# OCTOBER AWARENESS: STANDING STRONG TOGETHER

# National Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) began in 1987, with

Congress officially designating October as National Domestic

Violence Awareness Month in 1989.

October Has Been A Time To Acknowledge Domestic Violence Survivors And Be A Voice For Its Victims. Domestic Violence Is Prevalent In Every Community, And Affects All People Regardless Of Age, Socio-economic Status, Sexual Orientation, Gender, Race, Religion, Or Nationality. Physical Violence Is Often Accompanied By Emotionally Abusive And Controlling Behavior As Part Of A Much Larger, Systematic Pattern Of Dominance And Control. Domestic Violence Can Result In Physical Injury, Psychological Trauma, And Even Death. The Devastating Consequences Of Domestic Violence Can Cross Generations And Last A Lifetime. Although There Has Been Substantial Progress In Reducing Domestic Violence, An Average Of 20 People Is Physically Abused By Intimate Partners Every Minute. This Equates To More Than 10 Million Abuse Victims Annually. 1 In 3 Women And 1 In 4 Men Have Been Physically Abused By An Intimate Partner, And 1 In 5 Women And 1 In 7 Men Have Been Severely Physically Abused By An Intimate Partner. Millions Of Americans Live In Daily, Silent Fear Within Their Own Homes. In Addition, Every Year Millions Of Children Are Exposed To Domestic Violence. Domestic Violence Incidents Affect Every Person Within A Home And Can Have Long-lasting Negative Effects On Children's Emotional Well-being, And Social And Academic Functioning. The National Child Traumatic Stress Network (Nctsn) Has Compiled A List Of Helpful Resources For Parents And Caregivers, Children And Teens, Mental Health Providers, Child Welfare Workers, Law Enforcement Professionals, Educators And School Staff, And Policy Makers. Https://www.nctsn.org/resources/public-awareness/national-domestic-violence-awarenessmonth.

# **National Breast Cancer Awareness Month**

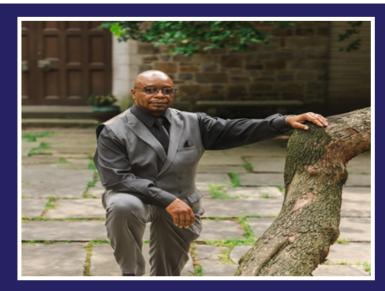
Breast Cancer Awareness Month Is An International Health Campaign Held Every October To Promote Early Detection And Reduce The Risk Of Breast Cancer—a Disease That Affects 2.3 Million Women And Thousands Of Men Worldwide Each Year. While Breast Cancer Is Much More Common In Women, Men Can Also Develop The Disease, Accounting For About 1% Of All Cases; In The U.S. Alone, An Estimated 2,800 Men Will Be Diagnosed This Year. Recognized By Its Signature Pink Theme, The Month Brings Together A Wide Range Of Initiatives, Including Educational Programs About Risk Factors, Fundraising For Research, And Support For Those Diagnosed With Breast Cancer, Including Individuals Living With Metastatic Disease.

The Campaign Encourages Women To Begin Regular Screenings With Mammograms At Age 40 Or Earlier, Depending On Personal Risk Factors Such As Family History Or Genetic Predisposition, And Urges Men To Be Aware Of Changes In Their Breast Tissue, Such As Lumps Or Nipple Changes, And To Seek Medical Advice Promptly If Symptoms Arise. Over The Past Four Decades, Increased Awareness And Advances In Screening And Treatment Have Contributed To A Significant Decline In Breast Cancer Mortality Rates, Saving Countless Lives. However, Disparities In Access To Care And Screening Remain, Making Continued Advocacy And Education Essential.

Https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month.

