



LIVINGSTON ROSC

October 2024

The latest news & updates from the Livingston County ROSC and our partners.



OFF TO THE (DUCK) RACES

The first quarter of FY25 was filled with fun community events. The Livingston ROSC hosted resource tables at National Night Out (above), the Boys and Girls Club Annual Duck Race, Flannagan Fest (right), County Market Resource Fair, Dwight Harvest Days, and Jeremiah's Journey Suicide Prevention and Awareness Walk.



SHARING HOPE

Throughout those events the ROSC was able to share over 800 QR cards, flyers, and ROSC items in the community. Our goal at each event is to connect more and more people to the work of the ROSC and the resources that are available to them, right here in their neighborhood. .



The Livingston County ROSC is funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.



Livingston ROSC Annual Recovery Month Event



RECOVERING OUT LOUD

On Saturday September 28th the Livingston ROSC hosted their annual Recovery Month Event at the Pontiac Recreation Center. This event served to give families a space to have fun and connect with wonderful community resources. We are beyond thankful to the Pontiac Recreation Center for the space, County Market for supplying food, and our amazing community partners!



ENGAGE WITH US ON OUR SOCIAL MEDIA



SCAN TO VISIT OUR VIRTUAL RESOURCE APP

Community Spotlight

October 2024



About IHR

The basis of IHR started back in 1968 with four ministers in Livingston County providing counseling services. In 1974, IHR was formally incorporated as a nonprofit to serve the Livingston County residents regarding mental health and substance use concerns. Our formal name is the Institute for Human Resources of Livingston County. In the beginning, the name was purposely vague for people to avoid the stigma attached to receiving services. The Pontiac Chamber of Commerce recognized IHR with the 2024 business of the year award. This award provides further evidence that IHR is not only an agency that helps people but a respected business in the community.

Joe Vaughan, Executive Director at IHR Counseling Services

Joe grew up in Forrest, IL. He lives in Pontiac with his wife, and they have two adult children. Joe received a bachelor's degree in psychology from Eastern Illinois University. He then started working at IHR in 1990 as a Community Support Counselor. He later attended the University of Illinois and received a master's degree in social work in 1994. He has held various positions at IHR, including the Clinical Director's position for 8 years. In 2010 he was promoted to the Executive Director of IHR.

What does "recovery" mean to you?

Recovery means that people have an opportunity to improve their lives in some capacity either with their mental health or their substance use concerns. They have an opportunity to meet with our staff to develop a plan of action to make positive changes. Recovery is an ongoing process. It can be broad and extensive or simple with the right tools and resources.

New Initiatives at IHR

Over the last several months we have developed and implemented an ongoing adult support group to address the needs of family members coping with substance use and mental health issues. The purpose of this group is to support and help parents, families, and friends learn ways to address issues with clients who are in the process of recovery. The group can also serve as support to loved ones who have passed because of their addiction and mental health. This group meets on a weekly basis either on Thursday evenings or Saturday mornings.