

PATHS TO RECOVERY

Official Newsletter of the South-Central Illinois RCORP Consortium



CEAD Recovery Oriented System of Care Council

BY JANNA OVERSTREET

Recovery Oriented System of Care (ROSC) is a coordinated network of community-based services, supports, and persons with lived experience (PLE: person in recovery from Substance Use disorder) that is person-centered and builds on the strength and resiliency of individuals, families, and communities to achieve recovery and improved health, wellness, and quality of life.

The central focus of a ROSC Council is to create a "system of care", to effectively address the full range of substance use problems within communities. (Continued on page 3).



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My Dad and Recovery

BY NICOLE EISENRATH

My name is Nicole Elsenrath, I am the Substance Use Disorder Program Manager for SIHF. One of the driving forces behind my passion to work with individuals who are suffering from substance use disorder is the story of my dad. This month, my dad is celebrating 18 months of sobriety. For over 15 years, my dad was addicted to prescription painkillers after being prescribed them for relief after an accident at work.



Unfortunately, like so many others, this addiction evolved into using other opiates like Heroin and Fentanyl. The addiction had drained him physically, mentally, emotionally, and financially. My children did not know who he was because he was never stable enough to meet them and his marriage to my mom had ended. I felt like I had lost him already. In August of 2021, the Sheriff's department called at 1 AM to tell me my dad was found in a parking lot - he had overdosed.

Thankfully, medics arrived in time and treated him with Narcan, a medication used to reverse an opioid overdose. After this near fatal incident, my dad realized it was time to turn things around. He told me he was tired of living his life around his addiction and asked that I take him somewhere. My dad entered a hospital where he medically detoxed. After detox, he then successfully completed an 8-week chemical dependency program where he began taking Suboxone. Suboxone is a prescription medicine used to treat opioid addiction by decreasing the effects of physical dependency to opioids. After years of being absent from holidays, birthdays, and family gatherings, I finally have my dad back and my children now know their Papa. Suboxone has helped him regain control of his life.

"Recovery is possible, even in the worst cases. If you or someone you love is battling opioid addiction, talk to your doctor today about Suboxone and other treatment options."

NICOLE EISENRATH



New Programs

And practices



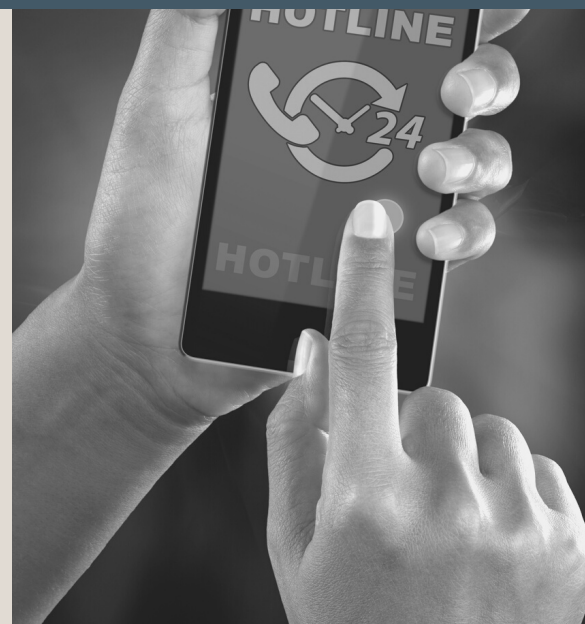
Mobile Units and MAR-NOW

MAR NOW takes advantage of COVID-induced changes to federal regulations that allow patients to begin treatment at home after an initial telephonic appointment with a provider or visit to a mobile outreach location. This expands access to opioid use disorder treatment by providing immediate, easy access to MAR: an individual can speak directly with a provider over the phone, immediately receive a prescription or same-day in-person appointment, and get transportation assistance to the pharmacy or clinic, all at the same time.

Hotlines

Medication-Assisted Recovery (MAR) connects patients/callers to immediate treatment for opioid use disorder. Treatment options include same day tele-health appointments, insurance enrollment, and immediate prescriptions for Buprenorphine. After the patient gets a prescription for Buprenorphine, MAR NOW advocates will refer patients to community-based care for ongoing treatment. MAR NOW can also refer patients to inpatient withdrawal services and residential treatment. MAR NOW can be accessed 24/7 using the Illinois Helpline for Opioids and other substances.

