

Look for and help with events in your area:

National Prevention Week (2nd week of May)

Overdose Awareness Day (August 31)

Recovery Month (September)

Rockin' for Recovery Music Festival (Sept.)

Red Ribbon Week (in schools last full week of October)

Illinois Youth Survey: administered in 8th, 10th, and 12th grades; scheduled by school; need schools to participate!

iys.cprd.illinois.edu

Get information on your area ROSC at:

www.govst.edu/ROSC-GSU/ROSCC/ROSC/

Crisis and Stabilization Unit

618-877-4420

National Suicide Prevention Hotline

1-800-273-8255

This project is supported in part by the Illinois Department of Human Services-Division of Substance Use Prevention and Recovery, as part of the Substance Abuse and Prevention and Treatment Block Grant (SABG) award from the Substance Abuse and Mental Health Services Administration of the Department of Health and Human services (SAMHSA).

Groups and websites for families:

Family Support Network

Call 314-669-1184 to be connected with a Family Support Network Volunteer and receive a packet of information. Empowering families to find supports for themselves while dealing with a loved ones substance use.

Al-Anon/Alateen

A mutual support program for people whose lives have been affected by someone else's drinking.
www.al-anon.org

Nar-Anon/NaraTeen

Primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you; a 12-step program for families of addicted loved ones.
www.nar-anon.org

Parents of Addicted Loved Ones (PAL)

A support group for parents and other family members. PAL meetings use an evidence-based, structured curriculum created by professionals in the treatment and recovery industry.
www.palgroup.org

Adult Children of Alcoholics (ACA)

A program of people who grew up in dysfunctional homes. We meet to share our experience of growing up in an environment where abuse, neglect, and trauma infected us.
www.adultchildren.org

Groups and websites for those with substance use disorder:

Alcoholics Anonymous (AA)

An international fellowship of men and women who have had a drinking problem; Membership is open to anyone who wants to do something about his or her drinking problem.
www.aa.org or area21.aa.org

Celebrate Recovery

A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind.
www.celebraterecovery.com

Narcotics Anonymous (NA)

Recovery from the effects of addiction through working a 12 step program.
www.na.org

Smart Recovery

Provides assistance to individuals seeking abstinence from addiction.
www.smartrecoverytraining.org

Working Together to Bring Substance Use Recovery and Awareness to Our Community

We are working to build recovery supports in the community. We want people in recovery to be accepted and celebrated. To do that, we need your help.



**Checkout our Facebook pages
and follow us for useful
information, meeting and event
dates, and opportunities to join:**

**Bond County Recovery Council
(BCRC)**

Contact: Toni Randall, 618-304-2590
Email: tcrandall@chestnut.org

**Metro-East Recovery
Council (MERC)**

Contact: Keri Wright, 618-429-0786
Email: krwright@chestnut.org
Laura Schumacher, 618-305-0229
Email: ljschumacher@chestnut.org

**Take Action Coalition of
Clinton County (TAC)**

Contacts: Deb Beckmann, 618-772-3159
Email: dsbeckmann@chestnut.org
Rachel Hall, 618-791-5635
Email: rehall@chestnut.org

**We have monthly meetings to
discuss concerns those in
recovery and with a substance
use disorder face. Discussions
occur with local partners who
work to improve conditions for
people in recovery.**

ROSC stands for Recovery Oriented Systems of Care. It is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve recovery and improved health, wellness, and quality of life for those with or at possibility of substance use disorder

The central focus of a ROSC is to create a “system of care” with the resources to effectively address the full range of substance use concerns within our community.

The goals of the Illinois ROSC include:

- Building a culture that nurtures recovery and reduces stigma
- Building capacity and infrastructure to support a ROSC
- Developing commitment to implement and sustain a ROSC

We are organizing resources that meet people involved with substance use where they are until they are ready to be somewhere else.

We need participants from all sectors of the community: parents, education, health and wellness, law enforcement, government, businesses, faith-based, human services, and those in recovery or currently using substances.