

July , 2023

CCCRC JULY NEWS LETTER

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DOPP SITES

CLARK COUNTY:

The Medicine Shoppe
Marshall Library
Casey Library
Mill Creek State Park
HRC- Forsyth Center
Clark County Health Department

CUMBERLAND COUNTY:

Neoga Library
Neoga Municipal Building
Sav-Mor Pharmacy (Neoga)
The Lucky Pig
Noble Health Associates
Toledo Pharmacy
Cumberland County
Health Department

RADIO ADS AND TESTIMONIALS



If you are a person in recovery or a family member of someone in recovery, we would like for you to do a 30-second radio ad that will be aired on all the Cromwell radio stations.

It is important that those who are in recovery share their stories because it gives hope to those who could potentially be in a seemingly hopeless state of mind and body. Your story could be another person's blueprint for their own recovery journey!!

This is just one way that we can give back in our recovery. Just think, one person could hear our story and be inspired to seek a better life. From there that one person we inspired could go on to potentially help hundreds of people get out of the throws of addiction because of us sharing.

Although we may never know the impact we have, the least we can do is try! Reach out to Kristina or Kyle if you are interested!

RECOVERY MEETINGS

Clark

NA Monday 6:00pm HRC-Forsythe Center in Marshall

AA Thursday 5:30pm HRC- Forsythe Center in Marshall

NA Friday 6:00pm HRC-Forsythe Center in Marshall

Cumberland

AA Monday 7:00pm Toledo Christian Church

AA Tuesday 7:00pm Neoga Free Methodist

Celebrate Recovery Thursday 7:00pm Calvary Tabernacle in Toledo

WHAT HAVE WE BEEN UP TO?

The Events and Planning Committee met for the first time via zoom on May 31st from 4:30 to 5:30. During this time they almost planned a whole Recovery Picnic!



At the next meeting they will be finalizing the Recovery Picnic agenda as well as beginning to plan for a candlelight vigil for "Overdose Awareness Day" which is August 31st. Planning for two panel events will also begin, so if you want to be involved make sure you attend! Your input is needed to make these events a success!

PRIZE BASKETS!!!

At the Recovery Picnic in September, there will be raffle prizes given out. The goal is to collect prizes and donations from businesses, groups, and agencies throughout Clark and Cumberland Counties and make prize baskets! ROSC will be donating the grand prizes that will be given out after the last speaker at the event. If you are interested in donating please contact Kyle or Kristina and let them know.

The thought behind this is to get the community together to support those in recovery and help shatter the stigma!



There was a Youth Mental Health First Aid Training held at HRC- Forsythe Center in Marshall on June 8th.

HRC's own Michelle Creech lead the training along with Clark County police officer, Keith Crouch. The training consisted of learning the role of what a Youth Mental Health First Aider was as well as how to approach a Youth experiencing symptoms of a mental health challenge. CEU's and a three-year certificate were given upon the completion of the training. Keep an eye out for other upcoming trainings at HRC!

Clark and Cumberland County ROSC members attended the ICAHN End the Stigma: Addressing Substance Use Disorder program on June 27th in Champaign, Illinois. Presenters at this conference included Koren VanderWeele, Mike Tyson, Julie White, and Rachael Cooper.



ROSC partnered with the Cumberland County Health Department and Noble Health Associates to host a NARCAN presentation/Training on June 18th at Noble Health Associates in Greenup!

UPCOMING EVENTS:

July TBA: Recovery Wellness Group

July 18th: Drug Endangered Children Training

July 25th: Planning and Events Subcommittee

FUTURE EVENT:

August 31: Candlelight Vigil

September 30: Recovery Picnic!!!

TBA: Community Panel Events

Congratulations to Andy Riggs for celebrating 4 years clean on July 5th!

Contact Kyle if you, or someone else, will be celebrating a clean time anniversary. We will include it in the newsletter!

RECOVERY TESTIMONIALS

Daniel J.

My name is Daniel J. and I am a grateful recovering addict. I struggled with addiction for more than half of my life, over 20+ years. My addition took everything from me, my happiness, family, friends, freedom, and my hopes. My road to recovery is relatively new. I joined a 12-step group just over 3 years ago. The first two years were a struggle in the program. But despite the struggles, I continued attending meetings, began working the steps, and found a great sponsor. Today I can say I am almost a year sober by the grace of God. I chair a local meeting, have a job I love, and have begun repairing the strained relationships in my life. Without recovery I know I would have never been able to find this level of happiness. Recovery has given me back in such a short time everything that 20+ years of addiction took from me. I look forward to the future now!!

Corey B.

