

# ***August is Overdose Prevention Month***

TEECH and the Far South Side ROSC Council invite you to join us as we recognize Recovery Month with a day of community, connection, resources, and celebration.

📅 **September 19, 2026**

🕒 **10:00 a.m. – 3:00 p.m.**

📍 **1750 W. 103rd Street, Chicago, IL 60643**



Come connect with community partners, learn about available resources, and join us in recognizing the many pathways to recovery. Recovery is possible, and community makes a difference.

## ***We look forward to seeing you there!***

August is a time to raise awareness, reduce stigma, remember lives lost to overdose, and strengthen the prevention efforts that assist in keeping individuals, families, and communities safe.

Overdose Prevention Month reminds us that overdose can affect any community, and prevention requires compassion, education, access to life-saving resources, and a willingness to respond without judgment. International Overdose Awareness Day is observed on August 31 and calls communities to honor those who have died, support people in recovery, and share prevention strategies that can save lives.

At TEECH, overdose prevention is rooted in person-centered care. This means seeing each person as a whole person with strengths, dignity, culture, goals, family, community, and hope. It also means recognizing that substance use challenges, recovery, mental health, trauma, housing, employment, justice involvement, and access to care are often connected. When support is respectful and practical, people are more likely to ask for assistance, stay connected to services, and take steps toward safety and recovery.

Overdose prevention also means being prepared. Naloxone, also known as Narcan, can assist in reversing an opioid overdose when given in time and will not harm someone if opioids are not the cause. Knowing the signs of overdose, calling 911, giving Narcan when available, staying with the person, and sharing treatment and recovery resources are all actions that can protect life and reduce harm.

This August, we recommit to prevention, compassion, education, and action. Overdose prevention saves lives when communities reduce stigma, increase access to Narcan, connect people to support, and remind every person that recovery is possible.

Overdose prevention resources include CDC Overdose Prevention, HHS Overdose Prevention, International Overdose Awareness Day, and the Illinois Helpline for Opioids and Other Substances.

As we focus on overdose prevention this month, it is important to move from awareness to action. One of the most practical ways communities can respond is by understanding Narcan, knowing when and how it can help, and making sure life-saving information is easy to find and share.

## ***Narcan Access and Overdose Prevention***

TEECH is a registered Drug Overdose Prevention Program (DOPP), supporting overdose prevention education and access to Narcan/naloxone, a medication that can assist in reversing the effects of an opioid overdose when used quickly.

Through DOPP, TEECH promotes harm reduction, education, community safety, wellness, recovery, and safer communities. Contact TEECH for Narcan or overdose prevention information, trainings, and supplies.

## ***Narcan Facts: Overdose Prevention Saves Lives***

Narcan, also known as naloxone, is a life-saving medication used to reverse the effects of an opioid overdose when given in time. It works by temporarily blocking opioids from attaching to receptors in the brain, which can assist in restoring breathing when a person's breathing has slowed or stopped due to opioids such as fentanyl, heroin, or prescription pain medications.

- Naloxone can restore normal breathing within 2 to 3 minutes when breathing has slowed or stopped from an opioid overdose.
- More than one dose may be needed, especially when stronger opioids such as fentanyl are involved.
- Naloxone will not harm someone if opioids are not the cause, so it is recommended to use it if an overdose is suspected.
- Overdose deaths are declining, but prevention must continue. CDC reported a nearly 24% decline in predicted U.S. overdose deaths for the 12 months ending September 2024 compared with the prior year, and NCHS provisional data showed an additional almost 14% decrease in 2025 compared with 2024.

Recent national data show signs of progress. CDC reported about 87,000 predicted drug overdose deaths for the 12 months ending September 2024, down from about 114,000 the previous year. In 2025, CDC's National Center for Health Statistics estimated 69,973 overdose deaths, down from 81,313 in 2024. Public health experts note that this decline is likely connected to multiple efforts working together, including wider access to naloxone, more treatment options, better overdose data, community prevention programs, and changes in the drug supply.

# Signs of a Possible Opioid Overdose

- Unconsciousness or inability to wake up
- Slow, shallow, or stopped breathing
- Gurgling, choking, or snoring sounds
- Blue, gray, or pale lips, skin, or fingernails
- Small “pinpoint” pupils



If an overdose is suspected, call 911, give Narcan if available, try to keep the person awake and breathing, place the person on their side if they are unconscious, and stay with them until assistance arrives.

Overdose prevention is one part of community safety, and August has also reminded us that emergencies can come in many forms. As Illinois and Indiana communities respond to recent severe storms, tornadoes, power outages, flooding, and storm damage, TEECH extends care and concern to every family, neighbor, participant, and partner affected.

