

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

February 2024

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

### MARCH 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*

**1**

DISCUSSION:  
GRATITUDE



**8**

DISCUSSION:  
CRAVINGS AND HEALTHY COPING STRATEGIES



**15**

DISCUSSION:  
BAD HABITS



**22**

DISCUSSION:  
ISOLATION RISKS



**29**

DISCUSSION:  
LEARN HOW TO MAKE AND PLAN A DAILY LIVING SCHEDULE



Please register by scanning QR code or contact Darlene Smith



DARLENE SMITH

[lorettas@hourhouserecovery.org](mailto:lorettas@hourhouserecovery.org)

217-549-7481

## Newsletter Highlights

- 1 ROSC Meeting Information, Meet the Council
- 2 Support Meetings & Narcan Distribution
- 3 Resource Quick Guide
- 4 Food Access & Transportation
- 5 Human Service Professionals Community Resource Luncheon
- 6

## UPCOMING COMMUNITY MEETINGS

3/12/24 5:30-6:30 PM

### MEDICAL RESERVE CORPS

DOUGLAS COUNTY HEALTH DEPT (AND ZOOM)

1250 US-36, TUSCOLA, IL

CONTACT: AARON.DUE@DOUGLASCOUNTYIL.GOV

3/14/24 1:00-5:00 PM

### DART IMPLEMENTATION MEETING

513 N 13TH ST, MATTOON, IL (AND ZOOM)

CONTACT: VANDERWEELE, KOREN KVANDERWEELE@TASC.ORG

3/18/24 10:00-11:00 AM

### DOUGLAS COUNTY AREA COALITION

DOUGLAS COUNTY HEALTH DEPT (AND ZOOM)

1250 US-36, TUSCOLA, IL

3/27/24 10:00-11:00 AM

### DOUGLAS COUNTY ROSC COUNCIL MEETING

DOUGLAS COUNTY HEALTH DEPT (AND ZOOM)

1250 US-36, TUSCOLA, IL

CONTACT: LEANNAM@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.

# ROSC Meeting Information

## Douglas County ROSC Council Meeting

WEDNESDAY MARCH 27, 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

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



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/)

## Meet the Council

### Leanna Morgan, Douglas County ROSC Coordinator, BS

Leanna is employed through the Hour House as the Recovery-Oriented Systems of Care (ROSC) Council Coordinator for Douglas County. Leanna is a graduate of Eastern Illinois University with a Bachelor of Science in Organizational Development and a minor in Organizational Leadership. She also has an Associate in Human Services with a concentration in Psychology from Lake Land Community College.

Leanna is committed to assisting communities in identifying barriers and developing additional pathways for individuals to access resources and services. Leanna is passionate about helping individuals, families, and communities understand substance use disorder, providing social advocacy, and creating healthier communities. She brings her knowledge from lived experiences to assist the Douglas County ROSC Council in looking for more effective strategies to empower individuals to enter recovery and support long-term recovery.



### Darlene Smith, Douglas County Recovery Navigator, AS, CPRS



Darlene is employed through the Hour House as the Recovery-Oriented Systems of Care (ROSC) Recovery Navigator for Douglas County. She has an Associate in Human Services with a concentration in Criminal Justice from Everest University. In 2023, Darlene completed the national Certified Peer Recovery Specialist certification.

Darlene has been with Hour House since 2015, where she has learned multiple pathways to recovery in addition to her lived experience. Darlene has been in recovery since 2013 and shares her knowledge to provide education to the Douglas County community and individuals struggling with their recovery. She also provides education to survivors of domestic violence and the justice involved populations.

Darlene is passionate about helping anyone and everyone to understand that recovery IS possible and that people DO recover!

## Area Support Meetings

### Family Support Group

MONTHLY ON THE  
4TH THURSDAY  
7:00 PM

TUSCOLA UNITED  
METHODIST CHURCH



## 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."

For additional information on meetings, in-person or online, visit the Douglas County Resource Quick Guide for website addresses.

## 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](mailto: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](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.**

# 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](http://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

# 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

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

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

**Newman:**  
Newman City Park  
11:45-12:15 pm

# 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)

Newman Free Mini Pantry  
307 South Broadway Street, Newman, IL  
[www.facebook.com/newmanfreeminipantry](http://www.facebook.com/newmanfreeminipantry)

# Dial-A-Ride

For all ages and abilities Rural Public Transportation

[dialaridetransit.org](http://dialaridetransit.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

# Human Service Professionals

# COMMUNITY RESOURCE LUNCHEON

*Join us for an opportunity to network with fellow human service organization representatives from Christian, Clark, Coles, Cumberland, Douglas, Edgar, Effingham, Moultrie, and Shelby Counties.*

*Friday, April 19th  
11am - Introductions  
Noon - Lunch & Networking  
Lake Land College Field House  
5001 Lake Land Blvd, Mattoon*

Learn about the resources available in our communities and share resources your agency offers.

Complimentary lunch provided by the Regional Office of Education #11. Lake Land College campus tours will be available following the luncheon at 1pm for all who wish to participate.



**LAKE LAND**  
COLLEGE

**Please RSVP via the google form by Friday, April 5th.**

For more details about this event,  
email Sue Shumway at [sshumway@roe11.org](mailto:sshumway@roe11.org).

