



SIDAC

Presents

**A Recovery Revolution in  
Southern Illinois**

Presenter

Mark Sanders, LCSW, CADAC

# Origin Story

- Origin Story
- The last 5 years (Where we have been)
- Recovery Highlights around the country
- A Recovery Revolution in Southern Illinois



# Origin Story



“Between 1997 to 2005, meth labs in a 5-county region in southern Illinois increased by 19, 0000 percent.”

- Southern Illinois Meth Awareness Conference



Southern Illinois Meth Awareness  
Conference Original Planning Committee

*Tom McNamara*  
*Jeff Watkins*  
*JR Moore*  
*Lisa Nagle*



*Jan Waller*  
*Michelle Hamilton*  
*Dona Howell*  
*Wendy Bailie*

# The Last 5 Years

## A Tsunami Struck

### Covid 19

- Increase in alcohol sales
- Increase in drug use
- Increase in relapse
- Increase in overdose
- Increase in traumatic stress disorders, which led to more drug use.



#1 NEW YORK TIMES BESTSELLER

# THE BODY KEEPS THE SCORE

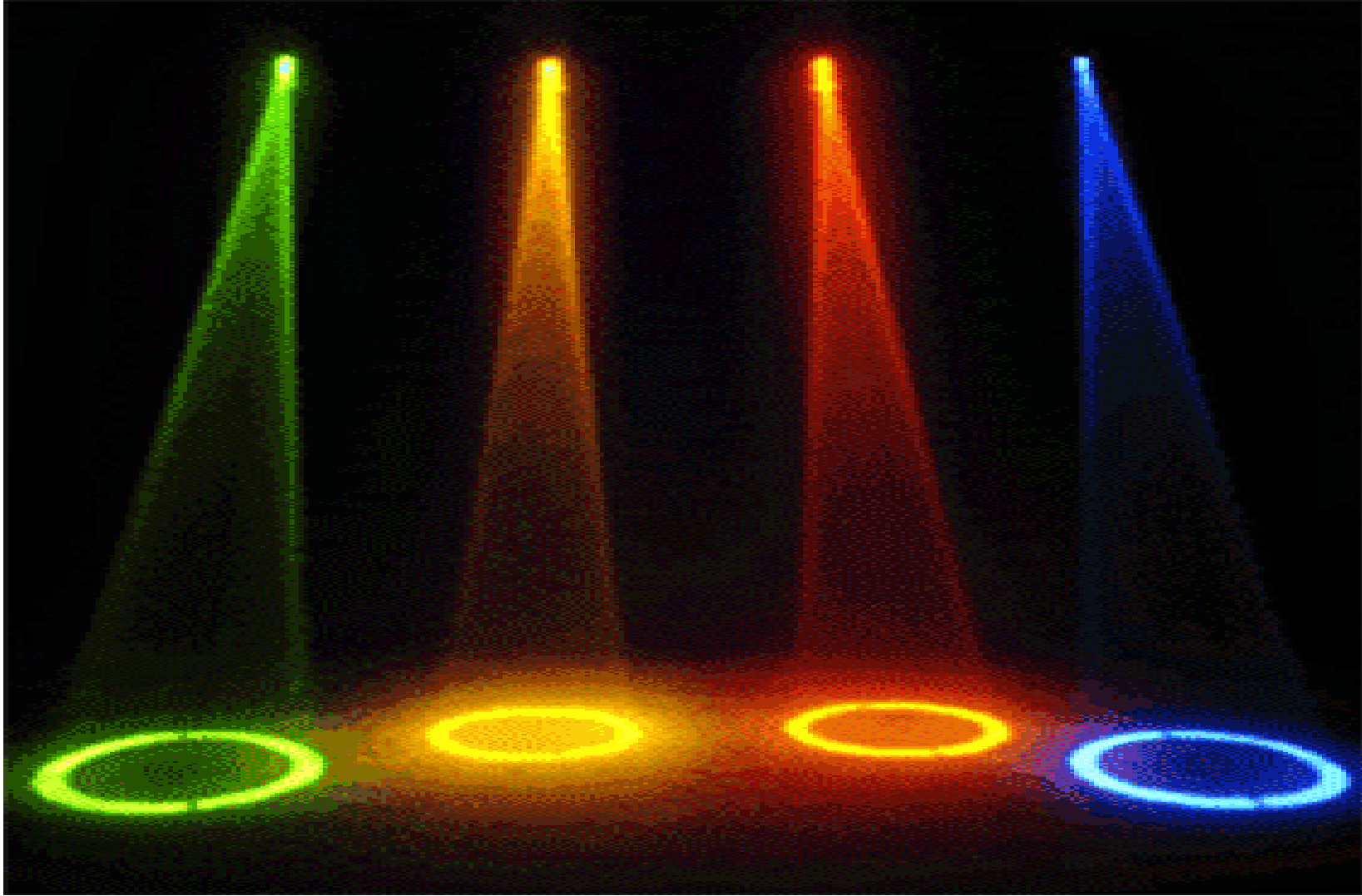
BRAIN, MIND, AND BODY  
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

