

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

April 2024

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

# ALCOHOL AWARENESS MONTH



**F** 178,000 people die each year from excessive alcohol use in the United States.

**A** In Illinois, there are more than 5,900 deaths from excessive drinking each year.

**C** Among adults who binge drink, 25% consume at least 8 drinks per binge drinking session.

**T** Alcohol is the 3rd leading preventable cause of death in the United States.

If you or someone you know struggles with alcohol use, there is support available.

Please reach out to Darlene Smith at 217-549-7481 to get connect with recovery resources.

### Newsletter Highlights

- 2 Drug Endangered Children and Human Trafficking Training with Narcan Training walk-in
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### Upcoming Community Meetings

5/9/24 1:00-5:00 pm  
**DART Implementation Meeting**  
Virtual (typically has TBD Hybrid)  
Contact: kvanderweele@tasc.org

5/14/24 5:30-6:30 PM  
**Medical Reserve Corps**  
Douglas County Health Dept  
1250 US-36, Tuscola, IL  
Contact: Aaron.due@douglascountyil.gov

5/20/24 10:00-11:00 AM  
**Douglas County Area Coalition**  
Douglas County Health Dept. (and zoom)  
1250 US-36, Tuscola, IL

5/29/24 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**



### Congratulations



From all of us at the Hour House, We'd like to congratulate **Karen Cook** for being named as one of this year's 20 Under 40!



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# DRUG ENDANGERED CHILDREN And Human Trafficking

Recommended for Law enforcement, ROSCs, RCOs, medical personnel, school staff, and anyone who comes into contact with children

This free training aims to educate community members on how a child's caregiver's substance use addiction can impact a child's life and what familial human trafficking looks like in rural communities.



About the presenter:



Liesl Wingert

Liesl is the Program Coordinator for the eastern region of the SIU School of Medicine Center for Rural Health and Social Service Development. She holds a Bachelor's degree in Human Development and Family Studies, and a Master's in Health Administration. She is a Certified DEC Trainer and Advisory Board Member for the National DEC Alliance, and is the Co-Chair for the Illinois DEC Alliance.

**MAY 13, 2024**

**Atwood First Baptist Church  
231 N. Illinois, Atwood, IL**

Please follow "Douglas County ROSC" on Facebook for event updates



For additional information, please contact  
Leanna Morgan, ROSC Coordinator  
email: [leannm@hourhouserecovery.org](mailto:leannm@hourhouserecovery.org)

**3:30-5:30 pm**

Walk-in Narcan Training  
with Summer Phillips, DCHD

**5:00-5:30 pm**

Drug Endangered Children  
Training Check-in

**5:30-7:30 pm**

Training with Liesl Wingert  
\*CEUs applied through ICB!  
Refreshments available!



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

***Meet Karen Cook-Foster, 20 under 40 honoree***  
Age: 26, Occupation: ROSC program supervisor, Hour House



***Career highlights and/or accomplishments:***

One of the most significant milestones in my career has been my role in the expansion of the ROSC Program. This achievement marked a pivotal moment, not only for the program but also for the communities it serves. With the remarkable expansion of the ROSC Program, it led us to substantial growth in both staff and community reach. With the approval of the grant, we were able to hire additional staff members and extend our reach to encompass eight surrounding counties. Working alongside a dedicated team of 12 remarkable staff members, I have been privileged to witness the tangible difference our efforts make in the lives of those we serve. Together, we are committed to delivering care and support to individuals and their families struggling with substance use disorders, empowering them on their journey to recovery and wellness.

***Community involvement:***

Currently, I hold the position of the Beautification and Infrastructure Subcommittee chair through Charleston CAN, where us committee members actively contribute time and efforts towards enhancing the aesthetics and functionality of our community. The Charleston CAN Beautification Committee is deeply involved in initiatives aimed at improving various aspects of our city's infrastructure, ranging from landscaping projects to advocating for better urban planning. Annually I volunteer alongside my brother at the Kiwanis table during the One Stop Community Christmas event. This tradition holds significant meaning for me as it allows me to give back to my community during the festive season, spreading joy and support to those in need.

