



"Collaborating to Build and Empower Communities of Recovery."

McLean County Recovery-Oriented Systems of Care (ROSC) Council Meeting Minutes

September 19th, 2023

Date: Tuesday, September 19, 2023

Time: 3:30 – 4:30 pm

Location: Zoom only <https://youtu.be/TfrhRgOvq30>

Attendees:

Cat Hays (Chestnut Health Systems), **Barb Brumleve** (Chestnut Health Systems), **Kari Knapp** (Chestnut Health), **Nadia Klekamp** (Chestnut Health/Statewide ROSC), **Michelle Cope** (Bloomington Public Library), **Natasha Nunoo-Ponder** (McLean Cty Center for Human Services), **Michael Smith**, **Leeann Courson** (Bridgeway/W. Central IL ROSC/Region 3 ROSC Consultant), **Anonymous** (PLE), **Autumn Olowo** (Chestnut/Center for Community Engagement), **Tim Cain** (Heartland), **Nolan Recker** (Chestnut Health Systems/CCE), **Erika Hahn** (Omni Youth), **Kourtney Renfrow**, **Jeanette Davis** (Logan-Mason ROSC), **Alicia Moushon** (FUSE), **Abby Behrens**, **Sarah Stalter**, **Dameca Kirkwood**, **Maresa K.** (McLean County CASA), **Selena Pappas**, **Jenna Kerns**, **Hannah Lombardi**, **Randi Derrig** (McLean County Narcan/Chestnut), **Mike Gardner** (ISU Police Dept), **Danny Sourbis** (Serenity House), **Amanda Spencer** (Center for Human Services), **Jessica Tuchel** (McLean Problem Solving Courts), **Amelia**

Today's Speaker: Jessica Tuchel and Leann Courson (Recovery Stories)

Agenda:

- I. Introductions: Name & Agency/Organization Affiliation
- II. Main Topic: National Recovery Awareness Month (Sept) and PLE Testimonials
- III. Community Resource Updates
- IV. Housekeeping/Updates a. Community Events b. Community Resources
- V. Next Meeting / Old Business

Recording: If you were unable to attend today's meeting (8/15/23), [please check it out on YouTube:](#)



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Primary Discussion: September National Recovery Awareness Month

- Today's meeting started at 3:33 and Barb led the group through introductions and agencies represented/reason for attending today.
- After introductions, Cat provided the council with an overview of what is National Recovery Awareness Month, how it started, its evolution, and more.

National Recovery Month

Each September, Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

The month-long event is designed to:

- Educate Americans on mental health and substance use disorders.
- Celebrates the work of individuals in recovery.
- Provide support to affected families and patients.

- National Recovery Month created by SAMSHA in 1989 to increase awareness surrounding SUD and MH disorders.
- Also created to celebrate success stories that living in recovery IS possible.
- Observed every September to promote and support evidence-based treatment and recovery practices.
- Each year used to have a focus and unique theme. Starting in 2023, the new adopted theme is *"Every Person. Every Family. Every Community."*
- Celebrates gains made in recovery, just as we do other health conditions like hypertension, diabetes, asthma and heart disease.
- Reminder to general public that Recovery is a Reality, no matter who you/they are.
- People Can and Do Recover, and National Recovery Month celebrates these recovery stories!
- Stewardship of Recovery Month transitioned from SAMSHA to Faces & Voices in 2020.

Guest Speakers – Recovery Month:



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- **Speaker #1: Leeann Courson** was one of today's guest speakers. She spent about 15 minutes sharing part of her recovery story. She described her upbringing as very 'normal', family-centered, and she felt loved by her parents and siblings. Leanna described events that occurred on 9/11 in which her father died in a tragic hunting accident, which coincidentally occurred on 9/11. Leeann described what a rock her father was; she was daddy's little girl, and to lose her father at 12 years old was devastating. She began using drugs and alcohol at a very young age. Leeann described how she passed through the stages of "yets"—not . Trust fund money from her father (at age 18) was quickly spent on drugs and using lifestyle and that money fueled her addiction. Leeann went to treatment three different times. By her bottom, she did not want to live but had mastered the art of survival. She had lost her children, was homeless, unemployed and had broken all the morals and personal "rules" she told herself she never would do. Attended Hour House for 64 days in inpatient Tx before going to sober living. She did not know how to do the things many people learn—budgeting, paying bills, general independent living. The trust fund and addiction had guarded her from many of those responsibilities. Once sober, Leeann started working and was quickly promoted up the ranks. She described the "Extra spark of life" (i.e. spiritual awakening) that came with recovery and the true human connections she formed with her sponsor and peers in the 12-step program. This connection with people, according to Leeann, is one of the biggest rewards of recovery. Recovery taught her how to have relationships with people and she celebrates this because today she has a really really great groups of friends. Recovery also enabled Leeann to become a fit mother and get her children back. She met a man in the program and they married and went on to have two more kids! Recovery has taught her to be a better mom—to look for solutions and not live in problems. Recovery principles "pour out into every aspect of my life" and now I get to turn this around and help other women because they tell me I have to give it away to keep it. These are literally just human being with mental diseases. And when we treat that illness they become the beautiful people they were always meant to be. People in recovery are understand and not judgemental. I don't have to use over emotions or problems today because those situations are "not my forever". The main thing about my story was it really was due to childhood trauma. I was a hurt child in no place to be making choices for my life. I may not be responsible for my disease, but I am responsible for my recovery. My recovery affects a lot of people, just as my addictive actions affected a lot of people, and I take that very seriously (paraphrase).
- **Jessica Tuchel:** Jessica shared her story of recovery as well (what it was like, what happened, and what life is like today). In part of her early story, Jessica discussed self harm and cutting behavior that started later in her adolescent years. She was in and out of jail "constantly due to many many reasons. I would get very violent when I drank...and I because of my drinking and





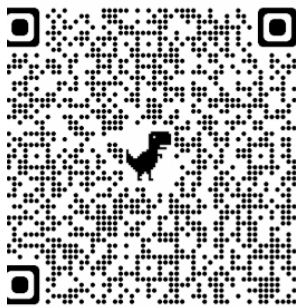
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how bad it was I was constantly on probation and they had me on an ankle bracelet for a year and a half". Jessica shared how this led her to change from alcohol to harder drugs because they were not traceable by the anklet. She progressed to heroin and began drinking on top of it because it (alcohol) was her drug of choice (DOC). She described an overdose experience in which a neighbor reluctantly dropped her off at the ER five minutes into death. Doctors and nurses attempted to return her to life via Narcan and nearly gave up, if not for a nurse who had a gut feeling to try one more time—and it was successful! However, Jessica was alive but her illness was still not treated, so naturally, she returned to using. She also was dealing with deaths in the family and incredible shame and guilt over using rather than being with her children. Jessica attempted to describe the horror and shock of being sentenced to 4 years in prison when she had expected probation. She described her total surrender while in prison and turning over of her character defects. Jessica did her time and began speaking her story at the local church. This led to contacts and her becoming a recovery support specialist. "It is like God flipped over my life. I have blessings upon blessings...and I have never been happier in my life. I have my God and I have my life". Jessica also added that her relationship with her son, who cried next to her the day she was sentenced in court, has never been better and they do everything together!

- **Questions:** Several attendees chimed in to thank the speakers and share some similarities they heard in comparison to their own recovery journeys. A consensus was the grace and joy in just simple daily activities like making dinner, playing a game with a child, trying to help someone, etc. The value of sober living was also validated by other PLEs.

Other Updates:

- The McLean County ROSC would like to share the following resources relative to National Suicide Prevention and National Recovery Month. In addition (second picture below), Cat and Barb highlighted some of the collaboration McLean ROSC has been doing with local McLean County Recovery Court to help incentivize clients in that program. It includes 'fishbowl' drawings where participants (in RC/DC) who are doing well can randomly draw a prize of inspirational phrase from the fishbowl during weekly Recovery Court proceedings. Prizes include gift cards in the \$5-\$50 range, and Cat and Jessica described writing out literally hundreds of mantras and recovery slogans.



