

# Newsletter

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## 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

### 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.

### UPCOMING EVENTS:



August 30th: Candlelight Vigil

September 7th: 2nd Annual Recovery Picnic

*August is National Overdose Awareness Month*  
*August 31st is International Awareness Day*



**INTERNATIONAL  
OVERDOSE  
AWARENESS DAY**



# THE DISEASE OF ADDICTION

## ADDICTION FACTS

**23 MILLION**

adults have struggled with substance use in 2019.



### WHAT IS ADDICTION

According to the American Society of Addiction Medicine, "Addiction is a chronic, relapsing brain disease involving complex interactions among brain circuitry, genetics, the environment, and an individual's life experiences. People with addiction are substance or engage in behaviors that assume compulsive and often continue despite harmful consequences" (ASAM).

### STATISTICS



79.7% of adults are unwilling to work closely with someone with an addiction who has an opioid overdose.



45.1% of adults are unwilling to partner closely with someone with an addiction who has an opioid overdose.



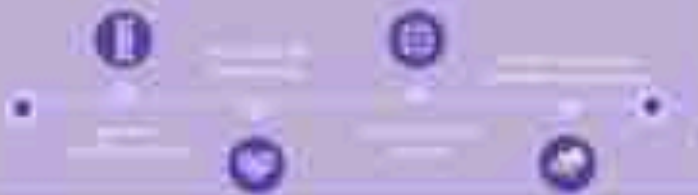
79.7% of people with a substance use disorder are denied health care.

### Support and Resources

If you or someone you know is struggling with addiction, please reach out to your local ROHC Council (link provided below), the nearest substance use treatment facility, or/and call the Helix Helpline at 833-234-6343 or text "HELIP" to 833234.

<https://www.gsuat.edu/Recovery-Support/Find-Your-Local-ROHC-Council/>

### RISK FACTORS



**WE CAN AND DO RECOVER.**



SCAN OR VISIT  
HOW WE CAN HELP  
WITH ADDICTION

**Recovery**  
is possible.

# STIGMA: SUBSTANCE USE DISORDER AND RECOVERY

## What is Stigma?

According to the American Psychological Association, "Stigmatizing beliefs and attitudes toward people and what they do are harmful because they lead to discrimination and social exclusion. People with stigmatized conditions are often treated with less respect and dignity than they deserve. Stigmatizing beliefs and attitudes can also lead to discrimination and social exclusion." (APA, 2019)



Stigma is the "negative view of someone or something that is based on a difference or deviation from a social norm." (Merriam-Webster, 2020)



Stigmatizing beliefs and attitudes toward people and what they do are harmful because they lead to discrimination and social exclusion. People with stigmatized conditions are often treated with less respect and dignity than they deserve. Stigmatizing beliefs and attitudes can also lead to discrimination and social exclusion." (APA, 2019)



79.7% OF ADULTS ARE UNWILLING to work closely with someone with an addiction who has an opioid overdose.



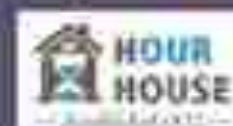
45.1% OF ADULTS ARE UNWILLING to partner closely with someone with an addiction who has an opioid overdose.

American Psychological Association, 2019

If you or someone you know is struggling with addiction, please reach out to your local ROHC Council (link provided below), the nearest substance use treatment facility, and/or call the Helix Helpline at 833-234-6343 or text "HELIP" to 833234.

For more great info Recovery Support, visit your local ROHC Council.

Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible. Recovery is possible.



TO CONNECT WITH A RECOVERY NAVIGATOR FOR RECOVERY SUPPORT, CALL NOW!

217-508-2765

# Substance Use Disorder Prevention

## BE KNOWLEDGEABLE

### THE ADOLESCENT BRAIN

According to The National Institutes of Health, during the adolescent stage the brain is still developing. That said, using substances at this age could potentially hinder development. For instance, the adolescent could experience disruption to the critical parts of the brain that control motivation, memory, behavior, learning, and self-control (2011).



### COMMON RISK FACTORS

- Parents are going through a divorce
- Child is moving to a different school
- Peer pressure
- Genetic predispositions

National Institutes of Health, 2011.

## COMMUNICATION

### HOW TO DISCUSS THE DANGERS OF SUBSTANCE USE ACCORDING TO THE MAYO CLINIC, 2023.

"Discuss reasons not to use drugs. Avoid scare tactics. Emphasize how drug use can affect the things that are important to your teen. Some examples might be sports performance, driving, health or appearance".

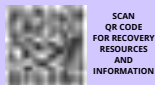
"Ask your teen's views. Avoid scare lectures. Instead, listen to your teen's opinions and questions about drugs. Parents can assure teens that they can be honest and have a discussion without getting in trouble."

"Be ready to discuss your own drug use. Think about how you'll respond if your teen asks about your own drug use, including alcohol. If you chose not to use drugs, explain why. If you did use drugs, share what the experience taught you".

"Consider media messages. Social media, television programs, movies and songs can make drug use seem normal or glamorous. Talk about what your teen sees and hears."

MAYO Clinic, 2023.

## SUPPORT AND RESOURCES



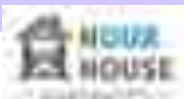
SCAN QR CODE FOR RECOVERY RESOURCES AND INFORMATION

If you or someone you know is struggling with addiction, please reach out to your local ROSC Council (link provided below), the nearest substance use treatment facility, and/or call the Illinois Helpline at 833-234-6343 or text "HELP" to 833234.

