

# MOULTRIE COUNTY ROSC COUNCIL NEWSLETTER

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January 2026

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Happy New Year!



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

## 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.

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## UPCOMING EVENTS

JANUARY 2026 COUNCIL MEETING

01/06/2026

FREE LAUNDRY DAY

01/22/2026

LEARNING TO LOVE YOURSELF

02/20/2026

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

**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](mailto:joshf@hourhouserecovery.org)

Moultrie County ROSC Council  
Coordinator

*Happy*



**Recovery**  
is possible!

Moultrie County ROSC

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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 3<sup>rd</sup> 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 3<sup>rd</sup> 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](mailto:JOSHF@HOURHOUSERECOVERY.ORG) OR 217-549-7427.

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# 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 20<sup>th</sup>, 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](mailto:JOSHF@HOURHOUSERECOVERY.ORG)

**DESIGN A VALENTINE  
TO YOURSELF**



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