



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

1. **Introductions, Announcements** – Introductions.
 - a. Rebecca Marshall – Madison County Employment and Training Department Regional Job Fair Thursday, September 19th
 - b. Jen Nagel has started a SMART Recovery Meeting at Riverbend Family Ministries on Tuesdays from 7p-8p.
 - c. Jen Nagel – Rockin’ for Recovery report: 90 boxes of NARCAN distributed. Beginning The Porchlight Collective for harm reduction.
 - d. Refuge Recovery on Wednesdays at Riverbend Family Ministries
 - e. Bud Vickery – Celebrate Recovery Testimony Event: October 3rd at 5:30p at Restoration Church. Free dinner.
2. **Opioid Addiction Video**– https://youtu.be/NDVV_M_CSI
3. **SAMHSA Emotional Wellness** – Video: <https://youtu.be/u04S4xsloq0> Discussion about how to take care of your emotional wellness and how to help others with theirs.
4. **Recovery Advisory Board** – Beginning work on an RCO and aiding Partnership for Drug-Free Communities with recovery programs document. Partnership has a recovery panel at their next meeting.
5. **Employment Advisory Boards** – Looking at partnering with another council conducting similar work in seeking out employers and helping with job training. Looking at getting involved with Nexus employment.

6. **Update/Discussion of Strategic Plan** – See attached PowerPoint for current strategic plan.

7. **NARCAN Information/Training by Karen Tilashalski**

Motion – Next MERC meeting: October 10th, 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