

McLean County Recovery-Oriented Systems of Care (ROSC) Council Meeting Minutes

October 17th, 2023

Date: Tuesday, October 17th, 2023

Time: 3:30 – 4:30 pm

10/17 Meeting Recording: https://youtu.be/6Llp0_gbAwA

Location: Zoom only <https://youtu.be/TfrhRgOvq30>

Attendees:

Kari Knapp (Chestnut Health, McLean/L-M/Ford/Livingston ROSCs)
Cat Hays (Chestnut Health, McLean ROSC)
Barb Brumleve (Chestnut Health, McLean ROSC)
Josh Wheeler (McLean County Center for Human Services)
Selena Nolan (Community Member)
Toy Beasley (McLean Re-Entry Council)
Doug Bernius (Heartland Community College)
Alicia Moushon (McLean County FUSE)
Michael Smith (Oxford House Inc.)
Andrea Kindseth (LIFE Center for Independent Living)
Molly Allen (School Administrator)
Erika Hahn (Omni Youth)
Dameca Kirkwood
Nolan Recker (Center for Community Engagement, CCE)
Michelle Cope (Bloomington Public Library)
Emily Hartley (Brightpoint)
Armando Miranda (Omni Youth)
Denis Backes (Banyan Tx Center)
MaResa (McLean CASA)
Audrey Cail
Allen Reid (PLE)
Lakeesha Smith (Bloomington Housing Authority)
Anonymous (PLE)

Today's Speaker: N/A – small group breakouts

Agenda:

- Introductions and Opening Remarks
- Strategic Planning: Current Strategic Plan Walkthrough/Overview
- Strategic Planning: Breakout Groups & Large Group Readouts

- Agency Updates
- Housekeeping

Recording: If you were unable to attend today's meeting (10/17/23), [please check it out here on YouTube!](#)

Strategic Plan FY24 Discussion:

- **Background:** One of the first deliverables the McLean ROSC created during its first year (2019) was a Strategic Plan that outlined key strategies and objectives for the ROSC, and what specific activities/actions can be accomplished to achieve those goals. We review and update the Plan annually to ensure it accurately reflects the intentions and purpose of the ROSC, based on council members' feedback. Therefore, the goal of today's meeting is to gain ROSC Council feedback before we make our 2023 updates to the Strategic Plan. We do not want to be doing this work in a silo; it requires widespread input to ensure all perspectives and unmet needs are reckoned with.
- The following image depicts the McLean ROSC's current overarching goals:



- **Breakout Questions:** Today, we are asking members to form into Breakout Groups (with assigned facilitator) to discuss and document the following: 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?
- 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 (22) 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. Toy Beasley, xx, 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

- ▶ In what ways do you feel the McLean ROSC is generally doing well?
- ▶ In what ways would you like to see the McLean ROSC change or improve?
- ▶ What are some other ways you would like to get involved with the McLean County ROSC?
- ▶ Do you believe that the following are **still** key strategic priorities for the McLean County ROSC: Recovery Housing, Adolescent Services, Rural McLean County Outreach, Development of a Variety of Recovery/Support Group Meetings in McLean County, Raising Awareness of Local Recovery Supports & Services
- ▶ What are new key strategic priority areas that the McLean ROSC should be focusing on over the next year?

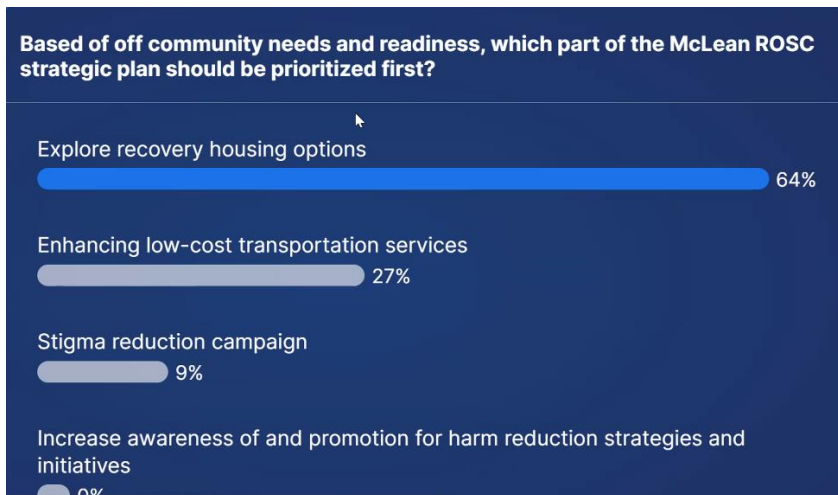
Breakout Group Discussion/Results:

