

EDGAR COUNTY ROSC MEETING MINUTES

October 24th, 2023

5:15 PM

Paris Hospital Conference Room A and Zoom

Attendees: Cory Hanks, Amy Shelton, Karen Cook, Rick Shelton, Dr. Marilyn Frey, Julie Pohlman, Lexanna Kocher, Nate Alexander, Michelle Creech, Leanna Morgan, Kristina Drum, Connor Dotson, Jonathan Burns, Norm Wilson, Scott Foster, Doug Cochran, Jess Parrill, Ambrosia Roberts, and Nicki Hanks

Meetings During Holidays:

Ambrosia opened up the meeting to the council about what we wanted our meetings to look like in November and December. Per the ROSC grant, we have to have a ROSC council meeting each month. So, she suggested either moving the meetings to Zoom or changing the dates. It was decided that the November meeting will stay as scheduled, and the December meeting will move to Wednesday, December 20th, at 5:15 PM in Paris Hospital Conference Room A.

Spotlight Agency/Program: The First Step:

The First Step is a community sober lounge located in Robinson, Illinois. They provide a wealth of resources and services to the community. They help connect community members with resources, have a youth group night, have a women's group and a self-defense class, and hold 12-step groups at the facility. The First Step also has a 24-hour phone that individuals can call if they need help. Board members carry their phones at all times. Members of The First Step are working to increase their promotion of events and the facility. They host a large amount of fun, sober activities in the community and would love for us to help in sharing and even joining!

Newsletter Update:

Ambrosia updated the council on the newsletter. She stated that 21 boxes of Narcan were taken from display sites in September. At the beginning of October, ROSC partnered with the ECPHD and CARE to provide a Narcan presentation at Kansas school for Kansas and Shiloh school staff. We trained eight individuals on administering Narcan and gave out 30 boxes of Narcan. Nicki then went into depth on her Recovery Navigator update. She explained that her November educational groups will be focused on sobriety maintenance. She states that the holidays can be triggering for some people in recovery, and the groups will help in identifying coping skills. She also wants to get the advisory subcommittee back up and going, as we have been bringing more PLEs to the table! Nicki has also passed her national exam to become a certified peer recovery support specialist, and we are SO proud of her! Ambrosia also went into the last details regarding events. We had a Laundry Day on October 12th, and we were able to use \$582.50 in donations from The Paris New Beginnings Church and Dr. Frey. Lake Ridge was able to provide transportation for 1 individual! We were also able to do 111 wash cycles and 98 dry cycles and gave out three boxes of Narcan and six deterra pouches. We also gave out a survey at the

Laundry Day to get an idea from community voices about recovery resources in the community and perceptions on homeless issues. Nicki then passed around the results to council members to look at.

Subcommittee Meetings Update:

Recovery Housing:

We did not meet this month for the Recovery Housing subcommittee meeting. Ambrosia asked the council if they had made any headway on identifying homeless resources for the homeless resource list Karen and Nicki brought up in the previous ROSC meeting. Doug stated that all he had found was that they tried getting an individual into the homeless shelter in Mattoon, but they were full. Ambrosia explained that if we have a homeless individual who needs housing and can cross state lines, we send them to the Lighthouse Mission in Terre Haute. The council brainstormed that a significant barrier is that their agencies cannot transport individuals across state lines. Michelle suggested that if there are women between the ages of 18-40, there is an organization called Mercy's Refuge that is up by Champaign that can get people the housing they need and help them get back to a stable point in their life. Ambrosia explained that we want to create a homeless agency list with one place to start calling instead of scrabbling. HRC said they would share the resource document they have in the Living Room. Cory made a good point about discovering the leading causes of homelessness in the community: lack of jobs, cost of housing, etc. Michelle explained her perspective on where these individuals came from and how they ended up here.

Recovery Picnic:

We met for the month and discussed the events we wanted to have in October, November, and December, which we will discuss next!

