

McLean County ROSC Council Meeting

Tuesday, August 16, 2022 at 3:30 p.m. (Zoom/Virtual)

Attendees:

The meeting started with introductions, including council participant and agency represented (or person with lived experience—PLE). Ice Breaker = Summer Highlights! Vacations, new homes, and job/professional successes were some of the highlights.

Dan Sokulski (Community Health Specialist McLean ROSC/PLE), **Cat Hayes** (Recoverycorp), **Angelyca Adcock** (PLE/ROSC Social Media), **Bruce Lang** (Prairie Pride Coalition/LGBTQIA+), **Denise Backes** (Gateway Foundation), **Maresa Jordan** (CASA), **Katie Difanis** (Carle ARU-Champaign), **Jeff Asmus** (Chestnut/IL Region 3 ROSC Tech Assistant/PLE), **Ron Slagel** (PC Energy/Biz Owner), **Jenny Galloway** (Omni Youth), **Natasha Caudle** (Public Health Dept), **Toy Beasley** (TASC, McLean Cty Re-Entry), **Natasha Nunoo-Ponder**, **Tom Troe** (IL Region 3 CRSS, DHS), **Abbie Lee** (Omni Youth), **Sgt. Kiel Nowers** (Bloomington Police Dept, Community Engagement Unit), **Barb Brumluve** (Community Health Specialist, Livingston and Ford County ROSCs), **Sam Herrell** (McLean FUSE), **Samantha Martinie** (Chestnut/PLE), **Tom Troe** (IL Region 3 CRSS, DHS), **Kimberly West** (Bridgeway), **David G**

Today's Topics: Agency Updates, Annual September ROSC Fundraiser Picnic,

Agenda:

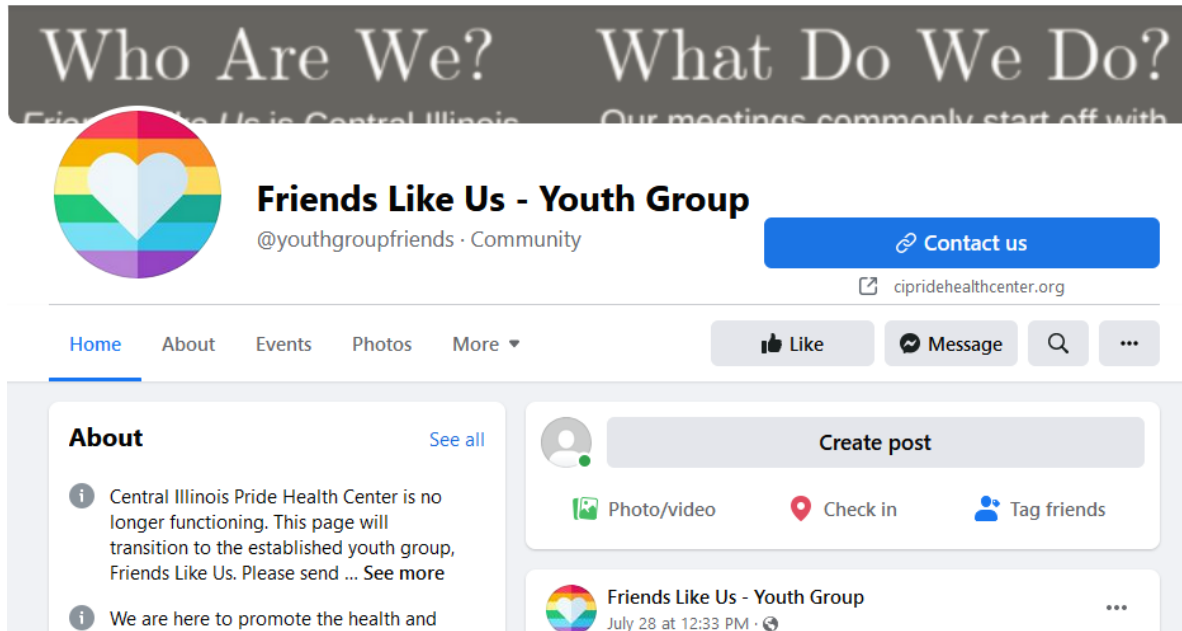
- **Introductions** (name, agency, something cool to share with the group)
- **Agency Updates** (Recovery Recreation, LGBTQIA+ Friends Like Us, McLean Re-Entry)
- **Annual September ROSC Fundraiser Picnic** (raffle/auction requests)
- **ROSC Self-Healthcheck Tool**
- **Closing Remarks & Next Meeting** on 9/20 (Narcan Training)

