

Logan/Mason ROSC Meeting Notes

May 15th, 2025

Attendance:

Deb Beckmann (Statewide ROSC)
Sandra Beecher (Gateway Foundation)
Abby Behrens (Prevention Child Abuse Illinois)
Jeanette Davis (Chestnut Health Systems-Logan/Mason ROSC)
Kara Davis (Logan County Department of Public Health)
Kristin Davis (Family Guidance Center-RSUPIC (Regional Substance Use Prevention Integration Center))
Sandra England (Taylorville SIU Family Medicine MAR Program)
Dani Hernan (SIU Center for Family Medicine)
Grace Irvin (Chestnut Health Systems-Logan/Mason ROSC, Logan/Mason SUP, BASE, & Impacted Youth Project)
Lisa Latham (West-Central Illinois Area Health Education Center)
Chelsey Lemme (SIU Medicine)
Brycen McFadden (Oxford House)
Marie Riley (Sangamon County Department of Public Health-Early Intervention)
Tia Schum (Piatt County Mental Health Center)
Nichole Tinker (Trillium Place an affiliate of Carle Health)
Kim Turner (Hope on 5th, Logan County Probation, Crime Stoppers)
Lauren Yoggerst (Memorial Behavioral Health)

Old Business:

- What is ROSC? ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or mental health challenges. The central focus of a ROSC is to create an infrastructure, or “systems of care”, with the resources to effectively address the full range of substance use and/or mental health challenges within communities.
- Logan/Mason ROSC Mission Statement: Improving access to health, wellness, and holistic recovery options for people who are at risk of, or suffering from, substance use disorders while educating and connecting Logan and Mason counties to reduce stigma and improve recovery outcomes.

New Business:

- During the ROSC meeting, there was an agency highlight of Support Team for Addiction Recovery Treatment (START) Clinic by Dani Hernan.
- Nearly 50 million Americans experienced a substance use disorder in the past year.

- Despite the widespread need, only a tiny fraction (9.1%) of those with co-occurring mental health issues and SUDs receive treatment for both conditions.
- Over 70% of individuals with alcohol abuse or dependence never receive treatment.
- Suicidal thoughts are alarmingly common, affecting over 13 million US adults and 3.4 million adolescents in the past year.
- Addiction doesn't discriminate: heroin use has increased across all income levels in recent years.
- What was formerly the MAR program, it is now the Support Team for Addiction Recovery Treatment (START) clinic.
- The START clinic is a comprehensive outpatient program that combines medical appointments, individual therapy and group counseling sessions for treating opioid, alcohol and stimulant use disorders, as well as gambling disorder/addiction.
- At the initial appointment, patients meet with a provider and nurse to discuss medication options. Urine drug testing is performed at appointments.
- Initial appointments are weekly, ongoing frequency determined by provider.
- Urine drug testing is completed at appointments.
- Appointments are also scheduled with a therapist who determines a treatment plan and can offer individual counseling if appropriate.
- Patients don't have to be a primary care patient to access these services. Appointments are strictly for management of addiction. For any general medical questions, patients would have to speak with their primary care provider.
- Initial visits are frequent, and prescriptions are given just enough to last to the next appointment.
- Patients are given a 30-day prescription until they've established the appropriate testing and attendance.
- The psychiatric evaluation and psych med management services are available in Springfield. A lot of patients in the offsites will do telehealth appointments.
- For psychiatric services in Taylorville, Lincoln, and Jacksonville, the patient must be referred by an SIU PCP at that specific location.
- Medications available for alcohol use disorder include Vivitrol (naltrexone) and Campral (acamprosate).
- Medication available for opioid use disorders include Suboxone (buprenorphine/naloxone), Sublocade (buprenorphine), Vivitrol (naltrexone), and Brixadi (buprenorphine).
- There is currently no FDA approved medication for treatment of stimulant use disorder, but there are medication combinations that have demonstrated efficacy that can be discussed.
- Stimulant use disorder patients are all assessed in the Springfield office at this time.
- Patients can be referred by their provider via task, phone call, fax, etc., but a patient doesn't have to be referred.
- A patient can call on their own and express an interest or need for treatment.
- Peer support/case managers will reach out to complete intake assessment screening.
- The assessment will be sent to the Medical Director to be reviewed.
- If appropriate for START services, the patient is scheduled for intake appointment at nearest clinic.
- Transportation is scheduled for all patients if needed, but START patients take precedence.

