

# Minutes

Macoupin and Montgomery Counties ROSC Council			
Date: July 24, 2023	Time: 2 pm	In-person meeting at Beacon Church and <a href="https://us06web.zoom.us/j/83722273109?pwd=b1FyQmd0QjBMQk5Ea0ZnUTM1UCs2Zz09">https://us06web.zoom.us/j/83722273109?pwd=b1FyQmd0QjBMQk5Ea0ZnUTM1UCs2Zz09</a>	
Meeting	July ROSC Council Meeting		
Agenda	Announcements, Upcoming Events, Cross Over Ministries Haven Home of Hope, Presentation on Youth, Video on Addiction Overview		
Facilitator	Chase Daniels		
Attendees	<input checked="" type="checkbox"/> Becky Hatlee, COO, MCPHD <input type="checkbox"/> Jennifer Carron, ROSC Coordinator, MCPHD <input checked="" type="checkbox"/> Chase Daniels, ROSC Coordinator <input checked="" type="checkbox"/> Lindsay Minor, Safe Passage, MCPHD <input checked="" type="checkbox"/> Elyse Schoen, Safe Passage, MCPHD <input type="checkbox"/> Krystal Phillips, MCPHD <input checked="" type="checkbox"/> Bailey Jarman, MCPHD <input type="checkbox"/> Sherry Ison, MCPHD <input type="checkbox"/> Courtney Newby, MCPHD <input type="checkbox"/> Helena Viehweg, MCPHD <input type="checkbox"/> Amanda Majors, crisis interventionist, Montgomery County Health Dept, 988 Program <input checked="" type="checkbox"/> Carissa van den Berk-Clark, SLU <input checked="" type="checkbox"/> Giulia Butler, SLU <input type="checkbox"/> Nancy Phillips, Illinois Family Resource Center <input checked="" type="checkbox"/> Julie Pohlman, Statewide ROSC Region 4 TA <input checked="" type="checkbox"/> Jenna Hays, Region 4 Mentor <input checked="" type="checkbox"/> Beverly Holland, Region 5 TA	<input checked="" type="checkbox"/> Jon Magnuson, Beacon Church, Next Network <input checked="" type="checkbox"/> Melissa Monte, Aviary Recovery Center <input checked="" type="checkbox"/> Chas Swearingen, Lincoln Prairie Behavioral Health Center <input checked="" type="checkbox"/> Erica Petcher, PLE, Cross Over Ministries <input type="checkbox"/> Jeanette Ackerman, Hearts United <input checked="" type="checkbox"/> Steve Bryant, Litchfield Park Dist. <input checked="" type="checkbox"/> Nicole List, Locust Street Resource Center <input checked="" type="checkbox"/> Monique Brunious, Bond County Recovery Council <input checked="" type="checkbox"/> Sarah Crawford, Jersey Community Hospital <input type="checkbox"/> Karen Webb, RN ER manager St. Francis Hospital Litchfield <input checked="" type="checkbox"/> Kevin Schott, EMA <input checked="" type="checkbox"/> Ron Howard, MCHD	<input type="checkbox"/> Lilly Booth, MCPHD Safe Families <input checked="" type="checkbox"/> Karla Schulte, Centerstone <input type="checkbox"/> Sandy Leitheiser, Montgomery County Clerk <input checked="" type="checkbox"/> Amanda Ross <input type="checkbox"/> Juliet Woolridge, MCPHD Safe Families <input checked="" type="checkbox"/> Jensine Wyant, 988 Outreach Montgomery County Health Dept. <input type="checkbox"/> Leasha Bennet, Land of Lincoln Legal Aid <input type="checkbox"/> Derrek Tiburzi, Macoupin County Public Transportation <input checked="" type="checkbox"/> Amanda Bracher, Housing Authority <input type="checkbox"/> Stephanie Sloan, Housing Authority <input checked="" type="checkbox"/> Kelly Jefferson, NAMI SWI <input checked="" type="checkbox"/> Lauren Savoie, Jersey Community Hospital/Sangamon County ROSC

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## Agenda Topic 1 – Introduction and Announcements

