

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

May 2024

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

A Safe Place

JOIN ME FOR EDUCATIONAL GROUPS
TO TALK ABOUT SUBSTANCE USE
AND HOW WE CAN RECOVER

JUNE 7TH

DON'T BE AFRAID- ZOOM 4PM TO 5PM

JUNE 21ST

A WORK IN PROGRESS- ZOOM 4PM TO 5PM

JUNE 28TH

ACCOUNTABILITY- ZOOM 4PM TO 5PM

DARLENE SMITH, CPRS

DOUGLAS COUNTY RECOVERY NAVIGATOR
LORETTAS@HOURHOUSERECOVERY.ORG
217-549-7481



PLEASE REGISTER BY

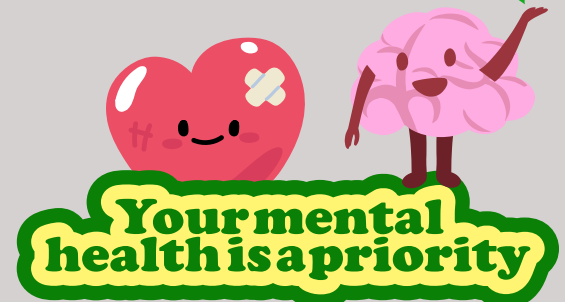


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Newsletter Highlights

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Douglas County Drug Take Back
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May is Mental Health
Awareness Month 



Starting the conversation.
See more on page 3

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.



Upcoming Community Meetings

6/11/24 5:30-6:30 PM

Medical Reserve Corps

Douglas County Health Dept

1250 US-36, Tuscola, IL

Contact: Aaron.due@douglascountyil.gov

6/13/24 1:00-5:00 pm

DART Implementation Meeting

Virtual (typically has TBD Hybrid)

Contact: kvanderweele@tasc.org

6/17/24 10:00-11:00 AM

Douglas County Area Coalition

Douglas County Health Dept (and zoom)

1250 US-36, Tuscola, IL

6/26/24 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



**IN NEED OF
HELP FOR
PROPER
DISPOSAL OF
YOUR NEEDLES?**

Bring in your sharps containers to either DCHD location during regular business hours for proper disposal. Receive a free replacement sharps container while supplies last.



Locations: 1250 E. Hwy. 36 Tuscola & Tuscola Outlet Mall Suite 2000

Phone: 217-253-1437 Find us online at www.dchdill.org

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**REASONS TO
CALL, TEXT,
AND CHAT 988**

- 1 Thoughts of suicide
- 2 Drinking too much or drug use
- 3 Feeling depressed or anxious
- 4 Trauma

988 SUICIDE & CRISIS LIFELINE



**Veterans
Crisis Line**

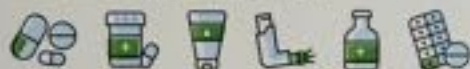
DIAL 988 then PRESS 1

DRUG TAKE BACK SITES: DOUGLAS COUNTY



ACCEPTED

MEDICATIONS IN ANY DOSAGE FORM, EXCEPT FOR THOSE LISTED BELOW IN THEIR ORIGINAL CONTAINER OR SEALED BAG.



NOT ACCEPTED

HERBAL REMEDIES, VITAMINS, SUPPLEMENTS, PET MEDICATIONS, COSMETICS, OTHER PERSONAL CARE PRODUCTS, MEDICAL DEVICES, BATTERIES, MERCURY-CONTAINING THERMOMETERS, SHARPS, AND ILICIT DRUGS.

**Atwood Police Department
112 S. Main St, Atwood**

**Douglas County Sheriff's Office
920 S. Washington St., Tuscola**

**Newman Community Center
207 S. Coffin St., Newman, IL**



SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.**
Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.**
Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.**
Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.**
Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.**
Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit
www.SAMHSA.gov/families.

If you or someone you know needs help,
call 1-800-662-HELP (4357) for free and
confidential information and treatment referral.

End the Stigma



Addiction can happen to anyone

One in 7 Americans reports experiencing a substance use disorder. There is not one single driving factor that leads to addiction. Some people may use drugs to help cope with stress, trauma, or to help with mental health issues. Some may even develop opioid use disorder after misusing opioids they are prescribed by doctors. In any case, using drugs over time makes it easier to become addicted.

Addiction is a treatable disease

Addiction is a disease, not a character flaw. People suffering from SUDs have trouble controlling their drug use even though they know drugs are harmful.

Overcoming a SUD is not as simple as resisting the temptation to take drugs through willpower alone. Recovery may involve medication to help with cravings and withdrawal as well as different forms of therapy. It may even require checking into a rehabilitation facility. Recovery can be challenging, but it is possible.

Recovery options

There are safe and effective ways to recover from SUDs. Finding the right treatment option can be the key to a successful recovery journey.

Source: www.cdc.gov/stopoverdose/stigma

WE NEED YOU!

