

Logan/Mason ROSC Council November Monthly Meeting

Date: Thursday, November 17, 2022

Time: 2 pm

Location: Virtually via Zoom

Attendees: Nadia Klekamp (Chestnut Health Systems), Frankie Ward (Chestnut Health Systems), Sam Martinie (Chestnut Health Systems), Jeanette Davis (Chestnut Health Systems), Sue Tisdale, Cat Hays (Chestnut Health Systems/Recovery Corps), Randi Derrig (Chestnut Health Systems), Ethan Sizemore (Oxford House), Jeff Asmus (Region 3 TA), LeAnn Courson (WCIR/Region 3 Mentor), Grace Irvin (Chestnut Health Systems), Angie Chasensky (Chestnut Health Systems)

Meeting Minutes:

1. Introduction
 - 1.1. Can't do this without you! We appreciate you!
2. Social Media Update
 - 2.1. Logan County Recovers Together
 - 2.2. Mason County Recovers Together
3. "What is Stigma?" – Frankie Ward
 - 3.1. Definition – "An attitude, belief, or behavior that discriminates against people
 - 3.2. Stigma isolates and separates people who use substances/have substance use disorders.
 - 3.3. Affects sense of shame and pity/anger/fear from others; affects quality of and access to healthcare; and affects policy
 - 3.4. Words matter – use of person-first language; shift language to accurate reflection of SUD as a chronic health condition
 - 3.5. Do not use addict, user, substance/drug abuser, junkie, alcoholic, drunk, former addict, dirty/failing a drug test, habit, abuse, medically-assisted treatment (MAT), clean, etc.
 - 3.6. Use medically accurate terminology
 - 3.7. Next steps:
 - 3.7.1. Educate ourselves and others
 - 3.7.2. Talk with others about changing conversations
 - 3.7.3. Share on social media about stigma
 - 3.7.4. Attend/host/invite others to community events to help spread awareness
4. Recovery Story Sharing Program
 - 4.1. Platforms – YouTube, StoryCorps, and Tumblr blog
 - 4.2. Storytelling resources and guidance available to help you craft your recovery narrative
 - 4.3. Contact info – Cat Hays, cmhays@chestnut.org
5. Recovery Support Specialist Programs
 - 5.1. Heartland Community College - <https://www.heartland.edu/academicDepartments/hhs/recoverySupport.html>
 - 5.2. Northern Illinois University – College of Health and Human Sciences - [Recovery Support Specialist Program | College of Health and Human Sciences | Northern Illinois University \(niu.edu\)](#)
6. Looking Ahead

- 6.1. HMA/MAR efforts in the local jail
- 6.2. Finalized/updated strategic plan
- 6.3. Talent Assessment
- 6.4. Visit to rural RCO (Take Action Today) – research for starting a rural setting RCO
 - 6.4.1. For more information from the visit, email Cat, cmhays@chestnut.org or Jeanette, jedavis@chestnut.org
- 6.5. Planning for future events
 - 6.5.1. Lincoln Christmas Parade – 12/3
 - 6.5.2. Movie
 - 6.5.3. Spring get-together
- 7. Agency Updates
- 8. Recovery in Action
 - 8.1. Tuesday, 12/13 – 4:30 pm @ 523 Woodlawn
 - 8.2. Tuesday, 1/10 – 4:30 pm @ 523 Woodlawn
- 9. Next Meeting
 - 9.1. Thursday, 12/15 @ 2 pm, meeting virtually via Zoom