

EDGAR COUNTY ROSC MEETING MINUTES

March 25th, 2025

5:15 PM

Paris Hospital Conference Room D and on Zoom

Attendees: Nicki Hanks, Jessica Parrill, Lexanna Strader, Norm Wilson, Conner Dotson, Judy Benton, Jack Hoffman, Rick Cook, Debbie Cook, Doug Cochran, Amanda Thompson, Sue Sheeran, Nate Alexander, Mary Morgan Ryan, Cory Hanks, Bethany Wagoner, Kyra Graham, Marylyn Frey, Johanna Gonzalez, Michelle Hibbard, Lisa Foster, Scott Foster, Linda Lane, Judy Benton

Spotlight Agency/Wabash Valley Recovery Center (Keith Myers)

Keith Myers presented on behalf of the Wabash Valley Recovery Center, which provides hope, support, resources, and advocacy for individuals and families affected by substance use disorder. The center serves multiple counties, including Parke, Vermilion, Vigo, Clay, Putnam, Sullivan, Knox, Greene, Owen, and Monroe.

The Wabash Valley Recovery Center offers various services, including one-on-one Peer Recovery Coaching, where Peer Recovery Coaches use their lived experience and specialized skills to connect with individuals in ways that formal clinical treatment often cannot. The center also supports harm reduction, emphasizing that building relationships with individuals in active use can be a vital first step toward recovery.

Additional programs include the I.N.S.P.I.R.E Jail Program (Incarceration Support Peer Recovery Empowerment), which provides reentry support and peer assistance for incarcerated men and women. The C.L.E.A.R Program (Choose Law Enforcement Assisted Recovery) aims to reduce criminal justice involvement and break the cycle of recidivism by promoting recovery, better decision-making, and healthier lifestyles.

Other services provided by the center include immediate connections to detox or inpatient placement, sober living and transitional housing, family support, community outreach, assistance with health coverage enrollment, and Lyft rides for individuals in recovery.

The center also hosts two annual fundraising events: the Blackout Addiction 5K Glow Run in the fall and the Recovery is Beautiful Gala in the spring.

Council Member of the Month

Nicki celebrated Doug Cochran as the council member of the month for his dedication to community safety and education on human trafficking, requesting a bio for social media to highlight his contributions.

Deliverable Documents Council improvements

Nicki announced plans to distribute a survey via email to gather feedback on improving future meetings.

The Strategic Plan Strategic goals for the ROSC Council were outlined, focusing on enhancing support for individuals in recovery, developing a warm handoff program with Horizon Health, and addressing transportation issues through volunteer drivers. Initiatives to promote community education on substance use disorders and harm reduction were also discussed, including naloxone training and distribution.

Freedom Rally/National day of prayer (Jack Hoffman)

Mission: To provide deliverance, and a positive direction toward permanent sobriety for those enslaved in the chains of addiction; and to give generous assistance to the recovery/support and mentoring organizations in Paris/Edgar County that diligently reach out to those in need.

When: On the evening of the annual National Day of Prayer, Thursday May 1st.

Where: The faith-based event will be held at **First Baptist Church of Paris (201 S. Central Ave.) at 6 pm.** It will include a light supper (catered by Butch Maloviski and Paris Family Restaurant) for recovery groups and their guests. Also, a dynamic, toe-tapping musical presentation by ***Doug Roark and Anthem Edition's 180' Mission*** that will be presented without charge to attendees. Anthem Edition is an award winning, Georgia based, national premier quartet (southern gospel /inspirational) that audiences truly enjoy. Doug will share his personal uplifting message, who as a former addict (cannabis at 9, cocaine by needle at 14); found the permanent answer of deliverance, for a life of sobriety and purpose.

Proceeds: The monies raised for this outreach will be used for the Freedom Rally, including the expenses incurred in hosting Anthem Edition and all aspects of the "Evening of Hope." ***Surplus funds, after expenses of the "Evening of Hope", will be appropriately shared with those recovery/support organizations involved in the Freedom Rally; which are able to accept contributions.*** Organizations committed to taking part include Celebrate Recovery, RU Recovery, Paris Soup Kitchen; and other not for profit recovery/support groups, yet to be announced. The recovery organizations will have information available during the evening.

