

RECOVERY RELICS

The official newsletter of the McLean County ROSC
(Recovery Oriented Systems of Care)



ROSC Springs to Action

by Dan Sokulski

April has arrived, and while Mother Nature teases us as she always does this time of year, we cannot deny our thoughts are on Spring: The mower needs gas, the fishing reels need untangling, and the Chi-Sox need to get off to a hot start. On that latter note, one of the activities we are excited about is the debut of our McLean ROSC Coed Softball Team--complete with branded hats, visors and jersey to help expand the ROSC brand. If you would like to come out and cheer on the ROSC squad (team name pending), the **games start on May 4th** and are **every Wednesday night at 7:00pm** on Field 4 at Champion Fields in Normal, IL. And in the universe's cosmic sense of humor, we play a local bar in our first game!

Interest levels in playing were delightfully high and it may be possible to field multiple teams in future seasons, or perhaps even start our own ROSC softball league down the road. We are hoping to also start a Coed volleyball team and are open to other recreational sports, so please contact us (pg 3) if you want to be a part of any or all of it. We need organizers and planners too--not just players.

That said, we understand there's more to recreation than athletics so we're also pleased to announce several other events related to arts and entertainment.

Sober Artists Paint Night: Friday, May 20th. In partnership with Threshold for Hope, the ROSC is pleased to announce another Sober Artists Paint Night--but this time *in person!* The event is **FREE** and open to anyone in or allied with recovery.

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WHAT'S NEW AND NEXT

Upcoming ROSC Softball Games:

- May 4 7:00p Champion Field 4
- May 11 8pm " Field 4
- May 18 7pm " Field 4
- May 25 6pm " Field 4

ROSC Supports Local Re-Entry Efforts

About a year ago, the McLean ROSC welcomed ISU Professor, Dr. Dawn Beichner to a monthly council meeting to discuss a new project and coalition she was working to expand upon. Her presentation covered the framework of what would eventually become the McLean County Reentry Council. Interest levels in that initial meeting were immediately high and there was a definite excitement in the air stemming from peoples' passion for reentry (i.e. helping local citizens with their transition from jails and institutions to daily living in society). The synergies between the McLean County ROSC and the Reentry Council are pretty self-evident. The stakeholders at the McLean ROSC table were many of the same representatives Dr. Beichner sought for her Re-entry efforts and many of the overarching objectives from both coalitions mirrored each other. For example, housing and employment for people coming out of Tx/Jails, recreational opportunities, behavioral health and substance use disorder treatment, and more.



The McLean County Reentry Council is a coordinated community response on mission to decrease incarceration rates by increasing opportunities for education, providing resources, and building autonomy in justice impacted populations throughout McLean County.

Second Chance Month Event!

Miller Park Pavilion

1020 S Morris Ave, Bloomington, IL

April 30 \ 1PM-4PM

Receive resources & on-site assistance



ALL ARE WELCOME!

Enjoy a live DJ & free food!

Hear testimonials from people in our community



Questions? Contact Toy Beasley: 309-868-0681



For more information, contact Toy Beasley at 309-868-0681



Heads up, your Page experience just got better

We've unlocked new ways to use your Page **McLean County Recovers - A ROSC Community** and grow its audience.

[Review Changes](#)

ROSC Recreation cont'd

New opportunities for sober recreation and service (cont'd from page 1)

Cogs and Corsets: A Steampunk Happening: Friday June 3rd and Saturday June 4, 2022. ROSC reps will be setting up a table both days to provide the community with information and literature about the coalition and local recovery-oriented supports. This festival takes place throughout six square blocks of historic Downtown Bloomington, with over 90 shops, galleries and restaurants participating. The galleries will be featuring local and visiting artists' new work that exudes that Steampunk vibe. Save the Date: 6/3 & 4, 2022!

- **NOTE: We could use volunteers** to staff the ROSC Table or with general event jobs. No costumes required. Contact Cat Hayes: 309-309-846-0262 for questions or to get involved.

Sober Artists Paint Night: Friday, May 20th; 6:30-8:00pm. In partnership with Threshold for Hope, the ROSC is pleased to announce another Sober Artists Paint Night--but this time *in person!* The **event is FREE** and open to anyone in or allied with recovery. [See page 5 for more.](#) RSVP by emailing McLeanCountyROSC@chestnut.org

Family Night at Gradys: We're tentatively targeting Friday night, July 8th for a night of mini golf, go-carts, batting cages, and more! Stay tuned for more on this soon. Contact Dan S at dasokulski@chestnut.org to get info or help out.

ROSC Social Media Upgrades

You may have noticed some recent improvements over at the McLean ROSC Facebook (FB) site. We are thankful to our social media consultant, Angelyca Adcock, for taking the time to analyze and implement various enhancements to the FB site.

Angelyca is also able to track traffic activity and share metrics about month to month usage. Our number of followers and 'likes' continue to increase steadily in large part to her efforts. As of this writing, in the last 28 days, the ROSC FB site has experienced a 100% increase in user comments and at least a 33% uptick in user posts, reactions, and shares.

Our supporters can count on regular information relative to local recovery, details about upcoming events, when and where to access ROSC Support Groups, daily meditations, the latest YouTube videos, and plenty more.

Contact Angi Chasensky or Dan Sokulski at McLeanCountyROSC@Chestnut.org if you are interested in helping with any of the ROSC events or projects.



