



**Bond County Recovery Council**  
**Wednesday, August 9, 2023**  
**10am-11:30am (probably only until 11am)**  
**Via Zoom/In Person at the SMART**  
**building 3<sup>rd</sup> Floor**

## Meeting Minutes

### 1. Welcome and Introductions

#### In Person:

Gene Dunkley  
Patrice White  
Naomi Fulton  
Kelly Jefferson  
Toni Randall  
Monique Brunious

#### Via Zoom:

Patrick Small  
Chuck Bersin  
Michelle Miller  
Kelli Clutts  
Chase Daniels  
Cindy Crouch  
Alice Fitzsimmons

### 2. Review Old Business

\*Completed Resource List-Attached to email with agenda. Please check and let us know if any changes/additions need to be made. Please send a separate email with "Resource List" in the subject line and include exactly what you want in the body of the email.

\*RCORP has been doing a community needs assessment. It is now completed. We should have a report sometime in October.

\*We walked in the Bond County Fair last night. This was a great success. Bond County Core Community & HSHS joined in with the BCRC. Our Redneck Recovery Float won 4<sup>th</sup> place. We handed out a ton of information cards.

### 3. Narcan training for businesses in 2023? Looking at convenience stores, gas stations and bars. Does anyone know if Bond County has a County Bar Association? No one knew if they did or not. I am helping Deb with a training in Carlyle for a group of bartenders. Monique has been handing out bags to bars in Bond County. We would love to do one for bars/bartenders in Bond County. Monique is going to check to see if there is a bar association in Bond County, See end for Clinton County Flyer.

#### 4. Presentation- Strategic Planning Committees for Strategic Plan

~~-Housing~~-meets the 2nd Tuesday of the month, 2-3pm, Toastiez in Greenville. We are looking for a few more people to join this group. We are currently looking at RCO's and how that might look in Bond County. Rebecca Klitze, Gene Dunkley, Monique Brunois & Toni

Going to be changing this to the RCO work group. We need more members to join this group. We will be focusing on how to form a RCO drop in center. You need to fund raise to start an RCO and then you can apply for grant funding. We need to have some different members joining this group. Our next meeting on September 13<sup>th</sup> Mike Tyson from the Take Action Today RCO in West Frankfort will be speaking about how he started his RCO.

~~-Transportation~~-10-11am, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Monique Brunious & Toni

We have been working on ideas to help get community members where they need to go. Look below for the NEW Bond County Transit discounted shopping opportunities. This is very exciting. In the future (if possible), we hope to provide some passes for this to our Recovery Community. Bond County Transit is also in the process of applying to accept Medicaid insurances to pay for healthcare trips. We have talked to some churches with buses and there could possibly be some partnership opportunities in the future there. We also have a couple of members of our Advisory Board who have signed up to be available to transport community members for treatment. We had 2 members volunteer to join this group. Patrice White and Chuck Bersin will be working with us in the future.

~~-Stigma~~-2-3pm, meet at Lost & Found in Greenville on the 4th Tuesday of each month. We are looking for projects to do within the community that will help to reduce Stigma. Alice Fitzsimmons, Kelly Jefferson, Kristine Gamm-Smith, Monique Brunios & Toni

This group has worked on several projects aimed at reducing Stigma in Bond County. They created the billboard on Rt127 heading North into Greenville. If you would like to see it, I have attached a photo at the end. We have also worked on redoing the Family Support Network yard signs. Look at end to see the changes. They worked together to create 6' x 2' yard banners that will help advertise the upcoming "Overdose Awareness" event on August 31<sup>st</sup> on the Bond County Courthouse lawn. We are currently working to get these placed throughout Bond County. Sample of them is at the end. We are constantly looking for additional ways to reduce stigma in Bond County. We would love to have you join this group.

~~-Drug Court~~-10-11am, meet via Zoom on the 4th Tuesday of the month. We need 2 more people for this work group. Clint Hamel, Chelsey Scott, Monique Brunios & Toni

This is not the best time for this group. We have had little success gaining the support needed to accomplish this goal. We are going to put this on the back burner for right now. We will be coming back to this again in the future.

Please let me know if you would like to work with us on any of these strategic plan work groups. Your voice is IMPORTANT!

## 5. New Business

-We will be participating in only 1 more parade this year....

