

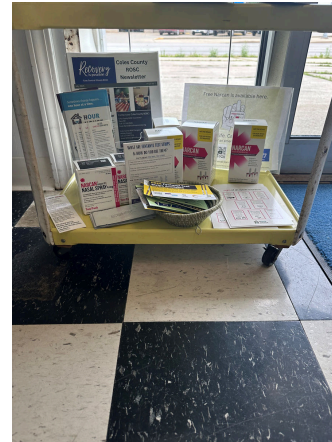
Recovery
is possible!

East Central Illinois ROSC

Coles County ROSC Newsletter

August, 2024

FY 25 Vol 2



Anti-Stigma Communication Campaign

Last Month, we kicked-off a year-long Anti Stigma Campaign! We hope you join us in making a difference.

“Stigma is defined as “a mark of disgrace associated with a particular circumstance, quality, or person.” This barrier creates powerfully negative effects both on those who experience substance use disorder as well as their families. The results of stigma include shame, guilt, and isolation which further complicates the illness to keep a person reluctant from seeking help from practitioners, counselors, friends, and family members. Every person is just that - a person- deserving of love and respect from our fellow travelers as each of us does the best we can with what we have been given.

Contact your Coles County ROSC!

Coles County ROSC Coordinator:

Dana Tell

Cell: 217-549-9045

Email: DanaT@hourhouserecovery.org

Coles County ROSC Recovery Navigator:

Whitley Grayson

Cell: 217-549-7516

Email: WhitleyG@hourhouserecovery.org

Join us at our monthly ROSC Meeting on the First Monday of the each month at noon!

Page 2

We accomplished a lot last year, but there's still more work to be done. Take a look at all the achievements from FY24!

Pages 3-6

Are you looking for a recovery meeting? Pages 3 & 4. How about a food pantry? Page 5. More about the Candlelight Vigil on Page 6

Page 8-10

These pages list our Narcan locations. We hope you visit the businesses and pick up Narcan, Fentanyl Test Strips, Xylazine test strips, and Deterra bags.

COLES COUNTY ROSC

Dana Tell – Coordinator (217) 549-9045
Whitley Grayson- Navigator (217) 549-7516



WHAT WE DID FY2024

- Winter clothing and Coat drive
 - Resource bags for ROE# 11 for students and families housing unstable
 - Resource bags for Recovery homes and 5 local police stations
 - Coffee & Chat Event
 - Candle Light Vigil (for overdose victims)
 - Education groups at Mattoon Public library, Charleston Public Library, Haven, HOPE, LifeLinks, Coles County Probation, Coles County Jail
 - Partnered with the Charleston Police for SafePassage Program.
 - Drug Endangered Children Training partnership
 - “Fall into Recovery” Panel
 - NARCAN distribution and site set up for 63 locations
 - NARCAN trainings (Colleges, Community and Churches)
 - NARCAN training at Pathways Schools and TLC (K-12)
 - ROSC billboards and Yard Signs
 - Recovery Literature Drive and Jail donation
 - PLE Radio Commercial
 - Participated in the 100 Day Challenge on Homelessness
 - Distributed information brochures to Restaurants, Coffee Shops, Doctors’ offices, Legal offices, Bars, Tattoo shops, Lake Mattoon Marina etc.
 - Community Action Planning meetings for Charleston
 - Started a Coles County ROSC Facebook Page and grew it to 140 likes and 268 followers.
 - Hidden in Plain Sight
 - SAVE Suicide Training
 - Kinship Parenting
 - Parenting Tips
 - Lumpkin Mental Health
 - Adverse Childhood Experience Trainings
 - Promoted sober, family friendly community events on Facebook, and newsletters
-

Coles County Recovery Meetings

Narcotics Anonymous

Tuesday

- Any Addict- 7:00-8:00 PM – First Presbyterian Church, 311 7th St, Charleston

Wednesday

- Not so High Noon- 11:30 AM-1:00 PM – First Presbyterian Church, 311 7th St, Charleston

- Room to Grow- 7:00-8:15 PM - First Presbyterian Church, 311 7th St, Charleston

Thursday

- The Meeting- 6:30-7:30 PM - Immaculate Conception Catholic Church, 320 N 21st St, Mattoon (Enter through back door)

