

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

June 2023

ROSC Councils build collaborations in their communities that connect everyone who can support recovery.



WELLNESS GROUP

★ Recovery Oriented Education Series:
Brought to you by Darlene Smith, Douglas
County Recovery Navigator.

★ Topic: Discussing "Loving someone with
an addiction to Drugs and/or Alcohol"

For additional information contact Darlene Smith
(217) 549-7481 or email lorettas@hourhouserecovery.org

July 5, 2023
4:30 pm - 5:30 p.m.
Atwood-Hammond
Public Library
123 N. Main St., Atwood

July 19, 2023
11:00 am - 12:00 p.m.
Camargo Township
District Library
14 N. Main St., Villa Grove

Upcoming Meetings

7/14/23 9:00 am - 10:00 am
DCRC Community
Outreach Subcommittee
Zoom only for July
(Meets monthly on 2nd Friday)

7/26/23 10:00 am - 11:00 am
Douglas County ROSC
Council Meeting
Douglas County Health Dept.
and Zoom
(Meets monthly on 4th Wednesday)

ADDITIONAL COUNCIL INFORMATION, INCLUDING MEETING MINUTES, CAN BE FOUND AT
WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/DCRC-ROSC-COUNCIL/

We NEED You!!

- Persons with lived experience
- Family and Parents
- Faith Based Groups
- Volunteer & Civic Groups
- Businesses
- Recovery Supports
- Media
- Healthcare
- Law enforcement
- Judicial
- Service Providers
- Substance use treatment organizations
- State, Local, Tribal Government
- Education & Schools
- Youth-Serving Organizations



FREE LAUNDRY EVENT

TUESDAY, JULY 11
3-6 P.M.

LIGHTEN YOUR LOAD
LAUNDROMAT
201 S. MAIN STREET
TUSCOLA

HAVING TROUBLE AFFORDING TO DO LAUNDRY? DCHD, LIGHTEN YOUR LOAD, & LAUNDRY LOVE CAN HELP!

- BRING LAUNDRY TO LAUNDROMAT (6 LOADS MAX).
- DETERGENT AND COST OF MACHINES WILL BE PROVIDED.
- LAST FREE LOADS MUST BE STARTED BY 5:15 P.M.

*PRE-REGISTRATION STRONGLY ENCOURAGED. CALL COLLEEN @ 217-253-4131 X1225 OR EMAIL CLEHMANN@DCEALTHIL.ORG.



Save the Date! For a Candlelight Vigil for Overdose Awareness August 31st in Tuscola at 7:00 pm



Find us on Facebook!



www.facebook.com/Recoveryispossibleeastcentralillinoisrosc

Dress for Success!

Business Attire Workshop

Please join Douglas County Recovery-Oriented System of Care (ROSC) Recovery Navigator, Darlene Smith, and Workforce Development Career Coach, Jenna Slaughter, for Dress for Success! We will discuss tips and tricks on how to shop for business casual clothing on a budget, as well as provide information on basic interview etiquette and resume development!

You will also have the opportunity to "shop" in the business attire closet filled with generously donated, gently used business attire clothing and pick out a few items to take home, free of charge!

July 27, 2023

1:00 pm - 4:00 pm

at

Workforce Development

401 S. Main Street

Tuscola, IL 61953

*Supplies may be limited
in certain sizes and styles.

Please fill out the survey at least 1 week prior to event. This helps us to ensure closet is stocked with the appropriate sizes. You can complete Pre-registration by scanning the QR code below.



Information can also be provided to Darlene Smith, Douglas County Recovery Navigator, by phone 217-549-7481 or by email lorettas@hourhouserecovery.org



A Pace for Petey 5K Run/Walk

The goal of A Pace for Petey is to bring about awareness to overdose/drug addiction and recovery. It is in honor of Jordan "Petey" Scribner, who at the young age of 20, lost his battle of addiction to a tragic heroin overdose on February 17, 2014. It will begin in the south parking lot of Tuscola High school, close to his final resting place, and end with a lap on the track around the TCHS football field, where he played many, many football games and ran on the track team.

