

Attendees In-Person: Kristina Drum, Kyle Houser, Shawn Strader- Celebrate Recovery

Attendees on Zoom: Madison Butler- Prevention Specialist with Hour House Prevention, Deb Beckman- ROSC Statewide Leadership Team, Toni Randall- ROSC Technical Assistance, Sara Ruholl- Families & Parents, Carrie McKinzie- Business Development Coordinator at Gateway Foundation

Minutes

Agenda Item: Introductions of attendees and what council members are looking forward to this year.

Region 4 Technical Assistant Update: Toni announced her upcoming role as the technical assistant for Region 4.

Spotlight speaker – No spotlight speaker this month

Meeting Summary: The council meeting focused on reviewing the strategic plan and discussing upcoming initiatives. The group reviewed three main priority projects: harm reduction, recovery housing, and a Diversion program for justice-involved individuals. They discussed progress on these goals, including identifying new DOPP sites and planning a recovery housing panel event for March 9th. The meeting also covered updates on the logo design contest, with participants encouraged to vote on their preferred options. Additionally, the group briefly discussed the potential for starting an Al-Anon meeting in the community, though this would require interested individuals to take the initiative.

Recovery Housing Subcommittee: The next meeting will be held on February 9th at 5:30 PM and the recovery housing panel event will be on March 9th at 5:30 PM at the new building across from Calvary Tabernacle in Toledo.

Communication Campaign: The topic for January is Mental Wellness Month, focusing on the essential components that support overall well-being. Mental wellness is not limited to the mind—it is a holistic balance of several interconnected areas: Emotional Wellness – Understanding and expressing emotions in healthy ways. Physical Wellness – Caring for the body through healthy habits and routines. Social Wellness – Building supportive relationships and community connections. Creative Wellness – Using creativity as a tool for expression and healing. Mental/Spiritual Wellness – Cultivating inner peace, purpose, and resilience.

Strategic Plan: Kyle shared his screen and reviewed the updated strategic plan, outlining the objectives associated with each of the FY26 priority projects, including expanding harm reduction access and awareness, advancing exploration of recovery housing options, and assisting with implementation of a diversion program for justice-involved individuals. Progress updates were shared, including ongoing expansion of DOPP/Narcan display partnerships and trainings, continued work of the Recovery Housing Subcommittee and upcoming community education efforts, and collaboration with justice partners to strengthen diversion processes and connection to services. Council members were encouraged to provide input, assist with identifying gaps and next steps, and support continued implementation through partnership development, community outreach, and alignment with strategic goals and outcome measures.

Cumberland County ROSC Council Logo: The council will choose a logo after the word council is added to the different options.

Reminders/Tasks:

- Kristina and Kyle: Deliver personalized letter invites for the recovery housing panel.
- Madison: Update logo designs to include "R.O.S.C." with "Cumberland County Council" as specified, and remove unnecessary dots.
- All council members: Vote for the preferred logo design via chat or email.
- All participants: Submit any pre-thought-out questions for the recovery housing panel event to Kristina.
- All participants: Continue to identify and suggest new DOP (Narcan) site locations to the group.
- Kristina: Connect interested community member(s) with resources and contacts to potentially start an Al-Anon meeting, if approached by someone willing to lead it.

Next Meeting: February 24th, 2025 5:30 p.m. at Calvary Tabernacle & Zoom

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