



“Collaborating to Build and Empower Communities of Recovery.”

McLean County Recovery-Oriented Systems of Care (ROSC) Council January 2023 Meeting Minutes

Date: Tuesday, January 17, 2023

Time: 3:30 – 4:30 pm

Location: Hybrid, virtually via Zoom, and in-person @ 447 Wylie Drive, Normal 61761

Attendees: **Kari Knapp** (Chestnut Health Systems), **Cat Hays** (Chestnut Health Systems), **Randi Derrig** (Chestnut Health Systems), **Barb Brumleve** (Chestnut Health Systems), **Jeff Asmus** (Chestnut Health Systems), **Autumn Olowo** (Chestnut Health Systems), **Joan Hartman** (Center for Human Services), **Jenny Galloway** (Prevention Specialist, Omni Youth Services, Champaign), **Shannon Garlock on behalf of Amy Hancock** (McLean County Health Dept), **Denise Backes** (Gateway), **Natasha Nunoo-Ponder** (Center for Human Services), and **Andrea Kindseth** (LIFE Center for Independent Living).

Minutes:

- I. FY 23 McLean County ROSC Strategic Plan Update and Gap Analysis: Please see the attached meeting PowerPoint document and strategic plan update document.
- II. Personal Strategic Plan How-To
 - a. Core values are your north star. (Scan QR code at bottom of “Core Values” slide to complete an exercise to determine your own personal core values).
 - b. Personal Mission Statement
 - i. What gets you out bed in the morning?
 - ii. What makes your heart beat out of your chest, and what makes your heart break?
 - iii. What most inspires you?
 - iv. What do you do, and why do you do it?
 - v. How do you want to make a difference in the world?
 - vi. Why are you here?
 - c. Slido Poll No. 1: “What sorts of activities are you interested in volunteering with for the ROSC?”
 - i. Recruitment
 - ii. Softball team, Adolescent outreach
 - iii. Possibly social events depending on time and availability
 - iv. Youth prevention awareness and outreach, school events
 - v. Education/outreach opportunities that take place during the workday
 - vi. Planning events
 - vii. ROSC fundraiser that included speakers with lived experience. Sober celebrations, youth education opportunities
 - viii. Helping to develop a plan for recovery housing



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- ix. Assist at events, and donations as able
- d. Determining Key Focus Areas: 8 Dimensions of Wellness
 - i. Social
 - ii. Emotional
 - iii. Spiritual
 - iv. Intellectual
 - v. Physical
 - vi. Environmental
 - vii. Financial
 - viii. Occupational
- e. SMART Goal Setting
 - i. Specific – The goal is detailed, clear, and direct.
 - ii. Measurable – The goal is quantifiable and trackable to show progress or success.
 - iii. Achievable – The goal is realistic, and you have the necessary resources to achieve it.
 - iv. Relevant – The goal is meaningful to you and motivates you.
 - v. Time-Bound – The goal has a deadline.
- III. McLean County ROSC Resource Packet and Virtual Resource Packet– Developed to recruit and reengage council members. The virtual resource is a live app that we will be adding to. Let’s “Paint the Town ROSC”, please distribute to your clients and post on your bulletin boards.
 - a. Slido Poll No. 2: “Where should resource packets be distributed?”
 - i. Counseling centers
 - ii. Eastview
 - iii. Agencies we want to join: healthcare organizations, law enforcement, social service agencies, colleges, etc.
 - iv. YMCA
 - v. Behavioral Health Urgent Care, 12-step meeting houses
 - vi. Both treatment centers – Chestnut and Carle
 - vii. Community centers, train stations, bus stops
 - viii. Faith-based organizations, laundry mats, local government, non-profit organizations
 - ix. Local churches, social service agencies, Life CIL
 - x. Every non-profit organization
 - xi. DHS, the courthouse/probation, social service agencies, the library, college campuses, Cedar Lakes
 - xii. Libraries and parks
- IV. Planning Committee Updates
 - a. Bimonthly Sober Social Events for February, April, and June – More to come...
 - b. Interested in joining the planning committee? Email Cat Hayes at cmhays@chestnut.org
- V. In need of Narcan®? Contact Randi Derrig at rwderrig@chestnut.org or 309.830.7611



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- VI. Agency Updates
 - a. Joan Hartman shared that the Crisis Triage has been taken over by the Center for Human Services and is now called The Behavioral Health Urgent Care. It is located at 520 N Center Street in Bloomington and is open Sunday – Friday, 5 pm to 1 am.
 - b. Denise Backes notified the council that Gateway is offering a free webinar on Relapse Prevention, Wednesday, January 25th at noon, worth one CEU hour.
- VII. Next Meeting
 - a. Tuesday, February 21, 2023, at 3:30 pm
 - b. Hybrid option, via Zoom and In-Person at Lighthouse Institute, 448 Wylie Drive, Normal, IL 61761
- VIII. Contact Info:
 - a. Kari
 - i. Email: kmknapp@chestnut.org
 - ii. Cell: 309.391.1802
 - b. Cat
 - i. Email: cmhays@chestnut.org
 - ii. Cell: 309.665.2067