

# Logan/Mason ROSC Meeting Notes

February 20<sup>th</sup>, 2025

## **Attendance:**

Abby Behrens (Brightpoint)  
Jeanette Davis (Chestnut Health Systems- Logan/Mason ROSC)  
Kara Davis (Logan County Department of Public Health)  
Austin Dambacher (Sangamon County ROSC)  
Whitney Devine (Sangamon County ROSC)  
Kristina Drum (Clark and Cumberland ROSC)  
Kami Garrison (Chestnut Health Systems-Region 3 TA)  
Dani Hernan (SIU Center for Family Medicine)  
Lori Jackson (SIU Center for Family Medicine)  
Kari Knapp (Chestnut Health Systems)  
Bahiyah Khalilallah (Chestnut Health Systems-Statewide ROSC)  
Carmen Lanham (Family Guidance Center-Regional Substance Use Prevention Integration Center (RSUPIC))  
Lisa Latham (West-Central Illinois Area Health Education Center)  
Molly McCain (Lincoln Memorial Hospital)  
Brycen McFadden (Oxford House)  
Joe Meister (Lincoln Police Department)  
Julie Pohlman (Chestnut Health Systems-Region 4 TA)  
Marie Riley (Sangamon County Department of Public Health- Early Intervention)  
Tia Schum (Piatt County Mental Health Center)  
Nichole Tinker (Trillium Place an affiliate of Carle Health)  
Liam Wheeler (Central Illinois Continuum of Care)  
Colin Witt (Chestnut Health Systems- BN Parents, Impacted Youth Project)  
Kaytlin Lehman (Fulton-Mason Crisis Service)  
Roxanne Stelle (Lincoln Memorial Hospital)  
Lindsay Reedy (Douglas County ROSC)

## **Old Business:**

- What is ROSC? ROSC is a coordinated network of community-based services and supports that is person-centered and on the strengths and resilience is of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or mental health challenges. The central focus of a ROSC, is to create an infrastructure, a “systems of care”, with the resources to effectively address the full range of substance use and/or mental health challenges within communities.
- Logan/Mason ROSC Mission Statement: Improving access to health, wellness, and holistic recovery options for people who are at risk of, or suffering from, substance use disorders while educating and connecting Logan and Mason Counties to reduce stigma and improve recovery outcomes.

- The Logan/Mason ROSC Anti-Stigma Campaign has posters displayed around the community. The posters can be given to you digitally or in hard-copy form. There will be a more intentional plan to start partnering with other businesses and agencies to be able to get the materials out. The tagline is “Reframing Recovery.” This is an effort to find different and creative ways on how to present these materials to the community.

### **New Business:**

- During the ROSC meeting, the meeting participants went through a SWOT analysis (Strengths, Weaknesses, Opportunities, and Threats). This tool will be used as a part of the ROSC’s strategic plan going forward.
- Threats:
  - No end in sight for new cases/people who need recovery services.
  - Stigma around recovery and denial that there is a community problem.
  - Prior failure to deliver on objectives or see tangible results from recovery efforts.
  - Poor access to Internet/cell phone services- barrier to using Telehealth services.
  - Healthcare gaps and lack of mental health professionals.
  - COVID has presented new challenges- gaps in in-person services.
  - Inadequate youth services, prevention and treatment options.
  - Lack of willingness to collaborate/resistance to collaboration.
- Another threat mentioned in the meeting was regarding the denial that there is a problem in the community.
- Logan County has shown a readiness and awareness of the work that needs to be done; Mason County is coming along as there has been momentum in that area.
- There may be some stigma around recovery that needs to be addressed still.
- We would love to see a reduction in people who need services, but the truth is that we are seeing more people in need of services. Seeing more people connected with services is positive.
- Educating and making people more aware of the services may help people get connected to services.
- Some agencies may be short-staffed and have a decrease in engagement to all services.
- The lack of willingness to collaborate and resistance to collaboration with different agencies may have been a threat a while back, but we are doing a great job with it now; this can be removed from the threats list and put with one of our strengths.
- With resources like Telehealth and other various options have grown because of COVID. This can be considered positive.
- As we continue to build Hope on 5<sup>th</sup>, we’d love to be able to have better Internet access to those who need it.
- We still may be struggling with the mental health component, despite having some healthcare gaps being bridged better. We are struggling to have and maintain professionals that can provide service in our county. Our rates of providers for people that need services are out of balance. There is a long waitlist for mental health services.
- At Trillium, a lot of people are using Zoom to access therapy services. This is available if no one else is available to make appointments. Assessments are able to be completed on Zoom, which can reduce the transportation barrier.