Jake's Jog Kids Fun Run

Open to ages 10 and under

New this year is a kids fun run, called Jake's Jog! It is in honor of Jacob (Petey's brother), who also lost his battle to substance use, on May 29, 2019, at the age of 29. His resting place is right next to his brother. Jacob always drove the golf cart sag wagon at A Pace for Petey, prior to losing his battle. Jake's jog is for kids 10 and under. It will be one lap around the track and all kids will receive a participation medal.

Both boys are GREATLY missed--especially by Jake's daughter, Makenna!

Come join us in the race, or cheer the runners on. Be a sponsor and/or a volunteer! We can't wait to see you all!!

Saturday
September 30, 2023

For additional information or to register, visit:

bebraveforpetey.org

500 S Prairie St
Tuscola, IL US 61953

PAST EVENTS



Shalynn's Shuffle 5k

Shalynn's Hope had a successful race on Saturday June 10th! To see additional photos from the race, visit them on Facebook!!

www.facebook.com/shalynnshopeinc



HIDDEN IN PLAIN SIGHT

THANK YOU TO SHALYNN'S HOPE FOR ALLOWING ROSC TO SET UP AT THE SHALYNN'S SHUFFLE 5K!

Hidden in Plain Sight is a walk thru experience for parents and caregivers to learn trends and discover signs of possible exposure to dangerous substances in a teen's room.

For additional information about Hidden in Plain Sight, contact Shalynn's Hope or ROSC!



DOUGLAS COUNTY HARM REDUCTION

and Drug Overdose Prevention

Did you know that harm reduction supplies are available at the Douglas County Health Department?

Contact Summer Phillips for more information
Phone 217-253-4137 or email sphillips@dchealthil.org



Harm reduction supplies such as Narcan, Fentanyl testing kits, syringes, and other items are accessible 24 hours!!

For additional information about harm reduction efforts in Douglas County, contact Douglas County Health Department and ask for Summer Phillips!



Narcan is also available through Shalynn's Hope, Inc.
Contact Stacy Welch at 217-493-4184 or skwelch04@gmail.com

ARTHUR PUBLIC LIBRARY DISTRICT
225 S WALNUT ST.
ARTHUR, IL 61911

ATWOOD-HAMMOND PUBLIC LIBRARY
123 MAIN ST
ATWOOD, IL 61913

CAMARGO TOWNSHIP DISTRICT LIBRARY
14 N MAIN ST
VILLA GROVE, IL 61956

NEWMAN REGIONAL LIBRARY DISTRICT
207 S COFFIN ST SUITE D
NEWMAN, IL 61942

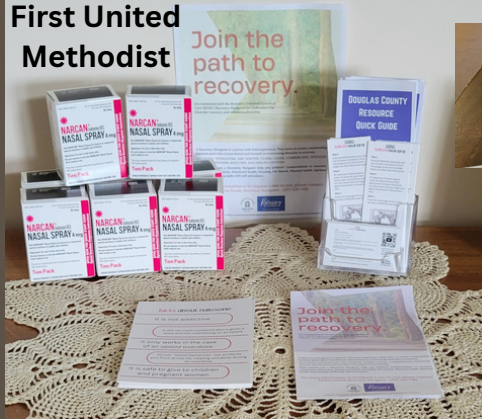
RISE BEHAVIORAL HEALTH
114 W. HOUGHTON ST
TUSCOLA, IL 61953

RURAL GRACE FOOD PANTRY
208 N 2ND ST
MURDOCK, IL 61941

TUSCOLA UNITED METHODIST CHURCH
901 N PRAIRIE S.
TUSCOLA, IL 61953

Nasal Narcan is also available to the public to pick up, no questions asked, at the following locations during their normal business hours. Just look for a display set up!

First United Methodist



Rural Grace Food Pantry

Arthur Public Library District



Overdose Emergency Kit

Atwood-Hammond Public Library



Newman Regional Library District

A MESSAGE FROM RISE BEHAVIORAL HEALTH & WELLNESS

RISE Behavioral Health and Wellness is thrilled to announce the launch of our transformative outpatient substance use services. With deep compassion and a commitment to integrated care, we aim to provide a lifeline of support to those grappling with substance use disorders, while recognizing the essential connection between mental health and addiction.

