

GOLES COUNTY ROSC COUNCIL

OCTOBER

newsletter



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

2. Defining ROSC

3. ROSC Council meeting

4. Scare the Stigma Away

5. Love is Spooky

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15. Peer Support Group Resources

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)

Family and Parents

Businesses

Persons with
lived experience

Healthcare

Faith Based
Groups

Volunteer &
Civic Groups

Mental Health

Media

Substance Use
Treatment
Organizations

Law enforcement

State, Local, Tribal

Government

Youth-Serving
Organizations

Recovery
Supports

Judicial

Education &
Schools

Service
Providers

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:

Skylar Miller

Coles County ROSC Coordinator

SkylarK@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



Skylark@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

SCARE THE STIGMA AWAY

Stigma = a mark of shame or disgrace

Boo!



Recovery
is possible!
East Central Illinois ROSC

Words—whether written or verbally communicated—have the power to influence thoughts, behavior, and change.

WORDS MATTER!!



Don't Say:

- Addict
- Junkie
- Drunk



Say:

- Someone who uses
- Someone who misuses
- Someone with a substance use disorder

Almost 90% of individuals with substance use disorders and 35% with a serious mental illness don't get treatment. A large percentage is due to fear of shame.

Myth:

People choose to be addicted.

When we scare the stigma away and give room for acceptance, it allows others to talk about problems they or someone they know may be facing with addiction. Talking about it leads to getting help, which leads to recovery and healthy habits/lives.

Fact:

Addiction is a health condition, not a weakness.

LOVE IS SPOOKY BUT, YOUR BOO! SHOULD NOT BE!



2 OUT OF **3**

PARENTS WHOSE CHILDREN HAVE BEEN IN A DATING RELATIONSHIP SAY DATING VIOLENCE AND ABUSE HAS NOT BEEN A PROBLEM FOR THEIR TEENS.

1 IN 10

HIGH SCHOOL STUDENTS HAS BEEN HIT, SLAPPED, OR PHYSICALLY HURT BY A BOYFRIEND OR GIRLFRIEND

82%

OF PARENTS FEEL CONFIDENT THAT THEY COULD RECOGNIZE IF THEIR TEEN WAS EXPERIENCING DATING VIOLENCE, BUT MORE THAN HALF OF THESE PARENTS COULD NOT CORRECTLY IDENTIFY THE WARNING SIGNS



1 IN 5

GIRLS WHO HAVE BEEN IN A RELATIONSHIP SAID A PARTNER THREATENED VIOLENCE IF PRESENTED WITH A BREAKUP

1 IN 3

TEENS WHO WERE IN AN ABUSIVE RELATIONSHIP NEVER TOLD ANYONE ABOUT THE ABUSE



24 Hour Crisis Lines

National- 800-799-7233

IL- 877-863-6338

(877-TO END DV)

Recovery
is possible!

East Central Illinois ROSC

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

Go Red for
**RED
RIBBON
WEEK**



**October 23-31
Red Ribbon
Week**

The nation's oldest
and largest drug use
prevention awareness
program.

**Show Your Support:
Light up buildings,
landmarks,
businesses,
and bridges in red
during
the week of
October 23-31**



**Go Red for Red
Ribbon
brings
awareness to
living a drug-
free life by
lighting up
buildings,
landmarks,
businesses, and
bridges in
red!**

**Post a photo on your social
media platforms and tag
#DEARedRibbon and
#GoRed4RedRibbon**



For more information and
to access the Red Ribbon
toolkit, visit

**[www.dea.gov/red
ribbon](http://www.dea.gov/redribbon)**



RED RIBBON WEEK, October 23-31

LIVING DRUG FREE

**RED
RIBBON
WEEK**

OCTOBER 23-31

www.dea.gov

Red Ribbon Week is the nation's oldest and largest drug use prevention awareness program. Red Ribbon Week started after the death of DEA Special Agent Enrique "Kiki" Camarena, who in 1985 was brutally tortured and murdered by drug traffickers he was investigating in Mexico.

After Kiki's death, people started wearing red

ribbons

to honor his sacrifice. Today, millions of people celebrate Red Ribbon Week by wearing red

ribbons,

participating in community drug use prevention events, and pledging to live drug-free lives.

dea.gov/redribbon

getsmartaboutdrugs.com

justthinktwice.com

campusdrugprevention.gov



Recovery
is possible!

East Central Illinois ROSC

(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 INGESTED! 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®.



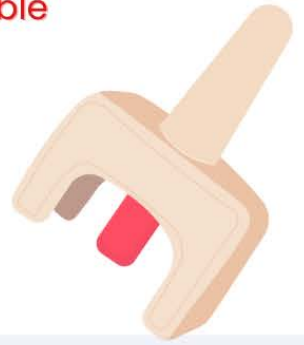
If you or your agency would like to receive additional training on using NARCAN, please get in touch with the Coles County ROSC at lisab@hourhouserecovery.org.

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

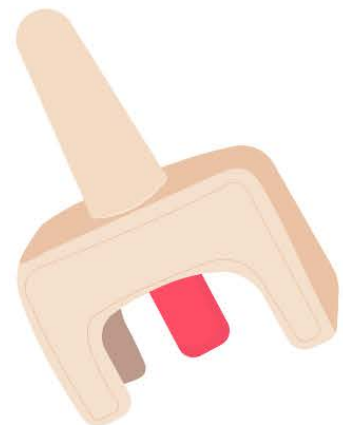
- Arthur Public Library District

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

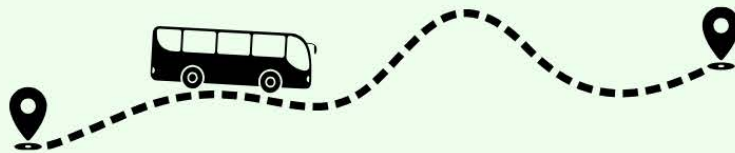


Dial-A-Ride

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.lifelinksinc.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 [t](#) @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:

SKYLAR MILLER
COLES COUNTY ROSC COORDINATOR
SKYLARK@HOURHOUSERECOVERY.ORG

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