



"Collaborating to Build and Empower Communities of Recovery."

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

May 16, 2023

Date: Tuesday, May 16, 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), **Leeann Courson** (Bridgeway/W. Central IL ROSC/Region 3 ROSC Consultant), **Erika Hahn** (Omni Youth), **MaResa** (McLean County CASA), **Kourtney Renfro** (Family Guidance Center/Sangamon County ROSC), **Selena Pappas** (Central IL Friends), **Anonymous** (PLE), **Allen Reid** (PLE/Chestnut Health), **Randi Derrig** (Narcen/Chestnut), **Mike Gardner** (ISU Police), **Samantha Herrell** (FUSE), **Dameca Kirkwood** (Prairie State Legal), **Mike Hoffman** (Bridgestone/PLE), **Nichole Davidson** (TASC), **Sarah Stalter** (FUSE), **Sandra Beecher** (Gateway Foundation), **Feli Sebastian** (Extraordinary Women, YWCA), **Jonathan Baptist** (B-N Parents Project), **Johanna Gonzales** (IL Dept of Human Services, SUD & Recovery), **Tasha Taylor Davis** (Family Community Outreach Center), **Vitaliy V.** (Energy Efficiency Assistance), **Lakeesha Smith** (Bloomington Housing Authority)

Guest Speakers: Kari Knapp (Chestnut Health Systems)

Agenda:

- Introductions
- **Guest Speakers:**
 - Kari Knapp, Understanding Substance Use Disorders in McLean County
- Presentation Q&A
- Upcoming McLean ROSC Events/Agency Updates

Recording: If you were unable to attend today's meeting (5/16/23), please check it out on YouTube:

<https://youtu.be/7hEUDKOLGUA>



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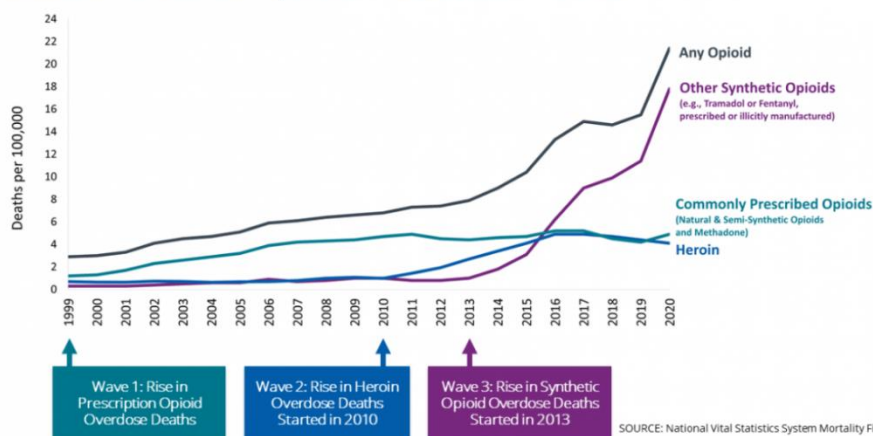
Primary Discussion:

- Today's meeting started on time with brief introductions of who was in attendance. Afterwards, Kari went on to make preparing statements before beginning her presentation on "Understanding Substance Use Disorders (SUD) in McLean County & Community's Response".
- We realize SUD has been a crisis locally and in our nation, so we thought it would be appropriate (and nice) to take a deep dive into what the McLean County community is doing (at a high level; we cannot go into every granular service being provided but they are ALL appreciated) to address this crisis.
- Kari offered to meet with anyone 1x1 if they have questions or seek more information about any of the content presented today (or the ROSC in general).

Understanding SUD in McLean County and Community's Response:

- Addiction is a chronic, treatable (but not curable) disease that affects the brain. It can be managed through a suite of person-centered actions, options, and routines.
- Another thing to keep in mind as we move forward today, is that addiction takes over parts of the brain, including the motivation and reward systems. It also effects the part of your brain that allows for you to reason and weigh the consequences of your choices. It changes the wiring of the brain and tells the person that their survival is dependent upon using again.
- According to SAMHSA, over 20,000,000 people in the U.S. have some form of substance use disorder (SUD),
- Opioids are at the root of much of the problem. Dangerous synthetic opioids are stronger and faster-acting, causing an increase in overdoses and overdose deaths. The COVID-19 pandemic also exasperated many of the problems and led to higher death rates despite more being done to combat OUD (Opioid Use Disorder). Below tracks the prevalence and lethality of major Opioid classes: Rx Painkillers, Heroin, and Synthetic Opioids (i.e. Fentanyl). All this information is from the IL Department of Health. Hopefully this reminds us why we do what we do.

