

# EDGAR COUNTY ROSC MEETING MINUTES

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August 22<sup>nd</sup>, 2023

5:15 PM

Paris Hospital Conference Room A and Zoom

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**Attendees:** Judy Benton, Scott Foster, Lisa Foster, Cory Hanks, Jessica Parrill, Jordan Kirkhart, Jonathan Burns, Lexanna Kocher, Jenna Hays, Dr. Marilyn Frey, Norm Wilson, Nate Alexander, Misty Edwards, Leanna Morgan, Julie Pohlman, Ambrosia Roberts, and Nicki Hanks

**Spotlight Agency/Program: Recovery Court Participant:**

Ambrosia introduced Jordan Kirkhart as the spotlight speaker. He is currently a participant in the Recovery Court program. Jordan explained that he had just reached his one year of sobriety and had been a part of the Recovery Court program for 5 months. Jordan describes his experience with the program and the struggles he has encountered. He explains that balancing having a job at first with the program's commitment was hard. He said he stays on track with his drug tests and attending groups. Jordan stated that the program has allowed him to remain sober for this long, while other avenues did not help him this much in the past. He emphasized how much the program works and how amazing it is to be present in conversations and meetings like this. He explained how much support he has from his drug court family, recovery support groups, and family.

Jonathan asked Jordan if there had been anything that had been impactful to him during his experience. Jordan stated that he has learned from the program to be honest, present, on time, and do his best. He explains that the program has shown him to be and want to be on time for everything. He also states that his one-on-one sessions with HRC have helped him immensely in allowing him to open up. Misty asked what advice Jordan would give to an individual who is young and making bad decisions to get them to open up and listen to you. Jordan said that when he experiences terrible days, he listens to motivational speakers to help him. He said if they are in a position where they are using, the pain of remaining the same will eventually recede from the pain of engaging in change. He said more advice for that individual is to find support and to surround themselves with positive people.

Lisa asked if Jordan felt adequate support for him here in Paris. He stated that there are very slim support groups in the county, so he said that he has gotten the okay to go to support groups in Terre Haute. He said that groups were terrific when he went there to Terre Haute, with 45 people being so welcoming. The amount of people who welcomed him with open arms and supported him made him feel great. Jordan states that he thinks if people in Edgar County have the support in Terre Haute, they could recover.

**Newsletter Update:**

Ambrosia gave an update on the newsletter from July. Fifty-one boxes of Narcan were taken from display sites in July. We also added Sage and Prim as a DOPP display site. Nicki stated that her group will be moving to Lake Ridge Christian Church. She said we are still waiting to hear back on where to put the snake, as someone stole the snakehead from the previous location. Nicki stated to let her or Ambrosia know if anyone needs community service hours, and she will work with them to give more options for them. Ambrosia gave the council an update on previous and upcoming events. She went into depth regarding the last day of laundry. It was held on Thursday, August 17th, and they had \$300 dollars donated from Lake Ridge Christian Church and the Paris First United Methodist Church. We ran out of funds around 12:30, and Dr. Frey brought us an additional \$100. So, in total, we did 80 wash cycles 55 dry cycles, and used the \$400 in donations. Nicki stated that for this laundry day, we saw the need for more laundry days in the future. Every single person that came in needed their laundry done! Nate brought up adding the transportation piece to the Laundry Days. Nicki mentioned that we could meet with Nate to plan how that would look. Lisa said that her church may want to sponsor and that she would reach out to them!

#### **Subcommittee Meetings Update:**

*Recovery Housing: N/A*

*Recovery Picnic:* Ambrosia mentioned that the Recovery Picnic is coming up. September 10th from 1 to 6 PM at Paris West Lake Park. She did mention that they did create a Facebook group for people to check for details and updates. She encouraged the council to please share on social media and attend. Ambrosia also noted that Nicki was passing around a volunteer form for anyone interested in volunteering at the picnic. She explained the details of the food they were providing, activities, music, and giveaways. Ambrosia also mentioned that CARE donated \$200 for shirts to give away at the picnic. She also stated that Sage and Prim were creating a selfie station for people to take pictures at.

#### **Paint the Town Purple:**

Ambrosia noted that they would be going out on Wednesday and Thursday the following week (30th and 31st) to hang purple ribbons around town in honor of National Recovery Month and to reduce stigma. She mentioned that they were going to be meeting at 8 a.m. on those days to determine who was going to hang them where. Ambrosia invited the council to join us those days and let her and Nicki know if they planned to attend. She also mentioned that they brought some flyers to the meeting if anyone wanted to take any. Judy had asked if people could do their community service hours with us. Ambrosia said most definitely!

