

DOUGLAS COUNTY ROSC COUNCIL

NEWSLETTER

November 2024

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

NEWSLETTER HIGHLIGHTS

- 2. *ROSC Information*
- 3. *ROSC Council Meetings*
- 4. *Education Groups*
- 5. *Homeless bags*
- 6. *Homelessness Awareness*
- 7. *Be Brave's Initiative*
- 8. *Gratitude*
- 9. *Threads of Hope*
- 10. *Events*
- 11. *Community Resources*
- 13. *Harm Reduction Resources*
- 14. *DOPP Sites*
- 15. *Support Groups*
- 17. *Resource Quick Guide*
- 18. *Food Access*

For questions or comments, please contact:

*Lisa Blackwell
Douglas County ROSC
Coordinator
lisabehourhouserecovery.org*

*Kandis Mills
Douglas County ROSC
Recovery Navigator
kandismehourhouserecovery.org*



*Recovery
is possible!*

East Central Illinois ROSC

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.

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:

Lisa Blackwell

Douglas County ROSC Coordinator
lisab@hourhouserecovery.org

Kandis Mills

Douglas County Recovery Navigator
kandism@hourhouserecovery.org

Douglas County
ROSC COUNCIL
Meeting



 **NOV 20TH**  **10.00 AM**

 **Douglas County Annex
209 E Van Allen St.**

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



(217) 549-7632



lisab@hourhouserecovery.org

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Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

Douglas County
ROSC
Council Meeting



 **DEC 18TH**  **10.00 AM**

 **Douglas County Annex
209 E Van Allen St**

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



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Douglas County
ROSC

EDUCATION GROUPS

EVERY FRIDAY IN
NOVEMBER 3-4 PM

**11/1/2024 Tuscola Nazarene Church
1001 Egyptian Trail**

**11/8/2024 Newman Library
207 S. Coffin St. Ste D**

**11/15/2024 Tuscola Nazarene Church
1001 Egyptian Trail**

**11/22/2024 Newman Library
201 S. Coffin St. Ste. D**

Recovery
is possible!

**Please direct questions to:
Kandis Mills, Recovery Navigator
217-549-7481
kandism@hourhouserecovery.org**

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department of Human Services, Division of Substance Use Prevention
and Recovery.

Substance Use and Homelessness



The association between substance use disorder and homelessness has many sides and is complex with the common factor being social relationships.

According to the 2013 Annual Homeless Assessment Report, 257,000 people who were experiencing homelessness had a severe mental illness or a chronic substance use disorder.



Treatment options for those experiencing homelessness can include: Detoxification, outpatient treatment and inpatient treatment.



Social support enhances one's sense of self-worth, which tends to be depleted when occupying the stigmatized social position of homelessness.



How can you help? Reach out to your friend experiencing homelessness. Take the time to have a meaningful conversation with them.

Recovery
IS POSSIBLE!

Actionable ways to help those experiencing homelessness



Offer food and hygiene supplies



Carry non-perishable food items, such as, granola bars, canned goods and water bottles. Reach out to your local churches, organizations and recovery coalitions for hygiene products they may have on hand or be willing to donate!

Show empathy and respect



Approach individuals with empathy and respect. Engaging in conversation, listening to their stories and treat them with dignity. Acknowledging their humanity can provide a sense of validation and hope.

Provide information about services in your community



Take the time to familiarize yourself with local resources. Shelters, food banks and medical clinics should all be shared with those in need. Suggesting a free meal at your local church or soup kitchen can be someone's lifeline.

Offer transportation assistance



Access to transportation can be a significant barrier for individuals experiencing homelessness. If possible, offer assistance with transportation by providing bus or subway fare, offering a ride to a shelter or job interview, or helping them access public transportation options.

Use person-first language



Use less-stigmatizing language. Instead of "homeless people" use "people experiencing homelessness." Using person-first language reinforces that homelessness is one aspect of someone's identity and it does not define them.



**EMPOWERING
RECOVERY,
REBUILDING
LIVES**

Be BRAVE



**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.

HELP US TO REACH OUR
GOAL

\$ 300,000



Venmo accepted: @PJs-Place.



1263 E County Road 700N, Tuscola, IL 61953



bebraveforpetey.org



BeBRAVEforPetey@yahoo.com

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.

