

# DOUGLAS COUNTY ROSC COUNCIL

## NEWSLETTER

June 2024

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

We would like to take a moment to say

# Thank you!

to the sponsors of the  
Drug Endangered Children and Human Trafficking Training  
& Narcan Trainings held in May

*A special thank you to Douglas County Sheriff, Nathan Chaplin,  
for assisting with question and answers during trainings!*

**PREVENTION FIRST**  
Leadership Center



**Public Health**  
PREVENT. PROMOTE. PROTECT.  
Douglas County Health Dept.



Tuscola  
Women in  
Faith



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH &  
SOCIAL SERVICE DEVELOPMENT



Summer Phillips, DCHD



Liesl Wingert, SIU School of Medicine

## Newsletter Highlights

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For questions, comments, or suggestions, please contact:

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Douglas County ROSC Coordinator  
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Douglas County Recovery Navigator  
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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.

# Educational Groups

JOIN ME FOR EDUCATIONAL GROUPS TO TALK ABOUT  
SUBSTANCE USE AND HOW WE CAN RECOVER! OPEN TO THE  
PUBLIC. ALL ARE WELCOME!

JULY 11TH

DOUBTS- ZOOM 3PM TO 4PM

JULY 18TH-

A WORK IN PROGRESS-ZOOM 3PM TO  
4PM

JULY 25TH

CHAOS/RELIEF - EBERHARDT PARK-  
ARTHUR-12PM TO 1PM

**DARLENE SMITH, CPRS**

DOUGLAS COUNTY RECOVERY NAVIGATOR

LORETTAS@HOURHOUSERECOVERY.ORG

217-549-7481

PLEASE REGISTER BY



SCANNING QR CODE



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.



## Upcoming Community Meetings

7/9/24 5:30-6:30 PM

Medical Reserve Corps

Douglas County Health Dept

1250 US-36, Tuscola, IL

Contact: [Aaron.due@douglasCountyil.gov](mailto:Aaron.due@douglasCountyil.gov)

7/15/24 10:00-11:00 AM

Douglas County Area Coalition

Douglas County Health Dept (and zoom)

1250 US-36, Tuscola, IL

7/24/24 10:00-11:00 AM

Douglas County ROSC Council Meeting

Douglas County Health Dept (and zoom)

1250 US-36, Tuscola, IL

Contact: [leannam@hourhouserecovery.org](mailto:leannam@hourhouserecovery.org)

DART Kickoff Event

Date, Time, & Location TBA



IN NEED OF  
HELP FOR  
PROPER  
DISPOSAL OF  
YOUR NEEDLES?

Bring in your sharps containers to either DCHD location during regular business hours for proper disposal. Receive a free replacement sharps container while supplies last.



Locations: 1250 E. Hwy. 36 Tuscola & Tuscola Outlet Mall Suite 2000

Phone: 217-253-1437 Find us online at [www.dchdill.org](http://www.dchdill.org)

# 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 SUICIDE & CRISIS  
LIFELINE



**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 ILICIT 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

## The Seven Types of Stigma

### Public Stigma

This happens when the public endorses negative stereotypes and prejudices, resulting in discrimination against people with mental health conditions.

### Self-Stigma

Self-stigma happens when a person with mental illness or substance-use disorder internalizes public stigma.

### Perceived Stigma

Perceived stigma is the belief that others have negative beliefs about people with mental illness.

### Label Avoidance

This is when a person chooses not to seek mental health treatment to avoid being assigned a stigmatizing label. Label avoidance is one of the most harmful forms of stigma.

### Stigma by Association

Stigma association occurs when the effects of stigma are extended to someone linked to a person with mental health difficulties. This type of stigma is also known as "courtesy stigma" and "associative stigma."

### Structural Stigma

Institutional policies or other societal structures that result in decreased opportunities for people with mental illness are considered structural stigma.

### Health Practitioner Stigma

This takes place any time a health professional allows stereotypes and prejudices about mental illness to negatively affect a patient's care.

Source: WSU Health Sciences Spokane, Grappone, G. (2017 Spring). NAMI Advocate

## WE NEED YOU!

Community based services or individuals that are considered key stakeholders for a ROSC



Service Providers	Family and Parents	Recovery Supports
Media	Faith Based Groups	Persons with lived experience
Businesses	Youth-Serving Organizations	Mental Health
Law enforcement	Healthcare	State, Local, Tribal Government
	Education & Schools	Judicial
		Volunteer & Civic Groups
		Substance Use Treatment Organizations

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



## Trauma & Resilience Initiative Presentation

Presented by TUMC Christian Justice Team

**June 23rd**

**2pm-4pm**

TUMC Fellowship Hall

- What is trauma?
- Who has it?
- What can we do about it?



**Karen Sims**

Program Director

Join us for a conversation about the Trauma & Resilience Initiative from program director, Karen Sims.

