

COLES COUNTY ROSC COUNCIL

NEWSLETTER

August 2025

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



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16. Area Support Meetings

17. Food Assistance

Funded in whole or in part by the Illinois Department of Human Services, Division of Behavioral Health and Recovery.

WE NEED YOU!

AGENCIES AND PERSONS WITH LIVED EXPERIENCE, WORKING TOGETHER TO BUILD COMMUNITIES

SUPPORTIVE OF THOSE IN RECOVERY FROM SUBSTANCE USE DISORDERS.

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



Defining ROSC

A Recovery Oriented Systems of Care (ROSC) is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or co-occurring conditions. The central focus of a ROSC is to create an infrastructure, or "systems of care", with the resources to effectively address the full range of substance use and/or co-occurring disorders within communities.

For additional information, please contact:

Lisa Blackwell

Coles County ROSC Coordinator

lisab@hourhouserecovery.org

Jasmine Gast

Coles County Recovery Navigator

jasmineg@hourhouserecovery.org

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF BEHAVIORAL HEALTH AND RECOVERY.



Coles County **ROSC** **COUNCIL MEETING**

**MONTHLY EVERY 1ST MONDAY
MEETING TIME:**

12:00 PM - 1:00 PM



**Life Span Center
11021 E. CR. 800 N.**

**FOR ADDITIONAL
INFORMATION**



(217) 549-9045



lisab@hourhouserecovery.org

Recovery
is possible!

East Central Illinois ROSC

Funded in whole or in part by the Illinois Department of Human Services, Division of Behavioral
Health and Recovery



COPING SKILLS

AUGUST 2025

LET'S TALK ABOUT IT

Struggle with coping skills?
Let's discuss them and how to use them.



MEETING TIMES AND LOCATION:
2ND WEDNESDAY OF THE MONTH 3-4PM@
MATTOON LIBRARY
3RD WEDNESDAY OF THE MONTH 3-4PM@CHARLESTON
LIBRARY

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF
BEHAVIORAL HEALTH AND RECOVERY



Please bring a picture in remembrance or email a picture to Lisab@hourhouserecovery.org and it will be printed off for you.

Candlelight Vigil

For Overdose Awareness Month

Let's light the night with memories and love as we honor and remember those who have lost their lives to overdose.

When

7:00pm - 8:00pm
Saturday 30th August 2025

Where

Kiwanis Park
199 Harrison Ave
Charleston IL 61920

For any questions, please contact

Lisa Blackwell

Lisab@hourhouserecovery.org

217-549-9045

Funded in whole or in part by the Illinois Department of Human Services,
Division of Behavioral Health and Recovery.



September is Recovery Month

Help raise awareness by turning our town purple all month long!

LIGHT UP THE TOWN

- Porch lights, window lights, building spotlights
- Join the glow and be a symbol of recovery and hope
- Community buildings & landmarks will be participating!



Paint the Town Purple!

- Decorate your home, business, or organization
- Paint your windows and sidewalks purple

Snap a photo and tag us:
[@colescountyrosc](https://www.instagram.com/colescountyrosc)



Reach out If you need
window paint or lights!



COLES COUNTY ROSC EVENT RESULTS

July Laundry Day Results

We were able to help 13 families (39 community members)!

We provided:

41 washes

37 dries

Distributed 6 boxes of life-saving Narcan!



Funded by the incredible support of our community!
Thank you, Community members!

Funded in whole or in part by the Illinois Department of Human Services,
Division of Behavioral Health and Recovery



(RECOVERY ORIENTED
SYSTEMS OF CARE)



SAFE COMMUNITIES START WITH HARM REDUCTION

**Know it. Carry
it. Use it. Save
a life.**

**CONTACT YOUR
LOCAL ROSC
COUNCIL FOR FREE**

TRAINING!

SCAN ME



RECOVERY COACHING NETWORK AT GSU

What Is Harm Reduction?

- Providing tools and education to reduce the risk of overdose, disease, and injury (like Narcan & Drug Test Strips).
- NARCAN CAUSES NO HARM WHEN INJUSTED! IT TEMPORARILY PREVENTS AN OPIOID OVERDOSE!

How to Get Involved?

- Visit a local DOPP site (short for Drug Overdose Prevention Program sites)
- DOPP sites are designated locations that distribute Narcan (naloxone) and provide education on overdose prevention.
- Carry Narcan for opioid overdoses.
- Join your local ROSC council.
- Schedule or attend a FREE ROSC Training.

