

DuPage ROSC Council Meeting Minutes

June 11th, 2025

0:00-19:34

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 started by mentioning that we are on-site this month at Banyan Treatment Centers in Lisle, which will be the first of many locations the ROSC will be visiting over the coming months.

Jarrett started with this month's icebreaker question, and there are two to choose from:

1. What is the best concert you've ever been to?
2. What is the best summer vacation you've been on?

Jarrett said that his favorite concert was when the Beastie Boys played at All-State Arena with A Tribe Called Quest, and he said it was the first concert he remembers smelling weed at.

Blake Worman mentioned taking a trip to see Sue the T-Rex skeleton, and he got to run his hands along Sue's skull.

Danny Sourbis mentioned taking trips to Greece, which for him is "the motherland"

Another member mentioned attending the Rolling Stones concert at Chicago Amphitheater, and another talked about taking a trip to the Grand Tetons, and the last person talked about a trip they took with their mother to Israel.

Jarrett then went over the agenda for the meeting:

1. **Meeting Open - Jarrett Burton**
2. **Agenda/Preview of upcoming meetings/trainings**
3. **Substance Trends June 2025**
4. **Kayla Zawislak, Director of Patient & Family Services, Addiction Policy Forum**
5. **Michael Wood, Director of Business Development, Banyan Treatment Centers**
6. **Organizational updates**

ROSC Coordinator Jarrett Burton then promoted the June edition of the DuPage ROSC Presentation Series, which will be on 7-OH, a powerful new substance being peddled at vape shops and marketed as a Kratom product, when it's really a synthetic with only trace amounts of chemicals found in Kratom. Blake Worman will be presenting on 7-OH next week.

ROSC Coordinator Jarrett Burton also took a few minutes to promote his upcoming presentation for HLM Recovery and the Will/Grundy County ROSC. Jarrett emphasized the importance of Region 2 ROSCs supporting and showing up for each other.

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 then promoted a number of meetings happening in DuPage and surrounding counties: A NAMI DuPage group for families of loved ones with substance use and mental health challenges, a NAMI meeting for teens that need support, Live 4 Lali's Grief and Loss Group.

ROSC Coordinator Jarrett Burton introduced CORS Program Coordinator Danny Sourbis, who promoted virtual SMART and Refuge Recovery meetings, as well as a recovery meeting for veterans.

ROSC Coordinator Jarrett Burton then promoted Serenity House's new Psychiatric program, which will provide free psychiatric services, including medications, crisis prevention, and more. You do not need to be insured to access services

ROSC Coordinator Jarrett Burton then promoted the ROSCs Narcan program, and asked anyone who was interested in hosting a ROSC Narcan wall-box to please reach out.

ROSC Coordinator Jarrett Burton then invited Recovery Navigator Blake Worman to give a sneak preview of his 7-OH presentation for the DuPage ROSC Presentation Series. Jarrett and Blake then touched on Nitazenes, which are another in a long line of synthetic opioids becoming more popular. These and any other presentations ROSC has put on are up on the DuPage ROSC YouTube Channel.

19:34-29:00

ROSC Coordinator Jarrett Burton then introduced the first guest, Kayla Zawislak, Director of Patient & Family Services, at Addiction Policy Forum. Jarrett mentioned that Kayla has been

attending ROSC meetings for a couple of years now, and it's a good time to have her on to discuss a couple of projects happening at Addiction Policy Forum.

Kayla started by giving an overview of the Addiction Policy Forum, which is a national non-profit that creates trainings, curriculums, and more for groups like family members, caregivers, first responders, and more. Kayla said that one of the main goals is to take evidence-based research and science and translate it into digestible and understandable terms, as more often than not it is not accessible and many folks can't understand the data. Kayla said that on average it takes around 17 years to actually get some of these recommendations into practice.

Kayla said that to bridge that gap between science and policy, they create a lot of videos, graphics, etc., and they are big on stigma reduction. Kayla also talked about their website, which is full of resources, videos, infographics, and more. She told the group about the Opioid Prevention Campaign, which aims to explain for substance use challenges affect the brain. All of these are translated into 12 different languages, so as to provide culturally-competent resources.

Kayla then explained the main reason she asked for a few minutes of our time, which is a couple of research projects they have coming down the line. They really believe in centering the voices of people with lived experience and bringing those folks to the table when doing research. The projects being worked on:

1. In collaboration with The University of Delaware, Kayla is looking to engage with folks who identify as active substance users to learn more about their experiences and unique barriers to services. The information collected will be published in a peer-reviewed journal
2. Kayla and her team are also creating a curriculum that will focus on mental health literacy, called Protect Your Brain

Kayla and Jarrett talked about how they both grew up in the DARE era of school prevention programs, and how that type of campaign didn't work for them—in fact, it may have helped kickstart experimentation with substances at a younger age. Addiction Policy Forum is currently looking for folks to enroll in the curriculum, and they will be given a gift card for their participation.

For more information, folks can visit: <https://www.addictionpolicy.org/>

29:00 – 54:00

ROSC Coordinator Jarrett Burton then introduced Michael Wood, who handles Business Development at Banyan Treatment Centers, and is himself a person in long-term recovery from substance use. Jarrett started by showing a photo of himself from a high school dance that Mike

uses as his Caller ID photo, and gave some background on his friendship with Mike. Back in 2016-2017, Jarrett said he was struggling pretty badly with substance use, and Mike was one of a group of people working for Banyan that Jarrett was familiar with through mutual friends. Jarrett noticed how Mike and others had managed to not only stop using substances, but they seemed happy and well-adjusted, something Jarrett wanted but wasn't able to find back then. Fast forward some years and now Jarrett and Mike are not only friends, but work peers.

