

The

# R.E.A.L. News

## Our First Year is in the Books! ~ Bev Pomeroy

I can't believe that our first year is complete!

We have accomplished so much! From May—Dec we trained over 80 people on how to use Narcan to save lives (distributing 160+ doses), we participated in 6 community events, we spoke with THOUSANDS of people about the dangers of mental health stigmas and substance dependency, we co-sponsored a 3 night drug education seminar series and so much more! None of this could have been done without YOUR help!!! Thank you for supporting our passions and please tell everyone you know about our mission to educate our community. Let's Go Live R.E.A.L. !

### Employers can help prevent occupational opioid overdoses by educating their staff.

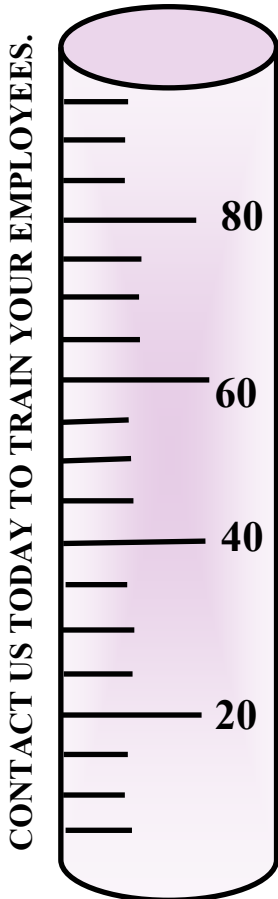
Do you own a business or know someone who does?

Live R.E.A.L. Foundation can come into your place of business and train your employees on how to stop an opioid overdose.

45 minute presentation and 2 doses of naloxone for each attendee, **ALL for free!**

#### Naloxone Trainings for 2022...

Let's fill this tube in Quarter One!



"In a 2019 report by Barclays Research that examined data from the Bureau of Labor Statistics and the National Institute on Drug Abuse, the bank's analysts said that opioid use in the U.S. has made workers in the industry less productive and has increased costs to the industry. While the precise number of overdose deaths in the North American construction industry is hard to determine, the workers are roughly six times more likely than workers in other manufacturing, industrial and service industries to become addicted to opioids, according to the report."

#### TIPS FOR EMPLOYERS TO CREATE A SAFER WORKPLACE

- Ensure there's chronic pain/surgery support for employees to reduce opioid use/abuse risk.
- Incorporate substance use disorder into campaigns to reduce mental health stigma.
- Encourage leaders to share their experiences with substance use disorder.
- Educate managers on the signs of emerging substance use disorder and equip them to make referrals for care.
- Examine your health plan benefits to make sure they cover substance use disorder treatment.
- Work with your Employee Assistance Program to offer resources for those seeking support groups/treatment.
- Ensure the workplace health plan requires evidence-based treatment protocols for substance use disorder
- Provide transitional return-to-work options for those reintegrating to the workplace after treatment.

# THE LIVE R.E.A.L. FOUNDATION

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## **Awareness**

Interactive Community Events  
*The R.E.A.L. News* - Quarterly Newsletter  
*Livin' R.E.A.L.* Facebook Group  
*Livin' R.E.A.L.* Blog

## **FREE Opioids, Overdose & Naloxone Training**

Community Training— monthly scheduled public training  
Occupational Training—1 hr training presentation for employees  
Pop-up Training—Random locations. Walk-up 5 minute quick training  
Overdose Prevention/Recovery Kits—FREE at training, includes 2 doses of Narcan

## **Education Seminars— 3-night series (2 hours each & can be consecutive, 1-night weekly OR 1-night monthly)**

*Get REAL About Drugs, Substance Use Prevention series*  
*Stigmas— The Who, What, When, Where & Why We Need To STOP! Series*

## **Advocacy Through Experience**

*Community Connections Podcast* (Real-life stories of addiction & beyond)  
*Peers & Probation Program* - Volunteering & Community Service  
*Livin' R.E.A.L. with Grief*  
Support Group for Substance Use or Mental Illness Related Loss—Meets Monthly

