

DuPage ROSC Council Meeting Minutes

April 9th, 2025

0:00-21:00

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 spoke to the Council about the Statewide ROSC meeting that several members attended down in Bloomington Normal. He says that it's always great to be around the other ROSCs across the state in-person, as it's so rare that we're able to do that. There were presentations on sustainability, as well as using your own lived experience to more effectively use your story to connect with people. The in-person statewide meetings are also a great chance to network and understand what different communities are doing to meet their substance use and mental health needs.

Jarrett then asked this month's icebreaker question: who or what is inspiring to you? Some answers:

- One member talked about their children inspiring them to be better

- Another member talked about losing family members to suicide, and wanting to help families avoid similar situations

- A member said music is something that inspires them when they're getting ready every morning

- Lastly, a member talked about how his late mother was inspiring for raising he and his siblings by herself

Jarrett took a few minutes to describe the ROSC model and what DuPage ROSC works on, specifically. He then invited any new members to introduce themselves. This month Maddie Naeve-Tortelli from North Central College was attending for the first time, as well as some students from Bruce Sewick's CRSS Program at College of DuPage

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 promoted the May meeting of the DuPage ROSC Council, which will be celebrating Mental Health Awareness month with presentations by Blue Kite Wellness and NAMI DuPage.

ROSC Coordinator Jarrett Burton then promoted the May edition of the DuPage ROSC Presentation Series, which is an updated version of the Vape Shop Highs presentation from 2023, updated with new substances and trends.

ROSC Coordinator Jarrett Burton also promoted the upcoming “Help Teens Have A Summer To Remember” event in partnership with the Prevention Leadership Team, which will offer parents and teens information on substance use and mental health trends, as well as treatment options and resources.

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 then promoted the DuPage ROSC WhatsApp Referral Hub, which is up to 142 members, and provided 36 referrals this month. The Referral Hub MVP for the month of March was Neesha Stringfellow from HLM Recovery 180 in Will County

21:00-32:10

ROSC Coordinator Jarrett Burton then introduced Kylie Sanko, who is the Community Outreach Manager at Geode Health. Geode offers a number of substance use and mental health treatment options for the following challenges:

- Depression and Mood Disorders
- Behavioral and ADHD
- Traumas
- Anxiety and Panic
- Eating Disorders
- Addictions

Geode offers a number of treatment types, including:

- Talk Therapy
- Psychiatry
- Transcranial Magnetic Stimulation (TMS)
- Spravato w/ Esketamine

Geode has both in-person and virtual options, and they try to make sure the treatment plans are person-centered. They have psychiatrist-led provider teams which also include therapists, nurse practitioners, and physician assistants as well. Kylie said that bringing together a wider mix of expertise at one location allows for a more seamless experience for clients.

Kylie said that they also really try and cut down on waitlists, and most new patients can expect to see someone within a few days, and all med refills are handled within two days. Geode has locations in Illinois, Georgia, North Carolina, Texas, and Wisconsin.

ROSC Coordinator Jarrett Burton asked Kylie if she wouldn't mind talking about Spiritual Care Network, which is an initiative that she and Mike Wood from Banyan Treatment Centers started to try and bridge the gap between churches/places of worship and treatment providers.

32:10 – 57:05

ROSC Coordinator Jarrett Burton then introduced Neesha Stringfellow, who is the coordinator at HLM Recovery 180, which is the ROSC for Will and Grundy Counties, with the lead agency Heartlife Ministries.

Neesha started by telling everyone how surprised she was to win Referral Hub MVP, because she's always been a connector and that's just what she does, so to be recognized for it was very meaningful. Neesha also wanted to say thank you for the connection with the DuPage ROSC over the years.

Neesha talked about the many hats she's worn over the years: wife, mother, hair-stylist, friend, and coordinator. She is a person who values relationships, and as a faith-based person she also credits God with directing her to the work she does. HLM is boots on the ground, trying to meet people where they are.

Neesha says that relationships should go beyond the four walls of our work or our church or wherever—she calls them “REAL-ationships” that foster recovery and build bridges through:

- A personal story which impacted your recovery journey
- Environments that encourage relationship building
- The importance of trust and the building of supportive relationships

Neesha then talked about how relationships in our community can effect change:

- “Be real, be honest, be YOU”: Recovery starts with showing up as your full self. When you're real, you create space for others to be real too, and that's when healing can happen
- Diverse relationships = new perspectives: Surrounding yourself with people from different backgrounds helps you see things in new ways. It also gives you access to support, ideas, and resources you might not have had on your own.
- Connection breaks cycles: Isolation fuels shame and silence, especially with mental health and substance use challenges.

Neesha also talked about the power of stigmas that are attached to substance use and mental health challenges, and how dangerous they can be for people seeking recovery. Stigmas can be stories we tell ourselves about the way we are, and they are often not accurate. She said that success stories of people in recovery can go a long way in reducing those stigmas by centering their voices. Ultimately we need to do as much as we can as a ROSC and people with lived experience to create a stigma-free environment.

Neesha spoke about ways to strengthen relationships for lasting change by:

- Showing empathy and compassion
- Building a supportive environment
- Celebrating victories both large and small
- Staying consistent and present

Neesha also talked about prevention education and outreach to the younger generation:

- We can provide support for young folks by helping them feel seen, heard, understood, and valued
- We build trust within families and communities to create safe spaces for open conversations about mental health and substance use.
- We encourage positive role models and mentors who prioritize recovery and can guide the next generation towards healthy choices
- We realize that change happens through positive relationship building.

Neesha also spotlighted a passage from the Bible, Hebrews 10:25: *Let us not give up meeting together, as some are in the habit of doing. But let us encourage one another. And all more as you see the day approaching.*

57:05 - End

Ben Rudolph from Chestnut Health Systems finished out the meeting by talking about what inspires him: it's the coming together of people from different backgrounds for the singular purpose of doing what we can to make things better for folks seeking recovery, and those who are still struggling with their own substance use and mental health challenges.

ROSC Coordinator Jarrett Burton thanks everyone for attending, and reminded us that the next DuPage ROSC Council meeting will be held on Wednesday, May 14 at 3pm with guest speakers from Blue Kite Wellness and NAMI DuPage.