

Recovery

is possible!

East Central Illinois ROSC

Coles County ROSC Newsletter

September, 2024

FY 25 Vol 3



National Recovery Month

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

"National Recovery Month (Recovery Month), observed every September since 1989, aims to promote and support new evidence-based treatment and recovery practices. It celebrates the nation's strong and proud recovery community, including dedicated service providers and community members who make recovery in all its forms possible.

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

Our ROSC Meeting is usually on the First Monday of the month at noon! Since the First Monday in September is Labor Day we will meet 9/3 at noon! Join Us!

Coles County Mayors Sign National Recovery Proclamations

All six mayors from Ashmore, Charleston, Humboldt, Lerna, Mattoon, and Oakland, along with the Coles County Board, have come together in a powerful show of unity and support. They've signed official Proclamations declaring September as National Recovery Month! This is more than just a declaration—it's a community-wide commitment to hope, healing, and recovery. So gear up for a month of inspiring events, powerful stories, and a renewed spirit of resilience and togetherness!



Winter Clothing Drive

The Coles County ROSC, in collaboration with the Elks in Charleston, is leading a crucial effort to warm hearts and bodies this winter. We're organizing a vital drive to collect new winter clothing for children and adults, including coats, hats, socks, gloves, and scarves.

Your contributions will make a profound difference, ensuring that everyone in our community can stay warm and cozy during the cold months ahead. This is more than just a collection—it's a chance to show compassion and support for those in need. Your donations will help provide comfort and warmth where it's needed most. Join us in making this winter a little brighter for everyone!

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

Hobby Fair

Free and Open to the Public!

Get ready for an incredible showcase of passion and creativity, all for free and open to the public! In honor of National Recovery Month, the Coles County ROSC, EIU Academy of Lifelong Learning, and the Coles County Council on Aging have teamed up to present an exciting event that brings hobbyists from all walks of life together to share their passions with you!

Hobbies can help avoid boredom, anger, stress, and other negative emotions that can trigger relapse. They can also keep people's bodies and minds busy and active, which can help people avoid falling back into addictive mental patterns.

Meet enthusiastic hobbyists eager to chat about their favorite activities and give you insider tips on how to dive in. Discover how you can join local groups and clubs, making new friends while pursuing what you love.

See the Flyer in the newsletter on Page 14.



For National Recovery Month, Mattoon Public Library and Charleston Carnegie Public Library to Have Recovery Literature Book Displays

Here are a few best selling and/or award-winning books on addiction and recovery.

- High Achiever: The incredible True Story of One Addict's Double life by Tiffany Jenkins
- The Addiction Recovery workbook: Powerful Skills for Preventing Relapse Every Day by Paula A. Freedman
- The Unexpected Joy of Being Sober by Catherine Gray
- Between Breaths: A Memoir of Panic and Addiction by Elizabeth Vargas
- In the Realm of Hungry Ghost: Close Encounters with Addiction by Gabor Mate, MD
- Blackout: Remembering the Things I Drank to Forget by Sarah Hepola
- Beyond Addiction: How Science and Kindness Help Change by Jeffrey Fotte, PHD. Carrie Wilkens, PHD.

Visit our Local Libraires and check out their displays for more literature and resources.

Safe Passage

Getting the help you need has never been easier. Simply visit the Mattoon or Charleston Police Station and ask for Safe Passage. This service is available 24/7, so you can reach out anytime, day or night.

Once there, one of our compassionate staff members will sit down with you and handle all the necessary calls to connect you with treatment. You won't be sent home or face any questions—just immediate support and a clear path to the help you deserve. It's a straightforward, no-stress way to get the support you need when you need it most.

Drug Court Project

Join us in making a tangible difference in the lives of individuals on Drug Court with the Socks For Detox Project, an initiative led by three dedicated participants. The Coles County ROSC proudly supports this meaningful effort, and we need your help to ensure its success.

Donating new socks is a simple yet powerful way to provide comfort and support during their detox journey. Drop off your contributions at any of the following locations: the Mattoon Police Department, Charleston Police Department, First Presbyterian Church of Charleston, or the Probation Office at the Courthouse.

Every pair of socks you donate will bring warmth and encouragement to those working hard on their path to recovery. Check out the flyer on Page 16 for more details and help us make a significant impact. Your generosity can truly make a difference in someone's recovery journey.



Sarah Bush Lincoln Health Center & Eastern Illinois University are turning Purple on 9/1 for National Recovery Month!



Education Groups

Dive into a month of inspiration and empowerment with Whitley's education groups! Held at various locations including the Mattoon Public Library, Charleston Public Library, Haven, HOPE, LifeLinks, Coles County Jail, and Coles County Probation, these sessions are designed to energize and support you.

This month's focus is on "Creating and Maintaining Motivation in Recovery," a crucial topic to help you stay inspired and on track. Whether you're seeking new strategies or just looking to connect with others on the same journey, these groups offer a welcoming and supportive environment.

For more details and to join these uplifting sessions, check out the flyer on Page 15 or reach out directly to Whitley at WhitleyG@hourouserecovery.org. We look forward to seeing you there and exploring the path to renewed motivation together!

Free Harm Reduction Resources in Coles County

Coles County is offering several vital resources to help manage and prevent opioid and drug overdoses. You can access these resources free of charge at various locations throughout the county. (Find locations listed on Page 6) Here's a quick overview of what is available and how to use these resources effectively:

Available Resources

Narcan (Naloxone)

What It Is: Narcan is a medication used to block or reverse the effects of an opioid overdose. It works on opioids such as heroin and prescription painkillers (e.g., OxyContin® or Percocet®).
How to Use It: Narcan can be administered as a nasal spray or injection. It is simple to use, and training is available if needed.

