



Meeting Minutes

Changing Communities, Transforming Lives

Call to order

The Metro-East Recovery Council monthly meeting was held at **104 United Dr., Collinsville, IL 62234** on **February 14th, 2018** from 9:00 am to 10:30 am.

1. **Introductions**
2. **Recovery Trivia** – Chairperson asked five (5) trivia questions related to recovery to help those not familiar with recovery to learn (e.g, pathways ways to recovery, dimensions of wellness, etc.)
3. **Logo** - Council reviewed the logo and agreed on #4 that was sent out via email the previous week.
4. **MOUs/Needs Assessments** – Chairperson asked any present Council Members to turn in any signed MOUs or completed Community Needs Assessment.
5. **Volunteer to take notes/minutes** – Elizabeth Sindelar-Loy agreed to take responsibility as long as she is present.
6. **ROSC & Recovery PowerPoint Presentation** – Council Members discussed what should be included in one PowerPoint Presentation that covers What/Why ROSC and Recovery-related content (e.g., how addiction works, definition and outlining of ROSC, stages of change, eight dimensions of wellness, pathways to recovery, stigma reduction, WAIT – Why Am I Talking, etc.). Council Members shared the idea to create an education PowerPoint presentation for families of those battling drug and alcohol addiction focused on enabling and support groups (e.g., Al-Anon) for themselves
7. **Developing a Recovery and Employment Advisory Board** – Council Members discussed the purpose to develop a much-needed Recovery Council Advisory Board/Workgroup to provide a voice by those living in recovery from drug and alcohol addiction. Council Members also

discussed the importance of creating a Employment Advisory Board to create with employment specialists and business managers/owners to create a better experience for gainful employment and job skill education. The Work-Based Learning Coordinator, Sarah Ray Lorio, with Madison County Employment & Training expressed interest in assisting with creating the Employment Advisory Board. Council Members have agreed to create other Advisory Boards (e.g., Faith-based/Spiritual, etc.) after the Recovery and Employment Advisory Boards have been established.

8. **Metro-East Recovery Council Kick-Off Event** – Council Members discussed planning a community event to invite the public and private sector to a luncheon or casual event with testimony from those with lived recovery experience and Council Members to highlight the great work MERC is setting out to accomplish. Ideas of sponsors, CEUs to draw the professional crowd, and potential speakers were shared.
9. **Review of Strategic Plan** – Council Members reviewed and discussed the 2019 Strategic Plan that focuses on 1 year, 3 year, and 5 year goals, objectives, and activities. After review of Strategic Plan, Council Members were in agreement of goals set forth (e.g., maintaining MERC meetings, Developing Recovery Advisory Board, creating more pathways to recovery, creating a social media presence, establishing MERC as a standalone 501 (c) (3) during the 4th/5th year of its life).

Motion – Next MERC meeting: March 14th, 2019 located at 104 United Dr., Collinsville, IL 62234 from 9:00 am to 10:30 am.

Coming together is the beginning. Keeping together is progress. Working together is success. – Henry Ford

See everyone in March! ☺