



## MERC Meeting Minutes

January 20, 2022

9:00 a.m. via Zoom

### Welcome and Introductions

In attendance were:

Beverly Holland	Terri McKee	Angella Holloway	Debra Beckmann
Toni Randall	Merric Meehan	Deb Humphrey	Brian Pollo
Naomi Fulton	Cora Hughes	Courtney Roy	Kristy Montgomery
Tisha Lancaster	Dawn Steward	Craig Loeddke	Stephanie Everhart
Patrick Miller	Rachell Young	Trisha Lewis Thompson	Ashley Amburn
Ty White	Marianne Drainer	Jo Harper	Jason Farley
Rick Richardson	Jean Schamm		

### Review Old Business

Beverly announced the postponement of the

- Community Wellness Project Health Fair, St. Clair County – new date TBD.
- MOU's (Currently have 5; need 10 more) - Beverly reminded Council members that MERC is in need of renewed MOUs for 2022
- FSN Warm Line yard signs – Discussed the availability of yard signs, and the amount of signs available for distribution in St. Clair and Madison Counties

### New Business

- Strategic Plan
  - Short Term Goals – implemented within 3 months
    - Broaden participation within St. Clair County:
    - Identify Family Support services: *Craig Loddeke of Clinton County TAC informed participants that he leads a group, PAL(Parents of Addicted Loved Ones) – Tuesdays on ZOOM – interested parties can reach Palgroup.org; Nar-Anon (Godfrey and Maryville); Family Support Network – hotline (packet of info is available from Chestnut/MERC); Sonja Vauters of Chestnut recommended that interested parties can reach out to NAMI SWI – There is a family support group meeting on ZOOM at 7:30-8:00 PM. More information can be obtained by visiting website: [www.namiswi.org](http://www.namiswi.org) ...*
    - Identify stakeholders within college communities: *SIUe, McKendree, SWIC – Nursing program, Lewis and Clark, ESL Community College. Beverly encouraged members to share prospective contacts with her and Angella Holloway.*
    - Identify stakeholders with lived experience – *in the interest of maintaining confidentiality, Beverly encouraged members to get permission from prospective contacts before sharing their information with her or Angella.*

- Long Term Goals – implemented within 6 months
  - A more diverse, mobilized council within the Metro East counties of St. Clair and Madison
- Guest Speakers: Suggestions: *Evolution of MAT treatment in telehealth – practitioners, what it looks like, etc.; ACES and the link between trauma and substance use disorder; Workforce issues for individuals with SUD – in the beginning stages (SIUe ?) Ms. Blanco – originator; Other ROSC councilmember – such as Tarra Winters of Prevent Child Abuse Illinois; Fighting stigma*
- Meeting Times: Rotate the meeting hour, to accommodate those whose workday prevents their attendance? Terri clarified that the rotation would be quarterly, and likely will coincide with hosting a guest speaker.
- Narcan Training – TODAY, 1/20/22 at 10 AM or 3 PM

**Wellness Moment** Sonja M. Vauters

Community Relations Representative, Chestnut Health

**MERC Upcoming Zoom Meeting: February 17<sup>th</sup> at 9:00am**

**Metro East Recovery Council (MERC) Vision:**

A community system that nurtures and supports individuals and families seeking or maintaining recovery for themselves or a loved one.

**Recovery Oriented Systems of Care (ROSC) Mission:**

Collaborating to build and empower communities of recovery.