

Effingham County ROSC Council Meeting Minutes

Date: Monday, February 24, 2025

Time: 1:00-2:00 pm

Location: 104 Blohm Ave, Effingham & Zoom

Meeting Facilitator: Samantha Hicks

Attendees:

In person: Olivia Jenkins (Hour House Prevention program facilitator), Felicia Depoister (Effingham County ROSC Recovery Navigator, CPRS), Samantha Hicks (Effingham County ROSC Coordinator), Charles LeGrand (The Pavilion Outreach Director)

Zoom: Kelly Buscher & Maria Deaconesa (Effingham Public Library case workers), Maggie Gouchenouer (IL TASC/State Police Data Analyst), Julie Pohlman (ROSC Region 4 TA Specialist), Nathan Nichols (CEFS Public Transit), Alex Schneider (HSHS Community Health Outreach Specialist), Chelsea Gouchenouer (HSHS St. Anthony, Nurse Manager), Christine Pierce (Carle Outreach), Johanna Gonzalez (IDHS/SUPR), John Reith (Recovery Coordinator), Matt Doss (TASC Center for Health and Justice Program Manager), Deb Beckman (Statewide ROSC)

Minutes

Introductions

Council meeting attendees introduced themselves and the agencies they represent. Samantha invited **Olivia** and **Charles** to share their roles in their community.

Charles stated he is the Director of Outreach for The Pavilion in Champaign, IL. They provide inpatient psychiatric care for ages 14-17 and 18+. They provide adult detox for ages 18+. They have a 28-day substance use program and currently have 10 beds open as of this moment! He stated if anyone would like to reach out to him, Samantha has his card and can pass his information along>> Charles.legrand@uhsinc.com; 217.689.8740 (cell).

Olivia provides substance use prevention education to 6th-8th students. She has wrapped up with Effingham's 6th and 7th graders and has started with the 8th graders last week. She is an employee of the Hour House. **Samantha** stated that Olivia will be a facilitator at our Youth Engagement Virtual Panel which is tomorrow evening (2/25) from 6-7pm on Zoom.

Coordinator & Recovery Navigator update

Samantha stated that we have wrapped up the ROSC Community Survey. There were 370 responses which is about 1% of Effingham County. We will be going over this in depth at this meeting. She also stated her and Felicia have been traveling to the smaller towns, which are called villages, in Effingham County including Montrose, Beecher City, Shumway, Watson, Mason, and Altamont. We have been doing community outreach and speaking with local businesses and community members about what ROSC is and giving them resources they can connect to in the future if needed. She stated they're trying to identify community helpers to possibly collaborate with for recovery efforts. She also stated this is her favorite part of the job!

Felicia stated her Recovery Wellness groups have been in effect for almost 2 years now! One takes place at Kirby Foods in Effingham every Thursday at 5pm and the other is at El Shaddai Maternity home on Wednesday. She stated it is difficult breaking into smaller communities, so she is going to start volunteering at various locations, such as Catholic Charities Food pantry in Teutopolis.

Survey results discussion

Samantha went over each question and the data result of the ROSC Community Survey. She stated the first 10 questions were what the Council had come up with and the last 10 were what the state of IL wanted to include. **Deb** stated the questions that state included will be used to track what communities have in IL and what gaps are across the state. **Samantha** went over the demographics of the data and then went over each question and asked for input.

- Harm reduction

Samantha stated that the term "harm reduction" and "medicated assisted recovery" are somewhat foreign concepts to people. Much of the responses were "neither agree nor disagree" in relation to those questions. **Charles** asked if there is resistance to things such as Narcan and needle exchange programs. **Samantha** stated that harm reduction in this area is extremely new and needs more education surrounding this topic.

Charles asked if HSHS provides any trainings or dispenses Narcan to patients leaving the ER that they've identified as having a substance use disorder. **Samantha** asked **Chelsea** and **Alex** for input. **Chelsea** stated there is no specific policy in regard to but case managers will assess individuals accordingly at discharge. **Alex** responded in the chat that 2 HSHS ministries have a Narcan partnership where they hand out Narcan to patients.

