

Minutes

Macoupin and Montgomery Counties ROSC Council			
Date: March 27, 2023	Time: 2 pm	In-person meeting at Beacon Church and https://slu.zoom.us/j/98964683555	
Meeting	March ROSC Council Meeting		
Agenda	Announcements, Committee Updates, Presentation by Bailey Jarman, RN and Health Educator		
Facilitator	Jennifer Carron		
Attendees	<div><input type="checkbox"/> Becky Hatlee, COO, MCPHD</div> <div><input checked="" type="checkbox"/> Jennifer Carron, ROSC Coordinator, MCPHD</div> <div><input checked="" type="checkbox"/> Chase Daniels, ROSC Coordinator</div> <div><input checked="" type="checkbox"/> Lindsay Minor, Safe Passage, MCPHD</div> <div><input checked="" type="checkbox"/> Elyse Schoen, Safe Passage, MCPHD</div> <div><input checked="" type="checkbox"/> Krystal Phillips, MCPHD</div> <div><input checked="" type="checkbox"/> Bailey Jarman, MCPHD</div> <div><input type="checkbox"/> Sherry Ison, MCPHD</div> <div><input type="checkbox"/> Courtney Newby, MCPHD</div> <div><input type="checkbox"/> Helena Viehweg, MCPHD</div> <div><input checked="" type="checkbox"/> Amanda Majors, crisis interventionist, Montgomery County Health Dept, 988 Program</div> <div><input checked="" type="checkbox"/> Natalie Holloway, MCPHD</div> <div><input checked="" type="checkbox"/> Carissa van den Berk-Clark, SLU</div> <div><input checked="" type="checkbox"/> Giulia Butler, SLU</div> <div><input type="checkbox"/> Nancy Phillips, Illinois Family Resource Center</div> <div><input checked="" type="checkbox"/> Julie Pohlman, Statewide ROSC Region 4 TA</div> <div><input checked="" type="checkbox"/> Jenna Hays, Region 4 Mentor</div>	<div><input type="checkbox"/> Orville Mercer, Chestnut</div> <div><input type="checkbox"/> Donna Nahlik, Chestnut</div> <div><input checked="" type="checkbox"/> James Timpe, HSHS St. Francis</div> <div><input type="checkbox"/> Ty Bechel, Amare</div> <div><input type="checkbox"/> Corinne Briscoe, Macoupin County Probation</div> <div><input type="checkbox"/> Chief Brian Boston, Girard PD</div> <div><input type="checkbox"/> Chief Kenny Ryker, Litchfield PD</div> <div><input type="checkbox"/> Jeff Schoen, Staunton PD</div> <div><input checked="" type="checkbox"/> Jon Magnuson, Beacon Church, Next Network</div> <div><input checked="" type="checkbox"/> Jessica Gatlin, Next Network</div> <div><input type="checkbox"/> Kathy Alford-Spitze, Next Network</div> <div><input type="checkbox"/> Linda Liebscher, Cross Over Ministries</div> <div><input checked="" type="checkbox"/> David Knoblich, Hearts United</div> <div><input type="checkbox"/> Ailee Taylor</div> <div><input checked="" type="checkbox"/> Kevin Schott, EMS</div> <div><input type="checkbox"/> Steve Bryant, Litchfield Park Dist.</div> <div><input checked="" type="checkbox"/> Kristine Gamm-Smith, NAMI</div> <div><input checked="" type="checkbox"/> Kelly Jefferson, NAMI</div> <div><input type="checkbox"/> State Senator Doris Turner</div> <div><input type="checkbox"/> Dr. Kristen Ferguson</div>	<div><input checked="" type="checkbox"/> Chas Swearingen, LPBHC</div> <div><input checked="" type="checkbox"/> Ron Howard, Montgomery County Health Department</div> <div><input checked="" type="checkbox"/> Candi Mazza, Litchfield School District</div> <div><input checked="" type="checkbox"/> Savannah Holthaus, ROE#3 and #40</div> <div><input checked="" type="checkbox"/> Ron Sprong, Greene County Health Dept.</div> <div><input checked="" type="checkbox"/> Amanda Morrow, ROSC Coordinator for Greene and Scott County</div> <div><input checked="" type="checkbox"/> Karen Webb, ED and surgical services manager at HSHS St. Francis</div> <div><input checked="" type="checkbox"/> Lauren Savoie, Jersey Community Hospital</div> <div><input checked="" type="checkbox"/> Rick Brown, Family Guidance Center</div> <div><input checked="" type="checkbox"/> Springfield/Sangamon County ROSC</div> <div><input checked="" type="checkbox"/> Fran Ingram, FGC Springfield</div> <div><input checked="" type="checkbox"/> Mari Handy, Gateway Foundation</div> <div><input checked="" type="checkbox"/> Nicole List, Locust Street Resource Center</div> <div><input checked="" type="checkbox"/> Kevin McNicholas, Gillespie School District</div> <div><input checked="" type="checkbox"/> Bonita Goodwin, PLE</div> <div><input checked="" type="checkbox"/> Toni Randall, Bond County Recovery Council</div> <div><input checked="" type="checkbox"/> Monique Brunious, Bond County Recovery Council</div> <div><input checked="" type="checkbox"/> Melissa Dandino, Unified Child Advocacy Network (UCAN)</div> <div><input checked="" type="checkbox"/> Hollie Davidson, UCAN</div> <div><input checked="" type="checkbox"/> Kathy Norris, UCAN</div>

