

## Effingham County ROSC Council Meeting Minutes

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**Date:** Monday, May 19th, 2025

**Time:** 1:00-2:00 pm

**Location:** 104 Blohm Ave, Effingham & Zoom

**Meeting Facilitator:** Samantha Hicks, **Chat Navigator:** Beth Wise

**Attendees:**

**In person:**

Felicia Depoister (Effingham County ROSC Recovery Navigator, CPRS)

Samantha Hicks (Effingham County ROSC Coordinator)

Scott Deweese (Pavilion Outreach Coordinator)

Merl M. (PLE)

Kat O'Brien (Gateway Foundation Warm Hand off Program @ HSHS)

Brycen McFadden (Oxford House Inc Outreach worker)

Christine Winters (Effingham County Probation)

Molly Williamson (Director of Effingham County Probation)

Olivia Jenkins (Hour House Prevention program facilitator)

Paul Kuhns (Effingham County Sherriff)

Justin Carder (Local office administrator- IDHS Division of Family and Community Services)

Norbert Soltwedel (Effingham County Board member)

Betty Jackson (Certified End of Life Doula)

**Zoom:**

Kelly Buscher & Maria Deaconesa (Case Managers of Effingham County)

Alex Schneider (HSHS Community Health Outreach Specialist)

Meghan Rewers (Director of Crisis Nursey of Effingham County)

Kristin Davis (Family Guidance Center- Prevention Integration Coordinator)

Walt Altman (New Hope Church, unhoused)

Jenn Galvan (Family Resource Center of Effingham Co)

Nathan Nichols (CEFS Public Transit)

Carrie McKinzie (Gateway Foundation- Outreach)

Betty Watkins (SAIL)

Beth Wise (ECHD, Effingham County Connections)

Michelle Buckely (Oxford House Inc Outreach worker)

Christine Pierce (Carle Outreach)

Heather Meyers (Salvation Army- Support for Veteran families)

Liesl Wingert (SIU Rural Health Coordinator)

Heather Greenwood (Southeast Illinois Area Health Education Center)

Jenna Hays (Hour House ROSC Supervisor)

Skylar Miller (Shelby/Moultrie County ROSC Coordinator)

## Minutes

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### Introductions

Council meeting attendees introduced themselves and the agencies they represent or why they were attending. Samantha then gave an overview of ROSC for new people who are attending the meeting.

- **Sheriff Kuhns** stated that he was invited to this meeting by PLE **Merl**. He stated the jail will be implementing MAR in the jail with the guidance of HMA and partnered with Gentle Care Consultants and Heartland Human Services. He stated there is a lot that goes into this endeavor and so it has been slow getting it off the ground since being awarded Opioid Settlement funds of Effingham County. He stated he wants everyone in the community to have the medication they need, free of cost, to recover.
- **Betty** stated she was invited by **Jenn Galvan** from the Family Resource Center. She is a certified end of life doula to help people talk about and face their fears around death. A plan for end of life empowers families if their loved one is dying. She is also a Tea Party hostess for people to come and have open dialog and feel comfortable talking about death.

### Coordinator & Recovery Navigator update

- Samantha gave an overview of upcoming ROSC & partnered events (see below at the end of the minutes). Samantha stated that her and Felicia will be infiltrating the Edgewood/Mason area in June with the creation of a new subcommittee (South Side) & a couple of other events in that area.
- Felicia has started a bi-weekly Recovery Wellness group from 4:30-5:30pm at the old Edgewood Grade School. She continues to have her Thursday night @ 5pm group at Kirby Foods in Effingham and reports referrals from problem-solving court, Heartland Human Services, and other general community members!

### Guest speaker

Samantha introduced **Brycen McFadden** from Oxford House Inc. Brycen displayed a PowerPoint for the presentation which will be emailed out to the Council.