- New Attitude- 7:00-8:00 PM - Online Zoom, Zoom code: 593 291 3961

Saturday

- Need Another Meeting- 10:30 AM-12:00 PM - New Hope Worship Center, 2175 E Harrison St, Charleston

Sunday

- New Associations- 10:30 AM-11:30 AM - Journey Counseling, 121 W State St, Charleston (Enter through back door on far west side)

Alcoholics Anonymous

Monday

- A Sufficient Substitute- 6:00-7:00 PM - Lutheran Church, 902 Cleveland Ave, Charleston

- Open for Suggestions- 6:00-7:00 PM - The Barn, 5679 Co Rd 1020 E, Mattoon

- Big Book Study- 6:00-7:00 PM - First Presbyterian Church, 311 7th St, Charleston

Tuesday

- New Beginnings- 7:00-8:00 - Methodist Church, 13 E Washington St, Oakland

- Design for Living- 6:30-7:30- IC Parish Center, 1801 Richmond Ave, Mattoon

Wednesday

- Recovery Room- 12:00-1:00 PM - Broadway Christian Church, 1205 S 9th St, Mattoon

- Think Before You Drink- 7:00-8:00 PM - Otterbein Church, 2175 Harrison Ave, Charleston

Thursday

- Circle of Trust- 12:00-1:00 PM - Jackson Ave Coffee, 708 Jackson Ave, Charleston

- Common Solution- 7:00-8:00 PM - First Church of God, 1225 Montgomery Ave, Charleston (Park in back)

Friday

- Friday Morning Breakfast Club- 10:00-11:00 AM – Jackson Ave Coffee, 708 Jackson Ave, Charleston

- There is a Solution- 6:30-7:30 PM -Destination Church, 1505 7th St, Charleston

- Friday Night Meeting- 8:00-9:00 PM - First Presbyterian Church, 311 7th St, Charleston

Saturday

- Recovery Room- 10:00-11:00 AM - Broadway Christian Church, 1205 S 9th St, Mattoon

- Attitude of Gratitude- 10:00-11:00 AM - Apostolic Church, 2055 Harrison Ave, Charleston

- Recovery Row- 6:30-7:30 PM - First Presbyterian Church, 311 7th St, Charleston

Sunday

- Fire Circle Meeting- 8:00 PM-9:00 PM - 221 Monroe Ave, Charleston (big yard across the street)
- One is Too Many- 6:30-7:30 PM - First Presbyterian Church, 311 7th St, Charleston

Celebrate Recovery

- Wednesday 6:30-8:30 PM - Family Worship Center, 411 Jackson Ave, Charleston

Refuge Recovery

- Thursday 7:00 PM - First Presbyterian Church, 311 7th St, Charleston

Al-Anon

- Thursday 7:00 PM - First Presbyterian Church, 311 7th St, Charleston (Use rear door)

Other

- Spiritual Recovery- Monday 7:00 PM - New Mercy Worship Center, 1208 Moultrie Ave, Mattoon

Online Meetings

NA- virtualna.org

AA- aa-intergroup.org

SMART Recovery- meetings.smartrecovery.org

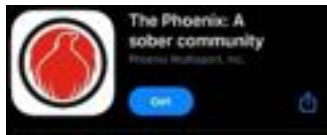
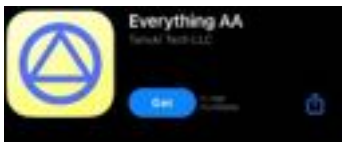
Refuge Recovery- refugerecoverymeetings.org/meetings

Life Ring- lifering.org/online-meetings

The Phoenix- thephoenix.org

Women for Sobriety- womenforsobriety.org

Apps



Blessing Boxes Coles County

Charleston-

- **Family Worship Center- 411 Jackson Ave**
- **Carl Sandburg- 1924 Reynolds Drive**

Mattoon-

- **Homestead Harbor- corner of 23rd and Champaign Ave**
- **Winebrenner Church of God- 300 Illinois Ave**
- **Salvation Army- 1300 Richmond Ave**
- **Homestead Church- 2300 Champaign Ave**
- **Freedom Life- 2200 Lafayette Ave**
- **The Haven- 1812 Western Ave**
- **Kingdom Driven Church- 606 S. 17th St**
- **Community Food Pantry- 600 Moultrie Ave**



