

Mason/Logan Counties ROSC Council Meeting

April 20th, 2023 at 2:00 p.m.

Attendees:

Kari Knapp, (Chestnut Health Systems), Jeanette Davis (Logan-Mason ROSC), Tyler Wegner (Chestnut Prevention), Cassie Delaney (Memorial Behavioral Health), Whitney Devine (Family Guidance Center, FGC), Johanna Gonzales (SUPR), Jenna Fox, Amanda Morrow (Faith Church/PLE), Andrew K. (FGC), Grace Irvin (Chestnut Prevention Specialist), Julie Pohlman, Kourtney Renfro, Abby Behrens (Children's Home and Aid), Fran Ingram (Sangamon County ROSC), Chestnut Health Systems (Minutes)

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:

- The meeting started at 2:02 with Jeanette checking in with attendees about the current date/time of the monthly Council meeting. There was no consensus to change it.
- Jeanette announced that Grace Irvin has joined the ROSC team as a Prevention Specialist.
- 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

- "Alone we can do so little; together we can do so much" – Helen Keller

Family Guidance Center (FGC):

Andrew K and Jenna Fox provided brief PowerPoint presentation.

- FGC is located in Springfield, IL and linked up with Logan-Mason ROSC through the Sangamon County ROSC.

- Underwent a Philosophical Change to a Harm Reduction Tx Model. Believe SUD is a complex, treatable brain disease that must be flexible, adaptable and tailed to the individual's brain. We believe in holistic recovery and looking at the person's needs as a whole to help establish and maintain the foundation of recovery programs.
- Open to MAR and medication-assisted Tx/Recovery, including Vivitrol, Suboxone, and Methadone. Statistics and studies show there is a definitive higher efficacy rate through Medication Assisted Recovery (MAR).
- Our goal is to treat the patients with recommended protocol, reduce individual's daily medication needs as much as possible, and then refer them to a Primary Care Physician (PCP or health clinic.
- Cool thing about this grant is we can count educational presentations and Narcan flyers, etc. We will have
- MAR 3 Mobile Vans: Contains Harm Reduction supplies and kits, Narcan medication, literature, etc. We are required to map out where the van will be at all times and inform the District Attorney.
- There will be clean need distribution but there will not be any actual "exchanges".
- Below is the Chicago Mobile FGC Van. Andrew provided a live video walkthrough of the inside of the van, what services will take place where, medical 'office/intake' area, security guard gate, panic button, etc. Only doing Buprenorphine (Suboxone) right now in triage. Suboxone Rx can be called in from the van and patients can then complete home inductions) because there are really no methadone clinics in rural areas.



Security Alert/Panic Button

- Churches, clinics, shelters, recovery-oriented fairs are all examples of where the van will go. Different days of the week/month are dedicated to specific locations/counties (Shelby, Coal, etc.).

- We want to spread out these services to the surrounding area as much as possible.
- Medication is not kept on the van overnight. We remove it overnight to prevent theft. The generator will also be welded to the back to prevent its theft.
- Amanda Morrow chimed in (Faith Church) and shared her enthusiasm for this project as well as collaboration opportunities between herself, her agency and the L-M ROSC.

Miscellaneous:

- Multi-Pathways to Recovery are collaborating on All Recovery Fish Fry and Speaker Slam. Celebrate Recovery, 12-step, SMART and other recovery programs getting together for a single event.

UPCOMING COMMUNITY EVENTS

Stop By and see us at 3rd Fridays in Lincoln.

May 19th, June 16th, & July 21st
5:30pm – 8:30pm

Any agencies that would like to join us you are welcome. Also, if you can't attend but would like to share informational materials, we would be happy to share them at our booth.

RECOVERY IN ACTION hosts a

FISH FRY SPEAKER MEETING

JOIN US FOR A FAMILY FRIENDLY AFTERNOON OF FOOD, FUN & FELLOWSHIP AS WE CELEBRATE RECOVERY TOGETHER!

KICKAPOO PARK
Saturday, June 3, 2023
11.00 AM - SUNDOWN

FISH PROVIDED
PLEASE BRING A DISH TO SHARE.
NO ONE WILL BE TURNED AWAY.

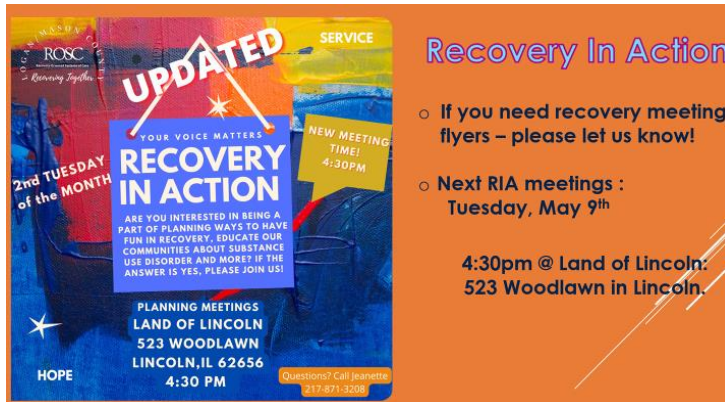
SPEAKERS, GAMES, RAFFLES, & MORE

CELEBRATING ALL ROADS TO RECOVERY TOGETHER!

