

The

R.E.A.L. News

The Live R.E.A.L. Foundation is hitting the road running!

We are so very excited about the work that is around the corner for LRF (see our schedule later in this newsletter & watch for updates on our FB page). We have our *Opioids, Overdose & Narcan* classes, pop-up trainings, memorial events, and we are working on scheduling some education seminars. If you know of a school, community group, church, business or parenting programs interested in learning more about the dangers of drugs of today or the damages that stigmas cause, reach out to us to schedule a 3-part series.

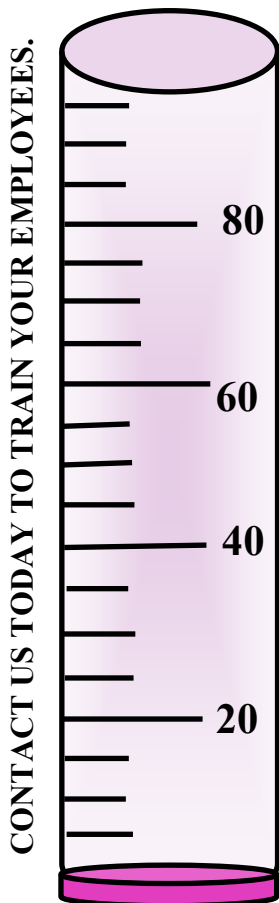
Teen Overdose Deaths Have Soared, Even Though Drug Use Hasn't

“The spike in teen overdose deaths “unprecedented,” and fears it could be the first sign of a longer-term trend... This is very concerning because in other subgroups of the population, when overdose death rates start to increase exponentially after having been flat, they tend to continue to do so for a while,” Friedman says.

[Read the entire article by Steven Ross Johnson in the U.S. News](https://www.usnews.com/news/health-news/articles/2022-04-12/teen-overdose-deaths-have-soared-but-drug-use-hasn't)
<https://www.usnews.com/news/health-news/articles/2022-04-12/teen-overdose-deaths-have-soared-but-drug-use-hasn't>

LRF Naloxone Trainings for 2022...

Let's fill this tube
10x over!!!



ADVOCACY THROUGH EXPERIENCE

TESTIMONIALS FROM YOUR COMMUNITY MEMBERS

Last summer I took the Live R.E.A.L. class on how to administer Narcan, and one of the most important things I learned is that opiate use is all around us. It crosses all the boundaries of age, education level, and socio-economic status. Sure it could be a stranger in the park, but it could also be your neighbor, your friend, or a member of your own family. Live R.E.A.L. has given me some of the tools I can use to help, and by “HELP” I mean I can literally save a life with these tools!

It only takes about an hour of your time, and you leave with all kinds of resources that you didn't have before. I also learned that you don't have to be afraid to administer the Narcan because it won't interact with other drugs, and that you can't administer too much—you simply give fresh doses in alternating nostrils until the person is responsive &/or when professional help arrives. Thanks to Live R.E.A.L., I feel our community will become a safer place for all.

~ Beverly Hood, Roscoe community member

SOCIAL MEDIA IS NOT ALL FUN & GAMES!

KNOW THE CODES USED TO COMMUNICATE DRUG DEALS

Used together in groups or individually to communicate drug types, what is wanted, when, where & the quantity.

DRUG ENFORCEMENT ADMINISTRATION



EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms - making them available to anyone with a smartphone.

Our Programs

Awareness

Interactive Community Events - Advocacy, Awareness & Education of opioids, substance use, addiction risks, overdoses & mental wellness activities

The R.E.A.L. News - Quarterly Newsletter - LRF Updates, Stories & Information

Livin' R.E.A.L. Facebook Group - a place where our community members share R.E.A.L. events & examples they have witnessed

Advocacy Through Experience

Livin' R.E.A.L. with Grief - Support for Substance Use or Mental Illness Related Loss

Coming soon...

A R.E.A.L. Life podcast - stories of people living R.E.A.L. through addiction & beyond

FREE Opioids, Overdose & Naloxone Training

Community Training - open to the public & FREE

Occupational Training - 1 hr training presentation for employees

Pop-up Training - Random locations, walk-up 5 minute quick trainings on how to use Narcan

Opioid Overdose Death Prevention Kits - Valued at \$100 & given free to everyone trained

Education Seminars — 3-night series

Get REAL About Drugs: We're Not in the 80s Anymore

- 1 Substance Use Prevention, 2 The Reality of Social Media & 3 Rescue, Recovery & Resources

Support Instead of Stigmas— 1 The 5 W's of Stigmas, 2 Personal Journeys, 3 Role Playing

(2 hours each & can be consecutive, 1-night weekly OR 1-night monthly)

Contact Us Today

Livin' R.E.A.L.

with *Grief*

A support group for those who have lost someone to substance use or mental illness.



Life after a loss from substance use or mental illness is devastating in ways that other deaths don't see. Loss of a loved one is hard and when you add stigmas, shame & shunning, it can keep you frozen in grief.

Whether you have experienced any ostracism or not, this co-ed support group can bring comfort, understanding, a safe place to express your true feelings, and a way to help others who feel some of the same feelings as you.

If you have lost a loved one (related or not), please reach out to us for support.