# Recovery Spotlight Medication-Assisted Treatment (MAT): A Proven Path to Recovery TEECH Commercials Airing November 3, 2025 Featuring Robert Bufford RC, CPRS, NCRS







# The Evidence Behind Medication-Assisted Treatment

Medication-assisted Treatment (MAT) Is An Evidence-based Approach That Combines Fda-approved Medications With Counseling And Behavioral Therapy To Treat Substance Use Disorders (Suds), Including Opioid, Alcohol, And Tobacco Use Disorders. Addiction Is Now Understood As A Chronic Brain Condition, Not A Moral Failing Or Lack Of Willpower. Mat Works By Helping To Stabilize The Physical Aspects Of Addiction—reducing Cravings, Easing Withdrawal Symptoms, And Rebalancing Brain Chemistry—so Individuals Can Fully Participate In Therapy, Build Supportive Relationships, And Restore Their Lives.

For Opioid Use Disorder (Oud), Commonly Used Medications Include Methadone, Buprenorphine, And Naltrexone, Which Are Prescribed Alongside Counseling And Behavioral Interventions. For Alcohol Use Disorder, Medications Such As Naltrexone, Acamprosate, And Disulfiram May Be Used, While Tobacco Use Disorder Can Be Treated With Options Like Bupropion, Varenicline, Or Nicotine Replacement Therapy. Mat Is Not Simply "Replacing One Drug With Another"; It Is A Comprehensive Recovery System That Provides Medical Oversight, Ongoing Support, And Long-term Care Tailored To Each Person's Needs.

# **How Effective Is MAT?**

- MAT Cuts Opioid-related Deaths By About 50% Compared With No Treatment.
- It Reduces Overdose Risk By **76% Within 3 Months** And **59% After 12 Months** Of Treatment.
- MAT Improves Retention In Recovery Programs, Meaning People Are More Likely To Stay Engaged In Treatment, And It Enhances Overall Mental And Physical Health.
- MAT Is Endorsed As The "Gold Standard" By Leading Organizations Such As Samhsa, CDC, And NIDA.
- Despite Its Proven Effectiveness, Only **1 In 4 Americans** Who Need MAT Actually Receive It, Highlighting A Significant Gap In Access To Care.
- For Alcohol Use Disorder, MAT Can Reduce Heavy Drinking Days By 25–30% And Overall Alcohol Consumption By 17–25%.
- MAT Is Associated With Improved Quality Of Life, Decreased Substance Use, And Better Social Functioning.

As Recovery Approaches Evolve, Tools Like MAT Are Vital For Supporting Individuals And Communities. Recovery Is Possible—with The Right Support, The Right Tools, And Hope.

"Recovery Is Possible—with The Right Support, The Right Tools, And Hope."

- Robert Bufford RC, CPRS, NCRS

To Learn More About Medication-assisted Treatment, Talk With Your Doctor Or A Certified Peer Recovery Specialist. You're Not Alone—and Every Step Forward Matters.

#### Sources:

CDC, SAMHSA, NIDA, American Addiction Centers, Sober Powered, ACI Rehab.

# FSSRI And It's About Change Recovery Home Launch Returning Citizens Alumni Initiative

FSSRI And It's About Change Recovery Home Launch Returning Citizens Alumni Initiative The Far Southside ROSC (FSSRI), In Partnership With It's About Change Recovery Home, Is Proud To Announce The Creation Of The Returning Citizens Alumni — A Powerful New Network Dedicated To Supporting, Uplifting, And Connecting Individuals Who Have Successfully Transitioned Back Into The Community After Incarceration.

This Initiative Was Developed To Ensure That Returning Citizens Not Only Have A Strong Foundation For Reentry But Also A Lasting Community Of Peers Who Understand The Journey. The Returning Citizens Alumni Will Serve As Both A Mentorship And Leadership Platform, Offering Continued Guidance, Encouragement, And Advocacy For Those Navigating The Challenges Of Reintegration.

