



**Bond County Recovery Council**  
**Wednesday, April 9, 2025**  
**10am-11:30am (probably only until 11am)**  
**Via Zoom/In Person at the SMART**  
**building 3<sup>rd</sup> Floor**

## Meeting Agenda

### 1. Welcome and Introductions

#### In Person:

Amanda Zinkgraf  
Heather Kapp  
Brooke Skyler  
Lyndsey McCoy  
Toni Brooks  
Toni Randall  
Monique Brunious

#### Via Zoom:

Alice Fitzsimmons  
John Magnuson  
Dusty Hanner  
Patrick Small  
Jessica Palazollo  
Alex Schneider  
Beverly Holland  
Teresa Cornelius  
Michelle Miller  
Sheridan Jordan

### 2. Review Old Business

\*Completed Resource List-Continue to be a fluid document and will be emailed out every month for updates. Thanks for your help keeping these current.

**-We continue to have Laundry Day.** The next one will be the first Saturday of the month 11am to 1pm. We are currently working to create a partnership with the Free Methodist Church who is hosting a laundry day on the 3<sup>rd</sup> Saturday of the month. If this works out, we will be at Jansen laundry twice a month.

**-Unhoused bags** we have 50 of these made up. Do we have anyone who has a need? HSHS would like to have a couple to keep in the Emergency room at the hospital and will share if needed.

### 3. Presentation-NAMI- Heather Kapp

Heather shared about her lived experience with mental health issues. Citing after the passing of her father, she suffered from extreme depression and agoraphobia, a condition of mental health that keeps people confined to their home. Heather has since, used mental health resources that have allowed her to begin a new job as outreach specialist for Nami-National Alliance Mental Illness and attend classes at SUIE for CRSS/CPRS certificates. Heather shared Nami's most current resources per her role and expressed how she would like to build a team of stakeholders through the BCRC and others whom work with people who face mental illness and substance use disorder.

Heather created Nami-At-Work which builds relationships with business leaders in the community. Heather provides a created pamphlet of resources, referring it to a mental health dose of medicine, which she gives to an employer who then shares with any employee he recognizes with mental health concerns. The pamphlet contains a wealth of information that will lead people to where to find help.

Nami has two types of support groups, Nami Connect, which is open to anyone with mental health diagnosis or struggles. This group is created as a safe place to talk. Nami Family Support is a supportive group that focuses on any family member of a loved one with mental illness.

The 2nd & 4th Saturday of each month, there is a Nami Woman's Group, where women with mental health issues attend to share and talk safely

All meeting times & dates will be included in flyers sent.

Nami shares support, education and advocacy for mental health community. May is mental health awareness month and Nami is promoting a Mental Health Online Raffle which costs \$5 or \$10 per chance to win an exciting gift.

PAWSITIVITY: Nami presents 3 service dogs to schools, hospitals, juvenile detention homes and other organizations to help bring mental wellness to clients

Nami will also host a Walk on September 20th and is currently looking for businesses to sponsor.

Flyers will be sent via BCRC

Nami invites everyone to share, like and follow their fb page. Heather says be sure to ENGAGE!

Nami is always looking for sponsors and welcomes new emails and fb links.

#### 4. Strategic Plan Work Group Updates

-**RCO Development**-meets the 2nd Tuesday of the month, 2-3pm via ZOOM. We are looking for a few more people to join this group. We are currently working with the “Next Network” from Litchfield about sharing services in Bond County. Kelly Jefferson, Patrick Miller, Shane Pinnell, Jon Magnuson, Amanda Zinkgraf, Sarah Rench, Samantha Hill, Rev Bilyeu, Dusty Hanner, Monique Brunious & Toni Randall. Next meeting will be May 13<sup>th</sup>. **Would anyone like to be added to the group? Please email Toni**

-**Transportation (this group will becoming the “Equity in Rural Communities” per the community needs assessment and update of our strategic plan)**-2:30-3:30pm, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Jennifer Noel, Patrice White, Sarah Rench, Samantha Hill, Amanda Zinkgraf, Monique Brunious & Toni Randall. We are looking for ways to improve transportation in Bond County. The next meeting will be on May 20<sup>th</sup>. (No meeting in April) **Would anyone like to be added to the group? Please email Toni**

-**Stigma**-2-3pm, meet at Lost & Found in Greenville on the 4th Tuesday of each month. We are starting a NEW Stigma Reduction campaign. This would be a great time to join us. Alice Fitzsimmons, Kelly Jefferson, Patrick Miller, Dusty Hanner, Amanda Zinkgraff, Sarah Rench, Samantha Hill, Monique Brunious & Toni Randall. Next meeting April 22<sup>nd</sup>. **Would anyone like to be added to the group? Please email Toni**

#### 5. New Business

**-Hosting the lunch on Good Friday, April 18<sup>th</sup> after the Lent Service at St Paul Free Methodist Church (a Ministerial Alliance Event)**-looking for volunteers to help. Huge shout out to HSHS for providing the deserts.

