

## **Ogle/DeKalb ROSC Minutes**

**4/16/2025**

**1pm**

**Attendees-** Gerald Lott (Executive Director), Lauren Metzler (SVVOR ROSC Co-Coordinator/ Operations Director), Steve McBride (SVVOR Peer recovery specialist), Jake Albers (SVVOR Peer recovery specialist), Brandi O'Rorke (SVVOR Peer Recovery lead), Clare Williams (SVVOR Secretary), Ben Rudolf (ROSC TA), Penny Stark (RCA), Katrina Valencia (Sinnissippi), Deanna Cada (DeKalb County Mental Health Board), Toscha Bradford (), Erika Hahn (Prevention Specialist for IHPP)

**Presenter: Amy Landolt (5 Needle)**

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### **Gerald**

- We took 32 people to see movies last month for our event. Everyone had a lot of fun
- This month we have two Easter egg hunts. One in Rock Falls at Cledy's house of Hope on the 26th, the other at Cooper park in Rochelle on the 27th. Both start at 12 noon and will have raffle prizes for both children and adults.
- Cledy's House of Hope will have a ribbon cutting ceremony on May 13th. It is currently getting some much needed remodeling done, but it should be fully completed by then. We have a waiting list of women who want to enter the home.
  - We will be giving tours of the building at the ceremony, but if you would like to see it before then, please reach out to myself or Lauren.
  - If you would like flyers, please reach out to us by the 30th.
- Legacy House is going well. We are still in the process of getting a sober home in Rochelle.
- Blessing Bags will be distributed at the Rochelle Rescue Mission on April 24th.
- We have been working on the situation with Sober Living America in DeKalb.
- In March, we had 16 new intakes. It has gone down slowly over the last few months, but this is most likely because the weather is getting warmer, and we are trying allocate most of our coaches' time to community building.
- Season 4 of the Recovery Podcast is started. If you know anyone who would be interested in speaking on it, let me know.
- We would love small articles from you for our monthly newsletter! Short articles about 250 words. Pictures are welcome, but only 1-2.

### **Presentation by Amy**

- We are experiencing a substance use and mental health crisis.
- This is a non-diagnostic, 5 ear-needle diagnostic. Very low-cost treatment (less than \$1 per treatment for materials.) To do this in Illinois, you need to be a licensed acupuncturist or physician, which is expensive.
- This helps ease withdrawal symptoms and cravings. Also effective with general mental health. It does this by regulating the nervous system.
- Benefits reduce cravings for all addictions, increases sense of calm, betters sleep, and relieves stress.
- Our goal is to make this more accessible. There are only 800 licensed acupuncturists in Illinois servicing 12 million people. We are trying to change the law so that community members can do this protocol.

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- The history of this goes back to the Black Panthers and Young Lords in 1975 who noticed that there was only 1 detox center in NYC and it was in Manhattan despite a wide-spread drug addiction problem. They started the first acu-detox center, and it spread across the US by the mid 80s.
- It's important to have community members do this because people are more likely to trust people they know to do acupuncture.
- This is an adjunct protocol, so it should be used along with existing treatment.
- It is already legal to be trained and practice 5NP in 27 states.

### **Q&A**

- **Has there been studies done with how it pairs with MAT and harm reduction?**
  - Originally they were using it with methadone. We have a website that has further information such as FAQs and a documentary.

### **What can ROSC do for you?**

#### **Erika**

- Reach out to me if you would like the recording of our NFL Webinar.
- Drug Take Back Day is coming up. Reach out to me for the flyers

#### **Deanna**

- In our funding talks. We are hosting a workshop in May to kick off a trauma-informed community.

#### **Katrina**

- Having an anti-stigma seminar on May 29th from 1-4 pm. (flyer in email)

#### **Penny**

- Recovery Centers of America offers CEUs and other certificates through our virtual academy.

#### **Steve**

- My work number has changed. It is now 815-631-9163