



*"Collaborating to Build and Empower Communities of Recovery."*

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

*April 19, 2023*

**Date:** Tuesday, April 19, 2023

**Time:** 3:30 – 4:30 pm

**Location:** Zoom only <https://zoom.us/j/3729798714>

### **Attendees:**

**Kari Knapp** (Chestnut Health Systems), **Cat Hays** (Chestnut Health Systems), **Barb Brumleve** (Chestnut Health Systems), **Michelle Cope** (Bloomington Public Library), **Selena Nolan** (McLean County Health Dept), **Natasha Nunoo-Ponder** (Center for Human Services), **Fran Ingram** (Sangamon County ROSC), **Erika Hahn** (Omni Youth), **MaResa** (McLean Cty CASA), **Kourtney Renfro** (Family Guidance Center/Sangamon County ROSC), **Selena Pappas** (Central IL Friends), **Lora Passetti** (Thrive Housing), **Anonymous** (PLE), **Allen Reid** (PLE/Chestnut Health), **Autumn Olowo** (Chestnut), **Randi Derrig** (Narcans/Chestnut), **Mike Gardner** (ISU Police), **Julie Pohlman** (Region 4 ROSC), **Dameca Kirkwood** (Prairie State Legal), **Linda Foster** (NAACP), **Mike Hoffman** (Bridgestone/PLE), **Matthias Pope** (PLE), **Sarah Stalter** (FUSE), **Toy Beasley** (McLean County Re-Entry Council/TASC), **Sandra Beecher** (Gateway Foundation), **Alex Williams** (Uni 5 School District), **Ryan LaCrosse** (Best Buddies), **Steve Tassio** (Home Sweet Home).

**Guest Speakers:** (multiple; please see below)

### **Agenda:**

- Introduction
- **Guest Speakers:**
  - Matthias Pope (PLE, Financial Services)
  - Lora Passetti (Thrive Housing)
  - Toy Beasley (McLean County Re-Entry Council)
- Presentations Q&A
- Upcoming McLean ROSC Events/Initiatives

**Recording:** If you were unable to attend today's meeting (4/19/23), please check it out on YouTube:

<https://youtu.be/Ur29StGg-dM>



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### **Primary Discussion:**

- Today's meeting started on time with brief introductions of a good sized forum. Afterwards, Kari introduced today's guest speakers: Matthias Pope (PLE/Financial Advisor), Lora Passetti (Thrive Housing), and Toy Beasley (McLean County Re-Entry) to discuss inclusive and stigma-reducing language.
- Matthias recommended as many compound interest investments as possible, especially at as young an age as possible.
- Broke down Budget, Debt & Savings. People generally know what amount of money is coming in, but it's much trickier to get a grasp of what is being spent out. By doing a budget breakdown, we often find people have more coming in than going out (whether they realize it or not). Good debt vs. Bad Debt (e.g. House is good debt, credit card is bad debt) all comes down to interest rates. If someone wants to give you a loan for free (zero percent interest) then let them! ...assuming you know you'll be able to pay it off in time. Goal is to get the bad debt down and pay down the "low hanging fruit" ASAP (Deming approach). If you have two high interest loans, pay off the one with the lower balance to eliminate it from ledgers faster.
- We want the money to grow so we're essentially "paying our future selves".
- If you have access to a 401-k / Roth IRA then you probably have a matching opportunity. That is an example of 'free money' and it's wise to capitalize on these opportunities as much as possible. (These types of funds) grow tax-deferred so Uncle Sam isn't scraping off the top and your money is growing faster.
- The higher the interest rate, the scarier the "opportunity" and more wary to be. We're less inclined to rush and pay off a Home at a 3% rate than a credit card or loan with a 29% rate.
- Q: What age do you recommend starting to save \$? A: As soon as you're earning income, I would say it's important to at least know the basic principles and have an idea of what you're doing finance-wise. As discretionary income increases, we can pour more and more into those funds. One of the smartest things I did was start a Roth IRA at age 22.

