



"Collaborating to Build and Empower Communities of Recovery."

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

February 21, 2023

Date: Tuesday, February 21, 2023

Time: 3:30 – 4:30 pm

Location: Zoom only

Attendees:

Kari Knapp (Chestnut Health Systems), **Cat Hays** (Chestnut Health Systems), **Randi Derrig** (Chestnut Health Systems), **Autumn Olowo** (Chestnut Health Systems), **Michelle Cope** (Bloomington Public Library), **Shannon Garlock** (McLean County Health Dept), **Natasha Nunoo-Ponder** (McLean Center for Human Services), **Andrea Kindseth** (LIFE Center for Independent Living), **Mike Gardner** (ISU Police/Community Engagement), **Fran Ingram** (Sangamon County ROSC), **Erika Hahn** (Omni Youth, City Council), **Kathleen Lorenz** (United Way McLean County/Normal Town Council), **MaResa** (McLean CASA), **Jenna Kearns** (Illinois Bar Foundation/Candidate for Bloomington City Council), **Kourtney Renfrow** (Family Guidance Center/Sangamon County ROSC), **Cecilia Long** (Prairie State Legal), Anonymous (Chestnut Health Systems)

Recording: If you were unable to attend today's meeting, please check it out on YouTube:

https://youtu.be/6SdNS_I5CkE

Primary Discussion:

- Today's meeting started with introductions and an Ice Breaker where each member shared a recent highlight or success. Examples included birthdays, 4-day weekends, 3-day weekends losing 5 pounds in one week, and many more!
- Cat Hays facilitated today's meeting and started by level-setting the group and providing a baseline ROSC definition for any new council attendees. See below.



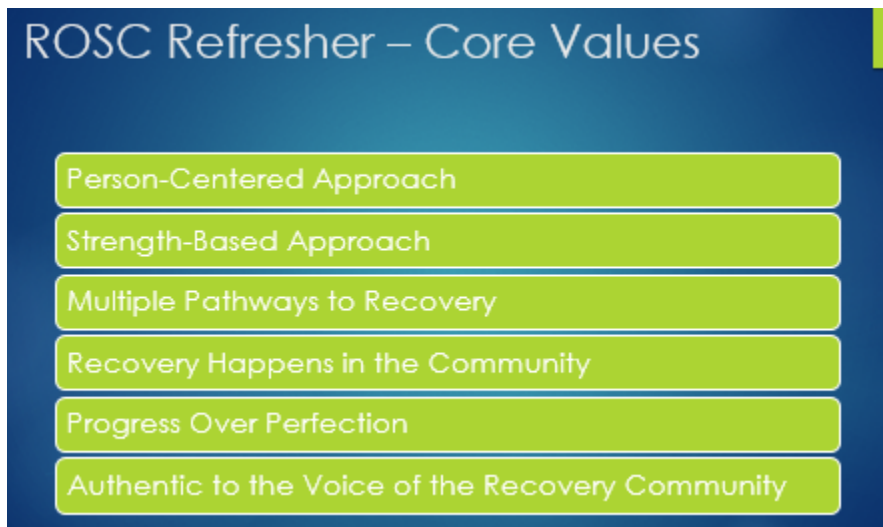
▶ "A group of volunteers who work together to build and coordinate a network of community-based services and supports for those at risk for those struggling with, or at risk of, substance use, mental health, and/or co-occurring disorders (SUD/MH/COD)."

- **Mission:** *"Collaborating to Build and Empower Communities of Recovery"*



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- Includes an emphasis on holistic recovery services and solutions and supporting multiple pathways of recovery.
- **Core Values:** Person-centered and strength-based approach; a journey that draws upon capital and resiliency of local recovery communities; multiple pathways so no “one size fits all” approach for everyone. Each pathway is as unique as the person walking that same journey. Progress over perfection (“recovery is a lifelong journey, not a singular destination”). Maintain and reflect an authentic voice of the recovery community (mental health, re-entry, substance use disorders, etc.).



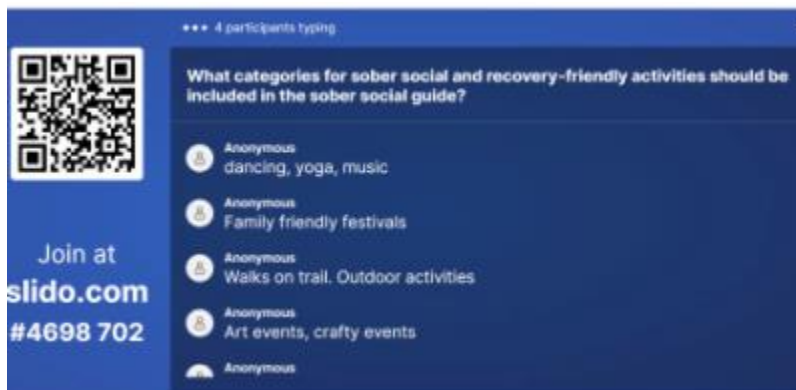
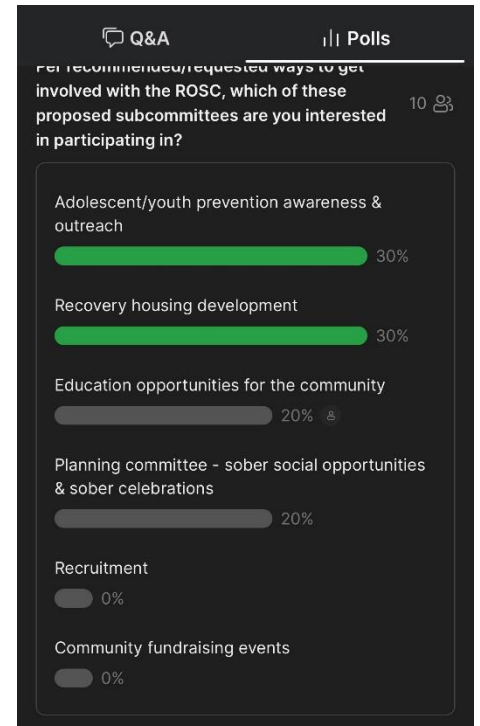
- **Primary Goals:** Identify and fill unmet needs in the community; a robust and diverse council (with active community members); Education and awareness to the public at large (to reduce stigma inherent to substance use disorders; it is a disease and not a simple question of morality); Support and organize pro-social and sober recreation opportunities; Evolve into a Recovery Community Organization (RCO), which is basically a 501-c3 nonprofit organization that would “own” and sustain and grow the ROSC.
- **Recovery Happens in the Community:** This is the reason we’re here. We are hoping that if the public agrees there is a substance use epidemic harming our community, then hopefully we also want to be part of the solution while improving the overall health and productivity of our community. Recovery is not just possible but it is 100% achievable.
- **More Information:** Cat reviewed a couple [QR Codes](#) that will take users to a site with more information about the McLean County ROSC.





