



# Logan/Mason ROSC Meeting Notes

November 20<sup>th</sup>, 2025

Mason City Library- 820 W Chestnut St, Mason City, IL 62664

## In-Person Attendance:

- **Brycen McFadden- Speaker**
  - Oxford House
- **Tyler Wenger**
  - Chestnut Health Systems

## Online Attendance:

- **Sandra Beecher**
  - Gateway Foundation
- **Abby Behrens**
  - Prevent Child Abuse Illinois
- **Kara Davis**
  - Logan County Department of Public Health
- **Kami Garrison**
  - Statewide ROSC
- **Dani Hernan**
  - SIU Center for Family Medicine
- **Ron Homann**
  - Sojourn Shelter and Services
- **Amy Hopper**
  - McLean County Department of Public Health
- **Grace Irvin**
  - Chestnut Health Systems- Logan/Mason ROSC, Logan/Mason SUP, Livingston ROSC, & BASE (Build, Amplify, Support, and Empower)
- **Lori Jackson**
  - SIU Center for Family Medicine
- **Carmen Lanham**
  - Family Guidance Center- Regional Substance Use Prevention Integration Center (RSUPIC)
- **Lacey Oviyach**
  - Epilepsy Foundation of Greater Chicago
- **Silas Tockey**
  - Community Action Partnership of Central Illinois



### **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:**

- During the meeting, Brycen McFadden presented information on Oxford House.
- Oxford House is a 501c3 nonprofit umbrella organization.
- For each house to have a charter, there are three requirements: The house has to be democratically ran, financially self-supporting, and it must expel any member who has returned to substance immediately.
- Houses are gender specific.
- The houses must have a minimum of six adult beds.
- The houses must adhere to the Oxford House Model, Traditions, and Manual.
- The first Oxford House was opened in Silver Spring, MD in 1975.
- There are about 4,300 houses and 35,000 beds across other countries.
- The homes are large, can comfortably fit anywhere from six to twelve people seeking long-term recovery.
- The houses are in nice neighborhoods.
- The houses have adequate parking.
- The houses are close to public transportation, employment, and 12-Step meetings.
- The requirements for Oxford House membership include completion of in-patient treatment, completion of medical detoxification, re-entry from DOC, and withdrawal-free sobriety. You must be willing to work a recovery program, able to pay Equal Share Expenses, and adhere to the Oxford House Model and system of operations.
- To become a member, you can fill out an application (online), call a house to set up an interview, show up on time for the interview, and be open and honest during the interview.



- Everything is done on a Democratic basis, which means a majority vote (51%), except for voting in new members; that requires an 80% vote by the members.
- When new members come to the house they are on a New Members Contract. There's a minimum of 30 days where they have to attend at least five 12-Step meetings each week of their choosing. There is a curfew at 11:00 p.m. during the week and 12:00 p.m. on the weekends. They must get a job within 2-4 weeks of being in the house. There's a weekly mandatory house business meeting where everyone pays their weekly shared expenses, talks about bills that get paid, who's ahead and who's behind on rent, and if there's anything going on in the house that needs to be brought to attention.
- The vacancy website can be found at [www.oxfordvacancies.com](http://www.oxfordvacancies.com). You can also get to the legacy website at [oxfordhouse.org](http://oxfordhouse.org).
- The types of members who do well at Oxford House are those with an opioid abuse history, co-occurring SUD and mental health disorder, veterans, drug court participants, re-entry from incarceration, and individuals with a history of chronic use.
- There are different house officer positions. None of them hold any power of any other position. The positions include president, secretary, treasurer, comptroller, coordinator, and housing services committee representative.
- The house meeting occurs every week. Everybody gets a voice. Topics include finances, chores, recovery, and events.
- There is a chapter meeting every month. This is democratically ran as well.
- This year is Oxford House's 50-year anniversary.
- When a house is opening, it helps to have a few core members that know the house rules, model, etc.
- There are nine traditions that are incorporated into the house level.
- Every house member needs to read the house manual.
- The areas of concern include lack of democracy, lack of training, member unwillingness, member entitlement, lost priority on personal recovery, and neighbor and public discrimination.
- As benefits, members receive peer support, accountability, responsibility, safety, stability, a greater chance of success, and self-efficacy.
- Some national statistics from a DePaul NIAAA study have found that there are 897 Oxford House residents interviewed every four months for two years, 13.5% have relapsed, income increased from \$794 to \$942 per month, 80% became employed, there is less than 5% incarceration, and an 87% success rate. This does not cost the taxpayers anything.
- Oxford House conducts annual member evaluations (April and May).
- There are monthly housing activity reports that let the chapter know how they're doing. The state is also being let know how things are going.



