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September, 2023 ROSC CCCRC NEWSLETTER

IT IS RECOVERY MONTH!!

September has been nationally recognized as Recovery Month. This means that there will be many different recovery-focused events that will be taking place!!

Clark and Cumberland ROSC Council has a number of items on the agenda for September. One of the events will be "Paint the Town Purple!!!" Kristina, Kyle, and other volunteers from the ROSC council will be tying purple ribbon in the main parts of Toledo, Greenup, and Marshall to bring awareness to Recovery month.

The next big event that will be taking place during recovery month is the Recovery Picnic!! The event will be held on September 30th from 11am-3pm and will have guest speakers and prizes! See the attached flyer for more information.

Finally, keep an eye out for purple yard signs that are going to be sprouting up in yards throughout the communities. The idea behind them is to boost awareness and lower stigma for those wishing to initiate the recovery process.



Drug Overdose Prevention Program (DOPP) Display Sites and Other NARCAN ACCESS

Clark

The Medicine Shoppe
Casey Library
Marshall Library
Mill Creek State Park
Health Dept
HRC

Cumberland

Sav-Mor Pharmacy
Neoga Library
Neoga Municipal
Toledo Pharmacy
Noble Health As.
The Lucky Pig
Health Dept

Volunteers Needed!

For the Recovery Picnic, there will be a variety of stations that we are looking for volunteers to help with. Some of these tasks and stations include help setting up for and tearing down for the event, serving food, supervising the children in the bounce house, having parents sign waivers for their kids, and help with the general flow of the event.

If anyone is interested, please reach out to Kristina.

RECOVERY MEETINGS

Clark County

NA, Monday at 6pm @ HRC

AA, Thursday at 5:30 pm @ HRC

NA, Friday at 6pm @ HRC

Cumberland County

AA, Monday at 7pm @ Toledo Christian Church

AA, Tuesday at 7pm @ Neoga Free Methodist

Celebrate Recovery, Thursday at 7pm @ Calvary
Tabernacle in Toledo



Upcoming Events

- | | |
|-------------------|---|
| September 1st: | Paint the Town Purple (Volunteers welcome) |
| September 30th: | Recovery Picnic (See attached Flyer) |
| October TBA: | Free Community Laundry Day (Details coming soon) |
| February 2024: | Cumberland County Panel Event (Details coming soon) |
| May or June 2024: | Clark County Panel Event (Details coming Soon) |

Candlelight Vigil Pictures

The first annual Clark/Cumberland candlelight vigil was a success! There were 50 people in attendance to remember their loved ones who lost their lives to substance use disorder and mental health challenges! The guest speaker, Amanda Ross, shared her experience with opiates and overdoses and her strength, and hope on how she overcame! Over 20 boxes of NARCAN were distributed to those in attendance.



Recovery Testimonials

Kristina Drum

Both of my parents struggled with substance use. They divorced when I was a year old. I was sexually abused at a young age and my dad died of alcoholism when I was five. The loss and trauma I suffered as a child led to abandonment issues, anxiety, depression, and low self-worth. At the age of 12, I turned to marijuana, alcohol and other drugs to numb the pain. I was a complete delinquent and acted out with aggression towards my mother and peers. I was arrested multiple times for curfew violations and underage drinking. My use increased and I continued to spiral out of control. Over the next 20 years I became a teen mom, dropped out of school, entered into multiple abusive and toxic relationships, went to rehab more times than I can count, went to prison, got into a serious car accident and faced other near-death experiences. I was a living-dead girl, full of bitterness and anger, trying to fill a void inside of me. In 2013 I had come to the end of myself. In complete desperation I walked through the doors of my childhood church. I came to understand that the void I had tried so desperately to fill all those years could only be filled by Jesus. He delivered me instantly and I have not craved drugs or alcohol since. I started to become exactly who He created me to be. I began to fulfill all the roles I had neglected. I was finally capable of being a mother, daughter, sister and friend. In the last 10 years my life has changed tremendously. I have learned to live independently and earned my associate degree. I have the privilege of working in my community promoting recovery. I encourage other women who have struggles similar to the ones I once had. I am living proof that Recovery is Possible!