Deb stated that she worked with Take Action Today where they worked with several HSHS hospitals to get this approved. They had to get legal approval and change some policies. Clinton County makes up Narcan rescue kits and hands them out in the ER. She stated they also have a Warm-Handoff program in partnership with Gateway.

Samantha stated HSHS St. Anthony has this program as well and the contact is Kat O'Brien. It is a program where Kat will assess a client and transport a client to treatment (depending on vehicle availability and assessment). If they don't want treatment, she gives them other recovery supports in the area of where they're from. Kat uses ROSC a lot for this.

Olivia stated that a lot of the harm reduction resistance has to do with community wide stigma. She shared an experience of her giving someone a ride to church the other day and them asking

about the Narcan in her car. She was able to educate in this instance as many times people see the box and don't necessarily look into it. People may see that Narcan is available but don't know what it is or what it's used for.

- **Stigma**

Samantha stated that the #1 response to a person NOT seeking help is stigma. She asked for opinions for different routes of disease education such as focusing on how substances alter the brain chemistry along with personal stories that ROSC has done in the past. **Charles** stated while he was a case manager, this conversation was focused with the families of the person affected by SUD. "There's a complete and total neurological hijacking of your brain. The character of the person has to be separated from the disease. When someone reaches addiction, we're not working with a brain that is fully thinking through their decisions and thinking about their consequences, like, we're dealing with a brain that has been rewired."

Olivia stated that this topic is a big discussion in the classes she teaches. She tries to explain to the kids that their adults can no longer choose to not use substances once they've reached addiction by using the rewired brain concept. Kids are better able to understand it then.

Samantha stated that adults usually "choose" to use when they're kids because of trauma—adverse childhood affects.

Johanna stated that state was trying to get information on these topics (stigma, harm reduction, etc.) The data lets us know what areas to be focusing on in our efforts and also justifies funding. She also shared experience with medicated assisted recovery (MAR) efforts in the jail in Chicago because people are overdosing when they get out of jail. **Samantha** stated that in rural communities, substances use is hidden a lot of times—in abandoned buildings, the woods, bathrooms, etc. In high populated cities, it's out on the streets in people's faces so the efforts to combat the issues is readily accepted and welcomed. **Samantha** stated Effingham County jail just implemented a new MAR program in partnership with Heartland Human Services and Gentle Care Consultants.

Upcoming events

Samantha gave a run down of events coming up.

- **Youth Engagement Virtual Panel**
 - Tuesday, February 25th @ 6:00pm on Zoom
 - Partnership with Prevention First and Moultrie/Shelby County ROSC
- **Recovery Roll Bowl**
 - **Tuesday, March 18th @ 5-7pm @ Pagel Silver Dollar Lanes in Effingham**
 - Invited Heartland Human Services, Evolve Counseling, and Kat from Gateway Warm Handoff Program
- **Tails and Trials**
 - **Saturday, May 24th @ 10am-12pm @ Ballard Nature Center in Altamont**
 - Partnership with Family Mental Health Support
- **Summer Serenity Gathering- PLE Committee**
 - Saturday, June 21st @ 2pm @ Edgewood Legion Lake in Edgewood

Thank you for all you do.

Contact emails:

Effingham County ROSC Coordinator

Samantha Hicks—samanthah@hourhouserecovery.org

Effingham County ROSC Recovery Navigator

Felicia Depoister—feliciad@hourhouserecovery.org

ROSC Program Supervisor

Jenna Hays- jennah@hourhouserecovery.org

Where to find past meeting minutes: <https://www.govst.edu/Recovery-Support/South-Central-IL-ROSC/EFCRC-ROSC-Council/>



Effingham County ROSC Facebook page



****NEXT EFFINGHAM ROSC COUNCIL MEETING****

Date: Monday, March 17th, 2024

Time: 1:00-2:00pm

Where: 104 Blohm Ave, Effingham & Zoom