- People using IV drugs, expectant mothers, and people recently hospitalized are given priority when scheduling.
- People actively using or withdrawing have next priority.
- People coming into the program from a treatment center or from another appointment can often get enough medication from their current provider to get to their scheduled appointment.
- Peer Recovery Specialists are available to provide group and individual support.
- The first point of contact with the START Program is our Peer Recovery Specialists who have personal experience with addiction and recovery. They create a welcoming atmosphere by providing emotional support, practical advice and mentorship by drawing from their own recovery journeys.
- They are trained to facilitate support groups, connect you with resources and help advocate for you when barriers are encountered.
- Peer Recovery Specialists are here to support you without judgment and walk with you each step of the way.
- Along with Peer Recovery Specialists, there are also program case management services. The case managers are available to provide referral to community resources to assist with housing, transportation, applying for benefits, education/employment, family based services, insurance/redetermination issues, and appointment scheduling.
- Providers can refer a patient for special specific needs or case managers may meet with patients at appointments and offer different community resources (food pantry bags, transportation as needed).
- SIU patient transport vans are available at several locations (not yet Lincoln) to assist patients in getting to and from medical appointments including START visits.
- Public transportation options can also be arranged and cost may be eligible for assistance if needed.
- Case managers and community healthcare workers can provide assistance scheduling transportation and reviewing patient options.
- START clinic locations include Springfield Center for Healthy Aging and Wellness, SIU Center for Family Medicine (Lincoln), SIU Family Medicine Taylorville, and SIU Center for Family Medicine-Jacksonville.

Reminders/Recovery Resources:

- The Logan/Mason ROSC has updated meeting flyers and cards if you need them. If you need more, please let Jeanette know either by email, or she can bring them or mail them to you. If you know of any changes of any meetings that haven't been reported, please make sure to share that information with Jeanette.
- Logancountyresources.org and Masoncountyresources.org are two comprehensive websites that have been put together. This is where you can seek information in either county. If there is something missing from the websites or if you have changes for your organization, please let the ROSC know about it. Logancountyresources.org just added a specific Veterans link.
- SMART Recovery meetings are held on Fridays from 12:00 p.m. – 1:30 p.m. at Hope on 5th. There has been talk about expanding this meeting to a second day in the week. There has been a lot of commitment to this meeting and people are liking the format. If you are interested in SMART

Recovery or are interested in suggesting a time and date to see another recovery meeting offered, please reach out.

- There is a women's meeting that's happening on Sundays from 1:00 p.m. – 3:30 p.m. at Hope on 5th. This meeting includes going through the book "A Women's Way Through the 12 Steps." This is a women's only meeting.
- In Havana, on Wednesday nights at 6:00 p.m., there is an Odds & Ends Peer Recovery Support Group that meets at Hardees.
- If you know of anyone in Logan or Mason County interested in starting a new recovery meeting, the ROSC would love to help having those conversations to start those up.
- In Logan County, there are harm reduction resources at the Family Custom Cleaners, Logan County Health Department, Mount Pulaski Library, Logan County Courthouse, Logan County Jail, and Hope on 5th. These resources are free and you don't have to ask anyone for anything.
- In Mason County, there are harm reduction resources at the Havana Public Library, Mason County Health Department, Forman Valley Public Library, and Mason City Public Library.
- If you know of any other locations or have any suggestions of places where we can have harm reduction resources, feel free to share so that the ROSC can reach out to these places and ask.
- Dani also has physical handouts if people wanted to have information. If anyone wants any information, you can reach out to Dani.

Upcoming Events:

- Over the summer, the ROSC gets involved with the 3rd Friday events that take place in Lincoln, which will be on May 16th, June 20th, and July 18th from 5:30 p.m. – 8:30 p.m.
- The ROSC will be at the Havana 1st Friday event on June 6th from 4:00 p.m. – 10:00 p.m.
- The ROSC will have a booth at the Logan County Pride event on June 7th from 3:00 p.m. – 8:00 p.m.
- The ROSC will be at the 2nd Friday on the Square in Mt. Pulaski on June 13th and July 11th from 6:00 p.m. – 9:00 p.m.
- If there are any other organizations or agencies that would like to partner with the ROSC for any of these events, please reach out to ROSC. If you are unable to attend, but have information to pass out, the ROSC would love to share your information at the table. Also, if you have any desire to volunteer on any of those events, please reach out.
- The BRIDGE (Build Recovery, Inclusion, and Dignity for Growth & Empowerment) program is continuing. There is a meeting every other Tuesday from 1:00 p.m. – 2:30 p.m. at the Logan County Health Department.
- There is a Save the Date for August 9th from 12:00 p.m. – 3:00 p.m. This is an event that is being planned by law enforcement officers. There is more information to come.
- If you're wondering how you or someone else can get involved with giving back to the community, the Recovery in Action subcommittee is a great way. This group meets the second Tuesday of every month at Hope on 5th. The next meeting is June 10th from 4:30 p.m. – 6:00 p.m. This is an opportunity to plan different types of events, ways to share good education in the community, etc.

