

DuPage ROSC Council Meeting Minutes

May 14th, 2025

0:00-17:00

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 said he wanted to start the meeting with some positivity, and asked everyone this month's icebreaker question: what is something you've accomplished either personally or professionally over the past few? Some answers:

-Jarrett said his was getting the first 24/7 free-to-access Narcan vending machine into the Glendale Heights PD building. He said that through the process he had to learn the ins and outs of vending machines, shipping logistics, designing the decals for the machine, writing a press release, even learning how to act at a press conference.

-Another member said they have started journaling, and it has helped them to become more organized with their thoughts. They even started adding stickers, photos, etc. It also led to start a travel journal, as well as a dream journal.

-A member said that he was proud of his kids growing up with good manners, and good behavior. He said it was nice to see the work he put into being a father

-Lastly, a member talked about being contacted frequently by graduates of a problem-solving court program he was a CRSS for, and he's proud to see so many of them sticking with recovery and turning their lives around.

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 we welcomed: Pamela Fort from New Day Employment Network in Joliet, Ankur Singhal from Blue Kite Wellness, and Lissette Duarte from NAMI DuPage.

Jarrett then went over the agenda for the meeting:

1. Meeting Open - Jarrett Burton
2. Agenda/Preview of upcoming meetings/trainings
3. Serenity House CORS update: Danny Sourbis

4. *Co-Occurring Awareness/Stigma Reduction Campaign: Scott Kaufmann, Community Initiatives Coordinator, DuPage County Health Department*
5. *Ankur Singhal, Managing Partner, Blue Kite Wellness*
6. *Lisette Duarte, Director of Community Education, NAMI DuPage*
7. Organizational updates

ROSC Coordinator Jarrett Burton then promoted the May edition of the DuPage ROSC Presentation Series, which will be on Nitazenes and other synthetic opioids. Jarrett talked about how Nitazenes are a relatively new adulterant that's been appearing in drug supply, and ROSC is hoping to educate folks on prevention and treatment.

ROSC Coordinator Jarrett Burton also took a few minutes to promote the DuPage ROSC YouTube channel, which has videos of every ROSC Council meeting, as well as all of the Presentation Series videos, going back 3+ years. It's a great resource to learn more about substance trends, as well as dozens of spotlight segments on area programs, resources, etc.

ROSC Coordinator Jarrett Burton then promoted the DuPage ROSC Facebook group, which is an easy way to keep track of all the things DuPage ROSC is working on, info on future meetings and more.

ROSC Coordinator Jarrett Burton also promoted the DuPage ROSC Asset Map, which is another way to find substance use and mental health resources in the area. The asset map covers multiple sectors like inpatient/outpatient treatment, sober living, mental health resources, recovery meetings, food pantries, veterans services and much more. The map is also searchable, so if you're looking for outpatient treatment that accepts Aetna insurance, you can search those terms and find options close to you.

ROSC Coordinator Jarrett Burton then promoted the DuPage ROSC Resource Guide, which covers even more services. The guide has multiple sectors, like the asset map, the program

information is constantly being updated with insurance info, direct contacts, etc. Both the guide and the map are free and available to anyone upon request.

17:00-26:20

ROSC Coordinator Jarrett Burton then introduced Scott Kaufmann, who is a Community Initiatives Coordinator at The DuPage Health Department. Scott has been an important member of the ROSC since almost the inception, especially with the harm reduction partnership ROSC has with the Health Department.

Scott came to promote the upcoming Co-Occurring Mental Health Challenges awareness and stigma reduction campaign they are spearheading, featuring ROSC members Blake Worman and Annette Villareal, through the DuPage Behavioral Health Collaborative. The BHC has three different sub-committees, one being the Co-Occurring Mental Health sub-committee. That group has worked on a few different projects over the past year, looking at screening tools for mental health challenges and others. One major project has been raising awareness and understanding of co-occurring mental health challenges—getting info to people and reducing stigmas at the same time. The goal is to really try and educate folks on what it means to have a co-occurring disorder, and how one can affect the other.

DuPage ROSC had previously partnered with Scott and his team to take part in a fentanyl awareness campaign, which featured photos of three people from the ROSC team in the advertisements, and so it made sense to team up again for this year's campaign.