- Having Medicated-Assisted Recovery (MAR) access is important.
- Family Guidance Center has Mobile MAR.
- Through SIU, the MAR program provides transportation for those who need it. MAR takes precedence.
- We don't have any in-patient treatment centers (detox services), which could be considered a weakness instead of a threat.
- Funding can be considered and added as a threat; learning how to diversify funds.
- Opportunities:
  - Other organizations willing to partner/assist with action in Logan and Mason counties.
  - Technical assistance and free trainings from Faces and Voices of Recovery in Illinois, developing RCOs.
  - Recovery Corps contracted to provide services to the state- peer recovery specialists.
  - Heartland Peer Specialist apprenticeship- possible local option.
  - Government officials are largely aware and supportive of the need for increased recovery actions.
  - Lack of public transportation options or support to help people in recovery get to treatment.
  - TW will be transporting people from the Mason County area who are in crisis and get them to where they need to go.
  - 5<sup>th</sup> Street Building is being built to be a safe space to gather and feel supported and having services available (this can be considered a strength).
  - Expanding sober living options in our area (this can be considered both a strength and an opportunity).
  - Lack of resources for PLE to access benefits.
- We have a seven-man Oxford House and would love to have one for women.
- Currently, 16 residents are being housed at Hope on 5<sup>th</sup>.
- With our people of lived experience, we'd like to provide them with trainings. This is an opportunity for us to work as a community to help those people that are living in recovery who would like to build up their resume, learn a new skill, etc.
- A felony-friendly list of employers in the area may be helpful for people. Creating a list and having collaboration with local businesses can be beneficial. We could utilize the [logancountyresources.org](http://logancountyresources.org) page to create a list and make it available.
- Weaknesses:
  - No existing in-patient treatment centers.
  - Lack of access to local support group meetings.
  - Lack of MAR services and wraparound services (this can be moved to strengths).
  - Resistance to facing the issue within the community/denial/lack of understanding of education of addiction as a disease, rather than a moral failure (we can remove denial).
  - Despite desire to collaborate, many providers and organizations remain silos of service (this can be moved to strengths).
  - Limited financial resources- two small rural counties (this is a threat and a weakness).
  - We need additional representation from PLE.
- We want to continue to educate our community and find ways to do that.
- We want to invite people to come to our meetings.

- Salvation Army is partnering with a Lincoln Theaters to show a movie. A portion of the proceeds will go back to the nonprofits for the unhoused. The movie is called “No Address.” It will be showing on February 27<sup>th</sup> at 7:00 p.m. Tickets can be found at the Salvation Army. Depending on what ticket you purchase, you can also get popcorn and soda and an increased donation.
- Strengths:
  - Strong awareness of the need for expanded recovery services.
  - Committed ROSC Council.
  - Passion and willingness for the work.
  - Compassion and understanding, desire to create an inclusive environment.
  - Strong foundation in the community: Drug court, etc.
  - Collaborative spirit and desire to work together.
  - Inclusive of PLE- a group committed to participating PLE- creating a space for folks to participate.
  - Some existing movement towards expanding services and supports in the area.
  - Recovery in Action subcommittee.
  - Funding available for Peer Recovery Specialist trainings.
  - Oxford House is looking at the area, providing potential for recovery housing.
  - SIU MAR program.
  - Access to Harm Reduction services.
  - Celebrate Recovery meeting (Open Arms).
- Hope on 5<sup>th</sup> will be moved to one of our strengths.
- We will add collaboration and work going into the deflection program.
- We can also add that there are multiple pathways to recovery (SMART Recovery, CODA, Open Arms, Celebrate Recovery).
- Near the end of the ROSC meeting, two winners were picked for filling out the Recovery Community survey. The prize was two \$50 Amazon gift cards.

