

# CCCRC NEWSLETTER

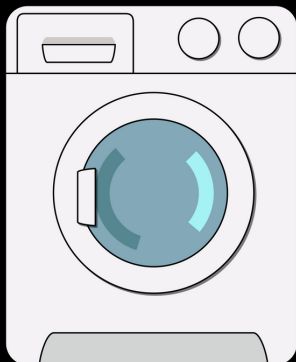
OCTOBER, 2023

# OCTOBER

Recovery  
Oriented  
Systems of Care



OUR FIRST ANNUAL RECOVERY PICNIC WAS A SUCCESS!!! We would like to thank all of those who gave of their time and resources to make this event special. There were over 100 in attendance throughout the event!! We would like to give an extra thank you to all those who prepared the food and to all the local businesses and agencies that helped make this possible!!!



## FREE LAUNDRY DAY!!!

Thanks to two gracious council members, the ROSC Council will be having a "Free Laundry Day" in Greenup, on October 26th. Kristina, Kyle, and other volunteers will be there with quarters, laundry soap, and dryer sheets. All are welcome to come do their laundry. We will be providing resources, training community members on the use of Narcan, and supporting people in recovery. Expect this to be the first of many!

## **ACCESS TO FREE NARCAN AT THE FOLLOWING LOCATIONS**

### **CLARK COUNTY**

**CASEY LIBRARY (DOPP)**  
**MARSHALL LIBRARY (DOPP)**  
**THE MEDICINE SHOPPE (DOPP)**  
**MILL CREEK STATE PARK (DOPP)**  
**CLARK COUNTY HEALTH DEPARTMENT**  
**HUMAN RESOURCE CENTER (DOPP)**

### **CUMBERLAND COUNTY**

**NEOGA MUNICIPAL BLDG. (DOPP)**  
**NEOGA LIBRARY (DOPP)**  
**SAV-MOR PHARMACY NEOGA**  
**(DOPP)**  
**TOLEDO PHARMACY (DOPP)**  
**THE LUCKY PIG (DOPP)**  
**NOBLE HEALTH ASSOCIATES**  
**(DOPP)**  
**CUMBERLAND COUNTY HEALTH**  
**DEPARTMENT**

**Community members can walk into any DOPP site location and take as many boxes of Narcan as they wish. The other locations have free Narcan available upon request.**

**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®.**

## **RECOVERY MEETINGS**

### **CLARK COUNTY**

**NA, MONDAY, 6PM @HRC IN**  
**MARSHALL**  
**AA, THURSDAY, 5:30PM @ HRC IN**  
**MARSHALL**  
**NA, FRIDAY, 6PM @ HRC IN**  
**MARSHALL**

### **CUMBERLAND COUNTY**

**AA, MONDAY, 7PM @ TOLEDO**  
**CHRISITAN CHURCH**  
**AA, TUESDAY, 7PM @ NEOGA FREE**  
**METHODIST CHURCH**  
**CELEBRATE RECOVERY,**  
**THURSDAY, 7PM @ CALVARY**  
**TABERNACLE TOLEDO**

# Recovery Month Paint the Town Purple



**In Honor of recovery month, Kristina and Kyle tied purple ribbons around the light poles surrounding the square in Toledo. Kristina submitted a press release to the local newspaper to inform the community that the ribbons were placed there to celebrate individuals in recovery. In addition, three recovery testimonies were shared in the paper to show others Recovery Is Possible!**



# RECOVERY PICNIC PHOTOS!!!





**ALL THE DONORS FOR THE PICNIC!**

**AWESOME BLOSSOMS**  
**ALVEY'S ACRES**  
**AUTUMN RENAE'S**  
**BACK IN THE WOODS**  
**BARE ESTHETICS**  
**BARKLEY'S FUNERAL HOME**  
**CALVARY TABERNACLE**  
**CASEY'S**  
**CASEY COFFEE CO.**  
**CRAZY BEAUTIFUL BOUTIQUE**  
**CELEBRATE RECOVERY (TOLEDO)**  
**COUNTRY FINANCIAL**  
**DAVE'S CREATIONS**  
**DEBORAH'S ATTIC**  
**DONNELLE DARLING**  
**DUSTIN AND SARA RUHOLL**  
**THE FILLIN' STATION**  
**FIRST NEIGHBOR BANK**  
**GYPSY QUEEN**  
**HAIR FX**  
**HAIR BY KENZIE**  
**ID CASTINGS OF ILLINOIS**

**JENNIFER WEST**  
**KG DESINGS**  
**MARSHALL WALMART**  
**MATTOON WALMART**  
**MODEL TEES**  
**MOONLIGHT ORCHID**  
**FLORAL DESIGN**  
**NIEMANN'S**  
**PARK'S LAW OFFICE**  
**PENNY HOWARD**  
**PREFERRED BANK**  
**RON'S BARBER SHOP**  
**SCOTT'S BUILDING CENTER**  
**SHAWN AND TAMMY STRADER**  
**SHERBEARS CUPS, SHIRTS, DECALS AND MORE**  
**SHER'S SCENTS**  
**THE SILO**  
**TRAVELING MUG**  
**TSC PYROFERRIC**  
**WEST UNION CAFE**



# RECOVERY TESTIMONIALS

## AMANDA HEUERMAN

My addiction started around 2012 after having minor knee and gall bladder surgery. I didn't abuse the pain meds, although I was immediately hooked. I was on 120 tablets a month for a full year! After being cut off, I started making several trips to the ER trying to get them. After that stopped working, I started stealing them and buying them from whoever had them. After that, I started using Heroin. This lasted about a year because everyone around me was overdosing and dying from it. Then in 2017 I was introduced to ice. The 1st time I used it I used intravenously. I was instantly addicted to the needle itself. This went on for 5 years. In 2018, I caught my first major charge of possession of a needle. I spent a week in jail and was released back to the streets. I began to run from the cops and probation and ended up with 14 failures to appear warrants on the same case. It wasn't until 2022 that I caught my first felony for possession of cocaine. It was at this point that I decided that I had ran long enough. I got arrested not knowing how long I would be in custody. I sat in jail for a month and the judge ordered me to residential rehab. I was mad about it, but I knew I had a problem and did not want to go to prison. I went to the Hour House even though I still thought about running, but my second week in something clicked with me and I have been sober ever since. I soaked up every single little thing they taught me and have completely surrendered to the program. 7/22/22 Recovery is Possible!!

## ADAM LOVELL

Recovery isn't one and done. I have tried and tried again, but when I put as much effort in my recovery as I did towards my addiction, things begin to work the way they should. I realize that I am the problem that I needed a solution for. The solution that works for me is seeking Jesus. I reflect and take my inventory daily, like the AA big book suggests in chapter 6 titled, "into action." I begin to focus on what is important and what keeps me sober. I am no longer a slave. I am a new creation in Christ Jesus. What I use to love I now hate and what I use to hate I now adore. I live a life of service and give back where I am able by helping others who are in need. I try to give back what has been freely given to me.



# **CLARK/CUMBERLAND COUNTY ROSC**



**THE CLARK/CUMBERLAND COUNTY ROSC & THE RECOVERY COMMUNITY WOULD LIKE TO  
EXTEND A SPECIAL THANKS TO OUR LOCAL BUSINESSES FOR THEIR SUPPORT**

**AWESOME BLOSSOMS  
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TRAVELING MUG  
TSC PYROFERRIC  
WEST UNION CAFE**

**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**