In A Significant Step Forward, Law Enforcement Agencies And The Chicago Alternative Policing Strategy (CAPS) Have Agreed To Work Closely With Fssri To Promote Alternatives To Incarceration, Utilizing The Experience And Insight Of Alumni Members As A Guiding Resource. This Collaboration Represents A Shared Commitment To Restorative Approaches That Prioritize Rehabilitation, Accountability, And Community Wellness Over Punishment.

Through This Collective Effort, FSSRI And It's About Change Recovery Home Are Amplifying The Voices Of Those With Lived Experience — Empowering Alumni To Take On Leadership Roles, Influence Reentry Policies, And Help Shape Community-based Solutions. The Program Also Provides Opportunities For Ongoing Education, Workforce Development, And Civic Engagement, Reinforcing The Belief That Change, And Recovery Are Lifelong Processes Built On Connection And Compassion.

Together, FSSRI, It's About Change Recovery Home, Law Enforcement, And Caps Are Building A Stronger Network Of Hope And Resilience — One That Ensures Every Returning Citizen Is Seen, Supported, And Celebrated As They Continue Their Journey Toward Lasting Recovery, Reintegration, And Leadership In The Community.



# Call To Action: Stand with Our Neighbors This Holiday Season

This Holiday Season, Many Chicago Families Are Struggling. Recent Ice Actions And Interruptions
To The Link Food Assistance Program (Snap) Have Left Countless Households Uncertain About
Their Next Meal. But In Times Like These, Community Means Everything. Together, We Can Make
Sure No One Is Left Hungry, Afraid, Or Alone.

# Where To Get Help

- Greater Chicago Food Depository: SNAP/link Assistance And Food Help 773-247-3663
- 2-1-1 Metro Chicago: 24-hour Support For Food, Housing, And Utilities Dial 211 Or Text Your ZIP Code To 898-211
- Immigrant Support Hotline (ICIRR): Legal Help, ICE Reporting, Family Support 1-855-435-7693
- National Immigrant Justice Center: Free/low-cost Immigration Legal Services 312-660-1370

# **Upcoming Food Distribution Events**

- Kindness Company Nov 6, 2025, | 703 E 75th St, Bronzeville
- Bronzeville Fresh Foods Nov 8, 2025, | 2320 High St, Blue Island

## **Additional Local Resources**

- **St. Sabina Church** 11120 W 79th St | (773) 846-3018
- Catholic Charities 1120 W 79th St | (312) 655-7500
- Restoration Ministries Saturdays | 253 E 159th St, Harvey & 351 W 162nd St, South Holland
- New Life Covenant Church 7521 S Greenwood Ave | Food Assistance
- Salvation Army Call (312) 667-2204 (Free Coats)

# **How You Can Help**

- If You Need Help: Call One Of The Numbers Above Support Is Available.
- If You Can Help: Volunteer, Donate, Or Share These Resources.
- If You're Rebuilding: Remember That Your Peace, Freedom, And Future Are Worth Protecting.



"This Holiday Season, Let's Ensure That No One In Chicago Goes Unseen, Unfed, Or Unsupported."

# The Gift of Recovery: Embracing the Holidays with Hope

The Holiday Season Is Often Portrayed As A Time Of Joy, Togetherness, And Celebration. For Those On A Recovery Journey, However, This Time Of Year Can Bring Unique Challenges—memories, Emotions, And Old Patterns May Resurface, Making It Easy To Feel Vulnerable Or Overwhelmed. Research Shows That The Holidays, While Festive For Many, Are Marked By Heightened Stress, Anxiety, And Triggers For People In Recovery. Drugabuse.com+1 Yet Within These Challenging Moments Lies An Opportunity To Rediscover The True Gift Of Recovery: Hope.

