

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

January 2024

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

FEBRUARY 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

02 DISCUSSION:
THE IMPORTANCE OF SLEEP



09 DISCUSSION:
PHYSICAL EXERCISE



16 DISCUSSION:
THE IMPORTANCE OF SELF-CARE



23 DISCUSSION:
THE IMPORTANCE OF STRESS RELIEF



Please register by scanning QR code or contact Darlene Smith



DARLENE SMITH
lorettas@hourhouserecovery.org
217-549-7481

Newsletter Highlights

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& Transportation 5

Douglas County ROSC Council Meeting

WEDNESDAY FEBRUARY 28, 2023
10:00 AM - 11:00 AM
DOUGLAS COUNTY HEALTH DEPT
1250 US-36, TUSCOLA, IL

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

Like and Follow us
on Facebook!
Douglas County ROSC

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

Thank you to the January ROSC Council meeting guest speaker, Land of Lincoln Legal Aid! The presentation was for organizations on what expungement and record sealing is and how it works!

We would also like to thank the Douglas County Health Department for allowing us to use the conference room!



Pictured Left to Right:

Laine Torrance (Land of Lincoln Legal Aid, Intern), Leanna Morgan (Hour House, ROSC Coordinator), Emily Ochs (Land of Lincoln Legal Aid, Paralegal), Britta Johnson (Land of Lincoln Legal Aid, Attorney), Darlene Smith (Hour House, ROSC Recovery Navigator)

Agencies and Persons with Lived Experience, working together to build communities supportive of those in Recovery from Substance Use Disorders.

Healthcare Businesses Education & Schools

Family and Parents

Persons with lived experience

Faith Based Groups

We Need YOU!

Volunteer & Civic Groups

Service Providers

Community based services or individuals that are considered key stakeholders for a ROSC

Judicial

State, Local, Tribal Government

Recovery Supports

Substance Use Treatment Organizations

Youth-Serving Organizations

Media

MENTAL HEALTH

Law enforcement

ADDITIONAL COUNCIL INFORMATION, INCLUDING MEETING MINUTES, CAN BE FOUND AT WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/DCRC-ROSC-COUNCIL/



THROUGH A CHILD'S EYE: UNDERSTANDING ADDICTION AND RECOVERY



About The Presenter:

Jerry Moe, MA, National Director of Children's Programs at Hazelden Betty Ford, Emeritus, and Senior Clinical Advisor for the National Association for Children of Addiction (NACoA) is an author, speaker and consultant on issues for children, families and communities impacted by addiction and related issues. Among his books are *Through a Child's Eyes: Understanding Addiction and Recovery* and the *Beamer Series* for kids.

Join us for COA Awareness Week, an international campaign to honor the many children dealing with the disease of addiction in their families and the caring adults who want to help. This workshop explores how kids are impacted by addiction in their environment and how they see it in their families and communities. More importantly, attendees learn specific prevention strategies and key messages which can make a difference in the lives of children and families

FEBRUARY 15, 2024
TIME: 11:00 - 12:30 CST

FREE - REGISTRATION REQUIRED.

ILLINOIS CERTIFICATION BOARD INC.
AND
LPC/LCPC APPROVED 1.5-HOUR CEU



UPCOMING COMMUNITY MEETINGS

2/8/24 1:00-5:00 PM

DART IMPLEMENTATION MEETING

1921 N MARKET ST, MONTICELLO AND ZOOM
CONTACT: VANDERWEELE, KOREN KVANDERWEELE@TASC.ORG

2/13/24 5:30-6:30 PM

MEDICAL RESERVE CORPS

DOUGLAS COUNTY HEALTH DEPT
1250 US-36, TUSCOLA, IL

2/26/24 10:00-11:00 AM

DOUGLAS COUNTY AREA COALITION

DOUGLAS COUNTY HEALTH DEPT
1250 US-36, TUSCOLA, IL

FREE LAUNDRY EVENT

TUESDAY, FEB. 13 3-6 P.M.

