

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

October 2023

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

### Upcoming ROSC Meeting

**11/22/23**

**10:00 am - 11:00 am**

Douglas County  
ROSC Council Meeting

**Zoom Only**

**(Meets monthly on 4th Wednesday)**

ADDITIONAL COUNCIL INFORMATION, INCLUDING MEETING  
MINUTES, CAN BE FOUND AT

[WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/DCRC-ROSC-COUNCIL/](http://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: Things to be Thankful For**

**November 1, 2023**

4:30 - 5:30 p.m.

Atwood-Hammond  
Public Library

123 N. Main St., Atwood, IL

**November 15, 2023**

11:00 - 12:00 p.m.

Camargo Township  
District Library

14 N. Main St., Villa Grove, IL



For additional information, please contact:

Darlene Smith, Douglas County Recovery Navigator

(217) 549-7481 or email [lorettas@hourhouserecovery.org](mailto: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.

## RECOVERY MONTH RESOURCE BAGS

THE RESOURCE BAGS THAT WERE FILLED FOR RECOVERY MONTH AT THE SEPTEMBER ROSC COUNCIL MEETING HAVE BEEN DISTRIBUTED THROUGHOUT THE COMMUNITIES! WHERE DID THE 215 BAGS GO?

- 116- COUNTY-WIDE PROGRAMS (TUSCOLA)
- 16- ARCOLA AREA
- 11- ARTHUR AREA
- 10- ATWOOD AREA
- 10- CAMARGO AREA
- 20- MURDOCK AREA
- 7- NEWMAN AREA
- 25- VILLA GROVE

THE PRESCRIPTION PLAYBOOK/ ILHPP ALSO PROVIDED ABOUT 50 DETERRA POUCHES THAT WERE DISBURSED TO THE ARCOLA, ARTHUR, AND ATWOOD AREAS FOR DRUG-TAKE BACK DAY IN OCTOBER AND BEYOND! DETERRA POUCHES ARE ALSO AVAILABLE IN TUSCOLA AT THE DOUGLAS COUNTY SHERIFF'S OFFICE AND A LIMITED SUPPLY IS AVAILABLE IN NEWMAN AT THE NEWMAN LIBRARY.

IF YOU ARE INTERESTED IN ASSISTING WITH FUTURE DISTRIBUTION OR CONTRIBUTIONS FOR RESOURCE BAGS, PLEASE CONTACT LEANNA MORGAN OR DARLENE SMITH!

# We Need You!

COMMUNITY BASED SERVICES OR INDIVIDUALS THAT ARE CONSIDERED KEY STAKEHOLDERS FOR A ROSC

**Media** **Education & Schools**

**Persons with lived experience** **Judicial**

**Substance Use Treatment Organizations** **Healthcare**

**Family and Parents** **Recovery Supports**

**Service Providers**

**Faith Based Groups** **Businesses**

**MENTAL HEALTH**

**Volunteer & Civic Groups** **Youth-Serving Organizations**

**State, Local, Tribal Government** **Law enforcement**



The East Central IL ROSC team attended the Statewide ROSC Conference in October 2023! You may recognize a few names as we attend each others' meetings and events to show support! Pictured Left to Right and Front to Back

Felicia Depoister, Effingham Recovery Navigator  
Karen Cook, ROSC Supervisor (all 8 counties)  
Leanna Morgan, Douglas Coordinator  
Samantha Hicks, Effingham Coordinator  
Tess Miller, Moultrie/Shelby Coordinator  
Nicki Hanks, Edgar Recovery Navigator  
Skylar Miller, Moultrie/Shelby Recovery Navigator  
Ambrosia Roberts, Edgar Coordinator  
Whitley Grayson, Coles Recovery Navigator  
Kristina Drum, Clark/Cumberland Coordinator  
Dana Tell, Coles Coordinator  
Jenna Hayes, ROSC Region 4 Mentor  
Darlene Smith, Douglas Recovery Navigator  
Janna Overstreet, Hour House Program Director  
Kyle Houser, Clark/Cumberland Recovery Navigator