Additionally, I recently had the privilege of being accepted as a board member for Hopes and Dreams, a nonprofit organization based in Paris, IL. Hopes and Dreams specializes in providing assistance to housing-insecure teens, offering them the support and resources they need to thrive despite their challenging circumstances.

In my professional capacity, I support communities across an eight-county service area in addressing substance use disorder issues. Through comprehensive needs assessments and strategic planning, we identify and implement initiatives that provide assistance to individuals struggling with substance use and aid in their recovery journey. By collaborating with local stakeholders and organizations, I strive to create a supportive environment that fosters healing and resilience within these communities.

***Who or what never fails to make you laugh?***

My dog, Murphy, is not just a pet but a cherished member of my family who brings boundless joy and laughter into my life every single day. Murphy has the ability to turn even the gloomiest of days into moments filled with laughter and happiness.

***Who inspires you to be better?***

My 12-year-old daughter serves as a constant source of inspiration for me to strive for excellence in all aspects of my life. She has a sense of unwavering determination, curiosity, and resilience that reminds me of the importance of perseverance and growth. Having her witness, me tackle challenges and pursue my passions encourages me to continue to step out of my comfort zone and pursue goals with vigor. Her unconditional love and support remind me of the importance of nurturing relationships and foster a supportive environment for personal and professional development. My daughter serves as my beacon of motivation, driving me to continuously improve, and become the best version of myself.

***What accomplishment are you most proud of?***

The accomplishments I hold dearest to my heart is the journey I've taken to overcome the challenges of growing up in foster care and navigating the responsibilities of being a teenage mother.

Coming from a background of foster care presented numerous obstacles, but it also instilled in me a resilience and determination that have shaped who I am today. Despite facing uncertainties and hardships at a young age, I refused to let my circumstances define me. Instead, I embraced the opportunity to rise above adversity and create a better future for myself and my child.

When I became a teenage mother, it added another layer of complexity to my journey. While it undoubtedly brought its own set of challenges, it also brought immense joy and purpose into my life. Through determination and my amazing support system, (my foster mom Glenda, my husband Brandon, my daughter, my siblings, my boss Janna and many more) I managed to defy the odds stacked against me. I pursued my education, seized every opportunity for personal and professional growth, and forged a path towards success for myself and my family.

My experience overcoming foster care and navigating the journey of teenage motherhood has not only shaped my character but has also fueled my passion for helping others facing similar challenges. I am committed to being a source of inspiration and support for those who may be struggling, showing them that with resilience, determination, and support, anything is possible.



join the path to

Join Me For educational groups to talk about substance use and how we can recover!

PLEASE REGISTER BY



SCANNING QR CODE

May 3rd-

Small Changes- Zoom-4pm to 5pm

May 10th

How to make your inventory list- Zoom 4pm to 5pm

May 17th




Coping Skills -Ervin Park Tuscola-3pm to 4pm

May 24th

Feeling alone- Zoom-4pm to 5pm

May 31st

How to exchange bad habits with good habits- -Zoom-4pm to 5pm

-  Darlene Smith, CPRS
-  (217) 549-7481
-  lorettas@hourhousercovery.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.

The Recovery Oriented Systems of Care (ROSC) Recovery Navigator is a person with lived experience that provides education on various topics related to substance use and recovery resources.

For more information or to connect with the Douglas County Recovery Navigator, please email or call Darlene Smith, CPRS.

### ERBA SCHOLARSHIP APPLICATIONS

The Embarras River Basin Agency, Inc. (ERBA), in conjunction with the Ill. Dept. of Commerce & Economic Opportunity (DCEO), through the Community Services Block Grant, will have a limited number of \$500 scholarships available for income-eligible individuals who want to attend college this fall. ERBA serves the counties of Clark, Coles, Crawford, Cumberland, Douglas, Edgar, Jasper, Lawrence & Richland.

