

Mason/Logan Counties ROSC Council Meeting

January 19, 2023 at 2:00 p.m.

Attendees:

Nadia Klekamp, Kari Knapp, Jeff Asmus (ROSC Region 3), Chestnut Health Systems (Anonymous), Jeanette Harris, Patrick Miller (Chestnut CCU), Lyn Pedigo, Sue Tisdale (Unity Point), Grace Irvin, Tom Brown (Chestnut Residential), Sherise Kirvan (Chestnut Residential), Tyler Wegner (Chestnut Prevention), Randi Derrig (Chestnut), Danny Sourbis (DuPage County ROSC), Cassy Delaney, Patrick (Bond County ROSC), Scott

Discussion:

- The meeting opened with a brief check-in using the Slido.com tool (“check up from the neck up”)...If you had to describe how you feel right now--but as an amusement park ride--what would it be?? Responses included a lot of roller coasters, merry go rounds, and sling-shot/drop-from-the-sky type rides that reflect a herky-jerky, up and down environment. Jeanette encouraged the group to just acknowledge how that feeling is okay in this field of work. She asked the hypothetical question of “how do we get off the roller coaster and into the Lazy River?”.
- Jeanette also asked the group to describe their upcoming 2023 in one word. Responses included Resilience, Growth, Hope, Comeback, and more.
- Jeanette provided the group with a level set of what is the ROSC, using the following SAMHSA definition: “A coordinated network of community-based services and supports that is person-centered and builds on strengths and resiliencies of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems”.
- **Service Spotlight – Chestnut Residential Treatment (Tx):** One of the goals of the ROSC is to share and spotlight various agency services. With that in mind, Jeanette introduced Tom Brown from Chestnut Health Systems, who provided an overview of the 28-day inpatient residential treatment program at Chestnut.
 - Separate units for men and women; capacity up to 16 beds per unit (no longer single occupancy due to COVID).
 - Service clients from all over the state but majority of referrals are from McLean and Madison counties (Chestnut has a facility near St. Louis in Madison County; problem solving court referrals).
 - Set schedule with groups, meals, meeting time, treatment work time, chores, rec time, etc, individual bedrooms (no more than 2 per room) with shared bathroom.
 - Clients receive at least one physical with Chestnut doctor(s), but medical treatment is case by case so some clients may require additional visits. Approved medications are allowed and administered by registered nurses and trained staff.
 - While in treatment, clients are assigned Case Managers to help facilitate an easier transition after leaving treatment (examples include but not limited to helping client find housing after Tx, helping them with groups and assignments, transportation, setting

up doctor and dentist visits, psychiatric/co-occurring disorder appointments, etc. Each client receives one assigned Case Worker and one Clinician

- Groups Include: Mindfulness, Helping Men/Women in Recovery, Relapse Prevention, Urge Surfing, Connections (newcomer group), Family Dynamics, Criminal Thinking Patterns & Addictive thinking, Gender-specific Trauma (emphasize more on coping skills to deal with trauma than actually sharing trauma, since most clients don't get that far in 28 days), Managing Triggering Feelings, Smoking Cessation, Stress Management, and more.
- **Support Groups:** Clients attend In-house 12-step meeting on Wednesday nights (H&I w/ volunteers from local A.A.); Bridges All Recovery and Family Group on Thursday nights, and optional online 12-step meetings throughout the week. Clients can also attend an on-site A.A. meeting (in Glen Covert Bldg) on Sunday mornings—Primary Purpose Group. Have experimented with SMART Recovery and plan to re-introduce it this year (staff member recently underwent facilitator training). They also run their own client-led meetings but are not being transported to outside meetings yet (since COVID).
- **Client Screenings:** First come, first served basis for treatment screenings Mon-Fri (309-827-6026). Once screened, prospective clients will need to call a wait list line periodically to remain on the list.
- Contact Sue Tisdale if you require Narcan distribution or fentanyl testing kits.
- Contact Jeanette Harris (217-871-3208; jeharris@chestnut.org) if you have any info or new events/meetings/activities that you would like the ROSC to help share with the community. Has something changed? Is there something new or coming up you would like to share or be a part of?? Let us know!
- Jeanette introduced Patrick Miller, who is attending today for the first time. He is hoping to build a program that reaches faith systems of all types—to help provide SUD resources, health/wellness opportunities, and do what we can to reach people in the rural areas who are not typically heavily served. How do we get folks involved from faith communities, where there is often still a high degree of stigma associated with substance use/mental health disorders.
- Jeanette invited the group to provide any final announcements or updates. It was mostly silent, but Nadia did mention an interesting meeting earlier today to understand different strategies for dealing with SUD in urban vs. rural environments.
- Near the end of the meeting there was surface level discussion about plans to bring meetings and H&I (Hospitals and Institutions) meetings/panels into the local jail. Jeanette will follow up with those interested so far and she asked for anyone else interested to please drop her a message.
- Upcoming Free ROSC Events...**Family Bowling: February 25th 2-4pm at Logan Lanes**

Next Meeting:

- Thursday, February 16th at 2:00 p.m.
- Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTBByQT09>

Meeting ID: 935 6172 7220 / Passcode: 395255