

# Recovery Oriented System of Care



## Alexander/Pulaski County ROSC Council Minutes 05/15/2025

### Attendance

Emily Middleton, Arrowleaf  
Jayson Holland, Arrowleaf/PLE/Veterans Council Coordinator  
Bev Holland, Region 5 ROSC TA  
Haley Hopkins, Prevention First  
Kim Thorwegen, PECaD  
Deb Beckmann, SUPR Statewide ROSC Team  
Brent Van Ham, Center for Rural Health and Social Service Development  
Amy Tripp, DCFS Resource and Recruitment  
Johanna Gonzalez, SUPR ROSC Coordinator  
Callie Buchanan, Comwell

### Notes

- I. **Welcome and Introductions**
- II. **Mission and Values**
- III. **Old Business**
  - I. Updated ROSC council links beginning in May 2025. Join each month at [www.bit.ly/AlexanderPulaskiROSC](http://www.bit.ly/AlexanderPulaskiROSC)
  - II. FY26 Planning:
    - I. Quarterly Recovery Roundtables
      - I. The idea of this project includes education on Medication Assisted Recovery, Peer Support Services and Support Groups, Transportation Services, etc. The group discussed different resources available in the community particularly with transportation including how CHESI is able to help with transportation to their appointments for those in need.
    - II. Mobile Outreach
      - I. Working with community organizations to provide more on-the-ground outreach initiatives with activities like the PECaD mobile prostate screening bus and the S7HD Wellness on Wheels van.

- III. Emily reviewed an update on the African American Heritage Trail project that will be set up across the street from Arrowleaf's Cairo office. The project is slated to be ready in June 2025.

## V. **New Business**

- I. Discussion Topic: Community Connection & Belonging – Jayson Holland
  - I. Jayson shared a powerful personal story reflecting on his journey from military service to recovery and community engagement. After earning a bachelor's degree and exploring a variety of career paths, Jayson acknowledged that he never fully transitioned from the military – a common experience among veterans. He shared that he has now been in recovery for 1,230 days. Jayson discussed how he often prioritized work and single parenthood over his own well-being. He shared that it wasn't until he had a health scare and a coworker suggested a "Dry January" that he started to take his health seriously. He was motivated by a lifelong friend who was beginning their own sobriety journey – together, they began a Sunday morning ritual of seeing the sunrise that made Saturday night drinking difficult.
  - II. Jayson shared how his focus has now expanded to include self-care and outdoor activities, like kayaking and hiking. What began as a personal outlet evolved into community service – Jayson and his friends have kayaked from Cairo to Memphis and hiked the River to River Trail for the third time this year, often turning these efforts into fundraisers for his work with the Veterans Council. Jayson highlighted the importance of community in recovery. He has found small social media posts and informal outreach to be helpful at supporting others seeking sobriety. In his role at Arrowleaf, he is quick to jump in and help others overcome barriers as he recognizes the long waits and systemic barriers veterans often face. Jayson shared how he has lost friends to substance use as early as age 35 and highlighted the struggles of the veteran community.
  - III. Currently, Jayson is helping to lead veteran-centered projects through initiatives with the Veterans Council. Recently, they were able to purchase garden boxes for the Anna Veteran's Home and just finished fishing with residents earlier today. Jayson shared how he has been able to become a Master Gardener through the University of Illinois Extension Center and he enjoys teaching others how to discover their self-worth through hands-on, meaningful work. Jayson emphasized that recovery often means finding something to be proud of – whether it's gardening, picking up trash, or helping others. "We solve impossible problems by creating resources."
- II. Veterans Council
  - I. Jayson shared that the Veterans Council is a hybrid group that meets once per month. It is open to Veterans, their loved ones, and anyone

in the community who simply wants to help support the veteran community. It is not restricted to Arrowleaf's service area – anyone can join!

**VI. Announcements**

- I. June Meeting is moved to June 26<sup>th</sup> due to the Juneteenth Holiday
- II. Southern Illinois Recovery Network Conference – 5/23 at John A Logan College
- III. Mounds Community Block Party – June 14<sup>th</sup> from 12PM – 5PM at the Mounds African American Museum
- IV. 5/27/25 – May Veterans Council Meeting at 3:30PM
- V. 6/4 – SUD Resilient Communities ECHO 10:30AM – 11:30AM
- VI. 6/10 – Prevention First Monthly Hard Reduction ECHO
  - I. [Click to sign up for invitations.](#)
- VII. 7/17 – Youth Advisory Council Impact Conference (see flyer)
- VI. June Meeting is Scheduled for Thursday, June 26<sup>th</sup> at 1:30PM



# arrowleaf®

Growth. Community. Transformation.

