



Meeting Minutes

Changing Communities, Transforming Lives.

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Call to order

The Metro-East Recovery Council monthly meeting was held at **104 United Drive, Collinsville, IL 62234** on **January 9th, 2020** from 9:00 am to 10:30 am.

1. **Introductions, Announcements** – Introductions.

- a. Cougar Fest: January 21st from 10a-2p. Please contact Erica if you would like to help
- b. SWIC Resource Fair: February 6th from 11a-1p. We have a MERC table, but I (Erica) will not be able to attend. Will one or two people please volunteer to hand out giveaways and resources to SWIC? Please contact Erica if you would like to help.

2. **Any Assessment/MOUs** – Please see attachments for blank MOUs and county specific assessments. Please fill out the appropriate MOUs and assessments, then send to Erica. We are updating both for the current fiscal year. Thank you!

3. **Resources Update** –

- a. Project Homeless: January 30th, from 10am to 1pm, New Life Community Church, East St. Louis <https://www.facebook.com/nlccestl/>
- b. Warmline: <http://www.illinoismentalhealthcollaborative.com/news/The-Warm-Line.pdf>
- c. Smoking Cessation App: https://teen.smokefree.gov/become-smokefree/quitstart-app?fbclid=IwAR1SAh8Rr72FXSSmFodcXa3zcivDINML0LOS4AA6ZP-RyzK3G9sU_RJtkZE
- d. Call for Help: <https://callforhelpinc.org/>
- e. Manifested Mercy will be hosting quarterly classes. Be on the lookout for information.
- f. Elizabeth has a Utah contact for guidance on housing.
- g. Towns are training landlords to not offering second chances. More information coming.

4. **EAB/RAB/CRAB/HAB/Advisory Board** – Employment Advisory Board meeting 3rd Wednesdays at 11a. Recovery Advisory Board meeting 3rd Wednesdays at 9a. Collegiate Recovery Advisory Board meeting 4th Thursdays at 9a. Housing Advisory Board meeting 3rd Thursdays at 9a. Interested in being part of an overall MERC Advisory Board? Please contact Erica at ejbaker@chestnut.org.
5. **SAMHSA Intellectual Wellness** – Intellectual wellness involves expanding knowledge and skills. This can include reading for fun, debating with a friend while remaining open to new points, learning new skills, journaling, puzzles, etc. This also includes the ability to be open without necessarily responding, being empathetic towards people, supporting the growth of others, and participating in community outreach.
6. **Stigma Campaign Question Review/Edit** – Thank you for the help!
7. **Alcoholics Anonymous Information Presented by David Havis** – Discussed the preamble, 12 history, 12 steps, 12 traditions, and misconceptions about AA. For example, you don't have to believe in God to attend AA. More meetings are recommended for newcomers in order to form a habit and for maintenance. An "O" by a meeting means anyone can attend. A "C" by a meeting means only recovering alcoholics can attend. Contact Erica (ejbaker@chestnut.org) for any questions regarding AA and they will be passed on to David.

Motion – Next MERC meeting: February 13th, 2020 from 9:00 am to 10:30 am at the Metro East Parks and Recreation Building (104 United Drive, Collinsville, IL 62234).

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