Funded in whole or in part by the Illinois Department of Human Services, Division of Behavioral Health and Recovery.

FREE HARM REDUCTION RESOURCES IN COLES COUNTY

COLES COUNTY ROSC COUNCIL IS OFFERING SEVERAL FREE VITAL RESOURCES TO HELP MANAGE AND PREVENT OPIOID AND DRUG OVERDOSES. HERE'S A QUICK OVERVIEW OF SOME OF WHAT IS AVAILABLE.

XYLAZINE TEST STRIPS (XTS)

XYLAZINE IS A VETERINARY TRANQUILIZER THAT HAS BEEN FOUND IN SOME ILLICIT DRUG SUPPLIES. PEOPLE OFTEN USE XYLAZINE WITHOUT KNOWING IT WHEN IT IS ADDED TO OTHER DRUGS.

XYLAZINE TESTING STRIPS CAN HELP DETECT THE PRESENCE OF THIS SUBSTANCE IN OTHER DRUGS.

FENTANYL TEST STRIPS (FTS)

FENTANYL IS A SYNTHETIC OPIOID RESPONSIBLE FOR OVER HALF OF OVERDOSE DEATHS IN ILLINOIS.

FENTANYL TESTING STRIPS CAN HELP DETECT THE PRESENCE OF THIS SUBSTANCE IN OTHER DRUGS.

NARCAN (NALOXONE)- NASAL SPRAY

NARCAN IS A MEDICATION USED TO BLOCK OR REVERSE THE EFFECTS OF AN OPIOID OVERDOSE. IT WORKS ON OPIOIDS SUCH AS HEROIN, FENTANYL AND PRESCRIPTION PAINKILLERS (E.G. OXYCONTIN® OR PERCOCET®).

NARCAN CAN BE ADMINISTERED AS A NASAL SPRAY. IT IS SIMPLE TO USE

IF YOU OR YOUR AGENCY WOULD LIKE ADDITIONAL TRAINING ON HOW TO USE NARCAN, PLEASE CONTACT THE DOUGLAS ROSC COORDINATOR AT LISAB@HOURHOUSERECOVERY.ORG.

DETERRA® DRUG DEACTIVATION DISPOSAL SYSTEM

THIS IS A SAFE WAY TO DISPOSE OF UNUSED, UNWANTED, OR EXPIRED MEDICATIONS. THE SYSTEM INVOLVES PLACING THE MEDICATIONS INTO A POUCH WITH WATER, WHICH DESTROYS THE DRUGS AND MAKES DISPOSAL SAFE.

HOW TO USE IT: SIMPLY ADD WATER TO THE POUCH CONTAINING THE MEDICATIONS, SEAL IT, THEN DISPOSE OF IT IN YOUR HOUSEHOLD TRASH.

EMERGENCY AND LEGAL INFORMATION

GOOD SAMARITAN LAW: THIS LAW PROTECTS INDIVIDUALS WHO SEEK EMERGENCY HELP FOR SOMEONE EXPERIENCING A DRUG OVERDOSE FROM BEING CHARGED WITH POSSESSION OF PARAPHERNALIA. NOTE THAT THIS PROTECTION DOES NOT COVER THE PERSON WHO OVERDOSED OR OTHER CRIMES COMMITTED AT THE SCENE.
ADDITIONAL INFORMATION

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING AN OVERDOSE, CALL 911 IMMEDIATELY FOR HELP.

BY UTILIZING THESE RESOURCES, YOU CAN CONTRIBUTE TO SAFER COMMUNITIES AND HELP PREVENT DRUG-RELATED OVERDOSES AND HARM.

DISTRIBUTION LOCATIONS ON PAGE 15-17

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF BEHAVIORAL HEALTH AND RECOVERY

DOPP Sites & Narcan Distribution: Coles County, IL

Additional harm reduction supplies may be available

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 Percocet®.



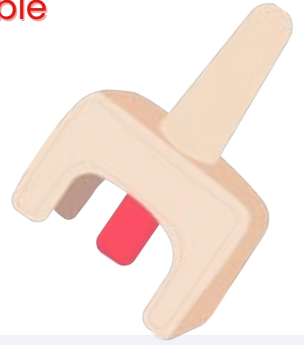
If you or your agency would like to receive additional training on using NARCAN, please get in touch with the Coles County ROSC at lisab@hourhouserecovery.org.

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.