For far too long, individuals battling substance use disorders have faced an uphill battle in their journey to recovery. A fragmented healthcare system, societal stigmas, and limited resources have often left them feeling isolated and unsupported. However, today marks a new chapter—a chapter where we stand united, committed to offering a holistic approach that uplifts the mind, body, and spirit.

Our outpatient substance use services are built upon the understanding that addiction is a complex issue intertwined with adverse and traumatic experiences. By addressing multiple facets, we can help individuals reclaim their lives and rebuild a future filled with hope and resilience. Through evidence-based practices, personalized treatment plans, and a network of compassionate professionals, we are breaking down the barriers that have hindered progress for far too long.

One of the key aspects of our program is the integration of mental health services alongside substance use treatment. We recognize that mental health disorders often coexist with addiction, exacerbating the challenges individuals face. By providing comprehensive support, we aim to break the cycle of self-medication and offer a path to true healing.

Our outpatient services encompass a wide range of treatment modalities tailored to each person's unique needs. From individual and group therapy sessions to medication-assisted treatment, we offer a continuum of care that empowers individuals to take control of their lives and embrace lasting recovery. We are dedicated to creating a safe, non-judgmental environment where individuals can find solace, understanding, and the strength to overcome adversity.

We understand that embarking on the path to recovery takes courage, and it is our privilege to walk alongside everyone, providing unwavering support and guidance. Our current substance use provider, Amina Feder, is passionate about making a positive difference in the lives of those affected by substance use and mental health disorders. Amina focuses on utilizing a creative and engaging trauma-informed, strengths-based, and client-centered approach to services that equip clients with the individualized skills and supports that will help them meet their needs and goals.

RISE is excited to offer DUI and substance-use services to Douglas County and for continued collaborations creating a network of support with substance use-related service providers including Douglas County Probation and the Hour House. Assessment and outpatient treatment services will be available to adolescents, adults, and their families needing substance use support. As we embark on this journey together, we invite you to join us in creating a community where no one is left to battle their demons alone. Together, we can shatter the stigma surrounding addiction, cultivate empathy, and pave the way for a brighter and more compassionate future.

If you or someone you know needs support, please reach out to RISE Behavioral Health and Wellness at 217-253-4731. Remember, healing is possible, and we are here to help you every step of the way. Let us embrace healing, one heart at a time.



DOUGLAS COUNTY RESOURCE QUICK GUIDE

RECOVERY ORIENTED SYSTEMS OF CARE (ROSC) ADVISORY COUNCIL

ROSC Advisory Council (Recovery Oriented System of Care) Serving Douglas County

Important Hotlines

**Substance Abuse
Hotline**
(800) 662-4357

AA Phone
(217) 373-4200

**HOPE of ECI - Coalition
Against Domestic Violence**
(217) 348-5931

**SACIS - Sexual Assault
Counseling and Information
Services**
(888) 345-2846

**Illinois Helpline for
Opioids and Other
Substances**
(833) 234-6343

Suicide Prevention
(800) 273-8255
or 988

Support Groups

Al-Anon (Electronic)
<https://al-anon.org/>

Alateen (Electronic)
<https://al-anon.org/>

Celebrate Recovery
<https://celebraterecovery.com>

Alcoholics Anonymous
<http://aa-eci.org>

**Adult Children of Alcoholics &
Dysfunctional Families**
<https://adultchildren.org/>

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>

Anger Management
www.dchealthil.org
(DoCo Health Center)
(217)-253-4137

Substance Use Disorder Counseling

RISE
(217) 253-4731

Hour House
(217) 348-8108

Medication Assisted Treatment

**Douglas County
Health Center**
(217)253-4137

SIHF Healthcare
(217) 543-2446

Housing Aid

**Embarras River Basin
Agency (ERBA)**
(217) 253-4434

**The Haven-Shelter
Mattoon**
(217) 234-7237

Transportation

Dial-A-Ride
(800) 500-5505

Mental Health Counseling

Douglas County Health Center
(217)253-4137

**RISE Behavioral Health &
Wellness**
(217) 253-4731

COVID Questions

Douglas County Health Dept.
(217) 253-4137
Or your personal physician

Agencies and Persons with Lived Experience, working together to build communities supportive of those in Recovery from Substance Use Disorders