

Effingham County ROSC Council Meeting Minutes

Date: Monday, March 17th, 2025

Time: 1:00-2:00 pm

Location: 104 Blohm Ave, Effingham & Zoom

Meeting Facilitator: Samantha Hicks

Attendees:

In person: Kat O'Brien (Gateway Foundation Warm Hand off Program @ HSHS), Felicia Depoister (Effingham County ROSC Recovery Navigator, CPRS), Samantha Hicks (Effingham County ROSC Coordinator), Scott Deweese (Pavilion Outreach Coordinator)

Zoom: Kelly Buscher & Maria Deaconesa (Effingham Public Library Case Managers), Julie Pohlman (ROSC Region 4 TA Specialist), Nathan Nichols (CEFS Public Transit), Alex Schneider (HSHS Community Health Outreach Specialist), Johanna Gonzalez (IDHS/SUPR), Heather Greenwood (Southeast Illinois Area Health Education Center), Amy Robinson (Birth to Five IL Region 3 Manager), Olivia Jenkins (Hour House Prevention program facilitator), Carrie McKenzie (Gateway Foundation- Outreach), Michelle Dettwiler (Macoupin/Montgomery County ROSC Coordinator), Margot Cepeda (VA Affairs)

Minutes

Introductions

Council meeting attendees introduced themselves and the agencies they represent. Samantha invited anyone attending to share their upcoming projects or roles in the community.

Kat stated: "I'm the Engagement Specialist for Gateway at St. Anthony's Hospital. I wait to be needed at the hospital when somebody comes in with any substance use, so whether that's drugs or alcohol, I meet with them and just talk to them about their usage patterns and what goals they have for themselves in the future, and if they want to go to treatment, whether that's inpatient or outpatient, or even just support like Felicia offers, and then I connect them with that treatment or support before they leave the hospital."

Amy gave an overview of what Birth to 5 in Region 3 is doing:

- Working with Hour House with the Handle With Care Initiative—12 participants so far who have signed up—targeted audience is school districts, law enforcement, and emergency management>> [Illinois Family Resources - "Handle with Care" Initiative](#), stated they spoke with the Effingham County Sheriff's Dept and Altamont & Beecher City school resource officers which was great conversation. NEED IDENTIFIED: Law enforcement is not trained in specifically addressing children in crisis. Birth to 5 is

working on providing support for trainings and professional development such as mental health first aid, how to deal with children in traumatic situations to avoid causing more trauma.

- Illinois Doc Assist—great feedback from this resource>> [Illinois DocAssist | HFS](#), can be used by medical doctors, clinicians, school nurses, if you do lactation consultant or you're a midwife or a doula, etc. Can also be used for support for mental health crisis in rural areas
- Posts about substance misuse in children on Facebook page will be starting soon >> [\(13\) Birth to Five Illinois: Region 3 Group | Facebook](#)
- March 23rd is Drug Endangered Children Awareness Day—We are going to be pushing out the posts and the support for that-- We also be volunteering at Crisis Nursery that Friday so we can help support them to stuff the truck
- We're going to collaborate with Prevent Child Abuse Illinois to host a virtual watch party for the movie Resilience.
- Able Parents Essentials program

Coordinator & Recovery Navigator update

Samantha stated her and Felicia have been traveling to the smaller villages in Effingham County including Montrose, Beecher City, Shumway, Watson, Mason, and Altamont to give ROSC resources and identify “helpers” of the village to collaborate with for future projects. She stated she’s been working on updating the ROSC Council’s strategic plan which is what we will be going over this meeting.

Felicia touched on her Recovery Wellness group. She stated when it first started (2 years ago), there was usually only 1-2 in attendance and has grown to 5-6 and is a great meeting. It takes place at Kirby Foods in Effingham every Thursday at 5pm. She stated she’s been working closely with the PLE Committee to roll out our upcoming events as well.

Strategic Plan results discussion

Samantha read each goal of the strategic plan and asked attendees to drop their favorite goal to work towards in the chat.

Kat – 7, 8

Nathan- 7

Heather- 6, 7

Amy- 4, 6

Case Managers- 1, 4, 8

Alex- 2, 7

Michelle- 7

Goal 1: Create a volunteer transportation list for individuals needing Residential treatment for Problem-Solving Court, Probation, and Safe Passage.

Goal 2: Create certified Recovery Support Specialist/Peer Recovery Specialist positions in

Effingham County.

Goal 3: Support potential RCO development in Effingham County, IL.

Goal 4: Focus Recovery-oriented outreach towards identified villages (9) in Effingham County, IL.

Goal 5: Increase awareness and information for health promotion around harm reduction in Effingham County, IL.

Goal 6: Maintain ROSC presence in the community by hosting Recovery-oriented events facilitated and planned by the Persons with Lived Experience (PLE) Committee.

Goal 7: Collaborate with community schools to provide education on substance use, mental health, and harm reduction resources.

Goal 8: Establish a Recovery home residence in Effingham, County IL.

****This strategic plan has since been updated.**

Highlighted at the top 4 goals mentioned with #7 being the top goal. **Samantha** asked **Amy** about their efforts in the villages around Effingham. **Amy** stated that when they did their needs assessment, Effingham city has lots of great resources but people who need the most support or access to those resource are in the outlying villages. So, Birth to Five is trying to get into the school districts to combat the need or at least support the schools so they can support the families. **Samantha** stated she had a meeting with Morgan Henry (Director of Outpatient Services) from Heartland Human Services and she said professional and informal support for families is a huge gap. **Samantha** stated she's been in contact with the regional manager of Oxford House Inc. More to come in regards to that goal.

Kat elaborated on why she likes goal 8. **Samantha** asked what is the most common drug she sees when she's in the hospital or gets referrals for clients to come see her for the Gateway Warm-Hand off program. She stated "Alcohol, by far. I'll go months without seeing another drug. People seem to be ok with the destruction alcohol has on their lives and their families." **Kat** stated it seems it has to do a lot with lack of support. She stated it's very generational around here and then not seeing people do anything differently to know there's a different way of life. **Heather** stated that something that they're focusing on in Clay County is reaching the kids so that information about drugs and alcohol is hammered into them at a young age so they don't need the crisis resources 20 years down the road. She stated that the support has to come from the communities if the kids aren't getting it from their parents. **Amy** stated that when they were doing their needs assessment that they found out that their local state prisons had 18 mental health and psychologists to help inmates incarcerated but the school district only had 2 across the whole county. She stated maybe if we provided all this help early on that we wouldn't need so much help later on. **Olivia** contributed to the conversation as well since she works in the schools.

Samantha asked Amy and Olivia about protentional causes for resistance in schools. Responses included "conservative area, concern about actual content being presented to children, and time restraints." **Olivia** mentioned trying to speak with Jennifer Fox at ELC to try to get into 3-5th grade. Samantha stated she is a part of the Unit 40 Mentoring program at Central school right now and would see if she could facilitate anything or Olivia.

Samantha asked for feedback from the strategic plan. She also stated she'll be sending out a google doc survey to see if council members still like this day and time for the council meeting.

Thank you for all you do.

Upcoming events

- ***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**

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, April 28th, 2024*

Time: *1:00-2:00pm*

Where: *104 Blohm Ave, Effingham & Zoom*