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Agenda Topic 1 – Introduction and Announcements

Time allotted: 10 minutes

Jennifer Carron

Presentation and discussion

- Welcome and introductions
- Overview of agenda
- Approval of meeting minutes
- Upcoming Events:
 - 5/12 Overdose awareness and Narcan training from 7-8:15 pm at 622 N Franklin, Litchfield, IL
 - 6/17 Golf tournament fundraiser hosted by Cross Over Ministries at 9 am at Indian Springs Gold Course, Fillmore, IL
- Recurring Events:
 - Mourning to Morning grief support group every Thursday at MCHD, Litchfield, IL
 - NAMI Family support group, third Wednesday of every month, 5:30-7 pm at 205 Oakland Ave, Carlinville, IL
 - Macoupin County Networking Alliance Meeting, third Thursday of every other month, 10-12 at 225 N Broad Street, Carlinville, IL. (Next one in March)
 - Al-Anon Meetings every Thursday at 6:30 pm at Cross Over Ministries Living Room (102 N Main St, Hillsboro, IL)
 - AA Meetings every Friday 6:00pm at Episcopal Church (415 S. Broad St, Carlinville, IL)
 - AA Virden Group First Baptist Church Monday 10:00am (157 W. Franklin, Virden IL)
 - Emotions Anonymous Meetings every Thursday from 6-7 pm at Beacon Church (622 North Franklin, Litchfield, IL)
 - NA Virden Group First Baptist Church Saturday 11:00am (157 W. Franklin, Virden IL)
 - NA Hope Shot Meetings every Wednesday at 7 pm (rear entrance upper floor at 201 W. Chestnut St, Gillespie, IL)

Please send us any announcements/upcoming events you would like to share with the council.

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Agenda Topic 2 – Committee meetings

Time allotted: 5 minutes	Jennifer Carron
Presentation and Discussion	<ul style="list-style-type: none"> ○ PLE Committee meeting: <ul style="list-style-type: none"> ▪ Hosted a Persons with Lived Experience (PLE) meeting in Macoupin County with 10 participants and discussed stigma, recovery, generational cycle of SUD. It's a monthly meeting taking place the first week of the month. ○ Subcommittee meeting: <ul style="list-style-type: none"> ▪ Moving forward as one big committee instead of 4 different ones. ▪ Discussed gaps and barriers people are facing in our community. <p>Next meeting is April 24 at 1 pm before ROSC meeting.</p>