## ***Standing With Communities After Severe Storms and Tornadoes***

Recent severe weather moved across the Midwest, impacting parts of Illinois and Indiana with a powerful, long-lasting windstorm, confirmed tornadoes, damaging winds, heavy rain, flooding, downed trees, blocked roads, power outages, and damage to homes and neighborhoods. We were later informed that six tornadoes hit during the last storm system, increasing the scope of the impact felt across affected communities.

News reports described more than half a million customers losing power across the Chicago area and northwest Indiana, with some communities experiencing prolonged outages and some residents reporting they were without electricity for more than two weeks. The storms also produced hurricane-force wind gusts, including a reported 99-mph wind gust at Gary/Chicago International Airport, and recovery continued as utility crews, local officials, neighbors, and community partners worked to restore safety and stability.

- Families may be facing immediate needs, such as safe shelter, food replacement, transportation, cleanup supplies, medication access, and help staying connected to services.
- Prolonged power loss creates added hardship, especially when families must replace spoiled food, keep medications safe, charge phones and medical devices, find cooling, manage missed work or school, and stay connected while waiting for restoration.
- Community check-ins matter, because older adults, people with disabilities, families without reliable transportation, and individuals living alone may need extra support after severe weather.
- Trusted information helps reduce confusion, especially when residents are looking for cleanup guidance, emergency assistance, utility updates, local referrals, or emotional support.

# ***Storm Recovery Resources***

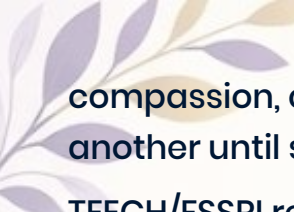
- TEECH/FSSRI community support: Contact TEECH/FSSRI for resource navigation, warm referrals, wellness check-ins, Narcan information, and help connecting individuals and families to trusted community supports during storm recovery.
- Food replacement after power outages: Illinois SNAP households may request replacement benefits when food is destroyed in a disaster or during a power outage of at least four hours; requests generally must be made within 10 calendar days of discovering the food loss.
- 211 Illinois / 2-1-1 Metro Chicago: Call 211 or text your ZIP code to 898-211 for help finding food, shelter, utility support, health care, cleanup assistance, cooling centers, and local referrals.
- Chicago 311: Call 311 for non-emergency city service needs, including downed trees, debris, flooding, blocked streets, and local service requests.
- Report storm damage: Illinois residents can use IEMA-OHS damage assessment resources to report non-emergency property damage and help emergency management understand community needs.
- Ready Illinois recovery guidance: Ready Illinois offers guidance for what to do after thunderstorms, tornadoes, flooding, power outages, and other disasters, including cleanup and safety reminders.
- Emotional support: Call or text 988 for 24/7 crisis and emotional support if storm-related stress, loss, displacement, or recovery feels overwhelming.

## ***Safety and Recovery Reminders***

- Stay away from downed power lines, damaged trees, flooded roads, and buildings that may have structural damage.
- Never drive through flooded streets or standing water; turn around and find another route.
- Use generators outdoors only and away from windows, doors, and vents to reduce carbon monoxide risk.
- Document damage with photos before cleanup when it is safe to do so, and contact insurance, landlords, or local officials as needed.
- During future tornado warnings, move to a basement or small interior room on the lowest level, away from windows, and protect your head and neck.

Beyond safety and cleanup, the storms also showed the importance of community care, practical support, and staying connected after a crisis.

In the aftermath, the strength of the community has been seen in the way people have come together—neighbors checking on neighbors, families sharing information, volunteers helping clear debris, and local partners working to identify urgent needs. Even when storms leave behind damage, uncertainty, and disruption, the response of communities coming together reminds us that recovery is not carried by one person or one organization alone. It is built through



compassion, coordination, shared resources, and the willingness to stand beside one another until stability is restored.

TEECH/FSSRI remains committed to walking alongside affected individuals and families by sharing information, helping identify needs, connecting people to resources, and offering support that is respectful, practical, and community centered.

## ***Moving Forward with Purpose: August Graduate Recognition***

A Moment to Pause, Recognize the Work, and Look Ahead

This month, TEECH takes a moment to recognize the individuals who continued to show up, meet expectations, complete requirements, and take important steps toward greater stability. This acknowledgement is important because progress should not go unseen. For many participants, graduation represents more than completing a program; it represents commitment, courage, consistency, and the decision to keep moving forward even when life presents barriers, responsibilities, and challenges that require patience, discipline, and support.

