

# Newsletter

## What is a Recovery Oriented System of Care (ROSC):

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

This may include local hospitals, primary care, mental health, law enforcement, local business owners, local government representatives and policy makers, persons with lived experience and SUD intervention, treatment, prevention and recovery support service providers.

## Meeting Listing



### CLARK

Narcotics Anonymous, Mondays @ 6:00 pm at HRC Forsythe Center  
Alcoholics Anonymous, Thursdays @ 5:30 pm at HRC Forsythe Center  
Narcotics Anonymous, Fridays @ 6:00 pm at HRC Forsythe Center

### CUMBERLAND

Alcoholics Anonymous, Mondays @ 7:00 pm at Toledo Christian Church  
Narcotics Anonymous, Tuesdays @ 6:00 pm at Noble Health Associates  
Alcoholics Anonymous, Tuesdays @ 7:00 pm at Neoga Free Methodist  
Celebrate Recovery, Thursdays @ 7:00 pm at Calvary Tabernacle Toledo

### UPCOMING EVENTS:



March 29th: Clark Laundry Day

April 30: Table at Clark County EXPO

May 18th: Spring Festival Parade

June 10th: Clark County Panel Event

*Don't turn around.  
Don't look back.  
Keep moving forward.  
Keep pushing.  
The pot of gold is at  
the end of the  
**RAINBOW**,  
not the beginning.*

-Ziad K. Abdelnour



# RECOVERY RESOURCES AND INFORMATION

## LEARN MORE

Kyleh@hourhouserecovery.org

217-508-2765

This is an opportunity to connect with Clark and Cumberland County's Recovery Oriented Systems of Care Recovery Navigator Kyle Houser to learn about the resources and linkages to assist you, your family, and/or your friend's recovery!

Come Join us on zoom on these days!

**4pm on: March  
1st, 8th, 15th, 22nd,  
and 29th.**

Click on the link below to attend!

[https://zoom.us/j/93644112622?  
pwd=UktXUEFhcEpyVEsvalMvU3V2UlhDdz09Y](https://zoom.us/j/93644112622?pwd=UktXUEFhcEpyVEsvalMvU3V2UlhDdz09Y)

Funded in whole or in part by the illinois department of human services, division of substance use prevention and recovery

# Clark/Cumberland County ROSC Council Meeting

Tuesday March 19th,  
2024

4:30 p.m. Calvary Tabernacle  
in Toledo & Zoom

For the Zoom link or for more  
information: Contact Kristina Drum  
[Kristinad@hourhouserecovery.org](mailto:Kristinad@hourhouserecovery.org)

*Recovery*  
is possible!

East Central Illinois 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.



# Celebrate Recovery

A CHRIST CENTERED Recovery Program

A Ministry of  
**Calvary Tabernacle UPC**

209 W Washington St Toledo, IL

Every Thursday at 7pm

- 6:30pm Food and Fellowship
- 7:00pm Large Group in sanctuary (Lesson or Testimony)  
\*Youth and Kids go to classrooms after worship
- 8:00pm Small Group (Gender specific men and women)

For more information call ministry leader  
Shawn Strader 217-849-4033

Celebrate Recovery is a Christian 12-step recovery program for anyone who has hurts, habits, and hangups and is wanting to overcome them and find healing by working the steps and developing a personal relationship with Jesus Christ.



For further information call:  
Ed B: 217-994-4984 or Amanda H: 217-790-0071

Time: Tuesdays @ 6pm

Location: Noble Health Associates  
106 W Cumberland St  
Greenup IL 62468

There will be parking in the back lot of the building if there is none available in front. Call for questions



Alcoholics Anonymous  
Monday Open Meeting  
7pm-8pm  
Toledo Christian Church

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with one another so that they may stay sober and to help other alcoholics to achieve sobriety.

The only desire for membership is a desire to stop drinking.

**Stay In The Solution  
Group of Alcoholics  
Anonymous  
12 & 12 Book Study  
Thursdays 5:30 (CST)  
6:30 (EST)  
at  
The Forsyth Center  
406 N 2nd St  
Marshall, IL 62441**



# Drug Overdose Prevention Program (DOPP) Site Locations and Other NARCAN ACCESS

COMMUNITY MEMBERS CAN WALK INTO ANY DOPP SITE LOCATION AND TAKE AS MANY BOXES OF NARCAN AS THEY WISH. CLARK AND CUMBERLAND COUNTY HEALTH DEPARTMENTS HAVE FREE NARCAN AVAILABLE UPON REQUEST.

