



Grundy County R.O.S.C. Council Meeting Minutes Oct. 28, 2025

Attendees: Tim Ignowski; Jan Dombrowski; Diana Belicke; Crystal Torres; Paul Hempel; Neesha Stringfellow; Tarcia Leak; Magdalena Campos; Celeste Fonseca

Notes

- **Jan Dombrowski's Introduction of Hero:** Mission and the hidden in plain sight trailer, which educates adults about substance use disorders. History of Hero, started by two men who lost their sons to fentanyl poisoning. Hero's programs include school education, Narcan training, grief support, and family support.
- **Tim Ignowski's Personal Story and Recovery Advocacy:** Shares his personal journey, including homelessness, incarceration, and multiple treatment centers. Provides a historical overview of illicit substances like Salvia, K2, spice, delta eight, and their impact on communities. Emphasizes the need for legislation and policy reform to regulate substances like kratom and seven hydroxy mitragynine.
- **Tim Ignowski's Presentation on Kratom and Seven Hydroxy:** Explains the rise of kratom and its extracts, including seven hydroxy mitragynine, and their potency compared to morphine and fentanyl. Shares his experience with kratom and its impact on his recovery. Discusses the accessibility of kratom and seven hydroxy in tobacco shops and online. Calls for legislation and policy reform to regulate these substances and protect communities from their harmful effects.

Action items

- Tim reiterates the need for legislation and policy reform to regulate substances like kratom and seven hydroxy.
- A call to action for policymakers and community leaders to address the issue of substance abuse.

Attendees Information:

- **Tim Ignowski** - Peer Support @ HERO (timig315@gmail.com)
- **Jan Dombroski** - Executive Director at HERO 815-258-9294 (jdombrowski1990@gmail.com)
- **Diana Belicke** - Community Relations Coordinator @ Rosecrance BH 773-962-1151 (Dbelicke@rosecrance.org)
- **Crystal Torres** - NAMI Will-Grundy (ctorres@namiwg.org)
- **Paul Hempel** - (p.hempel@recoverycoa.com)
- **Neesha Stringfellow** - Exec. Director @ HLM (neesha.hlmrecovery@gmail.com)
- **Tarcia Leak** - Operations Director @ HLM (tash.hlmrecovery@gmail.com)
- **Magdalena Campos** - Program Coordinator @ HLM (magdalena.hlmrecovery@gmail.com)
- **Celeste Fonseca** - Exec. Outreach Admin. Assist. (celeste.hlmrecovery@gmail.com)