The ads will hopefully lead people to click the links to a landing page, which will have more information on substance use and mental health challenges including an FAQ and links to resources. [You can visit the landing page by clicking here.](#)

Scott and his team are very happy to have Annette and Blake offer to take part in the campaign, and it's important to feature real people living with co-occurring disorders, as that goes a long way in reducing stigma and making people feel more open to seeking out resources for themselves.

ROSC Coordinator Jarrett Burton talked about the previous campaign, as well as the impetus for some of the messaging in this new campaign. Jarrett said that he felt like ROSC and other organizations have made some good headway in reducing stigmas related to substance use, but there was still some resistance—especially in the recovery community—to talking about mental health challenges. Jarrett used himself as an example: for a while he has had no problems talking about his substance use, but didn't always feel comfortable talking about his depression and anxiety.

Jarrett and Scott talked about the difficulty some folks may have in understanding that they may be using substances as a way to self-medicate and deal with their own mental health challenges. Sometimes there may even be confusion on if a person is medicating because of their mental

health, or if they have mental health problems due to their substance use. Jarrett said it's also important to try and use de-stigmatizing language when talking about mental health, and that's something we can all do in our own lives.

Jarrett then pivoted to asking Scott about his work with the DuPage Narcan Program, and if there was anything coming up that we should be on the lookout for. Scott talked about identifying gaps in the geographic service area, and working to place Narcan access in those areas. Scott also talked about the Fatality Review Team, which looks at case studies of fatal overdoses in DuPage County, and then makes recommendations on ways to avoid similar fatalities in the future. Scott was excited to be able to add some ROSC members and other people with lived experience to an already great team, and use all of that real-world experience to effect some change.

Jarrett and Scott spoke about DuPage County having areas that are "Narcan Deserts" and the need for targeted outreach to those areas. Jarrett also talked about the need for increased access to testing strips, including testers for the newer substances and adulterants that have popped up. Scott said that there should also be increased harm reduction outreach for folks who aren't opioid users, and his team have been discussing ways to coordinate efforts.

Lastly, Scott mentioned that we'll soon be seeing the official 2024 Overdose Statistics, and we're hoping that the number of overdose fatalities has decreased.

26:20-38:40

ROSC Coordinator Jarrett Burton then introduced Ankur Singhal, Managing Partner at Blue Kite Wellness. Jarrett said that he first started hearing about Blue Kite through the work they were doing with Serenity House clients over the past year, and as May is Mental Health Awareness Month, it made sense to have them on to present on their range of services for people living with mental health challenges.

Ankur thanks ROSC for inviting him, and started by giving a little history of the organization. Ankur said that he and his friends fell into the mental health field through their own journeys. They lost another friend to the disease of addiction, which spurred them to make changes in their own lives. They weren't sure at first what they'd be able to do, as Ankur is an engineer by trade, and the founder was a neurosurgeon/neurologist.

As a Neurologist, he understood the science of healing, but his experience as a patient gave him a new perspective on what was missing. With this insight, he set out to build Blue Kite Wellness, a mental health practice dedicated to two core principles:

1. **Accessibility for All** – Quality mental health care should not be a privilege. Blue Kite is committed to serving underserved communities, especially those on Medicaid, ensuring that financial barriers never stand in the way of care.
2. **A Holistic Approach** – True healing goes beyond therapy alone. Blue Kite's approach integrates evidence-based treatments with alternative modalities like breathwork, mindfulness, and nutritional support, addressing mental health from all angles for lasting well-being.

Blue Kite's mission and vision is thus:

Mission: to provide exemplary integrative behavioral health services, education, resources, and support so that as individuals and a community, we thrive

Vision: at Blue Kite Wellness, they seek to create a healing space for their clients and communities to reflect, heal, and learn to live life intentionally and meaningfully through the use of integrative wellness practices.

To bring this vision to life, Blue Kite's founders built a top-notch mental health facility along with a holistic care model designed to provide the highest quality mental health care in a welcoming, supportive environment. Blue Kite is certified & licensed by Illinois Department of Health and Family Services to offer comprehensive services to children, youth and adults.

