Clark/Cumberland County ROSC March 2024

Newsletter

ROSC Coordinator Kristina Drum 217-273-7342 kristinad@hourhouserecovery.org

Recovery Navigator
Kyle Houser
217-508-2765
kyleh@hourhouserecovery.org

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 experince 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

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:



March 29th: Clark Laundry Day

April 30: Table at Clark County EXPO

May 18th: Spring Festival Parade

June 10th: Clark County Panel Event

Don't turn around.
Don't look back.

Xeep moving forward.

Xeep pushing.

The pot of gold is at the end of the RANBOW, not the beginning.

-Ziad K. Abdelnour



RECOVERY RESOURCES AND INFORMATION

LEARN MORE

Kyleh@hourhouserecovery.org 217-508-2765

This is an opportunity to connect with Clark and Cumberland County's Recovery Oriented Systems of Care Recovery Navigator Kyle Houser to learn about the resources and linkages to assist you, your family, and/or your friend's recovery!

Come Join us on zoom on these days!

4pm on: March 1st, 8th, 15th, 22nd, and 29th.

Click on the link below to attend!

https://zoom.us/j/93644112622? pwd=UktXUEFhcEpyVEsvalMvU3V2UlhDdz09Y

Funded in whole or in part by the illinois department of human services, division of substance use prevention and recovery



Tuesday March 19th, 2024

4:30 p.m. Calvary Tabernacle in Toledo & Zoom

For the Zoom link or for more information: Contact Kristina Drum Kristinad@hourhouserecovery.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.



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

Noble Health Associates

106 W Cumberland St

Greenup Il 62468

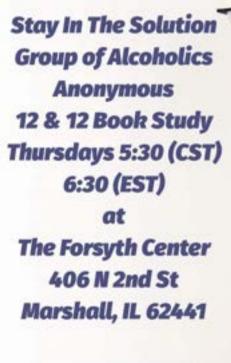
There will be parking in the back lot of the building if there is none available in front. Call for questions



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.



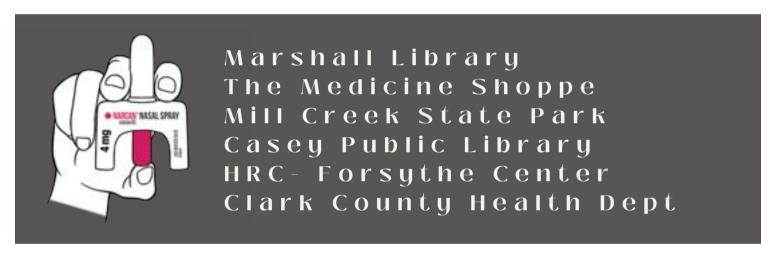




Drug Overdose Prevention Program (DOPP) Site Locations and Other NARCAN ACCESS

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



Cumberland County

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®.

FREE LAUNDRY DAY



Friday, March 29th from 9 a.m. to 2 p.m. or when supplies run out

Archer Avenue Dry Cleaning & Laundry 504 Archer Avenue Marshall, IL

Quarters, laundry soap, dryer sheets & snacks have been provided by community members.

- Free wash and dry for community members.
- Learn and connect with community resources.
- Discover how you can support people in recovery.
- Free Narcan and training will be available throughout the event. Narcan is an opioid overdose reversal medication.
- A light snack will be offered.

For more information or if you are interested in sponsoring future laundry day events contact Kristina Drum KristinaD@hourhouserecovery.org 217-273-7342



Human Service Professionals

COMMUNITY RESOURCE LUNCHEON

Join us for an opportunity to network with fellow human service organization representatives from Christian, Clark, Coles, Cumberland, Douglas, Edgar, Effingham, Moultrie, and Shelby Counties.

Friday, April 19th
11am - Introductions
Noon - Lunch & Networking
Lake Land College Field House
5001 Lake Land Blvd, Mattoon

Learn about the resources available in our communities and share resources your agency offers.

Complimentary lunch provided by the Regional Office of Education #11.

Lake Land College campus tours will be available following the luncheon at 1pm for all who wish to participate.





Please RSVP via the google form by Friday, April 5th.

For more details about this event, email Sue Shumway at sshumway@roell.org.



RECOVERY MEETINGS

CLARK COUNTY
NA, MONDAYS, 6:00pm
@ HRC IN MARSHALL
AA, THURSDAYS, 5:30pm
@HRC IN MARSHALL
NA, FRIDAYS, 6:00pm
@ HRC 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

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

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

Alcoholics Anonymous http://aa-eci.org Support Group Websites

TOLEDO

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

MARCH 19TH, 2024 4:30 P.M. Calvary Tabernacle in Toledo & Zoom

Kristinad@hourhouserecovery.org

Like and Follow us on Facebook!
Clark/Cumberland County ROSC

Agencies and Persons with Lived Experience, working together to build communities supportive of those in Recovery from Substance Use Disorders.



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