



Lake County ROSC Meeting Minutes

**Thursday, November 20, 2025
10:30 AM – 12:00 PM (Virtual Meeting)**

Meeting Purpose

ROSC - A Recovery Oriented System of Care

A 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 co-occurring conditions.

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 co-occurring disorders within communities.

The purpose of this meeting is to further enhance the mission of the ROSC Council and to establish and maintain strong relationships with community and service providers. Lake County ROSC Council is a resource hub providing recovery-related education including harm reduction, medication-assisted recovery, referral, and linkage services. These resources are vital in assisting this community to become recovery-focused, friendly, and prepared to embrace those in the process of change.

Welcome & Announcements

Amanda Douglas welcomed attendees to the LC ROSC monthly meeting, reminding attendees of December's meeting adjustment:

Next meeting will be held on Thursday, December 19, 2025, due to the Christmas holiday.

New attendees recognized:

- **Cecilia McCormick** – NICASA
- **Rebecca Rosario** – North Suburban Legal Aid Clinic

Presenters

- **Bruce Johnson**, retired military veteran and CEO of Nicasa Behavioral Health Services for 19 years
- **Karson McEwen**, Licensed Professional Counselor (MA, LPC) with Living Pono Counseling

Presentation Summary

Front-Line Care Center Overview (Presented by Bruce Johnson)

Bruce opened with greetings and shared services provided by the **Front-Line Care Center** located in Round Lake, IL. The building was donated by **Dr. Jai J. Nho**, who retired and learned of a Lake County fire lieutenant who had taken his own life.

Populations Served

- Police Officers
- 911 Telecommunicators
- Fire Fighters
- Emergency Medical Service Members
- Retired Civil Service Members
- Active Military Service Members

- Reservists
- Veterans
- Family Members of First Responders, Military, Civil Service, Reservists, Retired Service Members, and Veterans

Key Points Shared by Bruce

- First responders often struggle with stigma around seeking help.
- **Statistics noted:**
 - 15% of EMS experience depression and anxiety
 - 27% experience psychological distress
 - Increased rates of PTSD due to repeated exposure to traumatic events
- The building has **no signage** to reduce stigma and protect confidentiality.

Services Offered

- Individual Therapy
- Group Therapy
- Trauma Therapy
- Individual & Group Debriefing
- Yearly Wellness Checks
- Consultations
- Crisis Intervention
- Wellness Visits per SAFE-T Act
- Holistic Wellness Programs
- Family Advocacy and Support
- Warm Connections to Local Assistance Programs and Providers
- Onsite and Telehealth Visits
- Mental Health and Gambling Trainings
- EMDR
- Pulsed Electromagnetic Field Sessions
- Infrared Sauna
- Bio Sound Therapy

Areas of Support

Anxiety • Gambling • Depression • Grief & Loss • Life Transitions • Mental Health • Mind Imbalances • Parenting Issues • Relationships & Family Issues • Self-Esteem & Confidence • Substance Use • Trauma • Well-Being • Work & Career

Living Pono Counseling – Karson McEwen

Karson explained the intake process and wellness evaluations. He noted that first responders often prefer **results-driven approaches**.

Bio-Sound Bed

- Only **3** in Illinois
- Works with brain waves to promote relaxation
- Helps reduce pain, improve sleep, and lower blood pressure
- Options include:
 - Guided imagery
 - Meditation
 - Affirmations

Karson emphasized that all clinicians are passionate about their work. Grant funding allows them to serve individuals **uninsured or underinsured**.

Q & A Session

Q1: “How long does the bio-lab therapy last?”

A1 (Bruce): “The therapy is not a magic wand. Clients can come back and explore why it keeps happening. The effect of each therapy method is different per person.”

Q2: “Are those who work in Recovery Community Organizations eligible for services?”

A2: “No, they do not fit the criteria currently. The funding was targeted towards a specific population.”

Q3: “What is the meaning of the name Living Pono?”

A3: “It is a private brand name. In Hawaiian it means to live a life of righteousness, balance, and harmony with oneself, others, and the natural world.”

Q4: “How do you prioritize your self-care?”

- **Karson:** “It’s basic, I clean and listen to music. On my days off, I run.”
- **Bruce:** “I’m old and not great at self-care. I do scouts and I feel myself by what I do. Family time is a part of my self-care, and I admit I’m not great at self-care.”

Q5: “Are siblings of veterans eligible for services?”

A5: Yes, they are.

Bruce offered to provide Barbara Young with a personal tour and asked that she contact him when her appointment is scheduled.

Community Announcements

Amanda opened the meeting for attendees to share upcoming events.
Participants shared verbally and uploaded flyers to the chat.

See Frontline Brochure and contact information:

Frontline_Care_Center_Brochure_2024_Final.pdf

Meeting Adjourned

Next Meeting:

Thursday, December 18, 2025 — 10:30 AM