Additional Feedback/Updates:

- The next ROSC meeting will be on Thursday, June 26th at 2:00 p.m. at Hope on 5th (or via Zoom) in Lincoln. There are a lot of organizations that are closed on Juneteenth, so the ROSC meeting has been moved to the fourth Thursday of the month.
- Jeanette mentioned that there was an article about the Oxford House, which is close to or has surpassed 1,000 houses.
- Brycen mentioned that there are 115 Oxford Houses in Illinois now, which equals 1,014 beds throughout 19 counties. Brycen is looking into the Effingham area for Oxford House. Brycen also mentioned that he needs help in filling houses. If anyone knows of anybody in need of housing or relocation from their original area, there are many beds open throughout Decatur and Lincoln. If you know of anybody, you can use the website at oxfordvacancies.com. On the website you can search for the state and county they plan to go to. On the page there will be every house in that county with their contact number and how many vacancies are in the house. The individual would have to call that number and ask for a phone interview.
- Kara mentioned that the Logan County Department of Public Health is administering back-to-school shots. The department is hoping to do the sports physical and back-to-school physical clinic in July in partnership with SIU, but they are waiting on a hospital schedule. Kara mentioned to make sure that you and your kids' measles vaccine is up to date. There are six measles cases in the state: four in southern Illinois and two in northern Illinois. If you were born after 1957, you should have had two measles vaccinations; if you have children between the ages of one and five, they should also have two measles vaccinations. The health department also has lots of Narcan if anyone needs it. Kara also mentioned that she can offer a Narcan training for an organization's staff.
- Kim mentioned that Hope on 5th will have a fundraiser on June 12th. The flyer may be available soon and sent out. Silas (CAPSIL) will be present to perform at Spirited, as well as a couple of other featured people. You can check Facebook for items to donate. The donation drop day for Hope on 5th is Wednesday from 11:00 a.m. – 1:00 p.m., but if someone messages Hope on 5th, other arrangements may be made.
- The Christian County Prevention Coalition is at the Farmer's Market every Saturday in May for Mental Health Awareness Month. Narcan and other resources are available, including items for kids. A banner will be brought for people to write positive affirmations or draw pictures. This may be displayed at the schools afterwards.
- There was a Speaker Meeting at the Pool Recovery Tournament. There was a good turnout for the Speak and Eat event. There were also raffles, prizes, and donations during the Pool Tournament. The ROSC has been considering starting a pool league as a recovery friendly activity.
- Nicole mentioned that the BRIDGE meeting included people from the faith community, Celebrate Recovery, and people with lived experience in the room. If you know of anyone or would like to learn more about the BRIDGE program, please reach out. This can really help Logan, Menard, and Mason counties.
- Nicole mentioned that at Open Arms Church on Sunday, May 18th, there will be a national leader for Celebrate Recovery preach. There will also be a blessing of the bikes.

- Sandra mentioned that Gateway is doing primarily mental health and telehealth at their Bloomington and Peoria facilities. This is a way to reach those with no transportation in the rural area. They take all insurances.

Contact Info:

- Jeanette Davis- Recovery Specialist
 - jedavis@chestnut.org ; 217-871-3208
- Grace Irvin- Prevention Coordinator
 - gcirvin@chestnut.org ; 309-451-7776
- Tristan McGrew- Recovery Corps. Project Coordinator
 - tjmcgrew@chestnut.org ; 309-229-3921
- Nadia Klekamp- Director of Integrated Community Education
 - nfklekamp@chestnut.org ; 309-824-3765

Next Meeting:

- Thursday, June 26th at 2:00 p.m.
 - This meeting will take place at Hope on 5th (Lincoln). For those unavailable to attend in-person, a Zoom option is provided.
 - Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTByQT09>
 - Meeting ID: 935 6172 7220 / Passcode: 395255

End of Meeting: 3:00 p.m.