



# Livingston County ROSC Council Meeting

*Thursday, September 5<sup>th</sup> 2023 at Noon (Zoom Videoconference)*

## **Agenda:**

- Introductions and Opening Remarks
- Strategic Planning: Current Strategic Plan Walkthrough/Overview
- Strategic Planning: Breakout Groups & Large Group Readouts
- Agency Updates
- Housekeeping (Social Media ([Livingston Facebook](#) & YouTube; Next Meeting 11/2/23)

## **Attendees:**

Kari Knapp (Community Outreach Coordinator, Chestnut Health)

John Schneider (Livingston Ford ROSC)

Ryan Bohm (Sherriff)

Erin Fogarty (Livingston County Health Department)

David King (Carle Hospital)

Leann Courson (Region 3 ROSC Mentor)

Theresa Diemer (IHR)

Caroline McLeese

Alyssia Christ (LIFE Center for Independent Living)

Bri Kelly (Dwight EMS)

Susan Bursztynsky (Safe Journeys)

Dan S. (PLE)

Abby Behrens

Rhonda Sue Looney

Erick Mund (Livingston County Probation)

Tia Schum

Ryan Januszewski

\*Note: Today's meeting was recorded for data collection and archival purposes. If you were unable to attend and want to see what you missed, or if you want to relive all the enjoyment, here is a [link to the meeting recording on YouTube](#).

## **Strategic Plan v.2 FY23:**



Strategic Planning  
Livingston County Jar

## **General Discussion:**

- The meeting started on time with John asking new attendees to introduce themselves if they wished. Welcome to Bri Kelly (Dwight EMS) and Susan Bursztynsky (Safe Journeys).

- We do not normally record but John announced we will be recording today (starting now) for data collection purposes (breakout group outputs, notes, capturing all perspectives, etc.). <https://youtu.be/TfzjwssWWHM>
- John walked through some of today's PowerPoint presentation which included highlights from Livingston ROSC and its partners' events for September's National Recovery Awareness Month. We are being seen and heard in the community, creating our own "scene" for recovery in Livingston County.



- **Happy 2<sup>nd</sup> Birthday to the Livingston ROSC!!** John highlighted some of the accomplishments we have made in that short time. Examples included, but were not limited to, the following: Innovative ways to share recovery resources (social media, restaurant placemats, virtual resource guide), being present in community, focus groups, raising awareness and education around SUD/MH to reduce stigma, gathering a diverse coalition of council members, PLE (people with lived experience) involvement, sober recreation events, Narcan distribution, law enforcement buy-in, and much more.



### Strategic Plan FY24 Discussion:

- Background: The goal of today's meeting is to gain ROSC Council feedback re: What Is Working Well (with the ROSC), What areas could be improved, What unmet needs exist still in the community, and Which challenges/barriers do we still need to overcome and help manage?
- Below is a screenshot of the SWOT Analysis (Strengths, Weaknesses, Opportunities & Threats) for Livingston County ROSC, as identified last year while developing the first



draft of this plan. It is included to provide readers a quick, general understanding of recovery-oriented services in the area.

- Note: Strengths are top/left category and Weaknesses are top/right section.