Recovery Is Not Defined By The Medication We Take—or Don't Take—nor By How We Celebrate The Holidays. It's Defined By How We Show Up For Ourselves Each Day, By Choosing Honesty, Self-compassion, And Growth. Especially During The Holidays, It Becomes Clear That Recovery Is Not A Finish Line, But A Lifelong Gift—one You Offer Yourself, One Day At A Time. As One Mental-health Toolkit Advises: "Practice Self-acceptance ... Let Go Of The Need To Meet The Expectations Of Others." Psychology Today+1

This Season, It's Okay To Slow Down. It's Okay To Say No. It's Okay To Celebrate Quietly Or Differently. The Research Reminds Us That Setting Boundaries, Honoring Emotional Needs, And Recognizing When Social Traditions Don't Fit Are Critical Tools For Survival And Growth. Recovery Cove+1 Surround Yourself With People Who Respect Your Boundaries And Remember You Don't Have To Perform "Holiday Cheer" To Be Doing Well. Simply Being Present—grounded, Grateful, Honest—is More Than Enough.

If You're Transitioning Away From Medication-assisted Treatment (Mat) Or Navigating New Stages In Your Recovery Journey, Remember That Vulnerability Can Be A Sign Of Strength. The Holidays Can Bring Up Old Stories Tied To Substances, Traditions, Or Grief. Recognizing Those Feelings, Rather Than Suppressing Them, Is Part Of The Big Narrative Of Recovery Being Alive, Not Static—something That Grows With You. Scottsdale Recovery Center

You've Made It Through Harder Seasons. Let This One Be A Gentle Reminder That Hope Is Always Within Reach. Recovery Is Possible—with The Right Support, The Right Tools, The Courage To Keep Moving Forward. Every Step You Take Matters, And You Are Never Alone. There Are Strategies (Like Planning Ahead, Keeping Your Routine Stable, Reaching Out When Overwhelmed) That Have Helped Others Stay Steady In This Season. Muse Treatment Let This Time Be Not Just About Getting Through—but About Embracing The Gift You've Earned: The Gift Of Recovery, Of Hope, Of Self-renewal.

# A Holiday Message For Returning Citizens:

### **Protecting Your Peace And Freedom**

The Holidays Are A Time Of Light, Love, And New Beginnings. For Those Who've Recently Come Home, This Season Can Be Both Joyful And Challenging — A Reminder Of What's Been Lost, But Also Of What Can Still Be Built.

This Year, Let The Holidays Be A Celebration Of Your Second Chance — A Time To Focus On Peace, Purpose, And Progress.

# 1. Remember the Gift of Freedom

Freedom Is One Of The Greatest Gifts You'll Ever Receive. Protect It Like You Would Your Family Or Your Faith. When You Feel Tempted To Slip Back Into Old Ways, Pause And Think About Everything You've Overcome To Get Here.

Your Peace Is Priceless — Don't Trade It For Anything.

# 2. Surround Yourself with Positive People

The Holidays Can Bring Up Old Memories And Faces, But Not Everyone Belongs In Your New Story. Spend Time With Those Who Uplift You — Family, Friends, Mentors, Or Support Groups That Remind You Of Your Worth.

If You Can't Be With Family, Create Your Own — Through Community Dinners, Faith Groups, Or Reentry Circles.

# 3. Find Joy in Simple Things

You Don't Need Fancy Gifts Or Big Parties To Feel The Spirit Of The Season. A Warm Meal, A Good Conversation, A Peaceful Night — These Are Blessings Too.

Find Joy In Giving Back, Helping Others, Or Volunteering. Service Has A Way Of Healing The Heart.

# 4. Reflect, Don't Regret

The Holidays Can Stir Up Guilt, Sadness, Or Reminders Of The Past. But This Season Isn't About Who You Were — It's About Who You're Becoming.

Take Time To Reflect On Your Growth, Your Resilience, And Your Goals For The New Year. Every Small Step Forward Is A Victory

# 5. Keep Faith and Stay Focused

The New Year Is Coming — A Blank Page Waiting For Your Next Chapter. Stay Committed To Your Goals, Keep Faith In Your Journey, And Remember That Change Takes Time.

