

November 17, 2022 ROSC Council Minutes:

Meeting was called to order by ROSC Coordinator Tia Schum at 3pm on November 17, 2022 at The Piatt County Mental Health Center.

Attendance was taken: Tia Schum (ROSC Coordinator); Dan Burkeybile (Kirby Pharmacy); Ted Lowers (Dewitt-Piatt Bi-County Health Department); Tony Kirkman (Piatt Co Mental Health – ED); Steve Keagle (Lodge Church of God); Jaime Porter (Clinical Director Piatt Co Mental Health); Kaitlyn Habel (MSW intern); Cristin McMullen (IMPACT PCMHC) In addition the following participants joined via ZOOM: Dave King (Carle Health); John Schneider (Livingston/Ford Co ROSC); Julie Pohlman (Chestnut TA); Leanna Morgan (Douglas Co ROSC); Kyle Reynolds (Piatt Co Probation); Kristina Drum (Clark/Cumberland ROSC)

Introductions – General Introductions were given.

Communication Plan – Tia discussed the Suboxone Clinic at Kirby stating that things are going well and that 11 out of 16 folks have started therapy services since June when Tia started offering case management services. Tia discussed the two support groups are going well, both in the Piatt County Jail and the open group held in Bement on Wednesday evenings. Tia stated that the Wednesday evening had 4 this past week and 3 the week before. This week, the Wednesday evening support group hit their goal of 5!! The Wednesday evening support group will start offering a Zoom link for the group. Next Wednesday evening, the support group has opted to have a mini Thanksgiving potluck! Tia will be contacting Oxford housing to get a tour. Tia is still working on getting in contact with transitional houses from Springfield IL, Decatur IL, and Champaign/Urbana IL. Tia discussed that transportation that has been on the “honey do” list could possibly be completed within the next couple months if all plans fall into place! Tony stated that he and Dan have a follow up meeting with Recovery Centers of America to discuss transportation and other ideas. Tony also reported about the Illinois Opioid Lawsuit and is currently going over the details of settlement funds distribution. Tony reported that on November 1, he provided roughly 40 individuals NARCAN training, 5 for DeLand-Weldon School Admin and 35 for the DeWitt Co Healthy Community Fair. November 15, Tony provided NARCAN training for 5-6 individuals for the Monticello School District Admin. Tia discussed meeting with the Ministerial Alliance on November 3rd. This meeting went well. Tia was able to have a 1 on 1 discussion with Paul due to numbers being low for attendance. Steve Keagle invited Tia back for the January meeting.

This Month's Activities – Tia discussed where she was at in regards to the leave behind bags that were discussed the past couple of meetings. The committee was agreeable with the leave behind bags. One question that was asked was “where do you plan to leave these bags to try and get them into the people who need it hands?” Tia stated that she plans on giving bags to Fire Rescue, EMS, and Police Departments to have on hand when they go to an overdose call. These bags will also be left behind at business where they can be given to or taken by folks who want or need them. Tia is also shared with the group that November 3rd at 12 pm she will be going to the Lodge Church of God in Lodge, IL to speak about ROSC with the Piatt County Minister's Alliance. Tony shared that on November 2nd he will be doing NARCAN training at DeLand Weldon Schools as well as in Clinton at the Dewitt County Community Event. Tony also shared that on November 15th he will be doing NARCAN training for Monticello School District.