**-Anti Stigma Work Group**-we are starting a new campaign. **“Beyond the Silence”**

-Video Clips of PLE’s & their experience with Stigma (we will be recruiting People with Lived Experience to share how they have been impacted). This video will kick off our campaign.

-Show sample video from Macoupin/Montgomery Counties-it is included in the email that contains the minutes to the entire council.

-QR code

-Yard Signs

-Buttons

-Podcast

-Tents on tables to link video

-Stickers, car clings with messages

-Buttons with Anti Stigma messages

-Store front windows

-Community presentations

-Race For Recovery-September (Recovery Month)

-Adult Prom (Recovery Month)

**-Game Night-Saturday, April 19th from 6-9pm.** This will be regular card games and board games. Everyone is welcome.

6. Update from any Groups & Organizations

7. General Reminders:

-New **CELEBRATE RECOVERY**-Assembly of God Church in Sorento. Sunday's from 5:30-7:30. They will have dinner and childcare. We would love for anyone to share more about this meeting.

-**SMART Recovery**-Prairie Counseling Center, ONLY Tuesdays 6pm (no more Wednesday group)

-**REFLECTIONS**-Prairie Counseling Center, 1st Wednesday of the month at 10am.

-**THE HEALERS COMMUNITY (restoration recovery)** group meets on the 2<sup>nd</sup> & 4<sup>th</sup> Saturday of the month at the Senior Center at 11am. New materials have arrived. Good stuff happening here.

-**LOST & FOUND** new times-

Sunday-Men's Bible Study 4pm, Service at 6:15pm

Monday-Men's Recovery Group 7pm

Tuesday-Women's Recovery Group 6:30pm

Thursday-Women's Bible Study 10am

Friday-Sober Bar 7-11pm

-**ADVISORY BOARD for People with Lived Experience.** In 2025 we will be meeting every month on the first Wednesday of the month from 7pm-8:30pm. We meet at Senior Center in Greenville. Free drinks & \$20 GC for attending & contributing. Next meeting is April 9<sup>th</sup> at 7pm-8:30pm. (This is a reschedule because of weather cancellation the previous week).

-**FAMILY GAME NIGHT**-The Advisory Board will also be hosting on the 3<sup>rd</sup> Saturday night of the month from 6-9pm at the Senior Center. Next Family Game Night is April 19<sup>th</sup>. (This one will be regular card games & board games)

-**BOND COUNTY TRANSIT**- Transit bus will take people to Vandalia on Tuesday (Walmart & Aldi) and Highland on Thursday (Walmart & Ruler) to more stores than what is in Greenville. (Shopping time is 11am-noon). It is a flat rate of \$10 to be picked up at your house and taken back after the trip. 15 bags of groceries allowed. Call Bond County Transit the day before to set up ride. Recovery council now has vouchers for those in the Recovery Community who do service work.

-**AMARE Family Support**, Lyndsey McCoy, Certified Recovery Coach. She can connect people to several groups & support networks. She works in St Clair, Madison, Christian & Jersey. She can work with families from Bond County virtually. For more information reach out to her at [lmccoy@amarenfp.org](mailto:lmccoy@amarenfp.org)

8. FREE Virtual Narcan Training each month by Chestnut. For more information email [SR-NARCAN@chestnut.org](mailto:SR-NARCAN@chestnut.org). The Recovery Council also has FREE Narcan for anyone who needs it. I have include the flyer for the May 15<sup>th</sup> training in the email with all of the meeting flyers that was sent separately.

**Future Meeting Dates for 2025:**

May 14, 2025	September 10, 2025
June 10, 2025	October 8, 2025
July 9, 2025	November 12, 2025
August 13, 2025	December 9, 2025

**BCRC Vision:** Working together to build and maintain safer and healthier communities of recovery and hope.

**BCRC Mission:** To empower the Bond County communities to support prevention and recovery through awareness, policy, education, stigma reduction and access to quality services.