



Southern Illinois Resource & Advocacy Center (SIRAC): A Family-Run Organization in Shawneetown, Illinois

Southern Illinois Resource & Advocacy Center (SIRAC) is a Family-Run Organization serving children and families across rural Southern Illinois and acting as the Lead FRO for IDHS Region 5. Founded in 2024 by parents navigating complex systems with limited local resources, SIRAC was created to respond to the needs of under-resourced and vulnerable families across the region, creating positive change for Southern Illinois and striving to empower the community through education, empathy, and awareness.

SIRAC operates through a trauma-informed, relationship-based approach grounded in a Whole Family Recovery framework. Services focus on strengthening protective factors and helping families navigate multi-system challenges through integrated, cross-domain support. Core services include parent peer support and recovery navigation, doula and maternal health services, DCFS navigation and advocacy, case management, and resource referrals.

SIRAC additionally focuses its lens on basic needs access, such as assisting Southern Illinois-based families with food, clothing, and household supplies. They also provide harm reduction interventions including syringe services and Narcan distribution, alongside workforce development and peer training opportunities that help individuals build stability and long-term recovery. These supports address the broader social determinants of health and economic factors that often affect children and families who are navigating mental or behavioral health systems.

SIRAC works closely with community agencies, regional systems, and public partners to improve coordination and expand access to services. As rural Illinois communities face barriers related to transportation, workforce shortages, and provider availability, this makes strong partnerships essential.

Through practical assistance, advocacy, and system collaboration, SIRAC addresses complex systems while strengthening regional infrastructure for children and caregivers, meeting families where they are and walking alongside them as partners.

Follow the work of SIRAC on Facebook, or contact them via their website or email at:

www.sireresources.org
info@sireresources.org

“We don’t just connect families to resources, we build relationships that create lasting change.”



Flip to read more about the impact of the ILCHF Children’s Mental Health Family-Run Organizations cohort.