*Statewide ROSC Conference 2023*

#ILRecoveryBelongs

# Community Events and News

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

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

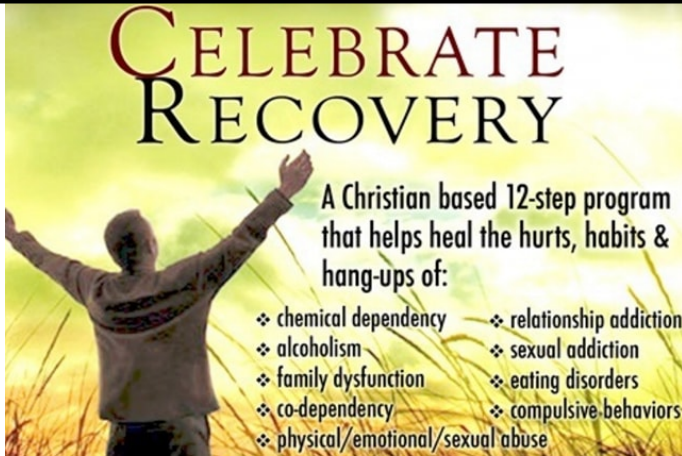
**Monday - 8:00 PM to 9:00 PM CLOSED**  
**4th Monday: Open Speaker Mtg.**  
**40 Martyrs Fellowship Hall**  
**109 E Van Allen St, Tuscola, IL**

**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

## 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.

## Dial-A-Ride

For all ages and abilities

Rural Public Transportation

**1 - 8 0 0 - 5 0 0 - 5 5 0 5**

**Travel within city limits or rural town - \$2.00 each one way trip**

**Travel outside city limits or rural town with same county - \$4.00 each one way trip**

**Travel outside Douglas County to Coles County, Champaign, or Macon - \$7.00 each one way trip.**

**Children - ages 5 and under - free each one way trip, ages 6 to 10 years of age - \$1.00 each one way trip**

 **Find us on Facebook!**

Recovery is possible east central illinois rosc





# Clothes Closet FALL DATES

Faith Baptist Church

300 E Northline Rd, Tuscola

OPEN- 5:45-6:25 pm

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays

Oct 4 and Oct 18

Nov 1 and Nov 15

# FREE SHOPPING!!

# Hey Douglas County Area!

Mark your calendars for the

# 2023 Good Life Health Fair

WHEN:

**Tues., Nov. 14  
9 a.m. to 1 p.m.**

WHERE:

**The Arcola Center  
107 W. Main Street**

**Enjoy FREE Screenings,  
Information, & More!**



- ◆ Numerous vendors representing area agencies, services, and businesses
- ◆ Informational presentations, health checks, & giveaways
- ◆ Complimentary coffee and breakfast pastries

**This event sponsored by  
Douglas County  
Health Department**

For more information on this event or having a vendor space, contact Colleen Lehmann at [colleen.lehmann@douglascountyiil.gov](mailto:colleen.lehmann@douglascountyiil.gov) or call 217-253-4137.



# We need your input!

Physical copies of the public transportation surveys available at your city hall/township building or local library. To complete the survey online, please use the QR code inside.

Douglas County has been awarded a \$75,000 grant through the Illinois Department of Transportation (IDOT) to write a plan that will address issues and make recommendation on how to increase the use of public transportation.

Coles County Regional Planning (CCRP), in coordination with IDOT, is conducting a survey as part of a year-long study into public transportation in Douglas County. Completing this survey, even if you do not use public transportation, will help CCRP learn more about the use of local public transportation and assist us in future service planning.



Survey URL: [Douglas-plan.com](https://Douglas-plan.com)

Encuesta URL: [Douglas-plan.com](https://Douglas-plan.com)

# DOUGLAS COUNTY RESOURCE QUICK GUIDE

## RECOVERY ORIENTED SYSTEMS OF CARE (ROSC) ADVISORY COUNCIL

### Important Hotlines

SAMHSA's National Helpline (for mental health and substance use disorder)  
(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](http://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](mailto: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](mailto: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)