<ul style="list-style-type: none"> <li>• County collaboration- all social service agencies work and collaborate well together</li> <li>• DOPP Grant-Narcan</li> <li>• Vivitrol</li> <li>• SOR Grant at the jail</li> <li>• Ability to refer to other MAR</li> <li>• Crisis and Mental Health</li> <li>• Psychiatric Services</li> <li>• Prevention working with 5 Junior High Schools- elementary and High School</li> <li>• Safe Passage</li> <li>• Accredited Drug Court</li> <li>• MRT-in depth cognitive therapy</li> <li>• Alano Club—AA, NA</li> <li>• Celebrate Recovery</li> <li>• Key Stakeholders-All involved</li> <li>• General Readiness to work on recovery (all facets)</li> <li>• Willingness to participate</li> <li>• Knowledge of Community Resources</li> <li>• Proper communication</li> <li>• Behavior Health Services</li> </ul>	<ul style="list-style-type: none"> <li>• Stigma/Alienation</li> <li>• Transportation System-Very large geographic area-Evenings challenging</li> <li>• Behavior Health Service/Group therapy</li> <li>• Lack of Awareness of programs available</li> <li>• Need for more mentors</li> <li>• Lack of retention-Need to maintain retention in recovery</li> <li>• Lack of sober free activities</li> <li>• Lack of opportunities to connect with others in Recovery (no <u>alanon/alateen</u>)</li> <li>• Lack in harm reduction</li> <li>• Variety of recovery groups</li> <li>• Marketing/Understanding concept of ROSC</li> <li>• Community members with lived experience represented on the council (look at times, etc.)</li> <li>• Recovery Housing</li> <li>• Lack of MAR</li> <li>• Divide between community members in a vulnerable state with police/justice system</li> <li>• Lack of Detox <u>facilities</u>-Referred out of county (30 min minimum)</li> </ul>
<p>pportunities</p> <ul style="list-style-type: none"> <li>• Better communication and collaboration</li> <li>• Bridging Gaps/Collaboration</li> <li>• Peer Support at ER, Hospitals, Public libraries, etc. -engagement specialist-partner with agencies-Promotion big opportunity</li> <li>• Community based education/awareness addressing SUD-educating Peers</li> <li>• Open communication between recovery groups</li> <li>• PLE involved and voices heard</li> <li>• Uniformity in messaging and reduce silos</li> <li>• Increased activities</li> <li>• Forming a formal Recovery Community</li> <li>• Encouraging MAR providers</li> </ul>	<p>Threats</p> <ul style="list-style-type: none"> <li>• Community readiness for harm reduction</li> <li>• Key stakeholders coming from the outside to work within Livingston County</li> <li>• Understanding the "tides" are <u>changing—Stigma</u> on multiple levels</li> <li>• Sustainability of ROSC- Financially, etc.</li> <li>• Pandemic</li> <li>• Infrastructure</li> </ul>

- We understand attendees are busy and may not have had sufficient time to review the Strategic Plan prior to today's meetings. Therefore, John spent a few minutes conducting a high level 'walkthrough' of the first version of the Livingston County ROSC Strategic Plan from nearly a year ago. The purpose was to basically just familiarize participants with the document and remind them of the content agreed upon last year. We need to update this document annually so it's important to have the council's input on those changes. Ideally, through today's discussion we'll end up with a better understanding of where we need to continue focusing attention and what areas we may be missing and need to heighten our efforts around. If nothing else, getting people to *talk* about the ROSC is a good thing and fruits will bear just from that.
- The attendees (18) will be split into Breakout Groups after the Strategic Plan walkthrough. Breakout sessions will be 10 minutes with about 4 people per group. The goal is to discuss the questions below and report back to the group. Leeann Courson, Caroline McLeese, and Theresa Diemer all volunteered beforehand to facilitate their respective breakout groups. This really helped keep the small groups focused on the


questions at hand. Additional time likely would have been beneficial for each group but that indicates discussions contained depth and weight.

## BREAKOUT GROUPS

### QUESTIONS TO CONSIDER...

LEADING QUESTIONS BELOW DESIGNED TO SPARK DISCUSSION

<p><b>What's Working</b></p> <p>Which aspects of the Strategic Plan do you feel the ROSC is executing well? How did we get to where we are today?</p>	<p><b>Unmet Needs</b></p> <p>Which aspects of Recovery or specific services/supports do you feel are still under-represented in the Strategic Plan?</p>
<p><b>Areas to Improve</b></p> <p>Conversely to above, which areas of the Strategic Plan do you believe the ROSC could use additional support or retooling?</p>	<p><b>Challenges</b></p> <p>What obstacles, barriers or persistent challenges still exist and how do we overcome them? Where do we want to be in two more years?</p>