DOPP Sites & Narcan Distribution: Coles County, IL

Additional harm reduction supplies may be available

Mattoon



- **C & C Kettlecorn, 700 Broadway Ave #18**
- **Central Roofing, 317 Dewitt Ave. E.**
- **Faith, Art, and Ink, 1402 Broadway Ave.**
- **Family Worship Center Mattoon, 5475 Lerna Rd.**
- **Farmers Grain Co. of Dorans, 6877 E Co Rd 1200 N**
- **First Presbyterian Church, 10 Charleston Ave.**
- **Homestead Church, 2220 Champaign Ave.**
- **House Brothers, 2009 Western Ave.**
- **Lakeland College Health Services, 5001 Lake Land Blvd. Room 512**
- **Lakeland College Workforce Development, 5001 Lake Land Blvd.**
- **Legacy Roofing, 1001 Dewitt Ave.**
- **Lifelinks, 750 Broadway Ave. East**
- **Mattoon American Legion, 1903 Maple Ave.**

- **Mattoon Chamber of Commerce, 500 Broadway Ave.**
- **Mattoon Eagles, 1917 Oak Ave.**
- **Mattoon Food Pantry, 600 Moultrie Ave.**
- **Mattoon Library, 1600 Charleston Ave.**
- **Mattoon Moose Lodge #803, 1212 Broadway Ave.**
- ***Mattoon Out Patient (Hour House), 416 N. 19th St.**
- **Milk and Honey Coffee House, 621 Charleston Ave.**
- **Pat's Lounge, 2019 Western Ave.**
- **Saunders Sweet Details, 2201 Lafayette Ave.**
- **Slumberland, 222 Broadway Ave. E.**
- **Spanky's, 1920 Oak Ave.**
- **The Breakroom, 1005 N 15th St.**
- **The Haven, 1812 Western Ave.**
- ***The Mission House, 2321 Prairie Ave.**
- **TJ's on Hair, 1000 Lake Land Blvd.**
- **United Christian Church, 200 Lafayette Ave.**
- **Wingman Ministries, 216 Essex Ave.**
- **Wishard's Fit to a Tee, 1320 Lafayette Ave.**
- **Mattoon Lake**
- **Lake Mattoon Marina, 1282 3600., Neoga, IL**

DOPP Sites & Narcan Distribution: Coles County, IL

Additional harm reduction supplies may be available

Charleston

- Axis Lion, 820 Lincoln Ave. Suite 4
- Casa Del Mar, 1410 4th St.
- Charleston Carnegie Library, 6th St. & Van Buren Ave.
- Charleston Elks Lodge, 720 6th St.
- Charleston Food Pantry, 990 W. State St.
- Charleston Moose Lodge, 615 7th St.
- Charleston Outpatient (Hour House), 635 Division St.
- Coles County Health Services, 845 18th St.
- EIU Police Department, 600 Lincoln Ave.
- EIU School of Extended Learning, 1920 9th St.
- Family Worship Center Charleston, 411 Jackson Ave.
- First Presbyterian Church, 311 7th St.
- Hour House, 635 Division St.
- Jackson Avenue Coffee, 708 Jackson Ave.
- Lefty's Holler, 727 7th St.
- Lifespan Center, 11021 E Co Rd 800 N
- Mack Moore Shoes, 305 W. Lincoln Ave.
- Mighty Jacks, 303 Lincoln Ave.
- Nola's Naturals, 422 Madison Ave.
- Praise Assembly of God, 1300 Osage Rd.
- Prevail Illinois, 825 18th St. Suite 409
- Standing Stone Community Center, 375 N. 14th St.

Gays, Ashmore, Lerna, Humbolt

Ashmore

- Down the Street, 107 W. Ashmore St.
- I&I Deli, 304 W. Ashmore St.

Lerna

- Newman Regional Library District

Gays

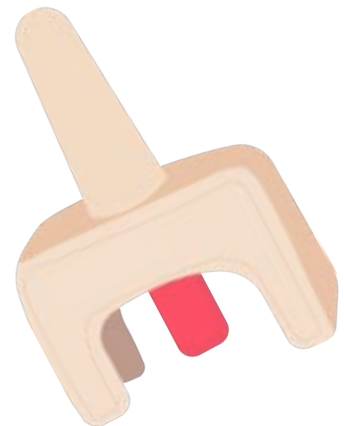
- Arthur Public Library District

Humboldt

- Pleasant Grove Baptist Church, 14447 Cooks Mills Rd.