For 20 years of my life, I struggled with addiction to drugs and alcohol. Within those 20 years, I came close to death several times, had multiple trips to jail, and spent a couple years in prison. I had been to several rehab facilities with no success up until the time I was 34 years old. At that point, I had hit a major rock bottom and was looking at a lengthy prison-term with what seemed like no way out. Roughly 40 days into a jail stay in Effingham County, I woke up one morning, hit my knees, and begged the good Lord for one more chance. I was visited by a person in jail who had a connection in Florida at a program called Faith Farms Rehabilitation in Okeechobee, Florida. I ended up being released from jail to Florida. Over the course of that year in the program, I worked on fixing my habits, hurts, hang-ups, and my relationship with the Lord. Upon my arrival back to Illinois, my charges were dropped to probation instead of a prison sentence. I also helped start up Celebrate Recovery programs in Effingham, Illinois. In 2022 I was able to go through the hardest thing a parent can go through, which is losing a child, but the good Lord gave me the strength to stay sober. This year marks 7 years of sobriety!

WE DO RECOVER!!!!

Each Testimonial that will be provided will be from someone from Clark and Cumberland Counties!

Drug Endangered Children and Human Trafficking Training

July 18th, 2023

5:00 PM to 7:00 PM

The Church of Casey

203 West Florida Ave



NATIONAL ALLIANCE
FOR DRUG ENDANGERED CHILDREN

Rescue. Defend. Shelter. Support.



ILLINOIS ALLIANCE
FOR DRUG ENDANGERED CHILDREN

Rescue. Defend. Shelter. Support.

MEET OUR TRAINERS

Liesl Wingert from
the
SIU School of
Medicine

Brad Ameter from
the
Richland County
Sheriff's Department

Both trainers have been trained through the National Alliance for Drug Endangered Children and will be hosting a training in Clark County.

This training aims to educate community members on how a child's caregiver's substance use addiction can impact a child's life and what familial human trafficking looks like in rural communities.

If you are interested in attending this training, please RSVP to Kristina Drum at kristinad@hourhouserecovery.org or 217-273-7342.





CLARK/CUMBERLAND ROSC COUNCIL MEETING



TUESDAY JULY 11, 2023

4:30 PM - 5:30 PM

CALVARY TABERNACLE IN TOLEDO



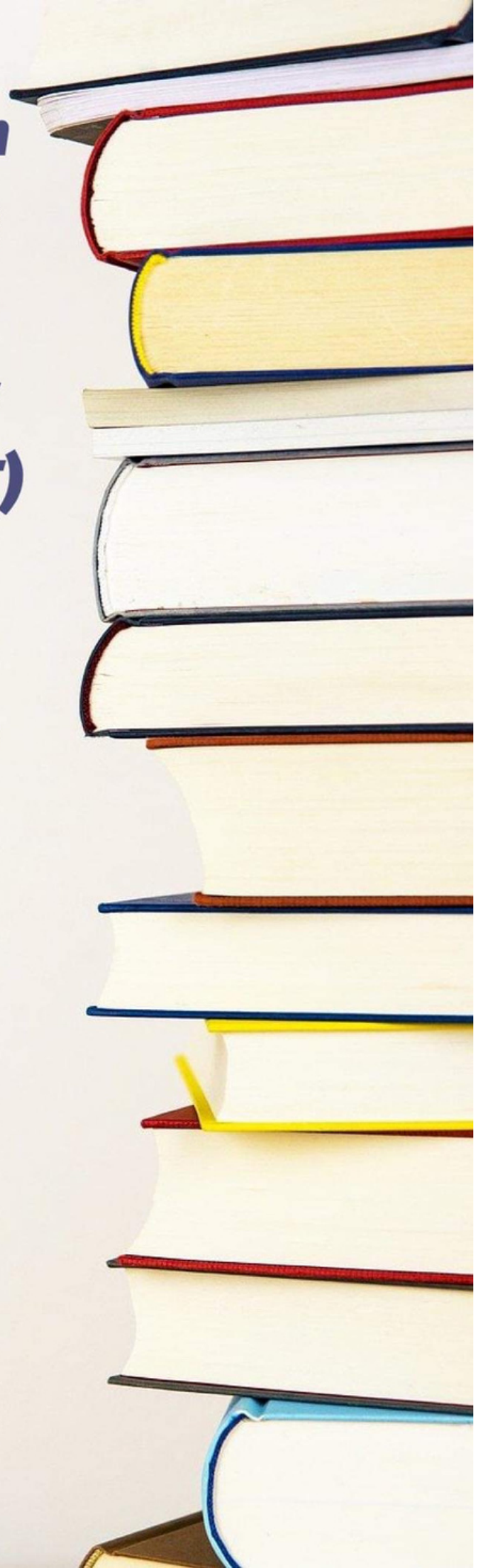
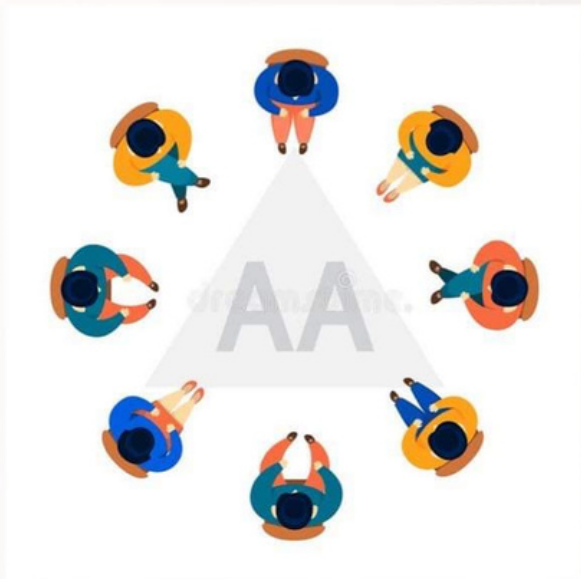
AND ZOOM



