensed by the Illinois Department of Children and Family Services; accredited by the Council on Accreditation of Children and Family Services; and a member of the Child Care Association of Illinois, Alliance for Children and Families, Lutheran Services in America, LAN: A Lutheran Adoption and Foster Care Alliance and the American Association of Children's Residential Centers.

**A United Way funded agency.**

**To support Southern Thirty Adolescent Center, please call the LCFS Advancement Department at (708) 488-5557 or visit [www.lcfs.org](http://www.lcfs.org)**

**For more information about  
Southern Thirty Adolescent Center:**

**Call: 1-800-363-LCFS (5237)**

**Email: [lcfs\\_info@lcfs.org](mailto:lcfs_info@lcfs.org)**

## *Southern Thirty Adolescent Center*



# Helping youth make better choices



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Family Services of Illinois**

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## Overview

Southern Thirty Adolescent Center is a short-term shelter for youth ages 11 to 18. Southern Thirty was established in 1994 when local community officials and LCFS recognized the need for comprehensive services for youth in need. Since then it has helped more than 1,000 youth through short-term care, assessments and planning so that they can move forward with their lives.



Youth come to Southern Thirty for a number of reasons.

- Some are in transition as they struggle with behavioral or emotional issues.
- Others have had unsuccessful foster home placements.
- Others have been removed from their home because of abusive or neglectful parents.

The projected length of stay at Southern Thirty is 30 days, but those 30 days can change the course of their lives.

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## Assessment and Long-term Planning

During their 30 days at the center, staff assess the youths' strengths and long-term needs and develop an individual plan which will help the transition to their new placement such as:

- Live with a foster family
- Enter a group home or residential center
- Return home or live with relatives
- Transition into independent living

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## A Compassionate and Therapeutic Environment

Therapeutic services help the youth develop strategies and skills for a successful transition to the next phase of their life. Therapeutic services include:

- Crisis intervention and stabilization
- Individual and group counseling
- Therapeutic recreation
- Vocational testing
- Medical care
- Assessments

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## The Day Program

Girls requiring day treatment are referred to Southern Thirty for services from 8:00 a.m. to 8:00 p.m. each day and return to their foster homes overnight.

All youth in the day program receive the same services as those in the shelter program.



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## Education at Southern Thirty

The local Office of the Superintendent of Schools provides education on-site. The teacher and her aide create an individualized curriculum for each youth based on their current educational needs and strengths in conjunction with their developmental level and chronological age.

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## Facilities

Five beautiful acres in a park-like setting offer:

- A well-stocked pond
- Sports complex
- Outdoor recreation opportunities

The residential building has areas for:

- Group therapy and conferences
- Classrooms, recreation and activities
- Kitchen, dining room, sleeping quarters

The administration building next door is used for:

- Admissions
- Counseling
- Visitation