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- **Other Ways to get Involved:** Bi-weekly events planning sub-committee, YouTube videos, community events and activities/services to share with community on our social media sites. Cat set up a Slido Poll asking participants which other ways they would like to get involved with the ROSC, or which areas the ROSC should spend its resources and time on. Most popular responses included 1) Adolescent/Youth Prevention Awareness & Outreach, 2) Recovery Housing Development, and T-3) Education Opportunities for the Community, and T-3) Planning Committee- Sober Social Opportunities & Sober Celebrations. See right.
- **Sober Social Guide:** Activity guide for community members to find sober and recovery-friendly activities in the community, including activities like Outdoors, Sports, Festivals, Family Friendly, Rural, Arts, and more.
- **Sober Social Guide:** We are working with Normal West High School to allow students to participate in a friendly competition to design the guide.
 - Cat opened another Slido poll to ask the attendees what additional topics/categories they would like to see. Some examples are below and included walking trails, music scene and concerts, pools/swimming, dancing, hobby shops, crafty stuff, and more.



- **Upcoming Plans:**
 - **Bowling Nights:** We have 2 (two) confirmed dates for FREE Recovery Family Bowling Nights at ISU lanes, which will include free Billiards as well. At ISU Bowling & Billiards Center on March 17th (5-8pm) and April 21st (6pm-9pm)
 - **Tai Chi** (free and gentle Tai Chi classes will be offered to community; dates TBD)
 - **Professional Clothing Drive** coming soon in April (drop-offs throughout town for gently used business casual/professional clothing for recoverees to help with job interviews, ensuring they have office apparel if needed, etc. See below (Other Discussion) for more.
- **McLean County Crisis Services:** Cat offered another Slido Poll that asked “What access points are you aware of for receiving crisis services in McLean County?”. Examples included 911, Urgent Care, Chestnut Health Systems, Crisis Management Team, PATH, Triage Center (**Note:**



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Natasha clarified the Triage Center is now the Behavioral Health Urgent Care run by Center for Human Services).

Agency Updates/Other Discussion:

- Mike Gardner asked how ISU could be a collection point for the Professional Clothing Drive. His Community Engagement Team is always looking for opportunities to improve relations with recovery community. This is definitely something the ROSC is interested in. We are working on setting up geographically dispersed dropoff points to make delivery easy for everyone.
- Mike also asked permission to bring their therapy dogs (as part of Community Engagement) to the ISU Bowling Events in March and April. There were absolutely no objections to that. In Chat, Kathleen Lorenz also provided the name of Officer Brad Park and Normal PD wellness dog (Olive...good doggy!). Jenna also offered to share word about these opportunities. Mike offered (in chat) to reach out to Brad. The ROSC is all about collaboration!
- Michelle Cope suggested we (McLean ROSC) utilize the Iris platform as a local guide for resources. This would enable the library to help refer consumers to proper services. The idea is to be part of a resource ‘network’. There was some brief follow up and Q&A re: Iris. Michelle referred people to Maureen if they are interested in joining the IRIS network. The more the merrier as far as getting people and organizations to join.
- Flyers on the way for Bowling Nights, Tai Chi classes, and Professional Clothing Drive. Kari clarified the Tai Chi classes are very low impact, geared for beginners, and taught by a PLE (Person w/ Lived Experience) certified in teaching Tai Chi.
- Please contact Cat or Kari (or via gmail account) if you are interested in joining the Events Planning Committee, helping to form any additional sub-committees, updates/events you would like shared on our social media as cross-promotion, or anything else relevant to recovery-oriented services.
- Randi reminded the group that Chestnut is a Narcan provider. Please contact Randi if you are in need of additional Narcan medication.
- **Next Meeting:** Guest Speaker Hannah Mesouani (Director of Mission and Equity Consulting, YWCA) will be presenting on inclusive and stigma-free language.
 - a. Tuesday, March 21, 2023, at 3:30 pm (Virtual)
- Contact Info:
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McLean ROSC Team Contact Info

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- ▶ Barb Brumleve, Community Health Specialist – bbrumleve@chestnut.org
- ▶ McLean County ROSC Team – McLeanCoROSC@gmail.com