

Minutes

Macoupin and Montgomery Counties ROSC Council			
Date: October 24, 2022	Time: 2 PM	In-person meeting at Beacon Church, https://slu.zoom.us/j/98964683555 , Remote meeting location at 205 Oakland Ave, Carlinville, IL 62626.	
Meeting	October ROSC Council Meeting		
Agenda	Announcements, Safe Passage and Clinic Updates, Recovery Housing		
Facilitator	Brian Pollo		
Attendees	<input checked="" type="checkbox"/> Kent Tarro <input checked="" type="checkbox"/> Becky Hatlee <input checked="" type="checkbox"/> Brian Pollo <input checked="" type="checkbox"/> Jennifer Carron <input checked="" type="checkbox"/> Carissa van den Berk-Clark <input checked="" type="checkbox"/> Giulia Butler <input checked="" type="checkbox"/> Lindsay Minor <input checked="" type="checkbox"/> Elyse Schoen <input type="checkbox"/> Tricia Lewis-Thompson <input type="checkbox"/> Lori Sanson <input type="checkbox"/> Tamra Taylor <input type="checkbox"/> Debbie Link <input type="checkbox"/> Courtney Newby <input type="checkbox"/> Amanda Majors <input type="checkbox"/> Nancy Phillips, Illinois Family Resource Center	<input checked="" type="checkbox"/> Orville Mercer, Chestnut <input type="checkbox"/> Donna Nahlik, Chestnut <input checked="" type="checkbox"/> Julie Pohlman, Chestnut <input checked="" type="checkbox"/> James Timpe, HSHS St. Francis <input type="checkbox"/> Ty Bechel, Amare <input checked="" type="checkbox"/> Corinne Briscoe, Macoupin County Probation <input type="checkbox"/> Chief Brian Boston, Girard PD <input type="checkbox"/> Chief Kenny Ryker, Litchfield PD <input type="checkbox"/> Jeff Schoen, Staunton PD <input checked="" type="checkbox"/> Jon Magnuson, Beacon Church <input type="checkbox"/> Linda Liebscher, Cross Over Ministries <input checked="" type="checkbox"/> David Knoblich, Hearts United <input type="checkbox"/> Ailee Taylor <input checked="" type="checkbox"/> Kevin Schott, EMS <input checked="" type="checkbox"/> Steve Bryant, Litchfield Park Dist. <input checked="" type="checkbox"/> Kristine Gamm-Smith, NAMI <input type="checkbox"/> Janel Robinson, Alton Memorial <input type="checkbox"/> State Senator Doris Turner <input checked="" type="checkbox"/> Fran Ingram FGC Springfield <input type="checkbox"/> Dr. Kristen Ferguson	<input checked="" type="checkbox"/> Terry Lane, Lewis and Clark Community College <input checked="" type="checkbox"/> Chas Swearingen, LPBHC <input checked="" type="checkbox"/> Ben Loftus, Navigator, Recovery Corps <input checked="" type="checkbox"/> Rick Brown, Family Guidance Center Springfield/Sangamon County ROSC <input checked="" type="checkbox"/> Susan Drabing, Midwest Emergency Department Services <input checked="" type="checkbox"/> Elizabeth Applegate, Oxford House-Recovery Housing <input checked="" type="checkbox"/> George Campbell, Irving Continuing Recovery Center <input checked="" type="checkbox"/> Jenna Hays, Region 4 ROSC <input checked="" type="checkbox"/> Amanda Morrow, ROSC Coordinator for Greene and Scott County <input checked="" type="checkbox"/> Kristina Drum, Cead Council <input checked="" type="checkbox"/> Kyle Houser, Cead Council (DBA Hour House) <input checked="" type="checkbox"/> Charity Griggs, C.E.F.S. <input checked="" type="checkbox"/> Marybeth Hentrich, Lincoln Land Community College <input checked="" type="checkbox"/> Brenda Decker, Housing Counselor CEFS Montgomery County <input checked="" type="checkbox"/> Ron Howard, Montgomery County Health Department <input checked="" type="checkbox"/> Mason Kahle, PLE, business owner <input checked="" type="checkbox"/> Kevin McNicholas, Gillespie School District

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Agenda Topic 1 – Announcements, Safe Passage, and Clinic Updates

Time allotted: 10 minutes

Brian Pollo

Presentation and discussion

- Welcome and introductions
- Overview of agenda
- Sign updated MOU for new fiscal year
- Announcements:
 - Red Ribbon Week October 23-31
 - National Drug Take Back Day October 29
 - GIRCNA XXXV 11/11/2022-11/13/2022 Bloomington IL (<https://metroeastna.org/upcoming-events/>)
- Webinars:
 - Lincoln Prairie Behavioral Health Education Series
 - Mental Health Awareness
 - Cyberbullying
 - 5 Things to Know Before You Get Sober
 - Person Centered Practices
 - Here Come the Holidays: What Do You Do?
- Recurring Events:
 - Al-Anon Meetings every Thursday at 6:30 pm at Cross Over Ministries Living Room (102 N Main St, Hillsboro, IL)
 - AA Meetings every Friday 6:00pm at Episcopal Church (415 S. Broad) Carlinville
 - Emotions Anonymous Meetings every Thursday from 6-7 pm at Beacon Church (622 North Franklin, Litchfield, IL)
 - Winner's Circle Meetings on Fridays at 6 pm at Cross Over Ministries Living Room

Please send us any announcements/upcoming events you would like to share with the council.

