

# Newsletter

## 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  
Celebrate Recovery, Tuesdays @ 7:00 pm at First Christian Church in Marshall  
Celebrate Recovery, Tuesdays @ 7:00 pm at Clarksville Baptist Church in Marshall

### 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

### 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 experience and SUD intervention, treatment, prevention and recovery support service providers.

### UPCOMING EVENTS:



July 26th: Narcan Training & Resiliency Presentation

August 30th: 2nd Annual Candlelight Vigil



# *ROSC 2024*

# *RECOVERY WALK GROUP*



**TOLEDO REZ TOLEDO REZ 99  
EAST MADISON STREET,  
TOLEDO, IL EVERY FRIDAY IN  
JULY FROM 4-5PM  
5th, 12th, 19th, AND 26th**

**PHYSICAL EXERCISE IS  
IMPORTANT AND CARRIES WITH  
IT MANY OTHER HEALTH  
BENEFITS THAT CAN HELP AN  
INDIVIDUAL IN THEIR RECOVERY  
FROM SUBSTANCE USE  
DISORDER.**

**DAILY RECOVERY MEDITATIONS  
WILL BE READ WITH A WALK TO  
FOLLOW.**

**Contact Person : Kyle Houser 217-508-2765  
kyleh@hourhouserecovery.org**

**IF IT RAINS THE WALK WILL BE CANCELLED**

**Funded in Whole or In Part by the Illinois Department of Human Services, Division of  
Substance Use Prevention and Recovery.**

# Our Drug Court Panel was a Success!



Panelist, Andy Riggs shared his story and the positive impact drug court had on his life.



Judge Mark Shaner states Drug Court Programs are very successful as an alternative to prison.



Recovery Navigator, Kyle Houser did a wonderful job moderating the panel event.



Pictured is Kristina, Kyle, and the panelists: Sheriff William Rutan, Judge Mark Shaner, Andy Riggs a Drug Court graduate, and Jack Weber, a Substance Use Disorder Counselor at HRC.

**ATTENTION**

**Yard Signs are in!**

Contact Kristina at 217-273-7342 or  
Kyle at 217-508-2765 to get a sign delivered.

**WE CAN  
AND DO  
RECOVER.**

*Recovery*  
is possible!

East Central Illinois IDSC



SCAN  
QR CODE  
FOR RECOVERY  
RESOURCES  
AND  
INFORMATION

TO CONNECT WITH A  
RECOVERY NAVIGATOR FOR  
RECOVERY SUPPORT CALL NOW

**(217) 508-2765**

# NARCAN AND RESILIENCY

Training/Presentation

*Date:*

***July 26, 2024***

*Location and Time:*

***Marshall  
5-6 PM***

## ***Narcan Training***

- Kristina and Kyle with the Clark/Cumberland County ROSC will be providing a Narcan training on the signs and symptoms of an opioid overdose and how to administer Narcan

## ***Resiliency Presentation***

- Michelle with the Human Resources Center of Edgar and Clark Counties will be providing a presentation on what resiliency is and how resiliency helps us maintain our well-being



Any questions please contact  
Kristina Drum at  
[kristinad@hourhouserecovery.org](mailto:kristinad@hourhouserecovery.org)

Funded in Whole or In Part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

# Please join the Clark/Cumberland County ROSC

for our 2nd Annual Candlelight Vigil in Honor of International  
Overdose Awareness Day



**August 30th, 2024**

**7:00 pm - 8:00pm**

**Municipal Building (Pavilion)**

**115 East Cumberland Street, Greenup**

**Join us to light a candle in memory of those lost to Substance Use  
Disorder.**

**Please email a photo of your loved one to**

**Kristinad@hourhouserecovery.org to be displayed at the event.  
Candles will be provided.**

**Resources and Narcan will be available.**

*Recovery*  
is possible!