BE BRAVE's Thrift Sale for PJ's Place



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

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

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



For more information or to arrange
donation pickup, contact

BeBRAVEforPetey@yahoo.com

bebraveforpetey.org



Indoor Thrift Sale

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

November 22 & 23

8 am-5 pm

Former ATI building by
the old IGA in Tuscola

- **Spread the Word &**
- **Help Share this flyer!**





GRATITUDE

During the Holidays



For those in recovery, maintaining gratitude can help reduce risk of relapse, promote a positive mindset, and act as an important tool in managing difficult emotions or situations.

Keep a Gratitude Journal

Take time daily or weekly to write down a few things you are grateful for, as this practice can enhance your sense of gratitude. Seeing your blessings in writing helps counter feelings of self-pity, doubt, or resentment.

Focus on What Matters

Take moments throughout the day to appreciate the relationships, activities, and situations that bring you joy. Highlighting even the simplest sources of happiness can deepen your sense of gratitude.

Show Your Appreciation

Saying thank you in the moment, or giving sincere compliments are meaningful ways to show appreciation to those around you. Demonstrating genuine gratitude can strengthen your relationships and foster a greater sense of fulfillment.

Be of Service

Engaging in acts of service like volunteering locally, organizing a home group, or cleaning the house can nurture a sense of gratitude. Serving others helps us connect to something bigger than ourselves, fostering humility and gratitude that are vital for successful recovery.



thankful
grateful

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, service providers and community helpers to:



SCAN THE QR CODE TO REGISTER OR FOR FAQ'S:



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: 9 AM- 3 PM CST

CEs applied for - click the link below to register.

[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 \(Thurs/Fri\)](#)

If you are unable to attend your specified region, feel free to select another region that best fits your schedule!

Questions? Please contact:

217-258-2968

zachw@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.



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.

Tuscola IL



5K Santa Chase

- 34th annual Santa Chase Run
- age groups: 0-17, 18-28, 29-39, 40-49, 50+
- Cost = \$25 + fees

SATURDAY
12/07/2024

700AM
REGISTRATION STARTS
800AM
RACE STARTS

Best holiday spirit wins a prize!

RACE WILL START AND
END AT
JARMAN CENTER
704 N. MAIN STREET
TUSCOLA, IL



To register online: <https://form.jotform.com/242986622001150>

Arcola

Events

THERE'S AN EXPRESS MAILBOX TO THE NORTH POLE OUTSIDE THE FRONT DOOR OF CITY HALL FOR KIDS TO MAIL THEIR LETTERS TO SANTA

DEC. 4 - JINGLE JOG. A ONE-MILE FUN RUN/WALK. 9 A.M. AT THE ARCOLA CENTER. DRESS IN YOUR HOLIDAY ATTIRE. PRIZES GIVEN TO BEST DRESSED. KIDS ARE WELCOME

DEC. 4- ANNUAL HOLIDAY BAZAAR 10 A.M. - 3 P.M. SHOP WITH MANY LOCAL VENDORS. AT THE ARCOLA CENTER

DEC. 11 - LIGHTED CHRISTMAS PARADE 6 P.M., MAIN ST. YOU CAN DRESS UP, WALK, HAND OUT CANDY, DECORATE A CAR, ATV, SIDE BY SIDE, GOLF CART. ALMOST ANYTHING GOES.

Upcoming Events!

PLEASE LET DOUGLAS COUNTY ROSC KNOW AT LISAB@HOURHOUSERECOVERY.ORG WE WILL INCLUDE YOUR EVENTS IN OUR NEXT NEWSLETTER AND SHARE IT WITH OUR SOCIAL MEDIA FOLLOWERS AND EXTENSIVE IN-PERSON CONTACTS

**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.*

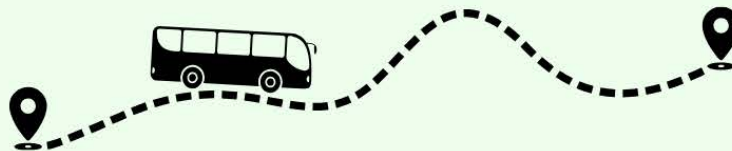


Dial-A-Ride

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

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

FREE HARM REDUCTION RESOURCES IN DOUGLAS COUNTY

DOUGLAS COUNTY ROSC COUNCIL IS OFFERING SEVERAL FREE VITAL RESOURCES TO HELP MANAGE AND PREVENT OPIOID AND DRUG OVERDOSES. HERE'S A QUICK OVERVIEW OF SOME OF WHAT IS AVAILABLE.