Training: If you or your agency would like additional training on how to use Narcan, please contact the Coles ROSC Coordinator at DanaT@hourhouserecovery.org.

Deterra® Drug Deactivation and Disposal System

What It Is: A safe and effective way to dispose of unused, unwanted, or expired medications. The system involves placing the medications into a pouch with water, which destroys the drugs and makes disposal safe.

How to Use It: Simply add water to the pouch containing the medications, seal it, and then dispose of it in your household trash.

Fentanyl Test Strips (FTS)

What It Is: A low-cost tool designed to detect the presence of fentanyl in various drugs. This includes drugs like cocaine, methamphetamine, and heroin.

How to Use It: Dip the strip into a sample of the drug solution and wait for the result. This can help prevent overdoses by warning users if fentanyl is present.

Xylazine Testing Strips

What It Is: Xylazine is a non-opioid sedative used in animals but sometimes added to street drugs to enhance effects or increase value. It can depress vital functions and complicate overdose situations.

How to Use It: Xylazine testing strips can help detect the presence of this substance in drugs, providing critical information to prevent overdoses.

Emergency and Legal Information

In Case of an Overdose: If you or someone you know is experiencing an overdose, call 911 immediately for help.

Good Samaritan Law: This law protects individuals who seek emergency help for someone experiencing a drug overdose from being charged with possession of paraphernalia. Note that this protection does not cover the person who overdosed or other crimes committed at the scene.

Additional Information

For more details or to find a distribution location, please visit [Hour House Recovery](#). By utilizing these resources, you can contribute to safer communities and help prevent drug-related overdoses and harm.

Harm Reduction Locations

Updated 8/20/2024

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, 820 Lincoln Ave Suite 4, 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
2. Praise Assembly of God, 1300 Osage Rd, 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 Chamber of Commerce, 500 Broadway Ave., Mattoon 61938
16. *Mattoon Eagles, 1917 Oak Ave., Mattoon, IL 61938
17. Mattoon Food Pantry, 600 Moultrie Ave., Mattoon IL, 61938
18. Mattoon Library, 1600 Charleston Ave., Mattoon IL, 61938
19. Mattoon Moose Lodge #803, 1212 Broadway Ave., Mattoon, IL 61938
20. *Mattoon Out Patient (Hour House), 416 N. 19th Street, Mattoon, IL 61938
21. Milk and Honey Coffee House, 621 Charleston Ave., Mattoon, IL 61938
22. Pat's Lounge, 2019 Western Ave., Mattoon, IL 61938
23. *Resurrection Point, 2916 Pine Ave., Mattoon, IL 61938
24. Saunders Sweet Details, 2201 Lafayette Ave., Mattoon, IL 61938
25. Slumberland, 222 Broadway Ave. E., Mattoon, IL 61938
26. Spanky's, 1920 Oak Ave., Mattoon, IL 61938
27. The Breakroom, 1005 N 15th St., Mattoon, IL 61938
28. The Haven, 1812 Western Ave., Mattoon IL, 61938
29. *The Mission House, 2321 Prairie Ave., Mattoon, IL 61938
30. TJ's on Hair, 1000 Lake Land Blvd., Mattoon, IL 61938
31. United Christian Church, 200 Lafayette Ave. East, Mattoon, IL 61938
32. 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 of 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 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
- Fire Circle Meeting- 8:00 PM-9:00 PM - 221 Monroe Ave, Charleston (big yard across the street)

Sunday

- One is Too Many- 6:30-7:30 PM - First Presbyterian Church, 311 7th St, Charleston

Celebrate Recovery

- Tuesday 6:30-7:30 PM (Free Meal- 5:30) – Family Worship Center, 5475 Lerna Rd, Mattoon

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



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



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

Recovery is possible!

East Central Illinois ROSC

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.

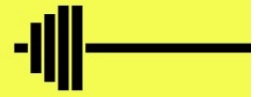
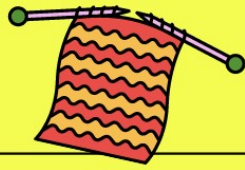
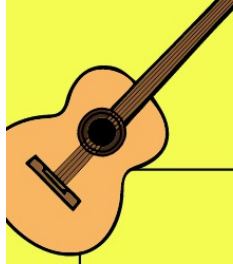
If you or someone you know is struggling with addiction, please reach out to your local ROSC Council (link provided below), the nearest substance use treatment facility, and/or call the Illinois Helpline at 833-234-6343 or text "HELP" to 833234.

<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.

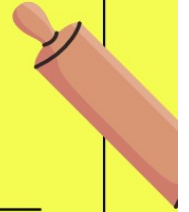


Recovery is possible!
East Central Illinois ROSC



Coles County ROSC Presents

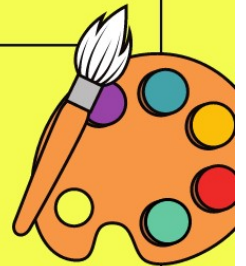
HOBBY FAIR



**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**





Coles County ROSC Education Group

Creating and Maintaining Motivation in Recovery

Wednesday,
September 4th
11:00 AM – 12:00 PM
Mattoon Public
Library
1800 Charleston Ave.,
Mattoon, IL 61938

Wednesday,
September 18th
11:00 AM – 12:00 PM
Charleston Public
Library
712 6th St,
Charleston, IL 61920

*Free and Open to the Public

RSVP:

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

