Sacred Spaces of CARE

Community Advocacy Resource Education

Annual Report 2025

| TRAUMA & MENTAL HEALTH EDUCATION |
| SUPPORT FOR INDIVIDUALS AND FAMILIES |
| CONNECTION TO COMMUNITY RESOURCES |
| LAW ENFORCEMENT WELLNESS & CRISIS INTERVENTION ASSISTANCE |

Prepared by
MEGAN TYLER
EXECUTIVE DIRECTOR

Letter from the Executive Director

Sacred Spaces of CARE
Community Advocacy Resource Education



MEGAN TYLER

www.sacredspacesofcare.org

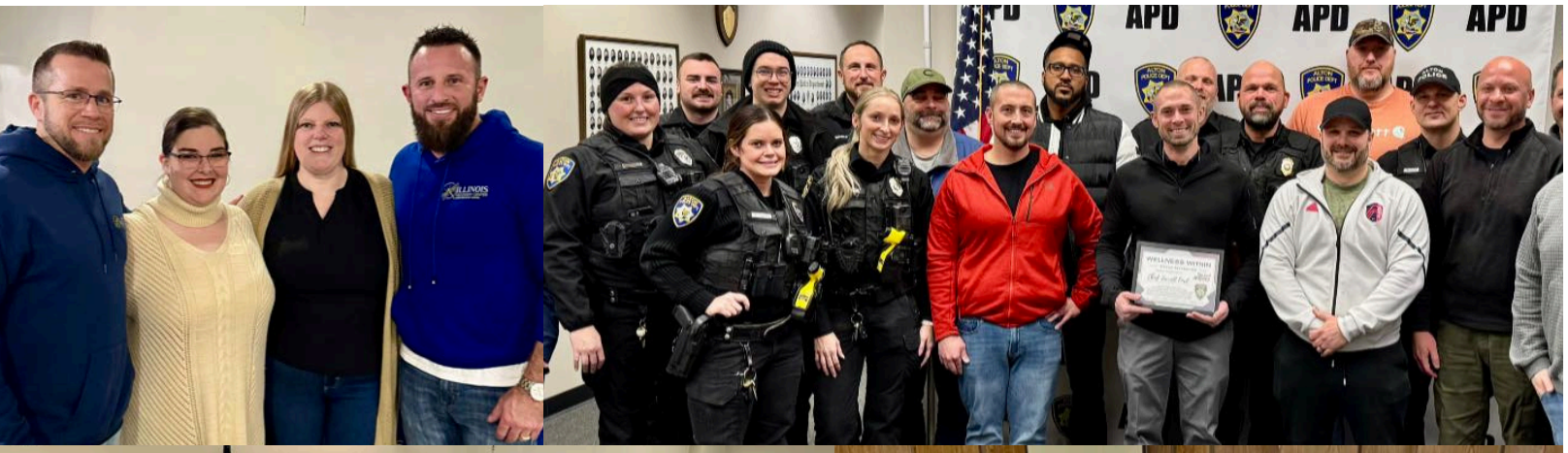
Email:
mtyler@sacredspacesofcare.org

618-795-2179

2025 was a profound year in the life of Sacred Spaces of CARE. We were able to add a full-time resource navigator to our team, allowing us to better serve and be accessible to those needing linkage to services in our community. This is something to be especially grateful for!

We have accomplished so much in so little time, and we are trusting and hopeful that we will be able to sustain this important work. 2026 will be a pivotal year as the needs significantly continue to increase and growing capacity is always at the forefront. We are hopeful that our community will partner with us to ensure that those seeking services related to mental health, substance abuse, trauma, homelessness, and other needs are able to access appropriate care and be supported in their journey toward healing.

“Alone we can do so little; together we can do so much.”
~ Helen Keller











VISION

The vision of Sacred Spaces of CARE is to build a community that is responsive to trauma and prioritizes mental health and wellness.

MISSION

Sacred Spaces of CARE empowers people to engage in mental health and take steps towards healing, through advocacy, education and relational support within our community.