Sock and Underwear Drive-November:

It was discussed in the last council meeting the potential for a sock and underwear drive. Based on that conversation, we have started getting the drive underway. We have three schools that have wanted to participate in the drive: Kansas, Shiloh, and Paris District 95. We will have three drop-off locations for brand-new socks and underwear: HRC, the ECPHD, and Lake Ridge. If people do have specific questions regarding sizes, we do have contact information for the schools so they can contact them directly.

Podcast-November:

We are SO excited to start a podcast in November. The first episode will be about an employer's experience hiring someone in recovery. We are looking to do the podcasts monthly and do a new topic each month. If anyone has any suggestions for people to interview or topics, please let us know! We want to use this podcast to reduce stigma in the community. This would help us in achieving one of the goals of our strategic plan.

Canned Food Drive- December:

Nicki mentioned to the council that there are a lot of drives that ROSC is already hosting and other agencies are putting on. She opened it up to the council to see if anyone would want to take

on the canned food drive independently and if we could partner. Nate mentioned that someone is doing a canned food drive in the community, maybe the hospital or First Farmers Bank. Michelle said she would connect us with Twisted Throttle as they do things around November-December.

Nicki also opened up to the council about if anyone knew somewhere in the community where we could hang the coats we collect from the coat drive. She explained that our office is in Mattoon and that for us to get a coat request, we would have to drive 45 minutes one way to get a coat. Jonathan mentioned that HRC already has coats from last year. Ambrosia then asked the council if there was a big need for coats in the community. Jonathan said that he does not think there is a considerable need as they still have some coats left over. Michelle mentioned reaching out to Restored Hope or Compassionate Clothing. Nate also said that if we just needed somewhere to store the coats, Lake Ridge has coat racks we can use.

Future Laundry Days:

Ambrosia mentioned we are still looking for sponsorship for future Laundry Days. She said we are looking at doing the next one before the holidays. She told the council if they have someone who expresses interest in sponsorship and if they ask the amount required, just tell them however much they want to! Jess mentioned that we should look into doing future laundry days on teacher institute days or holidays to target individuals who cannot come during school hours. She explained that there is a huge number of homeless teens in the community. Nicki explained that if Jess comes across a teen that needs laundry done, to connect them with us. Hopes and Dreams has a drop-in center where teens can go in and do their laundry; Staci needs to be connected with them.

Resource Bags:

Ambrosia explained that we still want to get some resource bags up and going. We are partnering with Sage and Prim and would love to get any donations from people in the community so we are not taking away from what they are doing. These resource bags will be given to people going to treatment, coming home from treatment, homeless in the community, etc.

Strategic Plan:

Ambrosia mentioned that we have been going through and making updates and creating some deliverable documents per our grant. One of the items she mentioned we need to target off our strategic plan is to provide a community-wide education series regarding addiction and recovery. She said that our podcast aims to do this, but we still want to get more training or events scheduled around this topic. She also mentioned that another part of the goal is to provide education to family members about addiction and recovery. Ambrosia stated that we could look into doing a panel on children, loved ones, or friends affected by SUD. Ambrosia said she thought a panel would be nice, but we can make it into whatever we want!

Agency Update:

ECPHD: Connor stated they have a drive-thru flu clinic for 65 and older individuals. It will be held on October 27th at the ECPHD starting at 9 AM. Individuals do not have to leave their car, and it will conclude at 12 p.m. They are using this opportunity to determine the need in the community to see if they should hold more clinics.

Neighborhood Watch: Scott mentioned they will meet on November 2nd at Wenz school at 5:30 PM. He stated at the meeting that there will be an update on the Flock cameras and that there are many county and city officials there. He will also have Doug talk about the human trafficking training.

Recovery Court: Norm explained that we still have two participants going strong on Recovery Court. If anyone has questions, Norm said you could reach out to him or any of the committee members.