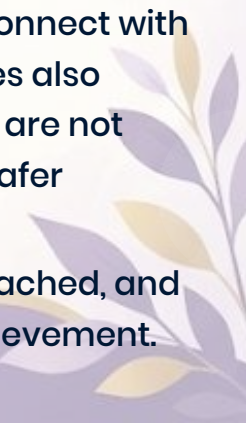
TEECH acknowledges graduates because every completed requirement, class, appointment, goal, and expectation reflects real work. These accomplishments deserve to be named because they show that change is possible when people are given structure, support, opportunity, and encouragement. Recognition also helps affirm the dignity of each participant by reminding them that their effort matters, their progress is meaningful, and their next step forward is worth celebrating.

We recognize participants who completed TEECH's Recovery Support Services and Workforce Development programming while working through individualized goals, skill-building activities, employment preparation, life skills education, and program and community supervision expectations. Their progress reflects more than attendance or completion; it reflects accountability, consistency, personal responsibility, and a growing ability to use tools that support recovery, employment, family connection, and community reintegration.

At TEECH, we understand that progress often happens one decision, one appointment, one class, one conversation, and one completed goal at a time. These milestones matter because they help participants strengthen confidence, build practical skills, reconnect with purpose, and prepare for the next step in their journey. Acknowledging graduates also shows the community that recovery, workforce readiness, and reentry progress are not abstract ideas; they are lived achievements that can create stronger families, safer communities, and new possibilities for the future.

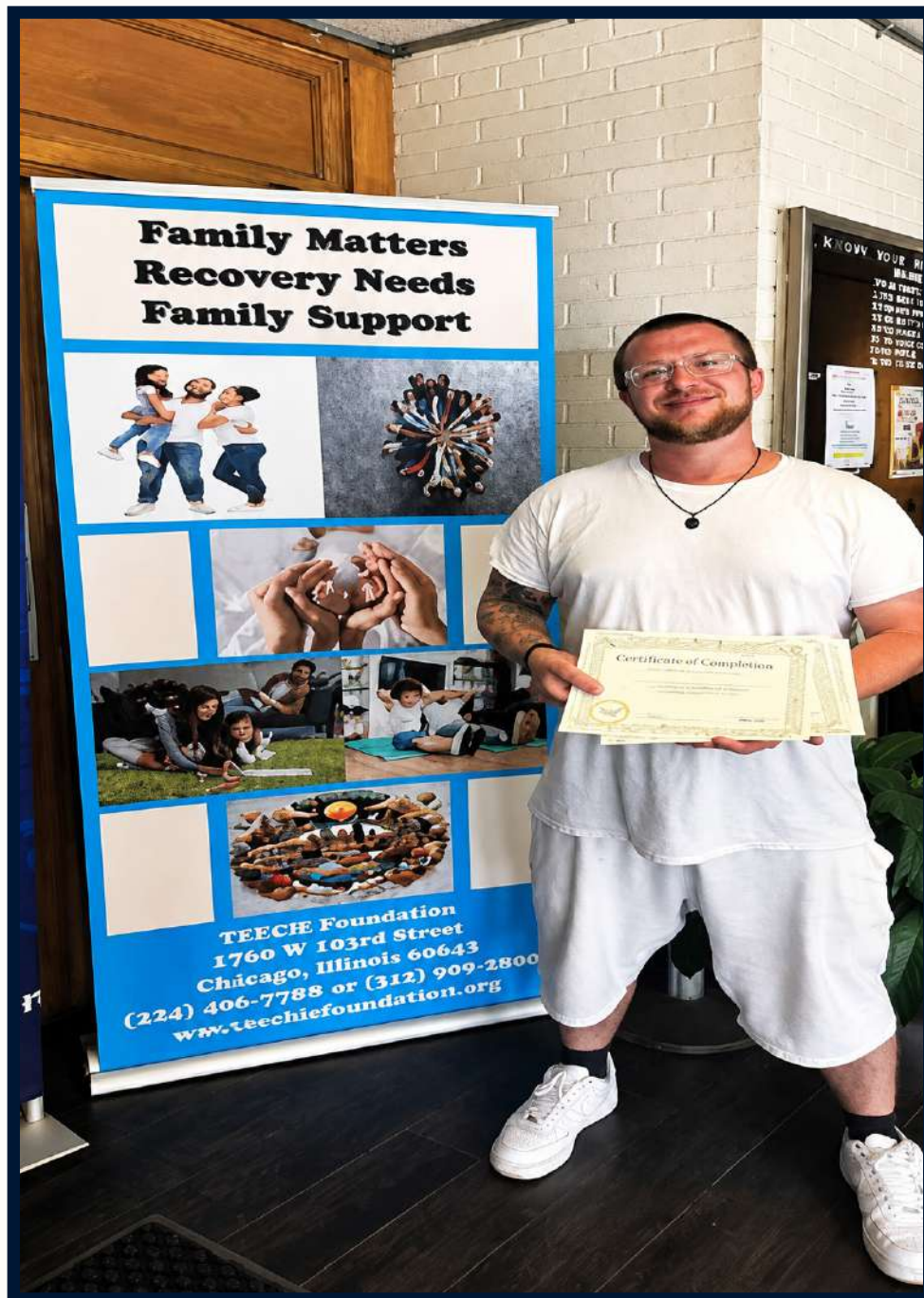
To our August graduates: we see the work you have done, the goals you have reached, and the next steps you are preparing to take. Congratulations on this important achievement.

