



MERC Meeting Agenda

January 19, 2023

9:00 AM – 10:00 AM

Welcome and Introductions

- Introductions of attendees as well as any new members: name, organization, and role

Attendees (apologies for any misspelled names or attendees not accounted for):

Book, Violette (Chestnut)
Davis, Kaylynn (Chestnut)
Everhart, Stephanie (Chestnut)
Greenwalt, Riane (SIUE)
Holloway, Angella (Chestnut)
Howard, Tawana
Hughes, Cora (Midwest Career Source)
Humphrey, Deborah (Madison County MH Board)
Hutchison, Dan (Chestnut)
Jamie (Amare)
Johnson, Mariah (MERS Goodwill)
Loddeke, Craig (Family Support Network)
McLaughlin, Catherine (Call For Help)
Michael (Amare)
Moesner, Alicia (Chestnut)
Monte, Melissa (Aviary Recovery Center)
Montgomery, Kristy
Otlaria, Jenos
Shram, Jean (Amare Board Member)
Steward, Dawn (Gateway Regional Hospital)
Xander

Old Business

- MERS-Goodwill- providing services to those in Bond, Jersey and Madison counties for those who are facing barriers to obtaining G.E.D.s
- Center for Community Engagement- new services that will provide tool kits, that will help with community referrals and supports groups

New Business

- **Community Partners Updates**

- Brief summary of services provided, including any changes in 2023 (such as new or discontinued services)
 - Cora Hughes shared that Midwest Career Source can provide assistance to individuals who want to get into the Health Care field.
 - Mariah Johnson shared that MERS Goodwill can help individuals age 17-24 working to obtain their GED (financial and training help)
 - Dawn Steward with Gateway Regional shared the hospital is in the process of changing ownership
 - Melissa Monte shared that the Aviary Recovery Center usually does not have a waitlist for residential treatment (private insurance, located near Troy, MO)
 - Deborah Humphrey shared initial discussions about the Opioid Settlement funds have started in Madison County. She also shared information about Project Homeless resource events happening on 1/27 (St. Clair County) and 1/28 (Madison County)
 - Craig Loddeke shared briefly the PAL (Parents of Addicted Loved Ones) resource palgroup.org
 - Kaylynn Davis shared about a new recovery support group open to all that will be held at the Community Hope Center in Cottage Hills (1202 Hope Center Lane) on Thursdays from 2-3pm.
 - Michael (Family Recovery Intern) and Jamie (Family Recovery specialist) from Amare shared about the Drop In Center being open every Saturday from 2-10pm at Amare's Wood River location (144 E. Ferguson Ave)
- Best point of contact when making referrals to your services
- New goals your organization has for 2023?

Announcements and upcoming events

- **SMART** Recovery meetings are held Thursdays, 12:30pm at Belleville Library- West Branch
- **Winner's Circle** – a peer support & helpful resources via Facebook Live (Winners Circle – Peers Facing Life Struggles)

Wellness Moment Cora Hughes: Shared about the importance of taking some time to focus on our own mental wellbeing and staying connected with others. Things such as family dinners or scheduled time with friends. Reaching out to friends you haven't seen in a while, spend less time on screens and more times interacting with others by playing games, taking a lunch with colleagues, volunteer your time, etc.

Upcoming MERC Zoom Meeting

Thursday, February 16, 2023, at 9:00 AM

Metro East Recovery Council (MERC) Vision:

A community system that nurtures and supports individuals and families seeking or maintaining recovery for themselves or a loved one.

Recovery Oriented Systems of Care (ROSC) Mission:

Collaborating to build and empower communities of recovery.