Keyesport Halloween parade-Saturday, October 28<sup>th</sup>

-We will need extra help on this day as it is also the same day of the next drug take back day.

Thank you to organizations that donated candy this year?

Lost & Found, HSHS, NAMI

-We will need more for the Halloween parade-had a couple organizations who are checking to see if they are able. Still looking for a few to help.

-Still looking at a Recovery Fest for this year. We will be partnering with Celebrate Recovery for Recovery Fest. We are hoping to partner with the Farmer's Market on Saturday, September 2<sup>nd</sup> or October 7<sup>th</sup>. Will be a smaller event than last year.

- Meeting cards-featuring meeting days of the week. They are complete and available to everyone. I have them with me. Please take some for you organization. I also have stands available that you can put them in. Please let me know if you would like some to share. This is the front and back of the cards. They fold in half



Front

Monday	<b>Men's Group</b> at Lost & Found, 206 W Oak, Greenville, IL-7-8:30pm
	<b>Sober Bar</b> at Lost & Found for ALL 8:30-11pm
Tuesday	<b>SMART Recovery</b> -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am (2nd Tuesday of the month only)
	<b>Women's Group</b> at Lost & Found, 206 W. Oak, Greenville, IL-6:30-8pm
	<b>Living FREE 12 Step Recovery</b> at house across from Tamalco Church, 1798 Tamalco Ave., Keyesport, IL-6pm
	<b>CRAFT</b> (Community Reinforcement and Family Training) at Mulberry Grove Community Building, 203 Colburn Dr., Mulberry Grove, IL-6pm
Wednesday	<b>Reflections Group</b> -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am (1st Wednesday of the month only)
Thursday	<b>Finding Freedom AA Meeting</b> , Bond County Senior Center, 1001 E. Harris, Greenville, IL-12:30pm
	<b>Celebrate Recovery</b> at FM Church, 1367 IL-40, Greenville, IL- *5:30pm-Dinner, *6:15pm-Large Group, *7:15pm-Men's & Women's Groups (Childcare Available)
Friday	<b>Sober Bar</b> at Lost & Found, 206 W Oak, Greenville, IL, 7-11pm
Saturday	
Sunday	<b>Sober Bar</b> at Lost & Found, 7-9pm
	<b>AA Meeting</b> at Mulberry Grove Fire House, 1897 US-40, Mulberry Grove, IL, 7pm

Inside

-Monique shared about how the new meetings in the county are going-the flyer for them is at the end. All of them are going good. So excited to have the opportunity to add these to the resources in Bond County.

-Overdose Awareness August 31st-Approved to do on Court House Lawn, we have been approved by the county board.

\*Yard Banners have come in 6ft x 2ft- working on final locations to display them. Show the banner graphic. Started putting them up.

This is the list of places that we have:

- Court House Lawn (not yet)
- Near Bowling Alley (not yet)
- Out in the Shell Area (not yet)
- Casey's in Mulberry Grove (not yet)
- Phillips 66 in Pocahontas (done and up)
- City Building in Sorento (not yet)
- HSHS (delivered, they are putting up)
- Shane Pinnell's yard during fair week-they will move after that.
- Greenville Family Medicine (?)
- Chuck Bersh's yard in Millerburg (?)

Total of 9 banners

\*We are doing speakers again this year. Decided on 3 different views (we have speakers lined up):

- Testimony of someone who has lost a loved one. Allison Zbinden
- Someone in Recovery/Survived an Overdose. Miranda Gutierrez
- A family member who has walked along side a loved one. October Weiss

\*We will to do candles at the end again-ordering new this year

\*We want to do the flags again-. Excited that so far in 2023 we have had NO overdose deaths in Bond County. We will remember all of those who have lost their lives with a purple representing each individual.

\*We would like to do volunteer food again.

- Hot Dogs-Celebrate Recovery
- Bottled Water-Lost & Found
- Chips-HSHS
- Cookies-Prairie Counseling Center

-Sodas-Anyone who would like to do these? No one interested, so we won't have them.

-Ice Cream Truck? Will not be happening

\*Resource Tables:

Nami-yes

Lost & Found-yes

HSHS-yes

Prairie Counseling Center-yes

PALs group-yes

Celebrate Recovery-yes

Narcan Table-yes (Dan)

Edens Glory/Foster Kairos-emailed

Women's Alliance-emailed

The Aviary-can't make it

AMARE-emailed

BCMw-emailed

Core Communities-Patrice said yes

Jubilee House-emailed

Centerstone-emailed, checking with marketing

Samantha Holthaus-Office of Education-emailed

University-Gene Dunkley will be working to see what kind of booth they are interested in.

