



MERC Meeting Minutes

February 18, 2021

Via Zoom

There were 24 members in attendance.

1. Welcome and Introduction of New Members
 - Hannah Miracle – State Senator Crowe’s office
 - Juliana Harms – DCFS
 - Rodney Strong – Centerpointe

2. Data Update- Preventing Overdose Project- Liz McQuaid
 - Liz shared data related to overdoses and NARCAN distribution in Madison and St. Clair Counties. Donna will send out the presentation.

3. Training report- Cindy Mayhew
 - Donna sent out the presentation slides previously
 - Cindy discussed the presentation and discussion was had about looking into making some movement in the direction to create a partnership between law enforcement and the recovery communities.
 - Jean Schram shared that Amare has applied for a SAMHSA grant that would include a number of programs included in the community highlighted in the community.
 - Greg Norkus shared that he has been in contact with one of the law enforcement officers who presented the training. Greg is interested in looking into the program.

4. Sharing Cold Weather Resources
 - Chelsea gave an overview of the Overnight Warming Center in Alton. Chelsea volunteers with the center and shared the Facebook page information for anyone who wants more information. An Amazon wish list is included on the page. A question was asked as to whether donations of cots or clothing would be helpful. Chelsea indicated that it would and she will send a list of needed items to Donna for distribution to the group.
 - Jason provided a list of overnight centers. Jason highlighted issues with unhoused individuals finding a warming center or shelter in the event that they have a criminal record or are currently using a substance.
 - Ashley shared resources for St. Clair County. She has also provided these via email and those will be shared with the group.

5. Wellness Moment
 - Sonja Vauters discussed the importance of continuing to care for ourselves while we are caring for others.

- Sonja talked about vision boards. These boards can include goals we have for ourselves or pictures of things that make us happy. Sonja suggested that we all develop a vision board for our own wellness.
6. Old Business: Executive Committee Nominations
- This will be carried over until the next meeting. We are accepting nominations for Executive Council members. We have two people so far who are willing to serve.
 - The Executive Committee will serve as the leadership committee for MERC.
7. Announcements, Events
- Manifested Mercy is hosting a State of Agency 7-8 in Alton on February 23rd. Donna will resend the flyer.
 - Hannah with Senator Crowe's office spoke about a bill (HB 2488) that was introduced concerning prescribers being able to see patient's medication history and allow access to the Prescription Monitoring Program (PMP).

Next meeting: March 18, 2021 from 9:00-10:00 via Zoom

Resource Library Materials Available for Loan:

Book: <i>The Language of Letting Go</i> Melody Beattie	Book: <i>More Language of Letting Go</i> by Melody Beattie
Book: <i>Codependent No More</i> Melody Beattie	Book: <i>The New Codependency</i> Melody Beattie
Book: <i>How Al-Anon Works</i>	
DVD: <i>The Anonymous People</i>	DVD: <i>Pleasure Unwoven</i> (A personal story of addiction)