May this



milestone remind you that your effort is recognized, your growth is valued, and your next chapter is worth pursuing with focus, courage, and hope. TEECH is proud to stand alongside you as you continue building a stronger foundation for yourself, your family, and your future.

## ***Joshua M***

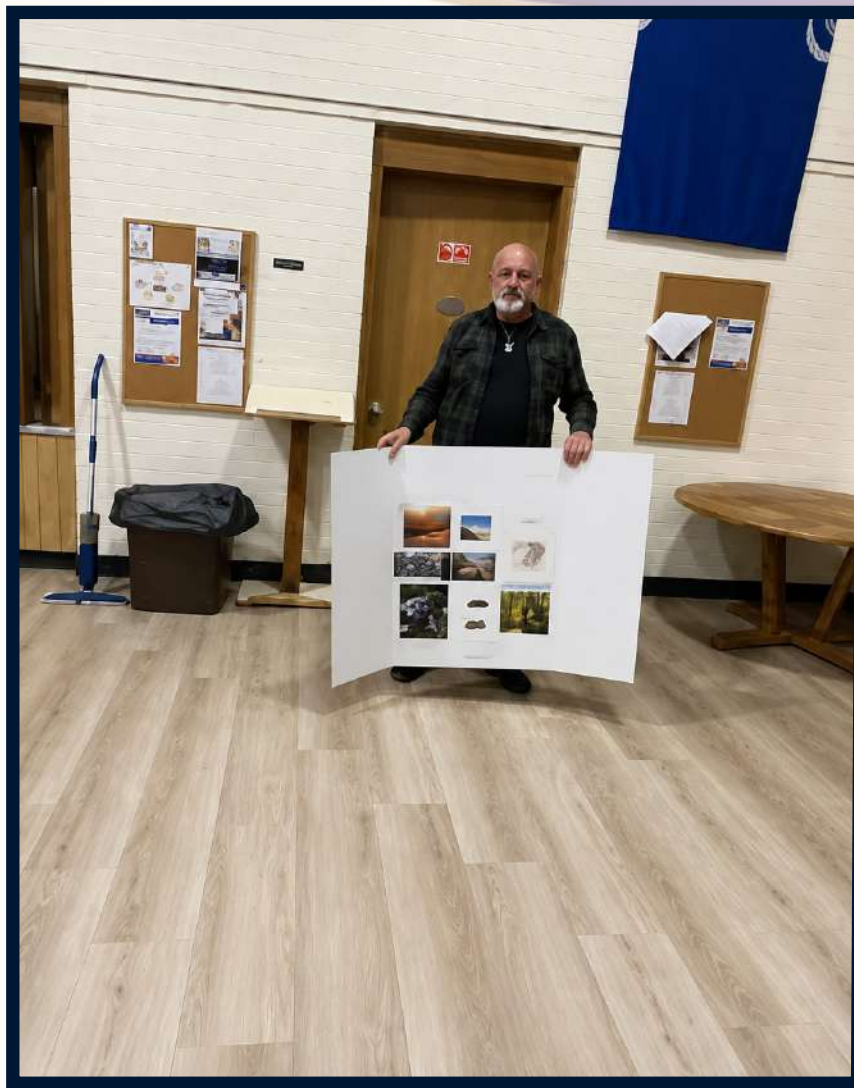


# *Turning Vision into Possibility*

Participants recently created vision boards as an opportunity to identify personal goals, explore future possibilities, and visually represent what they would like to accomplish. Through creativity and reflection, participants highlighted goals related to employment, education, wellness, family, financial stability, and personal growth. The activity encouraged participants to look beyond where they are today and focus on the steps, strengths, and opportunities that can move them toward the future they envision.







## ***Community Events and Collaboration***

TEECH's commitment to service extends beyond our programs and into the community. Throughout the month, our team participated in community events that created opportunities to strengthen relationships, build new partnerships, and stand alongside organizations that share a common goal of supporting individuals, families, and neighborhoods.