Join the Clark/Cumberland County  
ROSC for our 2nd Annual  
Recovery Picnic



**SATURDAY, SEPTEMBER 7TH**  
**CASEY FAIRVIEW PARK (LION**  
**PAVILION)**  
**600 MONROE AVE. CASEY, IL 62420**  
**11:00 A.M. TO 2:00 P.M.**

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**FREE FOOD & FELLOWSHIP**  
**GUEST SPEAKER**  
**DOOR PRIZES**  
**ACTIVITIES FOR THE KIDS**



*Funded in whole or in part by the Illinois Department of Human Services,  
Division of Substance Use Prevention, and Recovery*

*Recovery*

# RECOVERY IS REAL

## Podcast

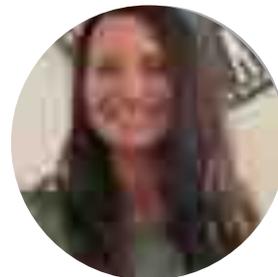


### Episode 1

“RECOVERY ORIENTED SYSTEMS OF CARE 101”



Ambrosia  
Branson



Kristina  
Drum



Leanna  
Morgan



Skylar K.  
Miller



Whitley  
Grayson



Felicia  
Depoister

**Click here  
to listen!**



# 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



Marshall Library  
The Medicine Shoppe  
Mill Creek State Park  
Casey Public Library  
HRC - Forsythe Center  
Clark County Health Dept  
Road Ranger in Marshall

## Cumberland County

Lake Mattoon Marina  
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®.

# **The Clark/Cumberland County ROSC is looking for Sponsors for future Laundry Days**

**Contact Kristina if you are interested  
at [kristinad@hourhouserecovery.org](mailto:kristinad@hourhouserecovery.org)  
or 217-273-7342**



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Substance Use Prevention and Recovery.**



**Celebrate Recovery**

A CHRISTIAN-BASED Recovery Program

A Ministry of  
**Calvary Tabernacle UPC**

209 W Washington St Toledo, IL

Every Thursday at 7pm

**7:00pm** Food and Fellowship  
**7:15pm** Large Group in auxiliary classes or Fellowship  
**7:45pm** Prayers and Holy Spirit empowerment after worship  
**8:30pm** Small Group (focus specific needs and support)

For more information call recovery leader  
Shawn Terrell 217-843-4031

Celebrate Recovery is a Christian 12-step recovery program for anyone who has hurts, habits, and hungers and is seeking 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

Location: 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.

**Stay In The Solution**  
**Group of Alcoholics**

**Anonymous**

**12 & 12 Book Study**  
**Thursdays 5:30 (CST)**

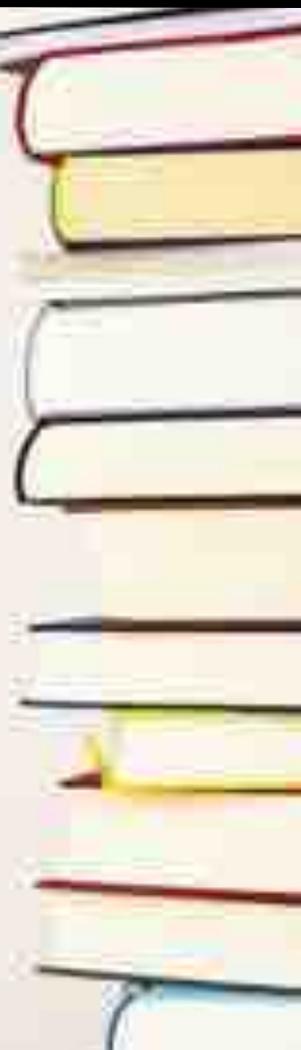
**6:30 (EST)**

at

**The Forsyth Center**

**406 N 2nd St**

**Marshall, IL 62441**



# Recovery Meetings

For additional information and meetings in surrounding areas, visit website for more information

## CLARK COUNTY

- **NA**, Mondays, 6:00pm @HRC in Marshall
- **AA**, Thursdays, 5:30pm @HRC in Marshall
- **NA**, Fridays, 6:00pm @HRC in Marshall
- **CELEBRATE RECOVERY**, Tuesdays, 7:00pm @Christian Church in Marshall
- **CELEBRATE RECOVERY**, Tuesdays, 7:00pm @Clarksville Baptist Church 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 Toledo

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

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

Alcoholics Anonymous  
<http://aa-eci.org>

### Support Group Websites

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/](http://WWW.GOVST.EDU/RECOVERY-SUPPORT/SOUTH-CENTRAL-IL-ROSC/)**

### Clark/Cumberland County

#### ★ ROSC Council Meeting ★

Tuesday July 9th, 4:30 PM - 5:30 PM Calvary Tabernacle in Toledo & Zoom  
For the zoom link or more information:  
Contact Kristina Drum  
[Kristinad@hourhourecovery.org](mailto:Kristinad@hourhourecovery.org)



Funded in Whole or in Part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

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