

Ford County ROSC Council Meeting Minutes

May 23rd, 2023 at 8:30 a.m.

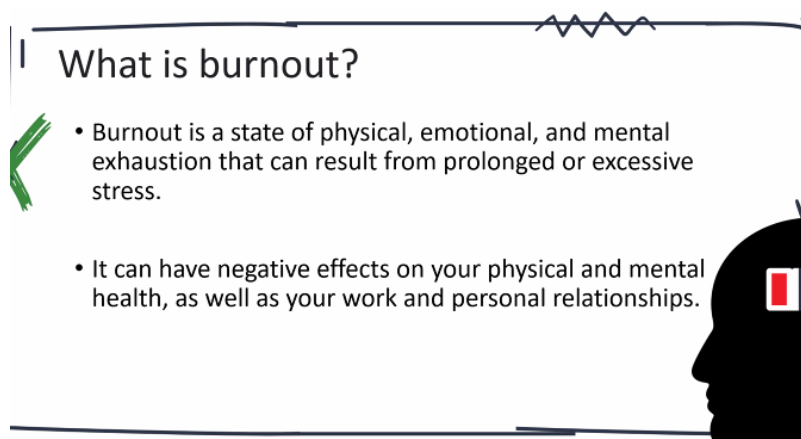
Attendees:

Frankie Ward (Chestnut Health Systems/Ford Cty ROSC)
Kari Knapp (Community Outreach Coordinator, Chestnut)
John Schneider (Chestnut)
Barb Brumleve (Chestnut)
Leann Courson (Region /West Central IL ROSC)
Helena Longfellow (GAH - Gibson City Clinic)
Sandra Beecher (Gateway)
Dave King (Carle Hospital)
Caitlyn Scarbro (Regional Council Manager, Birth to Five, Region 9)
Diamond Moss (Support Specialist, Birth to Five, Region 9)
Kami Garrison (Ford County Public Health)
Ashley Laurent (RBI)
Johanna Gonzales (SUPR, IL Dept Human Services, Statewide ROSC)
Anonymous –CHS

We won't put anyone on the spot, but ice breaker examples of "guilty pleasures" included Bravo channel, being a couch potato, speed (going fast in a car where/when safe), ice cream, reality TV x2, Taco Bell, old pro wrestling podcasts, true crime podcasts, shopping, and more reality TV.

Discussion: Self-Care/Mental Health Awareness Month

- Delegate tasks, do not say "yes" to everything and then regret it, ask for help or accept it when needed, and it's okay to "say No" and set boundaries, both personally and professionally. Try as best you can to separate personal and work time; limit time you are available (e.g. set aside time for catchup work, trainings, etc).

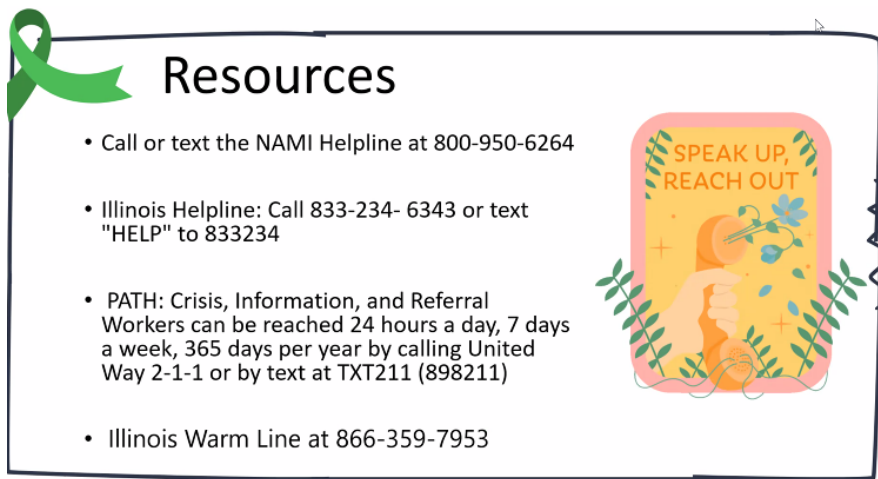


- Manage your Time: Set goals, prioritize tasks, and create a schedule to help you stay organized and focused; Try to eliminate distractions and minimize multitasking, which can increase stress and reduce productivity; and set limits on how much time you spend on certain tasks.

