

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

August 2024

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

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible

National Recovery Month is held each year to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life

As we end Overdose Awareness Day on August 31st, 2024, we will transition into National Recovery Month with a display of purple torch lights that will be on display for the month of September in the Douglas County Memorial Courthouse Gardens in Tuscola to symbolize National Recovery Month.



#WeCanAndDoRecover

Newsletter Highlights

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For questions, comments, or suggestions, please contact:

Leanna Morgan
Douglas County ROSC Coordinator
leannam@hourhouserecovery.org



THE DISEASE OF ADDICTION

ADDICTION FACTS

23 MILLION

adults have struggled with problematic drug use.

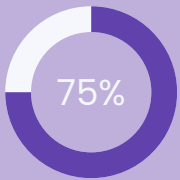


National Institutes of Health; 2015

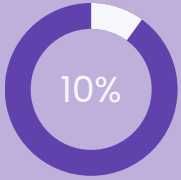
WHAT IS ADDICTION

According to the American Society of Addiction Medicine, "Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences" (2019).

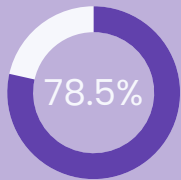
STATISTICS



of individuals report receiving no form of treatment.



of US adults report having a substance use disorder at least one point in their lives.



of people 12 years and older report that they have consumed alcohol at least once

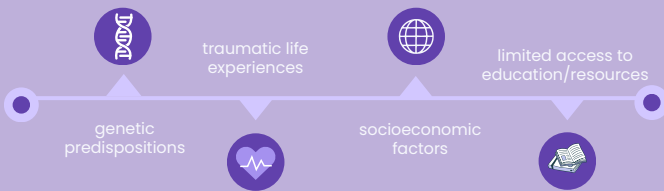
National Institutes of Health; 2015

Support and Resources

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/>

RISK FACTORS



WE CAN AND DO RECOVER.



SCAN QR CODE FOR RECOVERY RESOURCES AND INFORMATION



STIGMA:

SUBSTANCE USE DISORDER AND RECOVERY

What is Stigma?

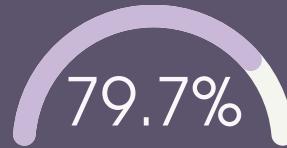
According to the American Psychological Association, "Stigma has been conceptualized as a social process that exists when labeling, stereotyping, separation, status loss, and discrimination occur within a power context (...) Stigma associated with SUDs is theorized to serve a societal function of enforcing conformity to social norms surrounding non- or moderate use of substances" (2020).



"Shame (i.e., the "emotional core" of internalized stigma) resulted from stigma is associated with treatment-seeking delays, recurrence of substance use symptoms, and treatment dropout" (Luoma et al., 2012).

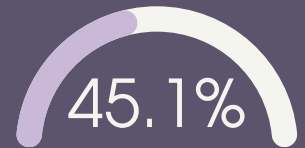


Many teens and adults, once struggling with substance use disorder, now have found recovery, and became service providers, medical professionals, law enforcement, educators, mothers, fathers, etc.



OF ADULTS ARE UNWILLING

to work closely with an individual who has an alcohol disorder.



OF ADULTS ARE UNWILLING

to become friends with someone who has an opioid disorder.

American Psychological Association, 2020.

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/>

Stigma can stop individuals from reaching their potential. We as a society need to promote acceptance and fight the stigma surrounding substance use disorder and recovery through changing the language, becoming educated, and being proactive. With your help, we can make a difference.



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

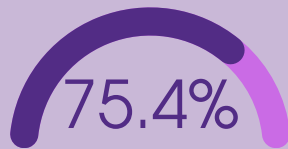


Recovery is not only possible, but statistics have shown that it is in fact probable. When an individual makes the conscious decision to begin their recovery journey, from substance use and/or a mental health disorder, they take on a significant responsibility of change. It is important to note, that 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.



75% OF INDIVIDUALS

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).



75.4% OF INDIVIDUALS

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

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 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.