Three Waves of Opioid Overdose Deaths

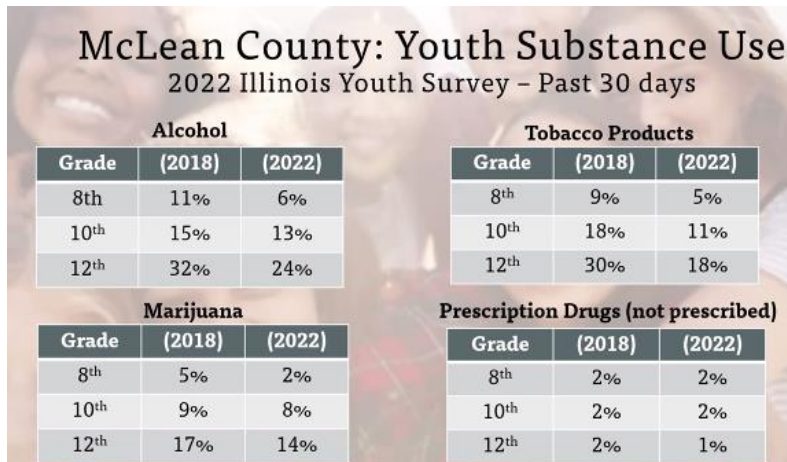


From 1999–2020, more than 564,000 people died from an overdose involving any opioid, including prescription and illicit opioids¹.



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- **Local McLean County Stats:** According to County Coroner's Office and IDHS, the average age of overdose deaths was 42 years in McLean County. In 2022, there were 71 opioid overdose emergency department cases. There were 22 drug-related deaths in 2022 and 21 in 2019 (despite heightened efforts to address opioid epidemic in this timeframe, COVID-19 and related fallout could possibly reflect the uptick from 2021 to 2022). 46 overdose emergency calls in 2022.
- **State of Illinois Stats:** There were nearly 300 overdose deaths in 2020 (up 30% from 2019; keep in mind these stats are during the peak of COVID-19 and shelter in place directives). Since 2013, overdose deaths have increased by a staggering 2,736% (includes an 80% increase in heroin OD deaths during same timeframe).
- **Adolescent Substance Use:** The graphic below depicts what Substance Use look like among our youths per 2022 Illinois Youth Survey; metrics gather activity over the past 30 days of use to reflect most prevalence of behavior among adolescents:



- Overall, you can see (above) that majority of self-reported statistics have decreased by the year 2018 to 2022. We will be learning more about what services & supports are available for our youth – it is difficult to say that these services are the reason numbers have decreased, but we know that prevention education does equip youth with the knowledge and skills needed to make healthy decisions.”
- 2022 McLean County Data: 2,600 students surveyed
 - 9 out of 11 middle schools
 - 7 out of 10 high schools
- What Our Community Is Doing Across the Continuum: A comprehensive substance use continuum combines many programs, policies and practices, in order to reduce substance use in communities – the agency highlights provided today are not a full representation of all substance use and/or mental health supports available in our area, but will hopefully highlight some key initiatives. Again, the items below include, but are not limited to, ALL the various services that comprise the stages in this continuum.

Promotion & Prevention:

- McLean County ROSC (raise education to reduce stigma, sober recreation, etc.)
- Trauma Informed Care Training



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- Mental Health First Aid Training
- Providing Multiple Pathways of Recovery (All Recovery, SMART, etc.)
- Recovery (hundreds of local meetings, active recovery community)
- Evidence-Based SUD Programming (Project Oz provides to youths grade 4-7)
- BN Parents
- Drug Takeback
- McLean County ReEntry Council
- National Prevention Week
- Recovery Awareness Month Events
- Red Ribbon Week



Harm Reduction:

- We practice this every day and don't always realize it.
- Narcan training and distribution
- JOLT HR programs like syringe exchanges, street outreach, free testing, etc.
- Panels, testimonials, etc. on ROSC YouTube channel.

Treatment:

- Chestnut Health Systems
- Carle Bromenn
- Bloomington-Normal Tx Center
- Problem Solving Courts (Drug Court, Recovery Court)
- Crisis Care
- McLean County FUSE
- Telehealth Services
- Trauma Informed Care Training Contact: thriveprop@gmail.com

Recovery:

- Wide variety of Support Groups (12-step, Faith based, Secular, SMART, Celebrate Recovery, etc.)



