

Newsletter

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What is a Recovery Oriented System of Care (ROSC):

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

This may include local hospitals, primary care, mental health, law enforcement, local business owners, local government representatives and policy makers, persons with lived experience and SUD intervention, treatment, prevention and recovery support service providers.

Meeting Listing

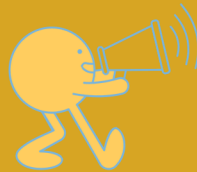
CLARK

Narcotics Anonymous, Mondays @ 6:00 pm at HRC Forsythe Center
Alcoholics Anonymous, Thursdays @ 5:30 pm at HRC Forsythe Center
Narcotics Anonymous, Fridays @ 6:00 pm at HRC Forsythe Center
Celebrate Recovery, Tuesdays @ 7:00 pm at First Christian Church in Marshall
Celebrate Recovery, Tuesdays @ 7:00 pm at Clarksville Baptist Church in Marshall

CUMBERLAND

Alcoholics Anonymous, Mondays @ 7:00 pm at Toledo Christian Church
Narcotics Anonymous, Tuesdays @ 6:00 pm at Noble Health Associates
Alcoholics Anonymous, Tuesdays @ 7:00 pm at Neoga Free Methodist
Celebrate Recovery, Thursdays @ 7:00 pm at Calvary Tabernacle Toledo

UPCOMING EVENTS:



October 16th: A Virtual Panel on Families and Substance Use Disorder
<https://www.prevention.org/training/EventDetails?i=3346>



**SUBSTANCE MISUSE PREVENTION MONTH AND
YOUTH SUBSTANCE USE PREVENTION MONTH**

Partners in Prevention!



The Effects of Substance Use on Families

Impact on the family system

Psychology Today , Mar 2022

Families, like vehicles, are similarly coordinated systems, with each person relying on others to make sure everything functions and everyone is taken care of.

STRESS

Both individual family members and family life tend to suffer when there are struggles with a SUD. Stress levels in the family increase due to the negative impact of the SUD on them.

STRAIN

Members of families with a SUD begin to show their strain through increased physical or mental health problems of their own.

COPING

Family members are often forced into the dilemma of determining what course of action is best. This is usually a fraught process that can bring up conflicts among family members, even when those family members are not struggling with SUDs themselves.

SUPPORT

Families attempt to understand what is happening and why; in this process, families typically seek out resources and information to develop an understanding of SUDs. At these times, families are often at the mercy of the resources available to them and how others in their circles react to the problems at hand.

It is easy for family members to feel guilt, shame, stigma, or blame for the presence of a SUD, and these types of responses tend to compound an already stressful situation. It is important for family members to know that the process of “coping” or deciding what the best response is may be conflictual, confusing, and complicated.



Over 50 Years of Service | Since 1972

**WE CAN
AND DO
RECOVER.**

Recovery
is possible!
East Central Illinois ROSC



TO CONNECT WITH THE ROSC
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, Division of Substance Use Prevention and Recovery.

The Effects of Substance Use on Families

Common patterns in families with SUDs

Psychology Today, Mar 2022

Discovery:

Because the SUD is often hidden, it takes time for families to recognize that another member is suffering from a SUD. Families may initially notice only small changes—physically, emotionally, or behaviorally. The fear of “what ifs” can sometimes cause panic. Because of shame or stigma, families may try to manage the SUD themselves without seeking professional or needed support.

Living with the SUD:

Oftentimes, family members find themselves in a long-term, increasingly stressful dynamic with a loved one whose SUD begins to damage family relationships. Even still, family members feel compelled to try to protect their loved ones from physical harm or death as much as possible. Sometimes this means family members can become involved in the struggling member’s life (or substance use) in uncomfortable and unwelcome ways in order to do damage control.

Expulsion (separation):

In circumstances when SUDs have had a significant negative impact on family members, families may come to a point at which they feel they must separate themselves from the loved one with a SUD or set strict guidelines for contact. Such a decision is often made knowing the member with a SUD will be placed at higher risk. Such an effort is typically made after many years of struggle when family members feel they have no other recourse. Similarly, this may be an effort for family members to preemptively protect themselves against the fear of their loved one’s death. Under the best circumstances, this type of decision would be made after efforts to get the family member who has the SUD (and the family) professional treatment and with the support of a mental health professional.

