



Better Together Support Meeting Minutes
Meeting Date: January 28, 2026

PRESENT: NAME & ROLE		SECTOR
Rhonda Wilson, HCA Support Chair, NAMI-SW		Community Organization
Johana Gonzalez, ROSC		Recovery
Chris Blechle, Randolph Co. Housing Authority, Executive Director		Government
Stephanie Sabo, Red Bud Regional Hospital		Health
Lisa Bicket, ComWell Director of Behavioral Health		Staff
Amy Craig, ComWell, Youth Prevention Coordinator		Staff
Sharon Frederking, ComWell Consultant		Staff
Rhonda Lagois, ComWell, ROSC Coordinator		Staff
Lee Valerius, Youth Prevention Coordinator		Staff
Sandy Prange, ComWell Value-Based Care Coordinator		Staff
ITEM	DISCUSSION	TIMELINE & RESPONSIBLE PERSON(S)
Welcome & Introductions		
Old Business	Rhonda W. thanked Amy & Sandy for a successful Jingle & Mingle event	
HCA Quarterly Events	<p>March event will have Prevention focus; Amy has proposed March 27th date pending HCA Exec. approval.</p> <p>June event will have Support focus; Rhonda W. suggested possible Dementia Friendly presentation and Sandy mentioned possible tying something to America's 250th birthday.</p> <p>September event will have Recovery focus.</p> <p>December event will be Jingle & Mingle</p>	<p>All should bring June ideas to next BT meeting</p> <p>Rhonda L. will take lead on September event – remember this needs to go through HCA approval</p>
Food Pantries	<p>Tilden-Rhonda W.: Rhonda W. attended Jan. pantry; noted request for dental resources</p> <p>Steeleville: Sandy: Sandy attended Jan. pantry; individuals appreciated conversation. Tamara from Bridges of Hope will join Sandy at Feb. pantry</p> <p>Westminster Sparta: Jennifer:</p>	<p>Rhonda W. will follow up to see if Jennifer has attended the Sparta pantry</p>

	<p>Chester: Rhonda W.: The Chester mobile market was cancelled in January due to weather</p> <p>Addieville-Sharon/Priscilla Self: Sharon did not attend Jan. pantry due to weather. She said she has also received requests for dental resources. Sharon has learned of some additional WC pantries and will gather information.</p>	<p>Sharon will send any additional WC pantry information to Sandy to update resources</p>
Randolph Co. Resource Guides	<p>2026-27 Randolph County Resource: Mariah & Sandy are working on updates with projected Spring delivery.</p>	
Homelessness	<p>Donations have been coming in for the homeless care kits. Amy sorted items and Sandy assembled 20 bags to be used during the PIT count.</p> <p>PIT count date has changed from 1/27 to 2/20 due to weather. Sandy & Rhonda L will work on this.</p> <p>Pending further donations, more bags will be made. Christopher Hines may be willing to help. We plan to give 6 bags to each hospital. (except RBRH didn't need any)</p>	<p>Sandy will get with Mariah to pick up MHC donations.</p> <p>Sandy will create a "Needs list" to share with group</p> <p>Rhonda L will try to locate homeless individuals</p> <p>Volunteers welcome to help assemble homeless bags.</p>
ROSC Recovery	<p>Rhonda L. has sent out an email to put together a ROSC Recovery team. She had 17 responses to date with most sectors being covered. She will propose a monthly meeting to be held on the 3rd Tuesday or Thursday of the month.</p> <p>Rhonda L. is working with Home Church on a Recovery Chili Cook-off event for 4/18. Will include resources & speaker(s)</p> <p>Rhonda L has been meeting with individuals and agencies regarding Recovery. She mentioned possible laundry event & Rhonda W shared previous laundry events were not successful but okay to try again.</p>	<p>Rhonda L. will send email to interested ROSC Recovery individuals to get preference on meeting day/time prior to presenting at HCA Exec meeting on 2/2</p> <p>The plan is for ROSC Recovery to have their own separate meetings beginning in Feb.</p>
Senior Citizens	<p>It was agreed to keep the Dementia Friendly program on the follow up list. Sandy has the name of a contact on the RB Chamber who may be a good person to reach out to. Sharon advised that Okawville may also be a good community to work with.</p>	<p>Sandy will reach out to Steeleville & Sparta Senior sites to discuss resources, etc.</p>

Law Enforcement	<p>Amy shared information about the recent successful DEC community event in Nashville. It was well attended and they have a current informal Handle w/Care program in place. Officer Drew Knop will take lead to reach out to other parties to fill any gaps.</p> <p>Rhonda shared information about recent meeting with Steepleville officials wherein DEC Handle w/Care was discussed. They too have an informal process in place. Mandy will work with SHS school counselor Michelle Hamilton on this.</p> <p>It was agreed that Chester would be a good next target community. Rhonda L's son, Kenneth Hansbury is a para @ Chester school. Mariah would also be a good person to involve in conversations.</p>	<p>Rhonda L, Rhonda W & Amy will work to schedule DEC community meeting in Chester</p>
Washington County Updates	<p>Prevention recently shared resources and information at the Okawville v. Nashville basketball game.</p> <p>The next WC BT meeting will be Feb. 16th from 1:00-2:30. Judge Emge will present on "Worries of the World Wide Web"</p>	
Narcan	<p>Rhonda L. has interest in placing a couple of Narcan machines/boxes in our communities. Rhonda W. suggested there is a need in Tilden & Coulterville. Suggested locations include county jails, gas stations and convenience stores.</p>	<p>Rhonda L. will research information on Narcan machines/boxes Do we have funding for this?</p>
Wellness	<p>Sandy shared that the Randolph Co. All Health Coalition has reconvened meetings. Going forward, we will meet quarterly with priorities being (1) Tobacco cessation, (2) Cardiovascular health, and (3) Cancer prevention</p>	
Cultural	<p>Sandy has sent the distribution list for the Spanish resource guides to Rhonda W.</p>	<p>Rhonda W. will stop by Red Bud office to pick up more Spanish guides.</p>
Randolph County Emergency Management Team	<p>Rhonda W. shared that the next meeting will be April 7th in Sparta and will be a storm spotting class.</p>	<p>Volunteers are still needed</p>
Transportation	<p>There were no transportation updates</p>	
Other Updates	<p>Christopher Hines, a Crisis Counselor/Youth Resource Advocate for the IL Coalition for</p>	

	<p>Community Services has been assigned the town of Steeleville. He has access to a mentoring app for students that may be a great tool.</p> <p>We briefly discussed the homeless situation and the importance of individuals to be willing to help themselves.</p>	
HCA Executive Committee Meeting	Monday, February 2, 2026 from 10:00-11:45 @ via Zoom	
Next Better Together Support Meeting	Wednesday, February 25, 2026 @ 3:00 via Zoom	

MISSION: Increase awareness and education to enhance physical and mental well-being through community partnerships. The principal mission is the reduction of substance use, with a primary focus on reducing youth substance use.

VISION: Create a healthy environment where our community can thrive and flourish.