### **Thrive Housing: Lora Passetti**

- Lora started with a commentary that tied the aggressive housing prices to some of the principles Matthias discussed earlier (e.g. lack of awareness among younger renters about their overall income picture). The goal of Thrive is to find affordable housing for ALL people in our community (not limited to substance use disorder or mental health recovery).
- Effort spawned from Lora's earlier interest in buying a local house to turn into an Oxford Home. It expanded in scope over time and through her self-learning process. Thrive was registered with State of IL as a 501c3. Officially incorporated in 2021.
- Lora stated they are in process of finalizing their first property. Goal is to obtain 1-2 additional properties every year; rent at affordable rates; partner with local non-profits.
- Lora shared some testimonials from recent Thrive beneficiaries who were able to find a home despite lower income, poor credit and/or criminal history. They are collecting more stories of people with lived experience (PLE), we (Thrive Board) would really like to interview them and help personalize the monocular, raw statistics that decision makers and policymakers are only seeing.
- Board made up of volunteers.



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- Contact: [thriveprop@gmail.com](mailto:thriveprop@gmail.com)

#### **McLean County Re-Entry Council: Toy Beasley**

- Toy opened his discussion by briefly sharing what the Re-Entry Council is (and how it ties to his work with TASC). "Strive to help reduce recidivism".
- How can we educate the community and what they want to see and how we can mutually get involved and engaged. We see education as a key to our effectiveness. We want there to be "relatability" between the community and the Re-Entry Council (and its constituents).



## **McLean County Reentry Council Mission & Goals**

### **Mission:**

To increase education, resources, and autonomy to vulnerable populations throughout Bloomington-Normal to decrease prison recidivism rates and family crisis episodes.

### **Goal:**

The MCRC strives to reduce stigma and provide advocacy for justice affected populations to remove barriers for financial, food, employment, and housing services for individuals and families in McLean County.

Roughly, 75% of individuals return to the penal system due to systemic barriers impeding policy change.

When a united community endorses the removal of barriers impeding productive and purposeful lives for all community members, the community becomes a viable and safe demographic for all citizens to feel *seen* and *heard*.

- People leaving jails and prisons often do not feel heard. Recovery is talked about a lot but Re-entry is not. But they almost always go hand in hand. This speaks to the stigma challenges as well. People are more inclined to give a person recovering with substance use disorder another chance. They may not be so inclined to do so with someone leaving prison for theft.
- Another goal is to send information packets into the prison systems so inmates are receiving information—about their community, about their opportunities, about recovery and re-entry services and challenges, about medications, etc. We need to get the community involved to see what we have to do to reduce recidivism. No different than the ROSC's goal is to get the community involved in reducing substance use issues.
- Lack of Criminal History-Friendly Employers and illogical policies with hiring practices for many large corporations are also barriers to re-entry. Toy spoke to how people can fall back on old habits if they are seeking to support themselves and others, but feel they have no viable options...or that they are being discriminated against for something that happened 10 years ago and they have followed letter of the law since. It is not a justification, it is merely a reality.
- Law enforcement is another key stakeholder.
- "People are locked up for untreated trauma more than they are for the crimes they actually committed" – Toy B.
- Council members thanked Toy for his passion, hard-earned perspective and wisdom in the area of Re-entry. Linda Foster (NAACP) encouraged the Re-Entry to continue its good work and asked fellow council members to support them how they can (e.g. provide resources, talk about it to others, share information among our respective consumer bases).



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**Mission:** To increase education, resources, and autonomy to vulnerable populations throughout Bloomington-Normal and to decrease prison recidivism rates and family crisis episodes.

**Goal:** The MCRC strives to reduce stigma, provide advocacy for justice affected populations, and remove the barriers to financial, food, employment, and housing services for individuals and their families in McLean County. When a united community advocates for the removal of barriers that impede their fellow community members from leading productive and purposeful lives, the entire community becomes a viable and safe demographic for all citizens to feel *seen* and *heard*.