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- Sober Living/Recovery Homes (Oxford Houses x2 for men and women, House of Hope, Labyrinth, etc.)
 - McLean County ROSC
 - Housing, Legal and Transportation Services (always seeking to improve these areas)
 - Peer Recovery Support Services
- It is truly because of you all (members of the ROSC Council) that we are able to do the work that we're doing.
- **Q:** Is Chestnut providing NARcan to specific businesses and individuals, or just agencies? It seems to be marketed more towards agencies. **A:** Randi stated we can provide training and/or just the medication to anyone in the community who needs it. However, JOLT is another service that should be considered because of their door to door support and syringe exchange capabilities.

Other Agency Updates/Upcoming ROSC Events:

- **Professional Clothing Drive:** Kari reiterated the April clothing drive to help local recoverees dress for job interviews, church, court, meet on-the-job dress codes, etc. was a smashing success and far, far exceeded even our most optimistic expectations. We have offered the articles to Chestnut residential clients, McLean County Drug Court clients, and some others but still have a lot left **so we are opening "the store" up to the public on Thursday, May 18th from 1:00pm to 4:00pm** at Chestnut's Glenn Covert Building, which is a standalone one-story building on the NE side of Chestnut's campus on **1003 Martin Luther King Jr Drive** in Bloomington, IL. There will be staff present (Barb) to escort people in and out and help facilitate the process.
 - *** Shout-out to our collaborators in this effort** – Life CIL, ISU Campus Police, Chestnut at MLK, and Center for Human Services!
- **Extraordinary Women:** Feli Sebastian stated the non-profit is seeking nominations for Extraordinary Woman of the Year.
- **Chat updates:** Prairie Legal (2x weekly free legal services at Woodhill Towers, contact Alicia)
- Habitat for Humanity is building 5 new homes for the community. Volunteers can help with Wall Build on Saturday, May 20th from 8am to 4pm at St. Patricks of Myrna. Volunteers can also help build new 'Hero House' (this one is named in Feli's honor) at 703 West Locust at 11am on Saturday.
- **Narcan/B-N SUD Coalition:** Contact Randi Derrig if you want to be part of Bloom-Normal SUD Coalition or need Narcan training or medication (rwderri@chestnut.org)
- **ROSC Council Appreciation Open House:** June 8th from 2-4:00pm at Chestnut's Crossroads Building off Wylie Drive (Lighthouse Institute Training Room, for those familiar). See flyer below.



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McLean ROSC Invites You To...

**ROSC Council
Appreciation Event
Open House**

The McLean County ROSC would like to express gratitude to ROSC Council & community members with snacks, sweets, giveaways, and networking!

**THUR | 8 | 2-4
SDAY | JUNE | PM**

Chestnut Health Systems
448 Wylie Drive (Crossroads Ctr)
Bloomington, IL

RSVP HELPFUL BUT NOT REQUIRED

McLeanCountyROSC@gmail.com
Call Kari 309-391-1802 with questions

**Thank
you
for
helping
ROSC
"grow"!**

- **June 23rd Grady's Family Recovery Night:** 3rd Annual Family Night at Grady's (courtesy of McLean County ROSC). Signup is required at Signup Genius (or use QR code on flyer). There are about 20 spots left and they're going quick. You can also just email McLeanCountyROSC@gmail.com if all else fails and a team member will sign you up "manually".

THE MCLEAN COUNTY ROSC
INVITES YOU TO...

**3RD ANNUAL FAMILY
NIGHT AT GRADY'S**

FREE ENTRY
Includes Various Rides, Bumper
Boats, Mini Golf, & More
*Go-Carts, Arcade & Food NOT included
**RSVP Required (QR code below)

**JUNE 23
6 PM**
RAINOUT BACKUP
DATE: JUNE 30 6:00P

Grady's Family Fun Park
1501 Morrissey Avenue, Bloomington, IL
309-662-3332

Register/RSVP Here:

**Grady's
Family
Fun Night**

Next Meeting/Contact Info:

- Please contact Cat (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, June 20th, 2023 at 3:30pm



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- Contact Info:
 - a. Kari
 - Kari Knapp, Email: kmknapp@chestnut.org
 - Cell: 309.391.1802
 - b. Cat Hays
 - Email: cmhays@chestnut.org
 - Cell: 309.665.2067

McLean ROSC Team Contact Info

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



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Background/ROSC Summary:

- 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.).

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.



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- **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.

