

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
Celebrate Recovery, Tuesdays @ 7:00 pm at First Christian Church in Marshall
Celebrate Recovery, Tuesdays @ 7:00 pm at Clarksville Baptist Church in Marshall

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:



June 10th: Clark County Panel Event

July 26th: Narcan Training/Resiliency Presentation

JUNE is *National*
PTSD AWARENESS
MONTH



ROSC 2024

RECOVERY WALK GROUP



**TOLEDO REZ TOLEDO REZ 99
EAST MADISON STREET,
TOLEDO, IL EVERY FRIDAY IN
JUNE FROM 4-5PM
7TH, 14TH, 21ST, AND 28TH**

**PHYSICAL EXERCISE IS
IMPORTANT AND CARRIES WITH
IT MANY OTHER HEALTH
BENEFITS THAT CAN HELP AN
INDIVIDUAL IN THEIR RECOVERY
FROM SUBSTANCE USE
DISORDER.**

**DAILY RECOVERY MEDITATIONS
WILL BE READ WITH A WALK TO
FOLLOW.**

**Contact Person : Kyle Houser 217-508-2765
kyleh@hourhouserecovery.org**

IF IT RAINS THE WALK WILL BE CANCELLED

**Funded in Whole or In Part by the Illinois Department of Human Services, Division of
Substance Use Prevention and Recovery.**

What is a Drug Court Program?

The Clark/Cumberland County Recovery Oriented-System of Care (ROSC) Council is hosting a community educational panel event on what a Drug Court Program is and how it can benefit justice involved individuals who struggle with substance use disorder as well as the community as a whole.

Panelists for this event will include a person in recovery who has successfully graduated a Drug Court Program, a substance use disorder counselor, and various members of a Drug Court Program from another area.

**WHEN: JUNE 10TH, 2024
5PM-6PM**

**WHERE: U OF I EXTENSION
CLARK COUNTY-15493 IL-1,
MARSHALL, IL**



If you plan on attending the event,
please RSVP to Kristina Drum by
May 25th via phone or email at:
(217) 273-7342 or
Kristinad@hourhouserecovery.org



Drug Court Definition:

Drug courts are specifically for persons with substance use disorders. These court programs offer individuals the opportunity to enter long-term drug treatment and agree to court supervision rather than receiving a jail sentence. The intensive program requires participants to maintain recovery, take on responsibilities, and work towards lifestyle changes. Under the supervision and authority of the court, their progress is monitored. Ultimately, drug courts reduce crime and affect real, positive change in people's lives

Funded in Whole or In Part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

NARCAN AND RESILIENCY

Training/Presentation

Date:

July 26, 2024

Location and Time:

***Marshall
5-6 PM***

Narcan Training

- Kristina and Kyle with the Clark/Cumberland County ROSC will be providing a Narcan training on the signs and symptoms of an opioid overdose and how to administer Narcan

Resiliency Presentation

- Michelle with the Human Resources Center of Edgar and Clark Counties will be providing a presentation on what resiliency is and how resiliency helps us maintain our well-being



Any questions please contact
Kristina Drum at
kristinad@hourhouserecovery.org

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ATTENTION

Yard Signs are in!

Contact Kristina at 217-273-7342 or
Kyle at 217-508-2765 to get a sign delivered.

**WE CAN
AND DO
RECOVER.**

Recovery
is possible!

East Central Illinois ROSC



SCAN
QR CODE
FOR RECOVERY
RESOURCES
AND
INFORMATION

TO CONNECT WITH A
RECOVERY NAVIGATOR FOR
RECOVERY SUPPORT CALL NOW

(217) 508-2765



Kyle and Kristina participated in the Toledo Spring Festival's Annual Parade



CCCRC attended Recovery Conference in Urbana



Kristina joined an after-hours team-building activity while in the Chicago area



The East Central Illinois ROSC team were in attendance at the Statewide Meeting at Governors State University



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

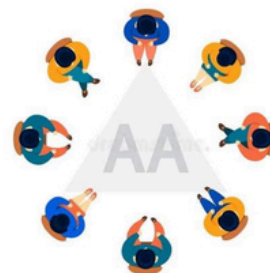


Alcoholics Anonymous
Monday Open Meeting
7pm-8pm
Toledo Christian Church

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



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!



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
Road Ranger in Marshall

Cumberland County

Lake Mattoon Marina
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®.

Recovery Meetings

For additional information and meetings in surrounding areas, visit website for more information

CLARK COUNTY

- **NA**, Mondays, 6:00pm @HRC in Marshall
- **AA**, Thursdays, 5:30pm @HRC in Marshall
- **NA**, Fridays, 6:00pm @HRC in Marshall
- **CELEBRATE RECOVERY**, Tuesdays, 7:00pm @Christian Church in Marshall
- **CELEBRATE RECOVERY**, Tuesdays, 7:00pm @Clarksville Baptist Church 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/>

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>

ADDITIONAL COUNCIL INFORMATION, INCLUDING MEETING MINUTES, CAN BE FOUND AT WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/

CLARK/CUMBERLAND COUNTY ROSC COUNCIL MEETING

TUESDAY JUNE 11 2024 4:30 PM - 5:30 PM
THE FORSYTHE CENTER IN MARSHALL AND ZOOM!

For the Zoom link or more information:
Contact Kristina Drum: Kristinad@hourhousecovery.org



Funded in Whole or in Part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery

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



Like and Follow us on Facebook!



Clark/Cumberland County ROSC

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