



Logan/Mason ROSC Meeting Notes

August 20th, 2026

Zoom Only

Online Attendance:

- **Kara Davis**
 - Logan County Department of Public Health
- **Kristin Davis**
 - Family Guidance Center Regional Substance Use Prevention Integration Center (RSUPIC)
- **Kami Garrison**
 - Chestnut Health Systems-Statewide ROSC
- **Ron Homann**
 - Sojourn Shelter and Services
- **Grace Irvin**
 - Chestnut Health Systems-Logan/Mason ROSC, Logan/Mason SUP, Livingston ROSC, & BASE (Build, Amplify, Support, and Empower)
- **Emma Lancaster**
 - Chestnut Health Systems-BASE
- **Matt Langten**
 - Alphas Health
- **Carmen Lanham**
 - Family Guidance Center Regional Substance Use Prevention Integration Center (RSUPIC)
- **Lisa Latham**
 - West-Central Illinois Area Health Education Center
- **Brycen McFadden**
 - TASC (Treatment Alternatives for Safe Communities)
- **Tristan McGrew**
 - TASC (Treatment Alternatives for Safe Communities)
- **Nikki Meyer**
 - Chestnut Health Systems-Logan/Mason ROSC
- **Kim Turner**
 - Logan County Crime Stoppers, Drug Court, Veterans Court, Logan
 - County Probation, Hope on 5th Board Member
- **Dominic Valenti**
 - Chestnut Health Systems
- **Tyler Wenger**
 - Chestnut Health Systems



Old Business:

- **What is ROSC?**
 - ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or mental health challenges. The central focus of a ROSC is to create an infrastructure, or “systems of care”, with the resources to effectively address the full range of substance use and/or mental health challenges within communities.
- **Logan/Mason ROSC Mission Statement**
 - Improving access to health, wellness, and holistic recovery options for people who are at risk of, or suffering from, substance use disorders while educating and connecting Logan and Mason counties to reduce stigma and improve recovery outcomes.

New Meetings in Mason County:

- **Keys for Hope**
 - Women’s support group
 - For women who benefit from peer support, connection, encouragement, coping skills, and a safe place to be heard.
 - A program sponsored by TW Mental Health Advocates
 - Meets on Tuesdays at 6:00 p.m.
 - Havana Southern Baptist Church
 - For questions, reach out to Rich Horton at twmhadvocates@gmail.com
- **I Am Recovery Group**
 - Will start in September
 - Meets on Sundays at 7:00 a.m.
 - Mason City Christian Church
 - The information for this group can be found on the Logan/Mason ROSC social media page.



Reminders/Recovery Resources:

- **Updated Rack Cards**
 - Updated rack cards for treatment and recovery resources are available
 - The rack cards have been printed, and if you need any, reach out to Molly.
- **Updated Meeting Cards**
 - The new Mason County recovery meetings will be added on the Mason County Recovery Meeting cards soon.
- **Updated Resource Directory Cards**
 - The Resource Directory cards have been updated.
 - If you need more Logan and/or Mason County Resource Directory cards, let Grace know.
 - The Parent Guide will be moved over to Canva and updated.
 - The QR code to access the Parent Guide is located on the Resource Directory cards.
- **Harm Reduction Resources**
 - **Logan County FOR FREE**
 - The Family Custom Cleaners (Lincoln)
 - Naloxone, Fentanyl, Xylazine Test Strips
 - Logan County Health Department (Lincoln)
 - Naloxone, Fentanyl, Xylazine Test Strips
 - 24/7 Drug Disposal Box
 - Mt. Pulaski Library District
 - Naloxone, Fentanyl, Xylazine Test Strips
 - Logan County Courthouse (Lincoln)
 - Naloxone
 - Hope on 5th (Lincoln)
 - Naloxone, Fentanyl, Xylazine Test Strips
 - Logan County Jail Lobby (Lincoln)
 - Naloxone, Fentanyl, Benzodiazepine Test Strips, Xylazine Test Strips
 - Atlanta Public Library
 - Naloxone (Upstairs and Downstairs Bathrooms)
 - Elkhart Public Library
 - Naloxone, Fentanyl, Benzodiazepine, Xylazine Test Strips
 - The Logan County Health Department has a drop box as well.
 - **Logan County FOR PURCHASE**
 - CVS (Lincoln)
 - Naloxone
 - Walgreens (Lincoln)



