

TEECH FOUNDATION

September Newsletter



September is Recovery Month

Drug addiction currently called substance use disorders is classified as a disease that affects the brain and behavior that leads to an inability to control the use of legal or illegal drugs and or medication. This also includes Nicotine, cannabis, and alcohol. (www.mayoclinic.org)



RECOVERY MONTH



- Among Americans aged 12 years and older, 37.309 million were current illegal drug users (used within the last 30 days) as of 2020.
- 13.5% of Americans 12 and over used drugs in the last month, a 3.8% increase year-over-year (YoY).
- 59.277 million or 21.4% of people 12 and over have used illegal drugs or misused prescription drugs within the last year.
- 138.543 million or 50.0% of people aged 12 and over have illicitly used drugs in their lifetime.
- Usership among people aged 12 and over is down 0.4% YoY.
- 138.522 million Americans 12 and over drink alcohol.
- 28.320 million or 20.4% of them have an alcohol use disorder.
- 57.277 million people use tobacco or nicotine products (vape).
- 25.4% of illegal drug users have a drug disorder.
- 24.7% of those with drug disorders have an opioid disorder; this includes prescription pain relievers or "pain killers" and heroin).
- <https://drugabusestatistics.org>



FIRST STEP OF RECOVERY

You must want to move forward and leave your addiction behind. It must be a commitment from you, and you alone.



National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

<https://www.samhsa.gov/recovery-month>

Recovery has changed throughout the years, the way it looks and presents itself. We are no longer attempting to dictate a person's recovery but walk alongside them and assist with creating specific, measurable, attainable, and realistic goals of their choice. We now understand that an affective recovery process allows those with substance use, or mental illness to have a voice in their recovery process. Therefore, these individuals are not stigmatized but treated with dignity and respect, allowing them to say when they are in recovery. This method has proven effective because we are seeing more individuals move into the phase of long-term recovery, along with the assistance of harm reduction. Individuals entering recovery are becoming younger and younger and we must identify with what do we do to assist them with finding their way.

MULTIPLE PATHWAYS TO RECOVERY HAVE PROVEN EFFECTIVE.

Multiple Pathways of Recovery is a highly personalized approach that is based on the core concepts of motivational interviewing. This approach focuses on strength building, individualized coping skills development, and providing resources. Helping the person find their own path increases “buy-in” tremendously and can produce a long-lasting remission”.

Recovery from addiction is a lifelong process and specific to the individual. Addictions to drugs or alcohol not only have different causes, but they also have different solutions. Many have tried to define and categorize the Addiction Recovery experience. Spiritual to secular, natural to treatment-assisted, abstinence-based to medication-assisted – these are just a few of the frameworks used to help an individual recover from addiction. These methods are each referred to as a pathway to Recovery.

www.7summitpathways.com



“It's the Process” says Kejuan Stafford

Kejuan said when I first started using drugs it was because I wanted to find something to cope with the pain from losing my brother, but with doing that it led me to jail. I was in and out of jail since the age of 12 and I am now 21. I used to not believe anything could happen to me and I did not think about how my actions was affecting others who love me. I used to always think about myself until I came into the TEECH program. They assisted me with my thinking and behavior which lead me to realize the value of my life and getting my life together. Since being in TEECH I have stopped using drugs and I have got my high school diploma, my social security card and now working on my identification card. I am no longer confused about what I want in life but understand its it a process that you must go through in life to reach your goals. I am also working on getting into the Employment and Training program with Creed of Chicago to continue my road of success. I then want to work at Dakota for a few years, then eventually work as a motivational speaker for the TEECH

Foundation.



"I AM READY" SAYS ERIC ROBERSON

Eric said I started smoking weed when I was 14 years of age, and I am now 28. I used the weed to balance life out when times got a little rough. Weed became my coping mechanism that assisted with my lifestyle. I began going and out of jail as a young kid, not thinking much about this because it was the way it was with my group of friends. I can say I never used any drugs harder than weed but I realize today that the weed was clouding my judgement. Since being in TEECH and not smoking weed I can honestly say I feel better, and am inspired to stay in recovery. I am not just recovering from drugs I am also recovering from a few life situations.

Being off weed my mind is clear and I can think better and when you think better you do better and all thanks to TEECH. I have changed in these past months; I am working on me and my goals. Getting my identification is huge for me something I never thought was important but now I see why I need certain things just to be recognized as a citizen. I am happy that I have some people who are willing to work with me without judgement and solution focused.



UMARC ANNUAL RECOVERY CONFERENCE



Brighter Behavior Choices, NFP and TEECH/FSSRI Celebrate Recovery Month



We were broadcast on 107.3 Radio Station with this Recovery Event!