WINNER OF THE 2014 NATIONAL ACADEMY OF PSYCHIATRY AND LITERATURE AWARD FOR BEST BOOK OF THE YEAR  
OF THE SCIENCE, THE ARTS, AND THE HUMANITIES AWARD FOR BEST BOOK OF THE YEAR  
OF THE "NEW YORK TIMES" BESTSELLER LIST







# Thriving in the Midst of a Storm

During the Blue Bubonic Plague, Sir Isaac Newton was quarantined in his home created calculus and discovered many of the laws of physics.

The past 5 years recovery related services have skyrocketed nationwide!

# Westside Heroin and Opioid Taskforce, a 2023 Winner of the SAMHSA Behavioral Health Equity Challenges



Congressman  
La Shawn Ford

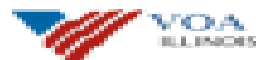
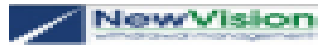
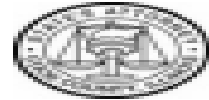
# Westside of Chicago

- Highest poverty rate in Chicago
- Highest homicide rate
- Highest unemployment
- Greatest numbers of incarcerated individuals return to 4 Westside zip codes
- Highest opioid overdose rate in Chicago



A thick yellow vertical bar is positioned on the left side of the slide, extending from the top to the bottom. It has a small horizontal gap near the top and bottom.

# Westside Heroin and Opioid Taskforce Partners



**X**  
**International Overdose Awareness Day**

**August 31, 2023**  
 11:00 a.m. - 1:00 p.m.  
 Lake & Laramie  
 Community Resource Event

**FREE CLOTHES + SHOES**  
**SERVICE PROVIDERS**  
**STATE IDS**  
**EMPLOYMENT ASSISTANCE**  
**HOUSING ASSISTANCE**  
**FREE FOOD + SNACKS**





Westside  
Heroin and  
Opioid  
Taskforce  
Partners

Recovery Coaches from the  
community

“History of methadone in Black  
communities.”



# Westside Opioid and Heroin Taskforce Continued the Night Ministry



# The Westside Heroin and Opioid Taskforce Partners Continued

- Thresholds Psychiatric Services
  - Jail programs
  - Outreach
  - Permanent Co-occurring Disorders Supportive Housing





# The Westside Heroin/Partners Opioid/Taskforce Continued

---

Above and Beyond

Creating a  
Welcoming  
Environment  
Substance Use  
Disorders  
Treatment on  
the Westside

Above And Beyond, Winner, NAADAC  
2020 Program of the Year

- The décor
- An inviting waiting room







# Creating a Welcoming Environment in Substance Use Disorders Treatment Continued

## The NAADAC 2020 Program of the Year

- Music
- Magazines
- Pictures of the walls
- Food
- The receptionist
- A tour
- Drop-in Center Model
- Interesting programming and vibrance!



# Westside Heroin and Opioid Taskforce Partners Continued

## CRCC – RCO on The Westside

- Recovery Coaching in Tent City
- Recovery Housing
- Recovery Marchs and rallies
- Recovery Olympics
- Jobs
- Community Clean-up
- Recovery Support groups



Westside  
Heroin/Opioid  
Taskforce Partners  
Continued

- Rush Hospital
- Mobile Recovery
- Chicago Recovery Alliance – Harm Reduction



# Westside Heroin And Opioid Taskforce Partners Continued

---

- National Alliance For The Empowerment of The Formerly Incarcerated.
- Reentry Support
- Recovery Support
- Employment Support
- Prison Sentence Expungement
- Advocacy





