

# Ford County ROSC Council Meeting Minutes

*September 26, 2023, at 8:30 a.m.*

## **Attendees:**

Frankie Ward (Chestnut Health Systems/Ford Cty ROSC)  
Kari Knapp (Community Outreach Coordinator, Chestnut)  
Barb Brumleve (Ford & McLean ROSC)  
Leann Courson (Region 3 Mentor /West Central IL ROSC)  
John Schneider (Livingston & Ford ROSC)  
Sandra Beecher (Gateway Foundation)  
Kerrie B. (Clove Alliance)  
Abby Behrens (Brightpoint-Butterfly Project)  
Dave King (Carle Hospitals - Carle Addiction Recovery Center)  
Anonymous (PLE)  
Tim Nuss- (Ford County Board)  
Jennifer Anderson (Ford Co. Probation)  
Odette Hyatt Watson (East Central Community Action Agency)  
Kami Garrison (Ford County Public Health Dept.)  
Tammy Baragree (Clove Alliance)  
Ariel Brucker (Ford County Probation)  
Sarah Hoover (PLE)

**Special Guest Speakers:** Sarah Hoover, Frankie Ward, Ariel Brucker

## **Discussion:**

- Today's meeting started at 8:31, with Frankie facilitating introductions of each attendee and agency/organization represented.
- Today we have three speakers to celebrate Recovery Awareness Month (September). We have people with lived experience to speak to individual/personal recovery, family recovery, and community recovery.
- We do recovery, we can recover and it's vital to have hope in recovery. Our tagline this year (for Recovery Month) is Recovery is for Everyone—every person, every family and every community.



## **Guest Speakers:**

- Sarah Hoover (Personal Recovery) was today's first speaker. She spoke to how her addictive behaviors were not discriminatory to just one substance or type of behavior; however, it was not until she "discovered" Meth that she "began to lose my soul". Sarah went to Memphis, TN (Salvation Army) via Ford County Probation for one year and learned structure while working on 'hurts and hangups'. Sarah explained how she began to piece her life back together with a job, a car, and now she has over two years sober. She worked at a Christian non-profit, attended Celebrate Recovery, and is working on repairing relationships with her mom and son. She faces her problems today and does not run from them. She is a testament to hope and recovery and will "forever scream out loud" for hope in recovery.
- Frankie Ward (Family Recovery) is also a person in recovery but also has experience as a family member who has had many loved ones affected by SUD, but fortunately, many of them have found recovery. Frankie specifically focused on her dad as part of her share today. She talked about a change she noticed in their family life around the age of 7 and she suspects that is when her father began struggling with SUD/AUD. She did not know exactly what the situation was, but knew enough to not talk about it and sugar coat. Frankie then went on to concede she probably did know what was going on. Her father found recovery when Frankie was around age 10; he was kind, caring, quirky and funny and through his recovery all those things were magnified. He lost his legs at age 20 so Frankie further admired him for raising four children with a disability and substance use disorder. Frankie asserted his recovery story is not hers to share but she can talk about her perspective of it, then and now. As a parent now of four kids, this is hard for her to think about but she is hopeful that bonds with her children will continue to improve with her recovery. Frankie found hope for this through her father's recovery and their story. She admires him seeking recovery for her, her siblings, but mostly for himself. Frankie shared her gratitude for her father instilling many of his attributes into her—forgiveness, kindness, caring for others, and love and tolerance. "My dad is a star in my eyes and I had to share about him today".
- Ariel Brucker (Community Recovery) was the final speaker today. She has known Frankie for a couple years and saw Frankie when she started her recovery and can see the delta between "what it was like" and "what life is today". Ariel talked about her job a little bit and how it teaches her a baseline understanding to meet people where they are at and treat people with an addiction as sick people—Ariel said she is not treated as an SUD Counselor but she can refer people to those who have walked that path or have that experience or academic training. Ariel talked about the skills they try to convey upon probation clients—independent living skills primarily—but also help with referrals to trauma and addiction recovery. She shared a story of a client who struggled for a while but is now chairing meetings and a certified CRSS.

