



Southland Recovery Coalition

RECOVERY ORIENTED SYSTEMS OF CARE OF CARE, (ROSC)

NEWSLETTER

FALL 2020

1st Edition

SRC FOCUS

- ◆ Prevention
- ◆ Intervention
- ◆ Treatment
- ◆ Recovery Supports

INSIDE THIS EDITION

- About SRC & ROSC
- SRC Monthly Meetings
- Coping with COVID
- Southland Community Work
- Agency Spotlight
- Testimonial
- Resources
- Breast Cancer Awareness

All Pathways Lead to



COPING with COVID & RECOVERY

The coronavirus (COVID-19) has resulted in an unprecedented crisis that affects not only our physical health and daily lives, but also our mental health.

You can protect (and heal) yourself from addiction by having diverse interests that provide meaning to your life. Understand that life's problems usually are transient, and perhaps most importantly, acknowledge that life is not always supposed to be pleasurable. There-



fore, you don't have to use a psychoactive substance to get away from the negative things that happen in life. Instead, you can use certain strategies to discover new ways to cope with life's difficulties. *Continued on page 5*

COVID-19 VIRTUAL CARE PROGRAM



WHAT IS THE COVID-19 VIRTUAL CARE PROGRAM?

The program helps people with COVID-19 symptoms recover safely at home. It offers medical education, symptom checking, and 24/7 support virtually via a mobile app or website for a period of 14 days. Eligible participants may also receive a free home medical kit that may include a thermometer, blood pressure machine, pulse oximeter and masks.

HOW DO PEOPLE ENROLL IN THE PROGRAM?

Illinois residents may learn more and enroll by calling **866-4HEALTH (866-443-2584)**. Those who've had a positive COVID-19 test

at an Advocate facility will be contacted directly about enrollment.

WHAT IF PEOPLE DON'T HAVE A MOBILE DEVICE OR COMPUTER?

Participants who do not have access to a mobile device or computer will be provided a tablet to use for the course of the program.

THE PROGRAM OFFERS: • Daily virtual check-ins via our Live Well app or My Advocate Aurora website for a period of 14 days • Educational information • 24/7 alert monitoring and support • A free home monitoring kit, including a thermometer, face masks and other materials.



Angelia Smith
Executive Director of
Cornerstone Community
Development Corp.

SRC is dedicated to transforming the conditions that affect the recovering population's health and development. For us to be successful at making an impact at this work requires a broad collaborative of council members. We are interested in joining forces with those working in the community to create systematic change -- linking together people and organizations with the same goals.

SRC's council focuses on recovery management to help individuals get well and stay well. Mental illness and addiction are chronic diseases, and recovery is about the evolution of an individual from a state of illness to wellness.

SRC believes that recovery is about a person's total well-being: physical, mental, emotional, and spiritual. As a ROSC, SRC plans to create these life changing experiences for as many people as possible to have the best chance to live a healthy and fulfilling life that allows them to become contributing members of their community. The success of this movement (Recovery Oriented Systems of Care) will take the time and involvement of all stakeholders.

We hope that you will join us as we work to create healthier environments in the Southland by giving individuals and communities the tools they need to build healthy and strong communities.

For a SRC Year End Review Click the Link Below

<https://youtu.be/IAvCTxDi2Rc>

Be Safe & Be Well

Angelia Smith

**Southland Recovery Coalition
Lead Partner**

Southland Recovery Coalition ROSC

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**SOUTHLAND RECOVERY COALITION
ROSC**

(Recovery Oriented Systems of Care)

Virtual **Standing Monthly Meeting**

*Meetings occur the last Wednesday of every month.

Wednesday, Oct. 28, 2020 | 9:30 a.m. to 10:30 a.m.

VIA ZOOM

Meeting ID: 951 9258 3059

Passcode: 390243

Keeping Up With Recovery During a Pandemic

Bringing awareness and recovery resources to the community, those addicted & their families. SRC is actively fighting the drug epidemic by being solution-driven in our goal to save lives.

ROSC PARTNERS: Cornerstone Community Development Corporation (Lead Fiscal Agent) • Indigenous Community Service Center • Lights of Zion Training Institute • Reassemble Education & Training, Inc.



