

Ford County ROSC Council Meeting Minutes

October 24, 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 ROSC)
Abby Behrens (Brightpoint)
Dave King (Carle Hospitals)
Tim Nuss
Kami Garrison (Chestnut Health)
Donny Gill (Ford County Health Dept)
Carrie McKinzie (Gateway Foundation)
Jackie Charles (Birth to Five)
Helena Longfellow (Nurse Practitioner, ? Hospital)
Sarah Hoover (PLE)
Anonymous – PLE



General Discussion:

- Today's meeting started at 8:32, with Kari leading the group through introductions and agenda-setting.
- Today we will focus a majority of the time reviewing and discussing updates to our Strategic Plan (due to state on 11/15/23) and Mission Statement. We'll walk through the Plan at a high level as a large group, then split into breakouts for 15 minutes to discuss leading questions (what is working well, what could use improvement, what needs more attention, etc.). After the breakout groups, each small group will report back to the larger audience about their findings and takeaways. The working session will conclude with SLIDO polls.
- The following graphic depicts the Strategic Plan's current goals. These are the Goals and associated Objectives that we want to evaluate and reassess validity for ROSC efforts:

GOAL 1: Develop Recovery Support. <ul style="list-style-type: none"> • Recovery group options • Recreational activities • Support for families • Advocate for PLE - Leadership roles 	GOAL 2: Increase Access to Services and Resources for the recovery community. <ul style="list-style-type: none"> • Transportation barriers • Recovery housing • Link community w/new and existing resources 	GOAL 3: Inform/Engage the Community to Increase Awareness and Reduce Stigma around SUD. <ul style="list-style-type: none"> • SUD education for the community • Public awareness campaign • Stigma reduction education
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- Three volunteers will lead the small breakout groups discussions and serve as spokeswomen back to the larger group (Frankie, Kami, & Barb). Previous ROSC Coalitions underwent similar exercises and provided feedback that 10 minutes was not enough time, so Ford County gets to benefit from this insight. Each breakout will be 15 minutes with a one-minute warning prior to closing.
- The meeting broke into three separate breakouts of approximately 5 people each. The breakout facilitators will report back the results of their respective group to the main forum.

15 Minute Breakout Groups

Questions to Consider...

What's Working?

Which aspects of the Strategic Plan do you feel the ROSC is executing well?

Unmet Needs?

Which aspects of Recovery or specific services/supports do you feel are still under-represented in the Strategic Plan?

Areas to Improve?

Which areas of the Strategic Plan do you believe the ROSC could use additional support or retooling?

Challenges?

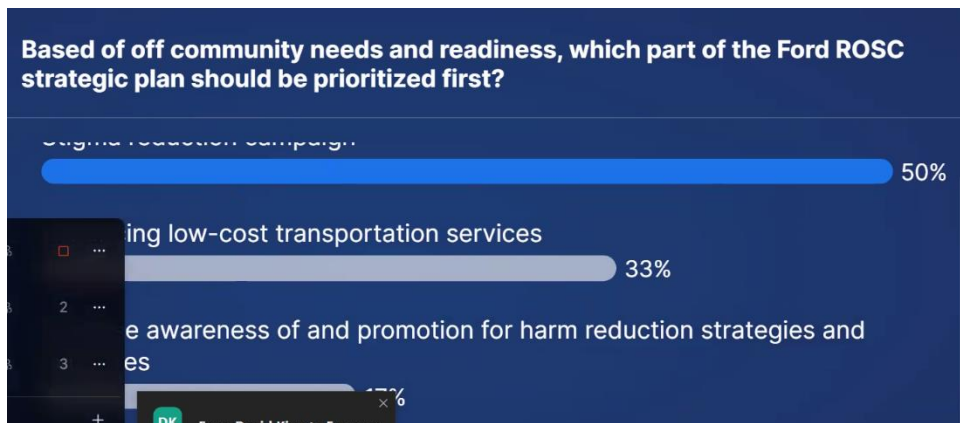
What obstacles, barriers or persistent challenges still exist and how do we overcome them? Where do we want to be in two more years?

