

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

October 2024

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



**2** *Communication Campaign*

**4** *ROSC Council*

**5** *Education Groups*

**6** *Events*

**9** *Community Resources*

**13** *Support Groups*

**15** *Resource Quick Guide*

**16** *Food Access*

**17** *Narcan Access*

**19** *ROSC Information*

***For questions, comments, or suggestions, please contact:***

***Lisa Blackwell  
Douglas County ROSC  
Coordinator  
lisabehourhousercovery.org***

***Kandis Mills  
Douglas County ROSC  
Recovery Navigator  
kandism@hourhousercovery.org***

*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

## Impact on the family system

Prevention 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.



1-877-588-7447



# The Effects of Substance Use on Families

## Common patterns in families with SUDs

Psychological Trauma | Fall 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.



Funding for this program provided in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery

WE CAN  
AND DO  
RECOVER.



CALL 844 3441



# Douglas County

## RECOVERY-ORIENTED SYSTEMS OF CARE (ROSC) COUNCIL MEETING

🕒 10:00 AM 📅 OCT 23

📍 Douglas County Health Dept  
1250 E US Hwy 36, Tuscola

For additional information or Zoom link, contact:  
Lisa Blackwell, Douglas County ROSC Coordinator



(912) 549-2932



lblack@hoursofamerica.org

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.

*Douglas County*

## ROSC COUNCIL Meeting

🕒 NOV 20TH 📅 10:00 AM

📍 Douglas County Health Department

For additional information or Zoom link, contact:  
Lisa Blackwell, Douglas County ROSC  
Coordinator



(912) 549-2932



lblack@hoursofamerica.org

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.



OPEN TO THE PUBLIC ON FRIDAYS IN OCTOBER!

# EDUCATION GROUPS



# ROSC

## Douglas County



**October 25, 2024 3-4 pm**  
**Recovery Shouldn't Be Spooky!**  
**Newman Public Library**  
**207 S. Coffin St. Suite D**  
**Newman, IL**



*Recovery*  
is possible!  
East Central Illinois ROSC

## Kandis Mills

Douglas County Recovery Navigator  
kandism@hourhouserecovery.org  
217-549-7481



DOUGLAS COUNTY HEALTH DEPARTMENT  
INVITES YOU TO A

# WELL-O-WEEN HEALTH FAIR



*GIVEAWAYS!*

**FREE ACTIVITIES FOR ALL AGES**

- BLOOD PRESSURE CHECKS AND MORE
- FLU VACCINES (6 MONTHS & UP)
- HEALTH EDUCATION SPEAKERS
- BREAST CANCER INFORMATION
- MEDICAID SIGNUP
- COMMUNITY RESOURCE INFO/BOOTH
- DOOR PRIZES
- TREATS & MORE!



**OCTOBER 27, 2024  
1:00-5:00PM**



## HOPE

OF EAST CENTRAL ILLINOIS

Domestic Violence Awareness Workshop

Presented by TUMC Christmas Justice Team

**October 27th**

**2pm-4pm**



TUMC Fellowship Hall  
901 N. Prairie St, Tuscola

Join us for a conversation and interactive presentation about domestic violence from HOPE of East Central Illinois.

Together we will learn about the signs of domestic violence & abuse, raise awareness, & learn how we can help those in DV situations.

Light refreshments provided by TUMC UWF



# Indoor Thrift Sale

All proceeds will benefit PJ's Place, Be BRAVE's transitional housing project for individuals in recovery.

November 22 & 23

8am-5pm

Former ATI building by the old IGA



We're collecting gently used clothes, household items, and more!

For more information or to arrange donation pickup, contact

[BeBRAVEforPetey@yahoo.com](mailto:BeBRAVEforPetey@yahoo.com)

Drop off your items at former ATI building. November 8, 5-7pm, November 12, 4-6 pm



[bebraveforpetey.org](http://bebraveforpetey.org)



HELP US TO REACH OUR GOAL

\$ 300.000,00

EMPOWERING RECOVERY, REBUILDING LIVES



Help Our Cause & Your Community!