6. Advisory Board for People with Lived Experience. In 2023 we will be meeting every month on the first Wednesday of the month from 7pm-8:30pm. We meet at Senior Center from now on. Free drinks & \$20 GC for attending & contributing. Next meeting September 6th at 7pm-8:30pm

-hosting Family Game night for the remainder of the year on the 3<sup>rd</sup> Saturday night of the month from 6-9pm at the Senior Center. The next one is August 19<sup>th</sup>. They have been a huge success. So much family sober fun.

7. Update from any Groups & Organizations-

\*Patrick Small shared with us the Narcan available signs that HSHS Highland has created and hung up all over their hospital. He will be sharing those with us as HSHS in Greenville is interested in having them too.

\*Prairie Counseling Center has a new family group meeting available. "Don't forget our new group starts tonight in Mulberry Grove! It is a blended group so you can attend in person at the Community Building or via Zoom:

<https://us06web.zoom.us/j/9653794348>.

This is a CRAFT group for families."

Please see both sides of the brochure for this at the end. It is held at 6pm on Tuesdays in Mulberry Grove.

Michelle also shared about the new grocery program with Bond County Transit.

8. FREE Virtual Narcan Training each month by Chestnut. We also have FREE Narcan for anyone who needs it. August 24<sup>th</sup> at 10am & 2pm. See Flyer at end for link to register.

**Future Meeting Dates for 2023:**

We will continue with 2<sup>nd</sup> Wednesday of the month at 10am for 2023.

September 13, 2023

November 8, 2023

October 11, 2023

December 13, 2023

**BCRC Vision:** Working together to build and maintain safer and healthier communities of recovery and hope.

**BCRC Mission:** To empower the Bond County communities to support prevention and recovery through awareness, policy, education, stigma reduction and access to quality services.

BE  
PREPARED



# FREE NARCAN TRAINING

OPEN TO EVERYONE

**Tipsys**

911 Fairfax St  
Carlyle, IL 62231

**August 29th 6-7:30pm**

**NARCAN is the lifesaving  
opioid overdose reversal drug.**

Serving Clinton County

Deb Beckmann-618-772-3159

You will receive FREE Narcan any time you need

Funded in whole or in part by the Illinois Department of Human Services, Substance Use  
Prevention and Recovery, Substance Use and Mental Health Administration (SAMHSA)



# Addiction Hurts... Community Heals

\*Stop the Shame

\*Stop the Blame

\*Stop the Stigma



*Recovery Rocks!*

Find Us On 

Billboard on Rt 127

**Affected by a loved one's  
addiction? There is HOPE.  
Call 314-669-1184 for  
support and resources.**

Family Support Network  
Serving Madison, St. Clair, Bond and Clinton Counties





Old version

**Affected by a loved one's  
addiction/alcoholism?  
Call  
314-669-1184**




Updated version



International  
**Overdose  
Awareness**  
Day **August 31st**  
**No More Stigma, No More Shame**

**Bond County  
Court House  
Lawn  
6-8 pm**

6ft x 2ft advertising yard banners



**DISCOUNTED  
WALMART DAYS**

**Every Tuesday - Vandalia Walmart (or Aldi)  
Every Thursday - Highland Walmart or (Ruler Foods)**

~~\$15~~ **\$10 ROUND TRIP** **11:00AM DROP-OFF  
12:00PM PICK UP**

**Call to reserve your seat (618) 664-9844**

Bond County Transit



# NEW RECOVERY MEETINGS

**Coming to Bond County**



## The Healers Community

**(Restoration Recovery)**

**2nd & 4th Saturday of  
the month at 11am**

**Bond County Senior Center**

**1001 E. Harris**

**Greenville, IL**

**Open to anyone in Recovery**

**Coffee served**

**Starting June 10, 2023**

Sponsored  
By:



