

COLES COUNTY ROSC COUNCIL

Recovery is possible!

East Central Illinois ROSC

Lumpkin Mental Health Workshop

Coles County ROSC has partnered with EIU Department of Counseling and Higher Education to bring you a FREE Mental Wellness Workshop!

The presentation will provide information about mental health stigma, signs and symptoms of mental health concerns, various coping strategies for dealing with mental health concerns, and resources about some of the mental health services available in Coles County.

The presentation is geared toward adults and is open for staff, clients, and community members looking to learn more about mental health. Please share this invitation with your contacts. All participants will be provided free self-care toolkits and light refreshments.

WHEN: Monday, March 11th from 1 pm- 2 pm.

WHERE: Hour House Adolescent Outpatient Office, 513 North 13th Street, Mattoon IL 61938.

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Upcoming Narcan Trainings

March 1st- Standing Stone in Charleston. 10am-12pm This is free and open to the public. no need to register, just show up during this time for a quick demonstration and information on how and why to use Narcan.

March 13th- Lake Land College 11-1pm This is free and open to the public. This is sponsored by the Lake Land College Health Services.

March 19th- EIU Buzzard Hall. 4:30-5:30pm This is free and open to the public. This is sponsored by the Academy of Lifelong Learning. Must register by March 18th at Go.EIU.EDU/Narcan

March 20th- HOPE of East Central Illinois. This is a staff training.

April 10th- Lake Land College. 1pm. This is free and open to the community. Register with the School of Continuing Education.

RECOVERY NAVIGATOR'S NEWS

Whitley is holding an education group at Mattoon library on March 6th at 11 am and the Charleston public library on March 20th at 11 am. The topic for this month will be Coping with Triggers and Cravings. She also is continuing to hold her wellness groups at the Haven and Hope. She also meets with people at LifeLinks and probation on referrals. Whitley has also been meeting with individuals at the Douglas County jail and those on Drug Court. She is hoping to soon have groups at Coles County jail.

Upcoming Community Meetings

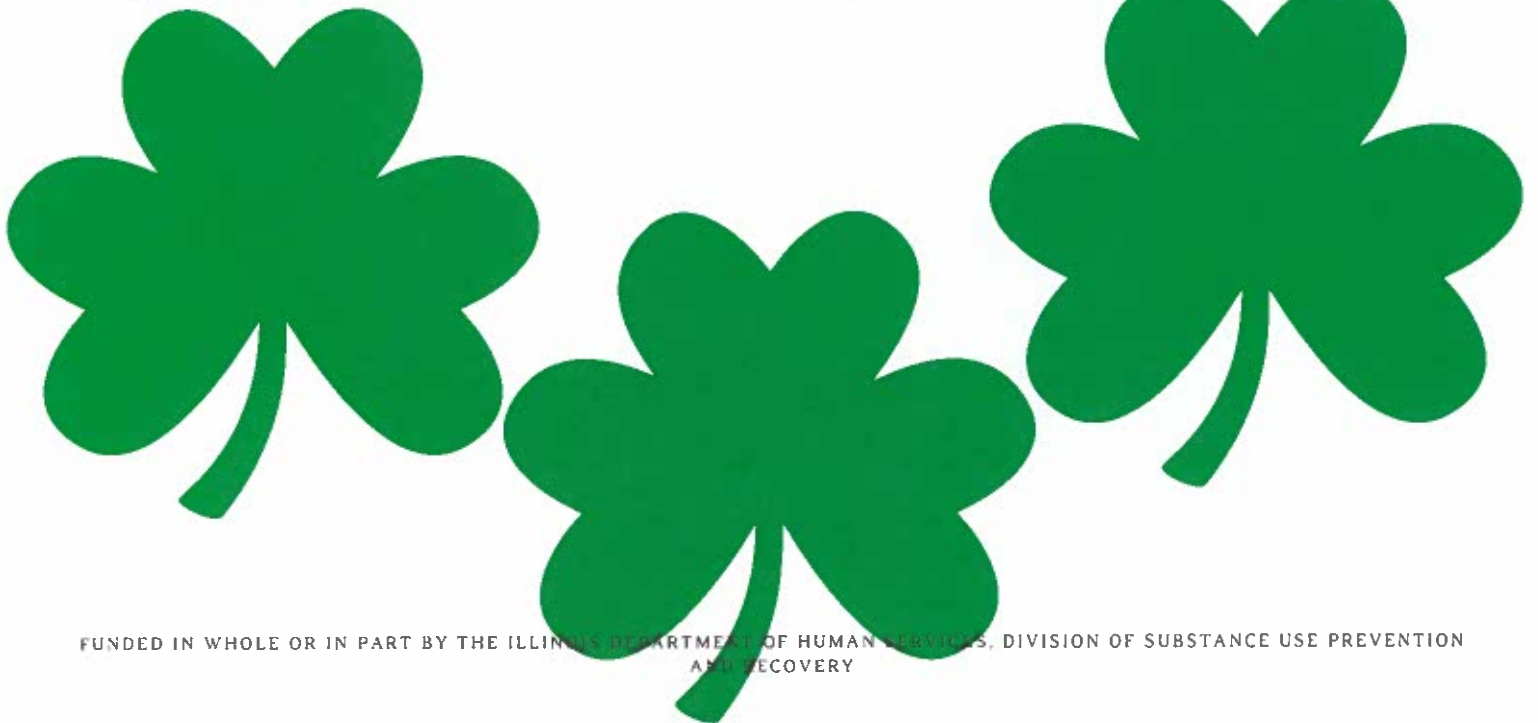
Coles County ROSC Council Meeting will be March 4th at noon at the LifeSpan. Transportation to the meeting may be conveniently arranged using the Zipline. If needed contact Dana Tell at DanaT@hourhouserecovery.org for more information.

