

Recovery Oriented System of Care



Hardin/Pope ROSC Council Meeting Minutes

Date: September 11th, 2025 | 11:30 AM – 12:30 PM

Location: Online at www.bit.ly/HardinPopeROSC
In-Person at 125 Market St., Golconda, IL

Meeting Attendance

1. Cammy Duggins, Hardin/Pope ROSC Council Coordinator
2. Heather Rash, CASA of Southeastern Illinois
3. Jennifer Worthen, Southern Seven Health Department
4. Evan Coulson, Camp Ondessonk
5. Rochelle Morgan, Community Health & Emergency Services, Inc.
6. Cassie Dunstan, Redeemed at the River
7. Angela Towne, SIU School of Medicine CRHSSD
8. Beverly Holland, Region 5 ROSC TA
9. Jordan Strong, MCDAC
10. Briana Spivey, Arrowleaf SUPS
11. Jessica Atkinson, Lutheran Social Services
12. Whitney Berman, Arrowleaf SUPR
13. Lesia Burns, The Diver Down/Business Leader
14. Jordan Strong, Massac County Drug and Alcohol Coalition
15. Dave Griswold, Community Member/Person with Lived Experience
16. Bunny Lee, Community Member/Person with Lived Experience
17. Daniel Bell, Community Member/Person with Lived Experience
18. Melissa Brown, Arrowleaf SUPR/SAFE
19. Tasha Taylor, Arrowleaf SUPS
20. Kelly Johnson, Arrowleaf FAC
21. Mike Tyson, Southern Illinois Resource and Advocacy Center
22. Hend Jadalla, SIU School of Medicine CRHSSD
23. Kimberly Thorwegen, Siteman Cancer Institute PECaD
24. Lisa Lewis, Pastor's wife, Potter's Church, Cave in Rock

Welcome and Introductions

Arrowleaf ROSC Vision

- A community system that supports and encourages individuals and families seeking or maintaining recovery for themselves or a loved one

Arrowleaf ROSC Mission

- Collaborating to build, foster, and empower communities of recovery

Old Business

- Jayson Holland – Arrowleaf Veterans Council
 - Jayson shared at the last meeting his recovery journey and the therapeutic benefits of outdoor activities.
- Review of Community Engagement
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Discussion Topic

- Evan Coulson – Camp Ondessonk & the benefits of Nature
 - Evan discussed several frameworks and research findings supporting the benefits of time spent in nature:
 - Biophilia Hypothesis: Humans have an innate connection to natural environments
 - Attention Restoration Theory: Nature supports mental focus and restoration through gentle, “soft fascination.”
 - Stress Reduction Theory: Natural settings reduce stress indicators such as heart rate, blood pressure, and cortisol
 - Scientific Findings: Exposure to forests and green spaces increases dopamine and oxytocin levels, boosts immune function (via phytochemicals), and supports better sleep and mood.
 - Evan also shared the concept of an experiential pyramid for engaging with nature from small daily interactions (micro doses) to immersive experiences like retreats and forest programs.
 - The group was enthusiastic about the idea of incorporating nature-based recovery opportunities into future ROSC activities. In the future, the group would like to utilize Camp Ondessonk to host a Nature Walk to promote self-care and community healing.
- Council members discussed recent successes within their respective recovery systems: providing teen pregnancy prevention in local high schools; presenting on nature’s benefits for recovery and wellness; working in breast and cervical prevention; coordinating mental health awareness training; and teaching youth prevention education to local middle school and high school students.

Announcements

- SMART Recovery – Open Door online recovery meetings ([see flyer](#))
 - Meeting Thursdays from 6 PM – 7 PM
- Upcoming Events
 - Narcan Training at The Diver Down – Monday, September 15th
 - [Click to view flyer](#)
 - SIRON "Walk for Recovery" in Chester on Saturday, September 13th – ROSC volunteer(s)?
 - Tablings
 - Fluorspar Festival in Rosiclare on Saturday, September 20th – ROSC volunteer(s)?
 - Shrimp Festival in Golconda on Saturday, September 20th – ROSC volunteer(s)?
 - Sisters Rise Women's Ministry Recovery Event in Harrisburg on Saturday, September 27th – ROSC volunteer(s)?
 - Redeemed at the River: Hardin/Pope Outreach "Every Step Matters" Community Event on Saturday, October 11th at 3:00PM at the Rosiclare Park – Contact: Cassie Dunstan
- Other Announcements
 - Community Survey is open!
 - www.bit.ly/ArrowleafROSCSurvey

Next Meeting

- Thursday, October 9th from 11:30AM to 12:30PM
 - 125 Market St., Golconda, IL or www.bit.ly/HardinPopeROSC