Substance use leaves its mark on any family that encounters it, though each family’s experience with SUDs is unique.



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ROSC 2024 RECOVERY WALK GROUP

TOLEDO REZ TOLEDO REZ 99
EAST MADISON STREET,
TOLEDO, IL FROM 4-5 PM
OCTOBER 25TH



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 ROSC



SCAN
QR CODE
FOR RECOVERY
RESOURCES
AND
INFORMATION

TO CONNECT WITH A
RECOVERY NAVIGATOR FOR
RECOVERY SUPPORT CALL NOW

(217) 508-2765

ADDRESSING STIGMA

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

A Virtual Panel on Families and Substance Use Disorder

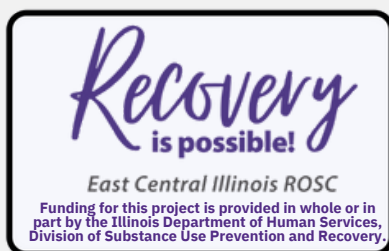
This free virtual panel of professionals and persons with lived experience aims to educate community members about the stigma associated with family members of individuals with substance use disorder. Participants will gain insights, share experiences, and learn how to support and advocate for families.



- **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!



ADDRESSING STIGMA:

A Virtual Panel on Families and Substance Use Disorder

Meet the Panelists

Liesl Wingert is the Program Coordinator for the Eastern region of the SIU School of Medicine – Center for Rural Health and Social Service Development. She holds a Bachelor's in Human Development and Family Studies and a Master of Health Administration (MHA). She is a Certified Drug Endangered Children trainer and Advisory Board Member for the National Alliance for Drug Endangered Children. She is the Co-Chair of the Illinois Alliance for Drug Endangered Children and the Chair of the Richland County Alliance for Drug Endangered Children. In addition, Ms. Wingert sits on the Board of Directors for Take Action Today, the Illinois Association for Problem Solving Courts, and serves on the Wabash Conference Free Methodist Church Ministerial Education and Guidance Board.

Paul Tart is an Illinois Certified Peer Recovery Specialist (CPRS) and has almost 20 years of lived experience with substance use, mental health, and incarceration. He has worked in the Recovery Support field for the last three years with the last two being focused on working within the judicial system and the community as a whole in the effort to reduce the stigma associated with SUD and mental health challenges. In that time, he served as the Program Director for Crisis Response, Community Mental Health & Substance Use Liaison Program Director, and Opioid Overdose Education Instructor and has extensive training in overdose prevention, correctional reentry education, crisis response, and recovery support program development.

Lisa Foster is a retired Pharmacy Tech, a part-time fitness instructor, and a person with lived experience. Lisa is currently a member of the Edgar County Recovery-Oriented Systems of Care (ROSC) Council and Edgar County CARE Coalition. She is a member of New Beginnings Church, where she is a team lead, and a group leader with Bible Study Fellowship. Lisa attends Al-Anon meetings when a friend of hers started a support meeting in April of 2019. Lisa has lived in Edgar County, Illinois, with her husband for thirty-one years. Lisa has two adult children, two bonus children, and a proud grandma of ten grandchildren. One of Lisa's children lives with a Substance Use Disorder and just celebrated a year of sobriety.

Sara Ruholl is a trained child welfare case manager and educator. She has lived in rural Illinois for the last 26 years, where she is a business owner, wife and mother of four children. She received her degrees from Lake Land College in Mattoon, IL and Eastern Illinois University in Charleston, IL. Sara has served on the ROSC council in her community since its inception and works to coordinate prevention, harm reduction and recovery services in her region of the state. She is a member of the recovery community as a family member to one who has lost their battle with Substance Use Disorder and as a family member of several to those who are currently living well in recovery.