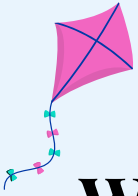
Contact Kristina Drum for the zoom link
Kristinad@hourhouserecovery.org



**Stay In The Solution
Group of Alcoholics
Anonymous
12 & 12 Book Study
Thursdays 5:30 (CST)
6:30 (EST)
at
The Forsyth Center
406 N 2nd St
Marshall, IL 62441**



Clark and Cumberland Counties Recovery Picnic



**When: Saturday September 30th
11am-3pm**

**Where: Fairview Park (Lion's Pavilion)
Casey, Illinois**

For more information contact Kristina Drum at 217-273-7342 or Kyle Houser at 217-508-2765

Everything is FREE!!!!

LUNCH IS PROVIDED!!!

RAFFLE DRAWINGS!!!

BOUNCE HOUSE!!!

ADULT GRAND PRIZES!!!

GUEST RECOVERY SPEAKERS!!!

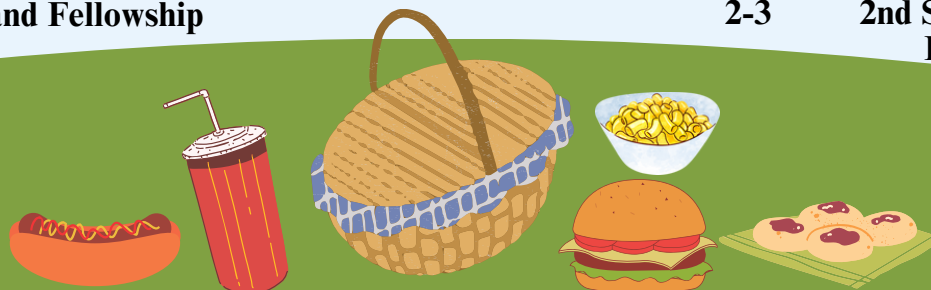
KID GRAND PRIZES!!!



You are invited to bring your family and join us!!! The Clark and Cumberland, County ROSC council will host their first annual Recovery Picnic! Lunch will include pulled pork, baked mac n cheese, baked beans, cole slaw, chips, and desserts. Beverages will be sweet tea, lemonade, and water.

Andy R. and others will share their testimonies of recovery! Drawing for prizes will take place after each speaker, and the Grand Prizes will be after the last speaker has shared!!

11-12	Food and Fellowship	Order of Events	1:15-1:30	Family Testimony
12-12:45	1st Speaker		1:30-2	Raffle and Fellowship
12:45-1:15	Raffle and Fellowship		2-3	2nd Speaker and Grand Prize Drawings





RECOVERY CAN BE A WALK IN THE PARK

Recovery
Oriented
Systems
Care of

Throughout the month of July, there will be recovery walking groups held in Cumberland and Clark Counties!!

Before the walk we will partake in daily recovery readings so we can reflect on them during our walk. This is a great way to fellowship and get connected with other people in recovery while enjoying some self-care time outside!

Children are welcome under parental supervision!

Toledo Rez July 7th, 21st, and 28th from 4-5
(Meet at the Pavilions)

Fairview Park in Casey on Wednesday July 12th and 26th from 4-5
(Meet at the Lion's Pavilion Parking)

For more details contact Kyle Houser at 217-508-2765

Funding for this project is provided in whole or in part from the Illinois Department of Human Services
Division of Substance Use Prevention and Recovery