

Attendees

Hosts: Elyse Schoen and Lindsay Minor, Members: Alleahnia Pollard (Recovery Corps), Breanne Stayton (St. Francis Way Clinic), Chris Stanford (TASC), Kevin Schott (Community member), Shawn Howard (St. Francis Way Clinic/peer support), Samantha Brown (5th St. Renaissance/harm reduction), Matt Lantgen (Gateway), Amy ? (?), Becky Hatlee (Macoupin County Pub Health Dept), John Walter Clark (community member), Jon Magnuson (The Next Network), Donna Rasmussen (Macoupin County Public Health Dept), Greg Santoni (TASC), Bailey Moore (Macoupin County Public Dept), Brittney Card (community member), Valarie Bulesko (U of I extension), Juliet Milton (Macoupin County Public Health Dept./Domestic Violence), Toni Randall (Statewide ROSC/Bond Co recovery council), Scott Bronaugh (OSF), Carrie McKenzie (Gateway), Carmen Lanham (Family Guidance Center/Prevention), Derek Graham (Carlinville Police Chief), Heather Pfeiffer (community member), Madison Waters (MCPHD, Pub Health Nurse), Carissa Vanden Berk Clark (SLU/St. Francis Way Clinic), Chas Swearingen (Lincoln Prairie), Star King (SFW Clinic/peer)/Recovery Corps)

Quick recap

The meeting focused on discussing Kratom, its effects, and potential regulations. Donna, a physician assistant, presented on Kratom's risks and effects, highlighting its potential for misuse and overdose. Shawn shared his personal experience with Kratom use. The group explored ways to educate the public and raise awareness about Kratom, including creating fact sheets and targeting specific cities for potential ordinances. They discussed approaching local governments, such as Litchfield and Carlinville, to consider age restrictions and educational materials. The conversation also touched on the need for more research and regulation of Kratom. The conversation ended with plans to continue the discussion on insurance barriers to treatment in the next meeting.

Next steps

- Planning Committee: Decide and announce the specific location and date for the March laundry day event, ensuring extended hours and communication to the community.
- Planning Committee: Send details of the March laundry day (location/date) to MCPHD once decided for publication.
- Planning Committee/Individuals with contacts: Reach out to Lions Clubs, Chambers of Commerce, and churches for potential donations, ensuring funds are tracked and used for the appropriate town as needed.

- Planning Committee: Research and consider setting up a GoFundMe or similar fundraising platform for laundry day funds, including investigation of non-profit/grant compatibility.
- Planning Committee: Begin/continue outreach to laundromats to request discounted rates or donated facility use for laundry days.
- Star/Kevin: Continue efforts to engage Jelly Roll (or similar artist) for a benefit concert and update the group on progress.
- Planning Committee: Schedule and send out for ROSC vote the proposed spring recovery event dates (May 30-31) and finalize location, considering park/pavilion availability in Carlinville, Staunton, Gillespie, etc.
- Planning Committee: Contact local parks (Carlinville, Staunton, Gillespie Lake, Big Brick Park, etc.) immediately to reserve space for the spring recovery event to avoid scheduling conflicts.
- Planning Committee: Develop and organize family-friendly activities (scavenger hunt, face painting, yard games, bounce house, etc.) for the spring recovery event.
- Planning Committee: Coordinate with local hospital and other organizations for participation and resources at the spring recovery event.
- ROSC Committee: Create and distribute a fact sheet about Kratom (risks, overdose info, local laws, etc.) for use in schools, vape shops, gas stations, and for legislative advocacy.
- Kevin: Speak with legislators at the upcoming legislative reception (Wednesday) about Kratom-related bills (HB 1303, HB 4737) and local concerns.
- ROSC Committee/TASC: Prepare and bring Kratom fact sheets and information to the April 15th legislative day at the state capitol for advocacy with legislators.
- ROSC Committee: Reach out to Botvin, REACH, and other school-based prevention programs to inquire about existing Kratom education materials and/or coordinate on new educational content for students.
- ROSC Committee: Contact Litchfield and Carlinville city officials (mayor, police chief, city council) to discuss potential local ordinances regulating Kratom (e.g., age limit, fact sheet distribution, possible ban), referencing the Granite City ordinance as a template.