Learn how understanding trauma's impact on lives of individuals & communities and how practices of trauma-informed care can help to "create beloved, well & just community".

Light refreshments provided by TUMC UWF

## Dial-A-Ride

For all ages and abilities Rural Public Transportation

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

**1 - 8 0 0 - 5 0 0 - 5 5 0 5**

**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

## Join Our Team!!



*2 Full Time Douglas County Driving Positions*

### General requirements:

- CDL with passenger endorsement within 6 months of hire date
- DOT physical
- Pre employment drug screen

### Benefits:

- No weekends
- Paid on the job training

### How to apply:

Send your resume to [ksanders@lifespancecenter.org](mailto:ksanders@lifespancecenter.org)



**Call 217-639-5150 for any questions!!!**

## 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.



# COMING SOON!

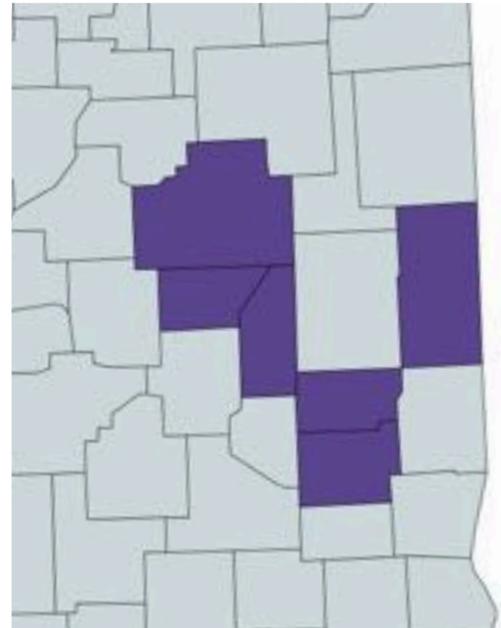


# DART

Deflection Avenues Reconnection Team

## What is DART?

DART (Deflection Avenues Reconnection Team) enhances communication and awareness about substance use and available resources among various stakeholders. This empowering program is strategically designed to engage first responders, treatment providers, community organizations, individuals with lived experience, civic entities, and their supporters. Recognizing the critical need for immediate access to services and support, the initiative prioritizes triage and real-time assistance for effectively managing concerns related to substance use and co-occurring mental health conditions. By placing a strong emphasis on providing timely support to families, youth, and individuals affected by and living with substance use, DART seeks to foster collaboration and communication among key stakeholders, ultimately aiming to improve outcomes.



Counties served: Douglas, Coles, Vermilion, Piatt, DeWitt, Mclean

## Goals

1

Increase Available Services

2

Increase deflection participant engagement in services, providing individualized care

3

Increase number of referrals by first responders through education and training

**Deflection Avenues Reconnection Team:** Improving the quality of life for those affected by substance use and mental health conditions while reducing their involvement with the justice system and addressing the community-related issues associated with substance use.

# Area Support Meetings



**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 being 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.

## 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."

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](mailto: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

**For additional information on meetings, in-person or online, visit the Douglas County ROSC Resource Quick Guide for website addresses.**

**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)  
 Recovery Navigator Education- 4:00pm (Virtual)

**Sat**

# 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

### **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 Sheriff's Office 
- Douglas County Courthouse
- 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 LEANNAM@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.**

# 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

### 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

**HOPE of ECI  
Coalition Against  
Domestic Violence**  
(217) 348-5931

**PREVAIL  
(Formerly SACIS)**  
(888) 345-2846

### Medication Assisted Treatment

**Douglas County  
Health Center**  
(217) 253-4137

**SIHF Healthcare**  
(217) 543-2446

### Transportation

**Dial-A-Ride**  
(800) 500-5505

\*Additional resources  
available through 211

**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) 253-4434

**The Haven- Shelter  
(Mattoon)**  
(217) 234-7237

### Anger Management

[www.dchealthil.org](http://www.dchealthil.org)  
(Douglas County  
Health Center)  
(217)-253-4137

## 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](https://namichampaign.org/online-support-groups)



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



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



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



Mobile App Available!

## 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

### **Blessings Food Pantry**

Open Tuesday through Friday 9am - 1pm  
4217 DeWitt Ave, Mattoon, IL 61938  
Serves Coles, Douglas, and Edgar Counties

### **Arthur Southern Baptist Church Food Pantry**

Open 2nd Saturday from 9am - 11am  
530 North Vine, Arthur, IL 61911  
Serves Arthur and surrounding area

### **Rural Grace Food Pantry**

Open Fridays from 3pm -5pm  
208 N. 2nd St, Murdock, IL 61941  
Serves Murdock 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

### **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

**Additional counties'  
dates listed on the website!**

<https://www.eifoodbank.org/help/mobile.html>

### **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

## Free Pantries

**Take what you need, donate what you can**

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

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

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