



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 **June 13th, 2019** from 9:00 am to 10:30 am.

1. **Introductions, Announcements** – Introductions.
 - a. Manifested Mercy having first official fundraiser: 24 Hour Boardgaming Marathon on Friday, August 23rd from 7p to 7p on the 24th
 - b. Centerstone is hosting a self-care panel Tuesday, July 30th
 - c. SMART Recovering meeting starting soon at Riverbend Family Ministries
 - d. Refuge Recovery meeting starting soon at Riverbend Family Ministries
2. **MOUs/Needs Assessments** – Chairperson asked any present Council Members to turn in any signed MOUs or completed Community Needs Assessment.
3. **MERC Informative Flyer** – two separate flyers: one for people in recovery and one for business professionals. Recommended places to distribute: churches, health departments, DHS. Use your imagination!
4. **Special Guest: Teri Cain from Egyptian Health Department** – Egyptian received one of the eight ROSC grants distributed by SUPR. Four counties served: Hamilton, White, Saline, and Gallatin. There is a high use of meth and opioids in these counties. Population: 50,000 and completely rural. Please see attachment at the bottom for the full update from Teri.
5. **State of Illinois Recovery-Oriented Systems of Care Close Out Event Update**– Erica attended and is bringing information learned to future MERC meetings, for example Recovery Community Organizations and Recovery Capital.
6. **Collegiate Recovery Advisory Board** – conversations are happening and a group forming.

7. **Advancing in St. Clair County**– PLEASE EMAIL WHAT YOU AND YOUR PARTNER DISCUSSED TO tabechel@chestnut.org. Much was discussed including, but not limited to, creating unique Madison and St. Clair councils, transportation needs, networking between counties, and focusing on similarities between counties in order to help each other.
8. **Rockin' for Recovery** – September 7th from 4p-10p in Bethalto. A volunteer meeting is happening at Riverbend Family Ministries on June 19th at 7p.
9. **Workgroup Activity** – Looking for organizations to reach out to about MERC: people with lived experience in St. Clair County, Employers, Faith-Based Organizations.
10. **Adopting Wellness Culture in the Work Place Presentation by Elizabeth Sindelar-Loy** –
 - a. Due to FANTASTIC discussion, Elizabeth shortened her presentation and shared bullet point takeaways: As a country, the United States is very unhappy, which could be due to lack of exercise, unhealthy eating patterns, and self-destructive behaviors. Everyone thrives in a supportive wellness culture, so it is important that workplaces become more people-centered and employers show they truly care about employees. How do we implement this? We start by practicing self-care and sharing with others how we do so.

Motion – Next MERC meeting: July 11th, 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

Egyptian Health Department ROSC Update from Teri Cain

Large Area with a relatively small population.

- Four counties with 50,000 population, most in towns of Harrisburg and Carmi.
- 100% Rural
- Hamilton, White, Saline, and Gallatin Counties
- High use of meth and heroin, and a decent rate of recovery which we want to uncover, put faces and voices to, and celebrate boldly!

We are part of the Southern Illinois Community Health Coalition, which began several years ago to address health issues such as diabetes, tobacco use, and substance use. Morphed into the Substance Abuse Action Team and then into the ROSC Council when EHD received the ROSC grant last year. Since October, we've been following the directives of the state to provide deliverables including a needs assessment for our area, and developing our Strategic Plan.

Our assessed needs include access to treatment facilities and recovery housing, improving employment opportunities for people who have substance use disorders, improving law enforcement relations and understanding, reducing stigma of substance use disorder, treatment and recovery, and building supports needed for people to be successful in recovery. We held several educational presentations in our service area including several showings of The Anonymous People, a presentation on Addiction as a Brain Disease, and a day of educational trainings by Mark Sanders, addiction specialist and our ROSC coach.

Now we are focusing on opening a small Recovery Resource Center in Harrisburg and creating services as well as welcoming folks seeking recovery there, and our inaugural event for National Night Out on August 6th in a city park in Eldorado. After that is Recovery Month in September. We plan to have an open house the first weekend in September and then have folks in recovery walk in the Eldorado Town and Country Days September 21st. We're working on a logo and overall branding project so we can print t-shirts to identify and support recovery. This fall we will launch into further work to develop our employment work, and other tasks in our strategic plan.

Building our recovery community is really key to me, and including the recovery community in planning events at and around the Recovery Resources Center is really critical. We'll have drop in resources and Peer Support Specialists available as well as job skills classes and other supports in this new space.

One of our "Ta Das" on our "To Do" list is providing SMART Recovery this summer as well. By the end of August we will have five folks trained in SMART, including one volunteer and four staff, with three more of our Peer Recovery Support Specialists ready to begin training very soon. These folks will offer SMART groups on their own time in our service counties, none of which have SMART groups now. We plan to offer these groups at the library in Harrisburg as well as in public housing areas. We also plan to develop another ROSC Council in White County since they are quite a distance from and different from Saline and Gallatin counties.