

Attendees In-Person: Kristina Drum, Kelsey Massengill- PLE

Attendees on Zoom: Angie Hunt- Regional Council Manager: Region 11 Birth to Five, Madison Butler- Prevention Specialist with Hour House Prevention, Toni Randall- ROSC Technical Assistance, Liesl Wingert, Program Coordinator at SIU School of Medicine, Bobbye Scott- Clark County ROSC Council Coordinator, Josh Forbes- Moultrie County ROSC Council Coordinator, Brittany Nesbitt- Executive Director of Ruth House, Kristin Davis- Prevention Integration Coordinator with Family Guidance Center, Jenna Hays- ROSC Council Program Supervisor

Minutes

Agenda Item: Introductions of attendee

Spotlight speaker – Brittany Nesbitt, Executive Director of The Ruth House, a women's recovery residence in Indiana. She described the facility's 6 to 9- month program, which offers faith-influenced, evidence-based programming, including Bible studies, spiritual mentorship, and therapeutic 12-step practices. The program provides residents with life skills, job assistance, and opportunities for family reunification, while adhering to certain criteria for admission, such as a minimum of 30 days of sobriety. The Ruth House is certified at Level 3 by the state and relies on funding streams like Recovery Works and the State Opioid Response grant to support its residents.

Meeting Summary: The meeting featured Brittany Nesbitt, Executive Director of The Ruth House in Indiana, who shared details about their women's recovery residence program, including their 6-9 -month faith-influenced therapeutic program that serves justice-involved women with 30+ days of sobriety. The group discussed recovery housing initiatives in Illinois, with plans for a Recovery Housing Panel event on March 9th at Calvary Tabernacle in Toledo. The meeting also covered updates on the successful launch of educational groups in the Cumberland County Jail by Kyle. The conversation ended with discussions about upcoming Narcan training sessions and the need to expand Narcan display sites throughout the community.

Upcoming Events: The recovery housing panel event will be on March 9th at 5:30 PM at the new building across from Calvary Tabernacle in Toledo. The group also reviewed plans for a St. Patrick's Day event at the Greenup Library and a laundry day partnership with the new owners of the Greenup Laundromat on March 25th from 1-5.

Communication Campaign: The topic for February is widely associated with love and relationships, making it a meaningful time to shift the conversation inward. This month's theme

highlights the importance of self-compassion, self-worth, and personal growth as foundational elements of recovery and overall wellness. Learning to love yourself is not about perfection—it is about recognizing your value, extending grace to yourself, and understanding that healing takes time. For individuals in recovery, self-love can be a powerful tool in reducing shame, building resilience, and supporting long-term recovery.

Strategic Plan: Kristina reviewed upcoming action steps to ensure the Council remains on track with its priority projects. This includes scheduling and hosting two NARCAN trainings by the end of June to continue expanding overdose prevention education in the community. Additionally, the Council discussed the need to identify and engage local businesses that are willing to serve as DOPP (Drug Overdose Prevention Program) sites to increase access to life-saving NARCAN throughout Cumberland County.

Cumberland County ROSC Council Logo: Kristina shared her screen, showing the council the logo that was chosen and created by Madison Butler.

Reminders/Tasks:

- Kristina: Resend the Recovery Housing Panel event flyer separately to anyone who needs it.
- Kelsey: Start blasting the Recovery Housing Panel event flyer on the Celebrate Recovery Facebook page.
- Angie: Email Kristina resources that may be of use.
- Kristina: Plan two more Narcan trainings (one in April and one in June) before the fiscal year ends in June.
- Kristina: Consider hosting a Narcan training before Celebrate Recovery to increase attendance.
- All: Suggest places or groups that may want a Narcan training.
- All: Suggest local businesses that may agree to host Narcan display sites.

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

New Facebook Page: Please go like and follow the Cumberland County ROSC Council [Cumberland County ROSC Facebook Page](#)