

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

July 2023

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



## WELLNESS GROUP

**August 2, 2023**  
**4:30 pm - 5:30 p.m.**  
**Atwood-Hammond**  
**Public Library**  
**123 N. Main St., Atwood**

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

**Topic: "Stress Management and Relaxation"!**

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

**August 16, 2023**  
**11:00 am - 12:00 p.m.**  
**Camargo Township**  
**District Library**  
**14 N. Main St., Villa Grove**

**Persons with lived experience**

**Youth-Serving Organizations**

**Volunteer & Civic Groups**

**Faith Based Groups**

**Substance Use Treatment Organizations**

**Service Providers**

**We NEED You!!**

**Media**

**Judicial**

**Family and Parents**

**Recovery Supports**

**State, Local, Tribal Government**

**Law enforcement**

**Healthcare**

**Education & Schools**

**Businesses**

### Upcoming ROSC Meetings

**8/11/23**  
**9:00 am - 10:00 am**  
DCRC Community Outreach Subcommittee  
Zoom  
(Meets monthly on 2nd Friday)

**8/15/23**  
**3:30 pm - 4:30 pm**  
DCRC Community Resource Subcommittee  
Zoom  
(Meets Quarterly)

**8/23/23**  
**10:00 am - 11:00 am**  
Douglas County ROSC Council Meeting  
Douglas County Health Dept. and Zoom  
(Meets monthly on 4th Wednesday)

**Find us on Facebook!**

[www.facebook.com/Recoveryispossibleeastcentralillinoisrosc](https://www.facebook.com/Recoveryispossibleeastcentralillinoisrosc)

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

# Community Events and News



Come join the fun and run!

## A Pace for Petey & Jake's Jog

September 30, 2023  
Tuscola High School  
9:00 AM

Register at [BeBRAVEforPetey.org](http://BeBRAVEforPetey.org)

Overdose Awareness 5K and kids' run



HOPE is in need of donations for our shelter and transitional housing clients! Our current needs include:

- Pots and pans
- Drinking cups
- Coffee mugs
- Silverware
- Towels
- Tampons
- Journals
- Vacuums
- Twin and full bedding sets
- Window curtains
- Pillows
- Coffee pots
- Cooking utensils

If you have anything you'd like to donate, please give us a call at 217-348-5931!

Darlene and Leanna are happy to help delivery smaller items too!

Douglas County Medical Reserve Corps is looking for volunteers to join us in preparing for and responding to emergencies when called upon.

- Medical experience is valued but not a requirement for joining. ALL skill sets are welcome and needed.
- Training meetings typically are held 2nd Tuesday of the month.

## MRC VOLUNTEERS WANTED!

CALLING ALL COMMUNITY-MINDED FOLKS ... WE VALUE YOUR SKILLS & NEED YOUR HELP!

Great opportunity for former/retired law enforcement or military, teachers, medical personnel, community organizers, or anyone with a heart for community service.

**JOIN NOW**

[www.dchealthil.org](http://www.dchealthil.org)  
[adue@dchealthil.org](mailto:adue@dchealthil.org)  
217-253-4137 ext. 1210



## FREE LAUNDRY EVENT

**TUESDAY, AUG. 8 5-8 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 7:15 P.M.

**\*PRE-REGISTRATION STRONGLY ENCOURAGED. CALL COLLEEN @ 217-253-4137 X1225 OR EMAIL [CLEHMANN@DCHEALTHIL.ORG](mailto:CLEHMANN@DCHEALTHIL.ORG).**




## THE LITTLE FREE PANTRY OF UILLA GROVE AND THE CAMARGO TOWNSHIP DISTRICT LIBRARY ARE PARTNERING TO BRING YOU THE BACK TO SCHOOL LAUNDRY BASH AT OUR LOCAL LAUNDROMAT! FREE FREE FREE

**WED. AUG 9, 2023 FROM 2-6PM**

Must live in the VG School District, you must sign up at the library (14 N Main or call 217-832-5211) for a time slot

6 loads per family-3 families per time slot. Last time slot is 5pm. Megan Happ of Megan's Corner Salon will have a drawing for 2 free kids cuts. Snacks and Story Time will be going on too.