- Safe Passage:
 - In September, 18 individuals received a Safe Passage. 89% of them have begun inpatient or outpatient treatment.
 - There are currently 31 access points across Macoupin and Montgomery counties. Please reach out if you would like to become one.
 - Like and follow Facebook page: <https://www.facebook.com/SafepassagelitchfieldIL>
- St. Francis Way and Health and Wellness Clinics:
 - New Clients Served: 29
 - Total Clients Served: 252
 - Inpatient Referrals: 2
 - Outpatient Referrals: 25

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Agenda Topic 2 – Recovery Housing Models

Time allotted: 10 minutes

Brian Pollo

Presentation and Discussion

- Fletcher Group Rural Center of Excellence (RCOE)
- The National Alliance for Recovery Residences (NARR)
 - Level 1: Oxford housing model. Home without clinical services; cost is rent and utilities; works as a democracy; no in house screenings or therapists; requires participants to attend recovery programs.
 - Level 2: internal sub governing bodies, but still no in-house clinical services.
 - Level 3: higher level service. Considered sober living homes but programs are more structured, with paid counselors and staff to assist patients.
 - Level 4: recovery residences referred to as therapeutic communities where all the treatment is done on-site.
- For more information visit:
 - Oxford House Inc. <https://www.oxfordhouse.org/>
 - Adult and Teen Challenge <https://atcgm.org/>
 - The Fletcher Group <https://www.fletchergroup.org/>
 - National Association of Recovery Residences <https://narronline.org/>
 - Substance Abuse and Mental Health Administration <https://www.samhsa.gov/>

Agenda Topic 3 – Recovery Housing in Macoupin and Montgomery Counties

Time allotted: 40 Minutes

Elizabeth Applegate and George Campbell

Presentation and Discussion

- Elizabeth Applegate – Oxford House:
 - Single family homes that are fully self-supporting, peer run, follow recovery-based guidelines, and are 100% democratic.
 - Newcomer expectation: 2 weeks to get a sponsor, job, and home group; 11 pm curfew; 5 meetings/week; no overnights; no drug tests since it's a peer-based model.
 - After 30 days with a zero balance: 2 am curfew; 3 overnights; 3 meetings a week minimum.
 - Oxford House also hosts events about recovery, such as the IL/WI retreat September 9-11, 2022.

Oxford House vs. Sober Living:	
Non-Profit	For Profit
Rent	House Managers
Democracy	Limited Stay
Length of Stay	No Supporting Data
Data Supported	

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Q&A session:

- Is participation volunteer/court-mandated? Could be both.
 - Who makes decisions on steps/discipline? The whole house gets to decide by expressing votes.
 - How come if the house is nicer and bigger, the program has more success? Having more people is better because you have more money coming in, but it is also far more helpful for recovery to be surrounded by a large supportive group.
 - Do you do background checks? No.
 - What are the greatest challenges? Involvement at first because residents first think the program is similar to sober living and they do not know they are accountable for their actions.
 - How many new houses are there? 6-7 in next few months.
 - Do urban houses support rural houses? Yes, resources are shared.
 - How do you manage people coming in with SUD and mental health? They are referred to the appropriate professionals.
- George Campbell – Continuing Recovery Center in Irving, IL
 - Transitional living program for those recovering from SUD.
 - CRC was founded by members of AA who sold property and put that toward purchasing an old school that was turned into a sober living facility. Montgomery County started overseeing it over 20 years ago.
 - Residents must be at least 21 years old. No background checks besides checking the sex offender registry list. The facility is coed with 12 residents max.
 - The facility is state funded, and they receive grants. No upfront fee to participate, but the state requires a shared responsibility fee.
 - Two full-time staff including an office person and acting night manager who lives there and monitors the place.
 - Purpose is to link individuals with outside resources. Doctor in town that provides medical services for them.
 - There is no medical staff on-site, but staff monitors medication intake.
 - Currently there are 12 individuals managed by staff. They are also self-governed and have a set of rules they should abide by. There is a series of consequences if they don't.
 - An individual can stay at CRC from 6 months to 2 years. Not allowed to seek employment for first 6 months as they need to first focus on setting a solid foundation for recovery to ensure long-term abstinence. After 6 months they can find part-time employment in the area. It usually takes up to 2 months to transition from CRC to independent living.
 - While at CRC they have a structure they follow. Residents cook all the meals and are assigned to creating the menu and assign cooks. Linkage with a dietician who helps with ensuring that the menu is balanced.
 - They attend outside 12 step meetings in the area, and twice a week they host in-house meetings.

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	<p>Q&A session:</p> <ul style="list-style-type: none">▪ Are Montgomery County residents accepted or could they be in the future? The facility does not accept individuals living within a 20-mile radius. They review this on a case-by-case basis especially if sent from drug court. This is because otherwise it would be too easy for individuals to be exposed to triggers.
	<p><u>Final Remarks:</u></p> <ul style="list-style-type: none">○ Moment of wellness offered by Ben Loftus about recovery and community support.○ Next ROSC meeting will be on November 28 at 2:00 PM at Beacon Church.○ ROSC Facebook page: https://www.facebook.com/MMCRCouncil
End Time: 3:00 PM	