**LRF meets the 2nd Monday of Each Month
6:30 – 8:30, Hope Church, Roscoe**

If you have questions or need someone to relate before the next meeting, you can call or text
Bev Pomeroy, 815-742-8427.

***Have you Liked, Followed & Shared
our website or social media sites?
Don't wait. Tell your friends today!***

We have a booth at

the 2022... **ROCKTON**

RIVER MARKET

The Rockton River Market is all about fun in downtown Rockton
at Settlers Park, 125 E. Hawick Street
every Wednesday from 5 pm to 8 pm, June — Aug.
Each week there is a different featured band beginning at 6 pm.

2022

ROCKIN' for LIVE R.E.A.L.

1st Annual

Benefit Concert
at the DISTRICT BAR & GRILL

September 24

The Ass-Kicking 80's
Hairband Tribute

SUNSET STRIP



<https://www.eventbrite.com/e/rockin-for-live-real-benefit-concert-tickets-273694937927>



205 W State St,
Rockford, IL

General Admission with limited VIP & Star tables

TICKET & SILENT AUCTION PROCEEDS STAY LOCAL TO BRING OPIOID DEATH PREVENTION & MENTAL WELLNESS EDUCATION TO OUR COMMUNITIES!



Midwest's Premier Rolling Stones Tribute

ROCKS OFF

WIN \$\$\$ with your best 70s Bell Bottom Threads OR 80s Big Hair Glam!

the Live R.E.A.L. Foundation ~ www.golivereal.org ~ Live Relational, Empathetic, Authentic & Loving Every Day!

2022 Events Where You Will Find Us!

Follow our Facebook page to stay up to date on changes.

2 nd Monday, each month - Livin' R.E.A.L. with Grief, support group	6:30-8:30 pm
April 28 - Elev815 Business Meet & Greet - After the Vine, Rockton	5:00 pm
April 30 - Opioid, Overdose & Narcan Training - HRFD, station 3	9:30-10:30 am
June 1 - Aug 31, Wed nights - Rockton River Market, Hackett St.	5-8 pm
June 11 - Opioid Overdose Awareness Memory Walk - Log Lodge, YMCA	9 am - 1 pm
August 2 - National Night Out, Roscoe	5:00 pm
August 20 - TCMF Memorial Ride fundraiser - Kegel's Rockford	Noon
August 27 - Memorial Event	TBD
August 31 - International Overdose Awareness Day (last day at RRM)	5 - 8 pm
September 9-11 - Roscoe Fall Festival, Leland Park	all weekend
September 24 - Rockin' for Live R.E.A.L. Benefit Concert, the District Bar & Grill, 205 W. State St, Rockford	6 pm - 1 am
LRF pop-ups, Seminars, Occupational & Public Opioid classes	various times

VOLUNTEER OPPORTUNITIES

Classes:

Assist with set-up, handing out papers, kits, resources and clean-up.

Awareness Events:

Assist with set-up, talking with the public about the foundation, selling merchandise, encourage event participation, solicit donations, encourage class sign ups, mini walk-up trainings and clean-up.

Memorial Events:

Assist with set-up, talking with the public about the foundation, selling merchandise, encourage event participation, encourage class sign ups, mini walk-up trainings and clean-up.

Seminars:

Assist with set-up, talking with the public about the foundation, selling merchandise, encourage event participation, solicit donations, encourage class sign ups, mini walk-up trainings and clean-up.

Behind the Scenes:

Label merchandise, prepare merchandise for sale, fold pamphlets, stamp bags & envelopes, pack kits, other activities, as needed.

Call us today to become a member of our team to better our communities!

The Live R.E.A.L. Foundation

Web: <http://www.golivereall.org>
 EIN: 86-1778433

Registered 501(c)3 Charity Foundation

Phone: 815-742-8427
 Email: administrator@golivereall.org

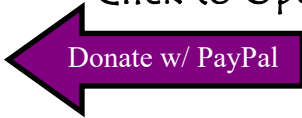
The Live R.E.A.L. Foundation is a charity foundation breaking the stigma of mental illnesses and substance use dependency by providing education and awareness to our communities, along with resources and support to those who are struggling and for those who have lost loved ones from a drug overdose.

If you have questions or desire to get involved, contact us at administrator@golivereall.org, or on Facebook [@golivereallorg](https://www.facebook.com/golivereallorg).

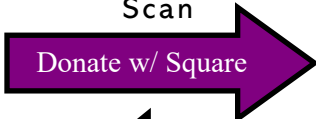


All icons are Hyperlinked!

Click to Open...



Scan



BOARD OF DIRECTORS



President: Chris Doering

Secretary: Sherry Spring—OPENING SOON APPLY TODAY!

Treasurer: Nannette Reid

Media Coordinator: APPLY TODAY!

Director of Donor Experience : APPLY TODAY!

Board Member: APPLY TODAY!

Executive Director: Bev Pomeroy

FREE Workplace Naloxone Trainings	SCHEDULE YOURS TODAY
FREE Community Naloxone Trainings	Scheduled Monthly Check FB & website for details
Livin' R.E.A.L. with <i>Grief</i> Hope Church, 5656 Elevator Rd, Roscoe, IL	Support Group 6:30-8:30 pm 2nd Monday of Each Month

“When we deny the story, it define us.
 When we own the story, we can
 write a brave new ending.”
 ~ Brené Brown