Food Pantries

Mattoon-

- **Mattoon Community Food Pantry- 600 Moultrie Ave.**
Monday, Wednesday, Friday - 1:30pm-3:30pm & Thursday - 6pm-8pm

Charleston-

- **Charleston Area Churches Food Pantry- 990 W. State Street.**
Monday, Wednesday, Friday - 1:30pm-4pm & Thursday - 5:30pm-7pm
- **Carpenters Table 375 North 14th Street.**
Wednesday-Friday 9am-4pm & Saturday 9am-3pm



Open Cooling Centers

Charleston-

- **Heritage Woods 480 Polk Ave.**
9am-5pm
- **LifeSpan Center 11021 E. County Road 800N**
8:30am-4pm

If you know of additional resources or would like to see others on this page, Please Contact Dana Tell at danat@hourhouserecovery.org



Pictured on Page (1) from LEFT: Resources at Charleston City Hall, Faith, Art, and Ink, Nola Naturals, and the table at the American Legion in Mattoon.



CandleLight Vigil

Free and Open to the Public!

National Overdose Awareness Day is August 31st. In observance of this day we are having a Candlelight Vigil August 29th at 6pm at Family Worship Center at 411 Jackson Ave. Charleston.

Join us in remembering those who lost their lives to Substance Use Disorder. We encourage those attending to bring a picture of their loved one that we will be remembering.

See the Flyer in the newsletter on Page 7.

Winter Clothing Drive

The Coles County ROSC has once again partnered with the Elks in Charleston to collect new winter clothes for children and adults: Coats, hats, socks, gloves, and scarves.

If you would like more information on how to donate contact Dana at Danat@hourhouserecovery.org

Education Groups

Whitley hold education groups at the Mattoon Public Library, Charleston Public Library, Haven, HOPE, LifeLinks, Coles County Jail and Coles County Probation.

This month's education topic is Goal setting in Recovery. See Flyer on Page 11.

To find more information on these groups, please reach out to Whitley at WhitleyG@hourhouserecovery.org

Safe Passage

All one needs to do is go to the Mattoon or Charleston Police Station and ask for Safe Passage. This is a 24 hour 7 day a week service. One of the staff at the police station in Mattoon and Charleston will sit down with you and make the appropriate phone calls needed to get you in treatment. No one will be sent home. There will be no questions asked.

Drug Court Project

The Coles County ROSC supports those individuals on Drug Court. We are currently supporting the Socks For Detox Project ran by 3 of the participants. Please consider donating Sock for Detox at the Mattoon Police Department, Charleston Police Department, First Presbyterian Church of Charleston or Probation Office at the Courthouse. See Flyer on Page 12.

COLES COUNTY ROSC PRESENTS

3rd Annual Overdose Awareness Candlelight Vigil

COLES COUNTY ROSC INVITES FRIENDS & FAMILIES TO COME TOGETHER IN REMEMBRANCE OF THOSE WHO LOST THE FIGHT AGAINST SUBSTANCE USE ADDICTION. CANDLES WILL BE PROVIDED. FREE NARCAN & RESOURCES WILL BE AVAILABLE.



