

DuPage ROSC Council Meeting Minutes

March 12th, 2025

0:00-27:00

ROSC Coordinator Jarrett Burton starts this month's meeting by welcoming everyone and introducing himself. Jarrett asks everyone to put their name and contact information in the chat.

Jarrett talked about the importance of everyone sharing their contact information, as it helps the ROSC report on attendance, but also so people can connect offline for referrals, collaborations, etc.

Jarrett started the meeting by asking if anyone is attending the DuPage ROSC Council meeting for the very first time, so that they can introduce themselves. No one was here for the first time.

Jarrett says that last month's icebreaker question was about what everyone did to practice self-care. This month the ice-breaker question is: what is on your bucket list? Some of the answers attendees gave: drive the length of the original Route 66, attend a Cubs World Series game at Wrigley Field, visit a Japanese island that's mostly cats, skydive, swim with dolphins, visit an elephant sanctuary, see the northern lights from Norway, see the Chicago Bears play NFC Championship Game at a new stadium.

Jarrett took a few minutes to describe the ROSC model and what DuPage ROSC works on, specifically. He then went over the agenda for the meeting.

ROSC Coordinator Jarrett Burton promoted a number of upcoming meetings and trainings being put on by DuPage ROSC and their community partners:

ROSC Coordinator Jarrett Burton then promoted the March edition of the DuPage ROSC Presentation Series. Blake Worman, Recovery Navigator, will be presenting on Ibogaine, a psychoactive African shrub that has been used to help treat opioid use and other mental health challenges. Blake got on the mic to explain more about Ibogaine, which has also traditionally been used by African tribesmen in coming of age ceremonies. Because Ibogaine activates the mu-opioid receptors in the brain, it's helped thousands of opioid addicts quit using. Jarrett said that a lot of people have been asking for the recording and slides from the previous month's presentation on nitrous oxide, and he hopes that the Presentation Series can continue to be a place where we learn about substance use trends, and treatment options that have been marginalized for one reason or another.

ROSC Coordinator Jarrett Burton then promoted the ROSC's work in creating Narcan Access Points throughout DuPage County, and showed the list of partner sites that ROSC provided Narcan wall boxes for in the past year. Jarrett said that the contract with the Health Department has been re-upped for the next year, and DuPage ROSC is looking for new partner sites in specific geographic areas of DuPage.

ROSC Coordinator Jarrett Burton then promoted the upcoming "Help Teens Have A Summer To Remember" event, a collaboration between ROSC/Serenity House and the Prevention Leadership Team. Jordan Esser, Coordinator for the PLT, came on to talk more about the event, which will feature presentations on alcohol, marijuana, and vaping. Additionally, there will be resource tables, and there will also be Spanish translation if needed.

ROSC Coordinator Jarrett Burton then promoted a Connection Through Loss meeting happening every other Thursday at 7:30pm at Serenity House (892 S Rohlwing Rd, Addison), and led by colleague Felicia Miceli. This meeting is specifically for the friends, family, loved ones, and allies of people who've lost their lives to the disease of addiction.

ROSC Coordinator Jarrett Burton then promoted a SMART Recovery Friends and Family meeting happening every Thursday from 6pm-7pm at Serenity House (892 S Rohlwing Rd, Addison), and led by colleague Felicia Miceli. This meeting is specifically for the friends, family, loved ones, and allies of people struggling with substance use challenges. Jarrett says that friends and family can sometimes be forgotten about in the process of someone trying to recover, so it's crucial to be able to provide that support for them.

ROSC Coordinator Jarrett Burton then promoted then promoted the SMART Recovery meeting run by the DuPage RCO at Stonybrook Center, which is a local MAT clinic in Wheaton. This meeting is open to the public, and takes place every Wednesday from 1-2pm. RCO Coordinator Danielle Heffernan joined us to promote the meeting, and describes SMART as an alternative to 12-Step recovery meetings that used Cognitive Behavioral Therapy and goal-based work and says that several clients at Serenity House that were resistant to AA or NA have really thrived using SMART Recovery.

ROSC Coordinator Jarrett Burton then invited up Serenity House CORS grant coordinator Danny Sourbis to promote some of their meetings and events, and how to get involved with that grant program:

Serenity House CORS grant coordinator Danny Sourbis promoted a virtual Refuge Recovery Meeting taking place every Saturday from 10:30am-11:30am on Zoom. Danny says that Refuge

is a recovery program based around the core tenants of Buddhism, and offers a lot of mindfulness and meditation as recovery practices. Refuge can be a great alternative to 12-Step and other traditional recovery programs.

Serenity House CORS grant coordinator Danny Sourbis promoted a hybrid Veterans Support Group meeting that takes place every Thursday from 6:30p-7:30p on Zoom and at Serenity House (891 S. Rohlwing Rd, Addison).