Founding Principles of Sacred Spaces of CARE

Sacred Spaces of CARE
Community Advocacy Resource Education



People First & Relationally Centered

We are committed to leading with compassion and empathy, empowering and equipping within an authentic community.

Growth Mindset Driven

We are committed to learning alongside each other, embracing our challenges and acquiring tools to grow resilience and foster healing,





Collaborative Culture

We are committed to actively listening and respectfully responding to the diversity of our community - affirming and honoring all voices.

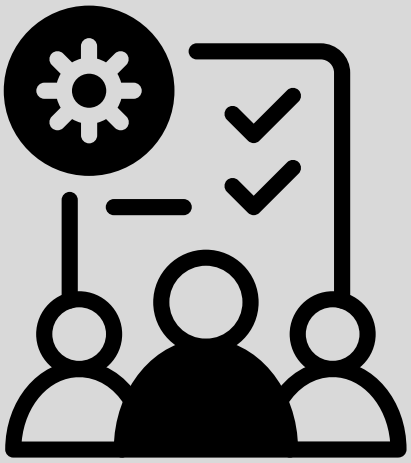
Connected Community

We are committed to supporting collective efforts that promote community wellness and strengthen networks of care.



SHARE THE CARE

♥ SACRED SPACES OF CARE ♥
Community Advocacy Resource Education



2025 PERFORMANCE REPORT

Provided Case Management or Referred to Case Management Provider ▶▶ **57**

Referred or Coordinated Transport/Intake to Mental Health or Substance Use Treatment ▶▶ **49**

Referred to Shelter, Maintained Housing, Family Reunification or Coordinated Temporary Shelter ▶▶ **94**

Assisted with Immediate Essential Needs ▶▶ **185**

bus tokens/pass, food, hygiene, gas, ID/birth certificate, local transport, etc.

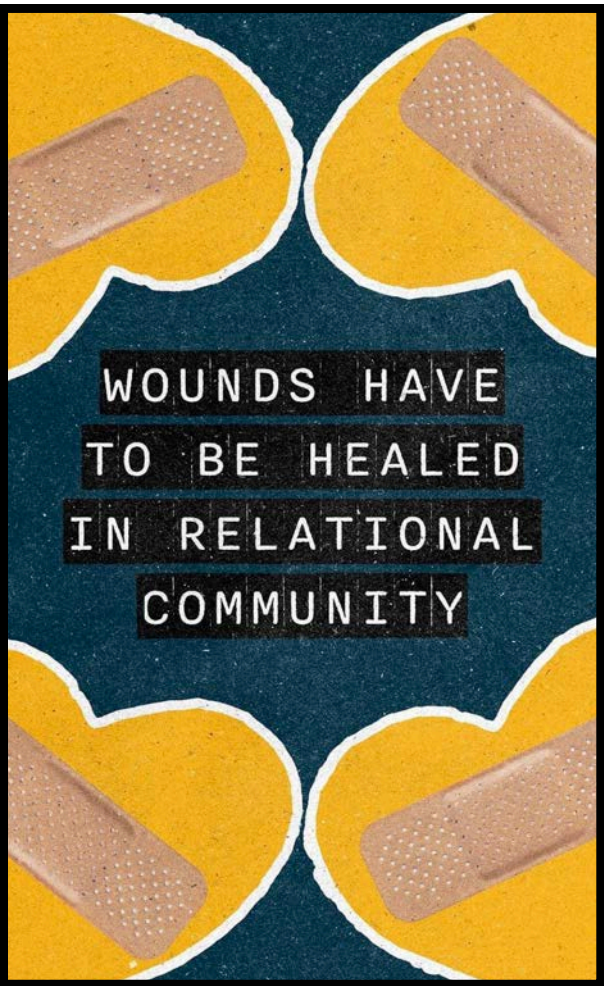
**Numbers in each category are being reported at minimum and assistance may actually exceed reported totals, especially in regard to immediate essential needs.*

A family member requested treatment coordination for James who had been arrested and incarcerated due to substance abuse related charges. Inpatient treatment was able to be coordinated for James so that he was able to immediately access treatment upon release from jail. James successfully completed inpatient treatment and is now on his recovery journey.