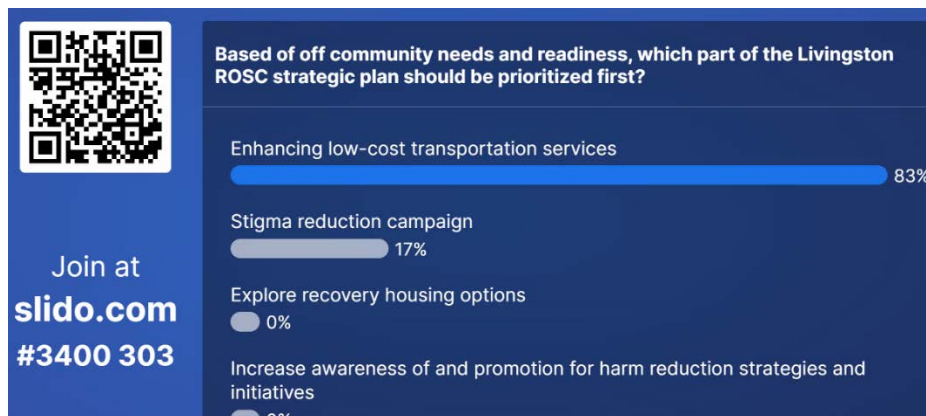
10 Minutes to Discuss

- **Summary of Outputs:** Each groups assigned facilitator reported a summary of their respective breakout group's discussion points/takeaways. These are summarized below but please refer to the [video recording of today's meeting](#) if you are seeking more information and details.
  - **Group 1 (Caroline):** On the positive side, messaging and communication about the ROSC within and among the community has been very good. County Collaboration is also going very well (people from different social services are improving and recognizing and understanding each others' needs and services). What we can do better? We need more data or measures of success on how well we're meeting or goals and understanding "what is our impact?".
  - **Group 2 (Leeann Courson):** Working Well? ROSC is well known in Livingston County – the council is doing a good job of getting the project and its 'brand' out in the community. That said, we could improve in making sure that people understand it's a true coalition (not a group strictly of social services professionals) that anyone can be a part of. Additional MAR education among the community (what it is, where it is available) would be helpful as well. **Unmet Needs:** Transportation, Dental (huge source of relapse in first year of recovery, especially), Sober Housing for Adults *and* Adolescents, and Petcare (i.e. some to pet-sit while person goes to Tx or meetings, etc.). Leeann discussed a network of volunteers (in small group breakout) in her area (East Central IL ROSC Council) that assist with transporting people to treatment (over 30 minutes away) – perhaps this idea could be expanded to include doc appts, pet care, etc.
  - **Group 3 (Theresa Diemer):** Agrees with other groups that ROSC communication and 'brand awareness' has been good overall. People seem to recognize and have some understanding of what it is. Areas to address or focus on more included the following: Housing, Transportation, Childcare, and Lack of Faith-

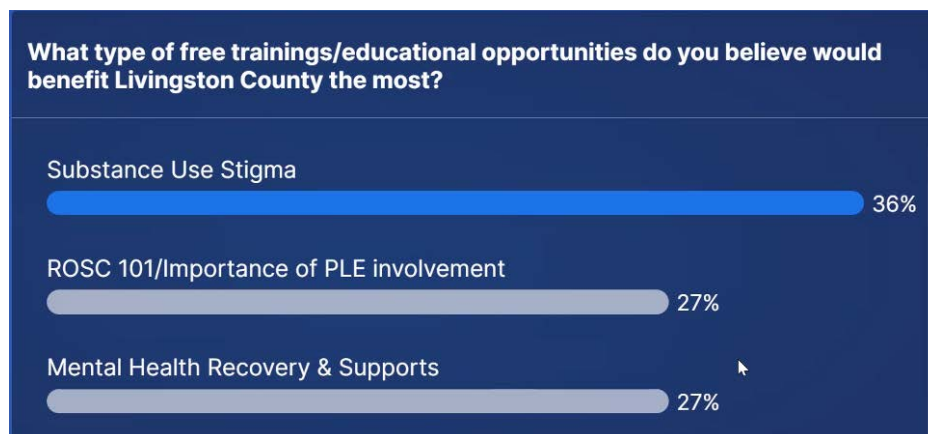


Based Recovery (i.e. Celebrate Recovery), Staffing Turnover were discussed as areas of improvement and/or unmet needs. Still a high stigma with EMS first responders and their understanding of addiction basics and how its related to their jobs. Continue to market the ROSC over the next two years and we hope to have better transportation available to our recoverees in the near future.

- **Slido Polls:** The first question asked which part of Livingston ROSC Strategic Plan should be prioritized first? Responses were overwhelmingly in favor of low-cost **transportation services**.

