



LIVINGSTON ROSC

*The latest news and updates from the Livingston County
ROSC and our partners...*



LIV-ROSC ROCKS NAT'L RECOVERY MONTH

National Recovery Awareness Month finishes 34th Year

This issue will spotlight several recent "Recovery Month" events in which the Livingston County ROSC participated in and/or helped organize. But first, we felt it important to explain a little about "what is National Recovery Awareness Month?" and how it started...

In 1989, the Substance Abuse and Mental Health Services Administration (SAMSHA) launched National Recovery Month to increase public awareness surrounding mental health and addiction recovery. SAMSHA wanted to provide those in recovery a time to honor and celebrate their success stories and to illustrate to those still dealing with a substance use disorder that living in recovery is not just possible, but a *reality* for so many.

National Recovery Month is a national observance held every September to promote and support evidence-based treatment and recovery practices, and to recognize the work that service providers and recovery community members do to make recovery accessible. National Recovery Month also sheds a light on the tremendous progress made by those in recovery and reinforces the positive message that behavioral health is vital to one's overall health, and that prevention and treatment are effective. People can and do recover, and National Recovery Month celebrates these recovery stories.

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ROSC & NATIONAL RECOVERY AWARENESS MONTH (CONT'D)

Livingston ROSC Actively Celebrates Recovery Month

Recovery Month Today

Since the late 90's, deaths due to addiction have continued to increase. In Illinois, we have seen opioid overdose rates skyrocket to their highest level, with rural communities increasingly impacted. There are many Americans whose lives have been affected by addiction yet there are also many who have seen their lives transformed through recovery. That is one of the goal's of Recovery Month--to carry the message of hope to people seeking or considering a different way of life.

Recovery Month brings together thousands of prevention, treatment, and recovery programs and PLEs around the country to celebrate one another. Many agencies host special events and activities that allow people to share their progress and their recovery stories. National Recovery Month also helps foster greater awareness and understanding about mental health and substance use disorders.

Each year, there is a new focus and theme selected for National Recovery Month. This year's theme (2023) was, "Recovery is For Everyone: Every Person, Every Family, Every Community,.". It serves as a reminder for those in recovery and those who support someone in recovery that no one is ever alone in their journey. Everyone's journey may be different, but we are all in this together.



Leann Courson speaks about motherhood in recovery at recent Recovery Celebration.

RECOVERY CORNER: ACCEPTANCE

In this issue's Recovery Corner, we look at the vital topic of Acceptance and what popular recovery programs have say about it.

Alcoholics Anonymous: "Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me. I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes." - A.A. Big Book, P. 417-418

Celebrate Recovery: Accepting hardship as the pathway to peace. Taking, as Jesus did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His will...Life certainly has its twists and turns. But if you accept your journey, your chances are much better that you will enjoy your view!

SMART Recovery: If you can accept that there are many things you can't control, it may help you to better accept what life throws at you, even if you don't like it.

Liv-ROSC Recovery Month Photo Album



Above: Volunteers holding down the Liv-ROSC Info table
Left: Multiple agencies set up under Livingston County Health Department Table.



LOCAL LIBRARIES ON BOARD!

- Numerous local libraries throughout Livingston County helped us celebrate National Recovery Awareness Month.
- Raise Education and Awareness of SUD and MH Recovery, as well as Codependency, through literature and table displays.

RECOVERY MONTH

SEPTEMBER IS
RECOVERY MONTH

RECOVERY IS FOR EVERYONE:
 Every Person, Every Family, Every Community

#RecoveryMonth #Recovery
 WWW.RECOVERYMONTH.NET

For information on ROSC - Recovery Oriented Systems of Care - please scan the QR Code.

Funded in whole or in part by the Illinois Department of Public Services, Division of Substance Use

Happy "Big 2" to Liv-ROSC



LOOK AT WE'VE DONE

October 2021 – October 2023

- Increase awareness and collaboration with key community stakeholders.
- Continuing to increase education and awareness re: SUD/MH in order to help reduce stigma.
- Bringing community-based recovery education and family events to the public at large.
- Gaining agency and PLE (People w/ Lived Experience) representation to increase our coalition's capacity to organize and announce sober events, add new services and supports, and collaborate optimally.
- ROSC in the community and building brand by cross-promoting and attending various community events.

WHAT IS A ROSC?



ROSC stands for Recovery-Oriented Systems of Care. The Livingston County ROSC is a community coalition of SUD/MH professionals, PLEs (people with lived recovery experience), family members and allies, community volunteers, and others. We work together to bring new and holistic recovery supports and services to the community. The ROSC is not a recovery program, but rather, it provides a progressive framework for looking at recovery, realizing that healthy recovery involves more than going to 'treatment and meetings'. We greatly support those cornerstones of recovery but also believe recovery should happen in the community, including all its myriad resources and service offerings across different agencies, non-profits, and the existing recovery community. ROSC is funded through state grants. Chestnut serves as a lead agency, but the overall goal is for the Livingston County recovery community to absorb and manage it. This is one reason why collaboration between ROSC and the community is crucial. The ROSC seeks to align ideas and resources to provide widespread and 'out of the box' recovery services and supports. These services are determined based on community needs analyses, focus groups, PLE interviews, and monthly ROSC council meetings. Everyone has an equal voice in our meetings and we rely on our council members to help steer the future direction of the Livingston County ROSC.

Monthly ROSC Council Meetings: We meet on the 1st Thursday of every month at Noon (12-1p) via Zoom.

Zoom ID: 919 2567 0666 Passcode: 972489

Liv-ROSC Virtual Resource Guide!



Scan the QR (left) for a digital listing numerous local recovery-oriented resources in Livingston County and nearby towns. Support groups and 12-step meetings, smoking cessation training, announcement and event flyers, and much more. Check it out and bookmark in your phone!