

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

August 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

September 6, 2023

4:30 - 5:30 p.m.

Atwood-Hammond Public Library

123 N. Main St., Atwood, IL



For additional information, please contact:
Darlene Smith, Douglas County Recovery Navigator
(217) 549-7481 or email lorettas@hourhouserecovery.org

Upcoming ROSC Meetings

9/8/23

9:00 am - 10:00 am
DCRC Community
Outreach Subcommittee
Zoom
(Meets monthly on 2nd Friday)

9/27/23

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

9/27/23

Immediately following the council meeting the council will also be filling resource bags as a Council Recovery Month project.

Accepting donations of..

*Program brochures
pens & paper
stress balls or fidget spinners
Bags or Backpacks
Travel size hygiene products
Toothbrushes & Toothpaste
Shaving supplies
Sanitizer, lotion, wet wipes
Journals
Calendars or Planners
Gloves & Hats (new w/ tags)
Plastic ponchos (new)
Harm Reduction Supplies*

Please contact Leanna Morgan for additional information or ideas for bag contents not listed!

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

Judicial

We NEED You!!

Volunteer
&
Civic Groups

Youth-Serving
Organizations

Education & Schools

Law enforcement

Persons with
lived experience

Faith Based
Groups

Businesses

Service
Providers

Family and Parents

Recovery
Supports

Substance Use Treatment
Organizations

State, Local, Tribal
Government

Media


Healthcare

Find us on Facebook!

www.facebook.com/Recoveryispossibleeastcentralillinoisrosc






**DOUGLAS COUNTY
CANDLELIGHT VIGIL FOR
OVERDOSE AWARENESS**

**A special thank you to our main
guest speakers for sharing your stories.**

**The Scribner Family
Linda, Adam, & Makenna**

Also thank you to the following:

Alex Ruggieri- Opening & Closing Prayer
Stacy Welch- Poem Reading
Michael Haste- Poem Reading
Rachel Haste- Poem Reading
Sheriff Nathan Chaplin- Proclamation Reading
Douglas County Courthouse Security
Linda Scribner- Slideshow, Setup, & Event Planning

Photo Credits:
 Dominik Stallings, The Journal



CITY OF TUSCOLA

OFFICE OF THE MAYOR

PROCLAMATION

WHEREAS, Overdose is a tragedy that touches people and communities in many ways; and

WHEREAS, the family and friends grieving the loss of a loved one, the workers in healthcare and support services extending strength and compassion, and the first responders who selflessly assume the role of lifesaver are the "People Who Go Unseen" and whose lives are also altered by overdose; and

WHEREAS, We say to those "People Who Go Unseen," #weseeyou. Theirs are the voices we should amplify, and their strength and experience should be held up as examples to all of us. Too often, they are left to bear the burden of this crisis alone and in silence; and

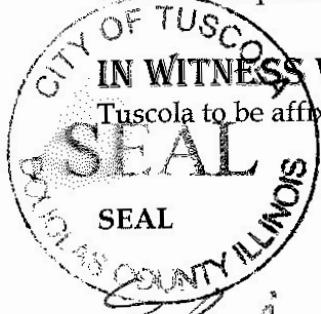
WHEREAS, the Douglas County Recovery-Oriented System of Care Council will host an Overnight Vigil for Overdose Awareness at the Douglas County Memorial Court House Gardens on August 30, 2023 from 7:00 p.m. to 8:00 p.m.


NOW, THEREFORE, I, Daniel J. Kleiss, Mayor of the City of Tuscola, do hereby proclaim August 30, 2023 to be

OVERDOSE AWARENESS DAY

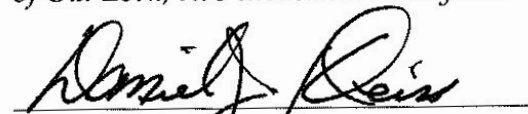
in Tuscola, Illinois. Further, let us acknowledge and support the people in our community who go unrecognized by raising awareness of the hidden impacts of overdose, promoting education of overdose response, and reaching out to others to make lasting, lifesaving policy changes.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Tuscola to be affixed.