XYLAZINE TEST STRIPS (XTS)

XYLAZINE IS A VETERINARY TRANQUILIZER THAT HAS BEEN FOUND IN SOME ILLICIT DRUG SUPPLIES. PEOPLE OFTEN USE XYLAZINE WITHOUT KNOWING IT WHEN IT IS ADDED TO OTHER DRUGS.

XYLAZINE TESTING STRIPS CAN HELP DETECT THE PRESENCE OF THIS SUBSTANCE IN OTHER DRUGS.

FENTANYL TEST STRIPS (FTS)

FENTANYL IS A SYNTHETIC OPIOID RESPONSIBLE FOR OVER HALF OF OVERDOSE DEATHS IN ILLINOIS.

FENTANYL TESTING STRIPS CAN HELP DETECT THE PRESENCE OF THIS SUBSTANCE IN OTHER DRUGS.

NARCAN (NALOXONE)- NASAL SPRAY

NARCAN IS A MEDICATION USED TO BLOCK OR REVERSE THE EFFECTS OF AN OPIOID OVERDOSE. IT WORKS ON OPIOIDS SUCH AS HEROIN, FENTANYL AND PRESCRIPTION PAINKILLERS (E.G. OXYCONTIN® OR PERCOCET®).

NARCAN CAN BE ADMINISTERED AS A NASAL SPRAY. IT IS SIMPLE TO USE. IF YOU OR YOUR AGENCY WOULD LIKE ADDITIONAL TRAINING ON HOW TO USE NARCAN, PLEASE CONTACT THE DOUGLAS ROSC COORDINATOR AT LISAB@HOURHOUSERECOVERY.ORG.

DETERRA® DRUG DEACTIVATION DISPOSAL SYSTEM

THIS IS A SAFE 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.

EMERGENCY AND LEGAL INFORMATION

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

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING AN OVERDOSE, CALL 911 IMMEDIATELY FOR HELP.

BY UTILIZING THESE RESOURCES, YOU CAN CONTRIBUTE TO SAFER COMMUNITIES AND HELP PREVENT DRUG-RELATED OVERDOSES AND HARM.

DISTRIBUTION LOCATIONS ON PAGE 14

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DEVISION OF SUBSTANCE USE PREVENTION

DOPP Sites & 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 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.

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 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.



FREE PARENT SUPPORT GROUP

For families of adult children
dealing with substance use disorder

Participants must be 18 or older.

Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

through education and peer-to-peer support

YOU ARE NOT ALONE

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

"PAL brought back hope, sanity and purpose in our lives. We have learned to live again."
- PAL parent



Find a Meeting

TOPICS INCLUDE:

The addiction cycle • Enabling behaviors • Delayed emotional growth • Role of the family • Setting realistic boundaries • Emotional detachment • Financial strings • Steps of recovery • Recognizing relapse

www.palgroup.org • 602-512-1454 • info@palgroup.org

[@PALGivesHope](https://www.facebook.com/PALGivesHope) [@PALGivesHope](https://www.instagram.com/PALGivesHope) [@PALGivesHope](https://twitter.com/PALGivesHope) [in](https://www.linkedin.com/company/palgroup)

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

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!

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

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

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

HINDBORO:
HINDBORO CIVIC
CENTER
10:45-11:15 AM

NEWMAN:
NEWMAN CITY PARK
11:45-12:15 PM

Free Pantries

TAKE WHAT YOU NEED, DONATE WHAT YOU CAN

TUSCOLA

LITTLE ODD PANTRY
205 N. MAIN ST, TUSCOLA, IL
WWW.FACEBOOK.COM/TUSCOLAODDFELLO
WS

ARTHUR

ARTHUR SOUTHERN BAPTIST CHURCH
PANTRY
530 N VINE ST, ARTHUR IL

IF YOU HAVE OR KNOW OF ADDITIONAL FOOD
PANTRIES
IN DOUGLAS COUNTY, PLEASE CONTACT:

VILLA GOVE
LITTLE FREE PANTRY VILLA GROVE
406 FIRST ST., VILLA GROVE, IL
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