## VETERANS COUNCIL

UNITE. SERVE. SUPPORT.  
ADVANCING VETERAN WELLNESS  
ACROSS SOUTHERN ILLINOIS.

### WHO SHOULD JOIN?

- Veterans
- Family Members
- Community Members

We welcome all voices to help build a stronger, healthier future for our veterans.



JOIN OUR FB  
GROUP

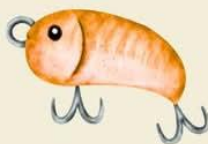
## CURRENT & UPCOMING PROJECTS



RIVER TO RIVER  
THRU-HIKE  
FUNDRAISER IN  
APRIL



RIVER TO  
RIVER TRAIL  
STEWARDSHIP  
PROJECT



FISHING DAYS  
AT THE ANNA  
VETERANS  
HOME



ANNA  
VETERANS  
HOME  
GARDEN CLUB



TUNNEL HILL  
100 MILER  
FUNDRAISER  
IN NOVEMBER

Questions? Call Jayson, Veterans Services Coordinator, at 618.652.7104  
or email [jayson.holland@myarrowleaf.org](mailto:jayson.holland@myarrowleaf.org)

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**Save the Date**

# **Y.A.C. IMPACT Conference**

**Who:** Incoming 6th - 8th Grade Students  
within the Southern Seven Counties

**Where:** Shawnee Community College

**When:** Thursday, July 17, 2025  
9 AM - 4 PM

Youth Advisory Committee (YAC) is a youth-led, school-based group raising awareness around prevention efforts, specifically substance use and violence. YACs empower youth to drive out positive change in their schools, communities, and homes. Our goal is to establish more YACs across the southern seven counties by helping youth recognize the skills they already have as leaders.

At the conference, they'll grow, be inspired, and learn what making a difference is all about!

**Supported By:**

**Scan and Complete the Form to  
Register Your Child:**



**Registration Closes  
Friday June 13 at 4:30 PM**

**Questions or Concerns? Contact:  
TJay Purchase or Morgan Nickles at 618.658.3079**



# SUD Resilient Communities

## ECHO

October 9, 2024 through June 25, 2025

2nd Wednesday of each month | 10:30 AM-11:30 AM | Virtual

\*Session occurs on the 4th or 5th Wednesday

The SUD Resilient and Responsive Communities ECHO will consist of interactive learning sessions to explore Substance Use Disorder (SUD) in the context of community strengths. We will discuss how different communities are learning to be more responsive and resilient around issues of addiction that our loved ones and neighbors may be facing with actual case presentations.

Project ECHO® (Extension for Community Healthcare Outcomes) is a movement to democratize knowledge and amplify the capacity to provide best-practice care for underserved people all over the world through three tenets:

MULTIPOINT VIDEOCONFERENCING  
BEST PRACTICES PROTOCOL  
CASE-BASED LEARNING

### Goals of the SUD Resilient Communities ECHO

- Present your cases to a multi-disciplinary panel of addiction specialists.
- Learn and interact with experts from your phone, computer or tablet. No need to travel!
- Discuss timely topics, including grassroots efforts, Trauma and Special, at-risk populations, drug-endangered children, Substance-use in pregnancy and more.

Funding provided in whole or in part by the State of Illinois, Department of Human Services



To register, scan the QR code or visit,  
[https://iecho.org/public/program/P\\_RGM172565940251745EJ8QL4A7](https://iecho.org/public/program/P_RGM172565940251745EJ8QL4A7)

For more information about the Asthma ECHO or other SIU Medicine ECHO Project topics, email [echo@siumed.edu](mailto:echo@siumed.edu) or visit [www.siu.edu/echo](http://www.siu.edu/echo)

### CURRICULUM OUTLINE 2024-2025

- November 13, 2024  
SUD Resilient Communities Intro and the Landscape
- December 11, 2024  
Community Organizations Fostering Recovery.
- January 8, 2025  
Resilience Building for People With a History of Trauma
- January 29, 2025\*  
Resilient Communities Preparedness for Overdose
- February 19, 2025  
Recovery Support Groups; 12-Step and Alternatives.
- March 12, 2025  
SUD Resilience Building for LGBTQ+ People and Allies
- April 2, 2025  
Building Resilience in the Family
- April 23, 2025\*  
Recovery and the Workplace; Re-entry and Retention
- May 14, 2025  
Drug Endangered Children
- June 4, 2025  
SUD and Pregnancy
- June 25, 2025\*  
Harm Reduction for People Who Use Drugs
- July 9, 2025  
SUD Prevention in Youth