**** Note:** You can watch the entire meeting replay August's ROSC Council Meeting on YouTube:
<https://youtu.be/cLMmE-QszTk>

Today's Discussion:

- After introductions, Dan quickly reviewed what the McLean ROSC is in very high level terms: A community coalition of volunteers, professionals, people with lived experience (PLEs), family, and concerned citizens who are committed to providing coordinated, holistic recovery-oriented supports and services to all our community's recovery people (SUD, Mental Health, Reentry, Abuse, etc.). This was review for most but establishing this baseline may be helpful to newer members
- **Note:** Recovery Community Center = RCC; Person with Lived Experience = PLE; Recovery Community Organization = RCO; Recovery Oriented System of Care = ROSC
- Bruce Lang (Prairie Pride Coalition) was the first presenter to share about three different groups that cater to different people within the LGBTQIA+ community—those seeking general support from substance use disorders, young people, and adults living with disabilities.

1. **Queer Support Group:** Bruce reported this mutual support group held its first meeting last week with a promising turnout.
2. **Friends Like Us Youth Group** (see below; ~13-19 years old, meets at static location and has been together as a group for several years).
3. **Rainbows of Steel:** Support for people living at the intersection between LGBTQ and disabilities. Bruce stated these groups are looking for facilitators (may require background check, especially if for youth program). Contact Bruce Lang brucetlang@yahoo.com for more information or to help get involved!



- **The McLean County Reentry Council:** Coordinated community response to address prisoner reentry and recidivism. The council is comprised of justice-involved individuals, criminal justice officials, health, and human service providers who work together to reduce recidivism in McLean County. One of the goals of the council is to support individuals and their families who have been impacted by detention and incarceration. Toy spoke to the value of re-entry support and described it as “a different type of trauma”. He also provided the following updates about upcoming events:
 - **Re-Entry Fair September 10th, 2022 at Eastview Community Center** (401 Union Street) from Noon-3pm – learn about life skills, how to support and prepare people coming out of jails and institutions, childcare assistance, employment, and more!
 - **Winners Circle Facilitators Training *4 CEUs on September 13th** 10a-2:00pm at Lighthouse Institute (Chestnut’s facility in Crossroads Center)

NOTE: Meetings are open to the public and held the third Friday of each month from 1-2:00pm. Want to get involved? Contact the Council President--Toy Beasley (tbeasley@tasc.org)

- Denise shared that booths are still available for anyone who wants to advertise their services at the “W__(illegible) on State” on August 31st from 10-3pm. Please contact Denise Backes for more info: dbackes@gatewayfoundation.org
- **Integrity Counseling** will be hosting a 6-week parenting class on Thursday's from 5:00-6:30. It will run from September 16th to October 20th and has limited childcare for ages 3-10. They are asking a \$5 registration fee. Anyone interested can call us at 309-827-9100 or email integ502@outlook.com

- Integrity counseling will also be hosting a 3-week "meditation in motion" class from September 14th-28th. This class is open to anyone regardless of ability and we are asking for a \$5 registration fee. It will take place on Wednesday's from 3-4pm. Anyone interested can call us at 309-827-9100 or email integ502@outlook.com
- **Harm Reduction Panel 9/7/22:** McLean ROSC is partnering up with Livingston and Ford County ROSCs to put on a virtual Harm Reduction Panel on Wednesday, September 7th 2022 at 6:00 p.m. More info to come. The panelists will vary from people with lived experience in recovery to MAR prescribers and professionals.

