

# Recovery Oriented System of Care



## Hardin/Pope ROSC Council Meeting Minutes

**Date:** January 11<sup>th</sup>, 2026 | 11:30 AM – 12:30 PM

**Location:** Online at [www.bit.ly/HardinPopeROSC](http://www.bit.ly/HardinPopeROSC)  
In-Person at 125 Market St., Golconda, IL

### Meeting Attendance

#### In-Person

1. Cammy Duggins, Hardin/Pope ROSC Council Coordinator
2. Dave Griswold, Community Member/Person with Experience

#### Online/Teams

1. Emily Middleton, Senior Program Director – Prevention and Advocacy
2. Jessica Atkinson, Lutheran Social Services of Illinois
3. Kim Thorwegen, WashU/Siteman Cancer Center/PECaD
4. Tim Etienne, Hardin County Pharmacy and Golconda Pharmacy
5. Bev Holland, ROSC Region 5 TA
6. Emilia Saber, Prevention First/Training and Technical Assistance Specialist
7. Heather Rash, CASA of Southeastern Illinois
8. Jennifer Worthen, Southern Seven Health Department/Community Member
9. Quinn McBride, Arrowleaf/MHAT/SAFE
10. David Alvarez, Prevention First/Training and Technical Assistance Specialist
11. Brent Van Ham, SIU School of Medicine/RSS
12. Bunny Lee, Community Member/Family Member
13. Kitty Juul, SIU School of Medicine, CRHSS
14. Cristina Castillo, SIU School of Medicine, CRHSS
15. Mehak Saeed, SIU School of Medicine, CRHSS
16. Amber Mulkins, Arrowleaf/STOP
17. Haley Hopkins, Prevention First
18. Megan Edmondson, Prevention First
19. Rachel Chruszczyk, Prevent Child Abuse Illinois
20. Amber Mulkins, Arrowleaf/STOP
21. Jordan Strong, MCDAC
22. Melissa Smith, Arrowleaf/SUPR-SAFE Coordinator, Community Member
23. Christina Ancira, IDHS
24. Lasha Vincent, MCDAC
25. Johanna Gonzales, ROSC

## Welcome and Introductions

### Arrowleaf ROSC Vision

- A community system that supports and encourages individuals and families seeking or maintaining recovery for themselves or a loved one

### Arrowleaf ROSC Mission

- Collaborating to build, foster, and empower communities of recovery

## Old Business

- Community Survey Review
  - The group reviewed the existing results for the Community Survey. As of today, all requested sectors have been reached. Dave had several paper copies of surveys for the law enforcement sector.
    - Assets:
      - Strong belief that recovery is possible (4.5/5) and understanding that trauma correlates with substance use and mental health disorders (4.3/5)
      - Respect for those struggling with mental health (4.45/5) and substance use (4.02/5) remains high.
    - Gaps Highlighted:
      - Awareness and Navigation: Residents reported low confidence in knowing where to find help: People in our community know where to go for help related to mental health (2.88/5); People in our community know where to go for help related to substance use (3.01/5); Treatment options for people who use substances are publicized within our community (3.11/5); and recovery support options for people seeking or maintaining recovery are well publicized within our community (3.01/5) Harm Reduction and Medication Assisted Recovery (MAR) Confidence: Belief that harm reduction resources are accessible is very low (2.9/5), and confidence in MAR effectiveness is moderate (3.6/5). This suggests a need for education and increased visibility of harm reduction and MAR services.
      - Persistent Barriers: Stigma (66%), finances/insurance (65%), lack of awareness (59%), transportation (58%), and privacy/legal concerns (41% each) remain top obstacles to care.
  - Strategic Planning
    - In review of the Community Survey results, the group discussed potential goals and objectives to update in the ROSC Council Strategic Plan. The group discussed and settled on two priorities for goal setting:
      - i. Stigma

- ii. Awareness of Resources
- b. The group discussed opportunities for communication planning to increase the community knowledge of resources, reduce stigma, and expand the reach of the council efforts. The finalized Strategic Plan will be submitted at the end of this month and reviewed with council members at the January meeting.

## Discussion Topics

- Brent Van Ham, Program Coordinator of CRSSD SIU School of Medicine presents “Brief Look at the Landscape.”
  - Brent provided an overview of substance use disorders (SUD), addiction, and recovery while highlighting past and current trends in substance use. His presentation defined the continuum from psychoactive drug use to problematic use and addiction, noting that addiction is a brain disease with genetic and neurochemical components. Recovery includes a non-linear process of health, wellness, and functionality. Brent explored the evolving substance use landscape, including the opioid crisis and its waves alongside rising methamphetamine and alcohol-related deaths. It addressed emerging threats like synthetic cannabinoids and kratom, as well as changes in illicit markets. Despite challenges, there has been progress in declining opioid fatalities, increased public awareness, harm reduction efforts, and empowerment of people in recovery.
- Community Survey Results & Strategic Plan Review
  - [Link to view](#)
  - The Strategic Plan will be fully reviewed in the February meeting. Click to view the link above to see the information.

## Announcements

- SMART Recovery – Open Door online recovery meetings ([see flyer](#))
- Meeting Thursdays from 6 PM – 7 PM
- Past Events Reports
- Tablings - ROSC Volunteers Welcome
  - Christmas in the Country Craft Fair – Saturday, December 6<sup>th</sup> (Golconda Golden Circle) - made contact with 39 people, gave several survey flyers and 1 Narcan with training
- Upcoming Events
- Tablings - ROSC Volunteers Welcome
  - No tablings are scheduled at this time.
- Collaborating with various agencies to plan Child Abuse Prevention events in April for Hardin and Pope Counties as well as other southern Illinois counties.
- Collaborating with SIRN (Southern Illinois Recovery Network) to help plan and participate in at Southeastern Illinois College on May 22, 2026.
- Other upcoming events of ROSC members and partners
- Other Announcements
- Community Survey is open until December 19<sup>th</sup>! Participants will get a chance to win a \$20 gift card!

- [www.bit.ly/ArrowleafROSCSurvey](http://www.bit.ly/ArrowleafROSCSurvey)
- Hardin County Sheriff's Department reports their drug drop off container is overflowing and they aren't sure how to go about getting it picked up. Emily and Cammy will help review and reach out to get this addressed.
- Southern Illinois Drug Awareness Conference (SIDAC) on March 12 & 13
- Collaborating with various agencies to plan Child Abuse Prevention events in April for Hardin and Pope Counties as well as other southern Illinois counties.
- Collaborating with SIRN (Southern Illinois Recovery Network) to help plan and participate in a conference at Southeastern Illinois College on May 22, 2026.
- May Mental Health Awareness Month – looking for options for a wellness retreat that could include retreat at Camp Ondessonk.
- Other upcoming events of ROSC members and partners

### **Next Meeting**

- **Thursday, February 12<sup>th</sup>** from 11:30AM to 12:30PM
  - 125 Market St., Golconda, IL or [www.bit.ly/HardinPopeROSC](http://www.bit.ly/HardinPopeROSC)