## Clark County



Marshall Library  
The Medicine Shoppe  
Mill Creek State Park  
Casey Public Library  
HRC - Forsythe Center  
Clark County Health Dept

## Cumberland County

Neoga Municipal Building  
Neoga Library  
Sav-Mor Pharmacy  
Toledo Pharmacy  
The Lucky Pig  
Noble Health Associates  
Cumberland County Health Dept



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®.

# FREE LAUNDRY DAY



**Friday, March 29th  
from 9 a.m. to 2 p.m. or when  
supplies run out**

*Archer Avenue Dry Cleaning &  
Laundry  
504 Archer Avenue Marshall, IL*

**Quarters, laundry soap, dryer sheets & snacks  
have been provided by community members.**

- **Free wash and dry for community members.**
- **Learn and connect with community resources.**
- **Discover how you can support people in recovery.**
- **Free Narcan and training will be available throughout the event. Narcan is an opioid overdose reversal medication.**
- **A light snack will be offered.**

**For more information or if you are interested in sponsoring  
future laundry day events contact Kristina Drum  
KristinaD@hourhouserecovery.org  
217-273-7342**



# 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.



Regional Office of Education #11

**Kyle Thompson, Ph.D.**  
**Regional Superintendent**

**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).



# RECOVERY MEETINGS

## CLARK COUNTY

**NA, MONDAYS, 6:00pm**  
**@ HRC IN MARSHALL**  
**AA, THURSDAYS, 5:30pm**  
**@HRC IN MARSHALL**  
**NA, FRIDAYS, 6:00pm**  
**@ HRC IN MARSHALL**

## CUMBERLAND COUNTY

**AA, MONDAYS, 7:00pm**  
**@ TOLEDO CHRISTIAN CHURCH**  
**NA, TUESDAYS, 6:00pm**  
**@ NOBLE HEALTH ASSOCIATES IN GREENUP**  
**AA, TUESDAYS, 7:00pm**  
**@ NEOGA FREE METHODIST**  
**CELEBRATE RECOVERY,**  
**THURSDAYS, 7:00pm**  
**@ CALVARY TABERNACLE IN TOLEDO**

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

### Support Group Websites

Celebrate Recovery  
<https://celebraterecovery.com>

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

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

Narcotics Anonymous  
<http://ppana.org>

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

SMART Recovery  
<https://smartrecovery.org>

ADDITIONAL COUNCIL INFORMATION, INCLUDING MEETING MINUTES, CAN BE FOUND AT [WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/](http://WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/)

**Clark/Cumberland County ROSC Council Meeting**

MARCH 19TH, 2024  
 4:30 P.M.  
 CALVARY TABERNACLE IN TOLEDO  
 & ZOOM

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

Like and Follow us on Facebook!  
 Clark/Cumberland County ROSC

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





# 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

**PREVAIL**  
(Formerly 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) 921-5505 (Cumberland)  
(217) 712-2090 (Clark)

The Haven-Shelter  
Mattoon  
(217) 234-7237

## Substance Use Disorder Counseling

HRC (Clark County)  
(217) 465-4118

Hour House  
(217) 348-8108

## Transportation

Rides Mass Transit  
(844) 718-1882 or  
(844) 220-1243

## Mental Health Counseling

Cumberland County  
Noble Health Associates  
(217) 923-2024

HRC in Marshall (Clark)  
(217) 465-4118

## Medication Assisted Treatment

Noble Health Associates  
(217) 923-2024

Toledo Clinic  
(217) 849-3151

SIHF Healthcare- Arthur  
(217) 543-2446

## Food Pantries

### Clark County

Casey First Baptist Church  
(217) 932-5736

Marshall Food and Clothing Pantry  
(217) 826-6683

Martinsville Community Food Pantry  
(217) 348-8108

### Cumberland County

ERBA  
(217) 921-5505

Neoga Community Food Pantry  
(217) 273-1198

Toledo Christian Church  
(217) 849-3187