



MERC Meeting Minutes

February 17, 2022

9:00 a.m. via Zoom

Welcome and Introductions

40 individuals were in attendance. Attendees included:

Kathy Blume, CenterPointe of Maryville

Kim Luz, HSHS

Ty White, Private Practice

Karen Tilashalski, Chestnut/DOPP

Stacy Nonn, Chestnut Health Systems

Deborah Humphrey, Madison County Mental Health Board

Elizabeth McQuaid, Chestnut/DOPP

Donna Nahlik, Chestnut Health Systems

Terri McKee, Chestnut Health Systems

Tyrone Hill, Amare NFP

Jason Farley, Amare NFP

Craig Loddeke, PAL & Family Support Network

Courtney Ray, Omni Youth

Brian Pollo, Montgomery County Public Health/ROSC

Angella Holloway, Metro East Recovery Council

Toni Randall, Bond County Recovery Council

Debra Beckmann, Take Action Coalition

Latisha Wilson, Take Action Coalition

Jean Schram, Member – Amare Board & Madison County Health Advisory Committee

Naomi Fulton, Chestnut Health Systems

Raechell Young, ARCH

Tawana Howard, St. Clair County

Tisha Lancaster, State of Illinois

Amanda Hooper, Chestnut Health Systems

Ashley Amburn, Chestnut Health Systems

Becky Hatlee

Cora Hughes, Touchette Hospital

Dawn Steward, QHC

Elyse Schoen, Madison County Public Health Department

Jane Nesbit

Kaylynn Davis, Chestnut Health Systems

Kristy Montgomery, Acadia Healthcare

L. Minor

Merric Meehan, Mers Goodwill

Patika Hackelman, State of Illinois

Sonja Vauters, Chestnut Health Systems/NAMI

Stephanie Everhart, Chestnut Health Systems

Teresa Cornelius, HSHS

Toni Corona, Madison County Public Health

Beverly Holland, Metro East Recovery Council

Review Old Business

- FSN Warm Line yard signs – There are still signs available for placement in St. Clair and Madison Counties. Contact Angella or Beverly to obtain signs!
- Short-term and long-term goals of MERC's **Strategic Plan** were reviewed at last meeting. Thank you to all contributors who identified existing services and supports for the Recovery community in SCC and Madison County.
- Meeting Times: Rotate the meeting hour on a quarterly basis, to accommodate those whose workday prevents their attendance at 9 AM.
- Narcan Training – was presented on 1/20/22 at 10 AM and **2 PM**

New Business

Q4 2021 Coroner's Report – Karen Tilashalski, Community Health Specialist with DOPP (Drug Overdose Prevention Program), presented the coroner's data on overdoses and opioid-induced fatalities of 2021. Madison County saw an increase of 32% in overdose deaths, and St. Clair County saw a decrease of 12% in overdose deaths. An attendee asked how the data compares to State statistics, and Karen reported that hard numbers are not yet available for comparison. Karen credited law enforcement for providing strong anecdotal information that aids in DOPP's efforts overdose prevention by staying abreast of local trends. County Coroner stat sheets to be forwarded to MERC members at conclusion of the meeting.

Public Transit Outreach Program – Stacy Nonn, Associate Director of Comprehensive Integration at Chestnut, presented an overview of the pilot program that reaches transit users who are in need of community supports. There are currently two individuals who work alongside security officers on the Metro Link to provide a warm handoff or a backpack of essential supplies to passengers on the transit line, and to those who are in proximity of the transit line. Naomi Fulton shared her experience of "a day in the life" as one of the direct-service providers who is working for the pilot program. Plans are in the works to expand the program by two additional workers on the Illinois side of the Mississippi, and two workers on the Missouri side. Three of the

four workers have been hired and the search continues for the fourth. Those who are interested can reach out to Stacy or to Chestnut Health Systems. Program data will be available at the pilot year's end, April 2022, at which time Stacy is welcomed to return to MERC with an update.

below: **More Narcan trainings** are offered today at 10 AM and 2 PM. **Registration links** are

To register for the 10 a.m. training, click this link:

https://zoom.us/join/zoom/register/tJIpcemsrzovGdydS_qjGAvnjvVbC93eiRpv

To register for the 2 p.m. training, click this link:

<https://zoom.us/join/zoom/register/tJUrdOuqqT4iHtDHcVrkDf1AVlpfew24X6ot>

Wellness Moment Sonja M. Vauters

Community Relations Representative, Chestnut Health

Sonja provided suggestions for maintaining boundaries between work and home, to prevent “burnout.” She recommended keeping set work hours, even when telecommuting: one option being to set cell phones to only accept calls during available hours; another option being to communicate one’s availability to co-workers or clients in order to limit interruptions to personal time.

Other Items of Interest:

Parents of Addicted Loved Ones (PAL) continues to offer support group meetings for parents of adult children who have substance use disorder. The local meeting is on Tuesdays, 7:00-8:30 PM. Visit the PAL website at: www.palgroup.org for more information.

NAMI continues to gather and distribute supplies for families in need. Gloves, hats, scarves, toiletries, and any other everyday necessities are appreciated. Visit the local NAMI chapter at: www.namiswi.org.

MERC Upcoming Zoom Meeting: March 17 at 5:30 PM

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.