

Union County ROSC Meeting

11/26/2024

Attendance

Samantha Carver, Arrowleaf

Cammy Duggins, Arrowleaf

Trina Martin, Arrowleaf

Ashley Smith, Centerstone

Serena Smith, Rural Health

Kent Young, United Church Alliance (Union County)

I. Welcome and Introductions

II. Values and Mission

III. Old Business

a. Last meeting, we discussed Amy Bechtel's Statewide ROSC presentation entitled, "We are Farmers" which focused on the fact that we must nurture & grow our self-care just as we water, prune, & give sunlight to our gardens.

b. Member Kent shared the following quote: If you are not growing, you're dying.

IV. Topics:

a. Kent Young expanded on the sage advice mentioned last week that his friend, Jack Lewis, shared with him a long time ago: If you are not growing, you're dying. Kent shared that this concept could apply to any part of life. Discussion continued with council members sharing ways that it can apply including our recovery, our spiritual life, personal growth, & marital relationships. In addition, the analogy of, not only how plants grow, but that they can become rootbound & how that can be translated as we sometimes narrow our lives and get in a rut which can cause us to be "rootbound."

b. Next topic: Where can we hold ROSC tabling events during the winter? Ideas given were: laundromat, Rural Health, hospital, basketball games, libraries, Old Depot (new location) & contact chamber of commerce, & contact school nurses & OWL Child Development to do Narcan training during their staffings. Serena said that she could supply Sam with more locations.

c. Discussed the Good Samaritan Law with Serena sharing how she has been focusing on it during tablings & trainings.

D. Discussed printing out the Narcan presentation for locations that lack technology.

e. Two drugs brought to our attention that are currently being used (on the streets) are Nitazine (can be reversed by Narcan) & Xylazine (cannot be reversed by Narcan).

V. Announcements

a. Arrowleaf has a new Volunteer Program in which community members can apply by filling out the Volunteer Form on our website.

b. A Christmas parade will be on Sat. 11/30/24 in Anna with the Union Co. ROSC entering a float.

c. Sam will be holding a training called “Healing at Hebrews,” a coffee shop in Jonesboro.

d. December meeting TBA

VI. Adjournment