Serenity House CORS grant coordinator Danny Sourbis then promoted a virtual SMART Recovery meeting happening each Saturday from 9am-10am on Zoom.

ROSC Coordinator Jarrett Burton introduced Blake Worman, who helps with the ROSC Referral Hub, as well as the ROSC Resource Guide and Map. Blake said that the Referral Hub was now up to 141 members, and the referral tally for the month was 32. Becky Sadler from Rosecrance Foundation was this month's MVP, and she will be receiving a gift card for her efforts. Blake said that some of the referral requests this month really highlight the breadth of our ROSC Council members' knowledge base.

Blake transitioned into talking about the ROSC Resource Guide, which he's been working on for months now, which covers a dozen different sectors and has listings for the organization, direct contact, insurance information, and more.

Blake then provided a demonstration of the ROSC resource map, which uses the information submitted to him through the Hub and resource guide. Blake also made the map searchable by keyword, which includes insurance information. The map will be continuously updated, and anyone should be able to access it online.

27:00-48:30

ROSC Coordinator Jarrett Burton continued to talk with Recovery Navigator Blake Worman about the recent Community Needs Survey. Jarrett gave an overview on the details: it was a survey completed in collaboration with IDHS/SUPR, and it was created to identify the strengths and gaps in services in our county. Jarrett said that he expressed to the state that we felt it would better serve the ROSC to run surveys in warmer temperature in the future, so as to access more people. He also said that there are at least 3-4 other major surveys happening around the same time, and that folks may be experiencing survey fatigue.

Jarrett gave an overview of some of the key findings:

- People felt there have been positive changes in the perception of substance use and mental health

- The efforts in addressing the opioid crisis have been mostly successful
- People feel that DuPage is somewhat of a desert with regards to inpatient/residential treatment, transitional housing, and emergency housing
- Folks felt that it wasn't too difficult to find services, but faced barriers of: economics, insurance, language, etc
- People generally have empathy for people living with substance use and mental health challenges
- People feel that Medication Assisted Recovery (MAR)—even polarizing options like Methadone—is an effective recovery method
- People felt that needle-exchanges were a positive harm reduction method
- Transportation was identified as a common barrier to services

ROSC Coordinator Jarrett Burton then went over the major gaps/concerns found in the survey:

- Transitional housing and sober living, frequency of vacancies at the available options
- Treatment options for the uninsured
- Public transportation
- Lack of providers that accept Medicare and Medicaid
- Lack of distinct inpatient/residential/sober living options within DuPage County
- Lack of residential care specifically for mental health, rather than substance use
- Unaware of how to navigate services for the first time
- Child care while in treatment
- Lack of programs that will take people who are unhoused and single, unlike as with parents with children
- Communication barriers if English is not their first language

Jarrett and Blake also spent a few minutes going over other observations from the survey:

- Survey takers noted the lack of available inpatient, sober living, and traditional housing facilities specifically within DuPage County

-A common theme among the open ended question about coverage/needs + gaps was lack of treatment options for those with public insurance, or without insurance, and the costs being prohibitively expensive if uninsured, or completely unavailable.

-Filtering by age shows a general trend of less knowledge about where to go to treatment without insurance as the age range moves higher.

-Filtering by income level impacted whether or not someone answered with “transportation” being a barrier to services

-Filtering by income level shows a trend towards decreasing difficulty in finding treatment as income gets higher, giving support to the increased need of places with a public insurance option.

ROSC Coordinator Jarrett Burton then went over the word cloud created from the answers respondents gave in the open ended question about their opinions on the biggest barriers to services in DuPage County. Some of the most popular answers given: insurance, transportation, housing, education.

Jarrett closes out this segment by telling everyone that they hope to keep some questions from the survey up over the course of the next year to continue collecting data.

48:30-End

ROSC Coordinator Jarrett Burton then opened the floor to anyone who wanted to promote a meeting, program, event, etc:

-There is a Take Back The Night Event being held at Benedictine University, in collaboration with Metro Family Services.

-Mark Matthews from Greater Family Health gave a shout out to Danielle Heffernan, who runs the DuPage RCO monthly virtual Narcan training. Mark attended the training and took notes back to his own trainings for Greater Family as well as all of the CRSS students at Elgin Community College.

-John Skocz from Central DuPage Hospital mentioned that Arab American Family Services is looking to hire a new therapist, especially one that is bilingual

ROSC Coordinator Jarrett Burton thanks everyone for attending, and reminded us that the next DuPage ROSC Council meeting will be held on Wednesday, April 9th at 3pm with guest speakers HLM Recovery and Geode Health.

