



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

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

- a. Chelsea: Ryan Hampton: Tuesday, October 29th 5p-7p OSF Healthcare

Register: ryanhamptonalton.eventbrite.com

- b. Donna: MERC Project Coordinator position still open. Efforts in action to have an anti-vaping campaign in the community.

2. **SAMHSA Physical Wellness** – Video: <https://youtu.be/i1ko094IFNI>

- a. Discussion on alternatives to exercise: finding activity in unique ways, such as keeping up the pace while cleaning the house. Finding things that work for you. Spending time with nature and relaxing. Portion control during holidays. Limit caffeine. Watch out for sitting for extended periods of time. Yoga. Stretching for positive trigger to get your mind off of a previous trigger. Integration of wellness. HALT: Hungry? Angry? Lonely? Tired?

3. **Recovery Advisory Board** –

- a. Anti-Stigma Campaign Sign-up sheet passed around. Modes of distribution? What do we need to say that people are misinterpreting? Tagline? Not using the word “stigma.” Who are people in recovery? (Siblings, cousins, parents, children, etc.) .
- b. Chief Simmons letter/warming centers/how to assist as MERC. We can help with trainings and volunteering. Ideas: Centers should have: safety person, resource advocate, first aid/NARCAN/medical trained. Volunteers have gone through background checks.

Two designated centers for people with pasts. Properly trained people will know what to look for in people who are actively using. We can help with training volunteers. Proposed MERC gets involved to alleviate fears. Only opening on nights 20 or below. Granite city does this. Community meetings.

<https://www.facebook.com/OvernightWarmingCentersAlton/>

4. **Employment Advisory Boards** – Active users at places of employment and being wary of this. Look at people who are in current business to teach classes to change culture. Also classes in current business classes since they are the next part. Changing workforce classes. Nexus: bridging gap between people with disabilities and serious barriers with the workforce/employers. Donna thought: shifted job fair funds to having meetings with employers. Job seeker fair (reverse job fair) and employers come to look at the potential employers. Accommodations for Success. SHRM Meeting.
5. **SMART Recovery and Manifested Mercy presented by Jason Kelley**
 - a. Video: <https://youtu.be/zxzhzQJqzZ4>
 - b. SMART Recovery helps cope with triggers: triggers come from things that happen around us. A lot of young people are looking for alternatives to 12 step programs. SMART Recovery focuses on the past week, not necessarily telling their story. Online meetings available. Tuesday night meetings at Riverbend Family Ministries. Most people attend 6 months to one year. This is self-management and it varies how long people participate. MERC can pay to train two people who are willing to commit to hosting a meeting.
 - c. <https://youtu.be/xdmJcP9etTI>

Motion – Next MERC meeting: November 14th, 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