Some of the services that Blue Kite is able to provide:

- In-person and telehealth therapies for: anxiety, depression, ADHD, domestic violence, grief and loss, OCD, and trauma/ptsd.
- Home and Community Based Therapies (aka the Pathways To Success program), which is an intensive Medicaid program for children with complex needs. This team includes therapists, mentors, family peer supports, and care coordinators.
- Psychiatry
- Medication Management
- Holistic Therapy: nutrition evaluation, trauma and grief informed Yoga, art therapy, and a mindfulness & meditation room.

Ankur talked about the importance of focusing on the individual rather than the specific diseases and/or symptoms. He also mentions the organization fostering a positive, safe, and optimal healing environment, and that shouldn't be limited to people who have private insurance. Blue Kite Wellness is also a Certified Behavioral Health Center.

Jarrett asked Ankur what the most popular services were at Blue Kite, and Ankur said that lately folks haven't been connecting as much with the holistic approach, but he said that some of that is because of lack of education on those services. Ankur said that the number of clients engaging with those services is not where they want it to be, but they will continue to work at it.

38:40 – 56:00

ROSC Coordinator Jarrett Burton then introduced Lissette Duarte, who is the Director Of Community Education at NAMI DuPage. NAMI stands for National Alliance on Mental Illness, and NAMI DuPage has been operating out of Wheaton near the Health Dept for years. NAMI DuPage's mission is to provide support, advocacy, and education in order to improve the quality of life of individuals with a mental illness and their families. Some other facts about NAMI DuPage:

- One of the largest of over 600 NAMI affiliates nationwide and the largest in Illinois
- NAMI DuPage is a peer-led grass roots mental health organization serving roughly 20,000 people each year.
- Most of NAMI's programs are facilitated by specially trained individuals living with a mental illness or their family members
- Independent nonprofit organization funded by donations, corporate and foundation grants, fundraising activities, and limited state/local dollars
- 18 staff members and over 140 regular volunteers
- Services are free or low-cost

Lissette then went over some of the classes/groups that are available at NAMI DuPage: individual, family, teen, parent roundtable, suicide loss, dual-diagnosis, and LGBTQIA+ groups are available weekly.

Lissette also talked about the importance of peer-support at NAMI. Individuals and family are trained as Recovery Support Specialists to work 1:1 with families and individuals to provide mentorship and guidance as to appropriate next steps in their recovery.

Lissette then talked about NAMI DuPage's Living Room program, which provides a safe place for folks experiencing an increase in mental health symptoms who probably would not benefit from visiting an emergency room. Recovery support specialists meet 1:1 with individuals to talk more about the situation and develop a plan to provide the guest with resources and hope.

NAMI DuPage also offers a number of different community education services, including:

- Education classes: NAMI Basics, Family-To-Family, Family & Friends, Mental Health First Aid and WRAP, and Peer-to-Peer
- Speakers Bureau: speakers share their stories of living with a mental health condition and share some hope about living in recovery
- Community training: specialized presentations for organizations/groups such as "Mental Health In The Workplace" and "Mental Health Essentials"

- Resource booths: set up tables at community events/organizations and corporations and pass out information and promote the services they offer

There are also a number of social and recreational events throughout the week at NAMI DuPage:

- Yoga & Meditation
- Creative Card Making
- Craftastic
- In-person Bingo
- Art Classes

Lisette said that there are several different ways people can volunteer their time at NAMI DuPage, including: Support Group Facilitators, Receptionist, General Office Work, and Recreation & Social Programs.

There are also two different social enterprise opportunities at NAMI DuPage, the Print Shop and the Rise & Shine Café. The Print Shop provides volunteer opportunities, partnered with Lemon Press (NAMI's marketing arm) to be a full-service print shop. The Rise & Shine Café is an operational coffee shop and catering company that provides ample volunteer opportunities.

56:00-End

ROSC Coordinator Jarrett Burton then opened the floor for program updates:

- Family Shelter Service will be holding a free Foundations of Domestic Violence for Mental Health Professionals training
- DuPage ROSC Coordinator Jarrett Burton mentions that the DuPage ROSC Council will be taking the show on the road and hosting the in-person component of the next few ROSC meetings at various partner sites throughout the county. The first stop will be Banyan Treatment Centers on Wednesday, June 11th.