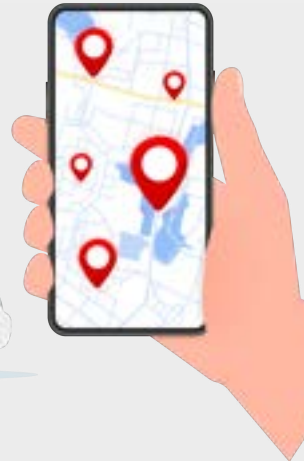
Okaland

- Atwood Area Food Pantry
- Atwood-Hammond Public Library
- Williams Cafe, 19442 Danville Rd.



Go anywhere with Uber 24/7 Transportation

SCAN
ME

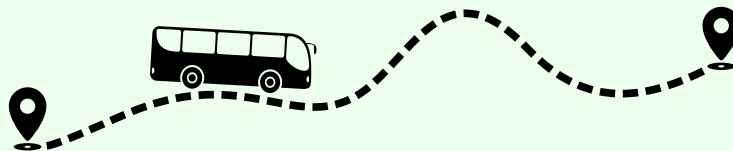


Dial-A-Ride

For all ages and abilities Rural

Public Transportation

1-800-500-5505



**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 COLES 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**

dialaridetransit.org

Grief Support

www.griefshare.org

www.grasphelp.org

www.compassionatefriends.org



LIFE LINKS

... your connection to mental health and wellness

Crisis Services
Toll free Crisis Line
1-866-567-2400
<https://www.lifelinesinc.org/>

WHAT IS THE DIFFERENCE BETWEEN THE HOTLINES?



988

Suicide Prevention & Mental Health Crisis Lifeline

Free, confidential and available 24/7/365



911

Medical & Public Safety Emergencies

Free and available 24/7/365



211/311

Resource Support Line (Housing, Food, Etc.)

311 is for Chicago and Cook County
211 is available in select Illinois counties
Free and available 24/7/365



1-866-359-7935

Illinois Warm Line

For non-emergency emotional support, recovery education, self-advocacy support and referrals

Free and available Mon-Sat, 8am-8pm



Local Mental Health/ Substance Use Hotlines

Non-emergency resource for individuals who need help finding behavioral health services

Various hours of operation

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

HOPE

OF EAST CENTRAL ILLINOIS

24 Hour tollfree crisis line
1-888-345-3990

<https://hope-eci.org>

Services include shelter, transitional housing, legal advocacy, counseling, referrals, a 24-hour crisis line, children's services and public education. All services are free and confidential.



Confidential hotline available 24/7
888-345-2846
www.prevailil.org

Offers free and confidential crisis intervention services, counseling, and advocacy for victims of sexual assault and their significant others.

Alcoholics Anonymous

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

Find A.A. Near You (North America)
| Alcoholics Anonymous

<http://www.aa-eci.org>
Phone: (217) 373-4200

Closed meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."



Narcotics Anonymous

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

<http://www.na.org>
+1 800.539-0457

Closed meetings are for N.A. members only, or for those who have a substance use issue and "have a desire to stop"



FREE PARENT SUPPORT GROUP

For families of adult children dealing with substance use disorder

Participants must be 18 or older.

Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

through education and peer-to-peer support

YOU ARE NOT ALONE

Supporting families dealing with the pain of an adult loved one suffering from addiction

"PAL brought back hope, sanity and purpose in our lives. We have learned to live again."
- PAL parent



Find a Meeting

TOPICS INCLUDE:

The addiction cycle • Enabling behaviors • Delayed emotional growth • Role of the family • Setting realistic boundaries • Emotional detachment • Financial strings • Steps of recovery • Recognizing relapse

www.palgroup.org • 602-512-1454 • info@palgroup.org

[f](#) @PALGivesHope [in](#) @PALGivesHope [X](#) @PALGivesHope [in](#)



CELEBRATE RECOVERY®

<https://celebraterecovery.com>

Celebrate Recovery is a safe place to find freedom from your hurts, hang-ups, and habits.

AREA SUPPORT MEETINGS

Sun

NA: 10:30 AM @ Journey Counseling, 121 W State St, Charleston
AA: 6:30 PM @ First Presbyterian Church, 311 7th St, Charleston

Mon

AA: 6 PM @ The Barn, 5679 Co Rd 1020 E, Mattoon
AA: 6 PM @ First Presbyterian Church, 311 7th St, Charleston
Spiritual Recovery: 7 PM @ New Mercy Worship Center, 1208 Moultrie Ave, Mattoon
Apostolic Center Church: 7 PM @ 205 N Country Rd, Mattoon

Tue

CR: 5:30 PM @ Family Worship Center, 5475 Lerna Rd Mattoon
NA: 7 PM @ First Presbyterian Church, 311 7th St, Charleston
AA: 6:30 PM @ IC Parish Center, 1801 Richmond Ave, Mattoon