You've Already Proven Your Strength. Now, It's Time To Build A Future That Lasts

"This Holiday Season, Celebrate More Than The Lights And Gifts — Celebrate Your Freedom, Your Growth, And The Power Of Your Second Chance."

# **Collaborating for Community Readiness**

In A Powerful Display Of Unity And Purpose, **Kate's Detective Agency**, **Brighter Behavior Health**, **N' The Spirit/CRCC**, And **Transitional Training Services** Came Together To Participate In First Aid Mental Health Training, Hosted By **TEECH**. This Collaborative Effort Strengthened Our Collective Ability To Recognize And Respond To Mental Health Challenges Within Our Communities.

The Training Provided Vital Tools For Early Intervention, Crisis Response, And Compassionate Engagement — Skills That Are Essential As Mental Health Concerns Continue To Rise Across All Sectors Of Our City. Participants Gained Practical Strategies To Identify Warning Signs, De-escalate Stressful Situations, And Connect Individuals To Appropriate Care And Support Services.

By Learning Side By Side, We Are Building More Than Just Awareness; We Are Building A Network Of Care — One That Is Equipped, Informed, And United In Creating Safer, Healthier Spaces For Everyone We Serve. Together, We Are Turning Knowledge Into Action And Compassion Into Impact.



# **Training and Education Continue:**

# Coming Together At The In-person ROSC Meeting In Effingham, Illinois

Our Dedication To Professional Growth And Collaboration Continued As Providers Gathered For An In-person ROSC (Recovery-oriented System Of Care) Meeting In Effingham, Illinois. This Session Focused On Strengthening Provider Networks, Sharing Best Practices, And Expanding Our Collective Capacity To Deliver High-quality, Recovery-oriented Services Across The State.

Through Focused Training And Open Discussion, Participants Explored Innovative Approaches To Care Coordination, Community Outreach, And Service Integration — All Aimed At Improving Outcomes For Those We Serve. The Meeting Underscored The Importance Of Continuous Learning And Provider Collaboration In Building Stronger, More Responsive Systems Of Support.

Together, We Remain Committed To Advancing Recovery Through Education, Partnership, And The Shared Goal Of Creating A More Connected And Compassionate System Of Care.



# Resources





JOIN US BY VOLUNTEERING AND BEING THAT BRIDGE BETWEEN YOUR BLOCK, NEIGHBORS, COMMUNITY AND THE 18TH WARD SERVICE OFFICE BY DISTRIBUTING RESOURCEFUL INFORMATION.

IF YOU ARE INTERESTED, PLEASE VISIT OUR OFFICE AT: 8359 S. PULASKI ROAD CHICAGO, IL 60652 OR

CALL FOR MORE INFORMATION, PLEASE ASK FOR MARTHA (773-284-5057).

# Resources:







Meet with a Service Coordinator from Hope Manor I, a nonprofit housing program under VOA Illinois who offer a large variety of services to Veterans and Veteran Families

#### GET ASSISTANCE WITH

- HOUSING
- EMPLOYMENT READINESS
- CONNECTING TO VA RESOURCES

Date: September 8th & September 22nd

Time: 2 PM - 4:30 PM



Appointments available from 2-3:30 PM \*Walk-ins 3:30-4:30 PM

LAST Walk-in will be at 4:30 PM



To make an appointment, for any questions or concerns call Monika 773-785-1100









# NOW HIRING! Project Coordinator

#### CTA Red Line Extension

- Large design and construction project
- . 5.5-mile extension of CTA Red Line
- Will extend from 95<sup>th</sup> St. to 130<sup>th</sup> St.
- . Elevated train guideway and structure
- Four (4) new & modern transit stations
- At: 103rd, 111th, 130th, Michigan Ave.