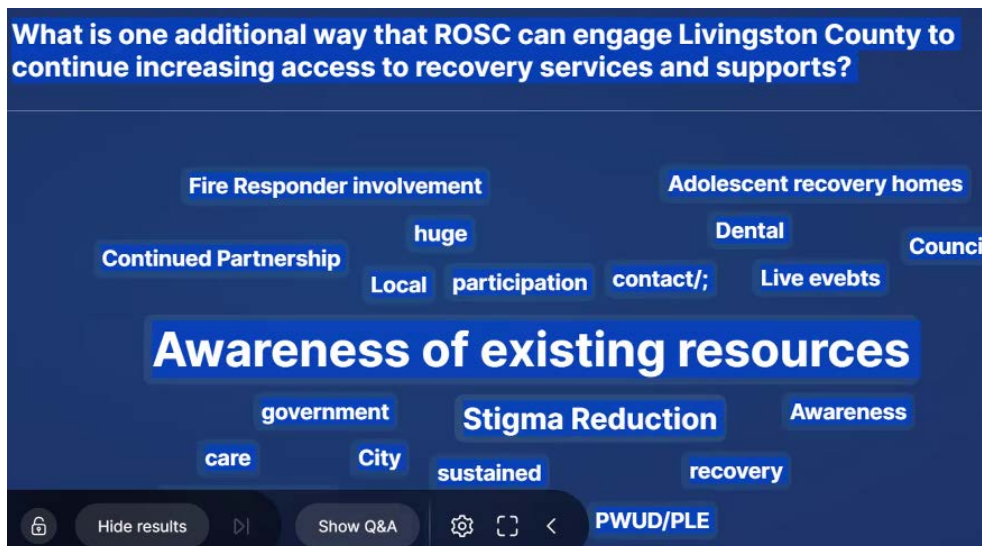


- **Slido Question 2:** What type of free trainings/educational opportunities do you believe would benefit Livingston County the most? Options included SUD Stigma, ROSC 101, MH Recovery, and Harm Reduction Stigma & Training. Results were much closer for this question and responses more widespread. **SUD Stigma** continues to be a primary area of interest for the ROSC Council.



- **Slido 3:** Question 3 was a Word Cloud where respondents were asked to enter freeform words or phrases to share what we still need to look at or concentrate further on. Below is a sample screen capture of real results:





- **Summary:** We are doing well at engaging with the community and getting word out about the ROSC and associated events and services. More to do but this is going well from perspective of each group. Areas to improve continue to be Transportation, Childcare and Sober Housing (adults and adolescents, if possible). Petcare was another interesting suggestion (people avoid Tx because there's nobody to watch their cat or dog). Additional recovery program options was also a consensus area for improvement (e.g. more faith-based recovery, specifically Celebrate Recovery). Lastly, Dental Care for recovering people was mentioned and this is a hugely challenging area for many people in recovery (persistent pain, distracting, hard to focus...it's just one of those things where if you've had it then you understand).

#### **Sub-Committee & Agency Updates:**

- **IHR:** Theresa (IHR) Next Victim Impact Panel (Wed Nov. 8<sup>th</sup> at 6pm) for DUI offenders. It costs \$30 to attend and is a requirement for DUI offenders. \$35 if you wait until the day of event to register.
- **Carle:** Behavioral Health Harm Reduction Mobile Unit is being built and we hope it will be operational by Q1 2024 – Dave King will keep us updated.
- Erin shared that October is **Breast Cancer Awareness month** so please remind those special ladies in your life to schedule their mammograms. Erin shared about a program that can help women without health insurance to receive these diagnostic services – please call Erin if you have questions or potential referrals. Separately, Erin reminded the group about funds set aside for people requiring utilities/bills assistance. There are specific requirements to be met but more information available by contacting her.
- **Salvation Army:** Caroline stated with Christmas on the horizon, the food pantry (Salvation Army) is reaching its capacity and we're worried we may not be able to feed people and do toy giveaways for holidays like we have in the past (Thanksgiving and Christmas meals and Toy Giveaway – we are seeking partners for any of these wonderful



services to the community's struggling members). We're particularly concerned about the Toy Giveaway. Contact [Caroline.Mcleese@usc.salvationarmy.org](mailto:Caroline.Mcleese@usc.salvationarmy.org)

- Free services to victims of domestic violence and also recently added Spanish Speaking and translation services.
- Livingston ROSC Virtual Resource Guide is being updated this week. Scan QR below to access a variety of Liv-ROSC-related docs, services, meetings, videos, etc.

**FIND US ON SOCIAL MEDIA**  
 [Livingston-County-Recover-a-ROSC-Community](#)  
 [Livingston.County.ROSC](#)  
 [Livingston County ROSC](#)  
 [LivingstonCountyROSC@gmail.com](mailto:LivingstonCountyROSC@gmail.com)

**LIV-ROSC VIRTUAL RESOURCE GUIDE**  


#### **General ROSC Housekeeping:**

**NEXT MEETING:**  
  
**THURSDAY,  
NOVEMBER 2<sup>ND</sup>  
2023 AT NOON**

Join Zoom Meeting  
<https://zoom.us/j/94591664561?pwd=bno1c3c3cGhoY3B0Z2xLOXYrMW5yZz09>  
Meeting ID: 945 9166 4561

- **Next Meeting:** Thursday, November 2nd, 2023 at Noon (Virtual)

Topic: Livingston ROSC meeting

Time: September 7, 2023 12:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94591664561?pwd=bno1c3c3cGhoY3B0Z2xLOXYrMW5yZz09>

Meeting ID: 945 9166 4561

Passcode: 675942