Wed

NA: 11 AM & 7 PM @ First Presbyterian Church, 311 7th St, Charleston
AA: 12 PM @ Broadway Christian Church, 1205 S 9th St, Mattoon
AA: 6:30 PM @ New Hope Worship Center, 2175 Harrison Ave, Charleston

Thu

NA: 6:30 PM @ Immaculate Conception Church, 320 N 21st St, Mattoon
NA: 7 PM @ Online Zoom, Zoom Code: 593 291 3961
AA: 12 PM @ Jackson Avenue Coffee, 708 Jackson Ave, Charleston
AA: 7 PM @ First Church of God, 1225 Montgomery Ave, Charleston
Al-Anon: 7 PM @ First Presbyterian Church, 311 7th St, Charleston

Fri

AA: 10 AM @ Jackson Avenue Coffee, 708 Jackson Ave, Charleston
AA: 6:30 PM @ Destination Church, 1505 7th St, Charleston
AA: 8 PM @ First Presbyterian Church, 311 7th St, Charleston

Sat

NA: 10:30 AM @ New Hope Worship Center, 2175 E Harrison St, Charleston
AA: 10 AM @ Broadway Christian Church, 1205 S 9th St, Mattoon
AA: 10 AM @ Apostolic Church, 2055 Harrison Ave, Charleston
AA: 6:30 PM @ First Presbyterian Church, 311 7th St, Charleston
AA: 8 PM Fire Circle Meeting @ 211 Monroe Ave, Charleston

FOOD ASSISTANCE



Charleston

Charleston Area Churches Food Pantry
Open Mon, Wed, Fri 1:30 - 4 PM, Thu 5:30 - 7 PM
990 W State St, Charleston, IL
Serves Residents of Coles County

Standing Stone Community Center
Open Wed - Sat 9 AM - 2 PM
375 N 14th St, Charleston, IL
Serves Residents of Coles County

EIU Campus Food Pantry
Contact for Current Hours: (217) 581-3967
McAfee Gym, EIU, Charleston, IL
Serves EIU Students and Staff



EIU Newman Food Pantry
Newman Catholic Center
500 Roosevelt Ave., Charleston, IL
Contact for Current Hours (217) 348-0188

Soup Stop
2175 Harrison Ave., Charleston, IL
Mon-Fri 11 AM - 12:30 PM
Meal Site

Ashmore


Ashmore Food Pantry
Open first and third Saturday of the month
9 - 11 AM
212 N Oakland Rd, Ashmore, IL



Mattoon

Mattoon Community Food Center
Open Mon, Wed, Fri 1:30 - 3:30 PM, Thur 6 - 8 PM
600 Moultrie Ave, Mattoon, IL
Serves Residents of Coles County

Salvation Army of Coles County
Open Mon - Thur 9 AM - 3 PM
1300 Richmond Ave, Mattoon, IL
Serves Residents of Coles County




Catholic Charities (Blessings Food Pantry)
Open Tue - Fri 9 AM - 1 PM
4217 Dewitt Ave, Mattoon, IL
Serves Residents of Coles County

Lake Land College Pantry
M, W, F; 1:30 PM - 3:30 PM
5001 Lake Land Blvd, Mattoon, IL

Mattoon Community Food Center
M, W, F; 1:30 PM - 3:30 PM
600 Moultrie Ave.
Mattoon, IL



Haven
Mon - Sun: 12-1pm
6pm-7pm
1812 Western Ave, Mattoon, IL
Shelter & Meal Site




Eastern Illinois Foodbank's Foodmobile

Humboldt, Oakland, Ashmore,
and Lerna

Second Wednesday of each month

- Humboldt: Fire Department (400 Commercial St), 8:45 - 9:15 AM
- Oakland: Corner of W. Main St. & N. Walnut St, 10 - 10:30 AM
- Ashmore: Ashmore Community Center (211 S Illinois St), 11 - 11:30 AM
- Lerna: Corner of Main & 5th St, 12:30 - 1 PM



If you know of additional resources
please contact:

LISA BLACKWELL
COLES COUNTY ROSC COORDINATOR
LISAB@HOURHOUSERECOVERY.ORG

JASMINE GAST
COLES COUNTY ROSC NAVIGATOR
JASMINEG@HOURHOUSERECOVERY.ORG

For the most up to date information Visit
go.illinois.edu/EatMoveSave
Or
sarahbush.org/cord