To be eligible for consideration, applicants in the aforementioned counties must be attending an Illinois college, university or community college as a full-time student during Fall 2024 semester, have at least a C average, and must meet CSBG income guidelines. All interested individuals are encouraged to apply.

You may pick up an application at the local ERBA office in the county in which you reside, or on [www.erbainc.org](http://www.erbainc.org) website, and schedule an appointment to return your completed application before June 14, 2024. For Douglas County, contact Christina at 217-253-4434.



## 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**

**Thursday - 8:00 PM to 9:00 PM OPEN  
VFW Hall  
9 S Main St, Villa Grove, IL**

**Friday - 7:00 PM to 8:00 PM CLOSED  
Arthur First United Methodist Church  
128 E Illinois St, Arthur, 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 ROSC Resource Quick Guide for website addresses.**

## *NAMI Champaign Family Support Group*

**Monthly in person  
on the 4th Thursday  
at 7:00 pm**

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



Please contact Diane Zell (217-253-2413) if you plan to attend. You can leave a message on this landline.

# **Narcan Distribution Douglas County, IL**

**\*Additional harm reduction supplies may be 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 skwelch04@gmail.com

## **Hour House Drug Overdose Prevention Program (DOPP)**

Douglas County Contact: Leanna Morgan 217-549-7632

## **Drug Overdose Prevention Program (DOPP) community Access Sites**

**\*Displays are accessible during each organization's normal business hours**

### **Arcola**

- Arcola Food Pantry

### **Arthur**

- Arthur Public Library District

### **Atwood**

- Atwood Area Food Pantry
- Atwood-Hammond Public Library

### **Murdock**

- Rural Grace Food Pantry

### **Newman**

- Newman Regional Library District

### **Tuscola**

- Casey's General Store
- Douglas County Sheriff's Office
- RISE Behavioral Health and Wellness
- Road Ranger
- Tuscola United Methodist Church

### **Villa Grove**

- Camargo Township District Library
- Korner Beehive
- Villa Grove Police 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 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**

Illinois Helpline  
for Opioids  
and Other Substances  
(833) 234-6343

HOPE of ECI  
Coalition Against  
Domestic Violence  
(217) 348-5931

SAMHSA's National Helpline  
(for mental health and  
substance use disorder)  
(800) 662-4357

Suicide Prevention  
(800) 273-8255 or 988

PREVAIL  
(Formerly SACIS)  
(888) 345-2846

AA Phone  
(217) 373-4200

**Substance Use  
Disorder Counseling**

RISE  
(217) 253-4731

Hour House  
(217) 348-8108

**Medication Assisted  
Treatment**

Douglas County  
Health Center  
(217)253-4137

SIHF Healthcare  
(217) 543-2446

**Housing Aid**

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

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

**Mental Health  
Counseling**

Douglas County  
Health Center  
(217) 253-4137

RISE  
(217) 253-4731

**Transportation**

Dial-A-Ride  
(800) 500-5505

**Anger Management**

www.dchealthil.org  
(Douglas County  
Health Center)  
(217)-253-4137

\*Additional resources  
available through 211

**Support Group Websites**

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

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

Celebrate Recovery  
<https://celebraterecovery.com>

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

Narcotics Anonymous  
<http://ppana.org>

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

NAMI (Champaign)  
[https://namichampaign.org/  
online-support-groups](https://namichampaign.org/online-support-groups)

SMART Recovery  
<https://smartrecovery.org>

# Food Pantries

## **Arcola Food Pantry - NEW LOCATION and HOURS!!**

Open Thursday 1:00PM-4:00PM  
& Saturday 8:00AM-11:00AM  
206 Egyptian Trail Road, 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](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