COMMUNITY RESOURCES

TRILOGY MENTAL WELLBEING

Trilogy opened it's New Mental Health Drop-In Center at the Southside Location (Peer Driven - CRSS)

8541 S. State Street
Chicago, Illinois
9:00 AM - 2:00 PM
Monday - Friday

Community Resource Continued

**HRDI - BRASS 2 OMT - Medication Assistance
Treatment Service (Harm Reduction)**

(773) 966-0255

8000 S. Racine

Chicago, Illinois 60620

**National Alliance for the Empowerment of the
Formerly Incarcerated**

Blee.naefi@gmail.com

Coming to the Southside of Chicago

River Edge Hospital

(708) 209-4181

Chene.weems@uhsinc.com



Community Resource Continued

YOU BREAK IT YOU FIX IT FOUNDATION

PRESENTS

THE STREETS GOTTA EAT FOOD DRIVE!!!

**EVERY MONDAY I WILL BE PASSING
OUT FREE GROCERIES TO THOSE IN**

**SPONSORED BY
SHEPHERDS HOPE**

MOTHERS OF THE FAMILY'S

**MIDWEST COALITION TO STOP
VIOLENCE**

NEED

**MY GOAL IS TO FEED 100
FAMILIES EVERY WEEK**

DATE: MONDAY

PLACE: 79TH AND WOLCOTT

TIME: 12PM-2PM

FIRST COME FIRST SERVE

AFTER SENIOR CITIZEN

Community Resource Continued



The Network
ADVOCATING AGAINST
DOMESTIC VIOLENCE

Survivor Crisis Fund



Are you eligible for a one-time, \$1,000 payment?

- A victim/survivor of domestic violence, stalking, sexual abuse, and/or human trafficking.
- Chicago Resident
- Under 300% of the Federal Poverty Level

Documents:

- Government ID with photo (U.S. or Foreign)
- Proof of address (Utility bill, bank statement, etc.)
- Proof of Income (Pay stubs, taxes, W2s, etc.)



Department of Family and Support Services

Are you eligible for rental assistance?

- A victim/survivor of domestic violence, stalking, sexual abuse, and/or human trafficking.
- Live in Cook County or DuPage County
- Rent is outstanding

Documents:

- Government ID with photo (U.S. or Foreign)
- Landlord cooperation (by signing a form stating what is owed)



EFSP

Emergency Food and Shelter National Board Program

If applicant is missing any documents, option to self-attest.

Questions? SurvivorFund@the-network.org

Apply at: <https://the-network.org/survivor-fund/>

Community Resource Continued



Chicagoans 60 and Over:

Need Help at Home?

FREE Chore Services include:

ELIBILITY

- 60 years or older
- Difficulty completing household tasks due to physical or cognitive limitations.

Must be assessed for eligibility.

***Short-Term:** Temporary home care assistance with cleaning, laundry, and / or self-care tasks like bathing, dressing, or grooming after an illness or hospital stay

***Heavy-Duty:** A one-time deep cleaning, removing trash or clutter or packing items for a move

***Additional services may include:** Lawn care, snow removal, and professional extermination services (for homeowners only)

Contact the DFSS Senior Services Division

Information and Assistance (I&A)

aging@cityofchicago.org • 312-744-4016



Community Resource Continued



Department of Animal Care and Control Upcoming Pet Vaccine and Microchip Clinics

(Rabies vaccines and microchips for dogs & cats, DA2PP vaccines {distemper} for dogs and FVRCP vaccines {distemper} for cats)

Saturday, May 20, 2023	10a-1p	4650 N. Pulaski Rd.
Saturday, June 3, 2023	10a-1p	5329 S. Oak Park Ave.
Saturday, June 10, 2023	10a-1p	5625 S. Mobile Ave.
Saturday, June 24, 2023	10a-1p	8359 S. Pulaski Rd.
Saturday, July 1, 2023	10a-1p	5200 S. Cottage Grove Ave. (Open to Veterans who pre-register with the General Jones Army)
Saturday, July 8, 2023	10a-1p	3857 W. 111 th Street
Saturday, July 22, 2023	10a-1p	2741 W. Montrose Ave.
Saturday, August 5, 2023	10a-1p	1160 N. Larabee Ave.
Saturday, August 26, 2023	10a-1p	Location TBD – 30 th Ward
Saturday, September 9, 2023	10a-1p	901 N. Clark St.
Saturday, September 23, 2023	10a-1p	Location TBD – 19 th Ward
Saturday, September 30, 2023	10a-1p	Location TBD – 45 th Ward
Saturday, October 14, 2023	10a-1p	57 East 16 th Street

Pet Vaccine Clinic Rules:

- Only open to Cook County Residents 18 years of age or older with valid Photo ID.
- IF YOU OR YOUR PET IS SICK, YOU WILL NOT BE SERVICED. Pets showing signs of respiratory illness will not be serviced.
- All pets must be at least 8 weeks old for any services.
- Be prepared for a long wait. Bring your own chair and water and expect to wait in any possible weather condition.
- No petting of animals other than your own. No animal socialization will be allowed. You must maintain a distance of 6 feet between each animal.
- **Only TWO (2) pets per household are allowed at each clinic. Handling of animals must be self-sufficient by a competent adult greater than 18 years of age.**
- **ALL Dogs MUST** be on a leash no longer than 6 feet long or in a carrier (**DO NOT** use retractable leashes).
- **ALL Cats MUST** be in a carrier.
- If your pet requires a muzzle during vaccinations or around other animals, **YOU MUST** bring your own. Muzzles are not available at the clinic. You **MUST** be able to handle your pet around other animals.
- Numbers will be distributed beginning at 9:30 a.m. at all clinics.