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



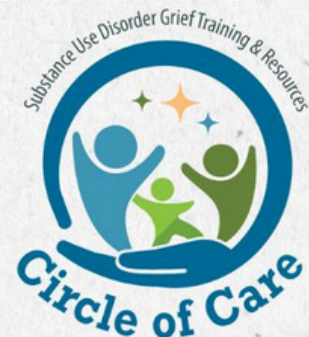
Training for First
Responders &
Community Helpers



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.



JOIN CIRCLE OF CARE TRAINING...

THREADS OF HOPE

Weaving support for children grieving a substance use-related death

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.

Threads of Hope is a FREE virtual two-day training for first responders, educators, and community helpers to:



SIGN UP HERE TO BE NOTIFIED WHEN REGISTRATION OPENS:



SUPPORT CHILDREN AND TEENS

Understand the unique considerations when supporting children and teens impacted by substance use disorder and grief



UNDERSTAND GRIEF & SUBSTANCE USE

Develop evidence-based strategies to help families navigate the stigma and misconceptions that create barriers



CONNECT WITH RESOURCES

Equip attendees with local resources to create a collaborative approach to support for families and personal well-being

Virtual Training Dates by Region: *CEs available*

REGION 1: January 21/22 (Tues/Wed)

REGION 4: March 6/7 (Thurs/Fri)

REGION 2: February 6/7 (Thurs/Fri)

REGION 5: March 26/27 (Wed/Thurs)

REGION 3: February 20/21 (Thurs/Fri)

Questions? Please contact:

☎ 217-258-2968

✉ ambrosiab@hourhouserecovery.org

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.

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 CHRIST CENTERED Recovery Program

A Ministry of Calvary Tabernacle UPC

209 W Washington St Toledo, IL

Every Thursday at 7pm

- 6:30pm *Food and Fellowship*
- 7:00pm *Large Group in sanctuary (Lesson or Testimony)*
**Youth and Kids go to classrooms after worship*
- 8:00pm *Small Group (Gender specific men and women)*

For more information call ministry leader
Shawn Strader 217-849-4033

Celebrate Recovery is a Christian 12-step recovery program for anyone who has hurts, habits, and hangups and is wanting to overcome them and find healing by working the steps and developing a personal relationship with Jesus Christ.



For further information call:

Ed B: 217-994-4984 or Amanda H: 217-790-0071

Time: Tuesdays @ 6pm

Location: Noble Health Associates
106 W Cumberland St
Greenup IL 62468

There will be parking in the back lot of the building if there is none available in front. Call for questions



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

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with one another so that they may stay sober and to help other alcoholics to achieve sobriety.

The only desire for membership is a desire to stop drinking.

**Stay In The Solution
Group of Alcoholics
Anonymous
12 & 12 Book Study
Thursdays 5:30 (CST)
6:30 (EST)
at
The Forsyth Center
406 N 2nd St
Marshall, IL 62441**



Recovery Meetings

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

CLARK COUNTY

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

CUMBERLAND COUNTY

- **AA**, Mondays, 7:00pm @Toledo Christian Church
- **NA**, Tuesdays, 6:00pm @Noble Health Associates in Greenup
- **AA**, Tuesdays, 7:00pm @Neoga Free Methodist
- **CELEBRATE RECOVERY**, Thursdays, 7:00pm @Calvary Tabernacle in Toledo

Al-Anon (Electronic)
<https://al-anon.org/>

Alateen (Electronic)
<https://al-anon.org/>

Alcoholics Anonymous
<http://aa-eci.org>

Support Group Websites

Adult Children of Alcoholics & Dysfunctional Families
<https://adultchildren.org/>

Celebrate Recovery
<https://celebraterecovery.com>

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>

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

Clark/Cumberland County ROSC Council Meeting
Tuesday October 8th, 2024, 4:30 PM - 5:30PM Forsythe Center in Marshall And Zoom

FOR THE ZOOM LINK OR FOR MORE INFORMATION: CONTACT KRISTINA DRUM
KRISTINAD@HOURHOUSERECOVERY.ORG



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