Agenda Topic 3 – School-Linked Health Center: Health Educator's Role in SUD Prevention

Time allotted: 25 Minutes	Bailey Jarman, RN and Health Educator for MCPHD
Presentation and Discussion	<ul style="list-style-type: none"> ○ MCPHD Maple Street clinic in Gillespie and Morgan Street Clinic in Carlinville are School Linked Health Centers. ○ Work with schools in Macoupin County to provide students with a collaborative approach to healthcare. ○ We provide easily accessible healthcare (the clinics have medical, dental, behavioral health offices) as well as health education. ○ We also have school linked counselors through MCPHD that are in each of the school districts meeting with students. ○ School districts served: <ul style="list-style-type: none"> ▪ Gillespie ▪ Southwestern ▪ Carlinville ▪ Bunker Hill ▪ Mt. Olive ▪ North Mac ▪ Northwestern ▪ Staunton ○ 90% of people who have substance use disorder started using alcohol or drugs before they turned 18. ○ At this age, the brain is more vulnerable to alcohol and drugs than adult brains, which increases young people's chances of developing a substance use disorder. The earlier adolescents use, the more likely they are to develop a SUD, since our brains aren't fully developed until the age of 25. ○ Delaying the onset of first use of any sort of substance can protect the brain and prevent addiction. ○ Provide lessons/presentations on a variety of health topics. We cover many topics, but several of them are related to substance use prevention. Since the foundation of addiction and addictive tendencies in middle school or high school students often begins with the use of substances such as nicotine or alcohol, we discuss Tobacco, E-cigarettes, alcohol, opioids, marijuana, etc.

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- We also offer education covering sensitive topics such as Erin's Law (sexual abuse/assault prevention), suicide/depression prevention, relationship abuse vs healthy relationships, etc.
- We offer programs for all ages, starting with Pre-K all the way to Seniors in high school.
- Delivering sessions from the Botvin LifeSkills program, which is the top evidence-based SUD prevention program in the country. It aims at preventing substance use/abuse by targeting the major social and psychological factors that promote the initiation of substance use and other risk behaviors. It also helps students develop self-esteem and self-confidence, cope with anxiety, increase their knowledge on the immediate consequences of substance abuse, and enhance their cognitive and behavioral competency.
- Contact Bailey Jarman at bjarman@mcphd.net

Q & A session

How to get referred to program?

Recommend Botvin for each individual class vs the whole grade. Depending on program, sessions are presented over a few consecutive weeks.

Is the program interactive?

Very much so, students are engaged and especially the Botvin LifeSkills is very interactive.

Do the kids engage or do they stay quiet?

They are surprisingly engaged. A lot more interactive when it's just a class instead of the whole grade. Work very closely with the school counselors because we discuss very sensitive topics.

Are you allowed to go speak in the county?

Yes, it looks like it. The counselors go out of Macoupin County as well. Reach out if you are interested in me giving a presentation.

What's the youngest age for Botvin?

6th grade/middle school. They may have elementary school training available but for now Bailey is only trained in middle and high school.

Do you do any education on different types of mental illness/how to seek help?

No specific programs right now, but open to creating a presentation on that. Right now, the only topic is suicide prevention.

NAMI has program called Ending the Silence for middle school and high school to educate on mental illness and a PLE that speaks on recovery. May be able to collaborate on this.

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	<p><u>Final Remarks:</u></p> <ul style="list-style-type: none">○ Jen will be going on maternity leave at the end of April, so Jon Magnuson will be hosting instead. Looking to hire a new ROSC Coordinator as well.○ Next ROSC meeting will be on April 24th at 2:00 pm at Beacon Church (622 N. Franklin St).○ Next Subcommittee meeting will be at 1:00 pm the same day (4/24)○ ROSC Facebook page: https://www.facebook.com/MMCRCouncil
End Time: 2:40 pm	