

Moultrie Shelby County ROSC Council Meeting Minutes

When: Tuesday, April 1st, 2025

Time: 3:30 PM to 4:30 PM

Where: Shelbyville Outpatient Office and Zoom

Who: Skylar Miller (Meeting facilitator and minutes)

Attendees

Nathan Nichols, Carrie McKinzie, Teagan Shull, Bonita Goodwin, Skylar Miller, Susan Kinsel and Johanna Gonzalez.

Agency Updates

Nathan Nichols- Central Illinois Public Transportation

They received new vehicles and will be getting more, they have a higher capacity lift. 2 of the mini vans will be rear load, thankfully because the side load ones they have currently are a lot harder to load and unload. Services are as usual. If anyone needs transportation for health fairs or events, reach out and he can get you set up.

Susan Kinsel- Dove Inc. Shelby County

Business is as usual.

Carrie McKinzie- The Gateway Foundation

Announced an upcoming event called "What's Brewing?" This is a meet and greet with staff over coffee. She will send the flyer to Skylar. This will take place in May.

Bonita Goodwin- Recovery Navigator Moultrie Shelby ROSC

Make on Main, an art studio in Shelbyville, provided a painting class for persons in recovery. There were 8 people in attendance, all community members who attend her weekly education groups.

Spotlight Speaker

Teagan Shull- Heritage Behavioral Health

Heritage serves primarily the Decatur and DeWitt areas. However, there's not restrictions on who we provide especially since we became a CCBHC. (Certified Community Behavioral Health Care Center) This is a specialized grant, I believe there's seven test sites in the

state of Illinois, seven or eight, so we're one of them, that is really focusing on providing that wraparound care and support to individuals. It allows us to be able to do all the extra stuff that we can't necessarily bill Medicaid for, so transportation services, things like that. It's a really amazing opportunity to kind of be able to do this and it allows us then to expand some of our services into alternative areas that may not have those services or program for those services. So, some of them, off the top of my head, that I can think of that specifically apply to Shelby and Moultrie counties are our **Pathways to Success program**.

That's a fairly new program and it actually covers Shelby and Moultrie specifically because they redid the DASA regions for the state. So, for that program it's targeting individuals that are 0 to 20 that are more intensive mental health or substance use needs. So, if you are a service provider and knows what the IMCANS is, they're scoring twos or threes on the IMCANS. If you don't, it'd be individuals that are not medically or psychologically stable. So, they have higher acuity needs. This can be constant hospitalizations, crisis calls, things like that, would qualify them for this program. This looks at providing wraparound services for the entirety of the family. So, it's not just a kiddo, it's also the parent or young adult and whoever they identify as their support network. And it provides those wraparound services in case management services for those individuals.

It looks at linking them to different service providers if they need it. They have family team meetings on a pretty regular basis to touch base and set goals and make sure that they're working towards the families identified goals. So, these aren't goals that the service providers identify or anything like that. They have a pretty unique assessment they use to really identify how the family vision is because it's giving the family that voice and choice in terms of recovery.

So, it's a pretty neat program. As I said it does cover Moultrie and Shelby County. So those are two of the counties that we specifically are contracted with the state to cover. So, if you have any sort of families or anything like that that you're like hey this would be something they would really benefit from you can always shoot me an email with that information and we can kind of pass it along. Typically, the referrals are coming from HFS but as you know when they use their lovely algorithm sometimes it doesn't give us the best referrals and its people that are either already connected to some sort of service that are already enrolled in heritage services and are getting it through another program or people who are just not interested in that service because they're just not at that point.

So, we're really looking at doing more outreach and stuff so we get referrals from outside and we can kind of then move it through that HFS system to get them approved through Medicaid and stuff so that they're able then to get into that program and access those services.

Another one, we just finished up the month of March, which was, if you're not aware, Problem Gambling Awareness Month. So, a pretty big month in terms of that. Yes, it was scheduled for March because of March Madness. That is why that became that. But we do offer **gambling services** in Heritage. We also do it remotely. We have some individuals that are in Champaign, a couple in Springfield and one in Bloomington as well. We just do telehealth services when transportation or getting to us is an issue. This is a pretty unique program because not a lot of service providers are offering gambling services.

We're also working on doing outreach just to kind of raise that awareness regarding that issue. I know for Macon, we just ran their numbers for Decatur and Decatur outside of Springfield has a mass issue. Our numbers match Springfield and we're almost half the size. So, it's a huge issue and it's growing, especially in more rural remote areas. So, I imagine that Shelby and Moultrie County, if I ran those numbers it would kind of be concerning as well.