How to support: For expediency and accountability, the monetary funds are being handled by Pastor Rick Cook and Pastor Tom Black thru the RU Recovery (**a 501c3**) ministry they co-lead. You will receive statement of contribution for your involvement. Any checks you make should be made to **RU Recovery/Freedom Rally**. You can hand deliver support by check or cash (check is preferred) to either pastor listed above or also Rev. Jack D. Hoffman [217-712-0304]. You can mail your contribution care of First Baptist Church of Paris, 201 S. Central Ave. Paris, IL. 61944. The accountability oversight of funds for this event also includes the Rev. Jack D. Hoffman and Edgar County ROSC director Nicki Hanks. All funds should be disbursed before the end of May (unless unforeseen circumstances happen). No individual fund raiser or overseer

will personally profit from any support raised – it all goes to help those recovering from addiction.

Levels of sponsorship: Up to \$99 – bronze donor - \$100 to \$399 is a Liberator - \$400 to \$999 is a Chain Breaker....\$1,000 and up is a Freedom Fighter! All sponsors will be acknowledged by level in the newspaper, and on Facebook pages (such as ROSC and Recovery Groups).

Liberator, Chain Breaker and Freedom Fighter donors will also be listed on the Freedom Rally's banners, advertisements or bulletins and will enjoy reserved seating; and mentioned during the rally by the emcee. Donors will be invited to participate in a group photo with Anthem Edition. In addition, the Liberator, Chain Breaker and Freedom Fighter donor(s) will be allowed an individual photo with Anthem Edition; suitable for wall display in office or home.

Help make a difference in Paris and Edgar County residents by supporting the Freedom Rally.

Agency Updates

ECPHD

Lexanna Strader stated Edgar County Health Department will be hosting a Community Baby Shower on Thursday, May 1st, from 11:00 AM to 1:00 PM at the Step Station, located at 14793 E 1200th Road, Paris, IL 61944.

Connor Dotson also announced that the Medical Reserve Corps will host a community kickoff event on Tuesday, April 8th, at 5:00 PM at the Edgar County Health Department.

Neighborhood Watch (Scott Foster)

Scott distributed postcards with a QR code for registering home cameras to help enhance community safety.

Recovery Court (Norm Wilson)

No update at this time

HRC (Amanda Thompson)

Amanda stated that, with April being Sexual Assault Awareness Month, HRC has created posters to be displayed in local truck stop bathrooms as well as restaurants. She asked that if anyone has additional resources for the poster or suggestions for locations to display it, they contact Michelle Creech at Michelle.Creech@hrc.org.

CARE Coalition (Lisa Foster)

Drug take-back day will be April 21st from 9 AM – 3 PM behind Prospect bank.

Soup Kitchen (Sue Sheeran)

The Helping Hands Soup Kitchen will be celebrating its first anniversary in July. To support this effort, First Mid Bank will organize a food drive for the kitchen. Community members who would like to contribute can donate food or make monetary donations to help feed those in need. For more information or to donate, please see Vicki or Sue.

Trafficking training (Doug)

Doug will be hosting two more Handle with Care training sessions. If you are interested in participating, please get in touch with him for more details. Additionally, a meeting has been scheduled with the Illinois State Police administration on April 18th to manditory the implementation of the Handle with Care program across the state of Illinois. Shiloh School has requested that Doug meet with groups of students to provide education on human trafficking. Furthermore, the DEA is promoting the "One Pill, One Kill" program, which will be implemented in public schools to raise awareness about the dangers of pills.

RU Recovery (Rick Cook)

RU Recovery is seeing 10 – 15 Individuals per week at this time.

Celebrate Recovery (Nicki Hanks)

No update at this time

Next Meeting: April 22nd, 2025 Paris Hospital Conference Room A and on Zoom

EDGAR COUNTY ROSC SUBCOMMITTEE MEETING MINUTES

March 20, 2025

2:30 PM

Stagecoach Coffee

Attendees: Nicki Hanks, Jessica Parrill, Lexanna Strader, Kyra Graham, Lisa Foster, Andrew Garvin, Michelle Creech, Connor Dotson, Jenny McMahan, Amanda Thompson, Linda Lane, Kim Ross

Planning Community Events and Training

At the meeting, Nicki led the discussion on the upcoming community events and trainings. She also passed around volunteer sign-up sheets for each event.

The *Bridge to Understanding Addiction and Harm Reduction* event will be held at the First Baptist Church on Tuesday, March 27th, 2025, at 4:00 PM. Kim and Nicki were able to contact Horizon Health's Behavioral Health and HRC, and both organizations will have tables set up at the training to provide resources available in the community.