MC: GARY STEPHENS,
WINGMAN MINISTRIES

&

SPEAKERS: LOGAN W. AND
NAKARRI D. WILL SHARE
THEIR EXPERIENCE,
STRENGTH, & HOPE



AUGUST 29TH
6:00 PM - 8:00 PM
FAMILY WORSHIP CENTER
411 JACKSON AVE., CHARLESTON, IL

PLEASE RSVP BY 8/26/24
DANA TELL, COORDINATOR
(217) 549-9045
DANAT@HOURHOUSERECOVERY.ORG

Harm Reduction Locations

Updated 7/24/2024

Ashmore

1. Down the Street, 107 W. Ashmore St., Ashmore, IL 61912
2. I and I Deli, 304 W. Ashmore St., Ashmore, IL 61912

Charleston

1. Axis Lion, 516 6th Street, Charleston, IL 61920
2. Casa Del Mar, 1410 4th St., Charleston, IL 61920
3. City of Charleston, 520 Jackson Ave., Charleston, IL 61920
4. Charleston Food Pantry, 990 W State St., Charleston, IL 61920
5. Charleston Carnegie Library, 6th St and Van Buren Ave, Charleston, IL 61920
6. Charleston Elks Lodge #623, 720 6th Street., Charleston, IL 61920
7. Charleston Moose Lodge, 615 7th Street., Charleston, IL 61920
8. *Charleston Out Patient (Hour House), 726 4th Street, Charleston, IL 61920
9. Coles County Health Department, 825 18th St., Charleston, IL 61920
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. Family Worship Center Charleston, 411 Jackson Ave., Charleston, IL 61920
14. *First Presbyterian Church, 311 7th St., Charleston, IL 61920
15. *Hour House, 635 Division St., Charleston, IL 61920
16. Jackson Avenue Coffee, 708 Jackson Ave., Charleston, IL 61920
17. Lefty's Holler, 727 7th St., Charleston, IL 61920
18. Mack Moore Shoes, 305 W. Lincoln Ave., Charleston, IL 61920
19. Mighty Jacks Video Poker and Slots, 303 Lincoln Ave., Charleston, IL 61920
20. Nola's Naturals, 422 Madison Ave., Charleston, IL 61920
21. Prevail Illinois (SACIS), 825 18th Street Ste 409, Charleston IL, 61920
22. Standing Stone Community Center, 375 N 14th St., Charleston, IL 61920
23. WB's Pub N Grub, 409 Seventh St., Charleston, IL 61920
24. *Wingman Ministries, 403 N. 12th St., Charleston, IL 61938

Cooks Mills

1. *Pleasant Grove Baptist Church, 14447 Cooks Mills Rd., Humboldt, IL 61938

Dorans

1. Farmers Grain Co. of Dorans, 6877 E. CR 1200N, Mattoon, IL 61938

Lake Land College

1. Lake Land College Health Services, 5001 Lake Land Blvd., Mattoon, IL 61938
2. Lake Land College Workforce Development, 5001 Lake Land Blvd., Mattoon, IL 61938

Lerna area

1. Family Worship Center Mattoon, 5475 Lerna Rd., Mattoon, IL 61938

Loxa area

1. Lifespan Center, 11021 E. Co 800N., Charleston, IL 61920

Mattoon

1. A Twisted Little Art, 3320 Marshall Ave., Mattoon, IL 61938
2. *Adolescent Out Patient (Hour House), 513 N. 13th St., Mattoon, IL 61938
3. Akasha Zamora, 1604 Broadway Ave., Mattoon, IL 61938
4. Auto Truck and Farm Repair, 1416 Moultrie Ave., Mattoon, IL 61938
5. C & C Kettlecorn, 700 Broadway Ave #18, Mattoon, IL 61938
6. Central Roofing, 317 Dewitt Ave. E., Mattoon, IL 61938
7. Faith, Art, and Ink, 1402 Broadway Ave., Mattoon, IL 61938
8. Family Worship Center Mattoon, 5475 Lerna Rd., Mattoon, IL 61938
9. First Presbyterian Church, 10 Charleston Ave., Mattoon, IL 61938
10. *Homestead Church, 2220 Champaign Ave., Mattoon, IL 61938
11. House Brothers, 2009 Western Ave., Mattoon, IL 61938
12. Legacy Roofing, 1001 Dewitt Ave., Mattoon, IL 61938
13. Lifelinks, 750 Broadway Ave. East, Mattoon, IL 61938
14. Mattoon American Legion, 1903 Maple Ave., Mattoon, IL 61938
15. *Mattoon Eagles, 1917 Oak Ave., Mattoon, IL 61938
16. Mattoon Food Pantry, 600 Moultrie Ave., Mattoon IL, 61938
17. Mattoon Library, 1600 Charleston Ave., Mattoon IL, 61938
18. Mattoon Moose Lodge #803, 1212 Broadway Ave., Mattoon, IL 61938
19. *Mattoon Out Patient (Hour House), 416 N. 19th Street, Mattoon, IL 61938
20. Milk and Honey Coffee House, 621 Charleston Ave., Mattoon, IL 61938
21. Pat's Lounge, 2019 Western Ave., Mattoon, IL 61938
22. *Resurrection Point, 2916 Pine Ave., Mattoon, IL 61938
23. Saunders Sweet Details, 2201 Lafayette Ave., Mattoon, IL 61938
24. Slumberland, 222 Broadway Ave. E., Mattoon, IL 61938
25. Spanky's, 1920 Oak Ave., Mattoon, IL 61938
26. The Breakroom, 1005 N 15th St., Mattoon, IL 61938
27. The Haven, 1812 Western Ave., Mattoon IL, 61938
28. *The Mission House, 2321 Prairie Ave., Mattoon, IL 61938
29. TJ's on Hair, 1000 Lake Land Blvd., Mattoon, IL 61938
30. United Christian Church, 200 Lafayette Ave. East, Mattoon, IL 61938
31. Wishard's Fit to a Tee, 1320 Lafayette Ave., Mattoon, IL 61938

