



**Bond County Recovery Council**  
**Wednesday, September 13, 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:

Melissa Monte-Aviary Treatment Center  
Naomi Fulton-Recovery Coach  
Liz McQuaid-OND  
Toni Randall-BCRC Coordinator  
Monique Brunious-BCRC Coordinator  
Kat Houghton-Region 5 Mentor  
Patrice White-Bibleway Church/Core Communities

#### Via Zoom:

Katie Anderson-PLE  
Kelly Jefferson-NAMI  
Alice Fitzsimmons-Lost & Found Ministries  
Mike Tyson-guest speaker on RCO's  
Shane Pinnell-PLE  
Alyssa Cline-Centerstone Treatment  
Veneta Wadlow-Riverbend Families

### 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.

**\*-Overdose Awareness was on August 31st-very successful**

Yard Banners 6ft x 2ft -thank you to all the locations that allowed us to put these up.  
We have them taken up to be used again next year.

- Court House Lawn
- Near Bowling Alley
- Out in the Shell Area
- Casey's in Mulberry Grove
- Phillips 66 in Pocahontas
- Fire House in Sorento
- HSHS
- Shane Pinnell's yard during fair week

**\*We had speakers again this year. Decided on 3 different views:**

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

We had many people say how moving the speakers were. The whole evening was that way.

**\*We did candles at the end again while Patrice White & Neisha Bryant each sang beautiful songs. You can see Neisha performance on the BCRC Facebook page.**

**\*We had 30 flags to represent each individual lost in Bond County in the last 8 years. They will remain on the courthouse lawn for a couple of weeks.**

**\*We had food volunteered again this year. Huge thank you to:**

- Hot Dogs-Celebrate Recovery
- Bottled Water-Lost & Found
- Chips-HSHS (they donated but were missed due to problems with their systems) We look forward to them being there next year.
- Cookies-Prairie Counseling Center

**\*Resource Tables:**

Nami  
Lost & Found  
HSHS  
Prairie Counseling Center  
Family Support Network  
Celebrate Recovery  
Narcan Table  
Women's Alliance  
Core Communities

### 3. Presentation- Mike Tyson from Take Action Today RCO (Recovery Community Organizations) extremely important information

Started in West Frankfurt after a homeless man passed away

Almost 100% of the organization is peer led

Mike is a survivor of sexual trauma, the juvenile system, substance use, homelessness and is in recovery for over 24 years now. Even after experiencing relapse. He went back to college to receive degrees. He is a husband, father, college graduate and serves on several councils.

He began Take Action Today in 2019 with a grassroots community action group.

In Spring of 2020 they became incorporated.

In Fall of 2021 they hired their first time staff

They are a faith based organization opened at a city center for hope & renewal.

Meet people where they are.

Partner with community organizations already established.

Create relationships

Better to draw support in our community. Empowering recovery community

Work Social Media

Accountable to Recovery community above all else!

Providing peer based leadership, training people in recovery to be successful.

They employ 15 full time people, 4 certified peer recovery coaches, 3 resource centers.

7 different resources-food, laundry services

An RCO is an independent 501C3 direct lived experience organization, Recovery from substance use.

What we do-peer support, education and advocacy

A process of change through which individuals improve their health and wellness, live a self direct life and strive to reach their full potential. Health, Home, Purpose, Community, Leaders & community change agents.

Recovery is the expectation, not the exception. Built on principles of inclusivity, support and collaboration with the goal of reducing stigma.

4. Narcan training for businesses in 2023? Motomart Narcan boxes (Monique share)  
-working with the local owner of Motomart to put Narcan boxes in restroom or somewhere in the building. Conversation went so well that he would like to do this in all 85 stores that he owns in southern Illinois. We will be helping him with contacts in other counties. Very exciting news.

5. Strategic Plan Work Groups

-**RCO Development**-meets the 2nd Tuesday of the month, 2-3pm, McDonalds 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, Kelly Jefferson, Monique Brunois & Toni. **Invitation for others to join as we work towards this goal. Shane Pinnell asked to be a part of this group.**

-**Transportation**-10-11am, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Chuck Bersin, Patrice White, Monique Brunois & Toni

-**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, Rebecca Klitze, Kelly Jefferson, Kristine Gamm-Smith, Monique Brunios & Toni

6. 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

-Recovery Fest Picnic-September 23<sup>rd</sup> from noon-4pm at JC Park in Greenville. We are going to need a lot of help to make this successful.

**Re: Bond County Recovery Fest Picnic**

**(Saturday Sept 23, 2023)**

**Accepting Donations of all items -Estimated 60 -75 Guest ( Community may donate sealed items)**

**Discussed Meal List & Needs (Advisory Board)**

- 1. Meat Provided (Dan & Toni)**
- 2. Potato Salad (Linda & Monique)**
- 3. Pasta Salad (Dusty)**
- 4. Lettuce Salad (Chuck)**
- 5. Baked Beans (Venus & Monique)**
- 6. Macaroni (Dusty)**
- 7. Vegetable Tray & Dip (Mariah will provide some veggies)**
- 8. Fruit Tray (Kathy)**
- 9. Variety of Chips**
- 10. Bread/Buns (NAMI)**
- 11. Cheese (NAMI)**
- 12. Various Desserts Needed ( Shane- sugar free dessert, Kathy & Linda -Cupcakes)**
- 13. Drinks, (water, soda, fruit drinks)**
- 14. Condiments: (ketchup, mustard, relish, pickles, mayo, salt, pepper, meat seasoning, BBQ sauce, Salad Dressings, Ice)**
- 15. Plates, Cups, Dessert Plates/Bowls, Napkins, Hand Sanitizer, Aluminum Foil, Silverware, Serving Utensils (Naomi Plates, Lost & Found the rest)**
- 16. Outside Games & Activities Needed**

- 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. We are getting a lot of positive feedback from these. We will be printing more before the end of the year. Please let us know if you know of any changes.

-3 New meetings in Bond County (Monique share about how they are all going)

We ran out of time for this. Looking for ways to increase attendance in Keyesport. Other 2 are going great.

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 October 4th 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. Our next one is this Saturday, September 16<sup>th</sup>.

7. Update from any Groups & Organizations-none
8. FREE Virtual Narcan Training each month by Chestnut. We also have FREE Narcan for anyone who needs it.

#### Future Meeting Dates for 2023:

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

October 11, 2023

November 8, 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.