

# AUGUST NEWSLETTER



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## DOPP SITES AND OTHER NARCAN ACCESS LOCATIONS

### Clark

- The Medicine Shoppe
- Marshall Public Library
- Casey Public Library
- Mill Creek State Park
- Human Resource Center
- Clark County Health Department

### Cumberland

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



**For the recovery picnic that will be held in September, members from the ROSC Council will be going around to different locations in Clark and Cumberland County collecting donations for raffle prizes! So far there has been over a dozen donations and there are more people that have committed to giving for this amazing event. Prizes that have been given include gift cards, themed baskets, haircuts, items, coffee, kid's items, and more!**

**If you, your business, recovery group, or agency, would like to donate to this event, please reach out to Kristina or Kyle. All items can be donated now or collected by the second week in September.**

# What have we been doing?

There was a Drug Endangered Children and Human Trafficking training hosted by the Clark and Cumberland County ROSC at the Church of God in Casey, Illinois on July 18th. Liesl Wingert presented.

There were 14 people who attended the training with a variety of professions being represented such as teachers, people in recovery, SACIS, Bikers Against Child Abuse (BACA), and a local area Health Department.

## Overdoses

We are looking for more places in Clark and Cumberland County to have Narcan display sites. In 2023 alone, there have been 3 meth/fentanyl deaths in Cumberland County back in February according to Cumberland's Coroner. There has been an alarming amount of non-fatal overdoses in Clark County being called in each month.

The reality is that it is in our backyard, and this is why it is so important to get Narcan into as many hands as possible. Please be thinking of people that you know who own businesses or work for agencies within Clark and Cumberland that would be willing to have these sites. This can potentially save someone's life.

As a ROSC we have been working to get at least one display site (the goal is as many as possible) per town in the counties that we work in for people to take in a discrete manner. There are currently still gaps though. We are lacking DOPP sites in Martinsville, West Union, Clarksville, and Westfield in Clark County and Jewett in Cumberland County. Stigma has been a huge barrier but with the help of the ROSC Council then we can work together towards filling these gaps and removing these barriers!

There was an overdose reported in one of these towns on 7/30 so there is definitely a need that must be addressed in these towns!



## The Importance of Remembering

August 31st is National Overdose Awareness Day. Oftentimes when a friend or family member passes away due to an overdose, it can leave those close to the individual with questions, much pain, and many "what-ifs." It is something that may make the news and touch the communities' hearts for a time, but it can eventually fade to the back of many people's minds, but the friends and family will always remember the individual who they loved that lost their battle with addiction. You are not alone! We as a ROSC believe in the importance of supporting the loved ones of those who have passed and honoring their memory.

On August 31st, there will be a Candlelight Vigil held at the gazebo at Fairview Park in Casey, Illinois to host a memorial service for those who did not make it out of addiction alive.

The Vigil will go from 6:30-8pm. To remember those who have passed, there will be a table set up to put their picture on along with a list of names that will be read. If you plan to attend and have lost a loved one, either bring a picture of them to the event or email it to Kristina or Kyle and they will print it off.

There will be a guest speaker, Amanda R., who will be sharing her experience with overdoses and give hope to those in attendance!

After the speaker there will be the lighting of candles, reading of the names of those lost, and then a moment of silence followed by a time of prayer.

## Upcoming Events

**August 17:** Toledo Celebrate Recovery Annual Potluck

**August 31:** Candlelight Vigil (Fairview Park Casey)

**September 30:** Recovery Picnic (Fairview Park in Casey)

**TBA:** NARCAN Trainings

If you would like to add an event that is coming up please let Kyle know a week before the end of the month. Thank you!

## Recovery Meetings

### Clark

NA, Monday @ 6pm, HRC-Forsythe Center  
AA, Thursday @ 5:30 PM, HRC- Forsythe Center  
NA, Friday @ 6pm, HRC- Forsythe Center

### Cumberland

AA, Monday @ 7pm, Toledo Christian Church  
AA, Tuesday @ 7pm, Neoga Free Methodist  
Celebrate Recovery, Thursday @ 7pm, Calvary  
Tabernacle in Toledo

# Recovery Testimonials!!!!

## Kinsie Whalen

Before recovery, I honestly had no life skills. I didn't cook or make my bed. I didn't know the importance of family or how precious time was. I missed so much of my children's lives, birthdays, first steps, and other important things that I didn't realize was so important. I was definitely in denial! My life has changed in many ways since I have found recovery, but mostly how I have learned to become a better mother, sister, daughter, friend, and spouse. I have become stronger and more aware of how one bad decision can bring me back to a very dark place. I am present for my kids today. I make my bed every day and learned to cook. My biggest joys in life are just watching them grown and learn. It means the world to me knowing that my kids and family have the best version of me. I am no longer ashamed of my past because I know that I have done what I needed to do to get my life back on track. I am beyond grateful for my recovery and for all that helped me along the way. My clean date is  
10.12.2020!