Other Misc. McLean ROSC

ANNUAL FUNDRAISER and PICNIC WILL BE SEPTEMBER 17TH 2022 at Anderson Park, from 1:00 to 4:00 p.m. Angelyca gave an overview of the event and highlighted some of the exciting activities and ideas that will be available to participants. Family friendly and open to everyone. Dan said we hope to exceed last year's event where we raised over \$800 for local sober living rent funds. We need your help though! Any raffle baskets or worthy items you are willing to donate for us to auction off is mightily appreciated! Please contact McLeancountyROSC@chestnut.org to find out more or let us know if you have any cool ideas or items to share. Below is a snapshot of some ideas – please consider donating a basket from your family or agency...miscellaneous items you may not want/need but has value to someone else...as long as it's appropriate and cool, we will happily accept it to raffle or auction!

- Potentially Barb knows someone. Tonya Bassett/Dreath
- Vendor Market
- Free books/ education pieces in town (Dan)
- Live music
 - ISU Music Major (Music Therapy) students?
 - Offering Volunteer Hours
- Therapy dog?
 - Trivalley Teacher (?) from Jeff Asmus

Need Donation Baskets

- Basket from OMNI Youth (Abbie Lee alee@omniyouth.org) ✓
- Self Care Basket by Cat ✓
- Rebirth Jewelry ✓
- Bloomington/ Normal Library Baskets ✓
- Jeff Golf Stuff ✓
- Angelyca Self Care/ Hygiene Basket ✓
- Sports cards/TCG-Pokémon basket by Dan ✓
- Comic Basket by Dan ✓
- Bloomington Meats (Pending)
- Barb Basket (Pending)
- Inside Out Co-op
- Garlic Press
- Discovery Museum

Tables

- OMNI Youth (Abbie Lee alee@omniyouth.org) ✓
- Prudent Community Energy (Ron Slagel) ✓
- Re-Entry Table (PossiblyToy) ✓
- Bloomington Library (Michelle Cope) ✓

- - And Book walk
- **ROSC Family Night at Gradys:** The July 22nd reschedule worked out and we passed out almost 50 wristbands!
- within the community, then please contact Bruce Lang (brucetlang@yahoo.com).
- **YouTube Channel:** We are always looking for new and interesting content for our McLean ROSC YouTube channel. Please reach out to Dan or Angelyca if you are interested in telling your story, spreading awareness about new agencies or services in the county, want to riff about a specific recovery topic, or provided education and history about substance use disorders. We offer generous stipends to people with lived experience (PLEs) who contribute to the channel. We will make it easy and can record when and where you prefer. Angelyca does all the editing so you don't have to deal with any of the technology either.
- Latest McLean ROSC YouTube Content:
 - **Relationships Series III: Cycle of Violence in Abusive/Addicted Relationships** (*Dates subject to change
 - **Acceptance is the Answer**
 - **Open-Mindedness is Indispensable**
- Recovery Community Center Board Kickoff Meeting: An initial kickoff meeting of the RCC board took place two weeks ago (8/4). Minutes from this meeting are available. Contact Joan Hartman or Dan Sokulski for a copy.
- McLean County Fatherhood Coalition: Father/Child Fishing Night on September 10th at 5:00pm



ROSC Workgroup & Support Meetings:

- **ROSC Events Planning Committee:** This workgroup meets weekly or bi-weekly (as necessary) to envision, plan, and organize sober recreational events, fundraising, holiday parties, guest speakers, and more. We could use your help and ideas at the virtual round table!

<https://zoom.us/j/8599610938>

When: Tuesdays at 11:00 a.m.

Where: Zoom Code: 859 961 0938

Contact Dan S. for more info or questions

- **Last Month's Meeting (July '22):** *CREATING A PEER RECOVERY SUPPORT SERVICES PROGRAM FOR MCLEAN COUNTY: A PROTOTYPE NARRATIVE.* **The Presentation:**
<https://sway.office.com/biNpASveF0eLpJtd?ref=Link>
- **Next ROSC Council Meeting (McLean County):**

Date: 9/20/2022 3:30-4:30 *the 3rd Tuesday of every month!

Next Month we will try a HYBRID meeting (in person training + Zoom projection). It will be at Chestnut's Glenn Covert Building (1003 Martin Luther King Jr. Drive). Bryan Hinman will be providing Narcan training and kits will be available to participants. See Flyer attached!

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

Meeting ID: 372 979 8714

Phone Only: +13126266799,,3729798714# (Chicago)