CLARK-CUMBERLAND COUNTIES

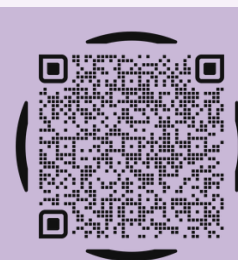
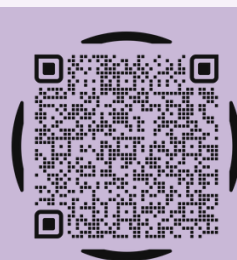
COLES COUNTY

DOUGLAS COUNTY

EDGAR COUNTY

EFFINGHAM COUNTY

MOULTRIE-SHELBY COUNTIES



Scan by County for each Governors State University Page

ADDRESSING STIGMA:

October 16, 2024
12:00 p.m. (CST) -
1:00 p.m. (CST)

A Virtual Panel on Families and Substance Use Disorder

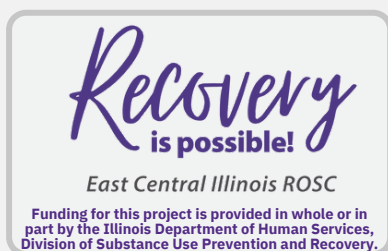
This free virtual panel of professionals and persons with lived experience aims to educate community members about the stigma associated with family members of individuals with substance use disorder. Participants will gain insights, share experiences, and learn how to support and advocate for families.



- **Impact on Families:** Discuss how substance use disorder (SUD) affects not only the individual but also their family members, including emotional and social.
- **Stigma and Isolation:** Examine the stigma faced by families of individuals with SUD, which can result in social isolation and a lack of support.
- **Mental Health:** Address the mental health implications for family members, including stress, anxiety, and depression, caused by dealing with a loved one's SUD.
- **Support Networks:** Highlight the importance of building strong support networks for families to help them cope with the challenges of SUD.

**CEUs
Available!**

In collaboration with:



PREVENTION FIRST
Leadership Center

Register Now!

Scan to
register!



Circle of Care

Support for children, youth, and families
grieving loss due to
substance use related death and disorders

What is Circle of Care?



Online
Resource
Toolkits



Grief Support
Services
Directory



Training for First
Responders &
Community Helpers



Comfort Bags
for Kids

- ✓ Increase the protective factors of youth who face grief related to substance use disorder
- ✓ Educate communities to decrease stigma that creates barriers for families
- ✓ Resource equip first responders, communities, and families

The Circle of Care is a statewide initiative to develop trained helpers throughout Illinois to better meet the emotional needs of youth who have been impacted by substance use related death and disorders.



Launched in partnership with Illinois Family Resource Center and Hour House

Funding for this program is provided in whole or in part through the Substance Use Prevention, Treatment, and Recovery Block Grant through the American Rescue Plan Act.

Sign up for our mailing list to keep up
to date on all things Circle of Care!





Upcoming Community Meetings

9/10/24 5:30-6:30 PM

Medical Reserve Corps

Douglas County Health Dept

1250 US-36, Tuscola, IL

Contact: Aaron.due@douglasCountyil.gov

9/16/24 10:00-11:00 AM

Douglas County Area Coalition

Douglas County Health Dept (and Teams)

1250 US-36, Tuscola, IL

9/25/24 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

STATE OF ILLINOIS

EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, the State of Illinois recognizes recovery from mental health and substance use challenges occurs via multiple pathways with many lives impacted and,

WHEREAS, as defined by the President's New Freedom Commission, recovery is the process in which people can live, work, learn, and participate fully in their communities; and,

WHEREAS, for some individuals, recovery is the ability to live a fulfilling and productive life despite a disability while for others, recovery implies the reduction or complete remission of symptoms - science has shown that having hope plays an integral role in an individual's recovery; and,

WHEREAS, Chicago, Illinois, was selected as the host site for the 2024 National Recovery Rally Hub Event where people in recovery, their families, and allies from across the country will gather to celebrate and learn as other municipalities across the State will also recognize National Recovery Month with Recovery Walks and other awareness events; and,