Please join Douglas County Recovery-Oriented System of Care Council for a

# *Candlelight Vigil for Overdose Awareness* & Multi-Generation Guest Speakers: The Scribner Family



August 30, 2023

7:00 pm - 8:00 pm

Douglas County Memorial Court House Gardens

(Douglas County Courthouse)

401 S. Center St, Tuscola, IL

*Join us to light a candle in memory of those lost to overdose and to celebrate those in recovery of Substance Use Disorder.*

Please email a photo of loved ones to [lscibner63@gmail.com](mailto:lscibner63@gmail.com)

Candles will be provided \* Please bring a lawn chair or blanket for seating.

Resources and Narcan will be available.



For additional information or to find out how to get involved, please contact Leanna Morgan, Douglas County ROSC Coordinator by email [leannam@hourhouserecovery.org](mailto:leannam@hourhouserecovery.org) or call 217-549-7632

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.



# Dress for Success!

## Business Attire Workshop

In July, ROSC worked with Jenna Slaughter, Career Coach, to fill a spare room with business attire clothing at Workforce Development. A workshop was open to the public on July 27th. Individuals had the opportunity to learn how to shop on a budget, receive assistance with resumes, and to ask questions about interview etiquette. We would like to thank those that donated clothing items! Without your help, this wouldn't be possible!

Another workshop date will be announced soon. If clothes are needed, the closet is open by appointment or during walk-in hours.

Workforce Development, A division of the Champaign County Regional Planning Commission  
 401 S. Main Street, Tuscola, IL 61953  
 P 217.253.7555 (Tuscola)  
 Walk-in hours Tuesday and Thursday 9-12

**THANK YOU TO OUR CLOSET HOST SITE!**



**The Douglas County Recovery-Oriented System of Care (ROSC) Council, minus a few members, had a great meeting in July! We had two amazing guest speakers that we would like to thank for joining us! In person we had Krista Taylor with the Children's Advocacy Center of East Central Illinois and Madison Dailey spoke on the Eastern Illinois Foodbank mobile vehicle! We would also like to thank the Douglas County Health Department for always being such a gracious host for the ROSC meetings!**



**For more information about upcoming Douglas County ROSC, contact:**

**Leanna Morgan**  
 Douglas County ROSC Coordinator  
 leannam@hourhouserecovery.org

**Darlene Smith**  
 Douglas County Recovery Navigator  
 lorettas@hourhouserecovery.org

# DOUGLAS COUNTY RESOURCE QUICK GUIDE

## RECOVERY ORIENTED SYSTEMS OF CARE (ROSC) ADVISORY COUNCIL

### 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

### Medication Assisted Treatment

Douglas County  
Health Center  
(217)253-4137

SIHF Healthcare  
(217) 543-2446

### 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](http://www.dchealthil.org)  
(DoCo Health Center)  
(217)-253-4137

**\*Additional resources  
available through 211**

### Mental Health Counseling

Douglas County Health Center  
(217)253-4137

RISE Behavioral Health  
& Wellness  
(217) 253-4731

### Substance Use Disorder Counseling

RISE  
(217) 253-4731

Hour House  
(217) 348-8108

### Housing Aid

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

The Haven-Shelter  
Mattoon  
(217) 234-7237

### Transportation

Dial-A-Ride  
(800) 500-5505

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

## **Narcan Distribution in Douglas County, IL**

### **Douglas County Health Department (PROMPT)**

\*Additional harm reduction supplies available!  
1250 E US Highway 36, Tuscola, IL 217-253-4137

### **Shalynn's Hope, Inc.**

Contact Stacy Welch at 217-493-4184 or [skwelch04@gmail.com](mailto:skwelch04@gmail.com)

### **Hour House Drug Overdose Prevention Program (DOPP) Sites**

\*Narcan displays are accessible during each organization's normal business hours.

