

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

December 2023

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

### Douglas County ROSC Council Meeting

**WEDNESDAY JANUARY 24, 2023**  
**10:00 AM - 11:00 AM**  
**DOUGLAS COUNTY HEALTH DEPT**

For the Zoom link, contact  
Leanna Morgan, Douglas County ROSC Coordinator  
leannam@hourhouserecovery.org

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/)

### Newsletter Highlights

Community Recovery  
Events & News 2

Virtual Wellness Group 3

Douglas Co. Resources 4

Food Access 5

**Family and Parents**

**Persons with  
lived  
experience**

**Healthcare**

**Substance Use  
Treatment  
Organizations**

**Faith Based  
Groups**

**Law enforcement**

**MENTAL  
HEALTH**

***We Need You!***

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

**Youth-Serving  
Organizations**

**Recovery  
Supports**

**Education & Schools**

**Service  
Providers**

**State, Local, Tribal  
Government**

**Media**

**Businesses**

**Judicial**

**Volunteer  
&  
Civic Groups**

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.

# 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."

## **NARCOTICS** **ANONYMOUS**

**Every Wednesday 6:00 - 7:00 pm**  
**301 S. Washington Street**  
**Tuscola, IL**

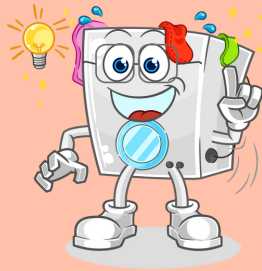
**The first 2 Wednesdays of the month  
will be a closed meeting**  
**The last 2 Wednesdays of the month  
will be an open meeting**

### 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!



**January 9, 2024**  
**3-6 pm**

**Lighten Your Load Laundromat**  
**201 S. Main Street, Tuscola**

**For additional information contact**  
**Colleen Lehmann at**  
**[colleen.lehmann@douglascountylil.gov](mailto:colleen.lehmann@douglascountylil.gov)**

## Dial-A-Ride

For all ages and abilities  
Rural Public Transportation

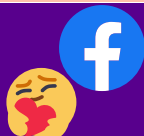
**1 - 8 0 0 - 5 0 0 - 5 5 0 5**

**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**

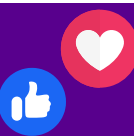
**Travel outside Douglas County to Coles**  
**County, Champaign, or Macon - \$7.00**  
**each one way trip.**

**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**



# JANUARY 2024

# VIRTUAL WELLNESS GROUP

RECOVERY-ORIENTED EDUCATION THAT TEACHES THE TOOLS TO EMPOWER AND ENLIGHTEN IN YOUR RECOVERY JOURNEY. VIRTUAL WELLNESS GROUP IS BROUGHT TO YOU BY DARLENE SMITH, DOUGLAS COUNTY RECOVERY NAVIGATOR! FREE AND OPEN TO THE PUBLIC!



*Fridays 4:00-5:00 pm*

**19** DISCUSSION:  
TRIGGERS AND COPING STRATEGIES



**26** DISCUSSION:  
THE NEED FOR SUPPORT



Registration link coming soon!  
Contact Darlene if interested!

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

**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.**

# 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

third Wednesday of each month

**Atwood:**  
**Atwood Area Food Pantry**  
 231 N. Illinois St.  
 9-9:30am



fourth Thursday of each month

**Villa Grove:**  
**Henson Park**  
 8:30-9:15 am

**Hindsboro:**  
**Hindsboro Civic Center**  
 10:45-11:15 am

**Camargo:**  
**Opal Thompson Park**  
 9:30-10:00 am

**Newman:**  
**Newman City Park**  
 (across from post office)  
 11:45-12:15 pm

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

**LITTLE ODD PANTRY**  
 205 N. MAIN ST, TUSCOLA, IL

[WWW.FACEBOOK.COM/TUSCOLAODDFELLOWS](http://WWW.FACEBOOK.COM/TUSCOLAODDFELLOWS)

**LITTLE FREE PANTRY VILLA GROVE**  
 406 FIRST ST., VILLA GROVE, IL

[WWW.FACEBOOK.COM/LITTLEFREEPANTRYVILLAGROVE](http://WWW.FACEBOOK.COM/LITTLEFREEPANTRYVILLAGROVE)