- Oxford House gives individuals with SUD from all backgrounds a greater chance at long-term recovery.
- Oxford House saves millions of tax dollars.
- Oxford House expansion is possible in periods of both good and poor economics.
- Oxford House has decades of experience and is recognized by the federal government as the best program and practice.
- There are over 125 houses in Illinois with more than 1,400 beds. Oxford House has been expanding to other counties as well.
- Typically, members of the house will stay six to eighteen months. This depends on the individual. There is no time limit on how long someone would stay at a house.
- Referrals are accepted, but individuals must call and set up their own interview.

#### **On-Going Projects:**

- If you have not taken the Logan/Mason ROSC community survey, please do so. If you work or live in the community of Logan or Mason County, you may take the survey. The last day to take the survey is December 1<sup>st</sup>. There are multiple chances of winning a \$50 gift card if you take the survey. The point of the survey is to measure public opinion on issues related to recovery and to identify areas of improvement in the community. This helps with the strategic plan, which will be updated at the end of December.

#### **Reminders/Recovery Resources:**

- The Logan/Mason ROSC has new meeting cards coming out soon because new meetings are happening. Help is needed from community partners to get them around the community.
- There are online directories for Mason and Logan Counties. The resources are [masoncountyresources.org](http://masoncountyresources.org) and [logancountyresources.org](http://logancountyresources.org). These are websites that are managed by the Substance Use Prevention grant at Chestnut. Everything is being kept up to date. If you notice that there is something that needs to be updated, there is a spot on the front pages of the websites where you can request changes to the website.
- Harm reduction resources (naloxone, fentanyl test strips, xylazine test strips, and benzo test strips) in Logan County are located at the Family Custom Cleaners (Lincoln), Logan County Health Department (Lincoln), Mt. Pulaski Library District, Logan County Courthouse (Lincoln), Hope on 5<sup>th</sup> (Lincoln), and Logan County Jail Lobby (Lincoln).
- When individuals are leaving the Logan County Jail, they will receive a bag of resources that include naloxone, fentanyl test strips, and xylazine test strips.
- Naloxone is also available at CVS and Walgreens.



- There are harm reduction resources in Mason County at Havana Public Library, Mason County Health Department (Havana), Forman Valley Public Library (Manito), and Mason City Public Library.
- The Logan/Mason ROSC looks forward to adding more places with harm reduction resources to the list.

### **Upcoming Events:**

- The Deflection Program (BRIDGE) is a group of different agencies that are coming together in Logan, Mason, and Menard Counties to enhance accessibility to tailored services for underserved individuals needing support with substance use, mental health, and housing support. People who are served include those who are experiencing mental health conditions including substance use. This program is in the planning stages and is hoped to be launched in January. Once it is launched a Deflection Specialist will be hired through TASC, who will be paired up with the local police. If a police officer is in a situation where a Deflection Specialist is needed, that can be made available by calling upon the Deflection Specialist. The Deflection Specialist will help that individual receive services. If you know anyone who would be a great addition to the planning committee, please welcome them to come to a meeting. Feel free to reach out to Grace if you know anybody and they can be added to the email list. The next meeting is on Tuesday, November 25<sup>th</sup> from 1:00 p.m. – 3:00 p.m. at the Logan County Health Department or on Zoom.
- The next Recovery in Action Meeting will be on December 9<sup>th</sup> from 4:30 p.m. – 6:00 p.m. at Hope on 5<sup>th</sup> and via Zoom (hybrid). This will be the first official hybrid meeting. This group meets on the second Tuesday of each month. It is for anyone who is open to planning events and educational opportunities for the community around mental health and substance use. The group is looking for more people to join.

### **Additional Feedback/Updates**

- Lacey mentioned that November is Epilepsy Awareness month. If anyone is interested in attending first aid training, it is free and offered virtually by the Epilepsy Foundation of Greater Chicago.
- Ron mentioned that the APL at Sojourn will accept pets for clients that are staying at Sojourn. It may be that 30 days is the maximum amount of time for pets to stay. There are also volunteers that crisis managers may call that will keep pets as well.



**Contact Info:**

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- Tristan McGrew- Recovery Corps. Project Coordinator
  - [tjmcgrew@chestnut.org](mailto:tjmcgrew@chestnut.org) ; 309-229-3921
- Nadia Klekamp- Director of Integrated Community Education
  - [nfklekamp@chestnut.org](mailto:nfklekamp@chestnut.org) ; 309-824-3765

**Next Meeting:**

- Thursday, December 18<sup>th</sup> at 2:00 p.m.
  - This meeting will take place at Hope on 5<sup>th</sup> (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: 921 3689 3688 / Passcode: 463455

**End of Meeting:** 3:00 p.m.