Local News

Several Bloomington-Normal events mark National Suicide Prevention and National Recovery Month

WGLT | By **Melissa Ellin**
Published September 7, 2023 at 4:28 PM CDT

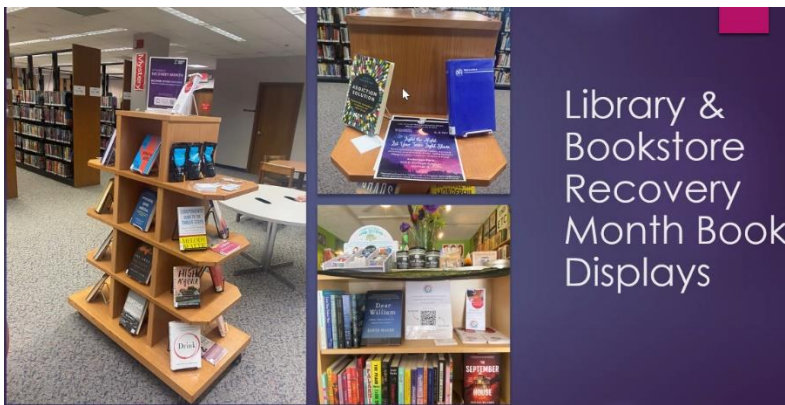




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- **Library Initiative:** Local libraries and book stores are collaborating with McLean ROSC to celebrate National Recovery Awareness Month by creating tables and displays for recovery literature to raise awareness and reduce stigma.



- **Offering Spanish Speaking Translation** services to ROSC (videos, marketing materials, future meetings and translation services, etc.).

Other Agency Updates/Upcoming ROSC Events:

- Cat reiterated last two month's **ROSC Council Member Call to Action:** *If you're reading this, then it probably means you!* Looking for ROSC Council members to assist with populating the McLean ROSC Virtual Resource App. Please email us at McLeanCountyROSC@gmail.com or fill out the form (QR code below) to send us the information. If emailing, please include the following information for your organization or program:
 - Organization/Program Name
 - Organization/Program Website
 - Primary Contact Name and Primary Contact Email
 - Any Relevant Digital Files/Docs

McLean ROSC is funded in whole or in part by the Illinois Department of Human Services Division of Substance Use Prevention and Recovery.



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- Category: Niche Community-Specific; Employment Assistance; Harm Reduction; LGBTQIA+; Mental Health Crisis; Mental Health/Substance Use Disorder Education; Older Adult; General Recovery Support; Trauma-Informed Care; Veterans; Other.



ROSC Member Call to Action

- **McLean County Sober Social Guide (SSG):** The McLean ROSC core team is working with a consultant to develop a comprehensive, digital sober social guide (phone link) for a wide variety of recovery-oriented services, leisure and supports. Please scan the QR Code below for a full, updated listing of McLean County Supports (Support Groups, Outdoor Recreation, Arts & Crafts, Volunteering, Games & Family Fun, Recovery Supports & More!



4th Annual McLean ROSC Recovery Awareness Month Event

- Free and Family/Children-Friendly Sober Event!
- Speakers, Games, Food and Drinks, Arts and Crafts, Music, Resource Tables. Playground for children. Grounds also include tennis, baseball/softball field and open space for cornhole, volleyball, etc.
- *Event capped off that night with a Light the Night purple-themed walk from Anderson Park to Uptown Normal and back.
- If you would like to have a table to represent your agency (at our September 30th recovery event), [please fill out the following form!](#)

Agency Updates:

- **Bloomington Library** is moving to other side of the library as they continue Phase 2 of the library reconstruction. Basically a “flip flop” but now people can see the wonderful renovations done to one half of the library. Bookmobile still running so don’t speed, Michelle. Re: Library - There will be days where portions of the facility will be closed due to additional renovations. 90 new parking spots also coming soon.





