

Logan/Mason ROSC Meeting Notes

July 17th, 2025

Attendance:

- Abby Behrens
 - Prevent Child Abuse Illinois
- Brittany Card
 - Macoupin and Montgomery County ROSC
- Jeanette Davis
 - Chestnut Health Systems-Logan/Mason ROSC
- Kara Davis
 - Logan County Department of Public Health
- Kristin Davis
 - Family Guidance Center-Regional Substance Use Prevention Integration Center
- Kami Garrison
 - Chestnut Health Systems-Statewide ROSC
- Dani Hernan
 - SIU Center for Family Medicine
- Grace Irvin
 - Chestnut Health Systems-Logan/Mason ROSC, Logan/Mason SUP, BASE, & Livingston ROSC
- Carmen Lanham
 - Family Guidance Center-Regional Substance Use Prevention Integration Center
- Samantha Martini
 - Family Guidance Center
- Brycen McFadden
 - Oxford House
- Marie Riley
 - Sangamon County Department of Public Health-Early Intervention
- Silas Tockey
 - Community Action Partnership of Central Illinois
- Kim Turner
 - Logan County Crime Stoppers, Drug Court, Veterans Court, Logan County Probation, & Hope on 5th Board Member
- Dominic Valenti
 - Chestnut Health Systems- Logan/Mason SUP
- Tyler Wenger
 - Chestnut Health Systems- Logan/Mason SUP

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:

- Goal Three of the Logan/Mason ROSC is to increase awareness around recovery and reduce stigma.
- Stigma is defined as, “a mark of disgrace associated with a particular circumstance, quality, or person” by Oxford Languages.
- Stigma is also defined as, “A set of negative unfair beliefs that a society or group of people have about something” by Merriam-Webster.com.
- It is important that we really try to educate ourselves and commit to being a champion on helping to chip away at stigma. All of us can affect and influence the stigma around us.
- During the meeting, a video titled “Stigma and Substance Use Disorder” was shown.
- One way to break down the stigma impacting people is to understand SUD as a brain disease. This can help reduce stigma in several crucial ways:
 - 1.) It shifts the narrative from personal blame to medical understanding, recognizing that SUDs involve biological changes and are not a matter of willpower.
 - We have the evidence now that when medical professionals speak regarding those struggling with substance use disorder in medical terms, patients do get better care.
 - 2.) It places SUDs in the same category as other chronic medical conditions that benefit from ongoing management and support.
 - How can we begin to chip away at the stigma that’s attached to those struggling with substance use disorders?
 - 3.) It emphasizes the importance of evidence-based treatment approaches rather than punishment or moral judgment.
 - How do we move from where we’re trying to arrest the addiction out of people? How can we move into the places where we can add more SMART Recovery meetings, more cognitive behavioral therapy classes, etc.?
 - 4.) It supports the role of all health care practitioners in screening for and treating SUDs, rather than viewing people who have SUDs as having primarily legal or moral issues.
 - We must remember that active addiction is simply the manifestation of the broken places. It is not active addiction that is necessarily the underlying problem. The problem is addressing the traumas that have us move into the place of active addiction.
 - Recent research has shown that when health care providers receive education about the neurobiology of addiction, their attitudes toward patients who have SUDs improve significantly. This scientific understanding helps replace stigmatizing beliefs with empathy and evidence-

based approaches to treatment. However, addressing stigma requires a multi-faceted approach beyond just education about the brain disease model. This is from SAMHSA.org.

- During the meeting, there was discussion around people having their perceptions changed by having an interaction with someone personally.
- It was the hope of having this discussion for people to make a commitment to themselves to do one thing that they could do to help chip away at stigma.
- The Logan/Mason ROSC would like to partner with you for the Anti-Stigma Campaign. The campaign slogan is "Reframing Recovery."
- This campaign is about pointing out words that matter, words that we can use, positive statistics, embracing self-worth, and encouraging people to think about themselves positively.
- The Logan/Mason ROSC is putting boxes together of all the Anti-Stigma Campaign posters to share these resources with the community. The hope is to have agencies or businesses to be willing to help share these resources.