## Ben Weaver

My life before recovery was actually not life at all. I was merely surviving and just barely. All of my time, money, and energy was focused on getting my next fix. I was a horrible husband, father, employee, and person. I selfishly chose my addiction over the things and people in my life that I said I loved. I said I loved them but my actions showed otherwise. There was no real purpose or hope for me because addiction had stolen it. I had tried multiple times to get sober with no lasting success. I desperately wanted to be better but was unable to. Until by the grace and love of Jesus Christ I was delivered! Today I have hope, happiness, peace, and a purpose. I am a sober dad actually living and truly loving life! Recovery is more than just meetings, its a lifestyle of doing the right thing and making better decisions daily! My only regret is that I wish I would have started it sooner. Tomorrow is promised to no one, so I try to live the best I can today. To me, God is key and meetings help keep me focused. I am and always will be an addict, but now at least I am a sober one!

**Remember, If you are interested in sharing your experience, strength, and hope in an upcoming newsletter, reach out to Kyle or just say yes when he asks!**

**Congratulations to Jamie C who celebrated 1 year clean on July 10th!!**

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



# ***Please join the Clark/Cumberland County ROSC***

***for a Candlelight Vigil in Honor of International Overdose Awareness Day  
with Guest Speaker Amanda Ross***



***August 31st, 2023***

***6:30 pm - 8:00pm***

***Casey Fairview Park (Northwest Pavilion)***

***600 East Monroe Ave, Casey***

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

***Please email a photo of your loved one to [Kristinad@hourhouserecovery.org](mailto:Kristinad@hourhouserecovery.org) to be displayed at the event.***

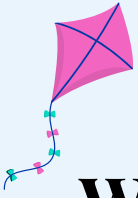
***Candles will be provided.***

***Resources and Narcan will be available.***



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# 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!!!**

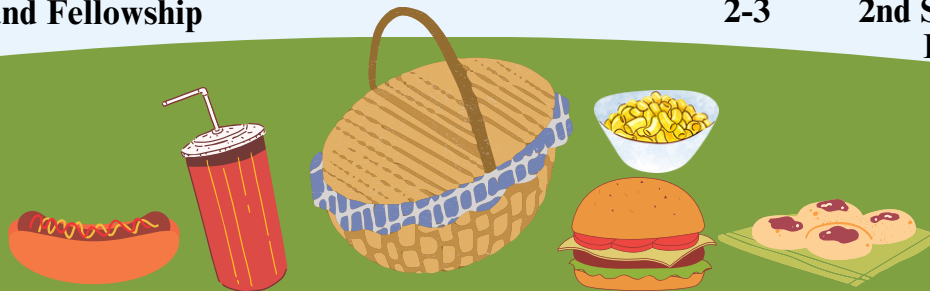
**KID GRAND PRIZES!!!**



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	<b>Order of Events</b>	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

**CANBEA**

## WALK IN THE PARK

Recovery Oriented Systems of  
Care  
ROSC

**IT WORKED SO GOOD LAST MONTH WE WILL CONTINUE IT AGAIN THIS MONTH!**

**THROUGHOUT THE MONTH OF AUGUST, 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 August 4th, 11th, 18th, and 25th from 4-5 (Meet at the Pavilions)**

**Fairview Park in Casey on Wednesday August 9th and 23rd from 4-5 (Meet at the Lion's Pavilion Parking)**

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

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# **Clark/Cumberland County ROSC Council Meeting**

**Tuesday August 8th, 2023**

**4:30 - 5:30**

**The Forsythe Center in  
Marshall**

**Contact Kristina Drum for the zoom link  
[Kristinadrums@hourhouserecovery.org](mailto:Kristinadrums@hourhouserecovery.org)**



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**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**