*NAMES HAVE BEEN CHANGED TO PROTECT CONFIDENTIALITY

~ CLIENT SUCCESS STORIES ~



Matthew was facing eviction and requested assistance with housing options along with substance use and mental health services. Through resource navigation, Matthew was able to secure housing and has accessed new methods of recovery support along with maintaining sobriety and consistent mental health treatment.

Sheila began services while experiencing domestic violence. While she has been receiving services, Sheila has been able to leave the domestic violence relationship. She has obtained employment, mental health services, and housing.

Sacred Spaces of CARE

Programs & Services

Sacred Spaces of Care provides community resource navigation and linkage to organizations & care providers. We walk alongside individuals and families as they determine how to access appropriate care and receive assistance with essential needs.



***Resource guides to aid the community with finding assistance are produced, regularly updated, and disbursed within the community.**

***Crisis intervention assistance for law enforcement, which may include: crisis referrals, co-response, resource information, and follow up linkage.**

***Collaborative partnerships with community-based providers and service agencies to reduce barriers and increase access to care (clinicians, recovery specialists, mobile crisis response, navigators).**

***Education, trainings, and informational events related to trauma, mental health, substance use.**

Linkage to Resources & Supportive Assistance

*medical
*mental health
*substance use
*housing
*essential needs
*application assistance

We are community-based and go to the need, often engaging on the street, in parks, libraries, etc.

All efforts are aimed at reducing barriers to care.

INFO@SACREDSPACESOFCARE.ORG 618-795-2179 WWW.SACREDSPACESOFCARE.ORG





RESOURCE NAVIGATION AND SUPPORT















COMMUNITY EDUCATION





Mental Health First Aid

Trauma & Mental Health Awareness

Conversations on Substance Use & Recovery

Crisis Response & De-Escalation

Resource & Wellness Events



RISE

ALTON POLICE DEPARTMENT

RESTORATIVE INTERVENTION SUPPORT EFFORTS

SERVICES PROVIDED BY SACRED SPACES OF CARE





Immediate Linkage to Providers and Resources

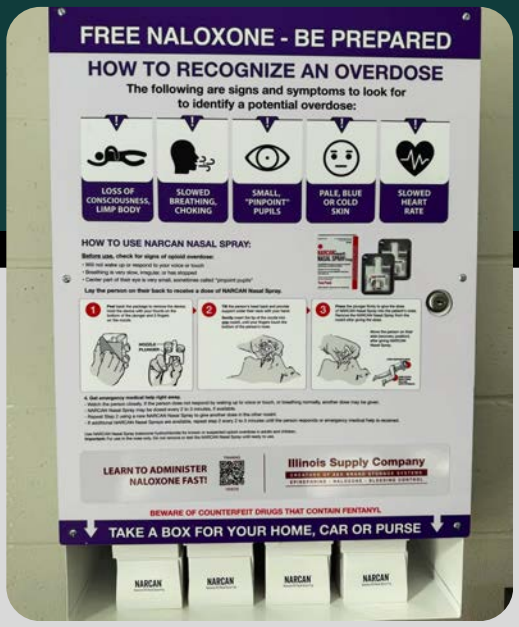
Interim Case Management While Coordinating Care

Co-Response On Scene with Detail Officers & General Patrol

Liaison and Collaboration with Community Partners

Assistance with Community-Based Police Events Related to Mental Health & Wellness