- Oxford House is based on 3 core principles: democratically ran, financially self-supporting, expulsion for substance use reoccurrence.
- Gender specific houses (men, women); 6 bed minimum per house
- House to adhere to the Oxford House model, Traditions, and Manual
- 1<sup>st</sup> Oxford House opened in 1975; now has 4,200 houses & 34,000 beds in 48 states
- 87% success rate, 80% employed, less than 5% incarceration, does NOT cost tax-payers anything! (DePaul NIAAA study)
- Over 50 years of experience and recognized by the federal government as a best program and practice
- Oxford House Inc utilizes nice homes in nice neighborhoods, long-term leases, houses close to public transportation and employment, and recovery meetings
- Membership qualifications & requirements include:

- Completion of in-patient treatment and medical detoxification
- Withdrawal-free sobriety
- Willingness to work a recovery program
- Ability to pay equal expenses shared
- Must be sober to live in a house
- Adherence to Oxford House model and system of operations
- Becoming a member:
  - Fill out application
  - Call house to set up an interview
  - Show up on time for interview and be OPEN AND HONEST
  - Acceptance to the house requires 80% of house vote
  - Move-in is available immediately or may be held short term for treatment or re-entry completion
- Structure of an Oxford House; these are all service positions of the house; no one is paid to carry out these positions.
  - President—oversees the house and resolves possible conflicts
  - Secretary—takes house meeting minutes
  - Treasurer – handles the money of the house for bills & other necessities
  - Comptroller—cannot remember, sorry!
  - Coordinator—assigns daily house chores and makes sure they're getting done
  - Housing Services Committee Representative—rep for house chapter meetings
- House meetings are held every week to go over finances, chores, recovery, and events
- Chapter meetings are held every month; 3 houses in the area served are needed to create a chapter
- Oxford House works off of 9 Traditions and a House manual
- Areas of concern for an Oxford House:
  - Lack of democracy
  - Lack of training to newcomers
  - Member unwillingness or loss of personal recovery
  - Neighbor or public discrimination
- Benefits:
  - Peer support
  - Accountability
  - Responsibly
  - Life skills learned
  - Safety
  - Stability
  - Greater chance of success
  - Self-efficacy

**Sherriff Kuhns** asked how long people are allowed to stay in a house. **Brycen** stated there is no time limit but the average is 12-18 months of a person staying in a house.

**Scott** asked if anyone that lives in the house are paid employees by Oxford House. **Brycen** stated no, the positions (President, treasurer, etc.) are service positions to give members responsibility and empowerment and learn life skills.

**Norbert** asked where Oxford House gets the funds to buy a house. **Brycen** stated there is revolving loan fund set up by Oxford House that purchases homes.

**Samantha** stated that an Oxford House fills a gap for someone coming from treatment who doesn't want to go back to the environment where there may be substance use or other factors of possible relapse. She stated it fulfills basic needs for someone so they can focus on their recovery and long-term sobriety if that's the journey they choose. She asked **Brycen** why he's here in Effingham presenting today. **Brycen** stated he's hopeful Oxford House will be coming to Effingham SOON.

**Samantha** stated there are a few things on the agenda that we won't be able to get to at this Council meeting (engagement discussion & volunteer transportation) that will be on the agenda for next month. She stated this Council doesn't typically have guest speakers because of the amount of information and conversation that takes place during the Council meetings. She stated the next Council meeting will be **Monday, June 16<sup>th</sup>, 2025** @ this location and on Zoom.

#### Upcoming events

- ***Tails and Trials***
  - **Saturday, May 24<sup>th</sup> @ 10am-12pm @ Ballard Nature Center in Altamont**
  - **Partnership with Family Mental Health Support**
- ***Community-wide Narcan training***
  - **Tuesday, June 10<sup>th</sup> @ 4:30-5:30pm @ Edgewood Grade School**
- ***Summer Serenity Gathering- PLE Committee***
  - **Saturday, June 21<sup>st</sup> @ 2pm @ Edgewood Legion Lake in Edgewood**
- ***South Side subcommittee meeting***
  - **Monday, June 23<sup>rd</sup> @ 6-7pm @ Edgewood Grade School**
  - **Will take place every 4<sup>th</sup> Monday of the month; in person only for now**

Contact emails:

Effingham County ROSC Coordinator

***Samantha Hicks—samanthah@hourhouserecovery.org***

Effingham County ROSC Recovery Navigator

***Felicia Depoister—feliciad@hourhouserecovery.org***

ROSC Program Supervisor

***Jenna Hays- jennah@hourhouserecovery.org***

Where to find past meeting minutes: <https://www.govst.edu/Recovery-Support/South-Central-IL-ROSC/EFCRC-ROSC-Council/>



**Effingham County ROSC Facebook page**



**\*\*NEXT EFFINGHAM ROSC COUNCIL MEETING\*\***

**Date: Monday, June 16<sup>th</sup>, 2025**

**Time: 1:00-2:00pm**

**Where: 104 E. Blohm Ave, Effingham & Zoom**