Community based services or individuals that are considered key stakeholders for a ROSC



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

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 website, and schedule an appointment to return your completed application before June 14, 2024. For Douglas County, contact Christina at 217-253-4434.



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

Join Our Team!!



2 Full Time Douglas County Driving Positions

General requirements:

- CDL with passenger endorsement within 6 months of hire date
- DOT physical
- Pre employment drug screen

Benefits:

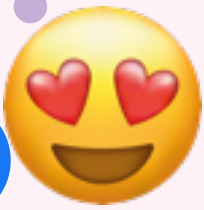
- No weekends
- Paid on the job training

How to apply:

Send your resume to
ksanders@lifespacenter.org



Call 217-639-5150 for any questions!!!



I saw it on social media



DOUGLAS COUNTY ROSC on Facebook!



Darlene and Whitley at Douglas County Highlights event hosted by the Douglas County Health Dept!



Social Media mentions.

Douglas County ROSC going all in on easy access to naloxone for harm reduction. Included is information on when and how to use the reversal agent and an alert on counterfeit fentanyl containing pills that are present in Illinois.

-Illinois Poison Center



Thank you to Road Ranger in Tuscola for being a 24-hour location for individuals to access Narcan.

Funding for the Narcan access box is funded in whole or in part by the National Opioid Settlement, Douglas County.

If you or your organization is interested in Narcan and/or Narcan training, please contact Douglas County ROSC at 217-549-7632 or the Douglas County Health Department.

Pictured Left to Right, Beth and Rylee with Road Ranger!



A special thank you to Douglas County ROSC (Recovery Oriented System of Care) Coordinator Leanna Morgan, and ROSC Program Supervisor Karen Cook for their placement of a Narcan distribution kiosk in the lobby of our Sheriff's Office. We appreciate your support and efforts to address substance abuse in Douglas County!

-Douglas County Sheriff's Office

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 being 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."

NAMI CHAMPAIGN

In-Person Family Support Groups



The Family Support Group is for family and friends who support anyone with a mental health diagnosis or mental health concerns. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who have been there.

Location: Champaign Public Library (Room 215)
 200 W. Green St., Champaign, IL
Time: 7:00pm - 9:00pm
Contact: Debra Medlyn: dmedlyn@yahoo.com if you have any questions.

Meets on the 2nd Thursday of the month

Location: Tuscola United Methodist Church
 901 N. Prairie Ave., Tuscola, IL
Time: 7:00pm - 9:00pm
Contact: Please leave a message for Diane Zell if you plan to attend. 217-253-2431

Meets the 4th Thursday of the month

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

Sun

Mon

AA- 8:00pm (109 E Van Allen St, Tuscola)

Tue

AA- 7:00pm (13 E. Washington St, Oakland)

Wed

NA- 7:00pm (301 S. Washington St., Tuscola)

Thu

AA- 8:00pm (9 S Main St, Villa Grove)
 Family Support Group- 7:00pm (2nd Thurs-Champaign, 4th Thurs- Tuscola)

Fri

AA: 7:00pm (128 E Illinois St, Arthur, IL)
 Recovery Navigator Education- 4:00pm (Virtual)

Sat

Narcans 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 
- The Pantry
- 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 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**

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

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

**AA Phone
(217) 373-4200**

**PREVAIL
(Formerly SACIS)
(888) 345-2846**

**Suicide Prevention
(800) 273-8255 or 988**

**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/>**

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

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

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

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

**Celebrate Recovery
<https://celebraterecovery.com>**

**Narcotics Anonymous
<http://ppana.org>**

**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

Blessings Food Pantry

Open Tuesday through Friday 9am - 1pm
4217 DeWitt Ave, Mattoon, IL 61938
Serves Coles, Douglas, and Edgar Counties

Arthur Southern Baptist Church Food Pantry

Open 2nd Saturday from 9am - 11am
530 North Vine, Arthur, IL 61911
Serves Arthur and surrounding area

Rural Grace Food Pantry

Open Fridays from 3pm -5pm
208 N. 2nd St, Murdock, IL 61941
Serves Murdock 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

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 Free Pantry Villa Grove
406 First St., Villa Grove, IL

www.facebook.com/littlefreepantryvillagrove

Little Odd Pantry
205 N. Main St, Tuscola, IL

www.facebook.com/TuscolaOddFellows

Newman Free Mini Pantry

307 South Broadway Street, Newman, IL

www.facebook.com/newmanfreeminipantry

FOR QUESTIONS, COMMENTS, AND/OR SUGGESTIONS FOR NEWSLETTER CONTENT, PLEASE CONTACT:
LEANNA MORGAN, DOUGLAS COUNTY ROSC COORDINATOR AT LEANNAM@HOURHOUSERECOVERY.ORG
OR DARLENE SMITH, DOUGLAS COUNTY RECOVERY NAVIGATOR AT LORETTAS@HOURHOUSERECOVERY.ORG