

Talking Tazewell

January 2026, vol 17 The Wellness Playbook

Welcome back to another edition of The Wellness Playbook. In our last issue, we explored the connection between nutrition and mental health and how healthy habits can support our overall well-being.

January also marks Substance Use Disorder Treatment Month, so what better time than now to start that conversation? Healthy habits go beyond movement and balanced meals - they also include the choices we make around substance use. And honestly, what's healthier than receiving the treatment you deserve?

As always, our aim is to foster understanding, reduce stigma and encourage open, compassionate conversations. This edition continues that commitment.

Together, we can continue to create communities where safety, healing, and hope are possible for everyone.



DID YOU KNOW...

In 2023, Tazewell County saw 21 overdose deaths*

Let's talk about it.

*Substance Use Resources

Treatment works. Find the path that works for you at [FindTreatment.gov](https://www.findtreatment.gov)
In crisis? 988 - Suicide and Crisis Lifeline



SUBSTANCE USE TREATMENT BY THE NUMBERS

In 2024, 48 million people – ages 12 and older, had a substance use disorder. Out of those 48 million people, classified as needing substance use treatment, about 1 in 5 (19%) actually received substance use treatment². To put it in local terms, 32% of Tazewell County residents surveyed last year stated there was a time they needed treatment and couldn't get it.

WHY?

There's a number of reasons why people don't get treatment. Among them, reported by surveyed respondents, are: didn't have insurance, couldn't afford, wait times, embarrassment/shame/stigma, lack of trust, and didn't know what their options even were.

WHAT CAN WE DO?

Talk about it openly, using respectful, stigma and blame free language. Share resources often. Make sure people know about their treatment options or be available to help them navigate options – ideally before they are in crisis. Which is where recognizing signs and symptoms early can make all the difference. Check in and offer support. If someone seems off, a simple and private check-in can go a long way. You don't have to have all the answers – just be there. Support recovery, not perfection. Recovery is not linear, ever, and substance use treatment is no different. Encouragement, patience and flexibility can help people feel connected and moving forward.

Myth

Medications for substance use are a replacement for the actual drug.

Someone with an SUD must hit rock bottom before they can successfully get help.

Narcan encourages drug use, like a “get out of jail free” card.

Fact

Medications for SUD are designed to treat the withdrawal symptoms and allow a person to recover safely.

Recovery can begin at any time. The earlier, the better. The longer an SUD goes on, the harder it is to treat.

There is no evidence that the availability of Narcan leads to increased or riskier drug use.

Local Substance Use Resources (Tri-County)

- Brightside Clinic (Washington) 224-205-7866
 - MAT, same day appointments, counseling
- Gateway Foundation (Peoria) 844-492-0887
 - MAT, counseling
- JOLT Harm Reduction 309-966-3643
 - Overdose prevention, overdose response team, drug testing, recovery navigation, sexual health services, street outreach and more
- Heartland Health Services (Peoria/Tazewell Counties) 309-680-7600
 - MAT, counseling
- IL Helpline 833-234-6343 | text “HELP” to 833-234 | [FindHelpIL.org](https://www.findhelpil.org)
 - For helping yourself, others, staying safe or stopping overdoses

² Substance Abuse and Mental Health Services Administration's [National Survey On Drug Use and Health](#)

³ [Free Narcan pickup in Tazewell County](#)

HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?

SEND IT OUR WAY!

TWP@TCHD.NET