Call: 833-234-6343 for help



ROSCs

(Continued from page 1). ROSC Councils are comprised of individuals from throughout each Illinois county who represent agencies, systems, and individuals in recovery from substance use disorder. All individuals who are supportive of those seeking recovery are welcome to participate. These Council members work together to assess gaps in local resources and to find the resources through partnerships and program development so that individuals will have strong community support for their recovery journey.

The Hour House hosts ROSCs in 8 central Illinois counties including Clark, Coles, Cumberland, Douglas, Edgar, Effingham, Moultrie and Shelby.

Other counties throughout the state are also represented by ROSC Councils (Continued on page 4).

SOUTHERN CENTRAL ILLINOIS RCORP CONSORTIUM



FAQ: Is addiction really a disease? - John Crum/ATS

Conventional Wisdom- those truths that people feel to be true are often in conflict with what science can prove to be true. It seems logical if an individual chooses to drink then it also makes sense, they can make a choice to stop drinking. This is the essence of conventional wisdom. People believe this to be true because they have done this themselves. They tried and it worked for them.

However, according to the Substance Abuse and Mental Health Services Administration (SAMSHA), addiction is a chronic, relapsing disease in which the structure and function of the brain has changed, characterized by cravings, compulsions and continued use, despite the consequences.

According to Steadman's Medical Dictionary of Disease, a "disease" is an interruption, cessation, or disorder of a body, system, or organ structure or function. The conditions results "from various causes, such as infection, inflammation, environmental factors, or genetic defect and characterized by an identifiable group of signs, symptoms or both."

Approximately 90% of Americans over the age of 12 have some experience with alcohol. This means that over 139 million people are drinking alcohol at various times and various amounts. Of the people that drink approximately 40% have experienced an alcohol-related problem. This does not mean they have a diagnosable alcohol/substance use

disorder - consequently, we are not even in the disease category yet. Data suggests that only 3-8% women and 10-15% of men will develop sufficiently diagnose-able criteria be included in the category of alcohol use disorder.

Any effective treatment approach must address the definition of the AMA.

- Must have identifiable goals, and measurable outcomes to address the individualized treatment problem.
- Must have some component of education that explains why a patient has an addiction rather than making them feel guilty and remorseful.
- Must include health, legal, vocational and relationship issues related to their drug use.
- Must teach effective strategies to manage their lives.

Upcoming Events/Trainings

- Narcotics Anonymous Every Wednesday 6-7 PM (Closed Meeting) Atwood Hammond Public Library 123 N. Main Str., Atwood, IL
- March 28 1:30-2:30 PM Narcan Training at Camargo Township District Library in Villa Grove, IL
- March 29 4:00-5:00 PM Narcan Training at Atwood-Hammond Public Library in Atwood, IL
- March 30, 2023 1-2:30 PM Community Resiliency Model (CRM) for the Behavioral Health Workforce <https://mhttcnetwork.org/>
- April 11, 2023 Trivia Night at Betty Janes Kitchen in Paris, IL



Featured Event

Hour House/CEAD ROSC Council Meetings March 2023

One of the ways that ROSC Councils engage community stakeholders and persons with lived experience in a system of recovery by hosting monthly network council meetings.

House House hosts 6 different meetings which are open to the public. If you are affected by substance use in your community, you should join us.

- Coles County ROSC Meeting every 4th Monday at noon at the Honey Bee Café
- Clark/Cumberland County ROSC Meeting every 3rd Monday at 2 PM Greenup Public Library
- Douglas County ROSC Meeting 4th Wednesday 10 AM
- Edgar and Moultrie ROSC Meeting every 3rd Tuesday at 5:15 PM at the Paris Hospital Conference Room
- Effingham ROSC Meeting every 2nd Wednesday at 4 PM at the Effingham Public Library
- Moultrie/Shelby ROSC Meeting 1st Tuesday at 5 PM
- Further info: Email karenc@hourhourecovery.org