# Accomplishments (January, 2022)

- 2000 fewer EMS calls for overdose
- 3300 residents trained in Narcan distribution
- Decrease in overdose deaths
- Warm handoffs from street outreach to treatment and recovery
- Vans for MAR, first aid, vaccination

# Accomplishments Continued

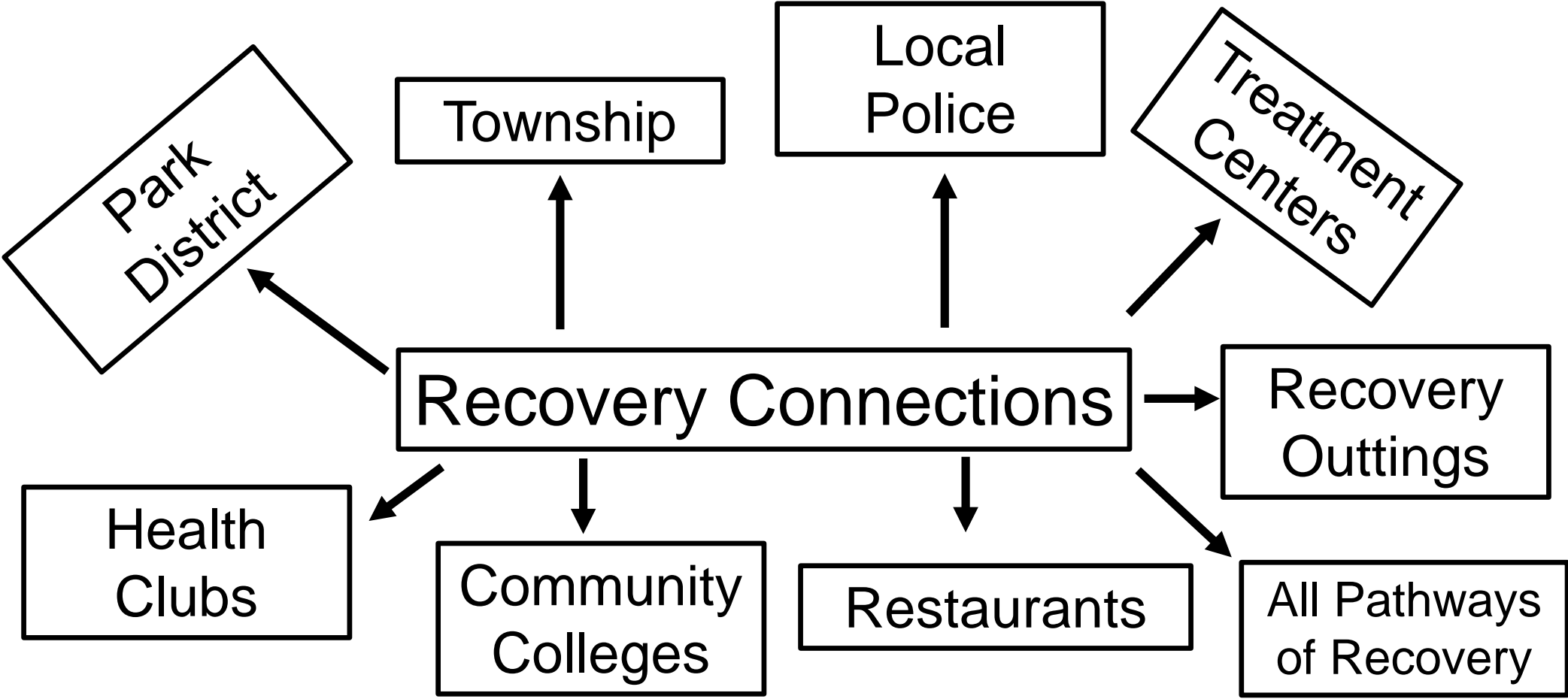
- Formed Fentanyl Workgroup
- Legislative Committee – HB 110 for overdose prevention
- Recovery Coaching and Narcan distribution in libraries
- Harm Reduction vending machines
- Pharmacy Surveys



# Increase in Peer Specialists

- Drug Courts
- Doulas
- Military
- Emergency Rooms
- Rural and Urban Communities
- Probation and parole
  
- “If we wait for people to hit rock bottom, they can outwait us.” William White, MA