LIGHTEN YOUR LOAD LAUNDROMAT
201 S. MAIN STREET TUSCOLA

HAVING TROUBLE AFFORDING TO DO LAUNDRY? DCHD, LIGHTEN YOUR LOAD, & LAUNDRY LOVE CAN HELP!

- BRING LAUNDRY TO LAUNDROMAT (6 LOADS MAX).
- DETERGENT AND COST OF MACHINES WILL BE PROVIDED.
- LAST FREE LOADS MUST BE STARTED BY 5:15 P.M.

*PRE-REGISTRATION IS HELPER (THOUGH NOT REQUIRED) TO DO SO, CALL COLLEEN AT 317-255-4511 X1235 OR EMAIL COLLEEN.LIMMANN@DOUGLASCOUNTYIL.GOV



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.

Alcoholics Anonymous

For additional information and meetings 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

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

Closed meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."

Narcan Distribution 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

217-493-4184

or skwelch04@gmail.com

Hour House Drug Overdose Prevention Program (DOPP)

*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.

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.

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

Housing Aid

**Embarras River Basin
Agency (ERBA)**
(217) 253-4434

**The Haven-Shelter
Mattoon**
(217) 234-7237

Substance Use Disorder Counseling

RISE
(217) 253-4731

Hour House
(217) 348-8108

Transportation

Dial A Ride
(800) 500-5505

***Additional resources
available through 211**

Mental Health Counseling

**Douglas County
Health Center**
(217) 253-4137

**RISE Behavioral Health
& Wellness**
(217) 253-4731

Medication Assisted Treatment

**Douglas County
Health Center**
(217)253-4137

SIHF Healthcare
(217) 543-2446

Anger Management
www.dchealthil.org
(DoCo Health Center)
(217)-253-4137

Al-Anon (Electronic)
<https://al-anon.org/>

Alateen (Electronic)
<https://al-anon.org/>

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

Support Group Websites

**Adult Children of Alcoholics
& Dysfunctional Families**
<https://adultchildren.org/>

Celebrate Recovery
<https://celebraterecovery.com>

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>



Food Pantries

Arcola Food Pantry

Open Thursdays from 12pm – 2pm & 4pm - 6pm
126 S Locust, Arcola, IL 61910
Serves Douglas County and Atwood, IL

Arthur Southern Baptist Church Food Pantry

Open 2nd Saturday from 9am - 11am
530 North Vine, Arthur, IL 61911
Serves Arthur and surrounding 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

Blessings Food Pantry

Open Tuesday through Friday 9am - 1pm
4217 DeWitt Ave, Mattoon, IL 61938
Serves Coles, Douglas, and Edgar Counties

Rural Grace Food Pantry

Open Fridays from 3pm -5pm
208 N. 2nd St, Murdock, IL 61941
Serves Murdock area

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

Little Free Pantry Villa Grove

406 First St., Villa Grove, IL

www.facebook.com/littlefreepantryvillagrove

Newman Free Mini Pantry

307 South Broadway Street, Newman, IL

www.facebook.com/newmanfreeminipantry

EIF Foodmobile

Additional counties' dates listed on the website!
<https://www.eifoodbank.org/help/mobile.html>

THIRD MONDAY OF EACH MONTH

Arthur:
Arthur Southern Baptist Church
530 N. Vine St.
8:30-9:15am

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
11:45-12:15 pm

IN NEED OF
HELP FOR
PROPER
DISPOSAL OF
YOUR NEEDLES?



Bring in your sharps containers to either DCHD location during regular business hours for proper disposal. Receive a free replacement sharps container while supplies last.

Locations: 1258 E. Hwy. 36 Tuscola & Tuscola Outlet Mall Suite J680

Phone: 217-253-4137 Find us online at www.dchsdhll.org

Dial-A-Ride

For all ages and abilities Rural Public Transportation

dialaridetranisit.org

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