Mattoon Lake

1. Lake Mattoon Marina, 1282 3600., Neoga, IL 62447

Oakland

1. Oakland Fire & EMS 40 East Route 133, Oakland, IL 61943
2. Oakland Memorial Library, 114 W. Main St., Oakland 61943
3. William's Café, 19442 Danville Rd., Oakland, IL 61943

- * Indicates that Detera Bags, Fentanyl & Xylazine testing strips are not available at these locations

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.

The Detera® Drug Deactivation and Disposal System is a safe medication disposal pouch or container that can be used at home or in a clinical setting. It is the safest, most effective choice used to destroy and properly dispose of unused, unwanted and expired medications with the simple addition of tap water.

Fentanyl test strips (FTS) are a low-cost harm reduction tool that can be used to prevent overdoses in combination with other strategies. FTS are small strips of paper that can detect the presence of fentanyl in different kinds of drugs (cocaine, methamphetamine, heroin, etc.) and drug forms (pills, powder, and injectables).

Xylazine is a non-opioid sedative that is approved by FDA for animal use, but not for people. Xylazine is added to other drugs such as cocaine, heroin, or fentanyl to enhance the effect or increase street value. Xylazine is dangerous because it can depress breathing, blood pressure, heart rate and body temperature to critical levels and, in combination with fentanyl, can make overdose reversal challenging.

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>

Coles County ROSC Education Group

Topic- Goal Setting in Recovery

Wednesday, August 7th - 11:00 AM - 12:00 PM
Mattoon Public Library
1800 Charleston Ave, Mattoon, IL 61938

Wednesday, August 21st - 11:00 AM - 12:00 PM
Charleston Public Library
712 6th St, Charleston, IL 61920

*Free and Open to the Public

RSVP by calling:
Dana Tell, Coordinator-
(217) 549-9045
Whitley Grayson, Navigator-
(217) 549-7516



SOCKS FOR DETOX

THANK YOU FOR CHECKING OUT OUR FLYER, AND WE INVITE YOU TO JOIN US IN ASSISTING OUR COMMUNITY IN AN IMPORTANT MATTER. WE ARE COLLECTING SOCKS TO DONATE TO THE DETOX CENTER AT THE HOUR HOUSE REHABILITATION FACILITY. SOCKS ARE ONE OF THE LEAST DONATED, BUT MOST DESIRED ITEMS FOR PERSONAL HYGIENE AND COMFORT WHEN MAKING THE LEAP TO ADDRESS LIFE ISSUES. WE ARE ASKING FOR DONATIONS OF NEW OR PACKS OF NEW SOCKS TO HELP WITH THE HIGH DEMAND FOR THESE ITEMS HERE IN OUR LOCAL COMMUNITY. REMINDER, IT IS THE **SMALL THINGS** IN LIFE THAT MAKE AN ENORMOUS DIFFERENCE. IF YOU DO NOT FEEL COMFORTABLE DONATING THEM TO THE DROP BASKETS, YOU CAN CONTACT ANY OF THE THREE OF US BY CALLING OR TEXTING...

TROY 217-549-0694
JOSH 217-254-9314
TAYLOR 217-264-7330