- **What is Working Well?** Consensus among the three breakout groups is the ROSC does a very good job of participating in local events (Bloomington-Normal) and getting its name and brand out into the community; people were impressed by the Sober Social Guide and Virtual Resource Guide; good continuity despite changes in leadership, runs monthly council meetings very well organized with diverse topics, good speakers, etc.. Positive feedback regarding Jotform and its user-friendliness.
- **What needs Improvement?** Group 1 shared there is a need to for guidance in ‘how to get Heartland CRSS students involved *after* they complete the coursework’? How do they stay or get involved in community with certification. We’re seeing many of the students who complete the class don’t really upkeep the certification because they may not understand what to do next.
 - **We Need to keep Sober Housing on the forefront** because it is vital to stability and a healthy foundation in Recovery. All breakout groups presented this as a key area but recognized the ROSC cannot do it alone. It will require help and collaboration. “A better understanding of what are our actual sober living goals” was a question/issue raised by one member.
 - Additional **Rural Community Outreach** and Involvement

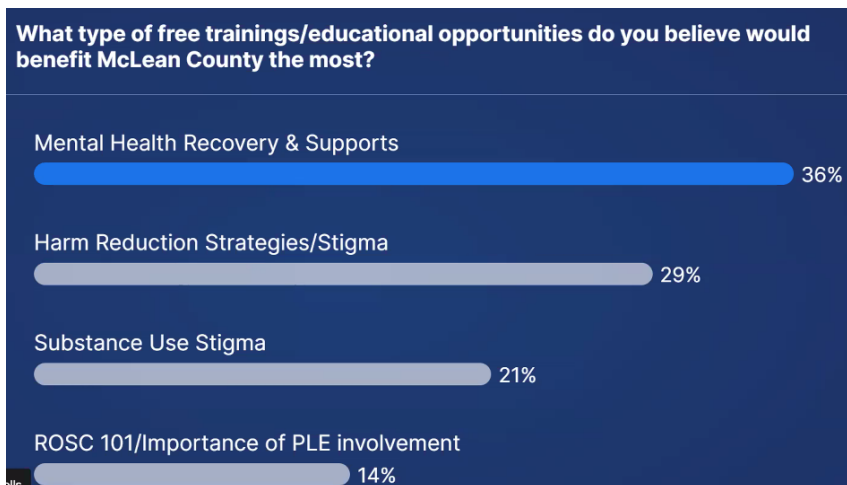
- **More Housing** was a theme for all the groups because it is so crucial to a safe, sober lifestyle – rent assistance, fundraising, grant requests, Chestnut leadership, local business owners. There was also discussion briefly about how ROSC members can help increase sober living referrals to homes outside McLean County (e.g. Champaign’s Womens Oxford House is not filled yet there are local Chestnut clients being turned down from Blo-No Sober Living due to low capacity).
- Create **New Connections** and further identify what sectors/areas are we missing from the ROSC council.
- **More In-Person Events & Activities:** The September annual event is wonderful but people asked for more events to get together and just have fun. The issue is turnout though; often times people ask for events/activities but then do not show up when they are arranged. Not a complaint, just a consideration.
- **More Physical Materials out into the public.** Flyers that are printer-friendly and don’t require a lot of ink (two versions of flyers?), More info cascaded about how to get involved and partner with the ROSC? Let people know they don’t have to be certified or work in the human services field in order to be a key part of the ROSC. ANYONE can join.
- Find out what are **council members’ strengths and specialties**, and how can we use those assets to best benefit the ROSC.
- Explore ways to improve and increase **local adolescent recovery services** (including housing; an adolescent recovery home was successfully filled for years in town up until early 2017). A revived Ala-Teen meeting could be one place to start. Prior to COVID, there was a Thursday night Ala-Teen meeting at the downtown Bloomington A.A. Intergroup Office that was successful for 2+ years. It disbanded due to pandemic and has struggled to return to form. Please Note: Ala-Teen is for children of parents with SUD/MH disorders; it is not for adolescents struggling with SUD themselves. Therefore, there may be a need for TWO different adolescent-oriented meetings—Ala-Teen and a support group for teens struggling with SUD. Just thinking out loud here.
- **Selena’s Group:** Additional needs for **Housing and Adolescent**. The most robust discussion was the **rural outreach** and getting into smaller town celebrations throughout the county (i.e. more ROSC presence outside Bloomington-Normal).
- **Still Key Objectives:** Many of the “Still need to address” topics mirrored the “needs improvement” category. The topics a majority of council members seemed to continue supporting included Housing (still HUGE), Adolescent Services, Recovery Support Groups and adding niche meetings where needed (e.g. Process Addiction—gambling, shoplifting, overspending, overeating, sex—is a current local gap), Rural Community Outreach, Continue Community events and continue awareness.
- **What Could be Changed/Improved:** Members stated they are pleased with how far the ROSC has come since its first year. That said, more involvement with rural communities (Dwight, LeRoy, et al), students/schools, teens, families, etc. Familiar themes to what was already discussed under previous topics.