SATURDAY, APRIL 30, 2022 AT 10 AM – 2 PM

ISU Drug Takeback Event

Metcalfe School

STUDENT HEALTH SERVICES AND ILLINOIS STATE UNIVERSITY POLICE DEPARTMENT WILL HOST ISU'S FIRST DRUG TAKEBACK DAY ON SATURDAY, APRIL 30 FROM 10 AM-2 PM IN THE FRONT CIRCLE DRIVE OF THOMAS METCALFE SCHOOL, 107 S. UNIVERSITY STREET (ONE BLOCK SOUTH OF THE BONE STUDENT CENTER).

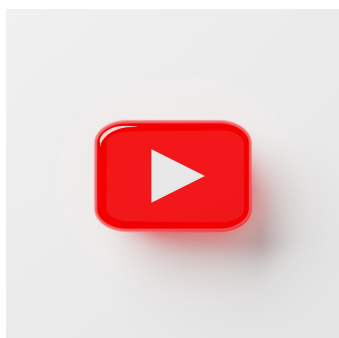
A 4-HOUR WINDOW FOR ANYONE TO SAFELY AND RESPONSIBLY TURN IN OLD OR UNWANTED PRESCRIPTIONS FOR SAFE DISPOSAL.

PARTICIPANTS CAN WALK OR DRIVE UP TO DROP OFF PRESCRIPTION OR OVER-THE-COUNTER MEDICATIONS, SYRINGES, INHALERS, AND ELECTRONIC VAPE DEVICES.



[FIND OUT MORE ON FACEBOOK](#) OR CONTACT JAMIE LAURSON, JLLAURS@ILLINOISSTATE.EDU OR (309) 438-2564.

What's New on McLean ROSC YouTube



Recent Releases and Coming Soon on McLean ROSC YT Channel:

- Released 4/5: Steps 6 and 7 (Dan S.)
- Released 4/19: Cat Hayes' Recovery Story
- Coming 4/26: Beginner's Guide to Harm Reduction (Dan S.)
- Coming 5/6: FUSE on Injectable medication (MAR/MAT)

What Is the ROSC?"

Recovery Oriented Systems of Care: We are a community coalition made up of all demographics related to recovery--people with lived experience in active recovery, family members, human services professionals, and other volunteers. The ROSC provides a progressive framework for looking at recovery, realizing that recovery constitutes more than going to treatment and support meetings. We support those aspects of recovery but also believes recovery happens in the community, including all its myriad resources and service offerings across different agencies, non-profits, the existing recovery community, and more.

ROSC is funded through state grants. Chestnut serves as a lead agency, but the ultimate goal is for the McLean County recovery community to absorb and manage it.

The ROSC seeks to align ideas and resources to provided holistic recovery services and supports. These services are determined based on community needs analyses, focus groups, PLE interviews, and monthly ROSC council meetings. Everyone has an equal voice in our meetings and we rely on our council members to help steer the future direction of the McLean County ROSC.

Monthly ROSC Council Meetings: We meet on the 3rd Tuesday of every month at 3:30-4:30pm.

Zoom ID: 372 979 8714

<https://zoom.us/j/3729798714>



Life beyond addiction

**Sponsored by Heartland College's Counseling Department
Counseling@heartland.edu**

SMART Recovery teaches you how to create more balance and increase self-acceptance. Meetings are open to anyone wanting a human connection to discuss topics causing disruption in their life.

Discussions focus on how to apply SMART's tools for change so that you can go on to lead a more productive and connected life.

SMART Recovery's approach to behavioral change

- **Building and maintaining the motivation to change**
- **Coping with urges**
- **Managing thoughts, feelings, and behaviors in an effective way**
- **Living a balanced, positive, and healthy life.**

Thursdays at 1:00 pm

**Meeting ID: 270 815 3214
Passcode: 23LtAQ**



McLean County ROSC Presents:
**Recovery Art Night with
Threshold to Hope**

When: Friday, 5/20, 5:30-7:30 pm
Where: Threshold to Hope at the Creativity Center
by the Bloomington Center for the Performing Arts
107 E. Chestnut St.
Get your creativity on and join us for a recovery art night at Threshold to Hope! Supplies for making an abstract art piece and snacks will be provided for the evening. For any questions, please email or call
Cat Hays:
cmhayes@chestnut.org
(309) 846-0262.

Find Local A.A. Meetings:

www.aadistrict10.org

*includes virtual listings

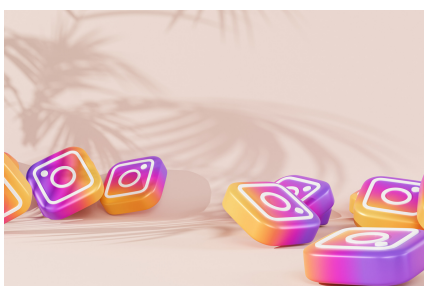
THU, APR 21 AT 7 PM AND 48 MORE
Bridges All Recovery and Family
Event by McLean County Recovers -
A ROSC Community



Bridges is an All Recovery, Family/Ally-friendly meeting that includes a cross-population of people in long-term recovery, members of family recovery programs, and people new to recovery or even still in treatment. Each week we include one of the residential units at Chestnut for an open, "panel-style" discussion that caters to newcomers' needs (and their loved ones). We're an unaffiliated, standalone meeting that welcomes all recovery paths.

Zoom Code: 182 684 538

This meeting is every Thursday at 7:00p.m. over [Zoom \(click to enter\)](#)



CHECK OUT THE BRAND NEW **MCLEAN ROSC INSTAGRAM PAGE**, AND SEND US YOUR PICTURES THAT REPRESENT RECOVERY HAPPENING IN OUR COMMUNITY!
CONTACT ANGELYCA ADCKOCK AT 815-641-4562 OR [EMAIL THEM](mailto:MCLEANCOUNTYROSC@CHESTNUT.ORG) TO
MCLEANCOUNTYROSC@CHESTNUT.ORG