- **Group 1: Frankie, Donny, Sarah, Dan**
 - What's Working Well: Increase in sober recreation activities, continue to “get out and about” in the community, moving in right direction to address and reduce stigma. Continue connecting PLEs with leadership and peer specialist roles.
 - Areas of Opportunity: Sober living is a huge cornerstone of early recovery and should be a priority; however, it can be difficult, unwieldy and intimidating because it's a large scale endeavor. Team discussed alternative options to still help in this space despite limited resources. One idea was fundraisers/raffles/etc. to help raise rent/security deposit funds for people coming out of jail or Tx. This type of assistance is huge at the individual level (i.e. helping to get someone into sober living who otherwise couldn't afford it).
 - More peer groups or specialized recovery groups (All Recovery, SMART, Recovery Dharma, Celebrate Recovery are all examples). Could use more Harm Reduction resources and vending machines. Contact Logan-Mason ROSC for information on these resources.
 - One member asked about an annual signature event that everyone knows about and can look forward to every year. It's okay if it starts very small and builds over time.

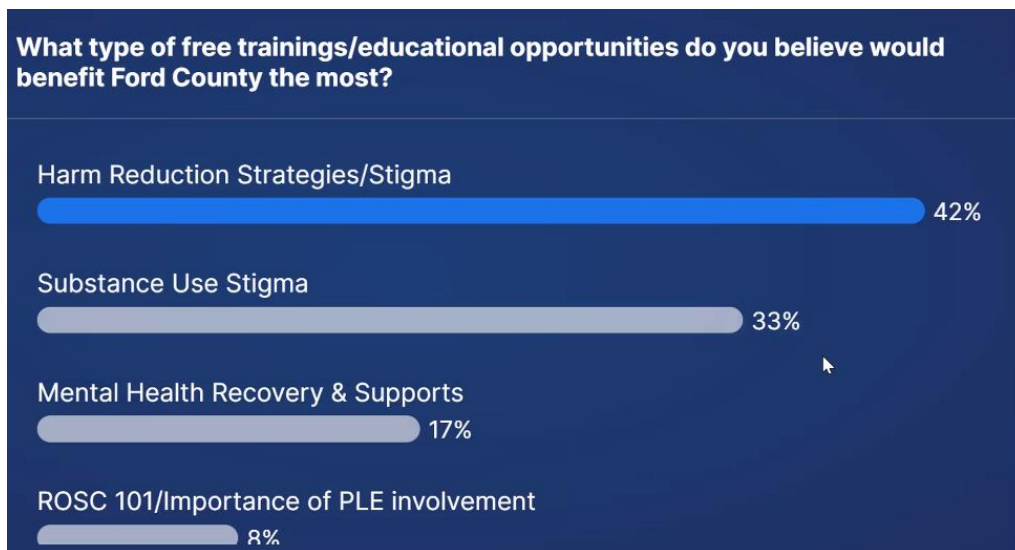
- What are we missing or unmet needs not addressed? Donny worked on a Harm Reduction project (clinic) in Kentucky previously. He asked about a clean needle exchange program. There are none in McLean, Ford or any other county the group could think of. The idea was raised for Donny to speak to the Ford, Livingston and McLean ROSC coalitions about his Clean Needle Exchange experience in KY—what were the benefits, what were unforeseen byproducts, challenges, etc.
- Donny asked about our presence in schools. Team discussed some Chestnut Prevention efforts that reach local schools but the Ford County ROSC is not actively serving that role but there are school superintendents that attend the council meetings from time to time.
- Transportation is another huge concern, especially in rural areas.
- **Group 2: Barb, Leeann, Dave, Abby, Carrie:**
 - Working well is collaborations, gathering stakeholders, getting out into community, social media presence, widespread representation on council, etc.
 - Stigma Reduction is an area to continue working on. The question is how to measure success with stigma reduction.
 - Shatterproof was brought up by a couple members. Among other services, it appears to offer an evidence-based survey methodology (third party) to help measure stigma in various communities. www.shatterproof.org
 - Additional housing capacity. Need for more diversity in support groups meetings – very little N.A. (if any, in Ford Cty), agreed with potential benefits of an All Recovery meeting.
 - Ford County presence in schools was also raised. Would like to learn more about that.
 - Have a location (intergroup office, Recovery Community Center) where people in recovery can go for recreation and safe harbor on a regular basis.
- **Group 3: Kami, et al**
 - Echoed positives about being out in the community and membership recruitment. Impressed by sober events and building that foundation for future activities and signature events. Better law enforcement presence on this council than many others. However, while probation is well involved, we could still use people in higher level leadership/decision-making roles within law enforcement among the council.
 - Continue to work on access to housing, transportation, access to Telecare, stigma reduction and education.
 - Group 3 stated the majority of their time was spent on “what is working well?” and much of that has already been discussed.