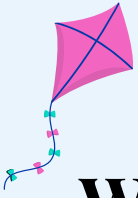
Kyle Houser

Growing up I was the product of a broken home. My parents got a divorce when I was three years old. My dad struggled with alcoholism and my mom tried to protect me from going down the same path he did, but I ended up drinking for the first time when I was 12 years old and loved how it made me feel. I was involved in the justice system since I was 15 years old. Partying took over and I dropped out of high school after my junior year. I went on to get into harder drugs and found my identity in the drugs. Around the time I was 25 I began primarily using meth intravenously and lost everything. This was the worst period of my life and lasted until I was almost 30. The drugs began to deteriorate my mind and I nearly lost my sanity due to substance induced psychosis. I ended up getting charged with multiple felonies and criminal misdemeanors. Then God stepped in and changed my life completely. From here I went to treatment, worked 12 step programs, started attending church, and gave my life to Jesus. I completed probation, got my associate degree (working toward my bachelor's), married a beautiful woman, and have a daughter. My Sobriety Day is March 5th, 2019. I now live a life that I would have never dreamed of. Recovery is Possible!!

Just a reminder that if anyone would like to share a 15-20 sentence Recovery Testimony reach out to Kyle to have it added to the Newsletter! Also, if someone is celebrating a sobriety date let us know before the end of next month so we can celebrate that milestone with you!

Congratulations to Julie Boswell for Celebrating 2 years of sobriety on August 16th.

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

FREE EVENT!!!!!!!

LUNCH IS PROVIDED!!!

RAFFLE DRAWINGS!!!

BOUNCE HOUSE!!!

ADULT GRAND PRIZES!!!

GUEST RECOVERY SPEAKERS!!!

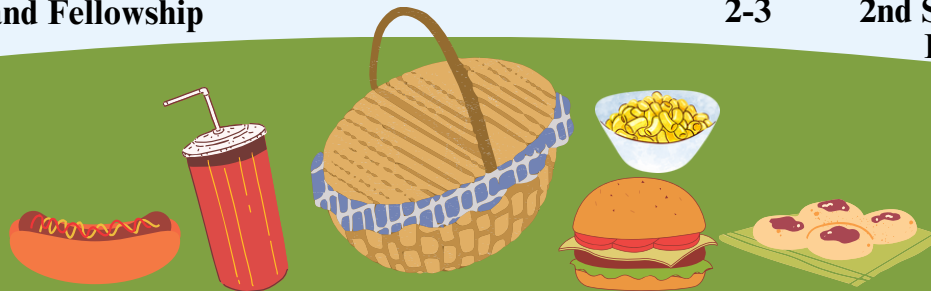
KID GRAND PRIZES!!!



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



PAINT THE TOWN PURPLE

Please join the Clark/Cumberland
County ROSC in
"Painting the Town Purple".

We are seeking volunteers to help us
tie purple ribbons around the square
in Toledo in honor of
National Recovery Month, Friday
September 1st at 10 AM.



**Reach out to Kristina at 217-273-7342 or
Kyle at 217-508-2765
if you are interested in helping
paint our town purple!**



Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use
Prevention and Recovery

CLARK / CUMBERLAND COUNTY ROSC COUNCIL MEETING

TUESDAY SEPTEMBER 12TH, 2023

4:30 PM - 5:30 PM

CALVARY TABERNACLE AND ZOOM!

For the Zoom link or more information:
Contact Kristina Drum Kristinad@hourhouserecovery.org



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RECOVERY

CAN BE A

WALK IN THE
PARK

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

THROUGHOUT THE MONTH OF SEPTEMBER, 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 September 1st, 8th, 15th, 22nd, and 29th from 4-5 (Meet at the Pavilions)

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

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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**