A Special Tribute to *Mr. Rex Alexander*

**For over 15 years of Service to
the Recovery Community**

SRC would like to take this time to salute Rex Alexander, the Director of Recovery Support Programs, Illinois Department of Human Services., he has announced his retirement effective December 2020. REX has made a great impact in the Recovery Community and His leadership and guidance has paved the way for many individuals, families and agencies. Through his shared vision, commitment, and leadership many lives have changed and it is a privilege to serve our communities under his leadership.

Please click the link to see Rex's Story as he shares his journey with his community to give back and help more people achieve success.

Thanks Rex

https://youtu.be/-eh4_pEJhc (link)

If you need assistance reach out to the Illinois Helpline for Opioids and Other Substances at HelplineIL.org or call 833-2FINDHELP to learn about the services available to you.

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ANGELIA SMITH

Executive Director
Conerstone Community
Development Center
Lead Agency



YVONNE ORR-EI

Executive Director
Indigenous Community
Service Center



ARAINA MICKENS

Executive Director
Lights Of Zion Training Institute



CARMEN MEEKINS

CEO – RETINC
Reassemble, Education, & Training, Inc.,

Recovery-oriented systems of care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use disorders.

Southland Recovery Coalition is a collaborative effort of four individual agencies that is eager to create a council in which providers and the individuals served work as partners in recovery. Our goals as a ROSC council are to; Promote good quality of life, community health, and wellness for all • Prevent the development of behavioral health conditions • Intervene earlier in the progression of illnesses • Reduce the harm caused by substance use disorders and mental health conditions on individuals, families, and communities • Provide the resources to assist people with behavioral health conditions to achieve and sustain their wellness and build meaningful lives for themselves in their communities. SRC is super excited about our plans to continue to deliver high-quality services and effective programs. We are currently holding our monthly meeting virtually, and we invite you to join us to discuss ways to provide resources to our community.



20,000+ Members of the Recovery Community

PRO-ACT -PEOPLE JOIN RECOVERY WALKS to SHOW SUPPORT FOR RECOVERY FROM ADDICTIONS , HELP REDUCE STIGMA AND EDUCATE THE PUBLIC





SRC believes in building healthier communities, which means the process of people working together to address what matters to them -- whether that is reducing violence, educating the neighborhood, workforce development opportunities, or addressing mental health issues. It is all-important! To address what matters, SRC is working hard to change the conditions in which we live, with the hope that changing those conditions will change people's behavior. We believe that collaborative partnerships should focus on environmental changes -- bringing about community and systems changes that modify local conditions.

We believe these changes are an intermediate outcome in the long process of community health improvement. To improve our communities -- becoming places where people are healthy, safe, and cared for -- takes a team work. As community organizers, SRC knows that we can't do it alone. The ability to partner effectively with other individuals and organizations in the community -- is essential to developing a successful ROSC Council and building healthy communities.



SOUTHLAND RECOVERY COALITION WORKING IN THE COMMUNITY



SRC and 2020 CENSUS OUTREACH

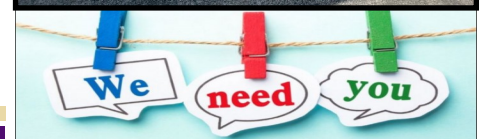
THE SOUTHLAND RECOVERY COALITION IS CHANGING COMMUNITIES AND RESTORING LIVES!

A special thanks to our team members who have been working very hard in the Southland communities. WE DISTRIBUTED 1000's of Face Mask, Food, school supplies, and Opportunities to sign up for the Census. Our team went to Communities such as Country Club Hills, Ford Heights, Harvey, Phoenix, Riverdale, and Robbins, to name a few. We were able to give out gift cards and

free hot meals to those who signed up for the Census. We also educated the community on the importance of the Census. We shared ideas and various information about our ROSC Council with people in the community. We hope to do many more of these events to keep the community informed; please join us. You will find this effort fulfilling and rewarding.