WHEREAS, access to naloxone and Medication Assisted Recovery (MAR) is proven to reduce the prevalence of drug overdose and the Illinois Department of Human Services Division of Substance Use Prevention and Recovery has created universal access to the overdose reversal medication, including naloxone through the Access Narcan program and medications for opioid use disorder like buprenorphine and methadone through MAR Now; and,

WHEREAS, the Illinois Department of Human Services Division of Mental Health has created and maintains access to numerous evidence-based practices that promote recovery, such as peer recovery support, Wellness Recovery Action Plan (WRAP), Individual Placement & Support (IPS), Assertive Community Treatment (ACT), and Permanent Supportive Housing (PSH); and,

WHEREAS, the Illinois Department of Human Services Division of Mental Health and the Division of Substance Use Prevention and Recovery continue to prioritize the improvement and expansion of the Crisis Care Continuum in Illinois via Mobile Crisis Response Teams, Living Room Programs, and connection to the 988 Suicide & Crisis Lifeline; and,

WHEREAS, National Recovery Month increases awareness and understanding of substance use and mental health challenges, reduces stigma, promotes whole health and wellness, and celebrates people in recovery;

THEREFORE, I, JB Pritzker, Governor of the State of Illinois, do hereby proclaim September 2024 as **National Recovery Month** and call upon our communities to observe these occasions with compelling programs and events that support this year's observance - Recovery Belongs in Illinois.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.

Done at the Capitol in the City of Springfield,
this TWENTY-NINTH day of JULY, in
the Year of Our Lord, two thousand and
TWENTY-FOUR, and of the State of Illinois,
two hundred and FIFTH.



Alexis Stancovich
SECRETARY OF STATE

JB Pritzker
GOVERNOR



**RECOVERY MONTH
HAPPENINGS
IN AND AROUND
DOUGLAS COUNTY**

Effingham County ROSC presents

S'MORE RECOVERY

LEGION LAKE
100 BROAD ST. EDGEWOOD, IL 62426

SATURDAY,
SEPTEMBER 14TH @ 5PM



MUSIC / BONFIRE / S'MORES / OUTDOOR FUN / RECOVERY SPEAKERS

Join us for an evening of family-oriented, sober enjoyment at Edgewood's Legion Lake! Share in the experience, strength, and hope from various Recovery fellowships in our area.

SPEAKERS

Katy H.
Eric K.

**Hot dogs, chips, water, and s'mores provided.
No cost to attend.**

Community specific recovery resources & harm reduction material will be available.

Please call or text the Effingham Co ROSC Coordinator at 217-663-0823 for questions.

Recovery
is possible!

East Central Illinois ROSC

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



RECOVERY PICNIC



SEPT. 15 1-3PM | WEST PARIS LAKE

- Free Food
- Live Band
- Community Resources
- Kids Games
- Guest Speakers

Sponsors:



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

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.**

**FREE FOOD & FELLOWSHIP
GUEST SPEAKER
DOOR PRIZES
FOAM HOMIES**



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



**Saturday
September 28th**

**500 S Prairie St.
Tuscola, IL US 61953**

runsignup.com/Race/IL/Tuscola/APaceforPetey



The goal of A Pace for Petey is to bring about awareness to overdose/drug addiction and recovery. It is in honor of Jordan "Petey" Scribner, who at the young age of 20, lost his battle of addiction to a tragic heroin overdose on February 17, 2014. It will begin in the south parking lot of Tuscola High school, close to his final resting place, and end with a lap on the track around the TCHS football field, where he played many, many football games and ran on the track team.

New this year is a kids fun run, called Jake's Jog! It is in honor of Jacob (Petey's brother), who also lost his battle to substance use, on May 29, 2019, at the age of 29. His resting place is right next to his brother. Jacob always drove the golf cart sag wagon at A Pace for Petey, prior to losing his battle. Jake's jog is for kids 10 and under. It will be one lap around the track and all kids will receive a participation medal.

