

MOULTRIE COUNTY ROSC COUNCIL

NEWSLETTER

January 2026

Happy New Year!



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

JOSH FORBES ROSC Council Coordinator
JOSHF@HOURHOUSERECOVERY.ORG
217-549-7427

WHAT IS A 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.

UPCOMING EVENTS

JANUARY 2026 COUNCIL MEETING

01/06/2026

FREE LAUNDRY DAY

01/22/2026

LEARNING TO LOVE YOURSELF

02/20/2026

KANDIS MILLS ROSC COUNCIL RECOVERY

NAVIGATOR

KANDISM@HOURHOUSERECOVERY.ORG

217-549-7481



Join Moultrie County ROSC Council for our monthly meeting

Tuesday January 6th
3:30-4:30
2 W. Water st
Sullivan IL
61915

For Zoom link,
or more
information
contact
Josh Forbes
217-549-7427

joshf@hourhouserecovery.org
Moultrie County ROSC Council
Coordinator



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Coping Skills for Mental Wellness

TAKING CARE OF YOUR MENTAL HEALTH IS A DAILY PRACTICE. HERE ARE SIMPLE, EFFECTIVE WAYS TO SUPPORT YOUR WELL-BEING:

EMOTIONAL

- Practice deep breathing
- Journal your thoughts or feelings
- Use positive affirmations
- Allow yourself time to cry, rest, or pause
- Practice gratitude

PHYSICAL

- Take a walk or stretch for 10–20 minutes
- Drink water and eat nourishing foods
- Practice grounding (5-4-3-2-1 senses method)
- Clean or organize a small space
- Try progressive muscle relaxation

SOCIAL

- Reach out to a friend or support person
- Attend a recovery meeting or support group
- Set healthy boundaries
- Engage in a positive social activity
- Connect with a mentor, counselor, or peer support

MENTAL/SPIRITUAL

- Practice mindfulness or meditation
- Read something uplifting
- Spend time in nature
- Pray or reflect

CREATIVE

- Draw, paint, color, or craft
- Listen to or play music
- Write poetry, stories, or notes to yourself
- Try a new hobby



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FREE LAUNDRY DAYS

UPCOMING DATES IN MOULTRIE CO.

PRESENTED BY MOULTRIE COUNTY
ROSC Council AND OUR SPONSORS.



Note This is the 3rd Thursday, due to holiday.**

THURSDAY, DECEMBER 18
SULLIVAN WASH AND FOLD
809 W JACKSON ST.
SULLIVAN, IL 61951
9AM TO 12PM

Note This is the 3rd Thursday, due to holiday.**

THURSDAY, JANUARY 22
SULLIVAN WASH AND FOLD
809 W JACKSON ST.
SULLIVAN, IL 61951
9AM TO 12PM



*Sponsor
needed.*

THURSDAY, FEBRUARY 26
SULLIVAN WASH AND FOLD
809 W JACKSON ST.
SULLIVAN, IL 61951
9AM TO 12PM

THURSDAY, MARCH 27
SULLIVAN WASH AND FOLD
809 W JACKSON ST.
SULLIVAN, IL 61951
9AM TO 12PM

*Sponsor
needed.*

*We are
always
looking for
sponsors.*

**This event goes from 9am to 12pm or
until FUNDS RUN OUT. If you would like
to call ahead and see if funds are still
available, call 217-549-7427!**

IF YOU WOULD LIKE TO SPONSOR A FREE LAUNDRY DAY, CONTACT JOSH
FORBES AT JOSHF@HOURHOUSERECOVERY.ORG OR 217-549-7427.

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DIVISION OF BEHAVIORAL HEALTH AND RECOVERY.

*Recovery
is possible!*
Moultrie County ROSC

Learning to Love Yourself

A FREE EVENT OPEN TO THE PUBLIC
WITH CELEBRITY SPEAKER : SHAWN WOODS

Come join the Moultrie County ROSC Council and
DOVE Inc. on Friday, February 20th, 2026. We
will be at the mid-Illinois Senior Services Center in
Sullivan, IL.

FROM 3PM TO 5PM

FOR MORE INFORMATION CONTACT: JOSHF@HOURHOUSERECOVERY.ORG

DESIGN A VALENTINE
TO YOURSELF

Recovery
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 Dove, Inc.

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