Mike started by talking about his own recovery journey a bit. Mike grew up with a single mother, and they remain incredibly close to this day. He started using really heavily by the age of 14, and there was really nothing back then that was going to make him stop doing drugs; emotional appeals from his mom or from his own kids had no real affect on him. Mike had children at a young age—4 kids by the age of 23 years old. Mike remembers some of the low points along the way, including asking a dealer to meet him in the parking lot of Elmhurst Hospital when he was there trying to detox.

Mike finally found the motivation to get clean when he came to find a power greater than himself, and he came to know God through the process. He talked about meeting his sponsor Sam, who is a plumber and down to Earth guy who used to lead 12 Step meetings for the Men inside Abraxas Treatment Center on Friday evenings. Sam would show up week in and week out, and although Mike refers to himself as a stubborn Irish & Italian kid from Elmwood Park who had no idea how to ask for help. So one night at one of these meetings, he just blurted out “Will you help me?” It can be powerful to get to the point where you have to ask for help like that, like your life depends on it. Jarrett noted that he was an alumni of Abraxas, as were a couple of people in attendance.

Mike continued his story of being in Abraxas, where he was one of only two people who were not mandated by some kind of court system to be there, and noted this fact at one of the meetings. One of the guys who was leading the meeting replied to Mike with “Let me tell you something: you're mandated to be here, even if you think you aren't. The judge may not have signed the order, but you're mandated by death—spiritual, mental, relational, emotional, physical death.” When Mike heard this, he said he slumped down in his chair before the guy finished with, “So what was your question?” This went a long way in deflating Mike's ego, which was absolutely necessary for him to achieve recovery.

Mike then made the mistake of going back to his old people, places, and things, just to sort of show off his recovery. Not too long after, he relapsed and had to enter “the best treatment center in all of Illinois” aka Cook County jail. Jarrett asked Mike to expand on that briefly, as he too believes that sometimes the best thing for someone in active addiction is to run out of options completely. Mike agreed, and told us that the last time he was there was his seventh trip to Cook County, and when he was inside he was trying to pass the time differently from previous visits. He started reading scripture and 12-step literature, and it was filling his mind and heart with hope. He didn't even look back on his arrest as only a negative thing. He recounts the times he used to pray to God to humble him because he didn't know how to himself, and he told us about the phone call he made to his mother when he got locked up and how she was relieved that he didn't have a bond, because she was convinced he was going to die if they let him out.

Mike and Jarrett talked for a minute about the strong lineage of recovery that came out of Abraxas in Woodridge, as well as Serenity House, and how those men were instrumental in helping them both. Mike said that he originally wanted nothing to do with Serenity House; when he first got there, a staffer asked him if he even wanted to be there and he said “no”. She told him to go call his sponsor to pick him up. He called his sponsor and told him he was getting kicked out before he even started, and the sponsor told him to get back in there and fix it, which he did. He stayed at Serenity, and took advantage of all of the services that were there. He and some others started chairing Heroin Anonymous meetings, including on inside DuPage County jail. Mike would also walk to the train station every morning at 4:30am to make it to a construction site where he would work all day, ride the train back, and make it to dinner with seconds to spare every night. After he left he stayed connected with all of the men he’d met throughout the process, and has continued to grow his life and recovery ever since.

Jarrett asked Mike how he got involved in working in the field. Mike started at an organization called Indiana Centers For Recovery, and later moved over to Banyan Treatment Centers to handle business development. Mike talked about the Banyan residential treatment location in Gilman, Illinois, which as Mike points out is kind of in the middle of nowhere downstate, but that can be a good thing in getting folks away from their unhealthy environments. The types of therapies and programs provided include:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Trauma-informed Therapy
- Individual and Group Therapy
- Motivational Interviewing
- Military and Veteran Programming
- Family Programs
- Psychoeducational Programming
- Alumni and Aftercare Programs

Other amenities include: yoga and meditation, in-site gym, catered meals, art therapy, biofeedback bed, walking track, recreational outings, volleyball courts, and more.

Mike said that they often suggest clients attend their PHP/IOP program in Lisle. Mike said that it is basically a sober living attachment that is staffed 24/7, and they drive the clients to meetings, gym, etc. Additionally, virtual IOP is offered for those who might live in rural areas, and they also recently hired a therapist to handle PHP/IOP for those who have mental health disorders as a primary.

Mike also talked about the MAT options for clients. He said that anyone currently on Methadone would need to detox off of it, as that is one medication they do not allow. They do, however, allow Suboxone, Subutex, Vivitrol, etc.

Mike said that they are always hiring Recovery Technicians, as it's a good way for people to get their feet in the door working in the field, and it helps to have lived experience

54:00-End

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

- Scott Kaufmann from DuPage Health Department wanted to give a special shout-out to Mila Tsigalis, who is leaving her role at the Health Department for a role with the city of Arlington Heights. Mila is a supporter of the ROSC program and will be missed, but nothing will change in the working relationship.
- Mark Matthews from Greater Family Health promoted the first Recovery Drive In at the McHenry Drive-In Theater on August 19th. They are going to be showing Uncle Buck and Weird Science.

Jarrett told the group that the next stop on the ROSC tour is at NM Behavioral Health Services at Central DuPage Hospital on Wednesday, July 9th.