Meeting Minutes

Meeting Details

Council Name	FWRC		
Date	10.28.26	**Time**	9a-10a
Location	Google Meet: meet.google.com/kct-ctzi-ihn		
FWRC Vision	To build and sustain a vibrant recovery community empowered by intentional and unified stakeholders, allies, and those in or seeking recovery.		
FWRC Mission	We will develop partnerships that are rich and diverse in the communities we serve, to provide a flexible system of services that is responsive to multiple pathways of recovery. Through education, we can reduce the stigma surrounding substance use and other co-occurring disorders.		

Attendees / Community Partners

Present	Name	Organization	Email Address
☐	Amber Mulkins	Timberview Wellness Center	Ambermulkins2382@gmail.com
☐	Julie Herr	RSUPIC	jaherr@chestnut.org
☐	Dennis Trask	RSUPIC	dtrask@chestnut.org
☐	Angie Nessa	Centerstone	angie.nessa@centerstone.org
☐	Jamie Griffin	Southern Illinois Homeless Coalition	Jamiegriffin@sihomelesscoalition.org
☐	Madison Odum	Meridian Health	Madison.odum1112@gmail.com

☐	Christina Manchen	Centerstone	Christina.Manchen@centerstone.org
☐	Jessica Marczewski	Take Action Today	jessicam@takeactiontoday.net
☐	Rachel Dawkins	Care Counseling Ministries	rdawkins@ccmrocks.com
☐	Michelle Buckley	The Oxford House	michelle.buckley@oxfordhouse.org
☐	Lucia Avila	Prescription Playbook	lavila@omni4all.org
☐	Beverly Holland	Chestnut Health	bgholland@chestnut.org
☐	Dan Alcorn	Care Counseling Ministries	execdir@ccmrocks.com
☐	Shae Davidson	Survivor Empowerment	outreach@empoweringsurvivors.org
☐	Madelyn Shepard	Meridian	Madelyn.Shepard@mhplan.com
☐	Johanna Gonzalez	DBHR	johanna.gonzalez@illinois.gov
☐	Amy Tripp	DCFS	Amy.Tripp@illinois.gov
☐	Sarah Sanders	Knight's Shield	s.sanders.ns@gmail.com
☑	Samantha Bandy	Take Action Today	samanthab@takeactiontoday.net
☐	Breanna Hoke	Hour House	Brennah@hourhouserecovery.org
☑	Lindsey Cox	Hour House	lindseyc@hourhouserecovery.org
☑	Nancy Henderson	Take Action Today	nvhenderson0428@gmail.com
☑	Sherry Smedshammer	Centerstone	sherry.smedshammer@centerstone.org
☑	Chris Murphy	Take Action Today	chrism@takeactiontoday.net

☑	Christine Hepburn	Take Action Today	christineh@takeactiontoday.net
☑	Justin H.		

Meeting Topics

#	Topic	Discussion Notes / Updates
1	**Welcome & Introductions**	Call to order, introductions, attendance, and opening remarks.
2	**Community Presentation: Regional Substance Use Prevention Integration Center (RSUPIC)**	**Presenters:** Julie Herr and Dennis Trask **RSUPIC Overview & Trainings (Julie Herr):** Introduction to the DHS initiative and an overview of the resources, training, and mentoring available to youth-serving organizations to integrate substance use prevention and mental health awareness into their programming. **Youth Leadership & Engagement Opportunities (Dennis Trask):** Overview of the RSUPIC Youth Advisory Committee and youth leadership opportunities, including Operation Snowball and the Cebrin Goodman Teen Institute (CGTI).
3	**Discussion: Community Collaboration, Youth Engagement & Substance Use Prevention**	Explored opportunities for community collaboration, youth engagement, and substance use prevention efforts throughout Franklin and Williamson Counties. Many attendees participated. **Community concerns:** Angie Nessa (Centerstone) shared a recent situation involving a youth who was struggling but stated they were in a safe environment. Dan Alcorn (Care Counseling Ministries) asked what the community can do to get more involved and help youth, and offered his services to assist with the situation Angie described. **Operation Snowball:** Rachel Dawkins (Care Counseling Ministries) asked what Operation Snowball entails. Julie Herr and Dennis Trask explained it is a peer-led, adult-guided youth leadership and substance use prevention program that RSUPIC promotes and connects to local

		schools and communities. Training for Operation Snowball will start in July. **Kratom:** Rachel Dawkins asked about the kratom problem seen locally and its effect on youth. RSUPIC noted that some counties have banned the sale of kratom and many more are working toward that goal. It has become a significant issue because it is not FDA regulated and has been tested and found to contain dangerous drugs such as heroin and fentanyl. **"Gas station" drugs:** So-called "gas station" drugs such as Feel Free were also discussed, noting how dangerous and accessible they are nationwide and that many people have reported addiction and sought treatment. The group made it clear that youth and families should stay away from gas station and smoke shop drugs. **Youth substance use trends:** Samantha Bandy (FWRC) asked about the most common substance use and mental health challenges among youth in the region. RSUPIC responded that much of it is generational. Alcohol use among youth has decreased by 20-25% over the years, while marijuana use has risen since legalization in Illinois.
4	**Additional Community Resources for Youth & Young Adults**	**Emerging Adults program:** Lucia Avila shared information about the Emerging Adults program, which provides housing and supportive services for young adults, typically ages 18-29, who are transitioning from adolescence to full independence. **Scouting America:** Justin H. highlighted Scouting America (formerly Boy Scouts of America) as a good outlet and program that prepares youth for adulthood by instilling values, leadership, and training.
5	**Community Partner Updates / Events**	• FWRC just got back from a 2-day Statewide ROSC conference Effingham, IL. • FWRC is partnering with SIYEN and Kyle Bacon (Franklin County Sheriff's Office) to do Cops and Coats through December 1st, 2026. • Centerstone-Fall Into Wellness event-11.7.26

Action Items / Next Steps

Action Item	Assigned To	Due Date	Status
Operation Snowball training begins	RSUPIC	July 2027	Upcoming

Next Meeting Date

Next Meeting Date	11.18.26 Google Meet: meet.google.com/kct-ctzi-ihn