Time allotted: 15 minutes	Chase Daniels
Presentation and discussion	<ul style="list-style-type: none"> <li>○ Welcome and introductions</li> <li>○ Overview of agenda</li> <li>○ Approval of meeting minutes</li> <li>○ Upcoming Events: <ul style="list-style-type: none"> <li>▪ 7/27 Overview of Art Therapy hosted by Lincoln Prairie Behavioral Health Center, from 10-11:30 am on Zoom. Register here: <a href="https://lincolnpairiebhc.com/wp-content/uploads/2023/06/7.27.23-Art-Therapy-Flyer-1.pdf">https://lincolnpairiebhc.com/wp-content/uploads/2023/06/7.27.23-Art-Therapy-Flyer-1.pdf</a></li> <li>▪ 7/29 Back to School Bash at 1100 South State Street, Litchfield, IL with vaccinations, primary care physician registration, school registration, free haircuts, pool access. <u>Reach out to Jon Magnuson (jon@beaconchurch.us) if you want to participate as an organization.</u></li> <li>▪ 7/30 Haven Home of Hope Grand Opening. 6PM Blessing of the Home. 6:30PM Ribbon Cutting Ceremony.</li> <li>▪ 8/31 Overdose Awareness Event hosted by Cross Over Ministries at the Lincoln Plaza in Hillsboro around 4 pm. Cross Over Ministries is also expecting to open its first home, <i>Haven Home of Hope</i> during the first week of August. See wish list attached in meeting follow-up email.</li> <li>▪ September is National Recovery Month: let's brainstorm event ideas and discuss at next subcommittee meeting.</li> <li>▪ September 29<sup>th</sup> Noon-4pm.</li> <li>▪ 10/21 Walk for Mental Health hosted by NAMI in Fairview Heights, IL.</li> </ul> </li> <li>○ Recurring Events: <ul style="list-style-type: none"> <li>▪ Mourning to Morning grief support group every Thursday at MCHD, Litchfield, IL</li> <li>▪ NAMI Family support group, third Wednesday of every month, 6:00-7:30 pm at 205 Oakland Ave, Carlinville, IL</li> <li>▪ Macoupin County Networking Alliance Meeting, third Thursday of every other month, 10-12 at 225 N Broad Street, Carlinville, IL. (Next one in March)</li> <li>▪ Al-Anon Meetings every Thursday at 6:30 pm at Cross Over Ministries Living Room (102 N Main St, Hillsboro, IL)</li> <li>▪ AA Meetings every Friday 6:00pm at Episcopal Church (415 S. Broad St, Carlinville, IL)</li> <li>▪ AA Virden Group First Baptist Church Monday 10:00am (157 W. Franklin, Virden IL)</li> <li>▪ Emotions Anonymous Meetings every Thursday from 6-7 pm at Beacon Church (622 North Franklin, Litchfield, IL)</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>▪ NA Virden Group First Baptist Church Saturday 11:00am (157 W. Franklin, Virden IL)</li> <li>▪ NA Hope Shot Meetings every Wednesday at 7 pm (rear entrance upper floor at 201 W. Chestnut St, Gillespie, IL)</li> </ul> <p><i>Please send us any announcements/upcoming events you would like to share with the council.</i></p>
<b>Agenda Topic 2 – Presentation on Youth</b>	
Time allotted: 25 minutes	Carissa van den Berk-Clark
Presentation and Discussion	<p>Problems youth are experiencing:</p> <ul style="list-style-type: none"> <li>• Lower levels of substance use.</li> <li>• Similar trend in alcohol use, even though female users are higher. Lower use compared to 2011.</li> <li>• Illicit drug use goes down.</li> <li>• High school sex rates are going down, but there are more issues with condoms, birth control, STD testing.</li> <li>• Few people feel bullied at school.</li> <li>• Females receiving more electronic bullying.</li> <li>• BH issues are bigger. 42% of youth are experiencing persistent feelings of sadness and hopelessness. Suicidality is higher as well. 22% in the past year compared to 16% in 2011. Suicide plans are at 18%.</li> <li>• Feelings of hopelessness perceived in mostly girls. Females are at 30% in suicide attempts.</li> </ul> <p>Q &amp; A:</p> <ul style="list-style-type: none"> <li>• Those are national averages; how do our counties compare? Macoupin and Montgomery counties are higher for suicide, but for sense of hopelessness and depression it's not measured. It is likely higher than the national average as well.</li> <li>• Decrease in national sexual activity, why? What could be the causes? Pandemic plays into it, feeling isolated.</li> </ul> <p>For any other questions you can reach Carissa at:  <a href="mailto:carissa.vandenberkclark@health.slu.edu">carissa.vandenberkclark@health.slu.edu</a></p>

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## Agenda Topic 3 – Video on Addiction

Time allotted: 20  
Minutes

Dr. R. Corey Waller

Humans need three things: food, water, dopamine. Dopamine is a chemical response for relation and motivation. Normal day is 50 nanograms per deciliter. 100 for best day and 40 for worst day.

What happens when you add a chemical like methamphetamines? 10x the amount our brains should be making. These drugs start taking over and the things that normally make you happy, don't anymore.

### Results:

- Impaired control
- Social impairment
- Risky use
- Pharmacological properties
- Drug craving is much more powerful than starvation or dehydration.

### Medications:

- Buprenorphine and methadone help increase dopamine in the body.
- 3 major drugs for opioids, including Naltrexone.
- The point of decreasing craving is to keep patients from relapsing.
- Decision fatigue is key player to what happens in the afternoon or evening, so using medication to significantly reduce this craving is important. For SUD they are 75% effective. AUD is 60-70%.
- Less than 10% of people with SUD have access to this.
- ASAM criteria is used in almost every state.
- Societal approach: stigma is discrimination. Stop criminalizing these patients. Knowledge and education for kids.
- Addiction is a predictable brain disease, not a moral failing.

### Final Remarks:

- Next ROSC meeting will be on **August 28** at 2:00 pm at Beacon Church (622 N. Franklin St).
- Next Subcommittee meeting will be at 1:00 pm the same day (8/28)
- ROSC Facebook page: <https://www.facebook.com/MMCRCouncil>

End Time: 3:00 pm