SLIDO Poll Voting:

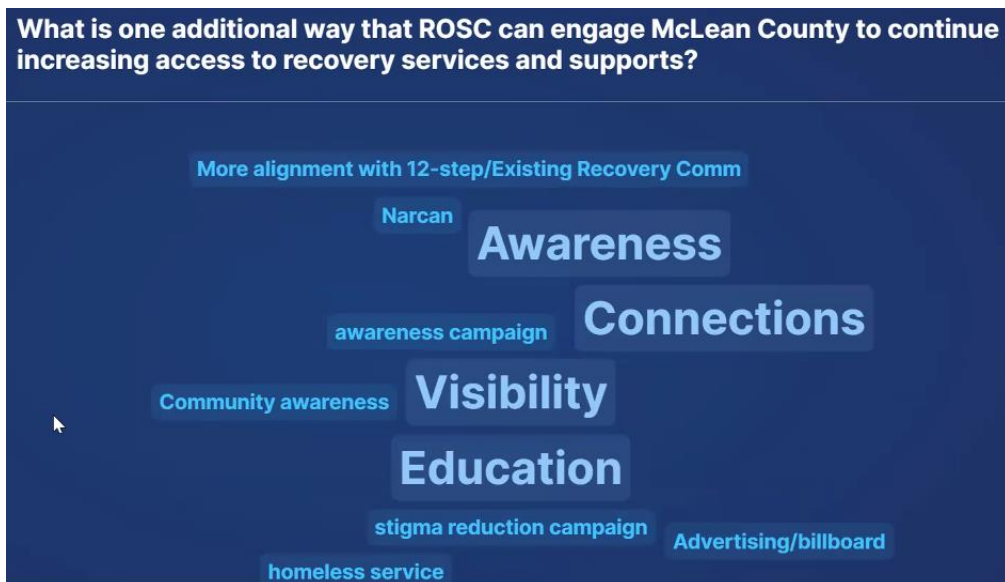
- After each small group shared the results of their breakout discussions, Kari administered three different SLIDO Polls to ensure membership perspectives were captured. The First SLIDO Poll question was as follows: *Based off of Community Needs and Readiness, which part of the McLean ROSC strategic plan should be prioritized first?* The graph below represents voting of about 75% of today's participants. Results show that Recovery Housing is still by far the most pressing issue the council would like to deal with. There was much discussion about how sober living is a critical foundation piece for early recovery, and without it, many newcomers will be hindered at the outset of their recovery. Can we get back into fundraising, requesting grants, raffles to raise rent dollars, discussions with local business owners and property owners were all ideas presented in the breakouts.



- The Second SLIDO Poll question was as follows: What type of free trainings/educational opportunities do you believe would benefit McLean County the most? The graph below represents voting of about 15 of the 22 participants today. **Mental Health Recovery & Supports** led at the time of this screen capture with 36% of the votes.