HRC: Jonathan mentioned they just wrapped up their last fiscal year numbers. He wanted to share that they served 13 more people in the previous year than before. They served 226 people in Edgar County in total in addiction treatment. They served 25 people in their vocational program in the past year in Edgar County.

CARE Coalition: CARE is still in the process of becoming a recovery community organization. We have a meeting on Monday, and we would like to move them forward in that process. CARE has also provided stickers for all students in Edgar County this year for Red Ribbon Week. CARE, ECPHD, HRC Prevention, and ROSC also partnered to host a t-shirt design contest for RRW, and CARE is purchasing all of the winner's t-shirts, sweatshirts, and long-sleeve shirts.

Human Trafficking Training: Doug brought more flyers to promote the training. Doug told the council that if anyone has more ways to spread the word, to help! Doug mentioned all of the people he reached out to. Ambrosia said she shared it with all the ROSC councils under the Hour House and will send it to the statewide ROSC. Ambrosia brought up sharing it with Renee from Cromwell. Karen said that they will post it on their community calendar, and if they have time on the radio, they can announce the event live on the radio if they have time. Ambrosia mentioned she would share it with WMMC radio, too. Doug also said that if there are any other trainings that we want him to bring to the community, to let him know, and he will do it!

Next Meeting: November 28th, 5:15 PM at Paris Hospital Conference Room A and Zoom

ROSC Educational Trainings and Events Subcommittee

October 16th, 2023

1:00 PM

Zoom

Attendees: Lexanna Kocher, Connor Dotson, Bo Scott, Nicki Hanks, and Ambrosia Roberts

- RRW
 - Give Chelsea the go-ahead to send it- Connor will let her know.
 - Stickers will be in this week.
 - Dispersing the stickers on Monday the 23rd
 - Nicki will email Faith about giving all stickers to her for 95
 - When we drop off stickers, check to see if they received the newsletter.
 - Whatever school contact Chelsea has
 - Drop off the stickers on Monday the 23rd
 - Ambrosia do Kansas and Shiloh
 - Nicki does Crestwood and Chrisman.
 - Ambrosia sent the red ribbon.org dress-up week.
- Sock and Underwear Drive- November
 - We got the go-ahead!
 - Need to email the schools and see who would be interested.
 - Kansas school is in
 - Email all schools today.
 - Get the flyer out ASAP.
- Canned food drive- December
 - Do a collection of canned food at Human Trafficking Training- kickoff.
 - Consider admission
 - Laundry Day in December to give them out.
 - HRC Life Center to hand out
 - Hopefully, I have enough to hand it out multiple times.
 - Ask Angie and Doug about the canned food drive at training.
- Podcast- November
 - Podcast on what his outlook on people in recovery was before and after hiring someone in recovery, ask individuals in recovery their outlook on law enforcement before being in recovery
 - Questions for Scott?
 - Tell us more about yourself and how you got to where you are.
 - Why did you get into law enforcement?
 - Where did your perception of people in recovery come from?
- Human Trafficking Training
 - Hotel- doing 2 rooms for 1 night for free
 - CARE is paying for the next night, 2 rooms

- Ambrosia gave an update on childcare from Stacy.
 - Ask Wenz if we can provide childcare in the classrooms.
 - Only offering for second session from 6-8
- Possibly provide cases of water for the sessions or have a station for water.
 - Fill out the Sams Club donation form- Ambrosia will look into it.
- Movie Night
 - Nate said that we could probably use Lake Ridge Christian Church.
 - He will send us some dates.
 - We have projector
 - We need a screen- Nicki asked Nate.
 - Already have popcorn
 - Need hot chocolate, marshmallows, and Styrofoam cups- Can request on Sams Club.
 - Tie blankets- Ambrosia- Nicki group in December.
- Decorating Journals
 - Bionic Club and Hopes and Dreams
- Coat Drive
 - Agreements with agencies to take them
 - Leave at AOP?