# The Phoenix Midwest

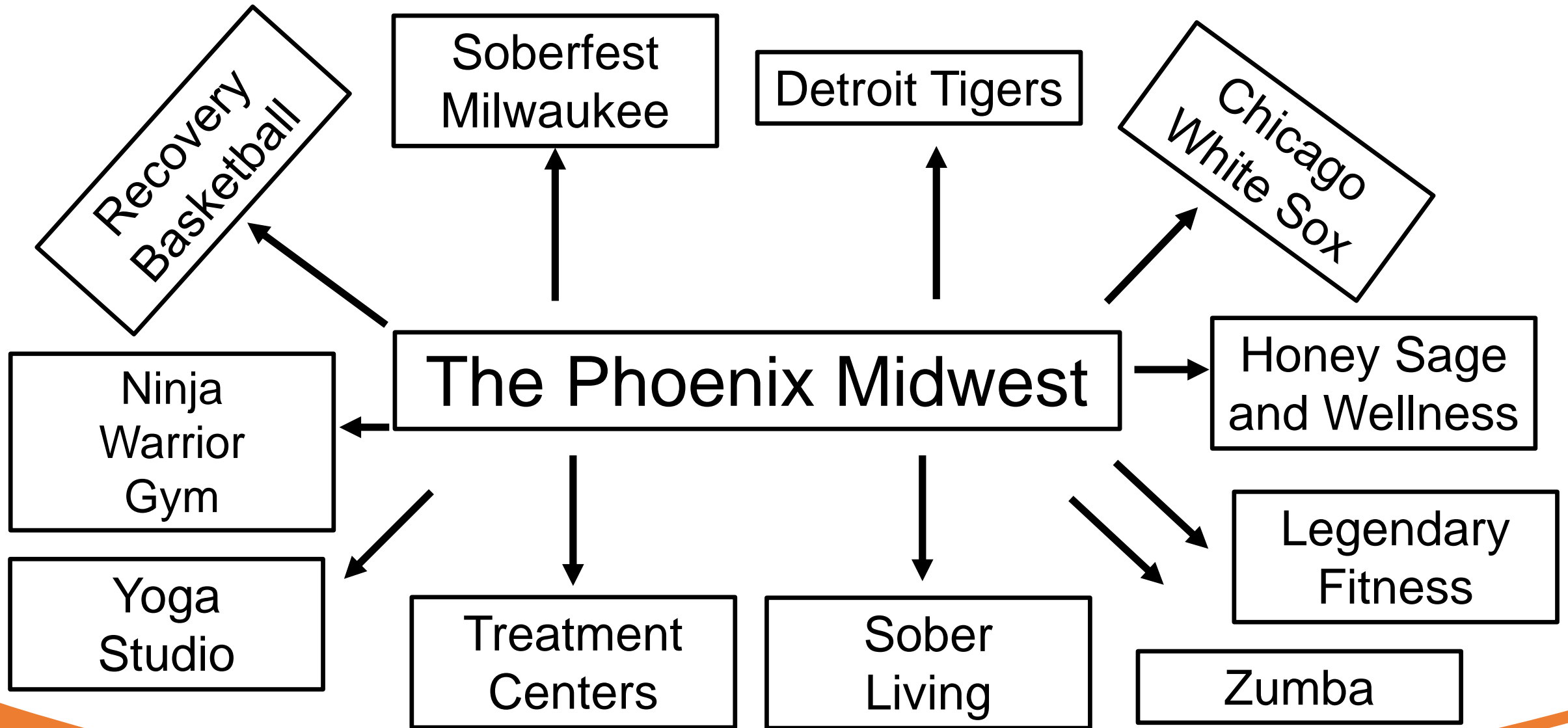
Mission

To Build Sober Active Communities

**Join the  
Movement**



**The Phoenix**



Recovery  
Revolution in  
Southern Illinois

New Certified Recovery Support  
Specialists (CRSS) Increase the  
Substance Use Disorders  
Workforce in Southern Illinois!





# Recovery Revolution in Southern Illinois

3rd Annual  
**WALK FOR RECOVERY**  
presented by Southern Illinois Recovery Network (SIRN)

**SATURDAY  
AUGUST 26**

Starts @ Williamson Co. Courthouse  
5:00pm- Registration  
5:45pm- Unity Walk  
Come out and enjoy stories, food & hope!

Free registration includes t-shirt & ice cream voucher. Donations are appreciated. All proceeds go to SIRN.