- Naloxone
- **Mason County FOR FREE**
 - Havana Public Library
 - Naloxone, Fentanyl, Xylazine Test Strips
 - Mason County Health Department (Havana)
 - Naloxone & Fentanyl Test Strips
 - Forman Valley Public Library (Manito)
 - Naloxone
 - Mason City Public Library
 - Naloxone
- **Mason County FOR PURCHASE**
 - Wolters Drug Store (Havana)
 - Naloxone
 - Mason City Pharmacy
 - Naloxone
 - Manito Pharmacy
 - Naloxone
 - CVS (Havana)
 - Naloxone

Overdose Awareness Day Questions

- Grace has written down the questions and quotes that were used on the Overdose Awareness Day panel in the past.
- During the meeting, the attendees were shown what questions were used in the past
- Breakout rooms were used to further discuss what questions could be kept or added for the upcoming Overdose Awareness Day panel.
- The following is the agenda that was used at previous Overdose Awareness Day panel discussions:
 - Introductions.
 - What is Harm Reduction?
 - Definition from National Administration.
 - *Practical interventions and strategies aimed at helping people avoid the negative health and social effects of drug use. It operates on the principle of meeting individuals who use drugs "where they are" with kindness, dignity, and respect, without requiring immediate abstinence.*
 - *Explains that not everyone can stop using by themselves.*
 - *"The Use of Drugs is the Evidence of Brokenness."*
 - *Harm Reduction is the way to invite people to come closer to recovery.*



- Each person tell their story about Naloxone.
- Letting everyone know that this is a serious topic.
- Quoted First Responders “I don’t want to carry loss. They’re going to kill. Let them die.”
- Bringing that up to bring up the gap in education and hoping things like this can help bridge that gap.
- Each person shares where they are today. Explains Test Strips and how they are free and where you can get them.
- What do you say to the individual who says “I can’t do this”?
- Share where you can find meetings.
- Any last words or shout outs?
- Each person shares.
- “We can’t do this alone This is a WE problem.” Encourage to Education to the community .
- “Go to YouTube and listen to people share who come through addiction.”
- “If you are sitting there and saying ‘Let him die’, your ignorance is hanging out there and we encourage you to educate yourself.”
- Share names of those who have been lost through addiction
- “We want you to know that disease of addiction is real. If you are suffering now, we want you to know that we love you. We want you to know that recovery is real. We want you to know that you’re not alone. And we want you to know that we never want to speak your name out loud. The shame is not asking for help. The shame is not suffering.”
- Thank you so much for each of you for sharing your hearts with us. Not only do we recovery, but these folks ARE Recovering Out Loud!
- First thing is reach out for help. If you are hurting please reach out in messenger, reach out on Facebook.
- We are doing this because we want to educate the community.
- We want to move away from “What’s wrong with you?” To “What happened?”
- End
- The following questions were the focus of the breakout rooms:
 - Are any adjustments needing to be made?
 - Any questions missing?
 - Should we let online or in person attendees ask questions?
- The following is feedback that was provided from the breakout groups:
 - Everyone in Room 1 Breakout liked the format of the questions and the idea of having open discussion and questions during the panel discussion.
 - Also, if there isn’t time for people to ask questions during the panel discussion, being able to contact someone to have questions answered may be helpful.



- A suggestion of Room 2 Breakout was that at the beginning of the panel discussion,
- Also, changing the language from “naloxone” and expanding it to all harm reduction techniques would be beneficial.
- It may be good to ask the panelists, “What was your view on naloxone or harm reduction before needing it as opposed to after needing it?” Some people may have a perspective shift after using naloxone or harm reduction.
- It was also mentioned that the Q & A section may be the most important part of these panel discussions. It is important to have the time and space for people to ask those who have experience while they are there.