ALTON POLICE DEPARTMENT

ALTON POLICE DEPARTMENT WELLNESS



TRAINING & EDUCATION

LEO Life Coach: Tactical Intervention & Recovery

C.O.P.S. Wellness & Trauma Conference

IACP Officer Safety & Wellness Conference



PROGRAM EVENTS & ACTIVITIES

Healthy Minds Therapy Program

National Police Week - Family Festival

Nutrition / Healthy Snack Supplies

Wellness Resource Library

Safe Firearm & Medication Storage

Wellness Workshops

Mural Project

Family Fall Festival



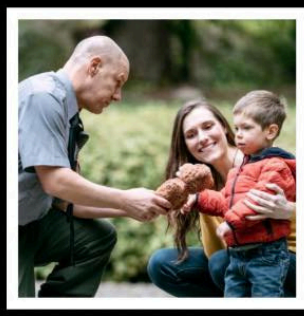
HELP US SUPPORT HEALTHY WELLBEING FOR LAW ENFORCEMENT & THEIR FAMILIES

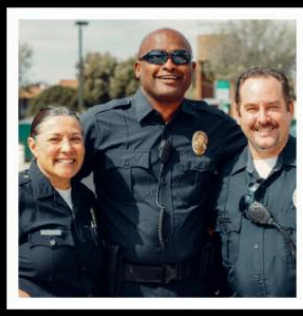
ALTON POLICE DEPT

Sacred Spaces of CARE
Community Advocacy Resource Education

Officer & Employee Wellness







C.O.P.S. Trauma & Wellness Conference

Sponsor 3-4 officers and their partners in attending the C.O.P.S. annual wellness conference with embedded training and restorative supports.

Approximate cost is $15,000 annually for registration & travel

Training & Wellness Workshops

Support 4-6 trainings and wellness workshops offered to all employees focused on: mental health, physical fitness, nutrition, sleep habits, financial wellness, relationships, spiritual wellness, and more, with supportive tools.

Sponsor 1 workshop for $2,500 OR donate $15,000 annually to sponsor all training

National Police Week Family Festival & Fall Family Festival

Support 2-3 family wellness events focused on the health and wellbeing of families - partners, children, and retirees. Events include food, activities, and personalized wellness related gifts and tools for the entire family.

Sponsor 1 event for $3,000 or donate $9,000 annually to sponsor all family wellness

Healthy Minds Therapy & Tools for Wellbeing

Support Healthy Minds therapy for employees, families, or retirees that are not eligible through insurance, plus provide tools and equipment to promote wellness related to fitness, nutrition, finances, relationships, and mental health.

A quarterly sponsorship of $2,500 or donate $10,000 annually

Your generosity will leave a tremendous impact on the lives of our first responders and their families who sacrifice immensely. The chronic trauma they endure and the risk they walk into daily should call us to provide them with the best care and tools to keep them safe and healthy.

To give now, visit: www.sacredspacesofcare.org, scroll to the bottom and click donate OR scan the QR code