The next Free Laundry Day is scheduled for April 17th, 2025. Nicki noted she will be unable to attend; however, Michelle Creech and Norm Wilson will be there to assist Jessica. Nicki also mentioned that there are sufficient funds to continue supporting this initiative through July 2025.

The *Recovery on a Roll with ROSC* (Free Skate Night) event date has been changed due to unforeseen circumstances. The new date is April 24th, 2025. ROSC is currently seeking donations of candy to include in gift bags for participants. Andrew Garvin volunteered to donate the candy.

The *Recovery Flow* (ROSC Yoga Event) will be held on Thursday, May 15th, 2025, from 11:00 AM to 12:00 PM at West Lake Park in Paris. Nicki emphasized that yoga can be very therapeutic for individuals new in recovery, particularly in supporting their emotional well-being.

Lastly, the *ROSC Color the Sky* event is scheduled for June 7th, 2025, at Sunrise Park on High Street in Paris. Nicki requested that each participating organization bring an activity and resources to share with attendees at the event.

FY26 Budget for training and events

Nicki mentioned that ROSC is preparing to create the budget wish list for FY26 and asked the Council for input on events or trainings they would like to see in the upcoming year. The Council suggested incorporating more testimonies from individuals with lived experience, as these stories can be powerful and inspiring. They also expressed interest in launching a social media campaign to increase awareness and engagement. Additionally, the Council recommended hosting a workshop for natural helpers, focusing on how to support individuals struggling with substance use disorder (SUD). Another suggested topic was the connection between pain medications and the development of SUD, emphasizing the need for education in this area.

Round Table discussion

Nicki posed the questions, “What are your goals for the next year?” and “How can ROSC assist in your efforts?”

In response, Michelle Creech from HRC shared that April is Sexual Assault Awareness Month. As part of their efforts, they have created posters with hotline numbers for trafficking victims, which they plan to place in local truck stops and restaurant bathrooms. Kim from the Health Department expressed interest in displaying one of the posters in the health department’s bathroom as well. Additionally, Michelle mentioned that HRC is looking to host a wellness walk in July 2025. Nicki suggested the possibility of combining the wellness walk with the Recovery Picnic in September, turning it into a full day of recovery-oriented fun and education. Nicki and Jessica agreed to attend Michelle’s next meeting to help plan the event.

In response, Connor Dotson shared that the Medical Reserves Corps community kickoff date was set for April 8th, 2025.

In response, Kim Ross from the Health Department stated they are looking for more resources for youth. Nicki mentioned reaching out to Ambrosia with the circle of care. Nicki will also send Kim information for the Illinois Family Resource Center. Kim also stated that with health department would be willing to provide a free food handlers class for individuals in recovery. To help with second chance employment.

In response, Andrew Garvin stated that his church is looking to expand and incorporate a Navigate program for men. The program aims to foster community, restoration, and discipleship, helping individuals rediscover their God-given identity. Through Christ-centered lessons, live testimonies, small group discussions, and prayer, participants move beyond self-awareness to embrace recovery and restoration.

Navigate focuses on uncovering the root causes of destructive behaviors and negative thinking. Rather than simply managing these challenges, it promotes true healing through transformative encounters with God and supportive relationships. By addressing past wounds, participants can break free from harmful coping mechanisms and step into a life of purpose.

The curriculum follows a navigation theme:

- **Destination** – Defines the lesson’s goal.
- **Lesson** – Provides scripture-based guidance and real-life examples.
- **Share Your Location** – Encourages participants to reflect on their starting point in small, gender-specific groups, fostering connection and self-discovery.
- **Make It Vertical** – Shifts focus to trusting God for healing and growth.

Sessions conclude with prayer, with an option for individual prayer support.

Garvin shared a personal insight about the balance between horizontal (human) and vertical (God-centered) healing. Despite therapy providing clarity, true transformation came through deepening his relationship with God. Navigate bridges this gap, combining spiritual and relational healing to help participants break isolation and find lasting restoration.

In response, Lisa Foster, on behalf of CARE, stated that CARE is currently seeking a board member, preferably a male with lived experience. She mentioned that they are at a standstill until they can fill this position and are eager to move things forward. Lisa encouraged anyone interested in the board position, or anyone who may know of a potential candidate, to reach out.

Next Meeting: May 15th, 2025. At Stagecoach coffee