Both boys are GREATLY missed--especially by Jake's daughter, Makenna!

Come join us in the race, or cheer the runners on. Be a sponsor and/or a volunteer! We can't wait to see you all!!

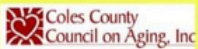
Coles County ROSC Presents

HOBBY FAIR

**SEPTEMBER 9TH
10:00 AM - 2:00 PM**

**LIFESPAN CENTER
11021 E CR 800 N,
CHARLESTON, IL 61920**

Meet representatives from local hobby groups, discover new interests and see what the community has to offer



For More Information Contact
Dana Tell, Coordinator
(217) 549-9045
Danat@hourhouserecovery.org



This event is free
and open to the public



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

You are Invited!

**Join us for the Largest
Rally for Recovery In
The Nation!**

September 21, 2024

9am - 4pm

UIC Credit Union 1 Arena, Chicago IL

**Celebrate Recovery Month at a Free
Family Friendly Community Event!
Food | Music | Speakers | Resources
Panels and so much more!**

**RSVP
Today!**



Questions, Contact CRCC and NIRCO:

CRCC @ 773-417-2045 | NIRCO @ 847-662-3205



Grief Support

www.griefshare.org

www.grasphelp.org

www.compassionatefriends.org



WHAT IS THE DIFFERENCE BETWEEN THE HOTLINES?



	988	Suicide Prevention & Mental Health Crisis Lifeline Free, confidential and available 24/7/365
	911	Medical & Public Safety Emergencies Free and available 24/7/365
	211/311	Resource Support Line (Housing, Food, Etc.) 311 is for Chicago and Cook County 211 is available in select Illinois counties Free and available 24/7/365
	1-866-359-7935 Illinois Warm Line	For non-emergency emotional support, recovery education, self-advocacy support and referrals Free and available Mon-Sat, 8am-8pm
	Local Mental Health/ Substance Use Hotlines	Non-emergency resource for individuals who need help finding behavioral health services Various hours of operation

WE NEED YOUR HELP

TAKE OUR 3 QUESTION SURVEY TODAY!



The *Circle of Care* team is seeking non-clinical resources in Illinois for children and teens dealing with **grief from parental/caregiver substance use death or disorders** including:

- Faith Communities
- Schools
- Funeral Homes/Hospice
- Youth Recreation Groups
- Community Groups
- Other Non-Clinical Supports



FUNDING FOR THIS PROGRAM IS PROVIDED IN WHOLE OR IN PART THROUGH THE SUBSTANCE USE PREVENTION, TREATMENT, AND RECOVERY BLOCK GRANT THROUGH THE AMERICAN RESCUE PLAN ACT.

4 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



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 ILLICIT-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

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

AA Phone

(217) 373-4200

HOPE of East Central IL

Coalition Against Domestic Violence

(217) 348-5931

PREVAIL

(Formerly SACIS)

(888) 345-2846

Illinois Helpline

for Opioids and Other Substances

(833) 234-6343

Suicide Prevention

(800) 273-8255 or 988

Safe2Help Illinois

(844) 472-3345

Safe2helpil.com

Substance Use Disorder Counseling

RISE

(217) 253-4731

Hour House

(217) 348-8108

Mental Health Counseling

Douglas County

Health Center

(217) 253-4137

RISE

(217) 253-4731

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

Transportation

Dial-A-Ride

(800) 500-5505

Anger Management

Douglas County

Health Center

(217)-253-4137

www.dchealthil.org

***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](#)

Nar-Anon/NaraTeen

www.nar-anon.org



Celebrate Recovery

<https://celebraterecovery.com>



Narcotics Anonymous

<http://ppana.org>



SMART Recovery

<https://smartrecovery.org>



Mobile App Available!

Join Our Team!!



