



# Meeting Minutes

*Changing Communities, Transforming Lives*

## Call to order

The Metro-East Recovery Council monthly meeting was held at **104 United Drive, Collinsville, IL 62234** on **April 11<sup>th</sup>, 2019** from 9:00 am to 10:30 am.

1. **Introductions, Announcements** – Introductions.
  - a. Amare trivia night April 26<sup>th</sup> at 6:30 pm. \$80/table and \$5 to enter costume contest. Movie and Music Trivia Night and Costume Contest is to raise funds to help cover expenses for their Recovery Support Services.
  - b. Dream Center of Alton fundraiser May 2<sup>nd</sup>. Night of Dreams is a dinner and keynote speaker to help raise funds to help with their reentry programs.
2. **MOUs/Needs Assessments** – Chairperson asked any present Council Members to turn in any signed MOUs or completed Community Needs Assessment.
3. **Visitor Spotlight** – Celeste Brennan from Chestnut Health Systems in Bloomington. Marketing and Communications Coordinator.
4. **SMART Recovery and Refuge Recovery Education** –
  - a. SMART Recovery: scientific approach.
  - b. Refuge Recovery: non-profit grounded in Buddhist belief principles to aid in recovery.
5. **Madison County Informed Update** – Pilot is doing very well and is at 4,500 “likes” on Facebook. Next episode is being worked on.
6. **MERC Member Challenge** – Jean brought Donna. Barb brought Wendy, Sheryl, and Jenny.
7. **Develop a MERC Informative Flyer** –
  - a. Examples of what we want to do. Input for needs. How people can help.
  - b. Two different messages for targets/community

- c. Buzz Words that are in recovery community.
  - d. Mission and Vision Statement.
  - e. Distribute at libraries, Lunch & Learn, etc.
8. **MERC Group Exercise** – “The 15<sup>th</sup> Object.” Idea is to get Ty to step on number 15. Shows that in a group, people will start helping/assisting people and work as a team.
9. **Employment and Recovery Advisory Board and Planning Committee Briefing** –
- a. Recovery Advisory Board met at Riverbend Family Ministries in Wood River. Discussed different groups to start/certifications needed, such as SMART Recovery and Refuge Recovery. Refuge Recovery is a bit less restrictive and has materials to use, similar to 12 Steps. Waiting on information about SMART Recovery implementation. Reaching out to locations for meetings.
  - b. Planning Committee: Lunch & Learn May 23<sup>rd</sup> from 11:30 am to 1:00 pm. Hosted for professionals. Will use MERC PowerPoint. Will have Jimmy John’s boxed lunches. Hosted at Our Lord Lutheran in Maryville.
  - c. Employment Advisory Board is aiming to help people with criminal backgrounds find employment. A list of potential employers is being formed, along with instructions on how to obtain a birth certificate and identification. Processes for both counties will be documented. A questionnaire for potential employers is being formed in order to most successfully point past offenders in appropriate directions for employment.
10. **Collegiate Recovery PowerPoint presented by Erica Baker**– (attached to email)

**Motion – Next MERC-RAB meeting: May 9<sup>th</sup>, 2019 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*