- Arcola Food Pantry
- Arthur Public Library District
- Atwood-Hammond Public Library
- Camargo Township District Library
- Newman Regional Library District
- RISE Behavioral Health
- Rural Grace Food Pantry
- Tuscola United Methodist

**NARCAN** is a prescription medication that can block or reverse the effects of an opioid overdose. Anyone can easily use NARCAN to save the life of someone overdosing on opioids, including heroin or prescription medicines like OxyContin® or Percocet®. If you or your agency would like to receive additional training on using NARCAN, please get in touch with the Douglas County Health Department at 217-253-4137, Shalynn's Hope, Inc at 217-493-4184, or Douglas County ROSC at [leannam@hourhouserecovery.org](mailto:leannam@hourhouserecovery.org). If you or someone you know is overdosing and needs immediate attention, please call 911. In the instance you are with that individual, the Good Samaritan Law states that anyone who calls for help or drops off someone experiencing a drug overdose will not receive charges for possession of paraphernalia. One limitation of this law is that the person who overdosed is not covered, and any other crime committed at the scene is not protected by law.

# Eastern Illinois Foodbank FOODMOBILE

Open to residents of Douglas County (fourth Thursday of each month)

**Villa Grove:**  
Henson Park  
8:30-9:15am

**Camargo:**  
Opal Thompson Park  
9:30-10am

**Arthur:**  
Arthur Southern Baptist  
Food Pantry  
(530 N. Vine St.)  
10:45-11:30am

**Arcola:**  
Arcola Food Pantry  
(126 S. Locust St.)  
12-1pm

**Hindsboro:**  
Hindsboro Civic Center  
1:30-2pm

**Newman:**  
Newman City Park  
(across from post office)  
2:45-3:30pm

DHS MAXIMUM MONTHLY GROSS INCOME FOR RECEIPT OF USDA COMMODITIES FOR FISCAL YEAR 2024

(JULY 1, 2023 THROUGH JUNE 30, 2024)

Household Size	1	2	3	4	5	6	7	8	9	10
Monthly Income	\$3,645	\$4,930	\$6,215	\$7,500	\$8,785	\$10,070	\$11,355	\$12,640	\$13,925	\$15,210

For households with more than 10 persons, add \$1,285 for each additional person up to 300% FPL

Additional counties' dates listed on the website! <https://www.eifoodbank.org/help/mobile.html>

## Food Pantries

**Arcola Food Pantry**  
Open Thursdays from 12pm – 2pm & 4pm - 6pm  
126 S Locust, Arcola, IL 61910  
Serves Douglas County and Atwood, IL

**Arthur Southern Baptist Church Food Pantry**  
Open 2nd Saturday from 9am - 11am  
530 North Vine, Arthur, IL 61911  
Serves Arthur and surrounding area

**Atwood Area Food Pantry**  
Open 4th Saturday of the month from 9am - 11am  
231 N. Illinois St, Atwood, IL 61911 312-883-2438  
Serves Douglas, Moultrie & Piatt Counties

**Blessings Food Pantry**  
Open Tuesday through Friday 9am - 1pm  
4217 DeWitt Ave, Mattoon, IL 61938  
Serves Coles, Douglas, and Edgar Counties

**Rural Grace Food Pantry**  
Open Fridays from 3pm -5pm  
208 N. 2nd St, Murdock, IL 61941  
Serves Murdock area

**SAM Food Pantry at Tuscola Methodist Church**  
Open Wednesdays from 7:30am – 10:30am  
901 N. Prairie, Tuscola, IL 61953 217-253-4232  
Serves Douglas County and surrounding



## Free Pantries

Take what you need, donate what you Can

**NEWMAN FREE MINI PANTRY**  
307 SOUTH BROADWAY ST, NEWMAN, IL

[WWW.FACEBOOK.COM/NEWMANFREEMINIPANTRY](https://www.facebook.com/newmanfreeminipantry)

**LITTLE FREE PANTRY VILLA GROVE**  
406 FIRST ST., VILLA GROVE, IL

[WWW.FACEBOOK.COM/LITTLEFREEPANTRYVILLAGROVE](https://www.facebook.com/littlefreepantryvillagrove)

**LITTLE FREE PANTRY**  
205 N. MAIN ST, TUSCOLA, IL