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- **(Sarah Stalter) Behavioral Health Forum: October 19th at ISU.** Keynote Speaker is Tara Powell (University of Illinois) on "Resilience of Recovery in Collective and Community-wide Trauma". There will also be over 30 breakouts and lunch is free if you register early.
- **(Erica) Omni Youth Drug Takeback Day:** Safe disposal next month, includes safe disposal pouches and many other resources. Contact Erica if you need anything for Drug Takeback activities.
- Contact Randi Derrig (SRNarcana@chestnut.org) for Narcan training or medication. 30 boxes of Narcan recently passed out at local event with B-N Parents. Randi mentioned there are "bad batches" of fentanyl-laced methamphetamine for awareness purposes.
- (Michelle Cope) **Library Card Signup Month** is halfway over. Anyone who shows a library card, whether there are fines or expirations, you can get that all cleared up for free through September!

Next Meeting/Contact Info:

- Cat provided some Planning Committee updates; the team is currently meeting weekly on Tuesdays at 11am. Several new members have recently joined and we are always thrilled for more new faces. The more people we have, the more ideas and capacity we have to do great things!
 - Join the Planning Committee that meets bi-weekly on Tuesdays to plan and discuss various upcoming ROSC recreational and educational events. Contact cmhays@gmail.com
- Please contact Cat (cmhays@gmail.com) if you are interested in joining the Events Planning Committee, helping to form any additional sub-committees, updates/events you would like shared on our social media as cross-promotion, or anything else relevant to recovery-oriented services.
- **Next Meeting:** Tuesday, October 17th, 2023 at 3:30pm
- Contact Info:
 - a. Kari
 - Kari Knapp, Email: kmknapp@chestnut.org
 - Cell: 309.391.1802
 - b. Cat Hays & Barb Brumleve
 - Email: cmhays@chestnut.org
 - Cell: 309.665.2067
 - bdbrumleve@chestnut.org



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McLean ROSC Team Contact Info

- ▶ Cat Hays, Recovery Specialist – cmhays@chestnut.org
 - ▶ Kari Knapp, Community Outreach Coordinator – kmknapp@chestnut.org
 - ▶ Barb Brumleve, Community Health Specialist – bdbrumleve@chestnut.org
 - ▶ McLean County ROSC Team – McLeanCoROSC@gmail.com
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Background/ROSC Summary:

- ROSC definition for any new council attendees. See below.

ROSC Refresher – Definition

▶ "A group of volunteers who work together to build and coordinate a network of community-based services and supports for those at risk for those struggling with, or at risk of, substance use, mental health, and/or co-occurring disorders (SUD/MH/COD)."

- **Mission:** *"Collaborating to Build and Empower Communities of Recovery"*
 - Includes an emphasis on holistic recovery services and solutions and supporting multiple pathways of recovery.
- **Core Values:** Person-centered and strength-based approach; a journey that draws upon capital and resiliency of local recovery communities; multiple pathways so no "one size fits all" approach for everyone. Each pathway is as unique as the person walking that same journey. Progress over perfection ("recovery is a lifelong journey, not a singular destination"). Maintain and reflect an authentic voice of the recovery community (mental health, re-entry, substance use disorders, etc.).

ROSC Refresher – Core Values

- Person-Centered Approach
- Strength-Based Approach
- Multiple Pathways to Recovery
- Recovery Happens in the Community
- Progress Over Perfection
- Authentic to the Voice of the Recovery Community

- **Primary Goals:** Identify and fill unmet needs in the community; a robust and diverse council (with active community members); Education and awareness to the public at large (to reduce stigma inherent to substance use disorders; it is a disease and not a simple question of



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morality); Support and organize pro-social and sober recreation opportunities; Evolve into a Recovery Community Organization (RCO), which is basically a 501-c3 nonprofit organization that would “own” and sustain and grow the ROSC.

- **Recovery Happens in the Community:** This is the reason we’re here. We are hoping that if the public agrees there is a substance use epidemic harming our community, then hopefully we also want to be part of the solution while improving the overall health and productivity of our community. Recovery is not just possible but it is 100% achievable.
- **More Information:** Cat reviewed a couple [QR Codes](#) that will take users to a site with more information about the McLean County ROSC.