- ROSC Committee: Coordinate with Chief Graham and Carlinville officials to revisit and potentially advance local Kratom regulation, incorporating updated information and perspectives from the meeting.
- ROSC Committee: Share Granite City's Kratom ordinance with Litchfield and Carlinville officials for review and consideration.
- ROSC Committee: Distribute Kratom education and fact sheets via ROSC social media, YouTube, and other local channels.
- ROSC Committee: Collect and share personal stories about barriers to inpatient treatment/insurance issues with MCPHD before the next ROSC meeting for inclusion in the upcoming discussion.
- MCPHD: Send out meeting slides and minutes, and issue a reminder for the next meeting focused on inpatient vs insurance barriers.

Summary of Planning Committee Meeting:

Laundry Service Restart Planning

The planning committee discussed the resumption of laundry days, agreeing to restart in March once sufficient funds are accumulated, with a target of \$300-400. They decided to rotate locations between Bunker Hill and Carlinville to better serve communities without transportation and considered extending service hours to accommodate more people. The group explored funding options, including Venmo donations, reaching out to Lions Clubs and churches, and potential grants, while also discussing the possibility of securing discounted rates from laundromats. When we start back up, we will schedule one per month instead of one per week. The Planning committee voted to continue laundry days.

Family Mental Health Event Planning

Additionally, they began planned details for a spring recovery event, tentatively scheduling it for May 30/31, with the aim of increasing community participation and decreasing stigma in Macoupin County. The group discussed planning a family-oriented mental health and recovery event with activities for both children and parents including potential scavenger hunts and face painting. They agreed to explore alternative locations in Gillespie or Staunton due to wanting to extend to other towns with less resources and events.

Summary of ROSC Committee Meeting:

Kratom Misuse and Public Health

Donna, a physician assistant with 10 years of experience at Macoupin County Public Health, presented on kratom, highlighting its potential for misuse and its effects on the brain. She explained that while kratom can have stimulant effects at low doses, higher doses can lead to euphoria and withdrawal symptoms similar to opioids. Donna noted that kratom is often used to treat pain and anxiety, but its unregulated nature and high cost pose significant risks. She also discussed the limited effectiveness of Narcan in reversing kratom overdoses and the need for community action to address the growing public health threat of kratom misuse.

Kratom Regulation and Education Initiative

Donna and Shawn discussed the risks and effects of kratom use, with Shawn sharing his personal experience of using kratom for several years before realizing its potential dangers. They emphasized the need for stricter regulation and age limits, as well as education on the risks of kratom, particularly for young people. The group agreed on a two-pronged approach: targeting local governments to ban or regulate kratom and educating the public, especially youth, about its risks. They also discussed the need to gather more information on kratom manufacturers and lobbyists to effectively advocate for regulation.

Kratom Regulation and Education Strategies

The group discussed strategies for addressing Kratom usage and regulation, focusing on prevention and education initiatives. They agreed to create fact sheets for legislative meetings, including one scheduled for April 15th, and to explore ordinances in Litchfield and Carlinville that would raise the minimum age for Kratom purchase to 21. While Carlinville's police chief noted they hadn't encountered significant issues with Kratom, the group emphasized the need for increased awareness and education about its potential risks and effects.

Substance Use Treatment Access Challenges

The meeting concluded on the discussion of challenges in accessing inpatient treatment and insurance barriers for substance use disorders. MCPHD highlighted the need to address these issues, citing a significant increase in kratom-related deaths and shared personal experiences of frustration with the treatment process due to insurance criteria. The group discussed upcoming legislation affecting insurance coverage and planned to explore inpatient versus insurance barriers in the next meeting. Participants were encouraged to share personal stories to raise awareness and improve discussions. Attendees were reminded to expect changes in insurance coverage affecting 770,000 people in Illinois in the near future. The next ROSC meeting was scheduled for Monday, March 23rd, same place, same time.