Deflection (DART) Meeting is on March 14th at 1pm-5pm. It will be a hybrid meeting; you can attend in person at 513 North 13th, Mattoon, IL. Alternatively, you can join via Zoom. link: <https://us06web.zoom.us/j/81573543273?pwd=2QWCY2s46aEpnKc1awblGXFH0LAf0b.1> Contact Koren VanderWeele at kvanderweele@tasc.org for more information.

Coles County Interagency Meeting will be March 15th at noon at the Hour House AOP, 515 North 13th Street, Mattoon, IL 61938. Contact Ky Newsome at ColesCountyInteragency@gmail.com for more information.

Community Wellness Collaboration will be March 18th at 11am. Contact Laura Bollan at LBollan@sblhc.org for more information.

Citizens Against Child Abuse will be March 25th at 8:30am at 825 18th Street, Charleston, IL. Contact Kristen Bertrand at Citizenscaca2002@gmail.com



8th annual

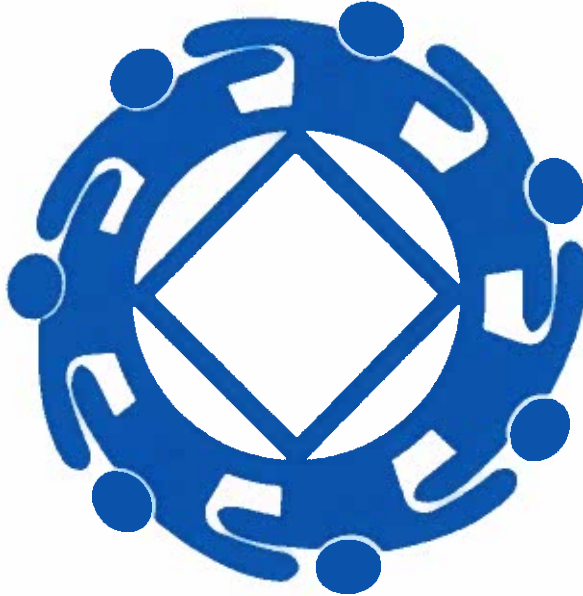
Simply Basic Speaker Jam

Speakers from all over!

Freshly Cooked Food!

Fellowship!

