

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

September 2023

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

Upcoming ROSC Meetings

10/28/23

10:00 am - 11:00 am

Douglas County

ROSC Council Meeting

Douglas County Health Dept.

and Zoom

(Meets monthly on 4th Wednesday)

***The Community Outreach Subcommittee will be cancelled for October due to the Deflection Planning meeting in Champaign that week.**

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

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Wellness Group

Recovery-Oriented Education Series

brought to you by

Darlene Smith, Douglas County Recovery Navigator

Topic: Fall in love with Recovery

October 4, 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

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



October 3, 2023

1:00 pm - 5:00 pm

Workforce Development

401 S. Main Street

Tuscola, IL 61953

Dress for Success! **Business Attire Workshop**

Please join Douglas County Recovery-Oriented System of Care (ROSC) Recovery Navigator, Darlene Smith, and Workforce Development Career Coach, Jenna Slaughter, for Dress for Success! We will discuss tips and tricks on how to shop for business casual clothing on a budget, as well as provide information on basic interview etiquette and resume development!

You will also have the opportunity to "shop" in the business attire closet filled with generously donated, gently used business attire clothing and pick out a few items to take home, free of charge!

The closet is also open by appointment or during walk-in hours.

P 217.253.7555 (Tuscola)

Walk-in hours Tuesday and Thursday 9-12



Recovery Month & National Suicide Prevention

ROSC decorated blank journals with inspirational messages in partnership with RISE Behavioral Health and Wellness and Shalynn's Hope, Inc. The decorated journals are intended to be distributed through the resource bags that the ROSC council filled later in the month. This project is a combined effort to promote Recovery Month and raise awareness of Suicide Prevention Month.

Photo Credits: Stacy Welch, Shalynn's Hope, Inc.



Pictured L-R: Summer Phillips, Sheriff Nathan Chaplin, Diane Zell, Chief Deputy Adam Weinstock, Leanna Morgan, Jason Pantier, Lisa Edwards, Darlene Smith, Colleen Lehmann, Casey McClain, Jennifer West. Photo Credit: Dominik Stallings, The Journal



Jason Pantier



Darlene Smith, Ambrosia Roberts



Lisa Edwards, Jennifer West, Casey McClain, Colleen Lehmann



Dominik Stallings



Kaycie Sanders

The Douglas County ROSC Council filled 200 resource bags that will be provided to organizations throughout the county to hand out to assist those in need. In addition to the 200 bags filled, an additional 15 were filled that also contained information translated to Spanish.

The bags contained various hygienic items, positive recovery materials, and harm-reduction materials, including Narcan. The resource bags will be able to provide those in need with resources that are important to their mental and physical health.



L-R Sheriff Nathan Chaplin, Darlene Smith, Melissa Jankauski, Christine Pierce



L-R Christine Pierce, Darlene Smith, Melissa Jankauski

It's in the bag.

Items that were included in the resource bags for Recovery Month.

Not all bags contain the same items and some items were limited in quantity.

Hygiene Supplies:

Shampoo & Conditioner
Toothpaste, Toothbrush, & Floss pick
Razor with Shaving Cream
Hair Comb
Emery Board
Soap or Body Wash
Deodorant Gel
Lotion
Hand Sanitizer

Resource Brochures!

Journals

(Decorated by Shalynn's Hope, Inc.)

First Aid Items:

Band-aid
Triple Antibiotic

Promotional Items:

Backpack
Stress Ball
Pen
Post-it
Gun safety lock

Harm Reduction

Narcan
Fentanyl Testing Kit
Deterra Pouches

Thank you to the following organizations and/or individuals that assisted with the resource bags, whether it was contributing items, volunteering time to put kits or bags together, and/or distributing bags:



Jason Pantier,
Sheriff Nathan
Chaplin



Shalynn's Hope, Inc.
RISE Behavioral Health & Wellness
VA Illiana Health Care (Suicide Prevention)
Carle Addiction Recovery
Douglas County Sheriff's Office
Douglas County Health Dept.
Douglas County Health Center
Douglas County ROSC
The Prescription Playbook/ ILHPP
Workforce Development
Illinois Family Resource Center
Human Rights Authority
HOPE of East Central IL
Hour House Gambling
Hour House
Hour House Stabilization & Transition Services
Tuscola Community Building
Dial-A-Ride
Crossing Recovery Services
Summer Phillips
Colleen Lehmann
Casey McClain
Chief Deputy Adam Weinstock
Sheriff Nathan Chaplin
Melissa Jankauski
Christine Pierce
Diane Zell
Lisa Edwards
Jason Pantier
Angie Oakley
Emily Bernhard
Nicki Hanks
Ambrosia Roberts
Jennifer West
Amber Clark
Darlene Smith
Dominik Stallings



Melissa Jankauski,
Christine Pierce

Diane Zell, Chief Deputy
Adam Weinstock, Sheriff
Nathan Chaplin



Lisa Edwards,
Summer Phillips

Community Events and News

Alcoholics Anonymous <http://aa-eci.org>

Additional meetings available in surrounding areas,
visit website for more information

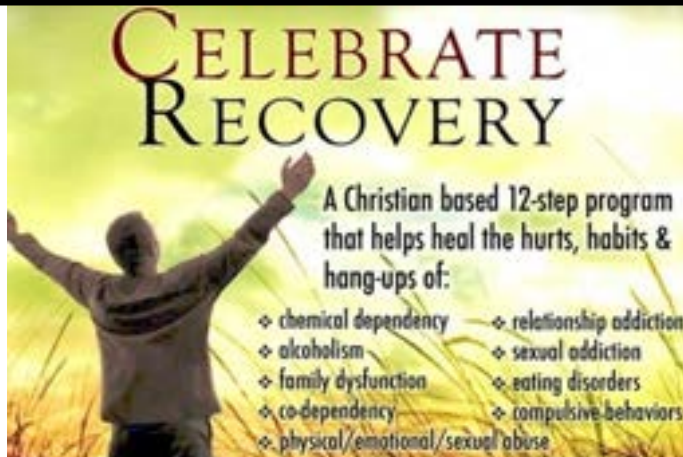
Monday - 8:00 PM to 9:00 PM CLOSED
4th Monday: Open Speaker Mtg.
40 Martyrs Fellowship Hall
109 E Van Allen St, Tuscola, IL

Tuesday - 7:00 PM to 8:00 PM CLOSED
Oakland United Methodist Church
13 E. Washington St, Oakland, IL

Thursday - 8:00 PM to 9:00 PM OPEN
VFW Hall
9 S. Main St, Villa Grove, IL

Friday - 7:00 PM to 8:00 PM CLOSED
Arthur First United Methodist Church
128 E. Illinois St, Arthur, IL

Closed meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."



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>

id=100080070132294



Find us on Facebook!

Recovery is possible east central illinois rosc

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.



FREE LAUNDRY EVENT

LIGHTEN YOUR LOAD LAUNDROMAT

201 S. MAIN STREET TUSCOLA

TUESDAY, OCT. 10 3-6 P.M.

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 5:15 P.M.

*PRE-REGISTRATION IS HELPFUL (THOUGH NOT REQUIRED). TO DO SO, CALL COLLEEN AT 217-253-4151 X1225 OR EMAIL COLLEEN.LEHMANN@DOUGLASCOUNTYIL.GOV



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 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 fentanyl, 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)