



McLean County ROSC Council Meeting

Tuesday, January 19th, 2020 at 3:30 p.m. (Zoom/Virtual)

Attendees:

Today's meeting began with introductions, including attendees, agency represented, and something interesting about themselves.

Angela Chasensky (Chestnut Health Systems, ROSC Project Coordinator), **Dan Sokulski** (Chestnut RSS/ROSC), **Angelyca Adcock** (Chestnut), **Shontelle Hunt** (Children's Home and Aid/Kids Term), **Linda Foster** (NAACP, President local chapter), **Bruce Lang** (Prairie Pride), **Sonja Workman** (Chestnut), **Dorothy Davis** (Coordinator, Parents Care and Share), **Matt Jones** (W. Central ROSC/Bridgeway), **Wendy Ashford** (Carle Bromenn ARU), **Emma Guevera** (Bridgeway Employment), **Michelle Copes** (Bloomington Public Library), **Toy Beasley** (TASC), **Natasha Nunoo-Ponder** (McLean County Human Services), **Jeremy Studebaker** (Chestnut), **Marlon Chamberlain** (PM, Illinois Alliance for Re-entry & Justice), **Marita Landreth** (McLean County FUSE), **Sandra Beecher** (Gateway Foundation), **Abbie Lee** (Omni Youth), **Jessica Jackson**, **Don Mohammed** (Integrity Counseling), **Kiara Tate** (Integrity Counseling), **Clara Munyer** (Parents Care and Share),

Presentation:

After introductions, Angi and Dan provided a recap of the holiday virtual parties on 12/16/20 and 12/30/20, and plugged the next holiday party/speaker event, which is Friday, February 12th at 7pm with a theme of Love and Tolerance and the difference between addicted/unhealthy relationships and healthy relationships.

Angelyca also provided the group an orientation and share-screen of the new ROSC YouTube channel. Attendees were reminded of the ongoing request for participation in this channel by telling personal stories of recovery, educational videos, spiritual content, or any other topic that is near and dear to them.

The majority of today's Council Meeting was dedicated to fostering new ideas, events and objectives for the ROSC to tackle in 2021 and forward. We have not had a brainstorming session like this in some time, so it was deemed prudent early in the year to revisit old objectives and come up with some new ones to keep the ROSC strategy updated and fresh. The participants were broken up into four breakout groups of five people each, with Dan floating in and out of various groups. After about 25 minutes of breakout time, the group reconvened and each group chose a spokesperson to present its respective groups ideas to the entire council.



Breakout Room 1: Abbie, Angi, Bruce, Jessica, and Kiara

- Looking at a prevention perspective, like prescription take back- which does occur in this community.
- Wish to continue collaboration of resources, so there isn't a duplication of services. Having the ROSC allows for an environment for networking across organizations.
- Wish to continue Racial equity team – having a panel to discuss the disparities with people of color seeking treatment, or attending groups is being launched.
- LGBTQIA recovery support group –
 - ✓ Will facilitate a warm welcome with HCC advisor for Pride group with Angi
 - ✓ Discussed ads for Facebook for ROSC group promotion
 - ✓ Discussed reaching out to PFLAG
 - ✓ Sober Redbirds networking has already occurred
- Discussion on human sexuality, people engaging in risky behaviors, as it relates to sex in the LGBTQIA community and the correlation with other risky behaviors like additions. How population can utilize medication or services to reduce risk.

Breakout Group 2: Linda, Don, Marita, Michelle C, and Sonja

- Build on what is in place (topics, reaching out)
- More outreach; increase participation from the recovery community and their family members.
- Increase ROSC visibility (talk about it, advertise it).
- Develop and employ solutions for those still using drugs (Harm Reduction)
 - ✓ Needle exchanges
 - ✓ Fentanyl strips
 - ✓ Does Narcan have a shelf life? (We may need to look at replacing the vials given out at a previous ROSC meeting)
- Looking at how Integrity can reconnect.
- They want to be better at referring to the ROSC when needed
- Would like to promote/see more education on suicide prevention
- Certify in Dr. Quinet's program on suicide Warning Signs (QPR – Question, Prevent, Recover)
- Wants to be more intentional about asking people/organizations to join us.
- Identify who isn't at the table with us? (We talked specifically about HSHM. Note: Dan mentioned that HSH is represented via Debbie Reese in the ROSC Spirituality Workgroup, but the monthly council meeting conflicts with her schedule).

Breakout Group 3: Shontelle, Clara, Jeremy, Toy, Sandra

- Continue to address the lack of sober housing, or housing for people in the community in general (including sex offenders and targeted demographics that have nowhere to go).



- Research policies, zoning laws, labeling, etc. Rather than take information at face value, truly educate ourselves on what the laws in McLean County are, why they exist, and how we can advocate for change to help our community's recoverees.
- Build a base and establish "one voice" for ROSC community.
- Transition Plan coming out of pandemic.
- Increase advocacy for funding change, policy change, etc. (new ROSC sub-committee?).
- Seek grants for funding new initiatives.
- While Shontelle was sharing, Marita entered a suggestion in the chat box to "create a Political Action committee").
- Dan added there is a fundraiser planned for later this year with proceeds going to first month's rent scholarship fund for people seeking transitional housing. He also plugged the Sober Living Workgroup as a way to get involved.

Breakout Group 4: Angelyca, Marlon, Matt, Dorothy, Natasha

- More leadership opportunities from people in recovery or that have been effected.
- Get people with lived experienced involved.
- More networking opportunities for people that have lived experience and have criminal background. Learn skills and get jobs.
- Involve parents, family and friends with people in recovery. Help people that are in support groups. Family support and education.
- Get law enforcement and religious groups involved.
- Family Psychoeducation groups for loved ones. Learn about symptoms, triggers, etc.

Group 5: Dan

- Create a family program that may or may not tie into clients in treatment at Chestnut, but is offered at least once a month to community, which includes both recoverees and their family members to educate about addiction as a family disease, why addiction is a disease (how it affects the brain), include exercises and activities, as well as educational pieces (e.g. Pleasure Unwoven).
- Create an Alumni group for alums of central IL treatment centers.
- Employer outreach to advocate for recoverees with criminal records as well as how to establish recovery-friendly work environments.
- Recovery Community Center! Larger-scope item but a center where people can go for fellowship, meetings, to link with a peer specialist, safe harbor, and plug into other resources. Should be peer-led and part of the Recovery Community Organization. Include games like foosball, billiards, ping pong, etc.

By the time all groups read back their results, it was 5:00pm and the meeting ended. These results will be further explored in future ROSC meetings, with ROSC Sub-committees/workgroups launched where necessary to evolve the ideas.



Themes/Summary of Findings:

Based on a precursory review of the breakout room ideas and objectives, the following is a list of themes that surfaced for the ROSC to consider addressing starting in 2021:

- Family programming and family-based recovery solutions
- Enhance and build upon existing sober living services and solutions
- Research existing laws relative to sober living and other recovery regulations/laws to increase advocacy and outreach.
- Provide capabilities for 'safe harbor' and sober leisure/centralized recovery services for community's recovering people (e.g. Recovery Center).
- Continue efforts to build and optimize ROSC coalition (i.e. make sure all the proper representative are involved, including shelter like HSH, churches, and PLEs).
- Research grants to enhance and develop recovery solutions.
- Focus on ways to target more involvement among particular demographics, such as LGBTQIA, people with criminal history, PLEs, PLE family, etc.

Next ROSC Meeting: Tuesday, February 16th at 3:30pm

<https://zoom.us/j/3729798714>

Meeting ID: 372 979 8714

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