Contact Megan at mtyler@sacredspacesofcare.org OR 618-463-3505 ext. 662

K9 POLICE 911

2025 FUNDING SOURCES

GRANT RESTRICTED FUNDING SOURCES

ILLINOIS DEPARTMENT OF HUMAN SERVICES

$296,100

SUICIDE PREVENTION FIRST RESPONDER GRANT

OFFICER WELLNESS - ALTON POLICE DEPARTMENT

DEPARTMENT OF JUSTICE: COMMUNITY ORIENTED POLICING SERVICES

$86,376

ALTON POLICE DEPARTMENT CIT SUBAWARD

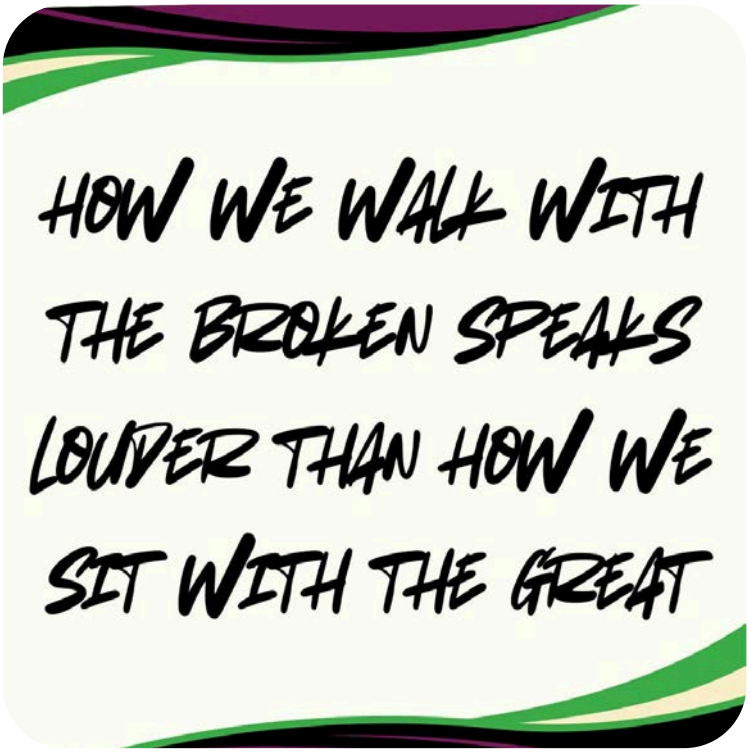
CO-RESPONSE & CASE MANAGEMENT SERVICES

ICJIA - JAG GRANT

$67,661

ALTON POLICE DEPARTMENT SUBAWARD

CO-RESPONSE & CASE MANAGEMENT SERVICES



SHARE THE CARE

SACRED SPACES OF CARE

Community Advocacy Resource Education

DONATIONS & COMMUNITY PARTNERSHIPS

$17,482

GENERAL PROGRAMS & SERVICES

2026 FUNDED PROGRAMS

RESTRICTED FUNDING SOURCES

SUICIDE PREVENTION FIRST RESPONDER GRANT — **ENDS 6/30/26**

ALTON POLICE DEPARTMENT ICJIA SUBAWARD — **ENDS 6/30/26**

Funding is needed to sustain current programming beyond the grant end dates, and to fund programs and services that are not funded through restricted grants.

CURRENT NEEDS FOR 2026 PROGRAMS

FUNDING IS NEEDED TO REDUCE BARRIERS AND
ENSURE OUR COMMUNITY CAN ACCESS APPROPRIATE CARE.

~ BUILDING A STRONGER AND WELL CONNECTED COMMUNITY ~

Sacred Spaces

2026 STRATEGIC PLAN

Goal 1: Strengthen Financial Sustainability and Organizational Resilience

We will ensure Sacred Spaces of CARE is resourced and structured to thrive through changing needs, grant cycles, and community growth.

Goal 2: Deepen Community Impact through Coordinated Partnerships

We will work with community stakeholders
(mental health care, substance use treatment providers, housing, employment, education, faith communities, business owners, etc.)
to enhance community spaces through education and advocacy efforts.

Goal 3: Expand Access to Mental Health & Wellness Services

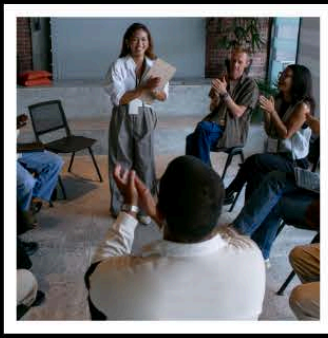
We will increase the availability and coordination of
mental health supports across our region to meet critical needs
and create pathways to stability for individuals in crisis.

HELP US PROVIDE CRISIS CARE, EDUCATION, AND SUPPORT SERVICES TO OUR COMMUNITY

Sacred Spaces of CARE

Community Care and Education







Resource Navigation & Case Management

Clients are provided compassionate care from a skilled clinician or resource navigator that includes referrals to housing, mental health or substance use treatment, employment, education, and more.

Approximately $500 per client is needed monthly OR donate $5,000 to sponsor 10 clients

Community Training

Training is offered on the topics of mental health, substance use and recovery, trauma, Adverse Childhood Experiences (ACEs), de-escalation strategies, and more, to help our community become more equipped and responsive to community needs.

