

DuPage ROSC Council Meeting Minutes

March 11th, 2025

0:00-22:30

DuPage County ROSC Coordinator Jarrett Burton welcomed everyone to the meeting and to the hosts of February meeting of the DuPage ROSC Council, this month hosted at the Stonecatchers Counseling in Downers Grove.

Jarrett then asked today's icebreaker question: what is the worst haircut you've ever had?

Jarrett said that his parents kept him from getting some of the worst haircuts, including a rat tail and a mullet. Annette said that her mom put a bowl over her head and cut around it so she had a bowl haircut for a year.

Jarrett invited attendees to talk about their haircuts:

-Casie talked about dying her hair blue but not having enough dye so it turned out weird colors

-Mark talked about his "emo" phase and dyed his hair jet black; his winter formal date hated it and made him go bleach it and it just turned it orange – his scalp was also bleeding. Jarrett said that jarred loose a memory of getting his hair dyed black with a fire-engine red streak.

-Rosemary talked about attending Catholic school, and she had to get all of her hair cut off when she was acting bad

Jarrett then asked if this was anyone's first ever ROSC meeting and Annette wanted to introduce Rosemary, who helps coordinate Community Kitchen at First Congregational Church of Christ. Rosemary talked about the needs of her program, and invited folks to come out and take part.

DuPage ROSC Coordinator Jarrett Burton went over the agenda for today's meeting at Stonecatchers Counseling

Jarrett then promoted some of the upcoming trainings, meetings, etc. coming up via the ROSC programs:

ROSC Coordinator Jarrett Burton promoted the DuPage ROSC Presentation Series on ADHD medication and productivity culture, with the rise of ADHD meds being overprescribed and misused.

ROSC Coordinator Jarrett Burton then introduced Kane County ROSC Coordinator Annette Villareal, who promoted some things happening in Kane County:

- There is going to be a fellowship group starting in Kane for men who've recently left incarceration, held at the Serenity House offices in Geneva. These will be non-specific recovery meetings open to anyone who has recently re-entered society.
- Annette then promoted the next Kane County ROSC Council meeting at Sugar Grove Library, in an attempt of reaching areas that are normally overlooked.
- **ROSC Coordinator Jarrett Burton** then talked to NeeNee Valasquez from Ampact about her time working with the ROSCs and Serenity House

22:30 – 39:00

ROSC Coordinator Jarrett Burton then introduced Sabrina Alpert from Stonecatchers Counseling. Jarrett talked about how awesome the space was, very warm and friendly, and they have an impressive range of services

Sabrina talked about how she was bullied as a person of color and could've benefitted from mental health services and was turned down over and over because of insurance and other barriers. She talked about how Medicare patients were getting long wait lists for services as well. So with those barriers in mind, Sabrina started Stone Catchers as a way for those folks facing similar boundaries to get better access to services, which aligns with the ROSC goal of ensuring effective service delivery for all.

Sabrina talked about some of the services they provide:

-EMDR therapy

-Brainspotting

-Esketamine therapy

-Services for folks facing language barriers

Sabrina talked about she herself was able to treat her depression with Ketamine therapy, and views it as a very important option for the community

Sabrina also talked about the importance of having a staff that is largely female and women of color, which helps foster authentic connections with a client base that contains refugees, first generation immigrants, etc.

Sabrina then talked about the flawed auditing processes that can possibly hurt their program, especially their Medicaid and Medicare clients. Ultimately the community suffers when things like "pre-payment review" can hold up billings for Medicaid clients.

Ultimately despite their issues, Sabrina does recommend programs accepting Medicaid because of how many people need the coverage and access to services.

Jarrett then opened it up for questions and comments:

-Mark M asked if they are accepting new patients and do they use telehealth and yes they offer both options.

Many people online are interested in connecting with Sabrina to help get the word out on the issues they are facing. Jarrett also mentioned the importance of spotlighting Stone Catchers on National Womens Month.

39:00-52:00

DuPage ROSC Coordinator Jarrett Burton then introduced DuPage County Health Department Initiatives Coordinator Scott Kaufmann to talk about the stigma reduction campaign around sober living, and the misconceptions about what sober living is and isn't, and the need for more of it in DuPage County. Jarrett then played a video from a resident at Oxford House Inc about their own journey through sober living.

Kane County ROSC Coordinator Annette Villareal then introduced a video featuring DuPage ROSC Coordinator Jarrett Burton talking about sober living. Jarrett told the group that there will be a longer form video coming out and they can hopefully put together a watch party for that.

Jarrett then made an impassioned request for people to share these videos and advocate for more sober living options.

52:00 - End

Jarrett then went over some of the initiatives happening with the ROSCs and opened it up for people to share

-Addison Township is running a survey to learn more about barriers to recovery ready workforces and what supports they are looking for. Jarrett talked about going to Wheaton Public Library for a recent roundtable discussion on the topic

-Urban Apothecary is hosting the next in the quarterly presentation series on substances being used as therapeutics and the guests will be Michael and Ann Mithoefer, who are pioneers in researching MDMA for trauma

-Annette mentioned that she was helping with a drop-in center at Serenity House's drop-in center in Geneva

-There is also a formerly-incarcerated support group on Thursdays at the same location, 7p-8:30p

-Casey Alexander mentioned putting together a one-stop location for upcoming events etc

-OMNI is getting ready for prescription take back in April

Attendance:

Jarrett Burton	DuPage ROSC, Serenity House, PLE
Annette Villareal	Kane County ROSC, Serenity House, PLE
Kelsey Chavez	Ampact, PLE
NeeNee Valasquez	Ampact, PLE
Casey Alexander	College of DuPage, PLE
Bruce Sewick	College of DuPage
Marissa Thompson	OMNI, PLE
Matthew Ashley	Way Back Inn, PLE
Becky Sadler	Rosecrance Foundation
Mimi Doll	DuPage Federation
Scott Kaufmann	DuPage County Health Department
Roger Stefani	Hope For Healing, PLE
Celeste Fonseca	HLM Recovery 180, PLE
Jennifer Trivelli	Linden Oaks Behavioral Health
Donna Foyle	Serenity House Counseling Services, PLE
Beth Carey	DuPage Federation, NAMI DuPage
Dr. Steve Holtsford	DuPage Crisis Center, PLE
Neesha Stringfellow	HLM Recovery, PLE
Sabrina Alpert	Stone Catchers Counseling, PLE
Brenda Pasia	Stone Catchers Counseling, PLE
Brianna Haug	Oxford House Inc, PLE
Mark Matthews	Greater Family Health, PLE
Rosemary Brooks	First Church of Christ, Community Kitchen
Ben Rudolph	Chestnut Health Systems, PLE
Winter Lane	DuPage Probation