Reminders/Recovery Resources:

- The Logan/Mason recovery meeting cards are available. The cards come in 5" x 7" or a business card size. Please help pass these along. This goes a long way for people to be aware of how many meetings we have and where they are.
- The Logan and Mason Resource Directories (logancountyresources.org and masoncountryresources.org) are both very comprehensive websites. If your information is not on these websites, please let us know. Also, let us know if there are any updates needed with the resources or you see that something is missing.
- SMART Recovery is an evidence-based program, not just for those dealing with substance use disorder, but any behavior that's interfering with you living your best life. These meetings take place on Fridays from 12:00 p.m. – 1:30 p.m. at Hope on 5th in Lincoln.
- A brand-new meeting started at Trillium Place on Wednesdays at 9:00 a.m. This is a peer support group for women. Another meeting is "A Women's Way Through The 12 Steps" which takes place on Sundays from 1:00 p.m. – 3:30 p.m. Both meetings take place at Hope on 5th.
- There are currently two meetings happening in Mason County. Odds & Ends Peer Recovery Support Group is on Wednesdays at 6:00 p.m. at Havana Hardee's. There is a Recovery Out Loud meeting that takes place on Fridays at 6:00 p.m. at the Havana Church of Christ. Please help to get the word out about these meetings.
- There are harm reduction resources in Logan County at Family Custom Cleaners (Lincoln), Logan County Health Department (Lincoln), Mt. Pulaski Library District (Mount Pulaski), Logan County Courthouse (Lincoln), Hope on 5th (Lincoln), and Logan County Jail Lobby (Lincoln).
- There are harm reduction resources in Mason County at Havana Public Library (Havana), Mason County Health Department (Havana), Forman Valley Public Library (Manito), and Mason City Public Library (Mason City).
- Silas mentioned that he will ask people if harm reduction resources are available at Community Action in Lincoln.

- If you think of any places in the community that would benefit from having harm reduction resources, please reach out. We want to be able to increase the availability of harm reduction resources.
- Samantha mentioned that harm reduction resources could be available at food pantries.

Upcoming Events:

- The Build, Recovery, Inclusion, and Dignity for Growth and Improvement (BRIDGE) will be meeting on August 12th from 1:00 p.m. – 2:30 p.m. The location is at the Logan County Health Department in Lincoln. If you're not familiar with this initiative, please reach out to Jeanette.
- The Logan/Mason ROSC will be at the 3rd Friday event in Lincoln on July 18th from 5:30 p.m. – 8:30 p.m.
- The Logan/Mason ROSC will be at the 1st Friday event in Havana on August 1st from 4:00 p.m. – 8:00 p.m.
- There is an AA Speaker Meeting (July Anniversary Celebration) on July 19th at 5:00 p.m. at Hope on 5th in Lincoln. This is a great opportunity to hear someone share their recovery story.
- A "Breaking Barriers" event will take place on August 9th from 12:00 p.m. – 3:00 p.m. at Hope on 5th in Lincoln. This is a partnership with the Lincoln Police Department. The officers will be grilling hot dogs and hamburgers. There will also be games and music. Attendees will also hear from speakers.
- Overdose Awareness Day is August 31st. The Logan/Mason ROSC will be doing a live panel of people whose life was saved harm reduction resources. This will be on Facebook live and there will also be a live audience for the first time. More details are to come.
- September is Recovery Month. The Logan/Mason ROSC Recovery Walk in Mason County will be in Havana on September 20th from 12:00 p.m. – 3:00 p.m. at the Riverfront Park.
- The Logan/Mason ROSC Recovery Walk in Logan County will be in Lincoln on September 27th from 12:00 p.m. – 3:00 p.m. at Scully Park. There is a link to sign up if you'd like to have a resource table or share information (if you're unable to come). The Signup Genius will be sent out again with some of the posters being sent out for the Anti-Stigma Campaign.
- The Recovery in Action committee meets the second Tuesday of every month from 4:30 p.m. – 6:00 p.m. at Hope on 5th in Lincoln. The next meeting will be on August 12th. This is where a lot of planning events take place. Also, this group is creating resource bags for the sheriff at the jail to hand out to people. This group comes up with different ways to educate the community as well. If you love planning, trying to figure out a way to give back, or if you know someone who would like to serve, please send them our way.

Additional Feedback/Updates:

- Brycen mentioned that there are two openings at the Oxford House in Lincoln. There are some beds open in Decatur as well.
- Abby mentioned that there are upcoming events and different trainings: Drug Endangered Children Awareness via Zoom (August 19th from 11:30 a.m. – 1:00 p.m.), Downtown Springfield

Family Fun Fest in Springfield (September 6th from 11:00 a.m. – 3:30 p.m.), Drug Endangered Children: Moving from Awareness to Action via Zoom (September 9th from 11:30 a.m. – 1:00 p.m.), Safe Sleep for Babies via Zoom (September 25th from 10:00 a.m. – 11:30 a.m.), and 31st Prevent Child Abuse Illinois Statewide Conference at Sheraton Lisle Naperville Hotel (October 23rd – 24th).

- Dani mentioned that SIU is hosting an Addiction Medicine Conference on September 24th at the Memorial Learning Center in Springfield. If anyone would like more information, Dani can pass that along to you.

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, August 21st 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=TDVsWHRJdldYWnRnb2dnVFJTdTByQT09>
 - Meeting ID: 935 6172 7220 / Passcode: 395255

End of Meeting: 2:59 p.m.