- The final SLIDO question was an open-ended “word balloon” exercise. Participants were asked to name (in 1-3 words) one additional way that McLean ROSC can engage McLean County to continue increasing access to recovery services and supports? Actual responses are captured below and the image illustrates that **Awareness/Education** remains a top priority, as do building additional **Connections** (stakeholders, PLEs, rural areas, etc.), which also ties to increased **Visibility** (more events/visibility in rural areas, specially was mentioned multiple times).



Other Updates:

- Survey Healthcheck Tool:** Kari advised the council there is a new self-assessment tool available via online survey. It is a brief survey council members are being asked to fill out (similar to this



time last year) in order to ensure the council and its efforts are moving in the right direction according to our constituents. Please Note: One council member shared the QR Code did not work for her so Kari ensured the proper link will be sent out. The QR Code to the left can be tried but it is not yet the new one.

- Barb gave a brief update regarding the September 30th **‘Light the Night’** Recovery Event and local Library Initiative, which also took place last month (Sept) to celebrate National Recovery Awareness Month. Local libraries and book stores collaborated with McLean ROSC to celebrate National Recovery Awareness Month by creating tables and displays for recovery literature to raise awareness and reduce stigma. The Light the Night event also went well with many resource tables in tow, good food, a speaker, and capped off by an evening walk to remember those who have fallen, or are still suffering, due to SUD disorders.
- Planning Committee** is meeting bi-weekly at 11am on Tuesdays (contact team if interested in joining) to discuss plans for Holiday recovery parties/gatherings. We’re always seeking new perspectives and people to help us brainstorm and plan upcoming ROSC events and opportunities.

Other Agency Updates/Upcoming ROSC Events:

- **McLean County Sober Social Guide (SSG):** The McLean ROSC core team is working with a consultant to develop a comprehensive, digital sober social guide (phone link) for a wide variety of recovery-oriented services, leisure and supports. Please scan the QR Code below for a full, updated listing of McLean County Supports (Support Groups, Outdoor Recreation, Arts & Crafts, Volunteering, Games & Family Fun, Recovery Supports & More!



Agency Updates:

- **Center for Human Services:** Josh reported the Recovery Community Center (RCC) Open House is scheduled to take place on Wednesday, October 25th from 1-3:00pm.
- Toy Beasley reported **Winners Circle** meetings have moved FROM 509 W. Washington Street TO Second Presbyterian Church (44 Prairie Street; new flyer out in circulation per Toy). Open meeting that is geared towards people working through legal situations and criminal/addictive thinking patterns. Also welcomes recovering people of all forms (SUD, MH, Process).
- **McLean Re-Entry Council:** Panel discussion at next council meeting with four individuals with lived experience
- **Behavioral Health Forum:** Alicia shared that registration for the Behavioral Health Forum (Normal, IL) can be done in person at the time of the event next Thursday. There is no longer a benefit to online registration.
- **Bloomington Library** has moved to the new portion of their library. Unfortunately, no community or meeting rooms are available yet, but we can still go check out the new and exciting space at the library.
- **Drug Takeback Day** is next Saturday; contact Erika Hahn (Omni) for more information or if you need any resources.
- **(Sarah Stalter) Behavioral Health Forum:** October 19th at ISU.

Next Meeting/Contact Info:

- Cat provided some Planning Committee updates; the team is currently meeting weekly on Tuesdays at 11am. Several new members have recently joined and we are always thrilled for more new faces. The more people we have, the more ideas and capacity we have to do great things!
 - Join the Planning Committee that meets bi-weekly on Tuesdays to plan and discuss various upcoming ROSC recreational and educational events. Contact cmhays@gmail.com
- Please contact Cat (cmhays@gmail.com) if you are interested in joining the Events Planning Committee, helping to form any additional sub-committees, updates/events you would like

shared on our social media as cross-promotion, or anything else relevant to recovery-oriented services.

- **Next Meeting:** Tuesday, November 21, 2023 at 3:30pm
- Contact Info:
 - a. Kari
 - Kari Knapp, Email: kmknapp@chestnut.org
 - Cell: 309.391.1802
 - b. Cat Hays & Barb Brumleve
 - Email: cmhays@chestnut.org
 - Cell: 309.665.2067
 - bdbrumleve@chestnut.org