SLIDO Polling: With about 15 minutes remaining in today’s time, Kari led the team through a series of Slido poll questions. All meeting attendees were able to vote and made sure their opinions were capture. Please see results below.

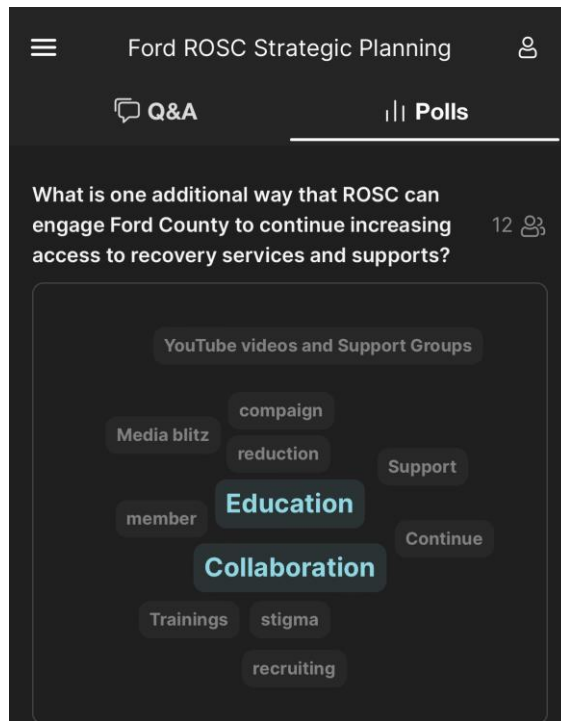
- **SLIDO Poll Question 1:** Based off the Community Needs and Readiness assessment, which part of the Ford ROSC strategic plan should be prioritized first? The chart below represents real-time voting in today’s meeting, but it is cut off. Stigma Reduction was the top vote-getter with 50% of all participants voting it #1 priority.



- SLIDO Poll Question 2: What type of free trainings/educational opportunities do you believe would benefit Ford County the most?** The real-time screen cap below represents a majority of today's 'voters'. As the graph illustrates, Harm Reduction Strategies and Stigma Reduction remain priorities within the Ford County ROSC Council.



- Poll Question 3:** The final SLIDO question was a word "balloon" where participants could enter a word or phrase in freeform style, citing what topics or areas of recovery the ROSC should focus on. Below is a live screencap with a majority of votes tallied. As you can see, Education and further Collaboration rose to the top.



Agency Updates:

- No Agency Updates today. Below are some updates from last month that may still be relevant.
- Drug Takeback Day is Saturday. Check your social media feeds for more information.
- 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
- 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:

- Find us on Social Media:



- 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:



NEXT FORD CTY ROSC COUNCIL MEETING:

November 28th, 2023 (4th 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.