

COLES COUNTY ROSC COUNCIL

Recovery
is possible!

East Central Illinois ROSC

Happy Thanksgiving!

Saying thank you is nothing new. But practicing gratitude — regularly focusing on the positive parts of your life — is about more than having good manners. It can be a powerful health habit. Research shows that practicing gratitude — 15 minutes a day, five days a week — for at least six weeks can enhance mental wellness and possibly promote a lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health.

Read More at
(<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/can-expressing-gratitude-improve-health>)

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Expungement & Sealing

Join us Monday, December 18th , at 3pm for the Expungement and Sealing presentation by Land of Lincoln Legal Aid in the conference room at Sarah Bush Lincoln Health Center.



Upcoming Narcan Training

Mattoon Public Library has a Narcan Training on Wednesday, November 8th at 11am.

Lake Land College has a Staff Narcan Training on November 22. (Private event)

Charleston Public Library has a Narcan Training on Wednesday, November 29th at 11am.

American Legion Board members requested Training on November 13th. (Private event)

Narcan is provided for all participants.

RECOVERY NAVIGATOR'S NEWS

Whitley is holding Education Classes at the Libraries in Mattoon and Charleston. This month's topic is Narcan; Next Month, it will be Recovery during the Holidays.

Whitley is training to hold classes in the community, with probation and help connect community members with local resources.

Veteran Benefit Fair

Coles County ROSC will be at the Veterans Benefit Fair at the LifeSpan Center on November 10th from 10-2pm offering resources and Narcan.



Winter Clothing Drive

The Coles County ROSC will collect new winter coats, gloves, hats, and scarves for those in our community who need them. These items can be dropped off at the Mattoon Public Library or the Charleston Carnegie Library during regular business hours between November 1st - November 30. These items will be distributed to those in need on a weekly schedule.

Upcoming Community Meetings

Coles County ROSC Council Meeting is on Monday November 13th, at noon at the Douglas Hart Nature Center. We are hoping for good weather, if we don't get it we will go inside. We changed the date for our meetings due to the holidays. Our December meeting would have fallen on Christmas, so we will have that meeting December 4th at LifeSpan Center. If needed contact Dana Tell at DanaT@hourhouserecovery.org for more information.

Coles County Interagency Meeting is on Friday, November 17th at noon at the Health Services Building on 18th street in Charleston. Contact Ky Newsome at ColesCountyInteragency@gmail.com for more information.

Community Wellness Collaboration is on Monday, November 20th at 11am at a location to be determined. Contact Laura Bollan at LBollan@sblhc.org for more information.

NARCAN LOCATIONS IN COLES COUNTY

LAST UPDATE 11/1/2023

1. AKASHA ZAMORA, 1604 BROADWAY AVE., MATTOON, IL 61938
2. AXIS LION, 516 6TH STREET, CHARLESTON, IL 61920
3. C & C KETTLECORN, 700 BROADWAY AVE #18, MATTOON, IL 61938
4. CHARLESTON FOOD PANTRY, 990 W STATE ST, CHARLESTON, IL 61920
5. CHARLESTON CARNEGIE PUBLIC LIBRARY, 6TH ST AND VAN BUREN AVE, CHARLESTON, IL 61920
6. COLES COUNTY HEALTH DEPARTMENT, 825 18TH ST., CHARLESTON, IL 61920
7. EASTERN ILLINOIS UNIVERSITY POLICE DEPARTMENT, 600 LINCOLN AVE., CHARLESTON, IL 61920
8. EASTERN ILLINOIS UNIVERSITY SCHOOL OF EXTENDED LEARNING, 1920 9TH ST., CHARLESTON, IL 61920
9. FAMILY WORSHIP CENTER CHARLESTON, 411 JACKSON AVE., CHARLESTON, IL 61920
10. FAMILY WORSHIP CENTER MATTOON, 5475 LERNA RD., MATTOON, IL 61938
11. FIRST PRESBYTERIAN CHURCH, 10 CHARLESTON AVE., MATTOON, IL 61938
12. HOMESTEAD CHURCH 2220 CHAMPAIGN AVE., MATTOON, IL 61938
13. JACKSON AVENUE COFFEE, 708 JACKSON AVE., CHARLESTON, IL 61920
14. LAKE LAND COLLEGE, 5001 LAKE LAND BLVD., MATTOON, IL 61938
15. LIFELINKS, 750 BROADWAY AVE., EAST, MATTOON, IL 61938
16. LIFESPAN CENTER, 11021 E. CO 800N, CHARLESTON, IL 61920
17. MATTOON EAGLES, 1917 OAK AVE., MATTOON, IL 61938
18. MATTOON FOOD PANTRY, 600 MOULTRIE AVE., MATTOON IL, 61938
19. MATTOON LIBRARY, 1600 CHARLESTON AVE., MATTOON IL, 61938
20. MILK AND HONEY COFFEE HOUSE, 621 CHARLESTON AVE., MATTOON, IL 61938
21. NOLA'S NATURALS, 422 MADISON AVE., CHARLESTON, IL 61920
22. PLEASANT GROVE BAPTIST CHURCH, 14447 COOKS MILLS RD., HUMBOLDT, IL 61938
23. SACIS, 825 18TH STREET STE 409, CHARLESTON IL, 61920
24. STANDING STONE COMMUNITY CENTER, 375 N 14TH ST., CHARLESTON, IL 61920
25. THE HAVEN, 1812 WESTERN AVE., MATTOON IL, 61938
26. THE MISSION HOUSE, 2321 PRAIRIE AVE., MATTOON, IL 61938
27. TJ'S ON HAIR, 1000 LAKE LAND BLVD., MATTOON, IL 61938
28. WINGMAN MINISTRIES, 403 N. 12TH STREET, CHARLESTON, IL 61938

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 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 COLES ROSC COORDINATOR AT DANAT@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 OR PARAPHERNALIA, WITH SOME EXCEPTIONS. 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.

[HTTPS://HOURHOUSERECOVERY.ORG/OUR-PROGRAM](https://hourhousercovery.org/our-program)

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