These events reflect the power of collaboration. When agencies, service providers, community leaders, advocates, and residents come together, we are better able to share resources, identify needs, reduce gaps in support, and create stronger pathways to care, recovery, employment, education, and long-term stability.

By showing up, connecting, and working together, we continue to build a stronger network of support for the people and communities we are honored to serve.

## Robbins Friends of the Park Back to School Event





## ***Community Talk Youth Creative Arts Prevention & Resource Fair***





# ***Gateway Foundation– Officially changed their name to Alpharus Care***





# ***Alliance Care 360 (Mobile Unit)– Time to Remember***



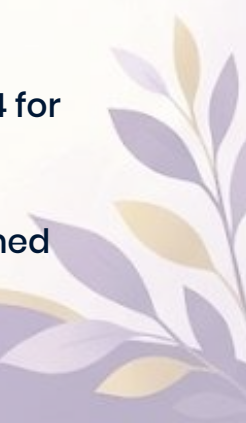


# **Community Resources and Support**

Use this quick-reference list to connect individuals, families, and community members to timely support for crisis care, housing, food, recovery, youth services, transportation, domestic violence support, and general community needs.

***Keep these numbers available and share them with anyone who may need support.***

Life-threatening emergency: call 911 immediately.

- 2-1-1 Metro Chicago / Illinois 211: Call 211 or text ZIP code to 898-211 for housing, food, utilities, employment, clothing, health care, and social services.
  - 311 Chicago City Services: Call 311 for non-emergency City services, referrals, and shelter requests.
  - 911 Emergency Services: Call 911 for life-threatening emergencies, fire, medical emergencies, overdose, or immediate danger.
  - 988 Suicide & Crisis Lifeline: Call/text 988 for 24/7 mental health, substance use, emotional, or suicidal crisis support.
  - CARES Line / SASS Youth Crisis: Call 1-800-345-9049 for Illinois children/youth mental or behavioral health crisis support, 24/7.
  - CCBYS Youth Crisis Services: Call 1-877-870-2663 for youth ages 11-17 who have run away, are locked out, homeless, or in family crisis.
  - CTA Customer Service: Call 1-888-YOUR-CTA (1-888-968-7282) for CTA service, accessibility, feedback, and travel assistance.
  - Greater Chicago Food Depository: Call 773-247-3663 for food pantries, groceries, meals, SNAP/Link help, and food support.
  - Illinois Domestic Violence Hotline: Call/text 877-863-6338 for 24/7 confidential support, safety planning, and referrals.
  - Illinois Helpline for Opioids/Substances: Call 833-234-6343 or text HELP to 833234 for treatment and recovery support.
  - Illinois Warm Line: Call 866-359-7953 for non-crisis emotional support from trained Wellness Support Specialists.
- 

- 
- Immediate Shelter Assistance: In Chicago, call 311 or 312-744-5000 and request emergency shelter assistance.
  - NAMI Chicago Helpline: Call 833-626-4244 for local mental health support, guidance, and referrals.
  - National Runaway Safeline: Call 1-800-RUNAWAY (1-800-786-2929) for 24/7 confidential youth safety support.
  - Pace Suburban Bus: Call 847-364-7223 for suburban bus routes, schedules, and customer support.
  - RTA Travel Information: Call 312-836-7000 for regional transit trip planning and travel information.
  - Youth Homelessness Drop-In Resources: Youth/young adults can call 311 for basic needs, housing, food, hygiene, mental health, education, and employment support.

## ***Call to Action: Move from Awareness to Action***

We encourage community partners and stakeholders to take an active role moving forward. Identify one service gap you can address, make one new community connection, share available resources with those you serve, and strengthen at least one partnership that can improve access to support. Take what you learn back to your organization, workplace, congregation, or neighborhood and put it into practice. Awareness is important, but measurable community impact begins with action.

## ***What You Should Know About Recovery***

- Checking in matters. A simple conversation can keep someone connected.
  - Small resources make a difference. Food, transportation, housing, and employment connections can reduce barriers.
- 

- Asking for assistance is a strength. Knowing where to turn can support stability and wellness.
- Community connection is important. Sharing resources and staying involved strengthens individuals, families, and neighborhoods.

## ***Recovery Fun Facts***

Doing something kind for someone else can boost your own mood too. A small act of kindness can create a positive ripple that reaches further than you may ever know.

Let us continue to show up, speak hope, share resources, and walk alongside individuals and families as they move toward healing, stability, wellness, and recovery. Every respectful conversation, every shared resource, and every act of encouragement can assist someone in taking the next step forward.