#### About the Role

- · Provide administrative support
- · Facilitate & organize submittals
- · Track & manage project reviews
- · Record comments and revisions
- · Support civil/structural engineers
- Use communication/writing skills

#### **Position Highlights**

- · Help shape our local public transit
- · Health, dental, vision, 401k, PTO
- Full-time position, \$30 \$50/hr
- · Hybrid schedule 3 days onsite Loop
- · Excellent communication & org skills
- · Strong Excel, Word, PDF editor skills

#### More Info & Apply Here





♠ hemal.patel@10-4eng.com



Chicago Public Schools is

# Now Hiring Crossing Guards!

Are you looking for long-term, flexible, part-time employment with benefits?

#### Follow these steps to submit your application:

- Step 1: Click on "CPS Job Board" at the bottom of the page.
- Step 2: On the top of the next page, click on "Basic Search."
- Step 3: Type "Crossing Guard" into the "Keywords" field.
- Step 4: Click on the Crossing Guard job posting for the location where you want to apply, and follow the instructions to fill out the application.

Starting Pay Rate: \$16.00/ hour

Be a part of your school community while helping students in your neighborhood stay safe on their way to and from school.



All Crossing Guards are eligible for Medical, Dental, Vision, and Life Insurance through CPS.

If you have any questions or need more information, please contact crossingguard@cps.edu.

# **Emergency Help & Crisis Support**



When Safety Or Stability Is At Risk, Knowing Where To Turn Can Make All The Difference. The Following National And Local Hotlines Offer Immediate Assistance, Advocacy, And Confidential Support For Individuals And Families Experiencing Crisis, Violence, Or Distress. These Organizations Are Staffed By Trained Professionals Who Can Provide Guidance, Resources, And A Listening Ear — 24 Hours A Day, 7 Days A Week.

# **Emergency Assistance**



- Emergency (U.S.) Call 911 If You Are In Immediate Danger Or Need Urgent Medical Or Law Enforcement Help.
- National Domestic Violence Hotline 1-800-799-safe (7233) | Text Start To 88788 | Thehotline.org Confidential, 24/7 Support For Anyone Experiencing Or Witnessing Domestic Violence.

# **Support & Advocacy**



- Love Is Respect (Dating Abuse) 1-866-331-9474 | Text Loveis To 22522 | Loveis respect.org Empowering Teens And Young Adults To Recognize And Prevent Unhealthy Relationships.
- RAINN (Sexual Assault Hotline) 1-800-656-hope (4673) | Rainn.org

  Confidential Support And Access To Local Resources For Survivors Of Sexual Violence.
- Stronghearts Native Helpline 1-844-7native (762-8483) | Strongheartshelpline.org

  A Culturally Grounded Helpline For Native Americans Experiencing Domestic Or Sexual

# **LGBTQ+ Support**

- The Network/la Red 1-800-832-1901 | Tnlr.org

  Survivor-led Organization Offering Support For Lgbtq+, Kink, And Polyamorous Individuals

  Experiencing Abuse.
- Trans Lifeline 877–565–8860 | Translifeline.org

  Peer-run Crisis Line Providing Emotional And Financial Support For Transgender People.

# Local & Legal Resources



- State & Local Hotlines & Shelters Find your state coalition at nnedv.org/state-coalitions
  Connects you with local shelters, support centers, and advocacy programs.
- Legal Information & Protection Orders womenslaw.org
   Provides plain-language legal information and guidance for survivors seeking safety and justice.

# **Your Opinion Matters: Complete Our Survey**

Your Voice Is Essential In Helping Us Enhance Our Community. By Sharing Your Thoughts And Experiences, You Enable Us To Understand The Unique Needs And Aspirations Of Our Community Members. Together, We Can Create A More Vibrant, Inclusive, And Supportive Environment For Everyone. Please Take A Few Moments To Complete The Survey Below. Your Participation Is Greatly Appreciated And Will Contribute To The Continued Success Of Our Initiatives. Thank You For Your Time And Support!

# **English**

# Spanish



Scan me!



Scan me!