Community Resource Continued



Apply Now

Explore early learning options near you for children prenatal to five.



- High-quality programs are available for children from prenatal through 5 years old.
- Year-round full-day programs with extended day options.
- No-cost to low-cost options based on family income.



- Free, full-day high-quality preschool.
- Your child must be 4 by September 1, 2023.
- Limited half-day slots are available for 3-year-olds.



Learn More & Apply Today!
ChicagoEarlyLearning.org
312-229-1690
@chicagoearlylearning



Community Dedication

" I DID IT MY WAY "



~Street dedication for the tireless service
and commitment to the 18th Ward.~

1991-2019

.....◆◆◆◆◆.....
When: September 6, 2023
Where: 8359 S. Pulaski Rd.
Time: 11:00am - 12:00pm

.....◆◆◆◆◆.....
In Remembrance

SAVE THE DATES

Unhoused Individuals Drive

11/18/2023

Donations will be taken to unhoused sites to be distributed.

Donations Accepted

New Blankets, Hats, Scarfs, Gloves, Personal Hygiene Items

Drop off or pick up.

(224) 406-3798

Children Coat Drive

Date Change from 10/16/2023

To

10/21/2023

TEECH Foundation

1750 W 103rd Street

10:00 AM - 2:00 PM

Donations Accepted

Coats, Hats, Scarfs, Gloves, Personal Hygiene Items

Drop off or pick up.

(224) 406-3798



Reminder! Help Is Here!

THE ILLINOIS HELPLINE FOR OPIOIDS AND OTHER SUBSTANCES

Call 833 - FINDHELP/ (833) 234-6343 or text "HELP to 833234.
Available 24/7, 365 days a year and is completely FREE.



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TEECH continues to distribute Narcan and host trainings.
In need of Narcan or training? Contact TEECH

988 Suicide and Crisis Lifeline

People can call, text, or chat with the number, and be routed to counselors of the National

We Want You to Know

Not only does Sudan have more pyramids than Egypt, but the numbers aren't even close. While 138 pyramids have been discovered in Egypt, Sudan boasts around 255.



Far Southside ROSC Initiative Community Meetings

We come together to address addiction, recovery, family, friends and the community concerns and issues and also to educate and network. You are invited to attend the monthly ROSC meetings every 4th Monday of the month from 10:00 a.m. to 12:00 p.m. Location: Bethany Union Church 1750 W 103rd Street, Chicago, Illinois 60643 or zoom.

Call to Action:

Chicago's violent crime rate is 164% above the US average. The murder rate is four times above the national average, with other violent crimes being more prevalent than in other average cities.

Crime in Chicago overall has increased during the past five years by nearly 20%, according to an official report by the Chicago Police Department. The year-over-year change in crime was even greater last year. Between 2021 and 2022, overall crime in Chicago increased by 41%, after overall crime had decreased each year in 2019 and 2020 and slightly increased in 2021.

Chicago's extreme gun violence has been described as an epidemic- where gang-related shootings are often spontaneous and unpredictable.

This call to action from TEECH emphasizes the need to treat enhancing the quality of life as a community epidemic. Please visit our website to view our community involvement and while you are there **please donate @ www.teechfoundation1.org.**

Please call or email TEECH for all donations (224) 406-3698 or email: svdbygraceandmercy@sbcglobal.net, or donate through our website www.teechfoundation1.org.



AND CONNECT WITH US ON SOCIAL MEDIA



teechfoundation1



www.teechfoundation1.org



teechfoundation



svdbygraceandmercy@sbcglobal.net

Vision

T.E.E.C.H Foundation's vision is to continue fighting the fight of addiction by building a platform of unity and resources through advocacy and education with the goal of sustaining long-term recovery. T.E.E.C.H strives to build communities that no longer fear or stigmatize the recovering or mentally challenged person but treats them with dignity and respect; therefore, offering services to make this vision a reality.

Mission

To dispel fear and enhance the love of self and others through the vehicle of education for the recovering person and community; embracing the philosophy, "If it's to be, it is up to me". T.E.E.C.H believes recovery is comprised of countless pathways that contribute to a healthy quality of life for those who are seeking long-term recovery.