### **Agency Updates**

- Butterfly Project through Brightpoint: DV simulation at coalition meeting on October 16th (upcoming Monday, Abby will send info to Frankie). Great opportunity to learn more about Domestic Violence ('in her shoes' simulation, debrief discussion, lunch served afterwards) – at local Library.
- Ariel announced an upcoming panel of Ford County Problem Solving Courts graduates of which Frankie will be a part of! Details to come
- Odette thanked the speakers and shared she often only sees "the numbers", so hearing the stories is helpful. Barrier Removal Program Dollars (SNAP BRP): Odette Watson announced availability of rent assistance and utility bills for individual working or seeking employment, and they are also Snap or Medicaid recipients. If they meet those criteria, they are eligible for quite a bit of assistance in above areas (utilities, schools, rent). Odette will send flyer to Frankie for wider dispersion among council. Contact Odette at [ohwatson@comaction.org](mailto:ohwatson@comaction.org)

- Abby raised attention to the October 16<sup>th</sup> Butterfly Coalition Meeting; on this date they will host a DV simulation at Gibson City Library from 12-1:30. Includes lunch and the activity (goal is to help people walk a mile in the shoes of someone experiencing domestic violence). No flyer but we would welcome as many people as possible.
- Dave announced some staffing updates at Carle Hospital.
- Barb announced the Recovery Awareness Month event for McLean County ROSC, which is this Saturday at 5pm in Normal (Anderson Park). The event will culminate with a Light the Night walk to remember those who have succumbed and fallen to SUDs. Plenty of food, activities, crafts, resource tables, and fun to be had!
- Tim reminded the group about their bi-weekly Ford County Board meetings. Please contact Frankie for more information.
- Frankie brought up Childhood Cancer Awareness – her little nephew will finish cancer treatment in October and ring the city bell in December!

#### **Other Discussion/Wrap-Up:**

- National Recovery Awareness Month: Frankie reiterated the purple-themed Window Decorating Contest (for homes or business)—Paint the Town Purple-- that is currently taking place throughout September. People are decorating their homes and business, and sending pics to the ROSC Facebook page (or send to gmail account). Voting will take place soon and the top 3 vote getters will win prize baskets. This has been a fun way to generate community involvement, awareness and enthusiasm about Recovery Awareness Month.
- Next Outreach Subcommittee meeting is Monday, October 23<sup>rd</sup>: Contact Frankie for details.



**Next Steps**

- Next Council Meeting - Tuesday October 24<sup>th</sup> 8:30 AM via Zoom
- Monthly Outreach Meeting Committee – Monday October 23<sup>rd</sup> Time TBD
- Communication Survey
- Strategic Plan

✉ [FordCountyROSC@gmail.com](mailto:FordCountyROSC@gmail.com)

f [Ford-County-Recovery-a-ROSC-Community](https://www.facebook.com/Ford-County-Recovery-a-ROSC-Community)

- Please reach out to Frankie if there are any subsequent announcements, flyers, or other information you would like help sharing. We can post to our social media and other outlets:

# FORD COUNTY ROSC VIRTUAL RESOURCE GUIDE

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### NEXT FORD CTY ROSC COUNCIL MEETING:

***October 24<sup>th</sup>, 2023 (4<sup>th</sup> Tues of month)***

<https://zoom.us/j/98701015645>

Meeting ID: 987 0101 5645

+13126266799,,98701015645# US (Chicago)

### Reminder (Old Business) – Ford County Virtual Resource Guide:



- The Ford County Virtual Resources Guide can be easily accessed via the above QR Code. Autumn walked the team through a brief demo of the online Resource Toolkit (screen caps above, previous page):
- Frankie suggested that the QR code could also be put on a business card and passed out to community members. This is a working document(s) so Frankie asked attendees to let them know if any key resources or services are missing from the virtual resource guide and other toolkits. No further questions for Autumn.