## Finding Freedom

**Every Thursday at 12:30pm**

**Bond County Senior Center**

**1001 E. Harris**

**Greenville IL**

**Open Meeting**

**Coffee Served**

**Starting May 11, 2023**



## LIVING FREE 12 STEP RECOVERY

**Every Tuesday at 6pm**

**Tamalco Christian Church**

**(house across the street)**

**1798 Tamalco Ave.**

**Keyesport, IL**

**Open to EVERYONE**

**Starting May 30, 2023**



618-381-0831

mbrunious@chestnut.org

**FREE  
NARCAN®  
Zoom  
Training**

**AUGUST 24, 2023  
10 AM &  
2 PM (CST)**

**This training will provide an overview of the opioid epidemic and will provide training on:**

When to Administer NARCAN®  
How to Administer NARCAN®  
How to Recognize an Overdose  
How to obtain free NARCAN®



To register for the August 24, 2023 10:00 am (CST) training, click:  
<https://zoom.us/meeting/register/tJAScuGhqTsqE9VEhiMlvYg2GlpcTLtCtJpv>

To register for the August 24, 2023 2:00 pm (CST) training, click:  
<https://zoom.us/meeting/register/tJARceGgqTMvHNMMZxQYZuoh150azQO1QS7f>

**If you have trouble registering, copy the link and paste in your browser.**

This training is open to anyone living, working or attending school in Madison, St. Clair, Bond, Calhoun, Effingham, Greene, Jersey, Macoupin, McLean, Montgomery, or Shelby counties.

For more information contact [sr-narcan@chestnut.org](mailto:sr-narcan@chestnut.org) or call 618-512-1781





*Family and friends means anyone who is struggling with a loved one's substance use or wishes to support their loved one in recovery. Whether you are a parent, a spouse, a friend or a sibling.....if you care about someone who is using alcohol or drugs in a way that is concerning, this group is for you!*

## When and Where

### When

Every Tuesday at 6PM.

### Where

#### **In-Person**

Mulberry Grove Community Building  
100 E. Maple St  
Mulberry Grove, IL 62262

#### **Via Zoom:**

<https://us06web.zoom.us/j/9653794348>

#### **Facilitator Information**

**Prairie Counseling Center**  
**Phone: (618)-664-1455**



## CRAFT

*Community Reinforcement  
Approach – For Family*

*AN EVIDENCE-BASED METHOD FOR  
MOTIVATING YOUR LOVED ONE  
TOWARDS RECOVERY WHILE TAKING  
CARE OF YOURSELF IN THE PROCESS*





*CRAFT is a system for helping friends and family members change the way that they interact with someone they love who is drinking or using drugs too much. CRAFT teaches family members how to stay connected, increase communication, and effectively encourage their loved one towards treatment, while taking care of themselves in the process. Unlike family therapy which would include the loved one, this approach is just for the friends and family members...that's YOU!*

*The amazing thing about family members is that they know a ton about their loved one who uses drugs or drinks alcohol. They know when the person drinks, what they are like when using drugs or alcohol, what the person's moods are when they are intoxicated, what the person is like when they aren't, and what is important to them in the long run. The family member has tons of information, but doesn't know what to do with it.*

*That's Where CRAFT comes in.*

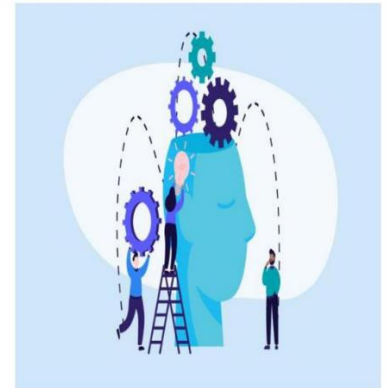
**Find out more information at:**

[www.helpingfamilieshelp.com/about-craft](http://www.helpingfamilieshelp.com/about-craft)

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*CRAFT (Community Reinforcement Approach to Family Training) originated at the University of New Mexico and was developed by Robert Meyers, Ph.D. and colleagues. Research on CRAFT shows that approaching 70% of families who receive CRAFT are able to help their loved ones start treatment within a year (Miller, Meyers, & Tonigan, 1999). CRAFT also helps family members improve their own lives, whether their loved one ends up seeking treatment or not.*

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***CRAFT-based approaches offer tools & skills for inviting change:***

- ***Learn proven strategies to help encourage your loved one to get into treatment.***
- ***Stay connected with your loved one while taking care of yourself.***
- ***Invest in your own skills to support long-term change.***
- ***Get the support & guidance you need to cope & move ahead.***

***Learn how to respond to your situation in ways that you can feel good about.***