Community Survey Planning- ROSC Questions

- The Community Survey questions were sent out to the Logan/Mason ROSC council ahead of the meeting.
- Reframing Recovery images were shown to the meeting attendees. Grace chose some MAR and harm reduction images to use for the Reframing Recovery campaign survey. This is a way to ask the public if they are seeing the images. These images have been posted on social media.
- The following were the breakout room questions asked to improve the process/marketing ROSC community survey:
 - Is the question easy to understand?
 - Can it be simplified?
 - Is it duplicative of another survey question?
 - Is the question relevant to most community members?
 - How can we best reach the community?
 - Ways to increase participation?
- After the meeting, this survey will be sent to the state for approval to be launched to the community at the beginning of September.
- The following is feedback that was provided from the breakout groups:
 - One group mentioned that Question 11 isn't worded right. It reads, “A moral failing is the cause of someone's substance use disorder if they are currently using substances.” It was mentioned that instead of saying, “if they are currently using substances”, it could be changed to, “if they have a history of substance use.” Or it could be phrased as, “someone's substance use disorder is caused by a moral failing.” Or it could be simplified as, “If someone is using substances, that makes them a bad person.”
 - It was also mentioned that there is a type of Question 12. “Substances” should be changed to “substance.”



- Question 14 could say something like, “More healthcare providers should offer medication for substance use disorder treatment, so it’s easily accessible for those who want it and/or need it.”
- It was mentioned that asking someone what county they are from (Question 19) and asking them what town they are from (Questions 20 and 21) could be simplified and made easier for people to fill out. By people saying what town they are from, it already gives you information on what county they are from. Also, people may not be from Logan or Mason County, so having them state what county they are from would be helpful. This can happen to be simplified by removing all the towns and letting people write in the town they are from. The option of “other” can be added to “What county are you from?” (Question 19).
- It was also mentioned that the current occupation question (Question 23) could be used as an open statement, rather than listing all of the occupations.

Upcoming Events:

- Naloxone Saves Lives: A Panel Discussion
 - **Monday, August 31st**
 - **4:30 p.m. – 5:30 p.m.**
 - **Hope on 5th or Facebook Live**
- The Deflection Program (BRIDGE- Building Recovery Inclusion in Dignity for Growth and Empowerment) will have their next two meetings on:
 - **Tuesday, September 1st**
 - **Tuesday, September 15th**
 - **10:00 a.m. – 11:30 a.m.**
 - **Hope on 5th or on Zoom.**
- The next HAPT meeting is:
 - **Tuesday, September 1st**
 - **4:00 p.m. – 5:00 p.m.**
 - **Spoon River College (Havana) or Zoom**
- LMH CHC Networking Meeting
 - **Thursday, September 3rd**
 - **8:30 a.m. – 10:00 a.m.**
 - **Breakfast: 8:00 a.m. – 8:30 a.m.**
 - **Lincoln Memorial Hospital (In Person Only)**
- Mason County ROSC Recovery Walk
 - **Sunday, September 6th**
 - **1:00 p.m. – 3:00 p.m.**



- **Riverfront Park (Havana)**
- Logan County SUPS
 - **Thursday, September 10th**
 - **9:00 a.m. – 10:00 a.m.**
 - **Breakfast: 8:45 a.m. – 9:00 a.m.**
 - **Lincoln Memorial Hospital**
- The next CPAC meeting is:
 - **Thursday, September 10th**
 - **11:00 a.m. – 12:00 p.m.**
 - **Mason City Public Library (Mason City) or Zoom**
- The next Mason County Coordinating Council meeting is:
 - **Tuesday, September 15th**
 - **9:30 a.m. – 10:30 a.m.**
 - **Spoon River College (Havana) or Zoom**
- Midwest Central High School College and Career Fair
 - **Wednesday, September 16th**
 - **8:00 a.m. – 11:00 a.m.**
 - **Midwest Central High School (Manito)**
- Logan County ROSC Recovery Walk
 - **Thursday, September 17th**
 - **4:00 p.m. – 6:00 p.m.**
 - **Scully Park (Lincoln)**
- Logan County Youth Mental Health/Brightpoint Coalition meeting is:
 - **Monday, October 19th**
 - **9:00 a.m. – 10:00 a.m.**
 - **Breakfast: 8:45 – 9:00 a.m.**
 - **Lincoln Memorial Hospital (In Person Only)**

Contact Info:

- Grace Irvin- Prevention Coordinator
 - gcirvin@chestnut.org ; 309-451-7776
- Tristan McGrew- Recovery Corps. Project Coordinator
 - tjmcgrew@chestnut.org ; 309-229-3921
- Nadia Klekamp- Director of Integrated Community Education
 - nfklekamp@chestnut.org ; 309-824-3765



Next Meeting:

- **Thursday, September 17th at 2:00 p.m.**
 - This meeting will be virtual only.
 - Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTByQT09>
 - Meeting ID: 921 3689 3688 / Passcode: 463455

End of Meeting: 3:10 p.m.