RECOVER OUT LOUD

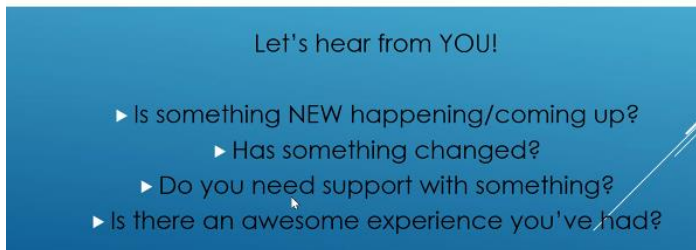
Information & Registration
Jeanette Davis
Email : loganmasonrosc@gmail.com
Phone : 217-871-3208

- 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 (RIA) 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). See below for upcoming events in planning stage.



- 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.
- In the works but not yet scheduled: Public Swim Day and Recovery Movie Night. Also, the RIA group is planning a panel to discuss how Narcan saved their lives. If you want to help, but don't know how or where to start?...then this is a great place to begin!

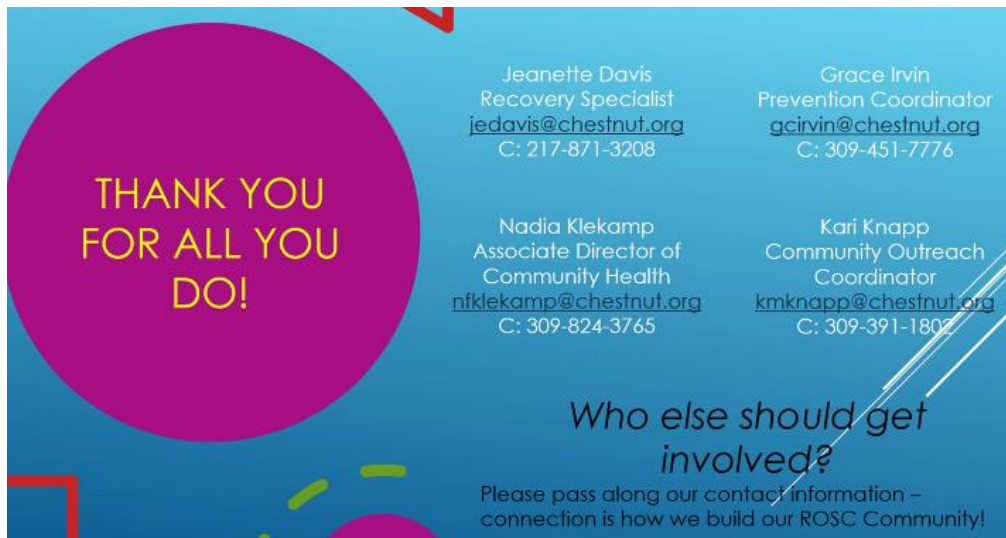
Agency/Council Updates:



- Cassie Delaney: Main thing coming up is May being Mental Health Awareness month and trying to think of unique ways to have more of those mental health conversations and bring more awareness to the community. How to get connected locally, nationwide resources, info for parents/adults, support groups, and more. Radio interview with Angi coming up (to discuss outputs from community surveys re: mental health). Trying to share info and reduce stigma—more social media outreach and other little things we can do.
- Jenna Fox: Sangamon County is excited that they are now allowed to help inmates in Jails continue their MAR medication while transitioned from outside life into jail (no more cold turkey thank goodness!! 😊 Jenna emphasized what a massive systemic change this represents and this council must agree!
- Amanda talked about how some pharmacies and insurance companies are “pushing” Narcan but also making it difficult and expensive to obtain. Jenna, Amanda, and Jeanette said to reach out to them if you need free Narcan. “Narcan saves lives” (Jenna) so there’s no reason to tolerate barriers to obtaining it.

- Jeanette reiterated that Narcan strips are available in Lincoln and contact her if you're able to get there and need re-ups.
- Lincoln is very close to having a Harm Reduction Machine (at 24x7 Laundromat; must be indoors for obvious reasons). Contains Fentanyl testing strips, Narcan, and all the kits and supplies needed to access means for overdose reversal.
- Jeanette closed the conversation (after no further updates) by sharing what an amazing and powerful and purposeful experience she has had "getting" to bring 12-step meetings into the local jail. She is hearing the same from her fellow volunteer and much gratitude from the inmates attending and also benefitting from the in-house meetings. Meetings had never been offered there in the previous 40 years history of the facility. We dare say that the jail C.O. who has been sitting in on the meetings has also absorbed a tidbit of wisdom and serenity (osmosis factor) as well?! Jeanette thanked the council for helping to make this possible.

Next L-M ROSC Council Meeting:



- Thursday, May 18th at 2:00 p.m.
- Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTBvQT09>
Meeting ID: 935 6172 7220 / Passcode: 395255