

Logan/Mason ROSC Council Meeting

Thursday, Dec. 15, 2022 at 2:00 PM via Zoom

Attendees: Kari Knapp (Chestnut), Randi Derrig (Chestnut), Jeanette Davis Chestnut), Fran Ingram, Kim Turner (Probation), Leann Courson (Bridgeway), Steven, Grace Irvin (Chestnut), Brandon Morse (PLE)

1. Looking ahead:
 - a. Confirmed yesterday that MAR will begin in the jail come 2023
 - b. Smart Recovery starting at Salvation Army come 2023- Jeanette will become a Smart Recovery facilitator
 - c. How can we change the narrative to recovery? Looking at multiple pathways/providing a different viewpoint of what recovery is
 - d. Please share any events that you may have with the ROSC so we can promote and support you and your organizations!
2. Recovery Story Sharing Program:
 - a. Please be thinking of folks who may want to share their recovery story!
 - b. If interested, please reach out to the ROSC so we can record and post your story
3. Recovery in Action Meetings:
 - a. 2nd Tuesday of month – new time is 4:30 PM
 - i. If you need flyers for these meetings, please let us know.
 - ii. Next meeting is Tuesday, January 10th at 4:30 PM
 - iii. 523 Woodlawn in Lincoln
4. Recovery Specialist Program
 - a. Heartland Community College
 - b. Peer support program – encourage folks that you know to check out this opportunity!
5. Self-Care Presentation:
 - a. What is missing?
 - i. Money, time, resources, self-care
 - b. We hope to help you...
 - i. Understand self-care and the importance of it
 - ii. Develop a self-care plan
 - c. A glass of water YouTube video
 - d. Aspects: workplace, physical, relationships, spiritual, emotion, psychological; self-care is a personal matter and everyone approach will and should be different! It related to what you do at work and outside of work to look after yourself
 - e. Self-care tools: be strict with boundaries, develop a sleep routine, aim for a healthy diet, use your sick time from work, take a lunch break, exercise (even a walk!)
 - f. Spiritual and psychological self-care: turning off screens, reflective journal, pray/meditate, supportive relationships, hobbies/past times, etc.

- g. Creating your own self-care plan:
 - i. Selecting one or two strategies that work for YOU
 - ii. Write it down, type it out, whatever works for you
 - iii. Making sure that you keep yourself accountable & re-assess after 30 days, acknowledge successes, understanding that self-care is not selfish
 - h. Reminder: taking care of yourself doesn't mean me first; it means me too.
 - i. Thank you for all that you do!!!
6. December Update – Agency Updates:
- a. Kim – update to housing project: running down info that the City asked for; large group that has been gathering together re: recovery housing/emergency housing to Logan County – a body of people who are working together to get this up and running
 - i. Issue: no recovery for juveniles – Kim mentioned the importance of making this a priority – Kim mentioned starting a Zoom for juveniles
 - ii. Al-Anon – Jeanette will confirm if this is still happening on Tues evenings and Kim mentioned the importance of increasing the promotion around this!
 - 1. Jeanette updates cards around 4 months ago- will send this to Grace as she does not have one that has Al-Anon on it
 - b. Fran – creating a youth resource guide
 - i. Resources available for al-a-teen
 - ii. Al-Anon meetings are also available online
 - c. New NA meeting at Tazwood – Wednesdays at noon
7. Next ROSC Meeting: Thursday, January 19th at 2:00 PM
- a. Social media push – please follow and share!!!!
 - b. Any suggestions, questions, ideas, people that are missing, etc., please reach out to us and we would love to hear from you!