<https://www.govst.edu/Recovery-Support/Find-Your-Local-ROSC-Council/>

TO CONNECT WITH A RECOVERY NAVIGATOR FOR RECOVERY SUPPORT CALL NOW

(217) 508-2765



Funding for this project is provided in whole or in part by the Illinois Department of Human Services (IDHS), Division of Substance Use Prevention and Recovery (SUPR).

# RECOVERY IS POSSIBLE

## What is Recovery?

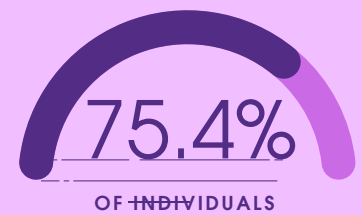
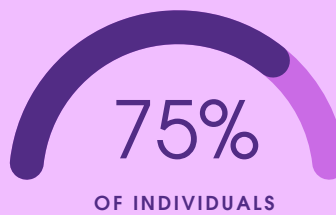


According to SAMSHA, the working definition of recovery is "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (2012).

"I am not defined by my relapses, but by my decision to remain in recovery despite them."  
-anonymous



Recovery is not only possible, but statistics have shown that it is in fact probable. When an individual makes the conscious decision to begin their recovery journey, from substance use and/or a mental health disorder, they take on a significant responsibility of change. It is important to note, that there is no *right* way of recovering. Recovery *is* probable, but that does not take away from the amount of strength it takes to recover.



attempting to end the use of substances do so successfully. Alyssa Hill states, "An Inspiring 75% of people trying to beat substance use issues come out on top. On average, it may take five tries to succeed. However, some succeed in just two (2024).

successfully recover from alcohol use disorder. Alyssa Hill states, "27.5 million Americans have battled with alcohol use disorder (AUD). That's 1 in 10 adults" (2024).

Addiction Group; 2024



# ROSC 2024 RECOVERY WALK GROUP



**TOLEDO REZ TOLEDO REZ 99  
EAST MADISON STREET,  
TOLEDO, IL  
FROM 4-5 PM  
FRIDAYS IN AUGUST  
9TH, 16TH, 23RD, AND 30TH**

**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.**

**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 IDSC



SCAN  
QR CODE  
FOR RECOVERY  
RESOURCES  
AND  
INFORMATION

TO CONNECT WITH A  
RECOVERY NAVIGATOR FOR  
RECOVERY SUPPORT CALL NOW

**(217) 508-2765**



# Please join the Clark/Cumberland County ROSC

for our 2nd Annual Candlelight Vigil in Honor of International  
Overdose Awareness Day



**August 30th, 2024**

**7:00 pm - 8:00pm**

**Municipal Building (Pavilion)**

**115 East Cumberland Street, Greenup**

**Join us to light a candle in memory of those lost to Substance Use  
Disorder.**

**Please email a photo of your loved one to**

**Kristinad@hourhouserecovery.org to be displayed at the event.  
Candles will be provided.**

**Resources and Narcan will be available.**

*Recovery*  
is possible!

Join the Clark/Cumberland County  
ROSC for our 2nd Annual  
Recovery Picnic



**SATURDAY, SEPTEMBER 7TH**  
**CASEY FAIRVIEW PARK (LION**  
**PAVILION)**  
**600 MONROE AVE. CASEY, IL 62420**  
**11:00 A.M. TO 2:00 P.M.**

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**FREE FOOD & FELLOWSHIP**  
**GUEST SPEAKER**  
**DOOR PRIZES**  
**ACTIVITIES FOR THE KIDS**



*Funded in whole or in part by the Illinois Department of Human Services,  
Division of Substance Use Prevention, and Recovery*

*Recovery*

# RECOVERY IS REAL

## Podcast

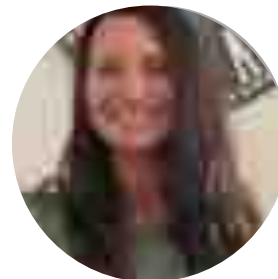


### Episode 1

“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®.**



**Celebrate  
Recovery**

A CHRISTIAN-BASED Recovery Program

A Ministry of  
**Calvary Tabernacle UPC**

209 W Washington St Toledo, IL

Every Thursday at 7pm

**7:00pm** Food and Fellowship  
**7:15pm** Large Group in auxiliary classes or Fellowship  
**7:45pm** Prayers and Bible study presentations after worship  
**8:30pm** Small Group (focus specific needs and support)

For more information call recovery leader  
Shawn Terrell 217-843-4031

Celebrate Recovery is a Christian 12-step recovery program for anyone who has  
addiction, habits, and hangups and is seeking 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)**

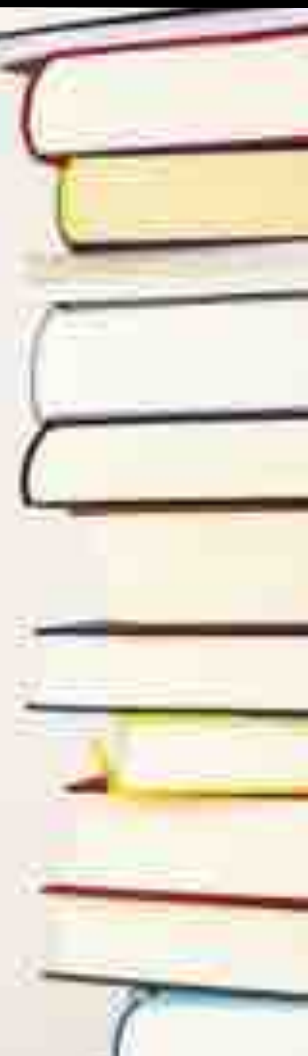
**6:30 (EST)**

at

**The Forsyth Center**

**406 N 2nd St**

**Marshall, IL 62441**



# Recovery 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/](http://WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/)



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