11am - 8pm
April 27, 2024
Burgess Auditorium
1701 Wabash Ave.
Mattoon, IL 61938



For updates & information on future activities contact Kyle S. 217-208-6884 or visit www.nbana.org hosted by the New Beginnings Area of NA

Narcan Locations in Coles County

Last update 3/4/2024

1. A Twisted Little Art, 3320 Marshall Ave., Mattoon, IL 61938
2. Akasha Zamora, 1604 Broadway Ave., Mattoon, IL 61938
3. Axis Lion, 516 6th Street, Charleston, IL 61920
4. C & C KettleCorn, 700 Broadway Ave #18, Mattoon, IL 61938
5. Charleston Food Pantry, 990 W State St, Charleston, IL 61920
6. Charleston Carnegie Library, 6th St and Van Buren Ave, Charleston, IL 61920
7. Charleston Elks Lodge #623, 720 6th street., Charleston, IL 61920
8. Coles County Health Department, 825 18th St., Charleston, IL 61920
9. Down the Street, 107 W. Ashmore St., Ashmore, IL 61912
10. EIU Human Services, 600 Lincoln Ave., Charleston, IL 61920
11. EIU School of Extended Learning, 1920 9th St., Charleston, IL 61920
12. EIU Police Department, 600 Lincoln Ave., Charleston, IL 61920
13. Faith, Art, and Ink, 1402 Broadway Ave., Mattoon, IL 61938
14. Family Worship Center Charleston, 411 Jackson Ave., Charleston, IL 61920
15. Family Worship Center Mattoon, 5475 Lerna Rd., Mattoon, IL 61938
16. Farmers Grain Co. of Dorans, 6877 E. CR 1200N, Mattoon, IL 61938
17. First Presbyterian Church, 10 Charleston Ave., Mattoon, IL 61938
18. Homestead Church 2220 Champaign Ave., Mattoon, IL 61938
19. House Brothers, 2009 Western Ave., Mattoon, IL 61938
20. I and I Deli, 304 W. Ashmore St., Ashmore, IL 61912
21. Jackson Avenue Coffee, 708 Jackson Ave., Charleston, IL 61920
22. Lake Land College, 5001 Lake Land Blvd., Mattoon, IL 61938
23. Lefty's Holler, 727 7th St., Charleston, IL 61920
24. Lifelinks, 750 Broadway Ave., East, Mattoon, IL 61938
25. Lifespan Center, 11021 E. Co 800N, Charleston, IL 61920
26. Mattoon American Legion, 1903 Maple Ave., Mattoon, IL 61938
27. Mattoon Eagles, 1917 Oak Ave., Mattoon, IL 61938
28. Mattoon Food Pantry, 600 Moultrie Ave., Mattoon IL, 61938
29. Mattoon Library, 1600 Charleston Ave., Mattoon IL, 61938
30. Mattoon Moose Lodge #803, 1212 Broadway Ave., Mattoon, IL 61938
31. Milk and Honey Coffee House, 621 Charleston Ave., Mattoon, IL 61938

32. Nola's Naturals, 422 Madison Ave., Charleston, IL 61920
33. Oakland Memorial Library, 114 W. Main St., Oakland 61943
34. Pat's Lounge, 2019 Western Ave., Mattoon, IL 61938
35. Pleasant Grove Baptist Church, 14447 Cooks Mills Rd., Humboldt, IL 61938
36. SACIS, 825 18th Street Ste 409, Charleston IL, 61920
37. Saunders Sweet Details, 2201 Lafayette Ave., Mattoon, IL 61938
38. Spanky's, 1920 Oak Ave., Mattoon, IL 61938
39. Standing Stone Community Center, 375 N 14th St., Charleston, IL 61920
40. The Haven, 1812 Western Ave., Mattoon IL, 61938
41. The Mission House, 2321 Prairie Ave., Mattoon, IL 61938
42. TJ's on Hair, 1000 Lake Land Blvd., Mattoon, IL 61938
43. United Christian Church, 200 Lafayette Ave East, Mattoon, IL 61938
44. William's Café, 19442 Danville Rd., Oakland, IL 61943
45. 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>