# **Upcoming Events Reminder**

As We Move Through The Month, We Want To Remind You Of The Exciting Events We Have Lined Up. These Events Are Designed To Engage, Educate, And Empower Our Community, Offering Valuable Opportunities To Connect, Gain New Skills, And Access Essential Resources. From Workshops And Training Sessions To Community Meetings And Outreach Programs, There's Something For Everyone.

Don't Miss Out On These Fantastic Opportunities To Get Involved And Make A Positive Impact. Be Sure To Check Your Emails And Our Social Media Channels For Updates And Details On Each Event. We Look Forward To Seeing You There And Working Together To Create A Stronger, More Connected Community.

# November 17, 2025 – Returning Citizens have a Voice

2253 E 103rd Street, Chicago II 60628 | 11:00 AM - 2:00 PM
END Permanent Punishments in partnership with FSSRI/ TEECH and TREAD and Metropolitan
Family Services.

# November 21, 2025 - Unhoused People Support Drive

Distribution On November 21 | To Donate, Call (224) 406-3798

A Community-wide Effort To Collect And Distribute Clothing, Blankets, Hygiene Items, And Nonperishable Goods To Those In Need.

# December 20, 2025 - Children's Winter Coat Drive

1750 W. 103rd Street | 10:00 A.M. - 2:00 P.M.

Help Keep Children And Families Warm This Winter By Donating Coats And Winter Apparel.

# Winter Wonderland Extravaganza – Date TBA

In Partnership With Brighter Behavior Choices, This Festive Celebration Will Bring Families Together For Fun Activities, Entertainment, And Community Resources — Celebrating Connection, Joy, And Care.

# BECOME A CERTIFIED RECOVERY CONGREGATION: Illinois Faith @ Recovery Collaborative

We Are Thrilled To Announce That The Mental Health And Recovery Community Now Supports Multiple Pathways To Recovery. Individuals, Their Families, And The Broader Community Can Choose Their Own Recovery Journey. Recognizing The Vital Role Of The Church, We Are Offering Training To Congregations To Become Recovery Certified Congregations, Equipping Them With The Tools To Support Those Seeking Services. We Have Made Progress And Certified Numerous Churches In The Chicagoland Area And Have More Who Have Requested To Become A Certified Recovery Congregation.

For Training And Resources To Become Certified, Please Contact Rev. Dr. Karen White At (224) 406-3798 Or [Drkwhite@teechfoundation.net] (Mailto:drkwhite@teechfoundation.net). All Training And Supplies Are Provided Free Of Charge.

# Special Eligibilities: Certified Recovery Congregations Qualify for

- Additional Training Opportunities
- Printed Materials And Resources
- Engagement In Advisory And Collaborative Groups
- Local Support Program Development Toolkits
- Technical Assistance And Support From The Center For Community Engagement

Join Us In Making A Positive Impact And Empowering Our Community! By Becoming A Certified Recovery Congregation, You Will Play A Crucial Role In Supporting Individuals On Their Recovery Journey, Providing Them With The Resources And Encouragement They Need To Succeed. Your Involvement Will Help Create A More Inclusive And Supportive Environment For Everyone, Fostering A Sense Of Unity And Collective Progress. Together, We Can Make A Lasting Difference And Build A Brighter Future For All.

Reminders: Help Is Here: The Illinois Helpline For Opioids And Other Substances Is Available To Provide Support And Resources For Those In Need. You Can Reach The Helpline By Calling 833-FINDHELP (833-234-6343) Or By Texting "HELP" To 833234. This Service Is Available 24/7, 365 Days A Year, And Is Completely Free Of Charge. Whether You Or Someone You Know Is Struggling With Substance Use, The Helpline Offers Confidential Assistance, Connecting You To The Necessary Resources And Support To Help You On Your Recovery Journey.

TEECH Remains Committed To Enhancing Community Safety By Continuing To Install Narcan Machines Throughout Our Communities These Machines Are Crucial In Preventing Opioid Overdoses And Saving Lives. Teech Remains Dedicated To Distributing Narcan And Hosting Training Sessions. If You Need Narcan Or Would Like To Attend A Training, Please Contact Teech (224) 406-3798.