For more info:  
[recovery@takeactiontoday.net](mailto:recovery@takeactiontoday.net)

SCAN ME FOR EVENT DETAILS

## Take Action Today, an RCO in Southern Illinois



# Recovery Revolution in Southern Illinois

## Take Action Today, an RCO in Southern Illinois



# Recovery Revolution in Southern Illinois

## Take Action Today Continued

### Services

- Recovery Coaching
- Advocacy
- Training Peer Specialists
- Outreach to individuals transitioning from homelessness
- Drop in Centers
- Warming Centers
- Partnership with Jails
- Community Involvement



# Recovery Revolution in Southern Illinois

Take Action Today 2023 winner  
Benton/West City Chamber of  
Commerce Business of the Year



# AMARE, RCO in Madison County

## Services

- Helping to guide newer RCO's in the state
- Partnership with drug courts
- Recovery support.
- Family recovery support
- Recovery oriented theater
- Recovery Month Celebrations



**AMARE FAMILY CONNECTIONS**

Join Amare's Family Connections & Support Recovery Coaches as we dive into the world of addiction as experienced by family members.

**FREE!**  
9-WEEK SESSION  
Tuesdays at 6:30-8pm at RFM  
Class starts on March 5th  
\*Maximum capacity 15, so make sure to sign up quickly!

WEEK 1: DIFFERENT SUBSTANCES & THEIR EFFECTS

WEEK 2: SUPPORT GROUP OPTIONS

WEEK 3: RECOVERY JOURNEY OPTIONS (RECOVERY COACH LIVED EXPERIENCE)

WEEK 4: UNDERSTANDING FAMILY DYNAMICS

WEEK 5: CARING DETACHMENT SKILLS

WEEK 6: BOUNDARIES

WEEK 7: TRIGGERS & RELAPSE (MOTHER/DAUGHTER LIVED EXPERIENCE)

WEEK 8: SELF-CARE (GUEST SPEAKER FROM NAMI)

WEEK 9: COPING STRATEGIES (NARCAN TRAINING AND DISTRIBUTION)



**Main Office:**  
144 East Ferguson Ave.  
Wood River, IL 62095

Family Recovery  
Coaching/Support:  
618.331.6412  
jamstrong@amarenfp.org

WWW.AMARENFP.ORG



# AMARE, RCO in Madison County

## Rockin For Recovery

**BICKEL ELECTRIC, HEATING AND COOLING PRESENTS**

**AMARE'S  
ROCKIN' FOR  
RECOVERY**

**FEATURING**

**DESPERADO**  
TRIBUTE TO THE EAGLES

**FORTUNATE SON**  
TRIBUTE TO  
CREEDENCE CLEARWATER REV

**WITH SPECIAL GUESTS**

**HIDEOUS GENTLEMEN  
AND DRY CLEAN ONLY**

**HOSTED BY**  
**KATY KRUZ**

**SATURDAY  
SEPTEMBER 23**

**4-9:30PM AT  
BETHALTO  
CENTRAL PARK**

**FREE  
ADMISSION**

Source: River Bender

# AMARE Acquires Max Sports In Alton, Illinois



# ROSC Counsels in Southern Illinois

"When Spider webs are United, they can carry a lion."



African Proverb



# ROSC Councils Continued

- Lead agencies (Mobilization)
- Treatment centers
- Mental health facilities
- Other social service providers
- People in recovery (nothing about us without us)
- Formerly incarcerated
- Allies
- Families
- Faith based communities
- Business community
- Law enforcement
- Colleges and Universities



# ROSC Councils in the Southern Region

- Alexander County ROSC Council
- Bond County ROSC Council
- Take Action Coalition of Clinton County
- Franklin Williamson ROSC
- SI SUPRT
- Pope-Hardin County ROSC Council



# ROSC Councils in the Southern Region

- Perry-Jackson County ROSC Council
- Metro-East Recovery Council
- Massac County Drug Awareness Coalition ROSC Council
- Pulaski County ROSC County
- Healthy Community Alliance
- Union County ROSC Council



# Multiple Pathways of Recovery In Southern Illinois

- 12 Step Groups
- Smart Recovery
- Celebrate Recovery
- Refuge recovery
- Family recovery support
- Virtual Recovery





*That's all Folks!*

T

- Increase



# Accomplishments Continued

- Alexander



# ROSC

- Alexander