#### **Future Laundry Days:**

Ambrosia asked the council if they want to sponsor a Laundry day to reach out to someone with CARE, ROSC, HRC, or Sage and Prim. They noted that they are considering doing the next Laundry day in October.

#### **Red Ribbon Week- October:**

Ambrosia said they want to partner with HRC Prevention and CARE to do something for Red Ribbon Week this year. She asked the council if they had any ideas of what should be done for

Red Ribbon Week. No one spoke up, but Ambrosia noted they wanted to partner with HRC Prevention and CARE again this year.

**Resource Bags:**

Nicki noted that she has had two individuals over the past year who refused to go to treatment due to not having some hygiene items. So she did say that she made up some resource bags that she has on hand in case anyone needs any. Please let us know if anyone or their agency needs a few bags.

**Questions for Council Members:**

Ambrosia stated that she and Nicki developed questions they wanted to ask the council. The first was, how can we help make an individual's recovery journey easier? Lisa mentioned that we needed peer recovery support specialists in the jail. She said that those individuals in jail need someone to guide them and connect them with the resources they need to get help. Ambrosia had stated that in previous conversations with the jail and law enforcement, they felt space was a concern for having navigators enter the jail. Ambrosia opened it up to the council and asked how we could address the barrier of space. Nate asked if they did any video meetings anymore. Jordan mentioned they have a capability in the Edgar County jail for a tablet in the holding cell. Cory brought up the problem of having anonymity broken due to a non-confidential space, which is something to consider. Scott mentioned talking to the county board and getting them to hear about us getting into the jails.

We also wanted to ask specifically for individuals in recovery: what gaps or barriers are you currently experiencing? Jess mentioned that when people get out of treatment, they are not prepared for how to go back to life at home, what to expect, and what to do next. She mentioned that you can go to rehab all day long, but you will fail if you don't have the tools for when you come home. Jordan said that we lack people participating in recovery support meetings. He feels people would be more prone to seek help if they had the support.

**Agency Update:**

*Recovery Court:* Norm said he does not have anything new to add from what he said last month and what Jordan talked about today. He said they always talk about new people to add to the program. Ambrosia asked if they were interested in pursuing the certified program in the near future. Norm said that he is not currently at this time. Ambrosia talked a bit about Adult Redeploy, a program that assists with funding opportunities for drug courts.

*HRC:* Norm said that HRC is working on helping with the picnic!

*CARE Coalition:* Lisa mentioned that CARE is starting back up on meetings in September. Ambrosia said that we have been meeting with a mentor with Faces and Voices on CARE becoming an RCO and getting their 501c3 status.

*Human Trafficking Training:* N/A

**Looking Ahead:**

**Next Meeting:** September 26<sup>th</sup>, 5:15 PM at Paris Hospital Conference Room A and Zoom

## **ROSC Recovery Picnic Notes**

**August 14<sup>th</sup>, 2023**

**1:00 PM to 2:00 PM**

**Zoom**

**Attendees: Lisa Foster, Norm Wilson, Nicki Hanks, Michelle Creech, April Burns, Connor Dotson, Lexana Kocher, and Ambrosia Roberts**

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- Banner
  - Celebrating
    - The Annual Recovery Picnic
  - Purple banner
  - Ambrosia will have her type up some designs and send them back to us
- Lisa is asking Chuck Keys for cookies!
  - He said he would donate!
    - Lisa will check with Angie about getting them to us
- Nicki emailed Frosted by Maddie for a donation
- Music
  - Moonlight Entertainment Illinois
    - 2-5 PM
    - He said he would donate his time!
- Food
  - Serve the food at the beginning and have it monitored
  - ICE- maybe the gas stations will donate ice
    - Burger King also gives away for so cheap, and Hardees
    - Or Hardees will donate ice??
- Activities
  - Splash Park or maybe Paris Fire with their truck
  - Face painting with ROSC
  - ECPHD said we can use the cornhole game
  - Balloon animals- Ambrosia reach out
  - Sage and Prim- crayons and coloring pages
  - Photo station- selfie station
    - Ambrosia get waivers
- Walmart
  - Bigger prize
    - Talk with the manager and maybe discuss what is best in the end
    - Lisa will talk to him and see
- Lake Ridge Donations
  - \$150 donation for kid's prizes
- Event Page
  - Flyers for event details and sponsors- April