Sponsor 1 training for $2,500 OR donate $15,000 annually to sponsor 6 trainings

Support Services

Clients benefit from supportive services such as application assistance, treatment and/or legal advocacy, tangible essential needs items, and more. Plus, resource guides and information that can link the community to services are produced and disbursed through resource fairs and in community spaces.

Approximately $2,000 per month is needed for support services.

Compassionate care and support during times of crisis and trauma is invaluable, helping those in need with navigating resources and accessing care without having to do it alone.

Your sponsorship will change the trajectory of someone's life and give them the much needed support and care needed during their most difficult moments.

To give now, visit:
www.sacredspacesofcare.org,
scroll to the bottom
and click donate
OR scan the QR code

Contact Megan at
mtyler@sacredspacesofcare.org
OR 618-463-3505 ext. 662

Sacred Spaces of CARE



Sacred Spaces of CARE offers a variety of trainings that are highly informative and equip participants with resources and tools to respond to needs within our families, workplaces, social circles, faith communities, and more.

Mental Health First Aid recognizing signs and symptoms of a mental health crisis	*full day - 8 hour course with participant certification* *2 options: MHFA for adults OR MHFA for those working with youth*
Effects of Trauma (ACE's) & Tools for Resilience	***1.5 - 3 hour training; adults & teens (16 and up)***
Conversation on Substance Use & Recovery ***w/ Narcan Demonstration***	*1.5 - 3 hour training; adults OR youth ages 12 and up (adults & youth attend separately)*
Crisis Intervention & De-Escalation	***1.5 - 3 hour training; adults only training specific to environment***
Loving Someone with a Substance Use Disorder	*1.5 - 3 hour training adults & teens (16 and up)*
Tools for Healthy Wellbeing & Emotional Regulation	***1.5 - 3 hour training; adults & teens (16 and up)***

Call Us
618-795-2179

Email: mtyler@sacredspacesofcare.org
www.sacredspacesofcare.org

SACRED SPACES OF CARE
3RD ANNUAL

TRIVIA Night WITH

Silent Auction & 50/50

Bring your snacks!
NO outside beverage.

DOORS OPEN AT 6PM
TRIVIA BEGINS AT 6:30PM

SATURDAY FEBRUARY 28TH

8 PLAYERS PER TEAM - $200 PER TABLE

VERA LEE MEETING & EVENT VENUE
1854B E BROADWAY, ALTON

LINK TO REGISTER:
HTTPS://FORMS.GLE/R3REHS7XFHNXBVWN7

Would you help support this event?



DONATE AN AUCTION ITEM!

SPONSOR A ROUND - $100

INCLUDES SHARING OF LOGO, CONTACT & SERVICE PROVIDED

EMAIL: INFO@SACREDSPACESOFCARE.ORG
DONATE ONLINE: WWW.SACREDSPACESOFCARE.ORG

SACRED SPACES OF CARE MERCH!



GRAB A T-SHIRT AT OUR NEXT EVENT OR CONTACT US TO PURCHASE

Help us send the message that it is okay to talk about our mental health!

Linktr.ee - Wellness Resources

https://linktr.ee/infosacredspacesofcare

Website

www.sacredspacesofcare.org

Email

info@sacredspacesofcare.org

Mailing Address

108 Northport Drive
Alton, IL 62002

Sacred Spaces of CARE

Sacred Spaces of CARE

How Can You Help?

SUPPORT OUR MISSION THROUGH GIVING

Your generosity directly impacts the health, safety, and wellness of our community. Each dollar can make a significant the difference in someone's life.

What does your contribution help us provide?

TRAUMA & MENTAL HEALTH EDUCATION
SUPPORT FOR INDIVIDUALS AND FAMILIES
CONNECTION TO COMMUNITY RESOURCES
LAW ENFORCEMENT WELLNESS
CRISIS INTERVENTION ASSISTANCE

Sacred Spaces of CARE believes in equitable access to care for all individuals in our community and does not charge for services. We aim to reduce barriers. The organization operates exclusively for exempt 501(c)(3) purposes.

Contact info@sacredspacesofcare.org with questions or inquiries.