We have a residential facility for substance use. So, we have, I think, 30 beds, if I remember correctly. Those are Medicaid, private pay, no insurance. So, we do offer that. We also have our **crisis unit** that offers crisis stabilization. Some individuals that may be having a substance use or mental health related crisis. It doesn't have to be one or the other and it can be both. We do offer that. I will say **we are no longer offering detox.** We were not able to properly staff that ever since COVID. It was just one of those things we kept trying to reopen, trying to get staffed and we'd have a staff for a little bit. We couldn't but we do **work pretty closely with Pavilion** and have a good working relationship with them. Pavilion also offers treatment or we get them back to us and they go straight from detox into a bed. Because as we know, we don't want to detox someone and then not have a residential bed for them. So, we have that program. **We also offer just basic outpatient substance use treatment along with our medicated assisted recovery.** We offer Suboxone, Vivitrol and Methadone in our **medicated assisted recovery.** And then we have all **our mental health outpatient programs.** Those are ever expanding and I feel like we constantly are adding new programs just to meet the needs and the ever-growing demands of the mental health field.

One of the ones that are really kind of unique and we're working on growing and doing more outreach on is our **first episode of psychosis program.** This is for individuals that are experiencing or have experienced their first episode of psychosis within the last 18 months. It is primarily for ages 14 through 40, but we do have kiddos that are younger and adults that are a little bit older. It can be substance related psychosis, which is why I wanted to touch on this because as we often know, individuals with substance use issues also have mental health issues and it's really hard to tell whether or not it's related to mental health or it's related to the substance use.

We are able to enroll individuals in this program and they're able to access this model of treatment in this program because it's based on an evidence-based model out of New

Hampshire that proves very successful with individuals with psychosis in engaging them in treatment and improving treatment outcomes. So, we're able to enroll individuals that may be having drug induced psychosis into the program and do a six month rule out. They'd access those services and we'd rule out whether or not it was just substance related or if it was mental health related and still get them all stabilized and they'd access all that care and then we could transition them into a lower level of care.

We also offer case management, psychiatric services, primary care services. I know we just added a primary care provider because those had been shut for a little bit because we were down to one, but they just hired a new one. We do offer, they call it a **behavioral health urgent care center**. It is located on our first floor. Anyone who has any sort of behavioral health concerns or needs can walk in just like a local urgent care. They won't necessarily get the service they're looking for right that day, but they get set up with either an assessment, get an assessment completed, and they leave with anything that they need to get connected to what they need.

We also have a **living room** model, it is peer ran. Individuals can go in when they're just needing some additional supports and just kind of hang out there. It's a very chill environment. They can get a living room assessment to kind of assess where their needs are and then get them linked to services if that's what they are interested in. We see it being very beneficial in terms of individuals with substance use because sometimes they just need additional support and then having that kind of friendly face and that kind of warm handoff into treatment has shown to be very successful for that as well.

Teagan will send Skylar all of the handouts with this information and she will send it to the council.

Drug Overdose Prevention Program

One of the goals in our strategic plan is to expand DOPP sites within Moultrie and Shelby County. 7 out of the 10 sites in Shelby County are in Shelbyville and 4 out of the 7 in Moultrie are in Sullivan. Expanding in the outlier towns to increase access for all community members is a top priority.

Communication Campaign Overview

Skylar went through the infographics and press release for the month of April. She explained the communication campaign and highlighted the events that are being hosted to focus on families as we did last month. Be sure to tune into all of the ROSC Facebook pages in surrounding counties so you can stay updated on events and information.

Events

Laundry day for Shelby will be on April 10th and Moultrie will be on April 24th. We are looking for volunteers to help Bonnie on the 10th because Skylar will not be present.

June laundry day for Moultrie is sponsored thanks to community members in attendance at the March laundry day.

Thank you to HSHS and First Christian Church for sponsoring April!

Spring into Recovery is on May 10th and Summer Vibes and Community Tides will be on June 28th.

Moultrie Shelby ROSC will be at the Shelby County Health Fair at 10am to 12pm on May 1st. We will have our Hidden in Plain Sight display up.

Skylar will share information and flyers as it comes for these events.

Upcoming Speakers

Nathan Nichols will be speaking on May 6th.

Questions/Comments/Announcements

ROSC will be out of office on April 14th due to our Statewide ROSC Conference.

Contact emails:

Moultrie Shelby County ROSC Coordinator

Skylar Miller- skylark@hourhouserecovery.org

Moultrie Shelby County ROSC Recovery Navigator

Bonnie Goodwin- bonitag@hourhouserecovery.org

ROSC Program Supervisor

Jenna Hays- jennah@hourhouserecovery.org

Where to find past meeting minutes: <https://www.govst.edu/ROSC-GSU/ROSCC>

Moultrie Shelby County ROSC Facebook Page:



Next Moultrie Shelby County ROSC Council Meeting**

Date: Tuesday, May 6th, 2025

Time: 3:30 PM to 4:30 PM

Where: Elizabeth Titus Memorial Library and Zoom