

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

March 2024

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

April Virtual Wellness Groups

A SAFE SPACE

Join me for an educational group to talk about substance use and how we can recover

APRIL 6
ISOLATION RISKS

APRIL 12
BAD HABITS

APRIL 19
CRAVINGS AND HEALTHY COPING STRATEGIES

APRIL 26
HOW DRUG USE AFFECTS OUR MENTAL HEALTH

Join Zoom Meeting
<https://us06web.zoom.us/j/88089528335?pwd=eYEbQq8XTQFaj8QzDqo1VebDzlWDWx.1>



Every Friday From
4PM To 5 PM

DARLENE SMITH, CPRS

Douglas County Recovery Navigator
lorettas@hourhouserecovery.org
217-549-7481



Please register by



scanning QR code

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.

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- 9 Recovery is Real Podcast
- 10 IL Woman's Survey

UPCOMING COMMUNITY MEETINGS

4/9/24 5:30-6:30 PM
MEDICAL RESERVE CORPS
DOUGLAS COUNTY HEALTH DEPT (AND ZOOM)
1250 US-36, TUSCOLA, IL
CONTACT: AARON.DUE@DOUGLASCOUNTYIL.GOV

4/11/24 1:00-5:00 PM
DART IMPLEMENTATION MEETING
513 N 13TH ST, MATTOON, IL (AND ZOOM)
CONTACT: VANDERWEELE, KOREN KVANDERWEELE@TASC.ORG

4/15/24 10:00-11:00 AM
DOUGLAS COUNTY AREA COALITION
DOUGLAS COUNTY HEALTH DEPT (AND ZOOM)
1250 US-36, TUSCOLA, IL

4/24/24 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

Like and Follow us on
Facebook!



Douglas County ROSC

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SAVE THE DATE!

DOUGLAS COUNTY HIGHLIGHTS DAY

SATURDAY
4 • 20 • 24
10 - 2

**AT TUSCOLA
OUTLET MALL**

Douglas County residents . . . Don't miss this fun outreach event highlighting local programs, services, resources & activities available in our county.

- ✓ Social service agencies
- ✓ First responders
- ✓ Service organizations
- ✓ Schools
- ✓ Area gyms
- ✓ Douglas Co. businesses



- ✓ DCHD nursing staff
- ✓ Do Co Animal Shelter (adoptable pets on site)
- ✓ Kaskaskia Valley Young Marines (Arthur unit)

Events for ALL ages continue to be added, including:

- ✓ Food trucks (6)
- ✓ Free inflatables
- ✓ Bingo



- ✓ Car seat check (11-1)
- ✓ Face painting
- ✓ Drawings/giveaways



DCHD

217-253-4137
www.dchealthil.org



Public Health
Prevent. Promote. Protect.
Douglas County Health Dept.

Contact: Summer Phillips
summer.phillips@douglascountyiil.gov
217-253-4137 Ext. 1202

Do you have a Court Based Eviction?

Call ERBA for assistance with the CBRAP application - 217-331-7031

Eligibility Requirements

To receive assistance through the Illinois Court-Based Rental Assistance Program (CBRAP), tenants must meet the following criteria:

- Tenant must be in a court-eviction proceeding and provide eviction court documentation.
- Household must have experienced a financial hardship directly – or indirectly – due to the COVID-19 pandemic.
- The household is behind on rent and/or is at risk of experiencing homelessness or housing instability.
- Current household income must be below 80% of the Area Median Income (AMI), adjusted for household size.
- Proof of citizenship is not required. Rental assistance is not a “public charge” benefit.

Documentation Requirements

Information needed to apply will include:

Tenants:

- Government-issued photo ID
- Proof of address (dated within 90 days)
- Proof of household income
- Rent details and amount past due Current signed lease (if available)
- Eviction court documents (Complaint/ Summons)
- Valid email address and phone number
- Proof of public assistance (if applicable)
- If receiving Section 8, copy of recertification of income with new rental amount and copy of voucher with tenant portion of rent

Housing Providers/Landlords

- Proof of Identity or LLC, Certificate of Good Standing, or Articles of Incorporation
- Proof of ownership
- Proof of unpaid rent
- Current signed lease (if available)
- Eviction court papers (Complaint/Summons)
- Valid email address and phone number
- Fully executed and current property management agreement (if payment is made to a property manager)

* Apply today at <https://www.illinoishousinghelp.org/cbrap>

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.



Area Support Meetings



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.

Family Support Group

Monthly on the 4th Thursday
at 7:00 pm

Tuscola United Methodist Church
901 N. Prairie St, Tuscola, IL



Narcan Distribution Douglas County, IL

***Additional harm reduction supplies available!**

DOUGLAS COUNTY HEALTH DEPARTMENT (PROMPT)

1250 E US HIGHWAY 36, TUSCOLA, IL * CONTACT: SUMMER PHILLIPS 217-253-4137

SHALYNN'S HOPE, INC. (DOPP)

CONTACT: STACY WELCH 217-493-4184 * OR SKWELCHO4@GMAIL.COM

HOOR HOUSE DRUG OVERDOSE PREVENTION PROGRAM (DOPP)

DOUGLAS COUNTY CONTACT: LEANNA MORGAN 217-549-7632

ARCOLA

ARCOLA FOOD PANTRY

ARTHUR

ARTHUR PUBLIC LIBRARY DISTRICT

ATWOOD

ATWOOD AREA FOOD PANTRY

ATWOOD-HAMMOND PUBLIC LIBRARY

TUSCOLA

CASEY'S GENERAL STORE

DOUGLAS COUNTY SHERIFF'S OFFICE

RISE BEHAVIORAL HEALTH AND WELLNESS

TUSCOLA UNITED METHODIST CHURCH

NEWMAN

NEWMAN REGIONAL LIBRARY DISTRICT

MURDOCK

RURAL GRACE FOOD PANTRY

VILLA GROVE

CAMARGO TOWNSHIP DISTRICT LIBRARY

KORNER BEEHIVE

VILLA GROVE POLICE DEPT.

***NARCAN DISPLAYS ARE ACCESSIBLE DURING EACH ORGANIZATION'S NORMAL BUSINESS HOURS.**

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 PERCOET®.

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

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) 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 8:30am - 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

THIRD MONDAY OF EACH MONTH

Arthur:

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

**Additional counties'
dates listed on the website!**

<https://www.eifoodbank.org/help/mobile.html>

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

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

Dial-A-Ride

For all ages and abilities Rural Public Transportation

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

RECOVERY IS REAL

Podcast

Episode 1

“RECOVERY ORIENTED SYSTEMS OF CARE 101”



Ambrosia
Branson



Kristina
Drum



Leanna
Morgan



Skylar K.
Miller



Whitley
Grayson



Felicia
Depoister

**Click here
to listen!**



ARE YOU A WOMAN

who has used or needed substance use treatment, recovery, or harm reduction services? If yes, please

TAKE THIS SURVEY

to tell us about how good or bad your experiences with those services were, and what could be done differently to better serve women in Illinois.

In English

Scan this QR code:



Or visit:

<https://www.surveymonkey.com/r/ILWomen>

en español

Scan this QR code:



Or visit:

<https://www.surveymonkey.com/r/ILMujeres>

This survey is hosted by the Women's Committee of the Illinois Advisory Council on Substance Use Disorders. The Women's Committee is made of a range of clinical and community-based providers of substance use treatment, recovery, and harm reduction services to women throughout Illinois.

If you, or anyone you know, wants more information about substance use or finding available services or support, please visit the Illinois Helpline: helplineil.org