



# Meeting Minutes

*Changing Communities, Transforming Lives.*

[merc@chestnut.org](mailto:merc@chestnut.org)

*Erica: [ejbaker@chestnut.org](mailto:ejbaker@chestnut.org)*

## Call to order

The Metro-East Recovery Council monthly meeting was held at **104 United Drive, Collinsville, IL 62234** on **December 12<sup>th</sup>, 2019** from 9:00 am to 10:30 am.

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

- a. Elizabeth Sindelar-Loy: Y2K: [The Cannabis Edition](#)
- b. Centerstone Art Show: <https://www.facebook.com/events/1076514729347654/>
- c. Cougar Fest: January 21<sup>st</sup> from 10a-2p. Please contact Erica if you would like to help
- d. SWIC Resource Fair: February 6<sup>th</sup> 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. St. Vincent De Paul Drop-In Center 3718 State Street, East St. Louis
- b. The Good Samaritan House: <https://www.facebook.com/GoodSamaritanHouseGC/>
- c. District 14 Alkathon: [Click here for details.](#)
- d. Self-Defense for Women:  
[https://www.facebook.com/pg/AllYouStudio/about/?ref=page\\_internal](https://www.facebook.com/pg/AllYouStudio/about/?ref=page_internal)
- e. Attached you'll find a resource pamphlet. Please let me know if you see anything missing, and I will pass on suggestions.

- f. Faith Family Church Grief Support: <https://faithfamilyshiloh.org/resources/life-coaching/>
4. **Sustainability Plan** – Updated needs assessments. Please see attachment and fill out a new assessment for this fiscal year. RAB/EAB/CRAB/HAB: please watch emails for a survey to determine new Zoom meeting times for 2020.
5. **SAMHSA Social Wellness** – To maintain social wellness during the holidays, be sure to reach out to people to check in on them and for your own social wellness. Seek out peer groups where you can be yourself. Watch out for excessive use of devices such as phones and tablets.
6. **Stigma Campaign Discussion** – Discussed giveaway ideas for coming up college fairs and the anti-stigma campaign. On giveaways will be the following: MERC Facebook link and “You are not alone.” Along with MERC colors will be colors representing our LGBTQ+ community.
7. **Video: *Not My Addiction* and Discussion** – <https://www.emsworld.com/addiction>

**Motion – Next MERC meeting: January 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***