



MERC Meeting Agenda

9:00 a.m. via Zoom

<https://zoom.us/j/97144229718>

October 19, 2023

Welcome and Introductions

- Welcome and please introduce yourself, your organization, and the role you play at your agency and new information concerning your agency.
 - Members in attendance:
 - Cora Hughes- Midwest Career Services
 - Dan Hutchison- CHS ROSC
 - Greg Norkus- St. Clair County Probation
 - Kat Houghton- ROSC Region 5 Mentor
 - Mark Knott- CHS ROSC/MERC Coordinator
 - Monique Brunious- CHS ROSC
 - Naomi Fulton- RCORP
 - Letreuna Packer- DCFS Substance Use Clinical
 - Patika Hackleman- Division of Rehabilitation Services
 - Stephanie Everhart- CHS Vocational Services
 - Tawana Howard- St. Clair HD
 - Tisha Lancaster- DCFS Substance Use Clinical
 - Toni Randal- CHS ROSC
 - Tyrone Hill- Amare

Old Business

- Dan Hutchison addressed questions regarding MOU's and that we do not at this time need to have them signed by MERC committee members. Discussed Membership Protocols and the value/importance of meeting attendance and participation.
- The Rockin 4 Recovery event in Bethalto was a huge success with a lot of support from local organizations. The turnout was awesome and the music was very good!! The message of people do recover from the disease of addiction was well received and demonstrated by the recovery community.
- The TAC event in Breese was a HIT! The music, food trucks and the bounce houses for the kids were the best. The speaker delivered a warm heart felt message on how families can move forward after losing someone to addiction.
- MERC funds were given to provide updates to the Partnership for Drugfree Communities website Partnership for Drug-Free Communities (partnershipdrugfree.org) Please take some time to review this website to ensure your organization's is represented (if you want it to be) and reflects up-to-date information. Please send updates or requests for your organization to be included to dhutchison@chestnut.org

New Business

- Megan Tyler of Sacred Spaces of Care will be sharing information about her organization discussing the population which they serve. ****Megan was sick and unable to share in this meeting. She will be rescheduled for an upcoming month****
- Updates from Statewide ROSC Meeting
 - Several discussions about ROSC/RCO collaboration and development. Madison/St. Clair counties are fortunate to have Amare (RCO) providing services to our communities. We are amongst the ROSC groups in our state that already have an RCO to collaborate with.
 - SUPR will be sending information soon to all ROSC groups about the expansion of focus to include Mental Health Services. If your organization provides these services or you work closely with or know a champion in the MH field, please contact them to discuss the importance of joining MERC. Also discussed forming a subcommittee to help planning of this and its related needs.
- Budget review/reminder
 - Reminder that MERC funds are available to help support upcoming events your agency might have if you'd like resource and outreach materials, please contact Mark Knott at maknott@chestnut.org
- Input needed
 - Looking for input from all council members to help develop and promote programing/activities for individuals/families in recovery. This could include things like game nights, "sober bar" activities, and other pro-social activities that can be provided at no or low cost. If you have ideas or know of organizations/churches/etc. that already provide these types of activities please contact Mark Knott (maknott@chestnut.org)
- ROSC Deliverable Updates/Discussion
 - Strategic Plan: MERC staff are in the process of evaluating and updating the current Strategic Plan. Updates regarding areas of change/success or new needs that have been identified will be shared with the council and feedback is requested.
 - Resource/Asset Mapping: Discussed what these documents entail and progress to date on getting these updated/completed. Council members are asked to share any resources/asset lists they currently use and also provide updated contact information or updates of any services that are no longer available.

Announcements and upcoming events

- Oct 28 is national drug take back day
 - If you are participating in an event and would like resource/outreach materials please contact Mark Knott (maknott@chestnut.org)
- SIUE is hosting a helping field Career Fair on Monday 10/23. Please reach out to Naomi Fulton (ngfulton@chestnut.org) for more information
- Local Trunk or Treat @ the Alton Police Dept. Saturday Oct 28 from 10-12pm
 - If you are affiliated with a group or church that is hosting one of these and would like resource bags to hand out please reach out to Mark Knott (maknott@chestnut.org)
 - We are also hoping to donate candy so if you/your organization would like to contribute please reach out to Mark Knott (maknott@chestnut.org)

Wellness Moment

- Mark Knott – Chestnut Health Systems Community Health Specialist III
 - Mark shared about practicing gratitude with the focus on helping improve and maintain a positive attitude. He encouraged the council to write down three things they are grateful for each day and take a moment to reflect and focus on the things they are grateful for in an effort to promote and maintain an attitude of gratitude.

MERC Upcoming Meetings

- Next Council Meeting will be November 16, 2023 at 9am via Zoom
- Next Subcommittee Meeting will be November 14th via Zoom at 2pm

Metro East Recovery Council (MERC) Vision:

A community system that nurtures and supports individuals and families seeking or maintaining recovery for themselves or a loved one.

Recovery Oriented Systems of Care (ROSC) Mission:

Collaborating to build and empower communities of recovery.