

# DuPage ROSC Council Meeting Minutes

July 9<sup>th</sup>, 2025

**0:00-15:45**

**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 NM Behavioral Health Services at Central DuPage Hospital. This is the second stop on the community partner site tour, and Jarrett mentions the great turnout. Before Jarrett went over the agenda for the meeting, he welcomed to the microphone Jeff Geiger, who is the Director of Behavioral Health at Central DuPage Hospital. Jeff thanked everyone for attending, and briefly mentioned some of the services they provide, including a new Narcan wall-box, as well as peer support services, which they recently initiated at Delnor Hospital in Geneva

Jarrett then went over the agenda for the meeting:

1. Meeting Open - Jarrett Burton
2. Agenda/Preview of upcoming meetings/trainings
3. Substance Trends July 2025
4. ***John Skocz, MA, LCPC, CAADC, Coordinator of Addictions Inpatient & Outpatient, NM BHS***
5. ***Shelbi Vidmar, Peer Support Specialist @ Delnor Hospital***
6. ***Ben Gilbreath, Founder @ Logical Recovery***
7. Organizational updates

**ROSC Coordinator Jarrett Burton** then promoted the July edition of the DuPage ROSC Presentation Series, which will be on Motherhood And Substance Use: From Pre-Natal to Pregnancy to Post-Partum, presented by DuPage ROSC Project Coordinator Annette Villareal.

**ROSC Coordinator Jarrett Burton** also promoted a new quarterly series ROSC will be holding in partnership with the Chicago Consciousness Café and Urban Apothecary; the first presentation will be on July 24<sup>th</sup> and the special guest is Jim Fadiman, aka the "Father of Microdosing." The presentation will be on microdosing substances for therapeutics, recovery

from trauma, and increased wellness. This presentation is open to the public, and can be attended in-person at Urban Apothecary in Batavia or on Zoom.

**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** promoted the virtual SMART Recovery meeting held at Serenity House on Saturday mornings from 9-10am, and the virtual Refuge Recovery meeting held from 10:30a-11:30a

**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 promoted the annual Overdose Awareness Day event on Thursday, August 28<sup>th</sup> from 5:30-8:30p at Serenity House (891 S Rohlwing Rd, Addison). There will be live music, refreshments, games, tributes, and more.

## **15:45 – 19:00**

**ROSC Coordinator Jarrett Burton** then introduced a regular segment moving forward, and that is substance use trends. ROSC started this segment as a way to keep attendees informed on all of the new substances, adulterants, statistics, and more. Last month he covered Nitazenes and 7-OH, and this month the spotlight is on Opvee:

Opvee is a newly approved overdose reversal medication. Here are the main points:

- Unlike other overdose-reversal meds like Narcan, Opvee does NOT contain naloxone
- Active ingredient is Nelmeffene, which is 4x stronger than naloxone
- Opvee stays active in your system for 8-12 hours, compared to 30-90 minutes for naloxone
- Harm reduction organizations have raised concerns about the length of time Opvee will render someone in precipitated withdrawal, possibly causing more overdose cycles.

Jarrett said that he will continue to update ROSC members as more information comes in on Opvee

**29:00 – 43:30**

**ROSC Coordinator Jarrett Burton** then introduced John Skocz, MA, LCPC, CAADC, Coordinator of Addictions Inpatient & Outpatient, NM BHS. Jarrett told the group that John connected with ROSC towards the very beginning of its existence, and has been a valued member and ally ever since. John was instrumental in getting ROSC out to CDH for this meeting, but he has also been an invaluable member on the WhatsApp Referral Hub (he's won the monthly MVP so many times that we had to retire him from the competition).

John gave an overview of the types of behavioral health services available at CDH:

**Adult (ages 18+) services: Mental Health and Substance Use Disorders**

- Inpatient Psychiatric Units
- Medical Detoxification and Inpatient Residential Units
- Partial Hospital All-Day Program
- Intensive Outpatient Program
- Continuing Care Group Therapy

**Adolescent (ages 13–18) services: Mental Health only**

- Inpatient Psychiatric Unit
- Partial Hospital All-Day Program
- Intensive Outpatient Program (half-day)
- School Avoidance Program

Northwestern Medicine Behavioral Health Services, Winfield, offers comprehensive diagnostic assessment and treatment for emotional health conditions and substance use disorders. Outpatient services focus on helping patients regain healthy, fully functional daily lives. John says that patients address emotional, behavioral, substance use, social, family and work issues through customized programs including evidence-based individual, group and family therapies.

John also talked about the importance of programs like ROSC, where he's been able to connect with other folks working along the recovery continuum to find different resources for clients. He also talks about the importance of ROSCs harm reduction work in DuPage County, which inspired their own use of Narcan wall-boxes.