- Focus on dedicating time to hobbies and leisure—listening to music, painting, journaling, exercising, as well as self-reflection and personal growth.

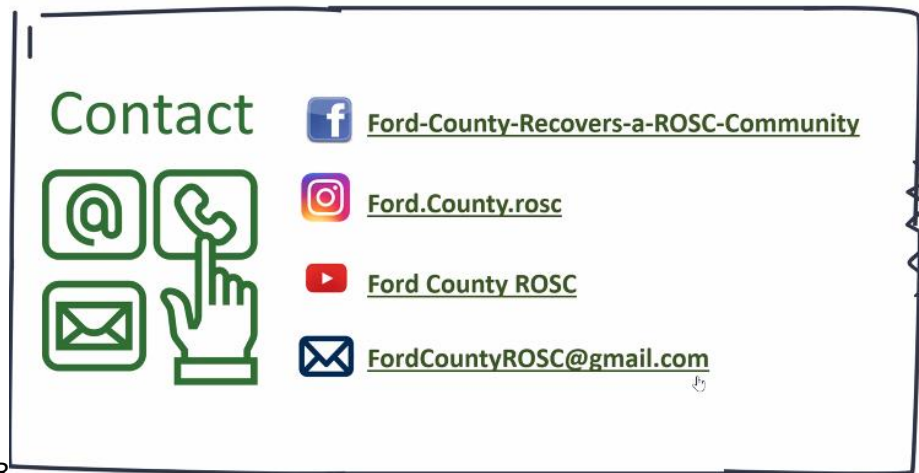


- We often don't seek support from burnout until it's too late. Lack of self-care and compassion fatigue can lead people (people working in the field/people in recovery from substances and mental health Dx) to have setbacks in their sobriety and mental health (Depression and anxiety return, old using thoughts and urges return, etc.), or have old maladaptive behaviors return in place of DOC use.
- Find ways to reduce stress: Deep breathing, mindfulness practices, yoga and meditation, exercise, prayer, leisure, declutter living space, and more.



- **All Awareness Update:** All Awareness Day just took place on May 13 (to celebrate Frankie's birthday ☺). Nearly everything went well for the first time doing the event, but we do have some lessons learned to apply from next year and we hope for a bigger turnout in the future. That said, plenty also went well that we also will learn from and adjust/re-apply in the coming years. Many people were overheard saying they 'were unaware how many services were available'. Local cheerleaders and other volunteers have said they want to be a part of it next year. It sounds like many local people and businesses found out about the event during/after and look forward to participating next year. The theme of 'everyone coming together' was definitely present and on full display!

- Feedback from council members who were there (Kami) was very positive; her only suggestion for next year was to place vendors under the pavilion (much cooler and breezier). Frankie said that was noted, and in general, we want to bring everything closer together. We had it further away because we didn't want the live music to drown out conversations; however, the band did not end up showing so that became a moot point.
- **Agency Updates (projects, events, trainings, etc.)**
 - Kami Garrison: Flyer will be sent to share, but World Elder Abuse Awareness Day is coming up on Thursday, June 15th (likely around Noon)– we're planning a walk at the park in Gibson City, but we want it open to everyone (not only senior citizens). Kami realizes it's late in the game but she wondered about parlaying the Walk into a small Resource Fair. If we were to do that, is there anyone in this group who would be interested in joining us for that (on 6/15)? I'm just trying to gauge interest before making that decision (to include a pseudo-Resource Fair). Ford ROSC said they are interested and will help recruit. The Walk is definitely happening though and Kami will get the flyer to Frankie to share with the council.
 - Dave King: June 27th is I-CAN (Critical Access Network Hospital; reps over 60 hospitals across IL) conference in Champaign at I-hotel (?). Speakers include Frankie Ward, Leeann Courson on a panel, Mike Tyson (S. IL, speaking on Take Action Today), Justice Involved, Oxford House, etc. \$75 8-3:30p.
 - Ashley: RPC has open enrollment now (for Better Jobs scholarship; to help go back to school); flyer should be included with minutes.



Next Steps

- Next Meeting **RESCHEDULED** for June 20th 8:30 AM via Zoom.
- Outreach Committee – Planning substance free recreational activities.
- Recovery Month