## **ROSC Recovery Picnic Notes**

**August 21<sup>st</sup>, 2023**

**1:00 PM to 2:00 PM**

**Zoom**

**Attendees: Ambrosia Roberts, Nicki Hanks, April Burns, Alyssa Labry, Lisa Foster, Connor Dotson, and Lexanna Kocher**

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- Talked about donations for Picnic
  - It was finalized entirely by Wednesday.
- Food
  - Ambrosia texted Carla again about donating BBQ pulled pork and baked beans.
- Volunteer Form for Picnic
  - An hour or two increments
  - Print one out for the council meeting.
  - Post a link to CARE and ROSC's social media.
- Nicki said to call Walmart today.
- Alyssa
  - Said for 5-6 years old's- playdoh, sand, for prizes
- Splash Park
  - Call Chris Redman and see what he says.
  - If you cannot get anywhere, then reach out to Paris Fire.
- Lisa will talk to the ambulance people to come to the Picnic.
- Ambrosia will get the cornhole game from the ECPHD
- Lisa will check with Angie when she can get the cookies from Keys.
- Setting up a selfie station
  - April will bring her tent!
  - Pre-made props- try to get some of those
  - April will be making props, too.
- 9 AM setup
  - April can bring extra tables.
- Would HRC be willing to house 8 gallons of juice stuff?
  - Alyssa will look into
- Banner
  - "Celebrate life, Recovery is Possible" will be on it.
- Event page
  - Highlighting stuff on the event page
  - April will assist
- T-Shirts
  - Dalbey's will post the online store soon for people to order shirts.
- Paint the Town Purple (30th and 31st)
  - Wednesday and Thursday in the mornings
  - Start at 8 AM and stop around noon and the afternoons too.

- April is available Wednesday morning.
  - Connor and Lexanna should be able to help on Wednesday.
  - April and Salem handle the Kansas area.
- Meet at the parking lot by the old HRC building/ CarQuest.
- Nicki will reach out to her peers today to see who will want to help.
- Honeybee Parade
  - Ambrosia will reach out to Angie about walking with HRC.
  - CARE can walk with everyone
  - September 23rd parade
- Lisa's church sponsored another Laundry Day.
  - Write the check to CARE.
  - Nate is going to provide transportation for Laundry Days.
  - Lisa will bring it to her church.
- Southern Illinois Harm Reduction Group
  - They contacted April and will try to provide her with materials we lack in terms of harm-reduction materials.
  - Link Tree
- NEXT Distribution
  - National Group

## **ROSC Recovery Picnic Notes**

**August 28<sup>th</sup>, 2023**

**1:00 PM to 2:00 PM**

**Zoom**

**Attendees: Ambrosia Roberts, Nicki Hanks, Connor Dotson, and Lexanna Kocher**

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- Connor getting cornhole game to Ambrosia on Wednesday
- Splash park- Michael Martin is going to check into and call me back
- Music
  - Band 1-2
  - Moonlight 2-5
- Any other agencies clause- on liability form for bounce house
- Volunteers- Nicki post on FB event, volunteer link
- Flyers posted regarding specifics out this week
- Proclamation- Ambrosia calling Craig
- ECPHD will bring us flyers on Wednesday and medical kits (15)
  - And a sign that has their logo
- Paint the Town Purple
  - If have enough people we will go in two groups
  - 150 yards
  - Prairie Press- email them and tell them we are going to Paint the Town Purple Wednesday
- Recovery Snake
  - Short Park
  - Still do not have a snake head
    - Face painting girls paint it?
- Red Ribbon Week
  - October 23-27: Unlocking a healthier future
  - All partner together? ECPHD, HRC, CARE, ROSC??
    - Include Monica, Connor, Lexanna, Nicki, Ambrosia, Angie, Jonathan and Chelsey
  - Set up during lunch hour in each of the schools and give resources???
  - Contest idea
  - Social media posts
  - Grades 3-8<sup>th</sup>
- Upcoming tentative ROSC events for the remainder of 2023:
  - Laundry Day in October
  - November- Coat drive
  - December
    - Wellness fair

- ECPHD said we can walk with them at parades- Honeybee
- Narcan Training in Kansas, September 13<sup>th</sup>
  - Most important information is when to use it and how to use it
  - What can they do in a situation to feel prepared
  - Sometime after 3
  - Powerpoint presentation
  - Not too in-depth
  - Hidden in Plain Sight staged as a classroom- we could propose to them for in the future