**Reminders/Recovery Resources:**

- The Logan/Mason ROSC has updated meeting cards. They should be in by February 21<sup>st</sup>. The website and QR code have been updated with all the new meeting information. Celebrate Recovery and the new SMART Recovery meeting are now on the meeting cards. The ROSC would like to get them to you if needed; they can be hand-delivered or put in the mail.
- The SMART Recovery meeting is new; it is not a 12-step meeting. This is an evidence-based program that utilizes Cognitive Behavioral Therapy (CBT). This is not just for substance use, but for anything that could prevent someone from living a higher quality of life. Please share this opportunity with those you serve.
- A brand new meeting has started at Hope on 5<sup>th</sup> (downstairs). It is a women’s only meeting. It is called “A Woman’s Way Through the 12 Steps.” There are about seven or eight committed women who have begun this meeting. The meeting is on Sundays from 1:00 p.m. – 3:30 p.m.
- There is an Odds and Ends Peer Recovery Support Group for Mason County. In the winter, this group meets at the Hardees in Havana on Wednesdays at 6:00 p.m. If there is anyone in the Mason County area that would like flyers printed or a digital copy to share in your area, please let the Logan/Mason ROSC know.

- There are multiple places in Logan County where harm reduction resources are available (naloxone, benzo testing strips, xylazine testing strips, and fentanyl testing strips). These resources are available 24 hours a day at a vending machine at the Family Custom Cleaners in Lincoln. These are also available at the health department during business hours (front space). The Mount Pulaski Library has a side entrance open 24 hours a day for people to access these resources. The courthouse and jail also have these resources available.
- If your organization or agency would like to be educated about harm reduction resources or would like to have them at your place, please reach out to the Logan/Mason ROSC.
- In Mason County, harm reduction resources are available at the Havana Public Library during business hours. Resources are available at the Mason County Health Department and the public library in Manito. The Mason City Library is also carrying harm reduction resources. The Mason County Jail has agreed to hand out resource bags (naloxone, testing strips, etc.) that will be put together by the Logan/Mason ROSC.

### **Upcoming Events:**

- The deflection program implementation planning meeting has been named “BRIDGE.” BRIDGE stands for Build, Recovery, and Inclusion for Dignity for Growth and Empowerment. The objective is to serve and deflect those who are struggling with substance use and mental health. There will be a meeting every other week, starting Tuesday, March 11<sup>th</sup> from 1:00 p.m. – 2:30 p.m. at the Logan County Department of Public Health. There is a link to join the hybrid meeting. If you’re interested, email Jeanette so that you can be put on the distribution list.
- The Recovery in Action subcommittee meets at Hope on 5<sup>th</sup> (second Tuesday of every month). The next meeting is at 4:30 p.m. on Tuesday, March 11<sup>th</sup>. If you have ideas on the planning of events or ways we can educate our community, this is where we need your skills. This is open to anyone who is interested in participating.

### **Contact Info:**

- Jeanette Davis- Recovery Specialist
  - [jedavis@chestnut.org](mailto:jedavis@chestnut.org) ; 217-871-3208
- Grace Irvin- Prevention Coordinator
  - [gcirvin@chestnut.org](mailto:gcirvin@chestnut.org) ; 309-451-7776
- Tristan McGrew- Recovery Corps. Project Coordinator
  - [tjmcgrew@chestnut.org](mailto:tjmcgrew@chestnut.org) ; 309-229-3921
- Nadia Klekamp- Director of Integrated Community Education
  - [nfklekamp@chestnut.org](mailto:nfklekamp@chestnut.org) ; 309-824-3765

### **Next Meeting:**

- Thursday, March 20<sup>th</sup> at 2:00 p.m.
  - This meeting will take place at Mason City Public Library (Mason City). For those unavailable to attend in-person, a Zoom option is provided.

- Join Zoom Meeting:  
<https://zoom.us/j/93561727220?pwd=TDVsWHRJldYWnRnb2dnVFJTaTByQT09>
- Meeting ID: 935 6172 7220 / Passcode: 395255

**End of Meeting:** 3:02 p.m.