

Douglas County ROSC Council

STYLE (Strengths Through Your Lived Experience) Subcommittee

Date: December 17th, 2025

Time: 6:00 PM – 7:00PM

Location: Douglas County Annex, 209 East Van Allen, Tuscola, IL

Welcome and Introductions for any new attendees

- **Attendees:**

- **Rob Wentz** (Local Fireman, Veteran, PLE)
- **Lyndsey Reedy** (Douglas County ROSC Council Coordinator)
- **Kandis Mills** (ROSC Council Navigator)
- **Chloe Greenarch** (Community Member)
- **Tristan McGrew-Online** (PLE)

STYLE members were thanked for their help with getting survey responses.

The group is still hopeful that the NA meeting in Tuscola will be up and going again soon. There is a location but need committed individuals to attend. Hopefully it will start after the first of the year.

Tristan provided a lot of helpful and encouraging advice on the topic of support meetings. He has experience in starting new meetings so was helping the group with ideas. Some highlights were the group might start small, stay consistent, keep showing up. Sharing recovery stories because they are so powerful.

There was an open discussion on recovery and the holidays. Group members helped to share some healthy coping ideas with each other. The group agreed that quiet is not good for them. They enjoy music and tv shows on and we need to think about next year hosting a New Year's Eve sober event for all of the community to enjoy. Avoiding people, situations and places when possible that might be a trigger also was brought up. And it is hard to be without some of the people you can no longer be around.

The group learned about the app called Affect that offers lots of support for those in recovery and also incentivizes people with money. These services through the app can be billed to Medicaid and most insurances.

Next Meeting: **Date:** January 20th, 2026 **Time:** 6:00 PM

Location: PJ's Place-- 710 N County Road 700 E, Tuscola, IL

Contact Information

- **Rob Wentz:** douglascountystyle@gmail.com/ 219-765-7466
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