

Mason/Logan Counties ROSC Council Meeting

March 16, 2023 at 2:00 p.m.

Attendees:

Nadia Klekamp (Chestnut Health Systems), Jeanette Davis (Logan-Mason ROSC), Tyler Wegner (Chestnut Prevention), Randi Derrig (Chestnut), Sue Tisdale, Cassie Delaney (Memorial Behavioral Health), Kami Palmer (PLE, Local Faith), Diamond Armstrong (Oxford House Inc. Springfield/Lincoln), Angie Stoltzenburg (LMH), Chestnut Health Systems - Anonymous

Meeting Recording:

You can [watch a YouTube video](#) recording of today's meeting if you were unable to attend or want to find out more.

Discussion/Pulse Check:

- Jeanette welcomed new attendees Kami Palmer and Diamond Armstrong, both PLEs from local church and Oxford House Inc. respectively.
- Meeting opened with a level set definition of what is the ROSC. Basically, we are a community coalition of volunteers, people with lived experience (in recovery; PLEs), human services professionals, and family/allies who collaborate to bring holistic recovery services to our community's recovering people, with a goal of supporting multiple paths of recovery, reducing stigma, and bringing recovery to the community at large (not just relying on meetings and treatment centers to support all recoverees).
 - SUD = Substance Use Disorder
 - PLE = People with Lived Experience in recovery

▶ "A ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the 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."

▶ -SAMHSA



- Jeanette highlighted the recent Cosmic Bowling sober rec event that took place since the last Council meeting. She also brought attention to recent fentanyl overdoses and SUD-related suicide, which underscores the impetus and importance of our work.

PULSE CHECK

When it comes to substance use/mental health struggles in our community.....

- What have you HEARD in the last 30 days?
- What have you SEEN in the last 30 days?
- What have you EXPERIENCED in the last 30 days?

- The meeting was opened up to the gallery in general for an open forum 'pulse check'. Jeanette asked attendees to share personally what they have heard, scene, or experienced over the past 30 days relative to SUD. Jeanette spotlighted a recent situation where she was asked to assist a community member who was seeking support from a loved one who overdosed. This council was mentioned as an example of where to take questions and solutions along these lines. Nadia asked the group if there was any awareness about local support for overdose-related loss. Sue Tisdale stated she was unaware of local chapters but shared information about a national organization--GRASP – Grief Recovery After a Substance Passing. This is the type of example Jeanette was talking about—how do we serve people in real time when we have those resources (or don't). Saying we 'don't know' is not usually good enough.
 - Cassie Delaney shared about a local Suicide support group (see approx. 17:15 of recording).
- Sue also shared about an ongoing topic (not just over past 30 days) re: SUD, specifically a lot of misinformation or inaccurate information about Fentanyl and Narcan, which underpins an ongoing, perpetual need for SUD education and awareness (as well as Narcan training and distribution). Sue also provided an example of how this misinformation and stigma can impact the ability of first responders to do their jobs (i.e. fears about accidentally overdosing through substance skin contact, about first responders needing Narcan themselves after treating a patient, etc.). As we know, fear is what fuels the stigma so it's important we combat these fears through education and awareness (web sites, fact sheets, trainings, etc.).
- Diamond went on to share an example from a recent staff training, specifically the stigma over recovering people who pursue a MAR path (Medication-Assisted Recovery) of recovery. This has been an issue over the years with Oxford Houses (at least in central IL and McLean County), where people were being voted out or not allowed in houses if they were prescribed Suboxone or Methadone (Vivitrol did not pose as much of an issue). There is the persisting "judgement" among recovery community that some MAR patients are not actually "clean", which is pushing people who need MAR away from it (reverse peer pressure), thus leading to relapses and other setbacks.
- Cassie Delaney spoke to ways her agency (Memorial Behavioral Health) is helping to stay open and maximize availability to clients (31:00 minutes of recording).
- Jeanette invited the council to be thinking along these "pulse check" lines for next month or future ROSC Council meetings. Bringing these issues to the forefront will enable us to work

together and fill gaps in services. She also asked attendees to visit the following resources/sites to connect with comprehensive, ROSC-based and recovery/agency services in Logan and Mason counties. Examples include meetings, food pantries, and a plethora of other services.

Find Help Here.....



Community Action Partnership of Central Illinois

Phone: 217-732-2159

Address: 1800 5th St. Lincoln, IL 62656

Contact Ministries (Crisis Intervention Services)

Phone: 217-753-3939

Address: 1100 East Adams St. Springfield, IL 62703

Hours: Monday-Friday 9:00am-5:00pm

Logan County Emergency Management Agency

Phone: 217-732-9491

Fax: 217-735-2244

Address: 911 Pekin Street Lincoln, IL 62656

Lincoln-Logan Food Pantry

Phone: (217) 732-6644

Address: 125 N Logan St, Lincoln, IL 62656

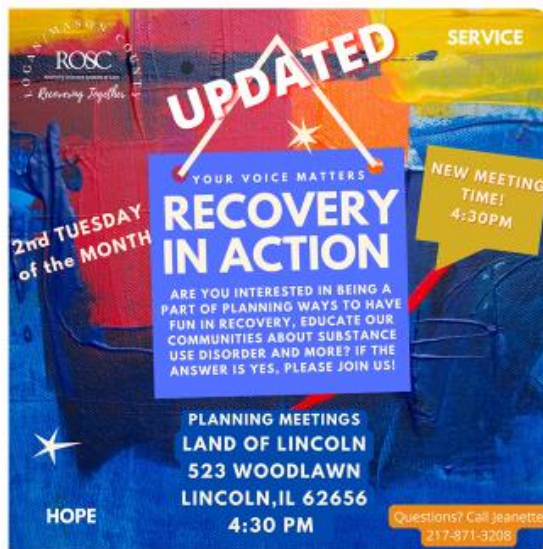
Holy Family Food Pantry

Park Meadows Baptist Church

(Sample screenshot of services above – not an exhaustive list).

- Jeanette announced a new volunteer has been approved to help her bring meetings into Logan County Jail. She also reminded the council about being one of only five recent grant recipients, with the ultimate goal of developing housing in Logan/Mason counties.
- Working to create a DB of agency services (IRIS Database system) to help track who is receiving services, help streamline services being offered, avoid duplication, etc.
- ROSC received a seat on the Salvation Army Board.
- Recovery Walk coming up in September so please contact Jeanette if you would like to be involved.
- Supporting multiple support groups and purchasing literature for PLEs.
- Harm Reduction Vending Machines (in progress).
- Jeanette reiterated she is undergoing SMART Recovery Facilitator Training to bring live SMART meetings to the area.

- Recovery in Action Group: Event planning, educational opportunities, community movie night, and more is in the works. Please contact Jeanette if interested in this sub-committee. Meets second Tuesday of every month in Woodlawn (in person).



Recovery In Action

- If you need recovery meeting flyers – please let us know!

- Next RIA meetings : Tuesday, April 11th

4:30pm @ Land of Lincoln:
523 Woodlawn in Lincoln.

- Created business cards to pass out that contain info about local meetings and services, along with QR code to social media, AA.org, NA.org, Logan-Mason.org, etc.
- Diamond reminded the council that Oxford Houses are self-supporting. He asked for people to contact him if they have any household items, furniture, books, etc. to donate to the home. Jeanette offered to show him around, including Habitat for Humanity (re-stores), in the near future to help equip the prospective first Oxford House.

Next L-M ROSC Council Meeting:

- Thursday, April 20th at 2:00 p.m.
- Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTdTByQT09>

Meeting ID: 935 6172 7220 / Passcode: 395255