Speaker – Dan Burkybile, Pharmacist for Kirby Medical Group. Dan stated that he has worked in the pharmaceutical field for 13 years starting out at Walgreens, moving to Mattoon and working overnights, then moving on to Carle Inpatient, and finally settling with Kirby for the past 5 years. Dan explained that he gives a talk with Monticello High School students but doesn't use a scare tactic approach. Dan explained that the scare tactic approach doesn't work as well as the authority approach, such as DARE used. Dan explained that DARE would put a police officer in the classrooms and teach that drugs are bad and "just say no" however when these kids got older and in trouble, the same cop that was saying that they are their friend was the same one arresting them and this wasn't working. Dan discussed some excerpts from the book "Influence: The psychology of persuasion" and explained that if you explain to kids what they are losing if they do drugs or drink alcohol, then they tend to listen a little more. Dan explained that a person needs 3 things to stay alive, food, water, and dopamine. The body produces dopamine daily and the average person fluctuates daily in the amount the body produces. When a person uses substances or drinks alcohol, these put into the body dopamine like feelings which causes the body to stop producing as much dopamine naturally. So when a person stops using, their dopamine production goes from 50 to 60 ng ml to 5/10/15 ng ml. That is why prevention and MAR programs are really important because these programs help encourage people to not start OR help people get back to a normal dopamine production within the body. Dan quoted another author, Johann Hari, who stated that "Addiction is a disease of loneliness" and stated that in an experiment conducted with mice or rats, when a rat or mouse is put into a cage on its own with just meth, the mouse or rat overdosed in every trial. However, when a mouse or rat is put in a cage with other rats of the opposite sex, and had exercise wheels along with meth, only 5% of the mice or rats overdosed proving the theory of addiction being a disease of loneliness. Dan then answered several questions asked by the council. That question and answer sheet will be attached with these notes.

ROSC Deliverables – The ROSC deliverables are constantly looked at to ensure the Piatt County ROSC Committee is staying the course. Tia discussed the presentation in front of the Bement School Board that occurred November 9th. Mr. Doug Kepley, the school's principle, called and informed Tia that the school board voted to move forward with the youth support group for the high school students. Tia will meet with Mr. Kepley December 9th to begin discussions in regards to promoting the support group. Tia gave copies of billboard that will be displayed from the week of 12/5 thru the week of 1/2/23. Tia put forth a challenge for those on the committee to come up with the next billboard idea for ROSC. Tia also discussed the leave behind bags and showed what the bag looks like. Tia will be taking these to the Piatt Co Fire Departments Meeting on January 31. Tia also distributed a list of activities for the past fiscal years (FY '22 and FY '23). Tia encouraged and challenged the ROSC committee to come up with ideas for future events. Cristin McMullen asked about a possible support group specifically for family members of those with substance or alcohol misuse. Tia agreed that this should be something and will look into it for the future. Tia stated that when a person as a Substance or Alcohol Misuse Disorder it isn't just the person with the disorder that goes through it, it is also the family who goes through it feeling the emotional and mental affects, potentially being traumatized.

Who's Missing? – Tia continued to remind group that IDHS has an expectation that 50% of the total council should be composed of PLEs.

Planning for future engagement opportunities:

Piatt County Fire Departments Meeting – January 31, 2023 – Distribute "Leave Behind Bags"

Christmas Parade – Monticello, December 3rd

Christmas Parade – Bement, December 10th

Piatt County Ministerial Alliance – January 5th

NARCAN Training

November 29, 2022 – Clinton High School Faculty

February 17, 2023 – Blue Ridge School District Faculty

Possibly Farmer City, IL

*Hopefully if COVID #s decrease, Council can resume past discussion regarding a possible County-wide collaborative effort to provide a NARCAN training for multiple communities with multiple agencies utilizing their communication channels.

Future Meetings – It was agreed that future ROSC Meetings will be held 3rd Thursday of the month @ 3pm with the next Piatt County ROSC meeting being held here at The Center on Thursday December 15 @ 3pm. It was also discussed that it would be helpful to maintain a zoom option for guests.

Satisfaction Survey – A brief verbal satisfaction survey was conducted. Participants felt encouraged by number of those in attendance and the progress made at meeting. It was agreed that more PLEs would help move discussion along and the important thing is to have meetings that move forward the deliverables of the grant.

Meeting was adjourned at 4:15 pm

Recorded by ROSC Coordinator, Tia Schum