SRC and 2020 CENSUS OUTREACH





Lights of Zion Agency Spotlight



Lights of Zion Training Institute (LOZ) is a faith-based nonprofit Recovery Support Provider. Lights of Zion provides an array of services focusing on the holistic approach to recovery, which include: employment training and coaching, peer mentoring, spiritual supports, and recovery coaching. The abstinence of the clients served indicates the programs' success from drugs/alcohol of clients at intake and a remaining abstinent six months later. Lights of Zion is hard at work changing lives by providing outstanding employment training programs in construction, OSHA, janitorial training, and CNA training to clients.

LOZ's success rate in placing participants in full-time employment positions is superb, as well as an impeccable track record at empowering participants to become business owners. What is unique about LOZ, is that they show great enthusiasm for learning about and participating in all aspects of social care. LOZ is committed to bringing a positive attitude to the work they do by collaborating with many other community organizations to help bring about a change. Many organizations and residents in the community have verbalized their confidence and support when working with Lights of Zion. **In this month's publication, Lights of Zion would like to congratulate one of our participants who started her own business and is now very successful.**

Special thanks to Lights of Zion for showing me that life has options. After struggling with substance abuse for over seven years, I had almost given up hope, until I was able to enroll in LOZ's Recovery Program. They taught me how to have hope and how to believe in myself. I now own my own cleaning service, and I make a living for my family and me. I have four employees and several contracts around the city. Life has completely changed for my family and me.

Thank You LOZ



Continued from cover page

COPING with COVID



Most importantly, know that picking up a drink or a drug is not the answer to anything and would only make matters much worse. Your sobriety is your most prized possession, the biggest gift that you have, and it allows you to have a beautiful, full life. So, know that using is off the table completely. But, if you are

struggling with your sobriety (many are and there is *no* shame in that), please do reach out to your therapist, doctor, or recovery community right away. You do not have to do this alone. In order to get through this, know that you will have to talk yourself down from a lot of fear and panic. Stay close to your people (even if you have to give up the hugs), your recovery community, and your higher power if you believe in one. Recovery makes us strong. We can get through this!

Holly Jespersen

**MAKE YOUR SOBRIETY YOUR
MOST PRIZED POSSESSION**

THINGS YOU SHOULD KNOW

SRC MEETINGS & EVENTS

OCT. 28, 2020 9:30AM—10:30 PM VIRTUAL MEETING

Keeping up With Recovery During A Pandemic

NOVEMBER 25, 2020 ROSC VIRTUAL MEETING

"Recovery " During the Holidays

DECEMBER 30, 2020 - CANCELED -HAPPY HOLIDAYS!

SRC EVENTS

October 31, 2020 PPE Pop-Ups

November 23, 2020 Thanksgiving Food Drive

December 23, 2020 Toy Drive

Virtual Training (click link below for more info)

November 4, 2020 | 3:00 PM | MHTTC :School Mental Health Virtual Learning Series, Part 7: Promoting Educator Well-Being: Understanding and Combating Compassion Fatigue, Burnout and Secondary Traumatic Stress *webinar series*

ELECTION REGISTRATION DEADLINES

Get Registered to VOTE!

BY MAIL Tuesday, October 6, 2020

ONLINE Sunday, October 18, 2020

IN PERSON Tuesday, November 3, 2020

CONTACT INFORMATION

<http://www.southlandrecovery.org/>

Email Us at: info@southlandrecovery.org

943 East Lincoln Highway

Ford Heights, IL 60411



OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH



Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. A mammogram—the screening test for breast cancer—can help find breast cancer early, when it's easier to treat.

National Breast Cancer Month is a great time to spread the word about breast cancer screening.

THING YOU CAN DO TO LOWER YOUR RISK

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

[7 Tips to Lower your breast cancer risk link](#)



Work on Election Day

November 3, 2020 Presidential Election Suburban Cook County

Election Judge
\$200

Polling Place Technician
\$365

Bilingual judges always needed!
हिन्दी, Español, 中文, 한국어, Tagalog,
Русский, ગુજરાતી, اردو, Українська, Polski, عربي

Apply at: cookcountyclerk.com/work



Election Judges will be provided with face masks, gloves, face shields, hand sanitizer, alcohol swabs and disinfectant wipes.