See our website for access or scheduling – [www.golivereall.org](http://www.golivereall.org)  
Contact Bev Pomeroy, Executive Director, Live R.E.A.L. Foundation  
815-742-8427 or [administrator@golivereall.org](mailto:administrator@golivereall.org)

# THE LIVE R.E.A.L. FOUNDATION

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## **Alex Originals Prints & Cards – Etsy Shop**

The passion of Live R.E.A.L. Foundation comes from the grief of the Pomerings' 20yr old son who passed away from a fentanyl poisoning on August 27, 2019. Alex was a gifted artist since he was a very young boy. His artwork has been made into blank note cards and frameable prints.. Available at the LRF Etsy Shop, <https://www.etsy.com/shop/goLiveREALorg>

## ***Rockin' for Live R.E.A.L. Annual Benefit Concert***

This annual event is the biggest fundraiser for the Live R.E.A.L. Foundation. The benefit is complete with live music, food, drink and merchandise raising money to fund substance use prevention and related programs.

### **Gem Song Lyric/Title Sponsorship levels;**

*Diamonds and Pearls*, \$2500: Participation in the event opening, full page ad in the event program, company name & logo in print &/or digital event advertising.

*Rock-n-Roll Ruby*, \$1000: Verbal recognition during the event, half-page ad in the event program, company name listed in print &/or digital event advertising

*Sapphire*, \$750: quarter-page ad in the event program, company name listed in print &/or digital event advertising

*Emerald*, \$500: 3x5 ad in the event program, company name listed in print &/or digital event advertising

*Alexandrite*, \$250: company name listed in program and print &/or digital event advertising

**Fall Concert date, artists & ticket price details coming soon!**

## **Donations, Gifts & Grants**

The amount of programs, trainings and education Live R.E.A.L. Foundation provides is contingent on the amount and consistency of contributions that are received. There are any number of ways that will bring change to our communities. The opportunities available are but not limited to; corporate sponsorships, capital campaigns, one-time giving—monetary or in-kind, planned gifts, reoccurring gifts, and grants.

See our website for access or scheduling – [www.golivereal.org](http://www.golivereal.org)  
Contact Bev Pomerings, Executive Director, Live R.E.A.L. Foundation  
815-742-8427 or [administrator@golivereal.org](mailto:administrator@golivereal.org)

## Livin' R.E.A.L. with *Grief*

Life after a loss from substance abuse or a 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 similar to you.

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

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

Please respond to the FB event or text 815-742-8427  
We want to make room for everyone to attend.

## **Volunteer Positions Available** **THE LIVE R.E.A.L. FOUNDATION**

has 2022-2024 Board of Directors position openings

- \* Secretary
- \* Media Coordinator
- \* Board Member

Go to <https://golivereal.org/join-the-team.shtml>

To fill out an application today!

**Occasional Volunteer positions also available!**

*If you need to fulfill community service hours, contact us today!*

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

**The Live R.E.A.L. Foundation**

P.O. Box 813  
Roscoe, IL 61073

Web: <http://www.golivereal.org>  
EIN: 86-1778433  
Registered 501(c)3 Charity Foundation

Phone: 815-742-8427  
Email: [administrator@golivereal.org](mailto:administrator@golivereal.org)

**FIND US ON THE WEB:**



**DONATE**



Automatic donations can be set up on our website!

Set Us Up As Your... **amazon smile**

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@golivereal.org](mailto:administrator@golivereal.org), or on Facebook [@goliverealorg](https://www.facebook.com/goliverealorg).

**BOARD OF DIRECTORS**



**President:** Chris Doering

**Secretary:** Sherry Spring—OPENING SOON APPLY TODAY!

**Treasurer:** Nannette Reid

**Media Coordinator:** APPLY TODAY!

**Board Member:** APPLY TODAY!



**Executive Director:** Bev Pomeroy

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

“The mentality and behavior of drug addicts and alcoholics is wholly irrational until you understand that they are completely powerless over their addiction and unless they have structured help, they have no hope.” ~ Russell Brand