



Good News! New Groups!



**I high-lighted this newly-forming dad's group in the last couple newsletters, however the response continues to be low. We are not giving up! We hope to hear from fathers who would like to assist in planning this group and getting it off the ground. This is a much-needed support system for fathers in our community.*

***Dad's Support Group** will encourage sharing our experiences and successes in being a Dad. Informal discussion, social activities, and teaching on relevant topics may all be part of the group. Other ideas are always welcome. A support group needs a commitment by several core people to plan and launch the group successfully. Are you interested in joining others to plan and launch a Dad's Support Group in the spring of 2018? If so, please connect with Tom Carlson (tacarlso@gmail.com).

Group Updates

*Charlene reports that **The 7-County Dialysis and Transplant support group** met December 5 at the Fresenius Dialysis Unit in Springfield. Char Shallow, NP and Dr. John Gill spoke on the Kidney / Heart Health. Excellent material was shared with time for questions and comments after.

In addition, eight dialysis and transplant patients and their families journeyed to The I Hotel and Conference Center in Champaign on December 2 for the National Kidney Foundation of Illinois conference. The keynote address was given by Jim McFarlin, well known in the Champaign area for his writings and blogs. The conference's offerings included breakout sessions on the Dialysis Diet, Maintaining Your Kidney Transplant, How to get Listed for Transplant and Stay Listed, Dealing with Diabetic Neuropathy, and Staying Active After Transplant. After lunch, participants greatly enjoyed a session on "Sharing Your Story" and ended the early afternoon with an interesting and informative "Ask Me Anything" panel of health care providers.

For more information about the Dialysis and Transplant support group or the Seven County Kidney Fund, please connect with Charlene Vollmer at (217) 891-2981 or by email at Charlene.vollmer@gmail.com.



Announcements and Events

*Whitney wants you to know that **The Champaign-Urbana Public Health District** announces that it has started a new coalition called the Partnership to Reduce Opiate Mortality and Promote Training (PROMPT) and is now offering Narcan Trainings. Naloxone (Narcan) is a life-saving drug administered to those experiencing an opioid overdose. According to the CDC, nearly 27,000 lives had been saved by Naloxone kits as of 2015. C-UPHD provides Naloxone training to community members in the East Central Illinois counties of Champaign, Dewitt, Piatt, Ford, Iroquois, Douglas, Clark, Cumberland, Coles, Vermilion, and Edgar. PROMPT's mission is to prevent opioid overdose deaths in the East Central Illinois Region through region-wide efforts to increase Naloxone awareness, access, education, training and deployment.

First responders, medical professionals, opioid users, and friends and family of opioid users are highly encouraged to receive training. This training is FREE and participants may receive FREE Narcan after they are trained. To schedule a group or individual training, please connect with Whitney Greger at (217) 531-2914 or by email at wgreger@c-uphd.org or Joe Trotter at (217) 531-5370 or by email at jtrotter@c-uphd.org.

***The East Central Illinois Area Agency on Aging (ECIAAA)** invites you to join a Conversation on Aging.

Have you or someone you know received a home delivered meal?

Received help with a Medicare Part D application?

Attended a support group for family caregivers?

Obtained legal assistance to deal with a public housing issue?

Community-based programs serve as a lifeline for older adults, caregivers, grandparents raising grandchildren and individuals with disabilities. State and federal funding for these services must be *preserved and increased*.

Your voice is vital and must be heard! Please join us for the Champaign County Conversation on Aging.

When: 2:00 p.m. – 4:00 p.m., Thursday, February 1, 2018

Where: Champaign Public Library, 200 W. Green Street, Champaign, IL

For more information, please connect with Susan C. Real, ECIAAA Executive Director at (309) 829-2065 or by email at sreal@eciaaa.org.

***Rosecrance Inc. is pleased to announce the execution of the merger agreement with Prairie Center,** effective January 1, 2018. “Substance abuse is impacting our nation and our region in dramatic numbers, with over 90 people dying every day in the United States from an opioid overdose, said Judge Jeffrey Ford. “Those numbers have nearly quadrupled since 1999, and heroin use in Champaign-Urbana alone more than doubled between 2007 and 2012.” “Residents of the Central Illinois region will benefit greatly with the expanded, integrated continuum of behavioral healthcare that Rosecrance will provide,” said Dr. Barry Ackerson, Chair of the Rosecrance Champaign-Urbana Community Board. Andrew Timms, president of the former Prairie Center Board of Directors, echoed the comments, “The Prairie Center Board has always felt their responsibility to clients and to staff. We feel fortunate indeed to have a committed, experienced and nationally recognized organization such as Rosecrance meeting the needs of our region.” This expansion of services will allow Rosecrance to provide substance abuse treatment services to even more people in the Central Illinois region. For more information, please connect with Allison Steines at (815) 387-5634 or by email at asteines@rosecrance.org

Community Needs Assessment Survey!

*Mark sends along that **The Champaign County Mental Health Board and the Champaign County Developmental Disabilities Board** are interested in hearing your opinion about mental health, substance use disorder, and intellectual and developmental disability services in Champaign County. How have you or a family member been helped? Or did you or a family member have a need that could not be met? We want to hear from you!

As a person with a mental health condition, substance use disorder, or intellectual or developmental disability, your experience with the local system of services is something we would like to hear about. As a family member, guardian, or friend of someone with a mental health condition, substance use disorder, or intellectual or developmental disability, your knowledge and experience with local services is also of interest to us. In addition, we are also interested in the opinions of providers, stakeholders, and other interested parties with knowledge and experience with local behavioral health or intellectual and developmental disabilities services. To better understand how the services and supports available in Champaign County are used, what is going well, and what should be improved, we invite you to complete a survey about your experiences. All responses are anonymous. No names or addresses are required to see or complete the survey.

Surveys are available now through January 31, 2018. To complete a survey, go to:

www.champaigncountysurvey.com

If you prefer to complete a paper copy or need other assistance with the survey, please contact the CCMHB/DDB at (217) 367-5703 or send an e-mail to survey@ccmhb.org

Your opinion matters! Let your voice be heard!

Send us your news!



We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming event or anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you'd like to share about your group.

Contact SHC Coordinator Lorelea Liss by phone at (217) 352-0099, ext. 115, or e-mail: lliss@familyservicecc.org

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This publication is made possible through a generous donation from