PJ's Place is a supportive transitional house initiative in Douglas County for persons in recovery of substance use disorder.

Your support and contributions will enable us to meet our goals, fund our mission, and build our house!

Be BRAVE is a 501c3 non-profit organization.

- Venmo accepted: @PJs-Place.
- 1263 E County Road 700N, Tuscola, IL 61953
- [bebraveforpetey.org](http://bebraveforpetey.org)
- [BeBRAVEforPetey@yahoo.com](mailto:BeBRAVEforPetey@yahoo.com)





*Helping families in need during the holiday season in Coles, Clark, Cumberland, Edgar, Shelby, Moultrie and Douglas counties!*



**Registration opens**  
**Wednesday, November 6th at**  
**10:00am**

**ONLINE only at**  
**onestopcommunitychristmas.com**

Registration will close Friday, November 8, at 11:59pm. (Unless, we reach the maximum family count, registration will close early.)

One Stop serves residents within Clark, Coles, Cumberland, Douglas, Edgar, Moultrie and Shelby counties.

The day of One Stop (Saturday, December 14, 2024) you will need to bring your photo ID and each child's (Newborn to 18, only) social security card.

Just a reminder, that One Stop does share our lists with other Christmas assistance programs. When you register for One Stop 2024, you will verify that you have not registered with another Christmas program. By signing up for our program, you are releasing permission for us to share our lists.

One Stop Community Christmas serves the parent/legal guardian of the child(ren). If grandparents are the legal guardian, they can register the child(ren). If parents are separated, both parents cannot register the same child. We do allow two people to shop, so parents could shop together and then split the gifts for two households, as they see fit.

**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.*

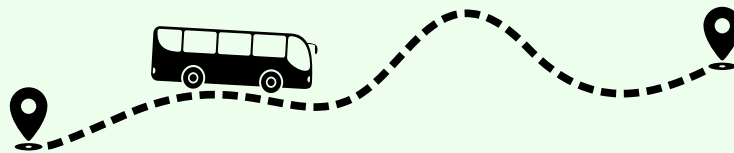


## Dial-A-Ride

*For all ages and abilities Rural*

*Public Transportation*

**1-800-500-5505**



**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**

*[dialaridetransit.org](http://dialaridetransit.org)*



# 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.

**YOU'RE NOT ALONE.** Help is available.

**988 SUICIDE &  
CRISIS LIFELINE**  
988 or 988Lifeline.org



**FINDSUPPORT.GOV**

**VETERANS CRISIS LINE**  
Dial 988 (press 1)

**SAMHSA'S  
NATIONAL HELPLINE**  
1-800-662-HELP (4357)

**FINDTREATMENT.GOV**

**DISASTER DISTRESS  
HELPLINE**  
1-800-985-5990



**SAMHSA**



# Grief Support

[www.griefshare.org](http://www.griefshare.org)

[www.grasphelp.org](http://www.grasphelp.org)

[www.compassionatefriends.org](http://www.compassionatefriends.org)



## WE NEED YOUR HELP

**READ THE INFORMATION ON EVERY ISSUE**

The Illinois State Board of Health is seeking additional members of the State Board of Health and State Health Officers of the State.

**Qualifications:**

- Age 21 or older
- Resident of Illinois
- Not a member of the Board
- Not a member of the State Health Officers
- Not a member of the State Board of Health
- Not a member of the State Board of Health Officers
- Not a member of the State Board of Health Officers