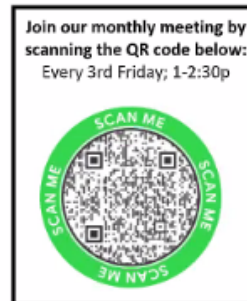
**Board of Directors**

Toy Beasley, President  
Colleen Shaw, Vice President  
Michelle Cope, Treasurer  
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Nikki Williams, Board Member  
Langston Pates, Board Member

 [mcleancountyreentrycouncil@gmail.com](mailto:mcleancountyreentrycouncil@gmail.com)

 [@McLeanCountyReentryCouncil](https://www.facebook.com/McLeanCountyReentryCouncil)

 [McLean County Reentry Council](https://www.youtube.com/McLeanCountyReentryCouncil)



**McLean ROSC Updates:**

- **ROSC Appreciation Day:**



- **Bowling Night on April 21<sup>st</sup>**



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- **Tai Chi Classes by accredited instructor.** The McLean County ROSC is excited to be offering THREE Free Tai Chi Classes (say that fast 3 times) in late March and April, led by an accredited instructor. The classes are geared towards people in all forms of recovery but also open to family, friends and allies. Please note the locations for each specific date as they do vary.

Limited to 25 participants per class; Under 18 welcome with adult supervision/guardian. There are three separate classes running every Monday from April 24<sup>th</sup> to May 8<sup>th</sup> at 6pm. See ROSC Facebook for more details or click link below for details and to sign up here:

<https://www.eventbrite.com/e/mclean-county-rosc-free-tai-chi-classes-tickets-577841037097>

- **Professional Clothing Drive throughout month or April** (for people who could use upgraded wardrobes for job interviews, employment dress codes, court dates, weddings/funerals, etc.). Turnout and contributions have exceeded expectations so far. We appreciate all the donations so far – it has been wonderful seeing the community (and even people from out of state) come together for this cause.







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- 3<sup>rd</sup> Annual Family Night at Grady's (courtesy of McLean County ROSC):



- Erika Hahn reminded the council that on **April 22<sup>nd</sup> is Drug Takeback Day** (by Omni Youth) so contact Erika Hahn ([ehahn@omni4all.org](mailto:ehahn@omni4all.org)) if you would like resources (disposal bags, fact sheets, etc.)

**Next Meeting/Contact Info:**

- Contact Randi Derrig if you are in need of Narcan medication or Narcan training (plus medication).
- Please contact Cat ([cmhays@gmail.com](mailto:cmhays@gmail.com)) 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.
- Meeting adjourned at 4:30pm.
- **Next Meeting:** Tuesday, May 16, 2023 at 3:30pm
- Contact Info:
  - a. Kari
    - Kari Knapp, Email: [kmknapp@chestnut.org](mailto:kmknapp@chestnut.org)
    - Cell: 309.391.1802
  - b. Cat Hays
    - Email: [cmhays@chestnut.org](mailto:cmhays@chestnut.org)
    - Cell: 309.665.2067



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### McLean ROSC Team Contact Info

- ▶ Cat Hays, Recovery Specialist – [cmhays@chestnut.org](mailto:cmhays@chestnut.org)
- ▶ Kari Knapp, Community Outreach Coordinator – [kmknapp@chestnut.org](mailto:kmknapp@chestnut.org)
- ▶ Barb Brumleve, Community Health Specialist – [babrumleve@chestnut.org](mailto:babrumsleve@chestnut.org)
- ▶ McLean County ROSC Team – [McLeanCoROSC@gmail.com](mailto:McLeanCoROSC@gmail.com)

**Background/ROSC Summary:** *\*From February 2023 Council Meeting*

- ROSC definition for any new council attendees. See below.

### ROSC Refresher – Definition

- ▶ "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"*
  - 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.).



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## ROSC Refresher – Core Values

Person-Centered Approach

Strength-Based Approach

Multiple Pathways to Recovery

Recovery Happens in the Community

Progress Over Perfection

Authentic to the Voice of the Recovery Community

- **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.

## ROSC Refresher – ROSC as a Resource