## 988 Suicide & Crisis Lifeline

People Can Call, Text, Or Chat With The 988 Number To Be Connected To Counselors From The National Suicide Prevention Lifeline.

# **Emergency Response Services**

For Emergencies, Dial 911.

For Non-emergencies, Dial 211 Or 311.

# Inspirational Reflection For The Day: In A

World Where Challenges And Hardships Are Ever-present, The Power Of Empathy And Unity Cannot Be Overstated. By Coming Together As A Community, We Can Create A Supportive Environment Where Everyone Can Thrive. Whether It's Through Providing Resources, Offering A Helping Hand, Or Simply Listening To Someone's Story, Each Act Of Kindness Contributes To A Brighter Future For All.





# Call To Action: Act Now To Make A Difference Together: Overdoses, Addiction,

And Mental Health Challenges Are Pressing Issues That Affect Our Community Every Day. It's Time For Us To Come Together And Act. By Collaborating As A Community, We Can Provide The Support, Resources, And Care That Individuals Need To Overcome These Challenges And Lead Healthier, Happier Lives.

Join Us In Our Mission To Combat Overdoses, Support Those Struggling With Addiction, And Promote Mental Health Awareness. Whether Through Volunteering, Attending Training Sessions, Spreading Awareness, Or Simply Offering A Listening Ear, Every Effort Counts. Together, We Can Create A Supportive Environment Where Everyone Can Thrive.

Let's Work Hand In Hand To Build A Stronger, More Resilient Community. Your Involvement Is Crucial In Making A Lasting Impact. Reach Out Today And Be A Part Of The Change. Together, We Can Save Lives And Empower Our Community.

# **Empower Our Community With Your Support**

Urgent Appeal For Donations To The Teech Foundation: Help Us Continue Our Mission While Our Funding Is Secure For The Fiscal Year 2026, We Still Require Additional Support To Sustain Our Operations And Expand Our Reach. We Are Making An Urgent Appeal To Our Community For Donations To Ensure The Continuation Of Our Vital Services. Your Generous Contributions Will Enable Us To Provide Essential Support And Resources To Those In Need, Allowing Us To Continue Our Mission Of Making A Positive Impact On The Lives Of Countless Individuals.

Every Donation, Regardless Of Size, Plays A Crucial Role In Helping Us Maintain Our Programs, Offer Critical Assistance, And Bring Hope To Those Who Rely On Our Services. Your Support Will Directly Impact Our Ability To Deliver High-quality Services, Develop New Initiatives, And Respond To Emerging Needs Within Our Community. Together, We Can Make A Significant Difference And Build A Stronger, More Compassionate Community. Your Support Is Not Only Appreciated But Essential For The Continuation Of Our Work. By Contributing To Our Cause, You Are Investing In The Well-being Of Our Community And Helping To Create A Brighter Future For All. We Invite You To Visit Our Website To Make A Donation (Www.teechfoundationl.org) Or Use Zelle To Send Your Contribution [Drkwhite@teechfoundation.net] Or Mail Your Donation To Teech At 1750 W. 103rd St, Chicago, Illinois 60643. Your Generosity Will Enable Us To Continue Our Mission And Make A Lasting Impact On The Lives Of Those We Serve. Thank You For Standing With Us And For Your Unwavering Support. Together, We Can Achieve Great Things And Ensure That Our Community Thrives.

# **Thank You For Your Continued Support**

As We Move Forward, We Want To Express Our Heartfelt Gratitude For Your Unwavering Support. Your Involvement Is Not Just Appreciated; It Is Essential To Our Mission. Together, We Are Creating Lasting Change And Empowering The Next Generation. Let's Continue To Join Forces To Build Resilient Communities Where Everyone Can Thrive. Thank You For Being An Integral Part Of Our Journey.