**988**

## WHAT IS THE DIFFERENCE BETWEEN THE HOTLINES?



	<b>988</b>	<b>Suicide Prevention &amp; Mental Health Crisis Lifeline</b> Free and available 24/7/365
	<b>911</b>	<b>Medical &amp; Public Safety Emergencies</b> Free and available 24/7/365
	<b>211/311</b>	<b>Resource Support Line</b> (working hours) 24/7 for Douglas County This number is for non-emergency needs. The 311 number is for non-emergency needs.
	<b>1-866-359-7935</b>	<b>For non-emergency emotional support, recovery, education, self-advocacy, support and referrals</b> Available 24/7/365
	<b>Local Mental Health/ Substance Use Helpline</b>	<b>Non-emergency resources for individuals who need help finding behavioral health services</b> Available 24/7/365

## 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

**988**

**Veterans Crisis Line**  
DIAL 988 then **PRESS 1**



## DRUG TAKE BACK SITES: DOUGLAS COUNTY



**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



## Area Support Meetings



**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**



# 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."



# NARCOTICS ANONYMOUS



**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 as addicts to get across using their own words, the words of the NA message is needed. To assist in this matter, suggest that there are two classes, that only drug & alcoholics separate from the rest, leaving special meetings.  
 Narcotics Anonymous does not approach banned drugs. Our identification as addicts is all inclusive, which allows us to communicate our affiliation, not our differences.



## FREE PARENT SUPPORT GROUP

For families of adult children dealing with substance use disorder

## Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

Through education and peer-to-peer support

### YOU ARE NOT ALONE

Supporting someone dealing with the pain of an adult loved one suffering from addiction

PAL provides a safe, supportive environment for parents of adult children with substance use disorders. We have helped many find hope again.



### TOPICS INCLUDE:

Understanding addiction | Coping with denial | Dealing with relapse | Finding support | Finding hope | Finding recovery | Finding peace

## NAMI CHAMPAIGN In-Person Family Support Groups



The Family Support Group is for family and friends who support someone with a mental health diagnosis or mental health concerns. You will gain insight from hearing the challenges and successes of others, and the group are led by NAMI trained facilitators who have lived 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: 217-213-2431

**Meets the 4th Thursday of the month**

# 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](http://www.nar-anon.org)**



**Celebrate Recovery**

**<https://celebraterecovery.com>**



**Narcotics Anonymous**

**<http://ppana.org>**



**SMART Recovery**

**<https://smartrecovery.org>**



**Mobile App Available!**



# 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](http://www.facebook.com/TuscolaOddFellows)

### Tuscola

Little Odd Pantry  
205 N. Main St, Tuscola, IL  
[www.facebook.com/TuscolaOddFellows](http://www.facebook.com/TuscolaOddFellows)

### Newman

Newman Free Mini Pantry  
307 South Broadway Street, Newman, IL  
[www.facebook.com/newmanfreeminipantry](http://www.facebook.com/newmanfreeminipantry)

### Villa Gove

Little Free Pantry Villa Grove  
406 First St., Villa Grove, IL  
[www.facebook.com/littlefreepantryvillagrove](http://www.facebook.com/littlefreepantryvillagrove)

Take what you need, donate what you can

## Free Harm Reduction Resources in Douglas County

Douglas 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. Here's a quick overview of what is available and how to use these resources effectively.

### Narcan (Naloxone)

#### **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 Douglas ROSC Coordinator at [LisaB@hourhouserecovery.org](mailto:LisaB@hourhouserecovery.org).

#### **Deterra® Drug Deactivation 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, then dispose of it in your household trash.

#### **Fentanyl Test Strips (FTS)**

**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 [HourHouseRecovery.org](http://HourHouseRecovery.org).

By utilizing these resources, you can contribute to safer communities and help prevent drug-related overdoses and harm.

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



# **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](mailto: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 [LISAB@HOURHOUSERECOVERY.ORG](mailto:LISAB@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  
Recovery Supports  
Education & Schools  
Service Providers  
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:**

Lisa Blackwell  
Douglas County ROSC Coordinator  
[lisab@hourhouserecovery.org](mailto:lisab@hourhouserecovery.org)

Kandis Mills  
Douglas County Recovery Navigator  
[kandism@hourhouserecovery.org](mailto:kandism@hourhouserecovery.org)