**ROSC Coordinator Jarrett Burton** then introduced Shelbi Vidmar, Peer Support Specialist at Delnor Hospital, which is also in the NM family of hospitals. Shelbi was the first Peer Support Worker at Delnor, where she is working out of the ER and meeting with clients who come in after overdoses or substance-related hospitalization. Shelbi uses her own lived experience in recovery to help those people showing up to the ER who are still struggling, where she helps

them to find resources and placement in recovery programs if they are interested. Jarrett pointed out that Shelbi is a great example of how people in recovery can use that experience in connecting with clients who might otherwise be resistant to change.

## **43:30—54:00**

**ROSC Coordinator Jarrett Burton** then introduced Ben Gilbreath, who is a person in recovery who created a completely new program of recovery called Logical Recovery. Jarrett said that he's known Ben for a while now, ever since he came to Serenity House as a client last year. Ben was always interested in working in the recovery field, and last year he attended the Connecticut Center For Addiction and Recovery's Recovery Coach Academy hosted by Serenity House and DuPage ROSC.

Ben talked about his own struggles connecting to a recovery program that worked for him. Ben identifies as an atheist, and thus the spirituality component to 12 Step programs kept him away. He liked some of the aspects of SMART Recovery but wasn't a fan of the overall program. Not having found what he was looking for with existing recovery programs, Ben decided to start his own called Logical Recovery.

Logical Recovery is aimed at folks who—like Ben—weren't able to find help from traditional recovery programs. Ben first put together a toolkit made up of 5 Tools that helped change Ben's life, and those 5 Tools put into practice looks like this:

### **1. Cost-Benefit Analysis**

*Use when:* You're about to act on impulse, avoid something important, or make a tough choice.

*What it is:* A structured way to pause and weigh the real consequences and payoffs of what you're about to do or not do.

*How to use it:*

- What are the short-term benefits of doing this?
- What are the long-term consequences?
- What are the short and long-term benefits of not doing it?
- Is this worth the trade-off?

*Why it works:* It brings logic into emotionally charged moments and helps you act based on your actual values, not just your feelings.

Ben has started making some videos about Logical Recovery for social media, especially TikTok. For more information on Logical Recovery folks can visit: <https://logicalrecovery.org/>

## 54:00-End

**ROSC Coordinator Jarrett Burton** then opened up the floor for anyone who had a program or event that they wanted to promote.

Michael Wood from Banyan Treatment Centers asked to speak for a moment. Mike said that some of the most distinguished, passionate, and selfless people he's met are those who serve as peer recovery specialists — the kind of people who shine brightest in the darkest places.

He continued that working in the world of addiction and substance use disorders is not easy, but there are those who give their all every single day to help one soul at a time—and the person Mike wanted to acknowledge was Mark Mathews from Greater Family Health, who has shown an unwavering commitment to this work, as well as a compassionate heart. Mark has had a very real impact on the lives of those who've worked with him to find their own recovery. Mike then presented Mark with Banyan Treatment Center's Servants Heart Award for recognition on the massive difference he's made in people's lives.

Mark Mathews came up to receive his award, and as always was full of humility and gratitude for the recognition, and pointed out that it's only as a community that we can affect real change, and that's what we are attempting to do with programs like ROSC.

Jarrett told the group that the next stop on the ROSC tour is at Healthcare Alternative Systems (H.A.S.) in Wheaton on Wednesday, August 13<sup>th</sup> at 3pm.

### Attendance:

Jarrett Burton	DuPage ROSC, PLE
Annette Villareal	DuPage ROSC, Kane ROSC, PLE
Blake Worman	DuPage ROSC, PLE
Danielle Heffernan	Serenity House, PLE
Jaron Nabors	2morrow Starts 2day, PLE
Matt Ashley	The Way Back Inn, PLE
Scott Kaufmann	DuPage Health Dept
Mike Wood	Banyan Treatment Centers, PLE
Mark Matthews	Greater Family Health, PLE
John Skocz	Central DuPage Hospital

Shelbi Vidmar	Delnor Hospital, CRSS, PLE
Ben Gilbreath	Logical Recovery, PLE
Nicole Janssen	Recovery Centers of America
Bruce Sewick	College of DuPage, PLE
Roger Stefani	Hope For Healing, PLE
Winter Lane	DuPage Probation
Alex Pulaski	DuPage Narcan Program
Phil Lambert	Stonybrook Center, PLE
Matilda Faria	Healthcare Alternative Systems
Becky Sadler	Rosecrance Foundation
Melissa Murillo	Access Community Health
Mimi Doll	DuPage Federation
Vince Cieslak	Conventions Psychiatry
Brianna Haug	Oxford House Inc, PLE
Sarah Grunden	OMNI Youth Services, PLE
Ezra Fisk	360 Youth Services
Steve Holtsford	Medical Director, DuPage Crisis Center
Sharon Cabrera	Kane Co Health Dept
Michelle Meyer	Kane County Health Dept
Judith Lukas	DuPage County Coroner
Angela Molloy	Relief Mental Health
Pamela Fort	New Day Employment Network, PLE
Ben Rudolph	Chestnut Health Systems