FULL TIME DOUGLAS COUNTY DRIVING POSITION

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

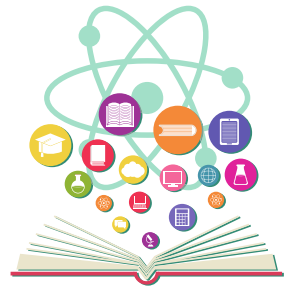
How to apply:

Send your resume to
ksanders@lifespancecenter.org



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

Adult Education Part-time GED Faculty - District Sites

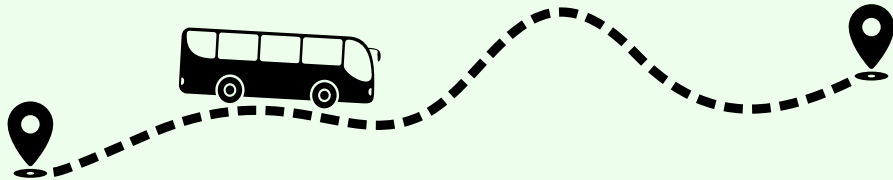


Parkland College is currently seeking Part-Time Faculty to teach GED classes in the Rantoul and Tuscola district sites. PT Faculty teach part-time, advise and mentor students. Hiring needs are dependent on student enrollment and course schedules. Salary is dependent on qualifications.

For more information about this position, visit:
<https://parkland.csod.com/>
or scan the QR code.



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

Food Assistance

Food Pantries

Arcola Food Pantry

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

Atwood-Hammond Food Pantry

Open 1st Wednesday of the month from 9am - 12pm
210 N. Main St, Atwood, IL 61911 312-883-2438
Serves Atwood-Hammond Old School Dist.

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

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

**Additional counties'
dates listed on the website!**

<https://www.eifoodbank.org/help/mobile.html>

Free Pantries

Arthur

Little Odd Pantry
205 N. Main St, Tuscola, IL
www.facebook.com/TuscolaOddFellows

Tuscola

Little Odd Pantry
205 N. Main St, Tuscola, IL
www.facebook.com/TuscolaOddFellows

Newman

Newman Free Mini Pantry
307 South Broadway Street, Newman, IL
www.facebook.com/newmanfreeminipantry

Villa Gove

Little Free Pantry Villa Grove
406 First St., Villa Grove, IL
www.facebook.com/littlefreepantryvillagrove

Take what you need, donate what you can

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."

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)

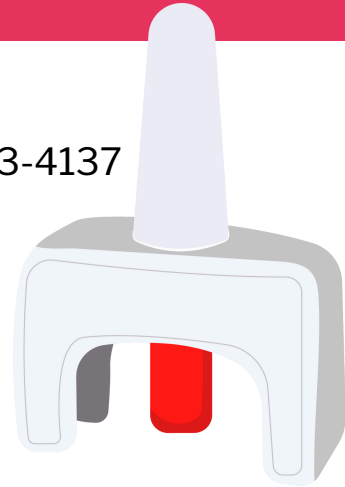
Fri

AA: 7:00pm (128 E Illinois St, Arthur, IL)

Sat

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
- Arcola Public Library (Coming Soon)

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 Courthouse
- 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.

We Need You!

AGENCIES AND PERSONS WITH LIVED EXPERIENCE, WORKING TOGETHER TO BUILD COMMUNITIES SUPPORTIVE OF THOSE IN RECOVERY FROM SUBSTANCE USE DISORDERS.

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

Family and Parents
Businesses
Persons with lived experience
Healthcare
Faith Based Groups
Volunteer & Civic Groups
Mental Health
Law enforcement
Media
Substance Use Treatment Organizations
State, Local, Tribal Government
Youth-Serving Organizations
Education & Schools
Service Providers
Recovery Supports
Judicial

Defining ROSC

A Recovery Oriented Systems of Care (ROSC) is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or -co-occurring conditions. The central focus of a ROSC is to create an infrastructure, or "systems of care", with the resources to effectively address the full range of substance use and/or co-occurring disorders within communities.

For additional information, please contact:

Leanna Morgan

Douglas County ROSC Coordinator

leannam@hourhouserecovery.org