



Piatt County ROSC April Newsletter

04/2025

Do you know that April is National Alcohol Awareness month?

April is Alcohol Awareness Month, an opportunity to update your knowledge about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society. Alcohol-related problems continue to take a heavy toll on individuals, families, and communities. Researchers estimate that each year there are more than 178,000 alcohol-related deaths, making alcohol a leading preventable cause of death in the United States. In addition, more than 200 disease and injury-related conditions are associated with alcohol misuse. – National Institute on Alcohol Abuse and Alcoholism. Here are a few facts about Alcohol!

- Alcohol affects your brain and body
- Ethanol is the most popular psychoactive addictive substance
- Binge drinking is dangerous
- Alcohol has a negative impact on your hormones
- Alcohol misuse has a genetic component
- Some drinks contain more pure alcohol than you think
- Alcohol withdrawal symptoms range from mild to serious

There are multiple pathways to recovery! Especially here in Piatt County!

AA – Mondays 7 pm Open Hearts Foursquare Church, Monticello, IL

AA – Thursdays 8 pm First Presbyterian Church, Monticello, IL

Wellness Enrichment Group – Wednesday's 5 pm Crossroads Church Bement, IL

Monticello Enrichment Group – Wednesday's 5 pm First Presbyterian Church, Monticello, IL

Dr. Mandhan, Kirby Medical Center – 217-762-2115

Illinois HelpLine 833-234-6343/ text HELP to 833234/ Visit HelplineIL.org

Piatt County Mental Health Center – 217-762-5371

Meet Your ROSC!

Member Spotlight



Meet Aaron Donaldson! Aaron has been the part of the ROSC since July of 2022. Aaron uses his voice as a person with lived experience to help make changes, positive changes, to the community he grew up in. Aaron has been cooking up good food to eat for the Recovery Picnic for the past 3 years as well as cooking up other yummy treats for other events that have been held throughout Piatt County! Aaron has also been a huge asset to the Piatt County ROSC by helping those of us who have not “walked the walk” understand a little bit more what being in active addiction is like, what helps, and what doesn’t help. Aaron states “What made me be a part of it {ROSC} is I finally wanted to be a part of the solution to the problem instead of actively participating in the problem.”

“What I like is someone is actually trying to get to the center of the problem instead of just going to meetings (which totally helps but isn’t everything).”

When Aaron isn’t at work at 3 Ravens you can find him at home or at a friend's house enjoying some kind of sport on television and BBQ-ing all day.

Thank you Aaron for your continued support and cooperation with the Piatt County ROSC! Your voice is valued and very much needed now, and every day to come!

March Recovery Spotlight



Meet Libby! Libby has been in recovery for almost 2 years! She will celebrate her 2 year sober birthday April 20, 2025! Libby states that her recover journey has been “up, down, amazing, and all around s*** show” all rolled in to one! “The way I get through rough days is to try and be as positive as possible. Things could always be worse and some have had it worse than myself. Plus singing dancing and being with my kiddos.

When asked what life on the other side of addiction is like for her, Libby states “Life on the other side is not easy, but who said life was easy to begin with? We just have to challenge ourselves to thrive in what we have. You will have your good bad amazing and just all around s*** show days. The ups to recovery is a better, healthier life. The downs are always going to be there; have that person or persons whom you can talk to, it does help!”

To be a recovery spotlight, reach out to tschum@piattmhc.org

Community Resource Spotlight



Kirby Medical Center is an independent, not-for-profit hospital located in Monticello, Illinois that has been serving the healthcare needs of Piatt County and surrounding areas since 1941. We are committed and proud to provide high-quality, compassionate healthcare services to all people in need, regardless of their ability to pay. As your connection to healthcare, we invite you to explore the wide variety of wellness services available to you close to home.

Kirby Medical Center is a “values-based” organization, which means we have certain core values and behavior standards that drive us as a hospital and determine our future success. Saying we are values-driven is easy to do. Actually modeling our values takes the commitment of every person that works here at Kirby Medical Center. What does that mean for you? It means as we provide service to you or your loved ones, our service is guided by our values.

Should you have questions or comments, contact us directly at 217-762-2115.

To be a community resource spotlight, please reach out to tschum@piattmhc.org

National Drug and Alcohol Facts Week

During this week, high school and middle students from area schools participated in myth busting lunch time trivia! While trying to earn a free pop or a cute plushie, these kids crushed it while learning a thing or two! Way to go Monticello, Bement, Cerro Gordo, and DeLand/Weldon students!



Upcoming Events

April 10, 10 am to 2 pm – Job Fair, Monticello Community Building, 201 N State St, Monticello,

April 25, 7 pm to 930 pm – Murder Mystery Dinner, Monticello Community Building, 201 N State St, Monticello TOP FLOOR

Meet up! Group - Crossroads Church, Bement IL 5 pm

- Wednesday April 2
- Wednesday April 9
- Wednesday April 16
- Wednesday April 23
- Wednesday April 30

Monticello Enrichment Group - First Presbyterian Church, Monticello IL 5 pm

- Wednesday April 2
- Wednesday April 9
- Wednesday April 16
- Wednesday April 23
- Wednesday April 30

Piatt County ROSC Meeting – Piatt County Mental Health Center 3 pm – IN PERSON AND ON ZOOM **April 17, 2025**

For more information about our monthly ROSC meeting, please reach out to Tia Schum at tschum@piattmhc.org.

Follow the Piatt County ROSC on Facebook!

<https://www.facebook.com/PiattCountyROSC>