Elizabeth A. Leamon, CITY CLERK

Executed in the City of Tuscola, this thirtieth day of August in the Year of Our Lord, two thousand twenty three.


Daniel J. Kleiss, MAYOR

Community Events and News

CELEBRATE RECOVERY

A Christian based 12-step program that helps heal the hurts, habits & hang-ups of:

- ❖ chemical dependency
- ❖ alcoholism
- ❖ family dysfunction
- ❖ co-dependency
- ❖ physical/emotional/sexual abuse
- ❖ relationship addiction
- ❖ sexual addiction
- ❖ eating disorders
- ❖ compulsive behaviors

Sundays

5:00pm- Bring your own dinner and fellowship
5:45pm- Lesson and worship
6:30pm- Open share groups & Newcomer 101.
7:30pm- Snacks and Fellowship

Victory Church

100 East 2nd Street, Camargo, IL 61919

For additional information, follow on Facebook!
<https://www.facebook.com/profile.php?id=100080070132294>

NARCOTICS ANONYMOUS

Every Wednesday 6:00 - 7:00 pm

**301 S. Washington Street
Tuscola, IL**

The first 2 Wednesdays of the month will be a closed meeting
 The last 2 Wednesdays of the month will be an open meeting

Clarity Statement

We are presented with a dilemma; when NA members identify themselves as addicts and alcoholics or talk about living clean and sober, the clarity of the NA message is blurred. To speak in this manner suggests that there are two diseases, that one drug is somehow separate from the rest, requiring special recognition.

Narcotics Anonymous makes no distinction between drugs. Our identification as addicts is all-inclusive, which allows us to concentrate on our similarities, not our differences.

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

Overdose Awareness 5K and kids' run

FREE LAUNDRY EVENT

LIGHTEN YOUR LOAD LAUNDROMAT

**THURSDAY, SEPT. 14
4-7 P.M.**

**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 6:15 P.M.

***PRE-REGISTRATION IS HELPFUL. TO DO SO, CALL COLLEEN AT 217-253-4137 X1225 OR EMAIL COLLEEN.LEHMANN@DOUGLASCOUNTYIL.GOV**

YOU'RE NOT ALONE. HELP IS AVAILABLE.

988 Suicide & Crisis Lifeline
988 or chat
988Lifeline.org

FindTreatment.gov
findtreatment.gov

FindSupport.gov
findsupport.gov

SAMHSA's National Helpline
1-800-662-HELP (4357)
samhsa.gov/HelpLine

Disaster Distress Helpline
1-800-985-5990
samhsa.gov/DDH



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
(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

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. 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

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

Hindsboro:
Hindsboro Civic Center
1:30-2pm

Camargo:
Opal Thompson Park
9:30-10am

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

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

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

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

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

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

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

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

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

LITTLE ODD PANTRY

205 N. MAIN ST, TUSCOLA, IL

[WWW.FACEBOOK.COM/TUSCOLAODDFELLOWS](https://www.facebook.com/tuscolaoddfellows)

Medical Reserve Corps

*"You must be the change
you want to see in the
world"*

Mahatma Gandhi

*"The best way to find
yourself is to lose yourself
in the service of others"*

Mahatma Gandhi

**Douglas County Health
Department MRC**

1250 E Us Hwy 36
Tuscola IL 61953

Phone: 217-253-4137

Email:
aaron.due@douglascountyl.gov



Have you ever wondered what you can do for the community? You feel like you want to give back to those around you and just unsure of where to turn. Check out the Medical Reserve Corps, MRC For short. Being part of the MRC will give you life saving skills, like CPR/AED, First Aid, Until Help Arrives and More. You also learn about being prepared for emergencies, like floods, winter storm warnings, tornados and other natural disasters. We also learn about preparedness for disease outbreaks and how to prepare for pandemics.

MRC has monthly meetings and trainings at the Health Department. All are welcome to join and take part in the meetings. See what the program is about. If you would like more information, please do not hesitate to call the Health Department and ask for the MRC coordinator or email: aaron.due@douglascountyl.gov